

# SEAFORD STRIDERS NEWSLETTER



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## Welcome to August

*Late summer, early autumn—it's like the world can't make up its mind, so we're here to make it up for them with our fantastic running! The sun's still hanging around, like that last guest at a party who doesn't know when to leave, but there's this sneaky little chill in the air whispering, "Hey mate, get ready for autumn!" We're pounding around the track, leaping over puddles of dew like a superhero dodging lasers with leaves just starting to turn caught in a whirlwind of our own awesomeness. The air is crisp, the colours are popping and we're the kings and queens of this glorious in-between season, storming through it with our thundering feet and unstoppable thighs of steel! Nature doesn't stand a chance against us we're a blur of speed, sweat and sensationalism, smashing through summer and tackling autumn head on like the legends we are.*





## Victoria Runs the Place

This month I want to talk about competing in events...

Before I started C25k with Seaford Striders I had this mental picture of all the members of all running clubs being highly tuned athletes, probably in their 20's or 30's, with most of them looking like the athletes we see competing on the TV. Whilst we do have members who fit my mental picture, the truth is we are lucky to have a very diverse club and many of you take part in events.

The important thing is that for most of us it's not about winning. We take part to challenge ourselves, to achieve what we would have thought might not have been impossible, to share in successes, to proudly wear our Striders shirt and just to be out there as part of our Striders community.

The vast majority of events are very inclusive and take pride in encouraging all abilities. It is nerve wracking going along to your first race, but if you go along with other Striders then it won't feel so bad. I still feel nervous when a race number arrives and when I arrive at an event but in the end you can only do what you feel like on the day. I'm unlikely to ever win an event and most of you probably won't either but just taking

part feels wonderful (once you have finished the race!) particularly if there is the legendary Striders cheer squad waiting for you at the finish.

As the events we enter get longer then there is probably a greater chance of getting a DNF (Did not finish). There can be a whole load of different reasons for a DNF such as injury, lack of preparation, horrible weather conditions and lack of self belief. If you do end up with a DNF then learn from it, it is a big decision to make. You're not a failure, it was just what happened on the day, nobody will think any less of you.

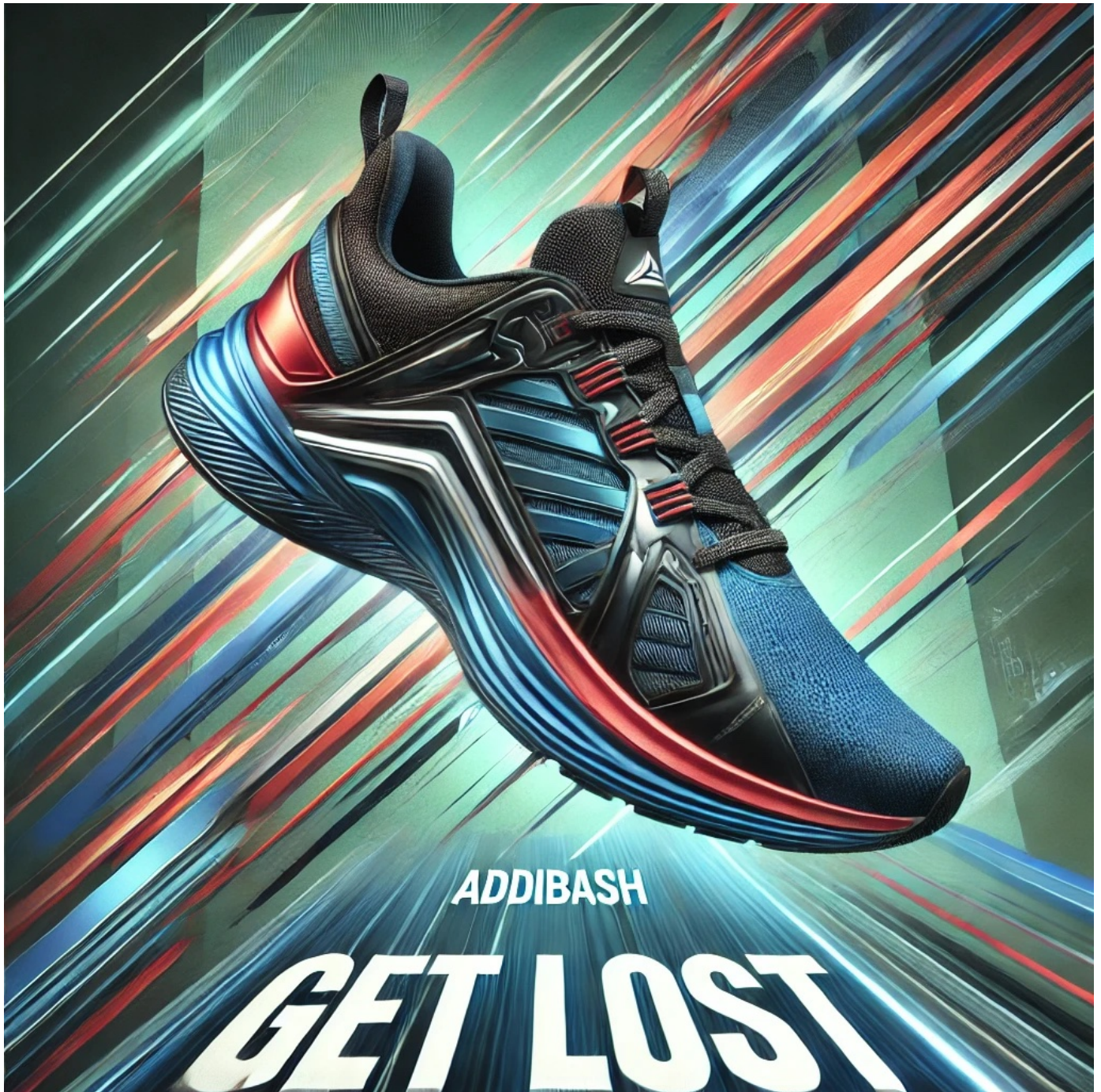
Being prepared for the event is key, from making sure you have done the training to having your kit ready and knowing where to go on the day. Anything you can do to stop the last minute stress and concerns will help. Most of all enjoy the experience and marvel at what you are able to be a part of – the running community is fabulous!

I'm so proud to see all your achievements at events. You proudly wear your Striders shirts at events around here and all over. The camaraderie you all show at events has been the catalyst for lots of new members joining as they have seen the Striders support and encouragement for their fellow runners. Good luck for your upcoming events!

## Sussex Races

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

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



As endorsed  
by Jeff Young.

*"I find these shoes incredible. No matter how hard I try to keep to my planned mileage these shoes just keep adding the miles. Yesterday I planned a 4 mile run and I ended up doing 8. They just seem to have a mind of their own. All my targets have been smashed."*

Addibash - 'Get Lost' the shoes that just keep going and going. Involuntarily increase your mileage. Check out unexplored trails. Experience the wonders of disorientation and so much more.

# Announcements

## Seaford Striders London Marathon Place

- To be considered for a London Marathon place, you must:
- Be an England Athletics Affiliated Member and a paid-up Seaford Striders Member as of 30 April 2023.
- Have Seaford Striders as your first claim club.
- Apply for a London Marathon place and receive a rejection email.
- Forward your rejection email to [info@seafordstriders.org.uk](mailto:info@seafordstriders.org.uk)
- Follow club procedures if unable to participate due to illness or injury.
- Return the club place if you secure your own place later.
- Not have been successful in the previous year's ballot.

**Draw date Wednesday 11  
September Scavenger Hunt**

## SEAFORD STRIDERS SHIRTS

Updates on Kit Availability:

InterSport will keep all sizes in stock for seniors in Sapphire Blue and Black, and hi-vis yellow for juniors.

Long sleeve tops in senior sizes will be stocked in the club colours and hi-vis yellow as the darker nights approach.

Sponsor logos will no longer be included on the tops.

Other colours may still be available but will require a longer lead time due to minimum order requirements.

For any questions or assistance regarding club kit, please contact Julie Taylor for help and advice.

## WORTHING RUNFEST

May 4th 2025

### 15% DISCOUNT

VALID UNTIL THE END OF  
SEPTEMBER

Code  
SEAFORDSTRIDERS15

## 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 [gmtdcjones@gmail.com](mailto:gmtdcjones@gmail.com) to confirm your support.

Many Thanks  
Nick, Race Director



## Autumn Equinox Race - Wednesday 18th September

*Fall in love with running again*

# The Great Striders Scavenger Hunt



**Wednesday 11th September**

On this special Wednesday night, Striders will work together in teams to complete the hunt. Who will come out on top?! For this event, use your brainpower as well as your legs!

# Spotlight on a Strider

## AUSTIN WARREN

Hi, I'm Austin a Vet runner soon to be knocking on the door labelled V60!

I joined Striders just over 3 years ago after moving down from 'The North' (Ashdown Forest in fact) with my wife Tina, initially renting in Alfriston before finally finding a house in Seaford 18 months ago.

And what a privilege it has been to be a member of such a wonderful club!

I've run for as long as I can remember and was always keen on school athletics and developed an early passion for long, if infrequent, runs on the South Downs over in West Sussex, sometimes with 'Blackjack' the family dog, reluctantly in tow.

I joined my first club, Arena 80, after leaving college and moving to Brighton where I enjoyed regular racing and club training runs. A knee injury put a stop to any running for a couple of years as I battled to prove the doctor wrong and run again. A big part of my rehabilitation was to take up hockey, giving me a week to hobble about & recover between matches! I started racing again just for myself and set up a monthly lunchtime handicap race in Redhill, the 'Roughly Five' which became surprisingly popular with local office workers. Through a colleague at work I got interested in Triathlon, caught the bug, and competed for East Grinstead Tri club for a number of years.

Joining Striders has been an amazing experience for me as it has introduced me to a bunch of lovely and supportive people and re-ignited my competitive desire to be the best I can. And track! What a joy, being able to focus completely on the running without fear of curbs, traffic and low-hanging tree branches (another story)!

Recent highlights and a first for me, were the Tempo Last Leg relay, a fantastic format with the whole team having to run the fifth and final leg. The 'Night of the PB's' was great fun with great support and brilliant to see such a range of runners taking part in the various stages of their running journey - my hat goes off the couch to

5K-ers, such an inspiration. And, the Martello Half earlier this year, where I got a glimpse of what might be possible for me at double-the-distance..



I should also mention, if I don't I'm sure the editor's will 😊, the pleasant surprise of running in a dress! It is actually quite cooling & liberating. But probably, not to be repeated 😊.

And in general, especially in the dark & cold winter months, Wednesday nights getting out knowing you'll have some friendly faces to run with.

My current ambitions include completing another five Athen's marathons so that I have a complete medal set (see photo), and trying to get near 3:30 at that event before I turn 60! I'd also like to have a go at some Master's track events next year and avoid getting lapped in the 3,000m.

I also try and do a bit of paragliding and hope to get competent enough in that discipline to take part in 'Hike and Fly' events in the next few years where I can combine my two passions.

I'm looking forward to continuing spending time with and getting to know more of the Strider community and fully committing to Thirsty Thursdays!



# Upcoming Social Events



11  
Sep

Scavenger Hunt

18  
Sep

Autumn Equinox

29  
Sep

(St)riders Bike Ride

TBC

Walk to Alfriston



(St)riders bike ride

29 September 2024  
9am at the sailing club

Route: <https://connect.garmin.com/modern/course/298665343>

Refreshment stop at Cadence in Litlington  
Not suitable for road bikes

## RECENT RESULTS

<b>Maverick 24K Stanmer Park</b>		27/07/2024
131	Paul Willis	02:24:46
<b>Egham Chasing Numbers Half Marathon</b>		02/08/2024
7	Sue Curtis	02:11:47
8	Hazel Tarrant	02:11:49
<b>Sussex Masters Eastbourne 1500 meters</b>		
	Stephen Marsden	05:27:06
<b>Mudcrew The Rat Plague 100K(64 miles)</b>		03/08/2024
	Bryony Clarke	16:36:51
<b>Vanguard Way Marathon</b>		04/08/2024
13	Aaron Pooley	04:37:43
<b>Swiss Alps 160KM</b>		09/08/2024
95	Joel Eaton	26:32:50 DNF 102km
<b>Phoenix Athletics Run Half Marathon</b>		10/08/2024
	- Martin Dallimer	02:03:55
<b>Hailsham Harriers Relays</b>		14/08/2024
<b>Senior Men (Strider Kings)</b>		29:38
Alan Browne	07:35	Austin Warren 07:55
Josh Nisbett	06:59	Josh Rudd 07:07
<b>Vet Men (Strider Lads)</b>		30:54
James Marron	07:25	Dave Dunstall 07:50
Russell Hewlett	08:19	Luke Borland 07:19
<b>Senior Women (StriderQueens)</b>		33:34
Emily Danvers	08:31	Sam Alvarez 08:30
Jen Williams	08:15	Erica Martin 08:17
<b>Vet Men (Gentlemen Striders)</b>		33:47
Richard Preece	08:05	Ron van Heuvelen 09:18
Ray Smith	08:35	Tobias Bremer 07:47
<b>Mixed (Dolly Mixtures)</b>		38:29
Dominic Hind	09:19	Jane Boyes 10:01
Kat Simmons	10:49	Colin Browne 08:23
<b>Senior Women (Lady Striders)</b>		39:25
Jemma Vile	09:34	Lisa Parkinson 09:31
Justine Ridgeway	11:24	Anneka Redley-Cook 08:55
<b>Vet Women (Flying Striders)</b>		47:05
Victoria Maleski	12:18	Jo Robinson 13:55
Jill New	11:14	Amy Ferne 09:36

AUSTIN WARREN  
IS

❑❑❑❑  
**TAXI  
DRIVER**  
❑❑❑❑

“Anytime, Anywhere.” \*



\* Offer only open to Striders going to Monday night track from Seaford's East End, picking up en route. Austin's StrUber™ is currently free of charge but if you happen to be at Thirsty Thursday a pint wouldn't go amiss.

If the StrUber™ is not available, try Ray.

DISCLAIMER: 'You Looking at Me?'  
Well don't. StrUber™ is Austin's  
original idea, not mine - Jo

## RECENT RESULTS

**Piethorne 10k** 18/08/2024

46	Sam Alvarez	00:54:44
56	Russell Hewlett	00:56:26

**Kalmer Ironman(full)** 17/08/2024

1171 Rolando Hutchinson

2.4miles	Swim	01:11:00	T1	04:31
112miles	Bike	05:47:49	T2	05:10
26.2miles	Run	05:32:09		
	Total	12:40:37		

**World Masters Half Marathon** 24/08/2024

239 Dave Dunstall 01:30:54

**Arundel 10k** 25/08/2024

6	Josh Nisbett	00:38:47
9	Jack Hutchinson	00:39:57
22	Jeff Young	00:42:36
24	Austin Warren	00:43:06
59	Richard Preece	00:48:25
200	Kat Simmons	01:00:04
218	Lance Maleski	01:01:27
210	Leanne Litster	01:01:51
211	Steven Teale	01:01:51
255	Aaron Pooley	01:06:07
288	Victoria Maleski	01:09:27
289	Debbie Priest	01:09:39
290	Lorraine Quigley	01:09:42
339	Jo Robinson	01:17:38

**Kings Head Canter** 25/08/2024

42	Luke Borland	00:19:48
252	Tom Roper	00:36:07

## New Club Records

A complete set of track and age category records is currently a work in progress and will be uploaded to the Striders website as soon as possible.

After numerous attempts and in the dying hours of his eligibility of putting himself at the top of the 5k Parkrun tree, Ollie Sprague finally delivered a masterclass performance at Bushy Park parkrun. Over to you Rowan!

1 Ollie Sprague 00:15:42 TBC



For enquiries about results and club records,  
please contact Ray Smith  
[raymondksmith@hotmail.com](mailto:raymondksmith@hotmail.com)



# 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. 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 2023	<a href="#">Hellingly 10k</a>
6 October 2024	<a href="#">Lewes Downland 10 mile</a>
20 October 2024	<a href="#">Hove Prom 10k</a>
17 November 2024	<a href="#">Crowborough 10k</a>

## For Information

Contact Ollie Sprague

visit the SGP website

<https://>

[sussexgrandprix.co.uk/](https://sussexgrandprix.co.uk/)

# Club Grand Prix



## Remaining races for 2024



Date	Event	Criteria
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.](#)



# Arundel 10K



## Arundel Castle 10K Run Club Grand Prix Event

On a bright and crisp Sunday morning, the historic grounds of Arundel Castle were the stage for the much anticipated Arundel Castle 10K Run. The race kicked off at 9:00 am with over 500 eager runners ready to take on a course renowned for its mix of challenging terrain and stunning scenery.

The 10K course is a blend of 40% tarmac roads and 60% downland grass tracks. The race began with a loop around the expansive Arundel Park before leading runners into the iconic grounds of Arundel Castle via St Mary's Gate. As we wound our way through the castle's quadrangle, we were treated to breathtaking views of the historic site. Exiting over the drawbridge, we returned to the park for the final leg of the race.

This year's event was marked by several standout Strider performances. Josh delivered an exceptional run, securing sixth place overall.

Jack also had a remarkable day, finishing in the top ten overall.

Leanne had a day to remember, shattering her previous personal best by an astounding 12 minutes. Her dedication and training clearly paid off. Debbie, too, achieved her own personal victory by cutting 5 minutes off her previous time. Victoria had an incredible race, taking a whopping 13 minutes off her time from last year. Her remarkable achievement was one of the day's most inspiring stories, underscoring the dedication required to make such a significant leap in performance.

The mix of challenging terrain and the historic beauty of Arundel Castle made the event not just a race but an unforgettable experience for everyone involved.

# Arundel 10K



# Seaford Beach 200th Parkrun



Seaford Beach parkrun marked its 200th event with a spectacular celebration that embraced a vibrant Pride theme. The event was a visual feast of bright colours and rainbows, reflecting the spirit of inclusivity and community that defines Seaford Beach parkrun.

Seaford Striders played a crucial role in making this milestone event a success. Their enthusiasm and energy created a lively and welcoming atmosphere for all participants. Seaford Beach parkrun is dedicated to ensuring everyone feels valued and respected. 🏳️‍🌈

Thank you to the dedicated volunteers whose support has been integral to reaching this significant milestone. Their efforts, from setting up the course to marshalling along the way, ensure every event runs smoothly and joyfully.



Adding a special touch to the occasion was Alison, who prepared a delicious 200 themed vegan cake which was a hit among participants and volunteers. 🍰 There were also some Strider 100 parkrun milestones. Congratulations to Jane, Stacey, and Tom for reaching this impressive milestone.



Congratulations also to Simone who reached a remarkable milestone by completing her 100th Parkrun this month at Peacehaven. Simone, who joined the Seaford Striders earlier this year, has smashed her pbs since joining the club.

Simone is pictured holding a celebratory balloon surrounded by cakes that she lovingly baked herself 🥰

Thanks to Josh Rudd for the celebratory biscuits. Even though he has been a Strider for 14 years, August was Josh's first Seaford Beach Parkrun. It will be his last for a while as he is moving to Taunton but will still compete in some major Sussex races wearing his Seaford Striders shirt.



# Conquer those hills!

## Joel Eaton

When Lewes track is unavailable, we often ditch the track and hit the trails for a structured hill running session. Here, Joel shares some of his hill running tips and more!

Running up hills is hard. There's just no getting away from that! Whether you're at the front of the race or towards the back, it's always hard. But that doesn't mean it can't be enjoyable as well as challenging. A lot of people sigh when they tell me that they struggle with or just don't get on with hills, and often it's just as much the mental challenge as it is the physical. But by introducing some small changes into your training you can adapt your mindset and your approach to running over hills, and this can help you not only improve your hill running, but help you embrace your time on the hills and really enjoy running over them.

This article introduces some simple tips and tricks to help bring in some hill-specific training into your running program, alongside some ideas for improving your form (which is *how* you run) and efficiency when running uphill. Improvements through practice in these areas can ultimately help improve your strength and speed.

Hill running is just like running in general - it takes time and repetition to improve, and the biggest gains come from focusing on your running form, also known as technique. Practice your form and the speed will follow.

In the same vein, if hill running is new to you, introduce and build it up slowly, and always account for extra recovery time after hill sessions due to the additional impact on your joints and muscles compared with running on the flat.

### How can I make hills more enjoyable?

Here are some useful tips to help you incorporate hills into your training and improving your hill running abilities:

### 1. Make hills a regular part of your balanced running program!

Our club's track program covers all the key ingredients of a running program, except for one thing - hills! (for obvious reasons). Whether you run exclusively on the road, on the trails or a combination of both, hill training sessions are an essential component of a runners training plan. The physical and mental strength you can gain from hill training can bring improvements to many aspects of your running, and can help with injury prevention. There are different types of hill sessions that you can include in your training; ones that focus on uphill running, downhill running, even mixing hills in with other elements; but if you're not quite ready for that then why not start by simply introducing more hills in your longer slower runs? Our local trails on the Downs are a perfect place to start.

### 2. Focus on form over speed!

Getting your form in a good place can be hard work to begin with, but keep practising it and you will see results not only in your speed but in the effort you exert. Not only will you get stronger, but with good form you'll become more energy efficient which naturally helps improve your speed even more.

### 3. If it's hard, make it easy!

Practice running up hills (as opposed to run-walking) as much as you can. Switching between running and walking expends additional energy that can tire you out faster - which is not ideal for races. The best way to improve your ability to run up hills without stopping or walking is to slow things right down - even to a walking pace, even to slower than walking pace, but always maintaining your uphill running form.

## How can I improve my form?

Here are 4 tips for improving your uphill running form (downhill running requires a different approach - we will cover this at a later time)

Again, you can start to introduce hills into your long slow runs. One way to keep yourself motivated and to track your progress is to set yourself small goals that you can measure. For example, choose a long hill and see how far up a hill you can run up it without stopping. Are you able to match your distance or improve it each week?



### 2 Relax your shoulders

It can be a natural reaction to tense your body when running uphill. A good tip to help you relax your shoulders is to take a deep breath and smile!

### 1 Stand tall

Many runners adopt a hunched stance as they run uphill. This is often reflective of an "I need to get my head down and attack this" mindset of running uphill where we simply tense up in anticipation of it being hard.

Instead, try switching your thinking as you approach a hill to "I'm going to step up and conquer this hill". Do this by standing tall with your head upright with your eyes looking ahead not down, and tilt your whole body slightly forwards into the hill from your ankles and not from your hips upwards.

### 3 Drive your arms

There is free energy available from the perpetual motion of driving your arms that will actually help propel you up that hill - so use it! Remember to drive your arms backwards. Feel the difference for yourself next time you run up a hill - you will noticeably run faster when you really drive those arms!

### 4 Shorten your stride length

This generally happens naturally, so just ensure that you're not trying to maintain the same stride length that you'd have on the flat.

## Example hill training sessions

If you feel ready to take the plunge and take on a training session dedicated to hills, then there are a variety of hill-specific training sessions that you can begin to explore. They don't always have to be constant up-down hill-rep sessions, although these are the most common. You can get in touch directly with me if you want to learn more about the types of hill sessions you can do for your own goals and abilities.

Always try and choose a hill that is suitable for the session you do, away from busy traffic and road crossings.

Here are two examples of hill rep sessions for you to enjoy and adapt to your own ability (both sessions should include your normal warm-up and cool-down routines):

### Beginner-level

1. Find a hill that starts with a flat section (approx. 20 metres) at the bottom then gets steeper.
2. Run hard (approx 85% of max speed) from the start point for 45 seconds. Use the flat section as a run-up to focus on getting into

good form (see tips above), then maintain your form going up the hill. Aim is to hold the speed as much as you can (accept that you will slow down!), but it is more important to maintain form.

3. After 45 seconds, stop and catch your breath, turn around and then jog/walk back to the start in your own time to fully recover.
4. Repeat steps 2 and 3 up to 5 times.

### Intermediate-level

1. Find a relatively long and straight hill.
2. Run up the hill medium-hard (approx 70% of max speed) for 45 seconds, getting into and maintaining good form.
3. Switch to a fast sprint for 10 seconds (max speed) holding that good form.
4. Stop and catch your breath, turn around and then jog/walk back to the start in your own time.
5. Repeat steps 2 - 4 up to 8 times.

If you have any questions on this topic or want some support with designing a hill session for your own training, grab me for a chat.

See you out there!

# Reeuwijkse Hout Parkrun

by Katherine Simmons

It was a happy accident to discover Reeuwijkse Hout parkrun so close to our holiday village just outside Gouda in South Holland.

Both myself and Ron enjoy a bit of parkrun tourism and, as regular volunteers, enjoy seeing how different shapes and sizes of parkruns are organised.

Seaford Beach parkrun regularly attracts upwards of 250 runners, so it was nice to experience a very different parkrun. At Reeuwijkse Hout we got to chat to a large proportion of the 36 parkrunners attending as well as the volunteer team. The run director was even able to take a group photo of all of us together!

There were 16 first timers making their first visit to Reeuwijkse Hout including me, Ron, and Juniors Sam and Thomas, so I was very grateful for the joint First Timers and Run Director's briefing being given by Susan in English. We learned that the other RDs who were Australian and English were actually away that week.

The run was a flat, two lap course around Reeuwijkse Hout, a nature reserve encompassing a lake and wetlands which were previously polders. The parkrun is all at sea level with the exception of one bridge which ups the elevation for a few seconds. We learned from one of the volunteers that there was another parkrun nearby where you can run below sea level.

At Seaford, we have marshalls all along the course. With just a few volunteers, signs and beautifully drawn chalk markings were used so thankfully there was no chance of us getting lost, even though there were frequently no other runners in sight as went along the course.

On a very hot day we were also very grateful for some sections of the parkrun being in the shade of the



trees. The course was on a bike route with probably as many cyclists using it as there were parkrunners, so we needed to be on the look out for each other with a call of 'fiets' for bikes approaching from behind. While most of the cyclists whizzed ahead of us, a couple did wish me and Thomas "succes," which didn't need any translation.

At Reeuwijkse Hout parkrun, all of the volunteers work double or triple roles and we spotted RD Susan marshalling, cheering and also taking photos as we approached the last lap.

While Sam ran on ahead, myself, Thomas and Ron finished just inside the 30 minute mark. I was delighted to achieve my time seven weeks after having major surgery and being no fan of running in heat.

Coming through the finish line, I was given my token which the team keep in very smart 3D printed token holders. By this time, RD Susan had returned from marshalling duties and was now scanning barcodes. I had my phone with Virtual Volunteer on me and offered to help. But despite my highest ever placing as a parkrunner, in 26<sup>th</sup> position, there were just a few other runners behind me!

After the parkrun we chatted with parkrun regular Theun who was celebrating his 50<sup>th</sup> milestone at Reeuwijkse Hout. Theun had brought some stroopwafels to celebrate leaving Thomas to remark that the Dutch delicacy should feature at all parkruns!

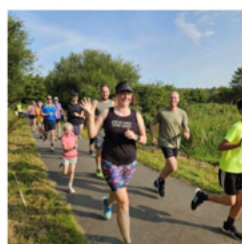
The warm welcome lead to my first overseas parkrun volunteering point and probably my first and only headline in Dutch. I could say 'thank you' to the busy team of volunteers by submitting a run report.

Susan said it was no problem writing the report in English but warned that Reeuwijkse Hout was "very difficult to spell for an English person." It most definitely is, but I hope I did their friendly team justice!

## laatste nieuws

### Een fantastische start van de zaterdagmorgen!

Posted on augustus 6, 2024 by reeuwijksehout



Zaterdag 3 augustus deed Katherine en haar familie voor de 1e keer mee aan parkrun Reeuwijkse Hout. Hier is haar verslag:



# Junior Striders

## Reeuwijkse Hout Parkrun

report by Sam Elton

I really enjoyed parkrun at Reeuwijkse Hout parkrun in the Netherlands. The course was lovely as it provided good views of the lake and the landscape. It was also my first overseas parkrun outside the UK so it was always going to be exciting.

I was also happy with my time considering the heat that day. The volunteers were very helpful directing us where to go and telling us about the course. Also I liked how flat the run was - the highest elevation was probably about 1 metre which was also a bonus.



## Stanley's Parkrun Adventures

Stanley has been busy parkrun touring over the summer holidays, visiting Penrith parkrun in the Lake District and Lochore Meadows Parkrun in Scotland the following week where he finished 12th with a PB of 23:02. Stanley says: "It's exciting and fun running a different course to what I'm used to and nice to meet people from different places who enjoy running."



## Alfie is first at Peacehaven Parkrun

On a wet Saturday morning, Alfie ran Peacehaven parkrun, finishing in first place. It's Alfie's second first placing at a parkrun, having achieved the same feat during a windy July parkrun at Seaford Beach, Alfie says Phill's summer holiday training has really been paying off!! In third place at Peacehaven was Joe Lacey, now 17 but a former Striders Junior regular who is just slightly taller now!



# Junior Striders

Congratulations to Theo and Bailey on running their first ever parkrun at Seaford Beach parkrun, and well done to dad Steve for running with them.

Congratulations to all of our amazing Juniors who have run Seaford and Peacehaven parkrun and Junior parkrun over the summer holidays. We've loved watching you all progress and seeing you celebrate some fantastic PBs!

A big well done to: Tobias, Vinnie, Luther, Stanley, Alfie, Kitty, Harvey, Dexter, Tilly, Caleb, CeCe, Oscar, Joey, Eva, Roman, Anya, Bailey, Theo, Elyse, Winona, Florence, Sam and Ava,

We're looking forward to welcoming you back on September 3 at The Salts - the Junior Striders Team.



## On This Day or Thereabouts (by Ray)

Jamie Stenning sometime in late August 1998, in what would become his specialty event, won the Seaford Tourney "Run a Mile" race with a time of 04:40 setting a club record that still stands today.

The Seaford Tourney Races were a series of events held at the Salts Recreation Ground in August. This was before the club had access to the track at Lewes, so when the council chalked out a track, it provided a perfect opportunity for members to showcase their talents, channeling their inner Seb Coe or Sally Gunnell.

Despite the competitive spirit the event also had a light-hearted side including races like the three-legged race, the egg and spoon race, novelty mile and survival mile. In later years the track was used for a Juniors sports day. Although the track is no longer laid out at the Salts each year, the club continues to host a "Dream Mile" evening and occasionally organises a Sports/Games Day.

### New member Stenning ousts speedy Eade

THIS year's run-a-mile races, which are part of the annual Seaford Tourney, were once again well supported by Seaford Striders and some excellent times were set in all races.

Fastest mile of the evening was run by new member James Stenning, who set a cracking pace from the front and showed he was a force to be reckoned with by easily breaking the five minute barrier, recording 4-53.

For once Bob Eade was relegated to second, with 5-06.

In the ladies mile, last year's winner, Vicki Boyle,

### Seaford athletics latest

moved comfortably to the front and ran steadily to reduce her personal best by over a minute, finishing in 6-06, with Jackie Mills second in 6-34.

In the under-14 races, James Fowle paced himself perfectly to win the boys event with Graham Clark second, while for the girls Cassie Prior led them home with Claire Bulger as runner-up.

David Bulger showed his class in the boys under-16 race, winning comfortably ahead of Simeon Van de Verf and in the survival mile Matthew Help took the title just ahead of his fellow junior and Strider David Miles.

### Runner's hat-trick

JAMIE Stenning completed a hat-trick of wins at this year's Seaford Tourney 'Run a Mile' event.

For the third year running Stenning proved he is the strongest runner at the shorter event, leading throughout to win in 4.40 from David Bulger and Dave Rollison who battled for runner-up spot to finish in 5.07 and 5.08 respectively.

In the women's race, Jackie Sier was the runaway winner for the second year in succession, coming home in 6.27, well clear of runner-up Marie Prior and Kate Parkinson in third spot.

In the Jog Shop Jog, a tough 20 mile event over the



Above: August 1998  
Left: August 1997  
Right: July 31st 2005

# Dream Mile



## Striders Dream Mile

On August 19th, Seaford Striders held their annual Dream Mile at the Lewes Track. The 1 mile time trial saw senior members testing their speed, supported by the enthusiastic cheers of fellow Striders. The event featured warm ups, cool downs and grouped heats based on ability. This year age grade scoring was introduced with top times eligible for club records. The evening was a resounding success, marked by PBs and a strong sense of community. Thanks to all who participated and contributed to making the event memorable.

Name	Time	Age	Name	Time	Age Graded %
Josh Nisbett	05:10.81	SM	James Marron	05:22.96	80.09%
James Marron	05:22.96	VM50	Dave Dunstall	06:07.60	76.55%
Alan Browne	05:28.34	VM40	Richard Preece	06:07.26	74.77%
Stephen Marsden	05:49.88	VM40	Ray Smith	05:54.49	73.67%
Ray Smith	05:54.49	VM50	Alan Browne	05:28.34	72.90%
Richard Preece	06:07.26	VM50	Josh Nisbett	05:10.81	72.41%
Dave Dunstall	06:07.60	VM60	Robert Ewen	07:02.85	71.26%
Jen Williams	06:17.16	SF	Stephen Marsden	05:49.88	69.89%
Matt Winton	06:46.09	VM40	Jen Williams	06:17.16	68.30%
Robert Ewen	07:02.85	VM60	Simone Amis	08:04.99	64.95%
Simone Amis	08:04.99	VF50	Matt Winton	06:46.09	59.80%
Zingy Theto	08:47.86	VF40	Zingy Theto	08:47.86	56.02%
Jo Robinson	09:25.83	VF50	Jenny Hunter	10:19.64	53.76%
Jenny Hunter	10:19.64	VF50	Jo Robinson	09:25.83	53.59%



# Hailsham Harriers' Beach Run

## Ron van Heuvelen

On Saturday, 27 July, it was time for the annual Hailsham Harriers beach run.

I was invited again for the second year running by the Harriers and asked if I could promote their lovely social run to all our Striders. I was pleased to hear that they agreed to expand their running audience!



Last year, we attended with three Striders, and this year I was accompanied by Katherine, Jill and Gary New, Rob Ewen and Les. We start from the Eastbourne Sovereign Centre where parking is still free.

The route is just over seven miles along the beach at low tide and ends at the iconic Colonnade on Bexhill promenade. The run is always at a sociable and chatty pace with regular regroupings.

Making our way east, we observed (and waved to) families playing on the beach, kids and dads building impressive sandcastles, paddle boarders and dog walkers. This is a lovely beach run, but can only be run during very specific times and only at low tide.



After a group photo, we started at 1015am which was at the top of low tide for this year. I believe the group numbered 50 runners, mainly from Hailsham but also including Striders, Uckfield Runners and Heathfield. The dress code this year was ruby red to celebrate the Harrier's 40th anniversary – they are always dressed to impress with many of the ladies also sporting red tutus for the occasion.





I recommend this run to anybody who likes a sociable, scenic run – and doesn't mind getting their feet wet!!!

In this run, it's advisable to wear old shoes as inevitably your feet will get very wet. The route starts by crossing the shingle before reaching miles of flat sand and puddles.



You'll definitely make friends (or get to know your existing ones better!) on this run as you pick the best way to get over a few rocks and deep sand pools at the end of the run which are below knee height and help other runners to safely do the same.

Our group of sandy Striders took about 95 minutes to complete the route, and like last year, the weather was just perfect.



When we arrived at the Colonnade, we chilled out with a nice drink and a bite to eat. Just a few runners decided to make the return journey back over the beach.

Most of us planned to take the 99 bus back to Sovereign Harbour as it was Bexhill Carnival that day. This meant we had to walk through Bexhill's shopping area to reach the alternative bus stop.

We were lucky to have Rob with us, who became our tour guide – fortunately for us he had spent time living in Bexhill. After a bit of a wait and establishing that we were indeed at the right bus stop, the 99 finally arrived.



# Lisa's Magic Trainers

By Lisa's Magic Trainers



Sat in a box at the end of a production line in Vietnam, we had no idea where East Sussex was or who on earth the Seaford Striders, were but having just been slapped with a label addressed to Lisa in Seaford, our fate was sealed, and off we went into a shipping container bound for the UK.

How relieved we felt when we first met Lisa. She seemed so pleased to see us and were out of the box the minute she got her hands on the parcel. She stuck us on her feet straight away and pranced around the house asking anyone who was listening, whether they liked her new trainers? Her husband nodded approvingly, her son liked the colour, and even her teenage daughter had to admit that she looked quite cool for a change. We felt instantly loved. Even the dog took an interest as Lisa continued adjusting our laces and admiring us in the mirror, but we had no idea what the link was between a new pair of trainers and how big her bum looked !

We instantly felt part of the family and took pride of place in the shoe cupboard on Lisa's shelf. She set us aside in the corner, telling us that she didn't want to get us dirty. Her old trainers, a classic pair of Asics soon filled us in on all the gossip. We quickly learned that Lisa was a Seaford Strider, what a brilliant running club it is and full of warm and friendly people. She'd only been a member for a year, having joined after graduation from Couch to 5k. Together with Dave, her new running partner, she soon got stuck in, completed the summer solstice run, joined Wednesday Night Striders and started completing Park Run on a

Saturday morning, with an ambition to break the holy grail of 30 mins. That is where we came in, as her Asics were far too heavy and dirty for the job and had been around the block a bit and Lisa felt now was the time for a new pair.

We felt so sorry for her old trainers, as very quickly we seemed to be getting all the limelight on a Saturday morning and, as she finally broke 30 minutes and four consecutive PB's, her friends were quick to credit it all back to us, Lisa's new magic trainers! We obviously felt proud of the part we had to play but knew the 'magic' had far more to do with all the encouragement and support that Lisa had gotten along the way from her fellow Striders and what a lovely time she has with Dave each week. We are led to believe 'what goes on Park Run, stays on Parkrun' and could not begin to divulge their pre-run ablution routines, but think they could both go a lot faster if they would just stop talking sometimes. However, distance and time seem to rarely feature, it's all about what a lovely start to the weekend they've had, so we leave them to it!

Whilst we always enjoy listening to Lisa & Dave catch up at Parkrun, we quietly envy the nights we are in the cupboard whilst she is out trail running in her Asics with the Bo Peepers. With Julie, Tom or Lisa J. at the front, I hear the Bo Peep group know how to run and follow the most amazing routes around Seaford and beyond - over the downs, into the forest, along the river and through the finest twittens in Sussex. There are too many names to mention, Lisa has met so many new people, but whatever the weather, it is always an adventure, and we cannot wait to hear what everyone has been up to. From discussions on insect bites and Avon products to busted bras and the benefits of M&S running tights, and from Sussex Grand Prix events, the London Marathon and Sunday morning Runs, there is always a story to hear when her old trainers return to the cupboard on a Wednesday evening.

We are aware we are on borrowed time and have a limited run life, so whilst the sun is still shining and before autumn sets in, we will continue living our best life with Lisa before she upgrades again . Until then, thank you Striders, it has been a blast.

# Bates Green Farm Relays



## Hailsham Harriers Relay

A warm Wednesday evening at Bates Green Farm in Arlington set the perfect stage for the Seaford Striders and other local running clubs to enjoy a fun filled and relaxed event at the Bates Green Farm Relays.

The 1.2-mile off road course offered a delightful mix of trail and field terrain, with most of it being flat but sprinkled with a few rutty patches to keep things interesting. Before the race kicked off at 7 PM, participants had the chance to do a recce run and gather for a race briefing. The atmosphere was informal and friendly, creating a welcoming environment for both seasoned runners and newcomers alike. Teams arrived at the venue with a sense of excitement, collecting their numbers and chip-timed batons. The focus was clearly on having a good time but a bit of competitive spirit couldn't be ignored, especially when team captain Jeff jokingly urged everyone to forget about fun and just run as fast as they could!

This light-hearted yet motivating advice seemed to resonate particularly well with the male veterans team, the "Seaford Lads," who went on to claim the top spot in their category. Despite a fall, Amy managed to clock in an impressive time, proving her

resilience and earning her the title of a true trouper. Gary and Jay, although in reserve, played crucial roles as cheerleaders, boosting morale and adding to the event's overall positive energy.

*"The Hailsham Harriers Relays is one of my absolute favourite Striders team events - as much for cheering on my teammates (thank you Dominic, Jane B and Colin, aka Dolly Mixtures) as for the running! This is my second year of taking part and I enjoyed the Bates Green course which passes through woodland and past ponds as much as the Herstmonceux Castle course from 2023 (although minus the rutted bit in the field).*

*This year, as well as there being batons with chip timers to pass, there were also many more Striders taking part. This provided a great opportunity to get to know more members from across the club and cheer them on their way.. A massive well done to Jeff and Amanda for organising the teams - it was great to see as many ladies as chaps taking part this year!"*

**Kat Simmons**

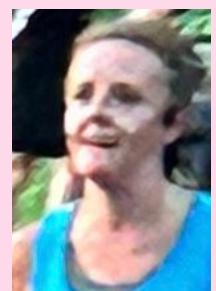
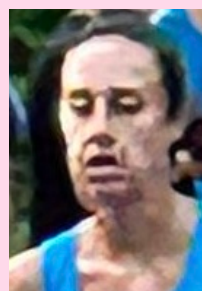
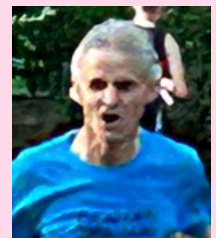




## Melting waxwork runners found at Bates farm.

This might have been a more suitable headline for anyone that saw Jeff's photos. Let's just say he's not in the running for any sports photos awards anytime soon.

Seven Strider teams participated in the relay event organised by Hailsham Harriers this month, where an enthusiastic crowd cheered on all abilities. The senior men placed 3rd, veteran men secured 1st and 3rd, senior women finished 2nd and 8th, veteran women came 7th, and the mixed team also placed 7th. Despite the challenging off road course, there were amazing individual performances with everyone giving their best. Times are in recent results. Well done to all!



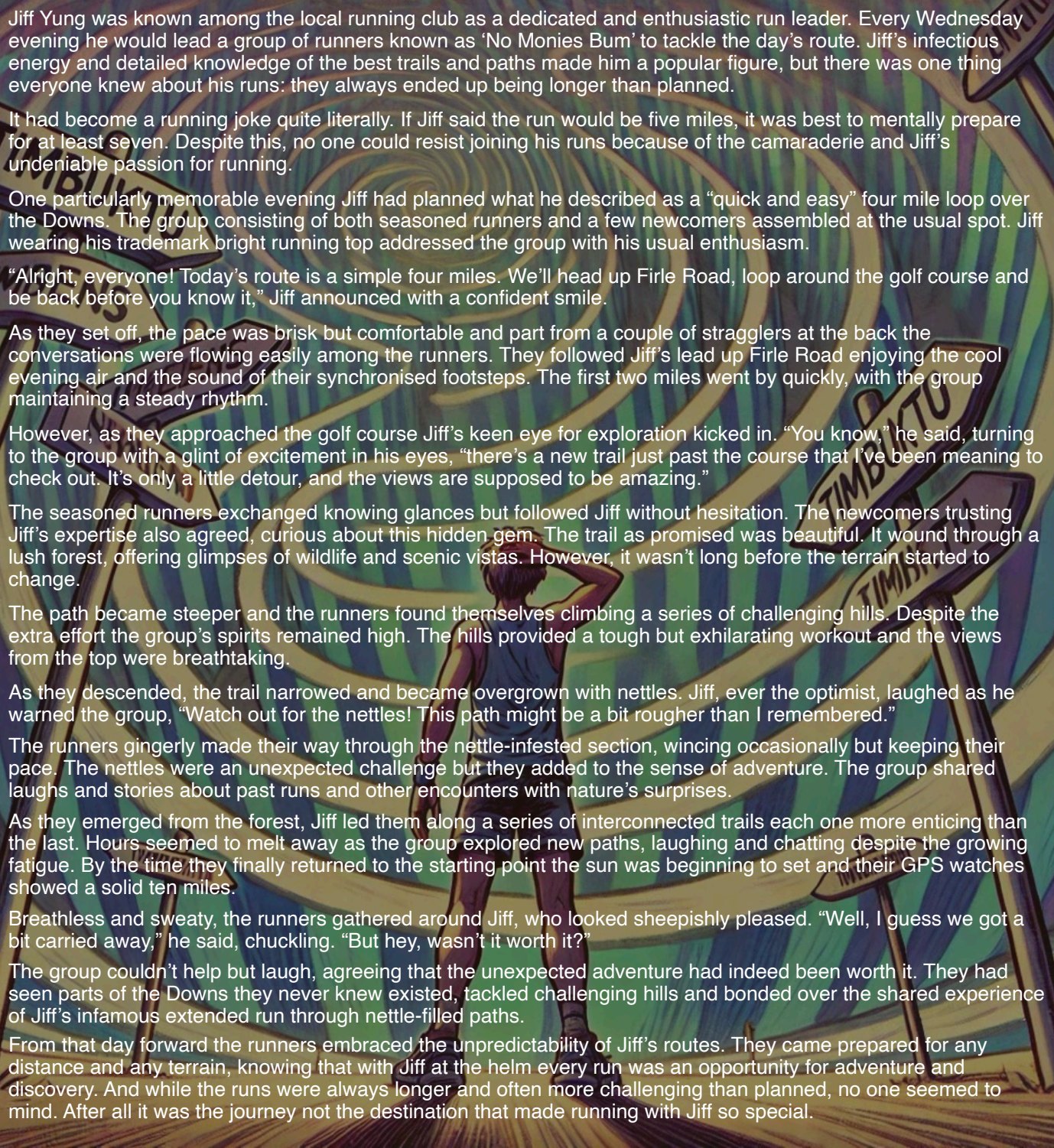




# AI STORY

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.*



Jiff Yung was known among the local running club as a dedicated and enthusiastic run leader. Every Wednesday evening he would lead a group of runners known as 'No Monies Bum' to tackle the day's route. Jiff's infectious energy and detailed knowledge of the best trails and paths made him a popular figure, but there was one thing everyone knew about his runs: they always ended up being longer than planned.

It had become a running joke quite literally. If Jiff said the run would be five miles, it was best to mentally prepare for at least seven. Despite this, no one could resist joining his runs because of the camaraderie and Jiff's undeniable passion for running.

One particularly memorable evening Jiff had planned what he described as a "quick and easy" four mile loop over the Downs. The group consisting of both seasoned runners and a few newcomers assembled at the usual spot. Jiff wearing his trademark bright running top addressed the group with his usual enthusiasm.

"Alright, everyone! Today's route is a simple four miles. We'll head up Firle Road, loop around the golf course and be back before you know it," Jiff announced with a confident smile.

As they set off, the pace was brisk but comfortable and part from a couple of stragglers at the back the conversations were flowing easily among the runners. They followed Jiff's lead up Firle Road enjoying the cool evening air and the sound of their synchronised footsteps. The first two miles went by quickly, with the group maintaining a steady rhythm.

However, as they approached the golf course Jiff's keen eye for exploration kicked in. "You know," he said, turning to the group with a glint of excitement in his eyes, "there's a new trail just past the course that I've been meaning to check out. It's only a little detour, and the views are supposed to be amazing."

The seasoned runners exchanged knowing glances but followed Jiff without hesitation. The newcomers trusting Jiff's expertise also agreed, curious about this hidden gem. The trail as promised was beautiful. It wound through a lush forest, offering glimpses of wildlife and scenic vistas. However, it wasn't long before the terrain started to change.

The path became steeper and the runners found themselves climbing a series of challenging hills. Despite the extra effort the group's spirits remained high. The hills provided a tough but exhilarating workout and the views from the top were breathtaking.

As they descended, the trail narrowed and became overgrown with nettles. Jiff, ever the optimist, laughed as he warned the group, "Watch out for the nettles! This path might be a bit rougher than I remembered."

The runners gingerly made their way through the nettle-infested section, wincing occasionally but keeping their pace. The nettles were an unexpected challenge but they added to the sense of adventure. The group shared laughs and stories about past runs and other encounters with nature's surprises.

As they emerged from the forest, Jiff led them along a series of interconnected trails each one more enticing than the last. Hours seemed to melt away as the group explored new paths, laughing and chatting despite the growing fatigue. By the time they finally returned to the starting point the sun was beginning to set and their GPS watches showed a solid ten miles.

Breathless and sweaty, the runners gathered around Jiff, who looked sheepishly pleased. "Well, I guess we got a bit carried away," he said, chuckling. "But hey, wasn't it worth it?"

The group couldn't help but laugh, agreeing that the unexpected adventure had indeed been worth it. They had seen parts of the Downs they never knew existed, tackled challenging hills and bonded over the shared experience of Jiff's infamous extended run through nettle-filled paths.

From that day forward the runners embraced the unpredictability of Jiff's routes. They came prepared for any distance and any terrain, knowing that with Jiff at the helm every run was an opportunity for adventure and discovery. And while the runs were always longer and often more challenging than planned, no one seemed to mind. After all it was the journey not the destination that made running with Jiff so special.

# Ultra Madness

There's been a growing interest in ultra running in recent months with several Striders pushing the club's boundaries of what has been accomplished in the past. Leading the way this month was Bryony Clarke, who travelled to Cornwall to take on 'The Rat Plague Trail Race.' Here's what she shared on her Facebook page:

*"The Rat - Plague Trail Race, what an epic adventure! 64 miles of tricky single track uneven terrain on the South West Coast Path, plus relentless hills with endless steps to add to the challenge! We started at five past midnight, running with head torches for 5 hours before continuing into the late afternoon. It's not a race to be underestimated, that's for sure!"*

*The event was part of the RAT Ultra & Trail Festival, which featured five races in total. It was an incredible experience of coastal trail running with a fantastic atmosphere! The cutoffs for checkpoints 1 and 2 were tough, but I made it with 20 minutes to spare. I felt for those who didn't make it in time.*

*I was shocked to come first in my age category and 7th overall among the women! When they called my name, I thought, 'Oh no, what have I lost now?' But instead, I was handed another medal for my age category, just made it into the Vet 45 after my birthday a few days earlier! It was great to have some luck after a few tough weeks. Now, it's time to rest my legs for a bit.*

*I met so many wonderful runners along the way. One woman I chatted with was doing the 20 mile race and*

*was incredibly supportive. She wanted to stick with me to the end! The marshals were so encouraging too; three of them came up to me at the finish to congratulate me. How sweet is that? I guess they remembered me rambling on in my tired state, haha!"*



After completing 105 miles in 25 hours at the Longbridge Ultra, Joel Eaton took on his toughest challenge yet: the 160K (100 mile) Swiss Alps race. This event, set on terrain more suited to mountain goats, featured a staggering 30,000 feet of elevation and minimal support, no small feat, even for Joel's extraordinary abilities.

However, things didn't go entirely as planned. An early fall required medical attention limiting his ability to run although as Joel pointed out, the terrain was so steep and rugged that running was nearly impossible anyway. What followed was a gruelling journey through some of the most breathtaking scenery in the

Alps including the Aletsch Glacier and a few nerve-wracking bridges.

Nightfall offered some relief from the heat but as the morning sun rose, Joel began to feel dizzy and unsteady. With 60km of remote and difficult terrain ahead and limited access to support, Joel with the medics' guidance made the decision to stop at 102km.

Reflecting on the experience he described it as incredible and is determined to return next year, armed with the lessons learned to give the event another go.



# Brighton and Hove Rainbow Run



## Brighton & Hove Rainbow Run

By Jo Robinson

On August 2nd at 7 pm, the Rainbow Run, now in its third year, brought Hove Park to life with vibrant colours and an infectious energy. This event is an absolute must for anyone looking to combine fitness, fun and fabulousness!

The evening kicked off with a high energy 15 minute disco warm up led by the Brighton and Hove Frontrunners, setting a lively tone that had everyone dancing and laughing before the race even started. Runners of all levels joined in the fun, donning their best rainbow gear—Ray and I wore Striders tops and rainbow accessories, with my rainbow painted hair becoming a tradition.

While there was a minor hiccup with the ladies loo being closed, this small issue was quickly overshadowed by the excitement of the evening. The course, using the Hove Park parkrun route was slightly undulating but offered a satisfying challenge. Ray clocked an impressive 20:42 and I achieved a PB for the course of 31:37 which is six minutes faster than when I started running two years ago!

Every finisher was awarded a bespoke ice cream shaped Rainbow Run medal and special prizes went to the top male, female, and non-binary runners. Everyone received a goody bag with a can of water, a gel, electrolyte drink tablets, and a voucher for a free beer and pizza—definitely something to look forward to!

The Rainbow Run is more than just a race; it's a celebration of community, colour and pride. Held the night before the Brighton & Hove Pride Parade, it's the perfect way to kick off the festivities. Whether you're an experienced runner or just looking for a fun and inclusive event, the Rainbow Run is a highlight of the summer that you won't want to miss. Join the fun, embrace the joy, and make this vibrant event part of your annual tradition!



# PSTC

Editor Ray asked our coach Phill, to do an article about his PSTC business:

## PSTC – One mile rep at a time

For those that don't know me, I'm Phill one of the coaches with Seaford Striders. Started running in 2011 and peaked (probably) in 2019. My running resume career highlights:

3k – 9:30  
5k – 16:20  
10k – 33:28  
Half – 1:12:55  
Full – 2:31:15



I love to train well and race marathons but can't always race marathons well. Currently, my work for Striders covers two areas. The Junior Striders team (12+), and my own personal coaching group: PSTC

What is PSTC? In full, it's Phill Stevenson Training and Coaching. Simple enough. My mindset and training beliefs written in a monthly plan for others to follow. Why write an article about it? It's been going for a while, never advertised apart from word of mouth, and it's always good to try new things.



PSTC informally started in 2018 and my first two runners, Molly and Carl, both did amazing races as their targets. A sub 20 parkrun in 10 weeks and a top 20 finish in an ultra, both from zero running experience. This created an interest in seeing where change could be made through training to minimise impact, maximise training load, and deliver the results. Since then, especially with Striders, there have been some brilliant successes within the team.





The success of everyone has for the large part, been of their own making. As a coach, I can only plan, advise, and steer. I cannot power the ship. Whether it was Matt Clare executing a sub 3 marathon as his first “real” attempt at training, or Victoria Maleski delivering consistent improvement and fastest times through training, it doesn’t really matter who you are. If you want to improve, a consistent and planned schedule to keep you injury free to progress beyond last week is, in my opinion, the way forward.

How is something like this done? In a simplistic approach: I write the plan, I adjust to the individual, their race schedule, and as a team we focus on a few key principles; consistency, periodisation, positive mindset, and agreed goals/paces.

Who’s this for? Anyone who’s up for the challenge. Running is easy to do, but to train well is difficult, to stay consistent, even harder. Training today for a race in 6 months requires incredible dedication and foresight. Having a

coach to keep you accountable and moving towards success is probably my biggest role in helping you create your own achievements.

For anyone interested, please come speak to me, in person or virtually or through the team. We always have space for more.

## Phill Stevenson

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[https://www.instagram.com/philliusfrog?  
igsh=MWlIZHphYTY0a2dpaw==](https://www.instagram.com/philliusfrog?igsh=MWlIZHphYTY0a2dpaw==)

<https://www.facebook.com/PhilliusStevenson>

There is a big space here. Why, you might ask? It's because sometimes, at the last minute, we have to make unexpected alterations and withdraw content. That's why this space is here.

# The Celery Sewer

By Anna Tait

## The Celery Sewer: Probably the Prettiest Sewer You'll Ever Come Across

My sacred running route is also known as the Iford-Kingston-Lewes circular. I've been delighted to lead the route lately, sharing a space that is an easy run, surrounded by marshlands and water meadows. It's a twitcher's paradise with undulating paths, not too lumpy, bumpy, or knobbly, as our lovely Strider Jo commented.

This farmland and the Cockshut reserve are undergoing continued transformation through rewilding projects, no doubt inspired by Knepp. I pretty much started my running life here five years ago with a running mentor and a group of like-minded, extremely chatty folk. All of life's successes and woes were discussed while working on little hill reps, Kenyan runs, or simply running the 7k circular route without crossing a single road. It's easy to access longer runs by heading up to Kingston Ridge and beyond, or out to the Priory Ruins in Lewes and back to Iford for a perfect 10k.

I always head to Iford to run the sewer if I crave headspace or fall out of love with running; it's guaranteed to help get your mojo back. Of course, it's also great when you're feeling tip-top too! Finally, for me, it's the heart between the two towns, Lewes and Newhaven, the former having been my home from the year dot.

### Let's Chat the Route:

1. Park at Iford Village Hall.
2. Head to a little gate at the front of the village hall, then turn left, then left again by the church. Head down to the concrete road tucked behind the church.
3. Keep going for about a mile or so, passing the sewer to a junction of farm gates. Keep left.
4. Continue past the party field up a hill that takes you past Rise Farm.
5. Continue around towards the Stanley Turner ground, passing alongside the Lewes bypass. I prefer staying on the cycle/footpath.
6. Head towards Kingston from the Stanley Turner ground. Take the Egrets Way path; this should take you behind Wyvales, past the fishing lakes, and back to Iford. Enjoy!

### A Bit About the Sewer:

Personally, I just love the name for the route, but here's the geeky stuff: The Celery Sewer, which starts up near Kingston Village, enters the Ouse. 'Sewer' here is being used in the old sense of any ditch used to drain land. The Environment Agency uses the infrastructure at the outlet of the Celery Sewer to control the overall depth of the ditches in Lewes

Brooks. The sewer has been in existence (as the Great Sewer in earlier times) from at least 1695.

[Geograph Photo](#)

<https://www.geograph.org.uk/photo/3500680>.



## Celery Sewer Route

The pictures show the information board at the Cockshut Nature Reserve, which can be accessed via the route through the Stanley Turner Rugby field.



# Coastguard Presentation

## Talk by Julia, Senior Coastguard Operations Officer

Wednesday 7th August

By Kate Parkinson

### **\*Trigger warning: references to suicide**

Having taken a fair amount of thought and organisation, suddenly all the ducks were in a row. Julia, the Senior Coastguard Operations Officer turned up nice and early at the Downs Leisure Centre, friendly and full of energy. She'd had a long day starting with an early morning swim in Dover harbour. Rows of chairs had been arranged in Meeting Room 3 ready for us. I'd asked for 40 chairs but was nervous this was over-optimistic.

There was a brief blip when Julia realised she'd forgotten her extension lead and bluetooth speaker but the Downs staff came up trumps and provided the necessary equipment. So, we were all good to go and just waiting to see if any Striders turned up on this warm Wednesday evening. And they did. Not only was there a great turnout of Striders, but they were prepared to be fully engaged and get involved in the discussion.

Julia reminded us that the brief was to keep her presentation 'lightweight'. However, when talking about intervening should we come into contact with a person intending to take their own life, this proved difficult. But, every aspect discussed was covered with sensitivity. Julia's presentation was full of common sense and prompted much conversation. She has since kindly provided her slides for sharing with Striders.

One crucial point was the advice that if we find ourselves trying to assist someone, we should nominate just one person (one voice) to speak. The reasoning behind this was that the person in need may have other thoughts going on in their

head already. Another aspect Julia emphasised is that dialling 999 or 112 (which connects to emergency services in the same way) and asking for the Coastguard is absolutely the right thing to do. Julia explained that the Coastguard is an emergency service and has volunteers all along the coast who can generally reach any location within 30 minutes and are on-call and trained specifically for this purpose. In comparison, she said the police covering the same South East patch of coast may have 30+ missing or despondent people on their books at any one time, as well as many other responsibilities rendering them less able to respond in the same way. If we do call 999, it is helpful to give the WhatThreeWords location if possible.

A third feature Julia kept returning to was the importance of being natural, being yourself and staying kind and honest. It was great to witness the level of interest from those Striders who were able to be present, but also from Striders who couldn't attend in person. This has been an opportunity to appreciate not just the Maritime and Coastguard Agency, but also the Royal National Lifeboat Institution, the Samaritans and the Beachy Head Chaplaincy, all of whom contribute towards the safety and welfare of people along our coastline.

For further information, please see the Seaford Striders website:

<https://www.seafordstriders.org.uk/striders-learn-more-about-safety-and-welfare-along-our-coastline/>

The slides for those unable to attend can be found here:

<https://www.seafordstriders.org.uk/wp-content/uploads/2024/08/Running-Club-Presentation-1.pdf>



# Seaford Striders: A Silver Lining

## Every Cloud Has a Silver Lining (or How I Joined Seaford Striders)

By Trevor Jones

Recently, someone of high standing applied the phrase "Every cloud has a silver lining" to me. According to the Collins dictionary, this means, "There is always a good or pleasant side effect of a bad or unpleasant situation." This reminded me of a memory from over 20 years ago when I had developed a bad back and was trying various treatments to ease the discomfort and difficulties it caused.

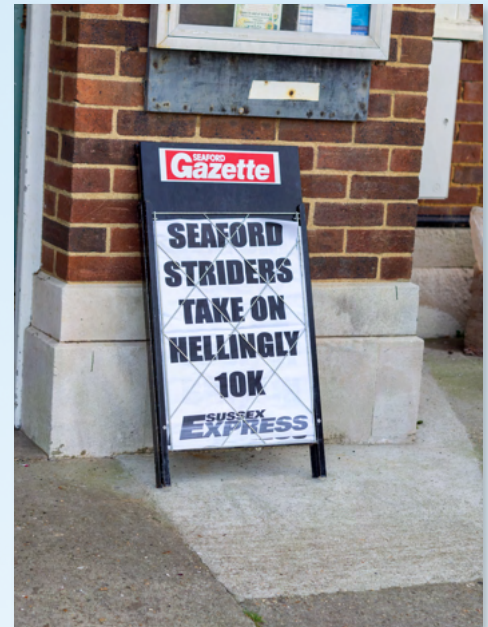
Back then, my choice of sport and exercise was circuit training, which I did at the Downs Leisure Centre in Seaford. I considered it a good all-around way of staying fit. Essentially, you started with a run to warm up, then moved on to timed fitness routines like push-ups, burpees, star jumps, and skipping, with running between each station and finishing with a cool down. When my back problem began, it started impeding my ability to keep up with this demanding routine.

I noticed that the Downs Centre had a visiting physiotherapist, so I inquired about getting treatment. The receptionist informed me that they had finished offering this service but could recommend someone I could visit. I made an appointment and went to Lewes to see Nicky, hoping she could help. After several weeks of half-hour sessions and 'homework' to continue the therapy, I didn't seem to get much benefit. Nicky suggested that we might need to stop the physiotherapy and perhaps see a doctor instead.

Nicky mentioned that she was a member of Seaford Striders Running Club and suggested I should join them. She even offered to introduce me at a Wednesday night meeting at the Downs Centre. I knew of the Striders but thought they were mostly serious athletes who had won the Sussex Grand Prix trophy several times. Also, my woodwork and PE teacher from school days, Mr. Bulger, was a founding member and club captain. Would Mr. Bulger remember me from those distant times?

On Wednesday, I nervously attended the meeting, and Nicky introduced me to the club members. Martin Bulger immediately spoke to me, offering reassurance and advice (he did remember me from school). As it was, there were several groups of varying abilities, so I joined the slower group. They were slow, but I was grateful for the easy introduction and moved up to the next group the following week.

So, here I was—a Strider. Going from "I could never join that club" to 20 years of membership with lots of medals and memories. Unfortunately, the back problem turned out to be something more serious, but my story demonstrates how life can lead us on unexpected journeys, even when that cloud is hanging over us.



The above photo, taken in 2012, captures the exterior of 'Linda's Store' outside Bishopstone Station.

# Gallery



# Contact Us

## 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.

**Website:** [seafordstriders.org.uk](http://seafordstriders.org.uk)

## Here's Julie

For all that couldn't find Julie in last months Newsletter she was hiding on the hot tub at Thirsty Thursday (page 35). This month she is taking a break from hiding but will be back in the following edition.

## Where's Ollie?

Julie Taylor is taking a break from hiding this month to be replaced by Ollie who seems have gone elsewhere. Hidden somewhere within these pages is a tiny Ollie Sprague waiting to be found.

Answer will be revealed in the next edition!



As many of you have heard, Ollie has decided to make Peacehaven Run Club his first claim club. He will, however, remain a second claim member of Seaford Striders, so we'll still see him at club nights and Striders events. Ollie joined us as a junior in 2019 and it quickly became clear that he would go on to set some of the club's fastest times and bring home numerous trophies. While his presence will certainly be missed in key roles and team events, we wish him all the best at his new club.

Submissions

Due to the editors Jo and Ray going on holiday, the next newsletter will be a double September/October issue

Please send your articles to Jo at [jojor73@hotmail.com](mailto:jojor73@hotmail.com)

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