

SEAFORD STRIDERS NEWSLETTER



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Welcome to July

Running in the overgrown countryside, eh? What a fantastically bonkers adventure that is! Imagine this: you're charging through nature's tangled mess, weeds up to your eyeballs, branches whipping you in the face and nettles stinging your legs like angry little gremlins. You're dodging cowpats the size of small planets and leaping over streams with the grace of a deranged gazelle. The air's so thick with the scent of wildflowers and manure you could bottle it and sell it as "Eau de Rustic Chaos." Your shoes are caked in mud, your clothes are torn to shreds and you're loving every madcap minute of it. It's you against the wild untamed countryside and despite the insanity, there's a raw primal joy in it. It's an exhilarating, ridiculous and utterly magnificent romp through nature's overgrown playground!



Victoria Runs the Place

What a wonderful Newsletter Jo & Ray produced last month - they put so much work into it, but I know how pleased they were to have lots of articles from you all - thank you!

In the last Newsletter I wrote a bit about me, this time I want to make this all about our members (350 of you at the time of writing) and all your amazing achievements. As Ray is now producing a summary of race results and times for all the events you take part in I won't be covering that, instead I want to look at other aspects.

Your achievements are so wide ranging and can mean so much to you all individually for many different reasons! So here we go - I'm not giving names, but hopefully we can see something that applies to you...



- Turning up for the first day of C25k.
- Taking part in your first Juniors sports day.
- Entering your first race.
- Playing a part in organising a Striders social event.
- Gaining your LiRF qualification.
- Being tail in a WNS group (and not leaving anyone behind!).
- Getting a podium place in a race.
- Entering your first cross country event.
- Encouraging the joy of running as a juniors Coaching Assistant or helper.
- Joining the Striders committee.
- Coming along to your first Track Night.
- Trying out a different WNS group.
- Still going out for WNS on those horrible windy and wet evenings.
- Going along for your first Strider social event.
- Making a potential new Strider feel welcome at their trial WNS or track night.
- Working your way up through race distances - 5k, 10k, 10 miles, Half Marathon, Marathon and on to Ultras.
- Trying out a triathlon.
- Letting us know if you have a new idea or if you spot something that is wrong.
- Offering an understanding service as a Welfare Officer.
- Encouraging participants as a volunteer.
- Recommending Striders to your friends.
- Getting our figures in order as our Treasurer.
- Cheering at the finish when you have completed your race.
- Getting a PB.
- Leading a Track session.
- Bouncing back after a DNF.
- Taking the minutes at a Strider committee meeting.
- Representing Striders at a relay.
- Baking your fabulous cakes for the Mince Pie 10.
- Keeping positive and involved when you have an injury.
- Updating the Striders website.
- Being there to celebrate Strider milestones at parkrun.
- Keep finding new routes as a Group Leader.
- Producing a fantastic Newsletter...

I'm sure you can all think of other achievements but what I wanted to show in all of these is that being a Strider is not just about the running - you are all so much more than runners and the positive Striders spirit shines through.

Hunk of the month

We sought feedback from several of you on the last edition of the newsletter and potential improvements. Someone (Gareth) suggested 'A Page Three' while Jeanette wanted Hunk of the Month, which might reflect their age and the era they were born in. We're delighted to fulfil Jeanette's request.



Spotlight on a Strider

Spotlight on “Other Jo” – a patchy running career

by Jo Bruggenwirth

Jo who? Given that you will rarely spot me at Striders sessions, while Jo Robinson seems to be a much more enthusiastic and active member, I am more than happy to be called Other Jo! I'm trying to up my attendance after such a warm welcome from Striders, particularly if it's a Club Grand Prix event or a record attempt. Apparently I'm a sucker for competitive motivation to get off my backside.

I know many of you have been runners for much of your lives. By contrast I got the running bug late in life. I was put off sport as a teenager by a villainous and vindictive pair of school sports teachers. I enjoyed running as a younger child but my boarding school from age 11 didn't even offer athletics.

Aged 30 and after a relationship break-up, I needed something positive to focus on and entered the 1999 London Marathon – like you do - with no running experience. One of the perks of working at the NSPCC at the time was being able to get one's hands on a Marathon place.

I trained alone in the dark on Brighton seafront, with no clever apps or Garmin watches. Rough distances were measured using the A-Z map. Music was supplied by mix tapes and a Sony Walkman. Favourite tune for the sprinty bits was *Trainspotting's Choose Life* by the PF Project and Ewan McGregor (“Choose sitting on that couch watching mind-numbing, spirit-crushing gameshows, stuffing junk food into your mouth...”!)

With an injury two weeks before the Marathon (from doing a quad stretch!) I was only aiming to survive, hence the “meh” time on my finish photo. But I can thoroughly recommend the fancy dress route – you get so much encouragement from the crowds if you wear a leopardskin tutu and matching accessories.

Marathon goal completed, I didn't run again for 20 years! After moving to Seaford in 2013 I joined Striders but recurrent injuries and caring responsibilities made it impossible to commit to. However in January 2023 with a skiing holiday to get fit for, and more free time, I started running again and didn't stop. My fate was sealed when I bought my Garmin Forerunner 55 and got sucked into all the nerdy statistics. And the age-grading on Parkrun is a greater motivator too for us oldies.

I have a love-hate relationship with running – it's all about the post-run endorphins for me. The running itself is no great pleasure – yet – but I live in hope. I still struggle to find the time and motivation to run, especially as I am more likely to be sailing a dinghy in Seaford Bay on a Wednesday night in summer if the wind is right.

I foolishly volunteered as a last-minute stand-in for one of the mixed Striders teams at the Tempo Last Leg relay in Eastbourne this month. On the last leg where the team had to run together, my lovely team members (Russ, Bronwyn and Rich) merrily chattered away on their gentle seafront jog while I wheezily died a thousand deaths. Maybe next year I'll be better prepared!



Favourite tenuous sporting claim to fame:

I was at school and played lacrosse with the late Emma Chambers, aka dippy Alice from the Vicar of Dibley. She was a couple of years above me and considered very cool...

Favourite running song: it's still “Choose Life” but tbh I tend to choose audio books these days!

Running ambition: to finish before Sam Alvarez on a park run - without her being injured. A forlorn hope, obviously, but a girl can dream.



Congratulations Matt & Bronwyn



On This Day or Thereabouts (by Ray)

This early photo of club members was taken at the Salts Recreation outside the Rugby Club early July 1987 where the club met every Wednesday at 7 pm. In those early days the juniors ran with the adults. Groups and routes were formed on the night and if I remember correctly, they rarely stayed together! Occasionally we would have a special night with a time trial, speed work, or an event like the handicap 10k.

Early members in this photo include Gareth Hutchinson with hair (back, 3rd from left) alongside many of his school friends, founder Martin Bulger (far right), Andy McDonald (centre), who still occasionally dons his Seaford Striders shirt, and my sister Amanda Smith (centre right).

After our runs, we would retire to the Rugby Club for much chatter. Sometimes, Gareth's dad Alan would open the bar. Often the only exit was through the men's showers, requiring the women to shield their eyes from the male 'members' in the club. Jackie Baxter remembers this fondly.

Seaford Gazette, Wednesday, July 1, 1987 36



SEAFORD Striders on their marks for some running practice at the Salts Recreation ground.

Here's Julie

For all that couldn't find Julie in last months Newsletter she was hiding in Richard Preece's article on the London to Brighton Bike ride (page 29) Her picture is hanging on the London to Brighton signage in the group photo. See if you can find her in this month Newsletter.

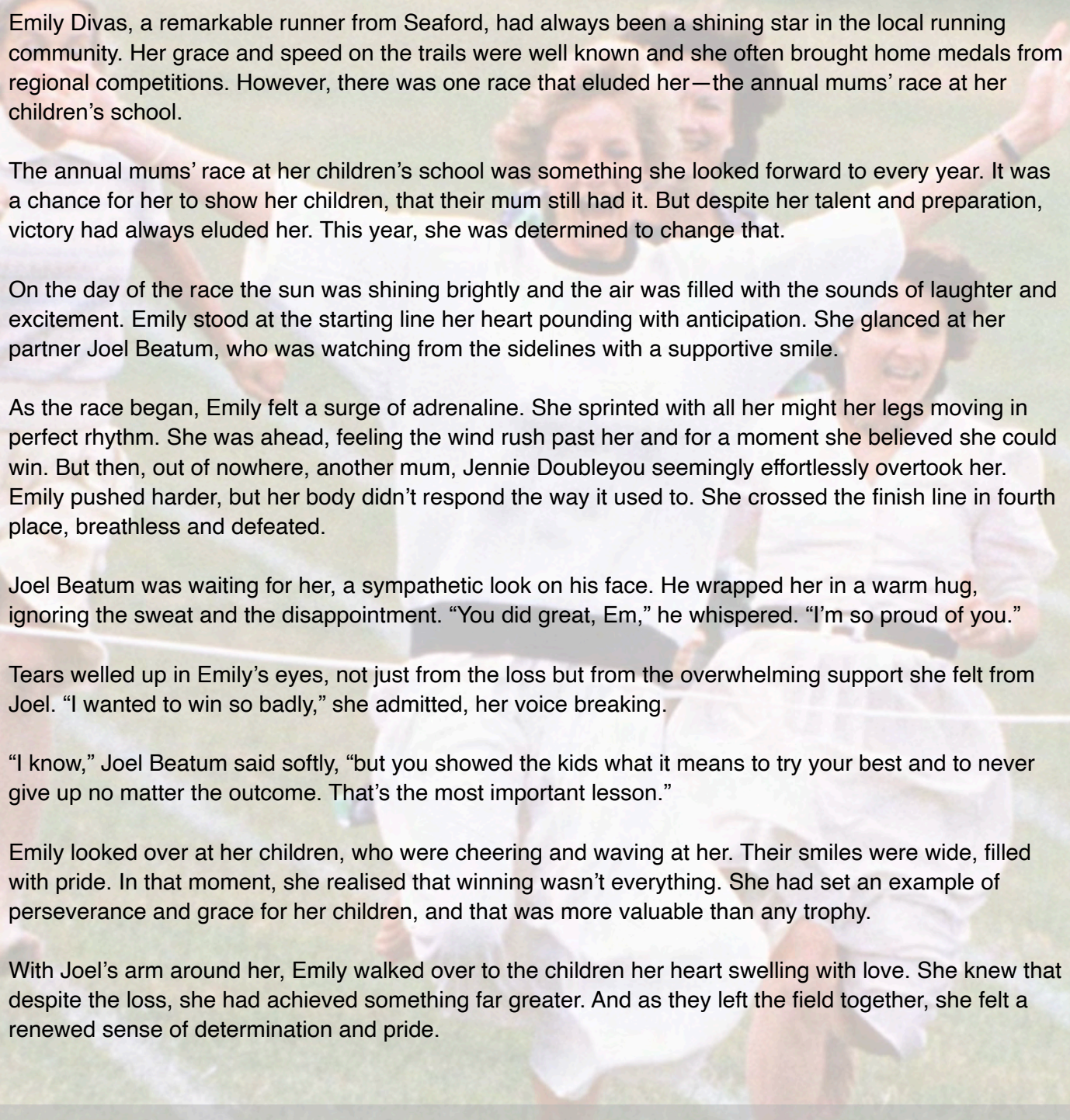




AI STORY

Every month for a bit of fun we ask AI to write a story for the Newsletter.

Disclaimer : This is a work of fiction. Unless otherwise indicated, all the names, characters, businesses, places, events and incidents in this article are either the product of the author's imagination or used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental.



Emily Divas, a remarkable runner from Seaford, had always been a shining star in the local running community. Her grace and speed on the trails were well known and she often brought home medals from regional competitions. However, there was one race that eluded her—the annual mums’ race at her children’s school.

The annual mums’ race at her children’s school was something she looked forward to every year. It was a chance for her to show her children, that their mum still had it. But despite her talent and preparation, victory had always eluded her. This year, she was determined to change that.

On the day of the race the sun was shining brightly and the air was filled with the sounds of laughter and excitement. Emily stood at the starting line her heart pounding with anticipation. She glanced at her partner Joel Beatum, who was watching from the sidelines with a supportive smile.

As the race began, Emily felt a surge of adrenaline. She sprinted with all her might her legs moving in perfect rhythm. She was ahead, feeling the wind rush past her and for a moment she believed she could win. But then, out of nowhere, another mum, Jennie Doubleyou seemingly effortlessly overtook her. Emily pushed harder, but her body didn’t respond the way it used to. She crossed the finish line in fourth place, breathless and defeated.

Joel Beatum was waiting for her, a sympathetic look on his face. He wrapped her in a warm hug, ignoring the sweat and the disappointment. “You did great, Em,” he whispered. “I’m so proud of you.”

Tears welled up in Emily’s eyes, not just from the loss but from the overwhelming support she felt from Joel. “I wanted to win so badly,” she admitted, her voice breaking.

“I know,” Joel Beatum said softly, “but you showed the kids what it means to try your best and to never give up no matter the outcome. That’s the most important lesson.”

Emily looked over at her children, who were cheering and waving at her. Their smiles were wide, filled with pride. In that moment, she realised that winning wasn’t everything. She had set an example of perseverance and grace for her children, and that was more valuable than any trophy.

With Joel’s arm around her, Emily walked over to the children her heart swelling with love. She knew that despite the loss, she had achieved something far greater. And as they left the field together, she felt a renewed sense of determination and pride.



Sussex Races

To find out about future races, visit the Sussex Races website:

<http://sussexraces.co.uk/sussexraceeventplanner.html>



UPCOMING SOCIAL EVENTS

AUG
18

SPORTS DAY

SEP
11

SCAVENGER HUNT

TBC

STRIDERS GOT TALENT

TBC

WALK TO ALFRISTON



RECENT RESULTS

Bewl 15 Mile

7/07/24

6	Ollie Sprague	01:43:09
18	Matt Clare	01:48:58
37	James Marron	01:55:28
128	Martin Dallimer	02:16:49
255	Peter Jaques	02:41:43
351	Kathryn Warren	03:02:19
357	Sue Curtis	03:03:26
358	Paula Tiller	03:03:26
388	Steven Teale	03:15:01
389	Leanne Litster	03:15:01

Porthcawl 10K

7/0724

1561	Paul Swinnerton	00:55:56
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Goodwood Half Marathon

7/07/24

50	Rob Sarjeant	01:40:44
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Goodwood Duathlon

7/07/24

12	Erica Martin			
	Run	00:15:18	T1	00:00:49
	Bike	00:36:28	T2	00:01:06
	Run	00:15:39	Fin	01:09:22

Ironman 70.3 Jonkoping

7/0724

329	Rolando Hutchinson			
	Swim(600)	00:11:03	T1	07:09
	Bike(90KM)	02:48:27	T2	04:33
	Run	01:46:51	Fin	04:58:02

Mic Morris Torfaen10K

14/07/24

308	Paul Swinnerton	00:51:22
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Run to the Stones

220	Justine Ridgway	07:15:24
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Phoenix 10K

18/07/24

66	Joshua Rudd	00:36:56	
174	Ray Smith	00:41:08	
213	Martin Dallimer	00:44:15	PB
219	Emily Danvers	00:44:35	
279	Kristiane Sherry	00:46:39	PB
331	Lisa Parkinson	00:49:09	PB
512	Sam Alvarez	01:01:02	(calf)
549	Jo Robinson	01:06:15	PB

Beat the Tide

22/07/24

15	Jeff Young	00:46:41	
26	Damian Partridge	00:48:24	
89	Andy Farley	00:57:07	



Blayney Rockets 10 Mile

27/07/24

27	James Marron	01:04:49
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July Highlights

Bewl 15

Goodwood Half Marathon

Goodwood Duathlon

Ironman 70.3 Jonkoping

Track - Night of the PBs

Battersea Kangaroo Hop 5K

Tempo Last Leg Relay

Run 5 :30

Race to the Stones 50K

Mic Morris Torfaen 10K

Phoenix 10K

Thirsty Thursday at Ray's

Beat the Tide

Bronwyn and Matt's post
wedding parkrun

Hailsham Harrier's Beach
Run

Blayney Rocket 10 Mile

Adidas Maverick 24K trail
run

New Club Records

With this months 'Night of the PB's' and the club records being slowly expanded to include age categories there was plenty of additions to be made. Congratulations to all who made this page.

100m	SENM	Alan Browne	13:69
100m	SENF	Jen Williams	14:38
100m	FV50	Jo Bruggenwirth	17:27
100m	MV50	Russ Hewlett	15:50
200m	SENF	Lisa Parkinson	34:48
200m	FV50	Jo Bruggenwirth	37:02
200m	FV60	Victoria Maleski	50:48
200m	MV50	Gareth Hutchinson	33:71
400m	SEN F	Jen Williams	01:16:73
400m	FV50	Sam Alvarez	01:23:81
400m	FV60	Victoria Maleski	01:55:46
400m	MV40	Alan Browne	01:06:67
400m	MV50	Gareth Hutchinson	01:16:25
800m	FV50	Sam Alvarez	03:11:16
800m	FV60	Victoria Maleski	04:19:23
800m	MV50	Ray Smith	02:44:03
1500m	FV50	Sam Alvarez	06:12:78
1500m	MV50	Gareth Hutchinson	05:32:48
3000m	SENF	Anneka Redley-Cook	12:49:39
3000m	MV50	Austin Warren	12:00:14

A complete set of track records will be uploaded to the Striders website shortly as there are a few existing records set by former and current members.

For enquiries about results and club records, please contact
Ray Smith
raymondksmith@hotmail.com



Night of the PBs



Night of the PBs

By Anneka Redley-Cook

At the beginning of July, Joel and Ray had organised a special 'Night of the PBs' in place of one of our Monday track sessions, as a chance for Striders to try out some distances they may have never tried before, and to fill some club records.

The events consisted of 100m, 200m, 400m, 800m, 1500m and 3000m. I had opted for the 3000m as I couldn't hack anything that required too much speed! Much like most of our summer this year, good weather was MIA but that didn't stop our brave Striders, runners, timekeepers and spectators alike.

The 100m was first to kick off, and as the athletes lined up I felt a school sports day level of anxiety build up in me for them. Jeff had warned everyone to be very careful and warm up properly as we didn't want any torn hamstrings. Jeff made it 30m into the race until he wished he had followed his own advice, and in fact had torn his hamstring. It was exhilarating to watch the sprint, with all the athletes giving it their all! Alan was first across the line with the mighty Jen hot on his heels. My nerves had calmed as I was reminded this was just for fun, by the knackered but happy faces.

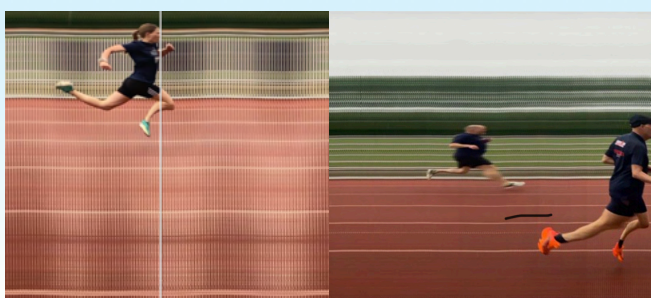
All the following races were equally exciting, with some runners completing multiple events! (Shout out to Sam, Jo and Russ who I seem to recall did the most!) and it was lovely to cheer everybody along.

The 3000m was the last event and despite a lot of the guys saying 'I'll just run your pace with you Anneka', I seem to remember the competitive

spirit getting the better of most of them. I truly feel like the 3k was the best event of the night to take part in, 7.5 laps in total but 8 times past the finish line meant 8 rounds of cheers from all the supporters!



It was a great evening with a lovely atmosphere. And it was nowhere near as scary as it sounds. Yes some club records were broken, but ALL abilities were supported with the same enthusiasm as always with our wonderful inclusive running club. Big thanks to Joel, Ray, Julie, Margaret for organising and helping with an otherwise dreary Monday evening and well done to all participants.





Tempo Last Leg Relay

By Erica Martin

The Tempo last leg relay is a relay with a twist. Four runners each do an individual leg before all running together as a team for a fifth leg.

The event takes place on Eastbourne seafront over a flat 3km out and back course. It was a sunny, windy evening

In the days leading up to the event, various injuries and illnesses meant the team line up changed several times. A big well done and thanks to team captain Amanda who managed to deal with all of this and put together the final team.

Jen got us off to an excellent start, pulling away from the group in the second half and putting us into the lead.

Despite being a late addition to the team, Sam put in a brilliant performance and extended our lead.

Next up was Amanda, who ran a fantastic leg and continued to extend the lead.

I was off next. I set out enthusiastically before realising just how strong the headwind was! It felt great coming back with the wind behind me, although I was conscious that I had to run another leg straight after.

We set off at a decent pace. I struggled a bit at first before recovering and we all ran together, encouraging each other. We had built up a comfortable lead so were able to relax, chat and enjoy it.

It was a thoroughly enjoyable event, made even better by the fantastic support from all of the other Striders.

Tempo Last Leg Relay

Seaford Striders made a significant impact at the Last Leg Tempo Relays with standout performances from our Senior Ladies, Senior Men, and Men's Vet teams. On a windy Wednesday evening in Eastbourne 63 teams faced the challenging out-and-back seafront course near Sovereign Harbour with each runner completing a 2.80km leg before the entire team ran the final leg together.

The Senior Ladies team impressed with a 1st place finish, demonstrating their skill and strength throughout the race. Seaford Striders dominated in the Men's Vet category winning hands down with an impressive display of talent and endurance.

The Senior Men's team led the field throughout but were narrowly pipped to the post by Hastings Runners who claimed the top spot in a thrilling finish.

The mixed teams also delivered an exhilarating performance, with Jo stepping in as a last-minute addition and adding an extra spark to the race. The two mixed team runs was exciting to watch, as demonstrated by the enthusiastic support from Nick, Jeff, Jo, Sue, and Hazel throughout the event.

Overall, it was an evening of exceptional achievements and teamwork showcasing Seaford Striders' excellence and competitive edge across all categories.



Gentlemen Striders	Ollie Sprague, Josh Nisbet Matt Clare, Phill Stevenson	2	00:48:04	
Striders Men's Vet 50	Ray Smith, Austin Warren James Marron, Dave Dunstall	7	00:53:43	1st Vets
Lady Striders	Jen Williams, Amanda Feast Sam Alvarez, Erica Martin	11	00:57:01	1st Ladies
Striders Mixed Team 1:	Emily Danvers, Anneka Red.-Cook Alan Browne, Colin Browne	15	00:58:29	
Striders Mixed Team 2:	Russ Hewlett, Bronwyn Ryan Jo Bruggenwirth, Richard Impey	27	01:02:25	

Sussex Grand Prix

BEWL 15: Your Name is Mud

Seaford Striders have once again proven their resilience at Bewl 15, discovering just how hardcore this race can be. This gruelling event, organised by Wadhurst Runners is also a Club Grand Prix race this year, so there were points up for grabs. Spanning 15 miles around Bewl Water reservoir, the course features a challenging final stretch from Wadhurst to the water and back, including three hill climbs. Usually it's very hot and dry but this year was a muddy exception.

Despite the slippery mud and hills, the Striders powered through, demonstrating their ability to handle any challenge. Ollie finished 6th out of 430 runners, with Matt, James, Martin, Pete, Kat, Sue and Paula (who somehow managed to complete the course without trail shoes), Leanne and Steven ensuring that no one got left behind. The other Striders' mantra, "We don't just run, we also have fun," may or may not have applied on this occasion!



Quotes: "The muddy course was so slippery there was lots of running on the spot."

"There was mud in places I didn't think mud would go—so much mud!"

"Honestly it was so muddy, pigs would have loved it." If you missed it, you didn't need FOMO.

At the end of this epic ordeal, what did they receive? Club Grand Prix points, a medal, a T-shirt, a free mud pack, beer, cake, and the opportunity to practice their sign language. The answer to whether it was worth it is as clear as mud.

Phoenix 10K

Striders Kristiane, Emily, Josh, Jo, Ray, Sam, Lisa, and Martin gathered at Hove Lawns for the Phoenix 10K, a key event in the Sussex Grand Prix series hosted by the Brighton Phoenix running club. The race renowned for its flat and fast out-and-back course to Shoreham Docks, is



an opportunity for setting impressive times. This year, instead of medals, the race supported charity with funds benefiting both the club and the Clock Tower Sanctuary, a crucial resource for homeless youth in Brighton.

Several Seaford Striders set PBs during the event.

We look forward to more exciting events in the Sussex Grand Prix series.

Bournemouth Half Marathon 2023

Bournemouth Half Marathon 2023

By Trevor Jones

I usually go to Bournemouth most years for a short break, enjoying the beautiful seafront with its sandy beach and pier. However, in 2022, I decided to take my running gear. Normally, running isn't something I do on holidays, but I decided to try it out.

I had thought of doing the local Parkrun, but it turned out to be some distance away from my hotel and would have meant losing a paid breakfast! Instead, I decided to do a couple of runs along the seafront, which I thoroughly enjoyed. The weather was nice, people were enjoying the beach, and everyone looked happy.

The following year, I entered the Half Marathon, which was part of the 'Run Bournemouth' weekend event in October. This event comprises a 5k at night, a 10k, a half marathon, and a full marathon. The start line is at Hengistbury Head, near Christchurch. I booked to use a bus service specially set up to get runners to this area. Once there, it was bustling with runners and the usual queues for toilets and general mayhem. I got to my gate colour and was soon off, feeling good in the warm weather. Reassuringly, the route covered some of the ground from my personal running of the year before.

The run was mostly flat along the beach road apart from a hill that took us from the lower to the higher promenade of the beach. The course also took us to the sea end of both Boscombe and Bournemouth piers. Luckily, runners had dispersed significantly near the final section of the race as the piers are narrow and would have got overcrowded. Some runners were struggling with the heat, but there were plenty of water stations and marshals throughout the race. The crowds were amazing, particularly at the finish line by Bournemouth Pier, where it was heaving with spectators.



This year (2024), I hope to do the Bournemouth Parkrun. This time, I haven't paid for a breakfast at the hotel and will get one after the run! What this has taught me is that running can be a great part of a holiday, and I look forward to taking my gear on future travels.

SDW 100 - Race Report

Centurion South Downs Way 100

By Adam Haverly

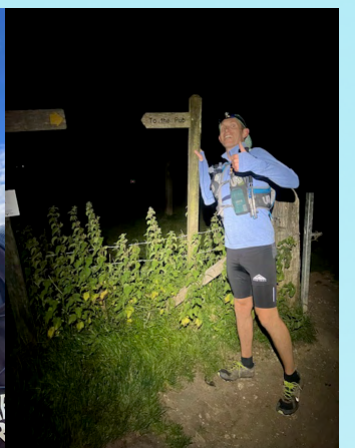
Now, just before we get into it, it's important to know that this race has been on my radar for over a year. I'm a fan of Centurion events and I volunteered for the SDW100 in 2023. This earned me a free place for the following year's event (10hrs for a 100, 8 hours for a 50-mile place). I've done this a few times as I'm fairly tight and it gives you a great insight into how people fuel and manage at all different levels through the race.

Fast forward a few months and after the SDW50 and NDW50, the eighth of June was just around the corner and I was preparing to run further than I ever had before. I was significantly lacking confidence and was 50/50 up to a few days before. Then you decide to go for it. Everything's in place. If all goes wrong just come home? Right? But I've never not finished a race, I've gotten lost and never won but I've always finished and I'm proud of that.

Now the South Downs Way runs from Winchester to Eastbourne. You may know certain parts of it well. I spent a lot of my youth riding push bikes and walking dogs around Jack and Jill, Ditchling Beacon, and Blackcap. It offers some stunning running and when the weather's good it's a lovely place to be.

The forecast before the race couldn't have been better, I had to have a go, rude not to. When I crewed last year it was 26-28 degrees in the peak of the day and so many dropped at 35 miles in. I picked up my race number the night before, a lift down from a good friend got the race nerves going. A short walk to the Holiday Inn, pasta and no beer, try and get everything in order and set that alarm for 4:45, tomorrow is going to be a long day!

Met up with some fellow runners from an online community to walk to the start. The sun was up and it was a beautiful morning. I was very nervous but ready to get this underway. Whatever happens now, so be it. 6am is start time in the Matterley Bowl. This felt a very serious affair and I wanted to start out slow, take it easy and walk the hills. 450 runners started, hopes and nerves were high at the start.



These are my notes from the day:

10 miles

Everything feeling good

20 miles

A couple of niggles but overall feeling good
Slightly ahead of dream pace

30 miles

Feeling pretty low and struggling to get into this, legs and body are feeling good, can't seem to swallow food

40 miles

Mood has uplifted, managed to get some food and gels down, body feeling good, around 8hrs 25ish

50 miles

Getting tired but legs are feeling okay, a couple of niggles but nothing new. Can only get down fruit and jam sandwiches. Trying to stay hydrated, Tailwind and squash are too watery, flat coke and water are working

60 miles

Legs are tiring, Emilie started running with me at 54, a real morale boost. Getting tired but still run/walking

70 miles

This is getting hard going now, the light has gone and my body is getting sore and tired!

80 miles

I'm so glad to have Joel pacing me, we're just ticking along, felt really low around 76 miles at House Dean Farm, don't really want to eat, really want to push on to Kingston Ridge and see some familiar faces at Southease.

90 miles

The realisation that this is going to happen sets in, don't trip, keep shuffling, in and out of the aid station. Is Bryony okay? Two more hills to walk. Got handed a note from my girls on the last hill, hold it together. The way things are going I could get a time I never thought possible. Out of Jevington. That hill went on and on. I screamed when I saw Eastbourne. Joel tried to go the wrong way, this way lad 🤔 Now, to get down the gully without face planting. A true surprise of seeing my family at the track and some awesome Striders. A slow lap, we were home. Winchester to Eastbourne, completed it mate. And no, I wasn't fussed about rounding up 🤔

Running the South Downs Way was one of the most bonkers things I've ever done. The main point of these ramblings is to try and convince more people to take it on. It's a very long way, but it's achievable. I couldn't walk after I did SDW50

the first time for a few days and then your mind can push your body on to double that distance. Special thanks to Emilie and Joel, an awesome pair of pacers, you brought me joy and kept me going! It was a delight to see Ray and so many other Striders on the course throughout the day. I couldn't stop hugging people. Delighted that Bryony and Kevin made it, I thought I'd be miles behind them. Do the fifty next year if you're thinking about it, it's a hell of a day on the hills!





Running on All Cylinders: How a Runner's MOT Keeps Your Performance in Top Gear!

Joel Eaton

As a coach, I had the privilege of delivering a series of Runner's MOT sessions to athletes over the summer. These sessions, inspired by the concept of an MOT for cars, were designed to examine an athlete's running form, strength, agility, and balance. Looking back, we made some excellent strides together, fine-tuning their performance, and enhancing their understanding of how they run.

Our journey began with a survey to gather valuable information about their running history, training programs, injuries, and personal backgrounds. I wanted to understand the full picture because, just like fingerprints, every runner is unique. Our stories, experiences, and aspirations all play a role in shaping our running journey.

During the Runner's MOT sessions, we delved deep into the heart of the matter. Athletes performed a variety of exercises to assess their strength, flexibility, coordination, and balance. I filmed them on flat terrain and uphill, analysing their running technique from multiple angles, and adding various strides to highlight particular observations. The video footage allowed us to dissect each stride, while the exercises shed light on areas that required improvement.

One athlete who experienced a Runner's MOT, put it best: "Joel was extremely knowledgeable during our session. As a skilled athlete himself, he was able to use his experience and research to give some excellent pointers on my running technique. The session involved different types of short runs (which were videoed), balance and core strength exercises - all with tips on how to improve form. The evening itself proved very useful but I was blown away with the quality of feedback that followed."

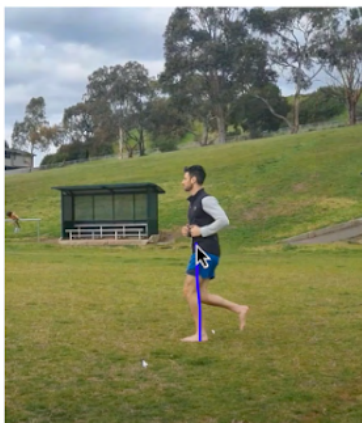
The heart of the MOT session was the post-session analysis. I meticulously examined the video footage, identifying key aspects that could be refined. By creating voiceovers, pausing the video at crucial points, and drawing over joints to demonstrate the ideal angles, athletes received personalised and detailed feedback. This component was instrumental in helping each athlete grasp their running mechanics and the steps they could take for improvement.

The objective of the Runner's MOT sessions was to make small, yet significant, changes that could accumulate into notable gains in performance, fitness, and injury prevention. It's about making runners more conscious of their technique and how they move, and it was designed with accessibility in mind. Many of us may not have the time or resources for a personal running coach, but the Runner's MOT sought to bridge that gap by offering affordable guidance.

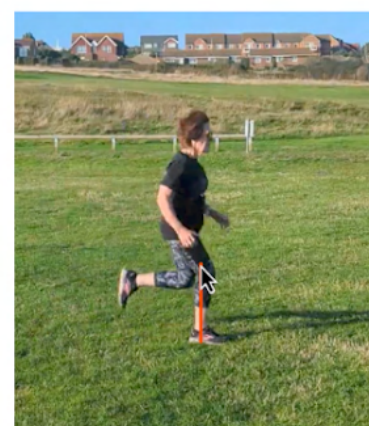
Moreover, participants were encouraged to give back to the community by making donations to the local family support charity, Waves, if they found the sessions valuable. Running is not just a personal journey; it's also about being a part of a larger community, and I wanted to emphasise the importance of giving back.

The Runner's MOT sessions illuminated a fundamental truth - the value of having a coach observe your running form. Online training programs can be useful, but they often don't consider the individual nuances of a person's day-to-day life, body mechanics, and unique journey. Having a human touch, an experienced eye, can be vital for guiding runners toward their goals.

The variety of athletes I worked with highlighted the incredible diversity within our running community. We're all different, and our approaches to running and training are at their best when they're individualised. The Runner's MOT aimed to serve as a catalyst for each athlete's personal journey, enhancing their understanding of their running mechanics and boosting their performance in ways they might not have thought possible.



In the end, the Runner's MOT sessions were about more than just running; they were about empowering athletes with the knowledge and tools to run better, run smarter, and run injury-free.



If you're interested in a Runner's MOT, watch this space - I may offer some more next year. Alternatively, you can have a running assessment at a number of places in the Brighton area, such as PhysioSports, and Brighton Sports Therapy (a quick Google search will get you their details).

Cuckmere Haven Group

By Kat Simmons



No one gets left behind – even when they're unable to run...

Meet Cuckmere Haven Group - we don't run, but we absolutely know how to have fun! Our route is flat, our pace is chatty - and our group of recovering Striders goes from strength to strength every week.

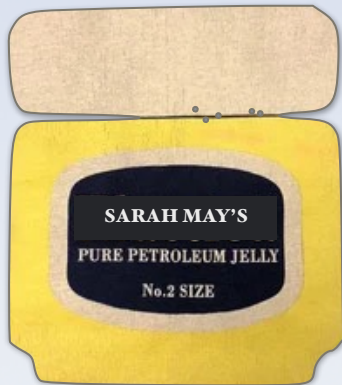
Every runner will suffer illness and injury at some point – having an easy-paced walking group helps members who are unable to run (or just want to take a break from running) to benefit from the social aspects of being a Club member and to keep up the Wednesday night Striders routine!

Over summer, we're meeting at 6.30pm at the Buckle Car Park for a seafront walk of around 2 miles. Relaxed walking pace with bench stops when needed

Marathon Training

Marathon Training – Running is the easy part!

By Sarah May



I've run a few marathons and ultras over the years. My first marathon was Brighton in 2011 and looking back, I didn't have a clue. In the intervening years, I have learnt a lot and what I have learnt is that the running is actually the easiest part – it's everything else that is tricky. Read on for my top tips for marathon training.

1. **Make the time** – this may sound obvious; however it really is important before entering a marathon to make sure you have the time to train. Some runners will run 5+ times a week. I have successfully trained for a marathon only running 3, sometimes 4 times a week, so it *is* possible to fit it in. But check that your friends and family will be supportive of you. I often turned down social invites “sorry I can't, I am doing a long run” and my partner Steve doesn't see much of me for weekends on end when I am training. If you have a busy social life or other commitments on your days off, you might want to seriously consider how you will fit it all in before making any commitment. If you don't train for it, it will seriously hurt on race day!

2. **Start training earlier than you think you need to.** I hear lots of runners say “I'll start after Christmas” or “I've got plenty of time”, but believe me you will never have enough time. I would recommend you start training in September for a

Spring Marathon. You can follow all the training plans you want to, but please build in extra time. You will be glad you did this if you get injured or get poorly. Also remember for women, most marathon training plans won't take into consideration your menstrual cycle so add on a week for every month of the training plan you are following. Most plans also don't allow for the time it takes to come back from recovery or illness so starting earlier than you need to will help build this buffer and will mean you won't lose out on those key long runs at the end of your training. Missing those will affect you mentally more than physically, so leave plenty of time.

3. Speaking of mental training – it's vital to **train your brain**. I did runs in the wind and rain; when my feet hurt; when I was desperate for a wee; and when everything hurt and I wanted to stop. This is really important to do in the training period as you will train your brain to keep going when things get tough. I train my brain so well that in the lead up to race day I say out loud “this is going to be a breeze”. Feeling mentally ready is 80% of the battle and you can nail this by training your brain to believe you can do it.



4. **Slow down** – some runners think they need to go all out on every training run, but really you don't, and most people will benefit from slowing down. By slowing down, I mean 2-3 min miles slower than your 5k pace – this is easier said than done (especially with Strava envy), but trust me. 80% of our running needs to be at easy pace. The goal isn't to win Parkrun, it's to keep your body going for 3 or 4 hours at a time, so slow down, it's even ok to add in walking breaks too.

If you go all out every time you run, you will not progress and will also be more likely to injure yourself. To give you some comfort, my fast 5k pace is less than 9 min miles, I usually did my long slow runs at 11:30 min miles, and during my last road marathon, I kept a near on consistent pace of 10:15 min miles, a pace I had never kept up in my long training runs. Slowing down to speed up really does work. I promise.

5. The missing ingredient – **take electrolytes.**

Back in 2011, I finished the Brighton Marathon and truly believed I was dying. I felt dreadful.

Looking back, it is because I didn't take on any electrolytes during the race. Have you ever done a sweaty run, and developed a headache later in the day that you just couldn't shift? Try taking some electrolytes. My personal experience is that you cannot get these from gels alone. I have mine in powder form to mix in with my drink and I have also been eating salt chews which can be taken orally and much easier to carry. You can also make your own. For really long runs, drink electrolytes the day before and the day after too.

If you have never done this, try it – you'll really notice the difference.

6. Speaking of gels, **fuel right.** We have all heard the advice about not trying anything new on race day, and that is very true. Experiment with fuelling during your training runs. My routine is a gel or half a banana or fudge bar every 30 minutes whether I need one or not, and half a caffeine chew every hour, plus sips of water every mile marker. Doing that meant that I didn't bonk/hit the wall on race day. As well as that, carb load a day or two before a race, and a long training run. I will consume 3000 calories the day before a long run and when I do this, I certainly notice the difference (just make sure it's good stuff like a bagel with nut butter and bananas rather than 3 slices of cheesecake). Everyone is different, so work out what works best for you.

7. **Cross train** – back in 2011, all I ever did was run. I now realise how weak my body must have been. For me personally, I walk loads every day, I strength train a couple of times a week and keep up regular yoga. Others may enjoy spin, cycling or swimming. Either way, spend time strengthening and conditioning your body. My non-negotiable is definitely yoga, but if you can't bear to be without running, run up hills – after all, hill running is just strength training in disguise.

8. **Make Vaseline your friend** – trust me! I Vaseline my feet, anywhere a blister might form, which includes in-between my toes. I Vaseline my eyebrows to stop the sunblock sweating in to my eyes, and if I am off road, I Vaseline my ankles to stop the tiny bits of grit bouncing up and falling in my sock.

9. **See a physio** – as often as you can afford. I used to see a physio for injury prevention and now I get regular sports massages. I know it is a luxury, but it was something that I decided to do to invest in myself to give myself the best chance possible. Seeing what my physio was able to help me with, I genuinely don't think I would have felt as confident and fit on race day if it wasn't for her.



10. **Train with others** – Thanks to Seaford Striders, I know many likeminded people who love a good run. During marathon training, I run with others, and it helps so much. 3+ hours doesn't seem so long when you are bumbling along with others chatting about nonsense. You also pick up good hints and tips about running along the way. If I had done all my runs on my own, I definitely wouldn't have enjoyed them as much.

And lastly, remember you put the hard work in during training – race day is just the victory lap.

This is what worked well for me. Everyone is different, but hopefully you have found a nugget or two that was helpful. If nothing else, trust me on running slowly. And the Vaseline. Happy running.

Ladies of a Certain Age

By Lisa Parkinson

Last year, I struggled for months with low energy, making every run feel like a massive effort. My pace slowed naturally, and I dreaded runs with any incline as it sapped my energy. I was so exhausted that I often fell asleep in the afternoon and put it down to my busy lifestyle, two kids, working loads etc but once I almost nodded off at the wheel. I knew something wasn't right.

During my first ultra marathon, I struggled from about mile 5. I felt dizzy, sick, and lacked the energy to even run downhill. Luckily, the amazing Sam Alvarez was running with me and suggested it could be low iron. Apparently, it's common for runners, especially as they approach 40.

After that run, I had my blood tested and discovered I was very anaemic. Sam was right! I was prescribed strong iron tablets to take three times a day and was advised to return for another test in two months. I learned that anaemia can cause various symptoms, including white, numb fingers in the cold and breathlessness, because iron is crucial for creating red blood cells that carry oxygen around the body.

So, why am I sharing this? Research shows that anaemia is common among female runners over 40. Even if you don't have extreme symptoms, runners can lose iron through sweat so if you are a sweaty person like me... it's important to ensure you're getting enough iron. Some recommend taking a gentle iron supplement regularly.

It can take a couple of months to notice the effects of iron supplements and up to a year to restore iron levels to normal. It can also help taking your iron tablets with orange juice as it can enhance absorption.

A year after my diagnosis, I've noticed significant improvements in my energy levels and overall well-being. Running has become more

enjoyable, (but I still dread inclines, I don't think that will ever go away!). My pace has improved, and I feel much less fatigued during and after my runs. The numbness in my fingers has reduced, and I don't feel as breathless as before.

If you suspect you have anaemia, it's essential to get a blood test to check your levels, you can ask for this at your doctors.



Junior Strider reports

Alfie is number 1 at Seaford Beach parkrun

report by Alfie Batchelor



It was so windy on Saturday morning when I woke up I was not looking forward to running, especially after having to do my paper round!

When we set off, I ran with my Striders coach Phill and felt quite good. That was until the half way point and turning into the wind. I had managed to just catch up with 1st place. I then ran with Isabel who came second. We were taking it in turns at the front. I was expecting the runners behind to catch us but realised we had a good gap between us and 3rd.

I hadn't been at the front before so it felt a bit odd. I then thought I would push to get away from second place and managed to open up a gap and then just ran as hard as I could to the finish. It was an amazing feeling coming in first place.

Since joining Striders at the beginning of the summer, I have already learnt so much from Phill. I ran with him in the Summer Solstice run and he helped me get a PB in the 5k. I really enjoy Tuesday Striders and would like to get under 19 minutes in a 5k before the end of the year."

* since writing his article, Alfie has already smashed his sub-19 target by 10 seconds.... the week after he was placed first!

Dexter was very excited to be awarded with his half marathon wristband after running 11 park runs.

He says "I love running because it makes me feel good when my heart goes bumpy"



Junior Striders



Junior Striders end of term fun!

By Katherine Simmons

Junior Striders swapped running for end of term games during their last session of the summer.

There was a fantastic turnout for the evening event which included favourites such as the egg and spoon race, sack race, hurdles, three-legged race, tug of war and giant Jenga. The teams were mixed with each team made up of members from each of the Junior Striders group – from Year 1 to Roadies (12+).

Each mixed team was led by a Junior coach with members scoring points by working together. Striders from the older age groups did a brilliant job of helping and encouraging their younger colleagues.

This year's winning team was Team 5, led by Simon Homer. Each team member was presented with a medal with the rest of the Juniors took home a sweet treat.

The evening was organised by Emily D and Julie with our regular Junior coaches as team leaders and helpers – thank you to Colin, Alan, Sophie, Marie, Simon, Phill, Margaret, Stacey, Sara, Matt, Emily F and Katherine.

Thank you also to the senior Striders who volunteered for the evening to ensure the event went ahead: Victoria, Bronwyn, Sam, Joel, Ron and Russ.

Juniors is taking a break for summer, but we look forward to hearing all about your summer adventures in the new term!



Junior Striders



SEAFORD STRIDERS SHIRTS

We are aware of how long it has been taking for your Strider shirts to be available from Inter Sport. In order to ensure we all receive a better and more efficient turn around of our club kit, they will be keeping in stock all available sizes in the two club colours of Sapphire Blue and Black for the seniors (Vest & T-Shirt) and one colour for the juniors hi vis yellow. As we move closer to the dark nights they will also keep in stock senior sizes of long sleeve tops in club colours and hi vis yellow.

The sponsors details will no longer be included on the tops.

It may still be possible to request other colours but these will be subject to a much longer lead time because of minimum order requirements.

This should deliver a better service and continuity of kit throughout the club, whether you are racing, or running as part of the club.

If you have any queries on Kit please get in touch and I will do my best to help and advise.

Julie



Announcements

Hailsham Harriers Relay Announcement

The Herstmonceux Castle
relays are back with a twist!

Barns Green Farm, Arlington

14 August 2024 7pm

4 x 1.5 mile laps

Chipped timed through the baton!

To join the fun, contact Ladies' Captain
Amanda Feast

MINCE PIE 10

8 DECEMBER

Volunteers Needed

This event relies on our fantastic volunteers.
Please save the date: Sunday, 8th
December.

Contact Graham Jones, DRD and Marshall
Lead Coordinator, at
gmtcdjones@gmail.com to confirm your
support.

Many Thanks
Nick, Race Director

Striders London Marathon Place

Please forward London Marathon rejection
emails to info@seafordstriders.org.uk if you
meet the following criteria:

1. England Athletics Affiliated Member
2. Paid-up Seaford Striders Member as of
April 30, 2023, and at the time of entering the
ballot.
3. Seaford Striders must be your first-claim
club.
4. Applied for a London Marathon Place and
received a rejection.
5. Follow Club Procedures if sick or injured
and unable to participate.
6. Return Club Place if you secure your own
place after the draw.
7. Not Eligible if you were successful in the
ballot the previous year.

Draw Date Scavenger Hunt, Wednesday 11
September 2024



Sussex Grand Prix

Don't forget to wear club colours on race day

With four races to go things are hotting up In the Sussex Grand Prix. Ollie Sprague is currently leading the mens overall. Will the club have another champion. Potentially there are few that can catch Ollie but they will need to turn up! Kat Warren is the clubs highest placed female.

Dates	Event
22 September 20234	Hellingly 10k
6 October 2024	Lewes Downland 10 mile
20 October 2024	Hove Prom 10k
17 November 2024	Crowborough 10k

For Information

Contact Ollie Sprague

visit the SGP website

<https://>

sussexgrandprix.co.uk/

Club Grand Prix



Remaining races for 2024



Date	Event	Criteria
25 August 2024	Arundel 10K	Fastest Time
8 September 2024	Bacchus Wine 10K/Half Marathon	Fastest Time
21 September 2024	Eastbourne Parkrun	Age Graded
5 October 2024	Uckfield Parkrun	Age Graded
20 October 2024	Great South Run	Fastest Time
2 November 2024	Bevendean Down Parkrun	Age Graded
24 November 2024	Crowborough 10K	Fastest Time
November 2024	Cross Country	TBC
7 December 2024	East Brighton Parkrun	Age Graded
December 2024	Virtual Mince Pie 10	Fastest Time

The Club Grand Prix is a year long competition within Seaford Striders aimed at engaging members in a friendly and inclusive way. It is open to all senior club members regardless of their speed or running ability.

[For information or any questions about the Club Grand Prix, please contact Ollie Sprague.](#)

Parkrun Life

by Richard Preece

What is Parkrun and how and how did it come about?

All Parkruns are 5km and are free to enter. They take place at the same place and at the same time every week. There are now many different ones across the country and around the world.

It all started in 2004 (20 years ago). Paul Sinton-Hewitt CBE is the founder and held the first one on 02/10/2004 at Bushy Park in London. Originally it was called the Bushy Park Time Trial. Paul Sinton-Hewitt said the idea came from his time in South Africa where he had experienced competitive races that took place on the same course at the same time each week. He introduced this idea because of being depressed at not being able to run due to injury. He wanted to still be able to spend time with his running friends. He himself was a club runner when he was at school in Zimbabwe and has a personal best Marathon time of 2 hours 36 minutes. The first event at Bushy Park had 13 runners, 3 Volunteers and Paul managed the event.

Over the next few years, it grew, and a second Time Trial started at Wimbledon Common in 2007. As more events came on board it changed its name to Parkrun in 2008. The first event outside the UK was Zimbabwe in 2007.

Parkrun comes to Sussex

In 2007 Brighton and Hove Parkrun is launched at Hove Park. It and Leeds are the first Parkruns outside London. This is followed by:-

2012 Eastbourne

2013 Preston Park, Brighton

2015 Hove Promenade

2016 Bevendean

2017 Peacehaven

2018 East Brighton Park

2019 Seaford Beach

2024 Malling Rec, Lewes

These are just a few local Parkruns to Seaford Striders.

Parkrun goes from strength to strength

Parkrun is classed as a charity and is supported by sponsors. It is a free event to all those that take part and wouldn't happen without the thousands of volunteers. There are now 2,200 Parkrun events across 23 different countries with 250,000 people taking part each week. In 2023 there were 187 new events across the world, 76 of those in the UK. Parkrun has a strategy to double the number of people taking part and double the number of events by 2028.

It roughly costs £83 per event to run. These costs include equipment, insurance, technology, communications and Automated External Defibrillators (AED) The British Journal of Sports Medicine shows the survival rate at Parkrun are significantly higher for out of Hospital Cardiac



Arrest due to an AED being available. Parkrun aims for 100% of events having an AED available.

Parkrun and Health Benefits

In June 2023 Parkrun UK held a special day to celebrate 75 years of the NHS. We all know the health benefits of exercise. The Royal College of General Practitioners (GPs) and Parkrun UK together developed the Parkrun Practice initiative to link local GP Practices to local Parkruns. This is to support efforts to increase social prescribing and reduce the levels of inactivity. It is a low-cost approach for promoting health and wellbeing.

The UK's Chief Medical Officers recommend 150 mins of moderate or 75 (mins of vigorous physical activity per week to optimise health outcomes. The benefits of regular exercise are both physical and mental. Parkrun offers the choice to race, run, jog, jog/walk or walk 5km in a friendly, encouraging and social environment.

Parkrun Experience

My Parkrun Birthday is 28/5/2016 at the age of 51. I hadn't heard of Parkrun until that year. I was more of a leisure cyclist and addicted to Indoor Cycling (Spinning). So much so that I became a Spin Instructor as a hobby and held regular classes at a couple of Gyms. I did run occasionally on the treadmills at the gym just to mix up my cardiovascular workouts.

My introduction to Parkrun was through a friend. I was keen to get to know them better. They are a Sports Therapist/Masseur and a Parkrun runner. We agreed to meet at Preston Park Parkrun. It was my first 5km running event and I surprised myself with a time of 22m.52. I carried on going for the next month and slowly improved my time to 21m.43. I then stopped going and it was to be another 10 months before I ran a Parkrun again. As a resident of Peacehaven, I was aware that a Parkrun was going to be set up in Peacehaven.

An opportunity to get back into running. In May 2017 I took part in Peacehaven's first ever Parkrun event. Ran in a time of 24m.15. The course was tougher than Preston Park. Peacehaven is now classed as my home Parkrun. To date I have done 125 at Peacehaven and as of 20/7/24 a total of 198. All being well I will run my 200th on 3/8/24.

I now really enjoy Parkrun and look forward to Saturdays, AKA, Parkrun Day. The events are very social, and I have met lots of different people. I have also volunteered. I feel that it is important to support Parkrun in this way.

The adventurer in me has led me to go and explore other events. I really enjoy Parkrun Tourism and have now done all the Brighton area and immediate surrounding ones. Have also done a couple in Wales and my birth town of Hereford. All are unique and offer something different which adds to the enjoyment. So far, I have attended 21 different Parkrun locations and intend to increase that number. I also want to do a few in different countries.

The 5K Parkrun App also adds a bonus. It is a great way to record all your Parkrun events and times. I love the Challenges it sets. I have almost spelt my name by attending a Parkrun run which starts with a letter that is in my name. You are also able to compare yourself with your friends. Parkrun's statement it's a run and not a race is so important. I like the idea of all-inclusiveness. I love the fact that you see people of all ages and abilities. As I discussed earlier in this article, it is the health benefits, both physical and mental that are most important. If you have got up on a Saturday morning and made it to the start line, you are already a winner. It is human nature to compare ourselves with others and friendly competitiveness can be inspiring. Urge to do better and get a Personal Best is motivating.



However, a word of caution, don't let that competitiveness consume you. After all, Parkrun is a fun event. A chance to have a relaxed, social run/walk among likeminded friends.

It is also ok to test yourself and race an event. Parkrun have Pacer Day once a month. This is great if you are aiming to get a specific time and you can latch onto them. Let them know you are running with them, and they will help you achieve that goal.

Depending on the course, my average Parkrun time is about 22 minutes. In the eight years that I have been a Parkrun runner I have only gone under 21 minutes three times. My PB is 20m52 at Hove Prom, which I achieved in February 2023. Last time I went under 21 minutes was April 2024 (on my 59th Birthday) 20m 56 at Peacehaven. This was thanks to two fellow Seaford Striders pacing me and they nearly killed me. LOL. The older we get; it is important not to be caught up in our finish times but focus on our performance. Focus on seasonal best and good for age. What I like about Parkrun is when the results come through, they also include age grade. This is a great way to measure your performance. You can click on the results to list finish position by age grade. This always puts a smile on my face.

As Bushy Park is the Birthplace of Parkrun, in my opinion, every Parkrun Runner should make a pilgrimage there. I have been once, and it is amazing. So many runners in the park. The park itself is lovely and has lots of deer in. Hard to believe you are in London. On 31/8/24 it will be its 1000th event and October will be its 20th anniversary. This is a landmark event in Parkrun history. If you haven't been to Bushy Park yet, maybe this is the time to go.

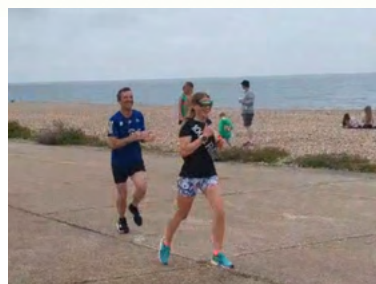
Happy Parkrun Running.



MILESTONES

July was a special month for Jen as she celebrated her 100th parkrun! Surrounded by her fellow Striders, who share her enthusiasm for parkrun, the occasion was truly memorable. Jen not only achieved a fantastic milestone but also treated everyone to delicious cupcakes adorned with a cheerful "100" on top.

A big shout out also goes to James Dopson for reaching his 50th parkrun. It's a reminder of the joy of reaching milestones and celebrating them with friends. Here's to many more parkruns and the continued pleasure of celebrating achievements together!



Jeanette's 100th Parkrun

A Sprinkle of Fairy Dust

Every week, runners gather for their usual 5k parkrun, but this time something extra special was in the air. It was the 100th Parkrun of our very own Jeanette, a Strider known for her love of dressing up and a bit of role play.

On this special day, Jeanette didn't just show up; she made an entrance fit for a fairy queen. Dressed in a shimmering tutu that sparkled with every step and wings that fluttered like they had a mind of their own, she was a sight to behold. It was like Tinkerbell had taken a wrong turn and ended up in Peacehaven!

But Jeanette wasn't fluttering about on her own. Her lovely Strider Sisters Sandra, Sue, Anna, and Jo, joined in on the fairy fun. Sandra, the thoughtful Fairy Godmother whipped out

a personalised 100 sash for Jeanette, making her look like the proper queen she is.

As the run began, it was clear this was no ordinary Parkrun. Fairy dust filled the air, giving the whole event a magical feel. Everyone was buzzing and the runners found themselves with a bit more pep in their step. Some of them looked like they were floating but maybe that's because most of them had been out the night before.

When Jeanette and her fairy friends crossed the finish line they were met with applause. Margaret, Murphy, Jill, Sarah, and Gary declared her the "Fairy Queen of Peacehaven Parkrun."

So, the legend of Jeanette the Fairy Queen lives on, inspiring runners everywhere, well, mainly in Seaford and Peacehaven, but who's counting? Whether they dress in tutus and wings or just carry a bit of magical spirit in their sports bras, they run knowing that the real magic lies in the journey and friends made along the way.



Where's Julie?

Julie Taylor is known for being everywhere - at the track, juniors, C25K, parkrun or popping out of nowhere to cheer us on. This newsletter is no different. Hidden somewhere within these pages is a tiny Julie Taylor waiting to be found.

Answer will be revealed in the next edition!



Ray's outfit had 222 flamingoes on it!



Seaford Strider of the Year Trophy

Seaford Strider of the Year Trophy: A History

By Kate Parkinson

Back in the 1990s, at the annual Awards Evening, Seaford Striders handed out a load of cups, awards, and trophies based on accumulation of points or positions in various events. Some were awarded by the men's captain, women's captain, or the committee as a whole, with selection generally based on speed and success. Considering these criteria, it was inevitable that many runners within the club were destined never to win anything.

The idea arose of introducing a new trophy that would reward a club member not for how fast they were or how many races they'd won but instead recognise their contribution to the club by, for example, marshalling, turning up at races to cheer on runners, giving lifts, or leading runs. In short, an award for enthusiasm rather than solely attainment.

Alan and Debi Lade, who joined Seaford Striders about four years after the club came into being in 1986, proposed the award and provided the trophy. They bought a Grecian urn style trophy second-hand in Eastbourne because it had acorns on the lid. An acorn is part of Seaford Striders' club logo.

Critically, it has always been the club membership that voted for the winner of the Seaford Strider of the Year trophy. Initially, voting happened towards the end of every year with Alan and Debi handing out paper voting slips at Wednesday evening club nights at the Downs. There would follow a period of protracted nagging to get the completed voting slips back for counting.

Everything naturally changes over time, but the thread that runs through the history of Seaford Striders up to the present day is an ethos of mutual support, as well as encouragement and

appreciation of runners of all abilities, including runners 'on a break'—all of which is symbolised by the Seaford Strider of the Year trophy.

One year, Debi received maximum votes from members and won the trophy. Alan recalls that when he and Debi joined Seaford Striders in 1990, there were only three or four women members. One of the reasons members voted for Debi was because she introduced a women's group which grew and grew. My memory from 25-30 years ago is of Debi taking me out as a novice runner. I could just about run gasping from one lamppost to the next and then recover between alternate lampposts. I was grateful for the encouragement and friendship.

Debi died in 2022 and is very much missed. After countless 10Ks, half-marathons, marathons, Iron Man and Tough Mudder events, Alan recently hung up his running shoes due to persistent injury but may be spotted biking around at high speed or on stage at Seaford Little Theatre.

Disclaimer: article based on personal recollection which is notoriously fallible so please forgive any unintentional factual errors.



Love Trails Festival 2024



By Jen Williams

This month, not only did I attend an absolutely amazing festival, Love Trails, but it was actually my first ever festival. Because Facebook knows I'm a sucker for running event adverts, it was all over my home page. At one glance, I decided to go for it because it looked so totally up my street that it was made for me. And it did not disappoint.

The itinerary was so full of options, there was always something to do. Whether that was yoga, strength training, inspirational talks, trail run races, guided trail runs, music throughout the day but particularly in the evenings and potentially my favourite event – the beer mile! Of course I did not enter, but I had the most fun watching!!

The festival was very welcoming to children, having their own tent with their own schedule throughout the weekend. Dogs were also allowed and also had their own events. Next year, Nellie is definitely joining us!

As with all festivals, the price is quite expensive, setting you back around £250 per head, but I really do think it's worth every penny. This includes 4 nights camping (bring your own tent), one race included and you can choose from a 5K, 10K, 27K or 50K, and unlimited entertainment! We took almost all of our own food and really made the most of the camping experience, as obviously that saved a huge cost, but there was plenty of catering options to choose from if you're richer than I am!

It would be incredible if there were a group of Striders next year and I know some have already shown interest. Take a look at the link and let me know if you're coming!!! <https://www.lovetrailsfestival.co.uk/>



Running on a Cruise Ship

Running on a Cruise Ship

By Debbie Priest

None of us want to be a slave to our running routines whilst on holiday, but many of us will take our running gear away so that we have the option to run if we feel like it. As some of you know, I like a cruise or two and many cruise lines have a running track in some shape or form, usually quite high up on the ship, so as not to be amongst everyone else. They also have massive gyms, with treadmills in abundance, but that's not for me. I tried cruise ship treadmill running once, but didn't enjoy the sensation of having my feet in running motion in the air, then having them slam back down on the treadmill again, to coincide with the waves and motion of the ship. I always opt for the running track, where you're out in the fresh air, but this can be a bit challenging if on the move - one side of the lap will be extremely blowy and push you back, whereas the other side will push you along.

Several laps are required to run a decent distance and generally it's 7 laps to a mile on these ships. Typically, I like to do 3 miles which means 21 laps, but occasionally I've lost count and unfortunately GPS doesn't work well, so relying on this gives a totally inaccurate figure. However, it's quite funny when people congratulate you on massive (but physically impossible) PBs on Strava, with the route also showing as a straight line in the middle of the sea! I've heard that if your watch is set to treadmill mode, it's a lot more accurate but I don't bother with this, it's not that important and basically, I just want to get a run in.

21 laps are not as bad as you would think, the circuits are quite short and you're passing and being passed by other runners, which is a good way of getting to know a few more passengers. On my last cruise I ran a few laps with an iron-man triathlete who was doing a super chilled training run (whilst I struggled to keep up). I was also joined by a 10-year-old boy on another run

which was quite sweet. The track on this particular ship had sunbeds directly around it and I thought I might feel a bit intimidated, being watched by sunbathers, but as I continued my laps it actually didn't bother me in the slightest. I felt quite pleased with myself when I'd finished a run and as a reward, I got into the habit of treating myself to a lovely mocktail or Costa coffee afterwards at one of the bars.

So, if you're thinking of cruising, pack your running gear in your suitcase. It's easy to fit a little run in, and it makes you feel so much better about tucking in to the copious amounts of delicious food on board.



Thirsty Thursday at Ray's



The evening started with excitement as Jen and Spencer arrived. Spencer our youngest participant at three years old made quite an entrance. He wore a flamingo top and had a Nerf gun. "Ooh it looks lovely in here" he exclaimed making the adults laugh. The decor was a nod to host Ray known for wearing flamingo outfits To mark the spot a Seaford Striders T-shirt was displayed outside guiding everyone to the fun.

As the sun set the party was in full swing. The Striders floodlights lit up the gathering and Jo's running playlist kept everyone's spirits high. Drinks flowed and Ray showed off his skills by serving pizzas and garlic bread. The highlight of the evening was toasting marshmallows over the firepit. However in true Thirsty Thursday style the firepit exploded! The shock quickly turned into laughter when everyone saw Ray's singed hair!

During the fun we looked at an old marathon shield. Despite its history no one wanted it so it stayed with Ray. The mood was light and full of jokes especially when Victoria our chair offered to chair the next party which was funny given her role.

As if the night couldn't get any funnier Bryony who had forgotten her glasses came back only to find Ray naked in the hot tub thinking everyone had left. Her shock was complete when she saw frogs around the party area. She took photos of our unexpected guests adding another quirky twist to the evening.

Ray's Thirsty Thursday was a great success blending fun surprise and camaraderie. From flamingo shirts to firepit mishaps it was an evening that captured the joyful spirit of the Seaford Striders.



Gallery



Submission

Striders: Your Newsletter Needs You!

We're calling on all fantastic runners, from Juniors and Couch to 5k stars to ultramarathon legends, to share your stories and experiences. Let your adventures shine! **Need inspiration? Here are a few ideas to get you started:**

Running with heart Tell us how love and positive vibes have amped up your running journey. Maybe it's a story of self love, community support or those moments that made you feel on top of the world.

Distance isn't everything Whether you've just conquered your first 5k, discovered new parkruns, or tackled a fun race, your experience is gold. Every distance matters and your story could inspire someone else.

Neither is article length Short on time? No worries! A quick summary of your run or event, capturing the key details, who, what, and why it was memorable, is just what we need.

Take a bite-sized approach Keep it snappy with headings or questions followed by brief answers. For example, 'What I Love Best About Parkrun'—tell us what makes it your favourite.

A picture tells a thousand words Got some epic photos of Striders moments? Send them our way! Just make sure you've got permission from everyone in the pics, and use .jpg or .png formats.

Paste your text into an email or attach it as a Word doc. Let's make this newsletter dazzling.

Credit: Katherine Simmons.

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Submissions to Jo and Ray by 24 August jojor73@hotmail.com