

# SEAFORD STRIDERS NEWSLETTER



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## Into Spring

Ah, running from winter into spring. Like escaping from a cold damp prison cell only to be smacked in the face by a daffodil wielding lunatic. One minute you're trudging through icy puddles, fingers frozen solid, cursing the very concept of running and then BAM spring arrives like an over enthusiastic Labrador, all sunshine, birdsong and pollen up the nostrils. Suddenly, you're galloping through parks, grinning like a madman, convinced you're some sort of athletic god. But beware boys and girls, winter's always got one last trick up its chilly sleeve, a surprise hailstorm, a frosty morning, leaving you slip sliding down the path like Bambi on roller skates. Ah yes, the changing seasons, a majestic time to look like an overdressed or underdressed idiot.





## Victoria Runs the Place

Wishing you all a happy new membership year! If you have renewed or are about to renew then thank you for continuing to be part of the Seaford Striders family community. For those of you who have chosen not to renew, for whatever reason, I hope you will remember the good times.

There are so many reasons why people join a running club and in a relatively large club like Seaford Striders there is scope to provide the right level of inclusivity to satisfy all your running requirements. We offer social running opportunities for everyone whether you just want to have a chatty run with a group once a week or you include training sessions with Striders as part of an intensive training programme and everything in between. You are all ambassadors for the club and our best form of advertising – thank you!

We are now approaching the 40<sup>th</sup> year of Seaford Striders – the anniversary will be 15<sup>th</sup> October 2026. Whilst this is still a little way off I would very much appreciate your ideas on how we should celebrate this great achievement.

Whilst you have a think about this here are a few quotes about running - some more irreverent than others...

“Lacing up and leaving the house is the hardest moment of any run”

- Alexandra Heminsley

“My doctor told me that jogging could add years to my life. I think he was right. I feel ten years older already”

- Milton Berle

“If you are losing faith in human nature, go out and watch a marathon”

- Kathrine Switzer

“Years ago women sat in kitchens drinking coffee and discussing life. Today they cover the same topics while they run”

- Joan Benoit Samuelson

“If running taught me anything, it was how to turn things around. So many times I had dreaded a workout only for it to turn out splendid. So many days I had been convinced I would get lost. Only to be thrilled by new scenery as I found my way”

- Nita Sweeney

“Running is my meditation, mind flush, cosmic telephone and spiritual communion”

- Lorraine Moller

“All runners are tough. Everyone has to have a little fire in them, that even in tough times can't be turned off”

- Shalane Flanagan

“Running is about finding your inner peace and so is life well lived”

- Dean Karnazes

“We are designed to run and we increase our chances of happiness when we do so”

- Jeff Galloway

Have a good month...

# Recent Results

A couple of omissions from last month - Winter Downs 55 and Zingy's effort at SDW Mazza.

## Winter on the Downs 55 (50mil) 07/12/2024

83	Russell Davis	12:58:07
-	Bryony Clarke	DNF(Hypother)
-	Zingy Thetho	DNF(fainted)

## South DW & Arundel Marathon 26/01/2025

39	Steven Teale	05:19:01
111	Zingy Thetho	07:04:14

## Chichester 10K 02/02/2025

34	Ollie Sprague(Pe)	00:32:59
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## Queen Elizabeth Half Marathon 01/02/2025

118	Jennifer Williams	02:10:09
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## Hibernal Hills 50M 08/02/2025

49	Bryony Clarke	12:20:53
-	Russell Davis	DNF(30m)

## Farnborough Half Marathon 09/02/2025

720	Richard Preece	01:41:49
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## Goodwood Marathon 09/02/2025

112	Steven Teale	04:13:06 PB
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## Goodwood 20M

24	Sam Alvarez	02:28:27
UOF	Russell Hewlett	02:58:12

## Goodwood 10K 09/02/2025

169	Melissa Luckin	00:57:27
211	Katie Mayo	01:01:05
237	Debbie Priest	01:03:11 PB

## Stanmer Park XC Le Race 4 09/02/2025

29	Josh Nisbett	00:35:06
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## Plumpton Half Marathon SDTR 15/02/2025

165	James Smith	02:09:10
166	Olivia Wickendon	02:09:13
347	Kat Chamberlain	02:38:42

## Plumpton 12.5K SDTR 15/02/2025

57	Kevin Ives	01:16:01
236	Louise King	01:44:16

## London Winter Run 10K 23/02/2025

4921	Beth Sizer	00:53:21
9040	Justine Ridgeway	00:59:27
10693	Kay Crush	01:02:09
10691	Lauren Stallard	01:02:09
10825	Katie Mayo	01:02:23
133448	Michelle Green	01:06:58
16690	Sandra Standen	01:14:45
16709	Jeanette Wells	01:14:47
18269	Sharon Plank	01:21:27

## Naples Half Marathon 23/02/2025

127?	Jack Hutchinson	01:18:41
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## Eastbourne Half Marathon 23/02/2025

1	Ollie Sprague(P)	01:17:20
37	James Marron	01:29:31
75	Joshua Rudd	01:36:09
386	Lisa Parkinson	01:55:52
438	Carly Holmes	01:58:03
554	Katherine Simmons	02:05:01
554	Steven Teale	02:15:59
693	Leanne Litster	02:16:00
694	Sarah May	02:16:00
709	Paula Tiller	02:18:14
780	Gavin Wright	02:23:56

## Seville Marathon 23/02/2025

1364	Matt Clare	02:57:41
-	Phill Stevenson	DNF(20)

## IV Ciudad de Bolillos Capital del Vino (nr Seville) 7K 23/02/2025

25	Gareth Hutchinson	00:28:21
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## Tunbridge Half Marathon 23/02/2025

124	Luke Borland	01:31:17
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For enquiries about results and club records, please contact Ray Smith

[newsletter@seafordstriders.org.uk](mailto:newsletter@seafordstriders.org.uk)



# Spotlight on a Strider

Hi! For those that may not know me, my name is Olivia (AKA Liv).

So... a little bit about me: I have a very large, lovely but slightly chaotic family, surrounded by my lovely brother and sisters and I am a very proud auntie to my nephews and niece. My fiancé and I are excitedly getting married in September this year.

I first joined the Striders in February 2024 and I haven't looked back since. My previous history with running had been very short prior to joining the Striders. I went on my first 5K run and it took me 34 minutes in January 2024. I was extremely proud of myself for even completing 5K, let alone running it! I felt like I had found a spark in myself that I did not know was there.

In 2023, I was diagnosed with scoliosis (a curvature in my spine). Fast forward to 2024, I was just being put forward for spinal correction surgery and attended lots of scans, which resulted in consultants finding a large cyst located on my spinal cord. As a result of the cyst being found, the consultants were very hesitant to go forward with the operation and I was then placed in the care of a neurosurgeon who monitored me closely. I was recommended to keep exercise at a minimum. I was very confused at this time and along the way, with all the multitude of hospital appointments, I didn't quite recognise myself. The first thing that suffered was a change of hair and style... that decision I very soon regretted and my fiancé still to this day chuckles to himself.

I decided the haircut and change of style weren't quite enough, so I decided to prove the professionals wrong and try my hand at running. I have always really enjoyed exercise; Shane and I have been members of the gym for a number of years, but I have always been restricted as to what I could do as a result of my back pain and nerve pain.

After my first run, the excitement got me hooked! I then went to my first Parkrun in Seaford. Bearing in mind, I was so nervous that I had to



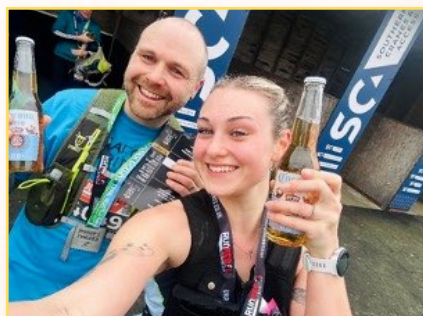
First race (Seaford to Newhaven 10k)



Early Sunday morning practice run and the Martello half route.



Plumpton Half Marathon!



drag Shane with me! I finished my first Parkrun in 33 minutes. Soon after this, I was looking into running clubs near me and lo and behold, I found Seaford Striders. I joined at the time with my sister (Abbie), and we were so warmly welcomed by the High and Over Group. I then progressed up to the lovely Bo Peep Group and continued my running journey. Abbie and I would go to Wednesday Night Striders and run an additional two times a week. I started to notice I was becoming a bit quicker and not getting quite so many aches and pains! I

continued to count Parkrun as part of my Saturday morning routine.

Fast forward to May 2024, I entered my first race, Seaford to Newhaven 10K. I couldn't have received a warmer welcome from all of the fellow Striders at the 10K – they set all my nerves aside.

Completing the 10K gave me the confidence to increase my distance slowly. James (also a Strider) and I started to incorporate longer runs into our weekends. I am very determined, competitive and easily led. This leads to my next endeavour of completing the Plumpton Half Marathon. We trained most weekends on a very early Sunday morning! I noticed that while training, my Parkrun time

was coming down quite quickly... I was stuck at around a 25 minute 5K time around November – December. This improved massively, and I can now say that I can complete 5K in 23 minutes and 40 seconds—a new PB!

Plumpton Half Marathon, Saturday 15th February – I was very nervous, but luckily, I had James, who was by my side the whole time! It was certainly challenging and not to forget hilly... however, I don't think I could ever

describe the feeling of crossing the finish line. Knowing I had completed a half marathon meant so much to me! I completed the half marathon in 2 hours and 9 minutes and came in as the 22nd woman.

This article is mainly to show people that whatever may stand in your way, you can overcome anything if you put your mind to it and anything really is possible.

# Running Through Menopause

## Running Through Menopause: useful insights for both women and men?!

By Sam Alvarez

Menopause: when your body throws out the rulebook and replaces it with chaos. One minute, you're cruising through a 10K, the next, you're overheating like a dodgy radiator and wondering if your legs are made of cement. But fear not—you can keep running, as long as you adapt and, most importantly, cut yourself some slack. As someone who has been through it and hopefully come out the other side after 7 years, I thought I'd share some insights.

### 1. Listen to Your Body

Some days, you're a gazelle. Others, a sloth. That's fine. If you're exhausted, swap a run for a walk, some yoga, or (let's be honest) a nap. Early on, romantic (hot and sweaty!) country walks with Russell replaced my runs. Then I dabbled in Hotpod Yoga in Eastbourne—mainly for the lying-down-in-30-degree-heat part. More recently, my go-to recovery plan has been Netflix and the sofa. Men, take note: no judging—either join in or go do some DIY!



### 2. Run with Friends

A chatty run is the best menopause therapy. Nothing like a hot flush to make you really appreciate a cold morning run. Joining Striders was a game-changer—meeting brilliant new people (especially the ever-growing Sunrise Crew) and reconnecting with old ones (I first crossed running paths with Ray over 30 years ago). Running is therapy for everyone, not just menopausal women. Whatever's stressing you—work, home, or hormones—a run and a rant usually helps.

**3. Embrace the Weight Gain – It's Temporary**  
Yes, the scales may go up. Yes, your leggings might feel a little snug. No, the world is not ending. I gradually gained two stone over the last 7 years, then finally lost it again last summer. The biggest revelation? Being fit, healthy, and happy matters way more than a number on a scale. Also, let's be honest—as runners, we deserve cake. Nutrition advice? Don't come to me. Russell will confirm that my diet consists of far too many fizzy drinks, crisps, and chocolate!

### 4. Drink More Water – Even If You Hate It

Menopause messes with hydration, so drink like your life depends on it (because it kind of does). I'll be honest—I don't like water. I forget to drink it and pay the price with exhaustion. But on good days, I manage 1.5 litres and my post-run miracle drink: a homemade smoothie with coconut milk, banana, ginger, salt, and cinnamon. It's like a hug in a glass.

### 5. Rest More – And Don't Feel Guilty

Before menopause, I was obsessed with notching up 80-100 miles a week, sometimes running three times a day because I thought rest = fitness loss. Now? I happily take one or two rest days a week. Some days, I do a gentle 6km sunrise run and then don't move for the rest of the day. I no longer track mileage, and I don't care. Tired? I rest. And I enjoy it.

### 6. Ignore the Watch – Don't Even Wear One

Menopause messes with your pace, heart rate, and overall sense of how fast (or slow) you're going. So why stress over numbers? Phil Stevenson will hate me for saying this but: ditch the watch and run by feel—whether that's slow, steady, or stopping for coffee halfway through. I rarely wear a watch and mostly only know my pace if someone else (usually Amanda 😊) is running with me and tells me what we're doing!

### Final Thoughts

Running through menopause isn't about chasing PBs—it's about feeling good. Some days will be tough, but others will remind you why you love this sport. So, lace up, get out there, and run for the sheer joy of it. You've got this!

If you're a woman and haven't reached that age yet, my advice would be to get strong now before it happens. Add some strength training to your routine: lift weights, do hill reps, boost your calcium intake and make sure you're getting enough vitamin D.

If you're a man and want to survive the ordeal, embrace the craziness and don't close all the windows even if it's the middle of winter and you're freezing your nuts off (better to have cold ones than none at all!).

# Eastbourne Half Marathon



*By Katherine Simmons*

This year I tackled my first Eastbourne Half.

For a number of years, I've run the Brighton Half at around this time of year, mainly because it keeps me running over the dark depths of winter and secondly because it's a race I can usually run in sub 2 hours.

This year, I decided to try Eastbourne instead. It's mostly flat, except for the monster that is Beachy Head around three miles in. I thought it would be useful having a very big hill within a half marathon to help prep for the Moyleman Relay coming up in a few weeks time.

I had no expectations for this race, having never run it before. So I was very lucky and super grateful to be car sharing with Eastbourne Half expert Paula, who was running this race for the 7<sup>th</sup> time. After picking me up, she drove along some of the soon-to-be-closed roads pointing out the roads we would run on and locations of the water stations along the way.

After getting parked just a short distance from race HQ at Princes Park, we quickly found Lisa P, Ollie S and James Marron. With around 1,100 registered runners I managed to pick up my number, drop my bag and visit a proper toilet with proper hand washing facilities in the Sovereign Centre in a fraction of the time it would taken to do the same at Brighton. And we took the team photo too... We also spotted Steven T, Leanne L and Sarah M before making our way to the starting pen.

After a few miles on the flat, past a bagpiper who I think was playing Chariots of Fire, we were cheered on by Ron before we made our ascent of Beachy Head. It was the second week running I'd tackled the famous hill having tackled the trail route up it at Whitbread Hollow XC. I managed the first third of the hill at a slow run and, like the week before, walked the rest after my calf muscles started screaming for mercy. On the way down I congratulated one chap who was celebrating a personal best – it was the first time he'd run up the whole hill.

What I particularly liked about this race was how friendly it was. It didn't matter what club name you had on your top, people still called out that name in support. The youngsters on the well organised drinks stations, including Eastbourne Rovers Juniors and the Sea Cadets were a delight. There was also entertainment on the way from two drumming bands who appeared in different spots.

Taking the path down towards the cafe at Holywell reminded me of fun times with cheese scones, coffee and chat we had after last week's XC. I was also greeted by another friendly face at the bottom of the hill, parkrunner Richard Morrissey was marshalling at the point the path wound back to the seafront. And one gent was raising a cup of tea to the runners from his beach hut!

One of the absolute perks of being a Strider is spotting other teammates on races. Having been cheered by Ron on the way up and back down from Beachy Head it was great knowing that there would be a couple more friendly faces to look out for and provide welcome distraction from actually running along the way. It felt like a bit of a slog towards the Sovereign Centre but I always find that people appear just when you need them and I was so excited to spot the lovely Jemma V waving and blowing kisses. Almost immediately after I saw her, I spotted Ollie powering towards the finish in first place – which is always guaranteed to give you a boost! It was also good to see James and cheer him on too.

I snuck in behind some Hastings Runners who were t keeping a good steady pace and soon we were in Sovereign Harbour. It was there I spotted Annekaaaaaaaa – and I hope my very excitable screeching at her didn't frighten Indie who had also come along to support!

We zig-zagged across a few bridges and it was great to see Anneka around another corner again – I managed to compose myself a little bit more this time! The Eastbourne Lifeboat on manouevres was another welcome distraction – I knew at the end of the Sovereign Harbour loop that headwind awaited!

It was a tough run back and I found it difficult to maintain a decent pace as we returned along the seafront towards Princes Park. I tucked into the middle of a pack which included those chaps from Hastings and another guy who was run/walking the half. I'd first met Gary C at the start and he was also there, well wrapped up, to cheer us in.

Following that battle with the wind, it was a relief to slope down from the seafront towards the finish. But then the marshal explained you have

to go to the roundabout and then through the underpass before you actually get there!

Finally we were back on the grass and through the finish where we started. As usual, I forgot to stop my watch as I was thanking/chatting to the Hastings Runners. I'd also completely missed the finish clock so it was great to get a text with my result just as I got over the line. For a race with no expectations, I was very pleased to come in at 02:05:01.

I thoroughly enjoyed my first Eastbourne Half and am in total agree with Paula – there will be more to come!

\* sorry we missed you Gavin Wright and Josh Rudd and Carly.



# The London Winter Run

## The London Winter Run

By Kay Crush

Four Striders Sandra, Jeanette, Lauren, and I travelled to London to meet up with former Strider Sharon who recently relocated to Lincoln.

Obviously, we needed to combine the meet up with a run of some sort, so we chose the **London Winter Run** in aid of Cancer Research.

This is billed as the most popular 10k race in the UK with 25,000 participants.

We arrived bright and early to find a heaving Trafalgar Square, but everything was so well organised, the bag drop off was a simple process but there was of course the inevitable queue for the loos!

We then joined a massive queue for the starting pen, even then the atmosphere was electric. During the race we navigated the closed road 10km route, where we passed some of London's most iconic landmarks including St Paul's Cathedral and Trafalgar Square. Along the way there was live music, dancing penguins, high fives from the huskies and we even spotted a yeti or two. The encouragement from the crowds was amazing.

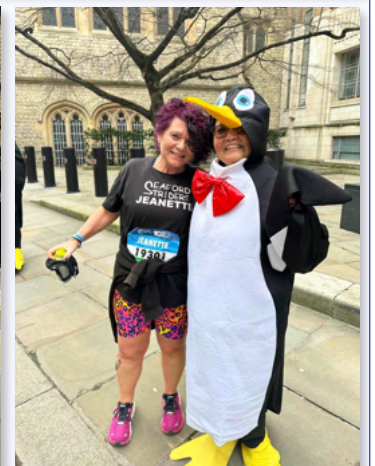
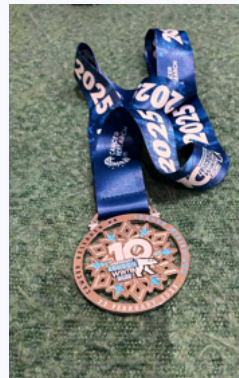
As we approached the finish, I had Lauren shouting in my ear that I needed to keep going as I was on target for a PB!! When we reached the finish line, we received our great medals which were extra special as it was the 10<sup>th</sup> anniversary of the event.

We then made the most of the photo opportunities by the 10<sup>th</sup> anniversary sign along with fake snow and recruited a penguin as a new Strider.

The biggest surprise of all was that we didn't hear Sandra swear! We decided that we all deserved a treat after all of this so finished the morning with some incredible crepes, the funniest thing was the people on the next table were so excited that we were Seaford Striders as they had previously lived in Seaford.

All in all, an amazing weekend and event.

Penguins, polar bears, huskies, yetis, and great Strider company. What's not to love?





# Striders Snakes & Ladders

100	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	90	89
80	79	78	77	75	74	73	72	71
61	62	63	64	65	67	68	69	70
60	59	58	57	56	55	53	52	51
41	42	44	45	46	47	48	49	50
39	38	36	35	34	33	32	31	30
21	22	23	24	25	26	28	29	30
20	19	18	17	16	15	14	12	11
1	2	3	5	6	7	8	9	10

**You miss Parkrun after kept talking by Richard Honeyman**

**You wear an orange Striders top at a Cross Country race**

**Pipped on the line by a Hailsham Harrier**

**Win a painting by Ralph Jennings**

**Passed by a juggler at Parkrun**

**Stuck in the mud at Cross Country**

**Pregnant by Phill Stevenson (Optional ladder)**

**Storm Alert WNS Cancelled**

**You win the STRIDERS STRIDER Award**

**Win a child's bike saddle at the awards raffle!**

**You get up early and make a Striders sunrise run.**

**Pull a Muscle on the first hill at Beachy Head Marathon**

**Mens Captain Jeff Young runs you in at the end of a race.**

**Advanced Yoga on a Gareth Hutchinson Warm Up**

# Striders' Skiing Holiday

## Seaford Striders' Skiing Holiday to Fieberbrunn, Austria

An Unforgettable Alpine Adventure. By Richard Preece

**What can be better than running? Errrrr.....Skiing of course!!**

I have been skiing every year for the past 20 years and have absolutely fallen in love with the Austrian Alps. Whether its winter or summer the Alps are stunning and offer so much. In a general conversation with Ray, I had said that I had booked a week in January 2025. He and Jo were also off that week. As Ray is a keen skier too, we agreed to meet up in Fieberbrunn and ski together. Six days for me and 4 days for Ray and Jo.

Nestled in the beautiful Tyrolean Alps, the small town of Fieberbrunn, Austria, served as a great destination. It is part of the Saalbach-Hinterglemm and Leogang ski area. The area is also linked to Zell am See and Kaprun beyond. Thus, creating a vast ski arena. The Chic town of Kitzbuhel is nearby. This is where the most famous and challenging men's Down Hill Ski race is held. The event was happening on the day I had to return back to UK, therefore, I missed it unfortunately.

I had booked my hotel well in advance and picked one next to the slopes, which meant it was Ski in, Ski out,..... Luxury. It also, had a fantastic Wellness centre with an indoor swimming pool, a sauna area with different temperatures and a steam room. Plus, a quiet relaxation room. This was brilliant to spend time in after a hard day skiing and before indulging on a 5-course dinner. Ray and Jo



opted for self-catering in an apartment in the town. Fieberbrunn is a paradise for skiing enthusiasts of all levels with many miles of well-groomed Pistes. It's possible to ski a different area each day of the week. Ray and I eagerly hit the slopes early morning and skied fast and for Miles. Ray is an excellent skier. It was great to ski with him as I pushed myself to ski at a quicker pace than I would if I was alone. The weather was kind to us with clear blue skies and bright sunshine. The resort's state-of-the-art lifts and well-groomed trails ensured that every day on the mountain was exhilarating and enjoyable. I only fell a couple of times (If you don't fall, you're not skiing hard enough LoL).

At the Top of a Red Run it was very steep and the snow was hard. I skidded, fell and slid down the slope, luckily my skis stayed on my boots, so I could dig into the snow and stop myself from sliding down too far. All was good, got up and skied down the rest of the way.

After a day on the slopes, Jo would meet us at the bottom ski lifts where the bars are. There we would immerse ourselves in the vibrant après-ski culture of Fieberbrunn. The Après-ski may not be as wild as some of the other bigger towns like St Anton and Ischgl. It's still fun to have a few drinks, sing a long to some typical

Germanic music. The whole crowd joins in which adds to the atmosphere, joining in with likeminded people from across Europe having a fabulous time.



The week is over all too quick. I just love the Mountains, snow, the food, the whole atmosphere. The sense of achievement of looking back up the mountain that you have just skied down, and you say to yourself, YES! I DID THAT! It's the same feeling you get when you have just completed a gruelling Marathon.

If you have never skied, I highly recommend it. With Global warming, ski resorts are really suffering. Go now before its too late.

If anyone wants to go skiing in 2026, let us know and we can try to get a Seaford Striders Ski group together.

## Goodwood 20 mile

### Battling the Elements at the Goodwood 20-Mile Race

By Sam Alvarez

The Goodwood 20-mile race is not for the faint-hearted—or those who enjoy feeling their fingers. This year's event, set at the iconic Goodwood Motor Circuit, saw runners take on eight laps of a 4km loop in freezing cold and brutally windy conditions. If you ever wanted to know what it feels like to be a human windsock, this was the place to find out.

Among the brave (or slightly mad) participants was **Sam Alvarez**, who powered through the race in **2 hours 28 minutes**, finishing as the **second female** overall. Clearly, running in a hurricane suits her. Meanwhile, **Russell Hewlett** completed the challenge in **2 hours 58 minutes**, no doubt questioning all his life choices by lap six.

Goodwood isn't just about pushing through 20 miles of wind resistance; the event caters to all levels of runners, offering a **5km, 10km, half marathon, full marathon, and even a 50km ultra** for those who enjoy suffering just that little bit more.

Despite the icy temperatures and gusts strong enough to launch small runners into orbit, Goodwood remains a **fantastic venue** for racing. The smooth, flat motor circuit makes for a fast course—assuming, of course, that you're not being physically pushed backwards by the wind.

All in all, it was a day of grit, determination, and probably a few regrets. But as every runner knows, once the race is over and the feeling returns to your limbs, it's only a matter of time before you sign up for the next one. **See you at the start line next year... hopefully with less wind!**



# Becoming an Athletics Coach

By Emily Danvers

Like many of our amazing volunteers and coaches, I started coming to Juniors to support my children who joined. I soon realised I didn't want to just stand on the sidelines while only they had fun, so I started helping, supporting the Year One and Two group (ages 5-7). I loved it so much. The energy and positivity of our Juniors is simply amazing, and Tuesdays soon became my favourite night of the week. A year later, Darren asked if I'd like to coach the Juniors. No question – absolutely!

The only challenge was that I'd have to do a qualification. The professional body that oversees running clubs, England Athletics, offers a range of [courses and qualifications](#) to members. You may have heard of LIRFs (Leaders in Running Fitness) as many of our WNS-run leaders have this. For under 12s, the qualification pathways are different. England Athletics discourages young athletes from specialising in one event too soon as, pre-puberty, it is hard to tell the ways our bodies will develop and how that might impact our sporting abilities. Let's face it – at my height, I was never destined to be a basketball player! Instead, they encourage coaches to offer young people a range of athletic opportunities focused on the key movement skills of running, jumping, and throwing. This is supported by research showing that, for most sports, there is no evidence that intense training and specialisation before puberty are necessary to achieve elite status, and this can also increase injury and decrease motivation to engage in future sports<sup>[1]</sup>

All this meant that I couldn't learn only how to coach running – but I had to know a broader set of technical principles of strength, agility, and movement – in everything from steeplechase to javelin. As someone who was terrible at athletics in school and embarrassingly remembers falling into a hurdle and bending it in half, this felt overwhelming.

Supported by the club, I attended a two-day training course and follow-up online training. My assessment involved developing coaching and lesson plans and reflecting on these, as well as recording a session. I also had to do a technical skills test, which I had to re-do multiple times. But, just before Christmas, I found out I passed.



Here are a couple of things I've learnt that might be potentially helpful to others:

## **You can't specialise in all events all the time:**

England Athletics has identified an athlete development pathway (from foundation level to event specialist). The aim is for coaches to prepare targeted training to support athletes at their identified level on the pathway they are currently at in each event. Too often, as club runners, we line up all our different events, from 5Ks to marathons, and expect to be good at all events at the same time and feel disappointed at our progress. It is rare to be specialists at all things, so training must be targeted towards a clear goal. Ask yourself, *Which event is my primary goal this season? What movement skills might I need to develop to meet this goal (strength, agility, or endurance)?*

## **Consider the implications of your athlete profile on your coaching needs.**

Developing an effective coaching plan involves assessing a range of factors – from age to lifestyle – this is known as an 'athlete profile.' Everyone's profile will be different and, consequently, so will their training. It is easy to see others following a programme and feel disappointed you can't do the same. I know my limit is around 30 miles a week before it starts to affect my energy and mood. But comparison with others who have different profiles is the worst thing to do! Instead, work on understanding your own body, your limits, and how running fits in the circumstances of your life.

## **Agility**

Running involves a series of jumps, which can be hugely stressful on our knee, hip, and ankle joints. Many of us know of the benefits of strength training (even if we don't yet do it as often as we should). But improving our agility – the ease at which we can move fluidly – as we do these recurring jumps on our runs is important, too. Introducing plyometrics (from jump squats to skipping) to our training in some way can help us stay agile as well as strong and improve injury prevention. Please don't start jumping off walls and injuring yourselves, but look online for options that suit your athlete profile!

Many of these things are obvious to some people, but I know that the training reinforced these for me.

Our Tuesday Juniors starts up again on 22nd April, and I feel very lucky to get to coach them again – and try to remember to apply everything I've learnt as an athletics coach.

<sup>[1]</sup> Jayanthi N, Pinkham C, Dugas L, Patrick B, Labella C. (2013). Sports specialization in young athletes: evidence-based recommendations. *Sports Health*. 5(3):251-7; Puzziello, R.N., Rizzo, C.F., Garvey, K.D., Matzkin, E.G. Salzier, M.J. (2021). Early sports specialisation and the incidence of lower extremity injuries in youth athletes: current concepts. *Joint Dis Ortho Sports Med*, 6 (6) (2021), pp. 339-343



# 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.*

Club Secretary May Blush knew everyone—and she'd always been a talker. Whether she was in the supermarket, at the post office, or strolling down the high street, she couldn't go ten steps without running into someone she knew. At Sleaford Sliders, the local running club, it was a running joke—quite literally—that her warm-up took twice as long because she stopped to chat with everyone.

But if there was one thing May loved as much as a good natter, it was running. Determined to move up to the next fastest group, she knew speed wasn't exactly her strong suit. One evening, after being left behind on the club's usual loop around the fields, she made a decision: if she couldn't keep up in training, she'd have to put in extra work on her own.

So, every morning before work, she hit the treadmill in her makeshift home gym—her "dungeon," as she called it. It was perfect: no distractions, no stopping to say hello, just her, the moving belt, and pure determination. She focused on interval sprints, gradually increasing her pace, and before long, she started to see a difference.

One Wednesday evening at the club, she lined up with her usual group, but this time, something had changed. Not only was she keeping up—she was leading the pack. As they finished, the group leader, Bulie Baylor, gave her an approving nod.

"You've been putting in some work, May," she said. "Fancy moving up a group next week?"

May grinned. "Oh, go on then."

Word spread fast—mostly because May told everyone she bumped into. By the end of the week, the whole town knew about her group change. On her first night with the faster runners, she managed to hold the pace for the entire session.

Of course, some habits never die. Even mid-run, she couldn't resist exchanging a few words with passing dog walkers or fellow runners. But now, she didn't have to stop—just a quick "Alright?" over her shoulder as she powered on.

The treadmill had done its job, but May Blush would always be Sleaford's most talkative runner.



# EA Article - Victoria Maleski

## From Couch to 5k to Seaford Striders club chair: Victoria Maleski's running journey

Tuesday 11 February 2025



Based in Seaford on the south coast, Seaford Striders Running Club welcomed valued member, Victoria Maleski, into the role of club chair in 2023. As someone who only started running eight years ago, we wanted to catch up with Victoria to talk about her journey into Seaford Striders and find out more about how she became chair.

The club was formed back in 1986 by Glynis and Bill Young\* and will soon mark its 40th anniversary. Seaford Striders pride themselves on their welcoming environment and strong community spirit which is something that encouraged Victoria to become a member of the club. Before that however, Victoria did not feel as though she fit the runner stereotype:

“I guess if you’ve not been part of a running club, you have a mental picture of what a typical member would look like – young, athletic and healthy. There were Seaford Striders who were young, athletic and healthy but at no time did they make me feel inferior, they were so supportive! In reality there isn’t a typical running club member; I have found it to be so inclusive.”

Victoria’s journey started from a Facebook post she saw for Seaford Striders’ Couch to 5K (C25K) programme. She told us; “After much consideration I very nervously went along, found it very tough, but decided to join Seaford Striders straight away so I had to keep going. The support from the club throughout C25K was amazing – non-judgemental and totally encouraging. Completing the “graduation” parkrun felt fantastic – I was hooked!”

### The impact of running and [joining a club](#)

Since making the decision to become a part of the club, Victoria told us that it has transformed her life physically, mentally and socially:

“It has given my life structure and real purpose. I have met so many wonderful inspirational people and I have achieved things that I thought were impossible, including completing a marathon. I’m never going to be a fast runner, but everything is relative. I can push myself and smash those PBs but I can also really enjoy social running with coffee and cake afterwards.”

\* Seaford Striders was formed in 1986 by Martin Bulger



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## Becoming chair of a running club

Victoria was given the opportunity to do our [Learning in Running Fitness \(LiRF\) training](#) with her club which is where her enjoyment for being a group leader began. She told us that seeing people progress with their running brings her a lot of joy and she now regularly leads a group every Wednesday. From then her journey through committee has progressed;

“After completing C25K I wanted to give something back to the club which had helped me achieve the impossible so when I was asked in 2018 if I might take on the role of Club Secretary I agreed. In 2022 I took on the new role of Vice Chair. It was a big decision whether or not to step up to the role of Chair, but I received a lot of encouragement to take it on. It is not an easy role but there are so many positives, and I am so lucky to be surrounded by enthusiastic and competent committee members.”



## Navigating the challenges

As many of us know, committee positions can be a stressful volunteer role to have. Victoria expressed that sometimes decisions have to be made that not everyone will agree with but as a committee you do what is best for the club.

“Seaford Striders is a big club with just under 400 members. Inevitably there will be different viewpoints and comments may be made that don't go down well. Our [welfare](#) team have been pivotal in reaching conclusions and it has been reassuring to have the [England Athletics Club Support](#) team in the background. When we have reached out to England Athletics, we have received great help and support.”

[Club Standards](#) are pivotal in ensuring volunteers and members of a club are protected and supported within their club. Victoria told us how Club Standards have supported Seaford Striders and assured her as club chair:

“Club Standards provide a very helpful framework under which to operate. As we approach our AGM, we know that if we meet the England Athletics Club Standards then all the essentials are in place which is particularly reassuring for me as Club Chair. Our committee is constantly facing new challenges which we work through together. All new committee members are directed to the England Athletics website for their roles, this is included in their induction process.”

## Thinking about joining a club?

We asked Victoria if she had any advice for people who, like herself, are feeling unsure about joining a club.

“Just do it, you won't regret it! I know not all running clubs are the same and I will be biased towards Seaford Striders, but we get so many of our new members after they have seen how we interact at events - all our Striders are awesome! Go along to your local parkrun, they are a great introduction to the running community and the results will tell you a lot about the inclusivity of the local running clubs.”

*This article can be found at <https://www.englandathletics.org/news/from-couch-to-5k-to-seaford-striders-club-chair-victoria-maleskis-running-journey/>*

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Keep up with stories,  
achievements & information

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 [www.seafordstriders.org.uk](http://www.seafordstriders.org.uk)



Something to  
share on our

**socials?**

**Ideas welcome!**

send to Lauren on  
[socialmedia@seafordstriders.org.uk](mailto:socialmedia@seafordstriders.org.uk)

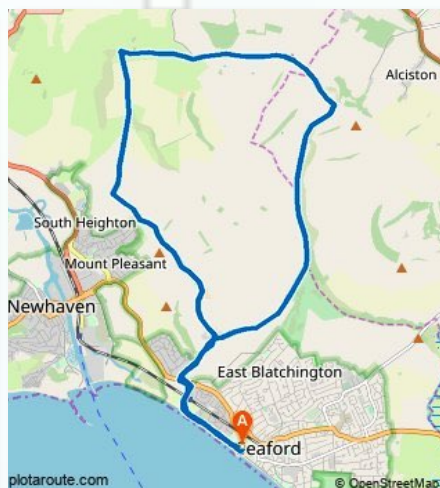




# Upcoming Social Events



# Seaford Martello Half Marathon



## Event Summary

The Seaford Martello Half Marathon returns on 13th April 2025. This scenic, but challenging event combines the stunning Seaford seafront with the beautiful South Downs. Run jointly by Seaford Martello Rotary and Seaford Striders Running Club, the event is proud to raise funds for local charities and organisations - in 2025 any surplus after event expenses will be split equally between East Sussex Vision Support, The Youth Counselling Project and the grant giving arm of Seaford Martello Rotary.

## Details

Registration, number collection and bag storage are at Seaford Rugby Club (w3w hopeless.blanked.undivided) in the Salts from 08:00. Ample free parking is available on Seaford seafront or in the Richmond Road car park. There are toilets available in the Salts. The event start time is 09:30 with the start location being a few minutes' walk from the Rugby Club at Bonningstedt Parade (w3w ///gestures.loser.enlighten) and the finish is on the seafront opposite Dane Road (w3w ///vibes.breaches.letter).

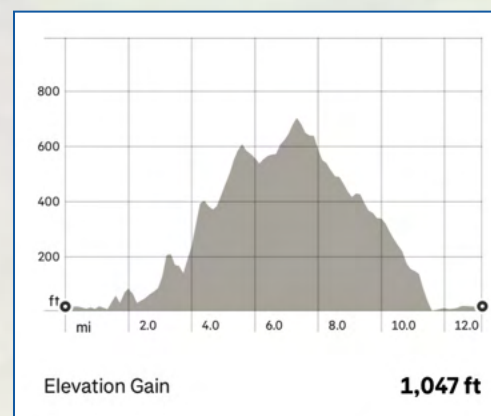
The 2025 entry cost of £30 (or £28 if you are EA affiliated) includes a fully marshalled EA licensed course, chip timing, two water stations, finish refreshments and a bespoke medal.

Sorry no walkers or dog runners.

## The Course

Heading off along the seafront, the route turns inland just before the Newhaven & Seaford Sailing Club, over the A259 then through the quaint Bishopstone village, before heading onto the trails towards Poverty Bottom. This first part is largely flat but you then start the climb up towards Firlie Beacon.

The first water station is above South Heighton, about 4 miles in and from here the real climb begins and the Firlie Beacon radio masts eventually come into view. At the intersection with South Downs Way the route turns east and you will follow the South Downs Way to Bo Peep where you will find the second water station at about 8 miles. From here it is mainly downhill! The route turns broadly south back towards Five Ways and then loops back towards Bishopstone village where you rejoin Bishopstone Road and head back towards the seafront crossing the A259. Then it is back along the seafront to the finish.



As most of the route is off road trail shoes are recommended. Expect a combination of open bye ways, narrow paths and probably lots of mud, puddles, slippery chalk and exposed flint. You will definitely need to be watching your footing, but also take time to look at the amazing views and thank our awesome marshals who will be encouraging you on the way whatever the weather.

## Cut off Time

This year we are introducing a cut off time - you must reach the first water station, which is at about 4 miles, within 1 hour. We have chosen this location as it is within a reasonable distance to get back to the start. Many of our marshals are in very exposed locations and to be fair to them we need to make sure that they are not having to be out there waiting for you for too long. The course is challenging and the event is intended for runners, not people who just want to walk the route. Obviously we don't say you have to run it all, but there is an expectation that you will be able to make reasonable progress. Hopefully it will be a lovely day, but we have to allow for the possibility of inclement weather and what this might mean for our marshals and other volunteers.



## The Medal

The medal for this event has been designed again this year by our very own Lauren Stallard. She has taken inspiration from the local area for the design and hopes you will all enjoy it at the end!

Sneak Peak for those who want one!

## Enter Martello Half Marathon

<https://www.nice-work.org.uk/e/martello-half-marathon-12577>



## Volunteers needed

If you don't want to participate we would be very grateful if you could volunteer. There are volunteer roles available as marshals, at the race HQ (Seaford Rugby Club) and at the start/finish on Seaford seafront. Please contact us if you can help.

February 18th was National Thumb Appreciation Day and what better way to celebrate than with a photo collage of our very own "Mr. Thumbs Up," Fabian Eason!

Whether he's completing another parkrun milestone, debuting in a marathon, pushing through the final mile of a half, celebrating with club mates at the track, or., one thing is certain. Fabian will be there, thumbs up and ready to go!



# Quick Green Pasta

Recipe submitted by Nick Farley  
Serves 4



## Ingredients

- 6 spring onions
- 1 leek
- 1 large handful of tender stem broccoli spears
- olive oil
- 2 cloves of garlic
- 100 g frozen spinach
- 2 large handfuls of frozen peas
- 450 g dried pasta
- 50 g Parmesan cheese, Grana Padano or vegetarian alternative, plus extra to serve
- extra virgin olive oil
- optional: fresh herbs, such as basil, parsley or mint

## Method

1. Trim and slice the spring onions. Trim the leek, halve it lengthways, wash it, then finely slice. Finely slice the broccoli stalks, reserving the tips.
2. Put a large, non-stick, shallow casserole pan on a medium heat.
3. Put 1 tablespoon of olive oil into the pan, with the spring onions, leeks and broccoli stalks. Peel and finely chop the garlic and add to the pan.
4. Add the frozen spinach and peas, then add a pinch of sea salt and black pepper.
5. Cook for 10 to 15 minutes, or until soft but not coloured and the spinach has defrosted, stirring regularly.
6. Meanwhile, cook the pasta in a large pan of boiling salted water, according to the packet instructions, adding the broccoli florets for the last 2 minutes.
7. While everything is ticking away, finely grate the Parmesan.
8. Scoop or pour out about 200ml of cooking water from the pasta into your veg pan. Now, you can either leave your sauce chunky, blitz it until smooth in a blender, or use a hand blender.
9. Drain the pasta and broccoli, and tip it into the sauce. Add 1 tablespoon of extra virgin olive oil and the grated Parmesan and toss it all together.

Finish with some fresh herbs – parsley, basil, thyme, A little extra grating, and a big salad on the side.

# Club Grand Prix

The Seaford Striders Club Grand Prix is a year long competition open to all senior members, regardless of speed or ability. Participants earn points from their best 10 races out of 20 available events.



## 2025 Club Grand Prix Races



No	Event	Date	Type	Notes
1	Whitbread Hollow XC	16 February 2025	Fastest Time	ESSCCL
2	Seaford Beach Parkrun	8 March 2025	Age Grading	
3	Hastings Half Marathon	23 March 2025	Fastest Time	Sussex Grand Prix Event SGP
4	Martello Half Marathon	13 April 2025	Fastest Time	
5	Eastbourne Parkrun	26 April 2025	Age Grading	
6	Dream Mile	28 April 2025	Age Grading	Monday Night Track Lewes
7	Haywards Heath 10 Mile	4 May 2025	Fastest Time	SGP and Mid Sussex Marathon
8	Horsham 10K	11 May 2025	Fastest Time	SGP
9	Preston Park Parkrun	7 June 2025	Age Grading	
10	Summer Solstice Run	18 June 2025	Fastest Time	Seaford Striders Event
11	Bewl 15 mile	6 July 2025	Fastest Time	SGP
12	Malling Rec Parkrun	12 July 2025	Age Grading	
13	Hove Prom Parkrun	30 August 2025	Age Grading	
14	Bushy Park Parkrun	13 September 2025	Age Grading	SoCo Coach Trip
15	Hellingly 10K	28 September 2025	Fastest Time	SGP
16	Seaford Beach Parkrun	11 October 2025	Naked Run	
17	Beachy Head Marathon Weekend	25-26 October 2025	Fastest Time	Double Header
18	Crowborough 10K	2 November 2025	Fastest Time	SGP
19	Autumn Cross Country	November 2025	Fastest Time	Date and Venue TBC
20	Peacehaven Parkrun	6 December 2025	Age Grading	

### Scoring & Rules

Separate male and female competitions, with awards for the top three.

Points awarded to the first 20 finishers (20 for 1st, down to 1 for 20th).

Chip timing will be used where available.

Eight age-graded events help level the playing field.

One Seaford Parkrun will be a 'naked run,' where runners predict their time without wearable tech.

Tiebreakers: Most head-to-head wins, then highest score in those races.

#### Beachy Head Marathon Weekend Bonus

Two-day runners earn combined scores for one event.

Full/Ultra & Half finishers get their Full/Ultra score doubled (DNF/DNS voids the bonus).

Max available: 40 points (10k & Half) or 60 points (Full/Ultra & Half).

See the Seaford Striders Club Grand Prix webpage

<https://www.seafordstriders.org.uk/races/seaford-striders-club-grand-prix/>

 **Contact:** James Marron at [cgp@seafordstriders.org.uk](mailto:cgp@seafordstriders.org.uk) for more details.

# Sussex Grand Prix



The Sussex Grand Prix (SGP) is a road running series of races which take place between March and November each year in various locations within West and East Sussex. It is made up of currently 19 running Clubs across Sussex along with their members all of whom are registered with England Athletics.

Race	Date	Day	Event
1	23 March 2025	Sun	<a href="#">Hastings Half</a>
2	4 May 2025	Sun	<a href="#">Haywards Heath 10 mile</a>
3	11 May 2025	Sun	<a href="#">Horsham 10k</a>
4	18 May 2025	Sun	<a href="#">Rye 10 mile *</a>
5	1 June 2025	Sun	<a href="#">Hastings 5 mile</a>
6	15 June 2025	Sun	<a href="#">Heathfield 10k</a>
7	6 July 2025	Sun	<a href="#">Bewl 15</a>
8	16 July 2025	Wed	<a href="#">Phoenix 10k</a>
9	28 September 2025	Sun	<a href="#">Hellingly 10k</a>
10	5 October 2025	Sun	<a href="#">Lewes Downland 10 mile</a>
11	19 October 2025	Sun	<a href="#">Hove Prom 10k</a>
12	2 November 2025	Sun	<a href="#">Crowborough 10k</a>

## Individual Scoring

Points are accumulated throughout the season. A runner's **best 6 scores from all the races** form their total. 500 points for the winner 499 for 2nd and so on down to 1. Only members from eligible clubs can score. You can only score for your first claim club. Club vests must be worn.

For further information please visit the rules section here. <https://sussexgrandprix.co.uk/rules/>

## Team Scoring

Points for men and women are allocated as follows:

The 1st 10 percent of finishers are awarded 10 points, the 2nd 10 percent 9 points, the 3rd 10 percent and so on down to the final 10 percent being awarded 1 point.

Team total score consists of the top 10 scores across men and women plus 1 point for each runner who competes up to a maximum of 25 points for points awarded for competing runners.

Each team's best 11 from the 12 races are counted.

## For Information

Contact James Marron [✉ sgp@seafordstriders.org.uk](mailto:sgp@seafordstriders.org.uk)

or visit the website <https://sussexgrandprix.co.uk/>

# Sussex Grand Prix Presentation Evening

As many of you are aware Ollie Sprague was crowned Joint Sussex Grand Prix Champion this year as well as James Marron and Josh Nisbett making the top three in their respective age categories. You are welcome to come and celebrate their fantastic achievements. If I remember rightly the trophy is something to low and behold (think FA cup).

Please contact James Marron [✉ sgp@seafordstriders.org.uk](mailto:sgp@seafordstriders.org.uk) if you plan to attend.



*From the SGP Website*

## Thursday 6th March 2025

### 7pm Kings Head, Horsebridge BN27 4DL

Award-winners, teams and supporters are invited to join us for an evening celebrating each others' achievements over the 2024 season. Nibbles will be available, including vegan options.

- \* Please do let us or your Club Rep know if you are likely to attend as we need to know numbers!
- \* If you have any special access requirements or dietary needs, please let us know in advance.
- \* Car-sharing or public transport use encouraged.



# Cross Country

## Sunday Cross Country 24/25

The East Sussex Sunday Cross Country League is made up of six races between October and March. Individuals can score within their own age category (your best four races make up your overall points total), and for the team depending on where you finish. We often car share to these races because parking is limited due to the races being held in the countryside.

Results can be found here <https://www.eastsussexcrosscountry.co.uk/results>

Sunday	13 October 2024	Eridge Park, Crowborough
Sunday	24 November 2024	Snape Wood, Wadhurst**
Sunday	15 December 2024	New Place Farm, Framfield
Sunday	12 January 2025	Blackcap, Lewes
Sunday	16 February 2025	Whitbread Hollow, Eastbourne
Sunday	16 March 2025	Pett

*\*\*Cancelled*

Details of the up and coming races are released by the hosting running club closer to the time. The flyer with all relevant information will be emailed out to all members once available.

For information contact Josh Nisbett

[✉ crosscountry@seafordstriders.org.uk](mailto:crosscountry@seafordstriders.org.uk)

## Sussex Cross Country League 24/25 - Saturday

In addition to the Sunday league there is also a Sussex cross country league and championships throughout the winter months that take place on Saturday afternoons.

<https://www.sussexathletics.net/take-part/cross-country/sussex-cross-country-league/>

Sussex Cross Country League has now finished for this season with the final race being at Stanmer Park.

Despite this being an extremely competitive league Josh Nisbett managed to finish in the final standings in 13th position overall. Well done Josh.

# Cross Country

*By Katherine Simmons*

"We need more ladies" - that was the call when I first started running in the ESSCCL races three years ago.

With a bit of help with childcare, which was needed back then, along with encouragement from the fabulous Pete Weekes, making sure I got to my first few races, I was ready for my first cross country since primary school at Warren Hill.

I had to queue in freezing weather for my race registration, it hailed shortly after the start and my shoelace came undone three times during the race. But it was a wonderful Striders team experience - Dave Dunstall appeared from nowhere to run me in for the finish and everyone was wrapped up in fleeces and car blankets for the team photo. But there was just a handful of ladies.

The next season I applied the knowledge from the previous races - no more queueing in the freezing cold if you sign up for all the races ahead of time for the bargain sum of £10. My shoelaces have never yet come undone on a cross country run following one of Pete's tying masterclasses. We gradually saw more ladies with Stacey, Kat C, Sara and Jane regularly joining the team.

This year, with Snape Wood being cancelled and the last race, Pett, clashing with the Moyleman Relay my cross country has come to an end. But what's made this year so brilliant was the size of the team from across the Seaford Striders membership.

Not only do we regularly have a team of Juniors aceing the races but we're no longer short of ladies! This season, more and more ladies have been giving the trails a try from across all of the Wednesday night groups. There's been sloppy mud, steep hills, a few slips along the way, even some snow. But, as always, that fantastic team support and a lot of laughs!

As far as I understand from the scoring, we're also picking up league points across even more categories. And it's brilliant having so many more Striders to wave and cheer at along the way. For the seniors, this year's Whitbread Hollow XC was the biggest turnout of Striders I've seen at a cross country event. And when the CGP results were published it showed the strength in numbers - for the first time, the ladies actually outnumbered the men!

A massive thank you to Cross Country rep Josh and all of the cross country team for making it such an enjoyable season.

## COMPETITION TIME

How many thumbs up are there in this  
edition of the newsletter?

Answers next month

# Whitbread Hollow XC

## Whitbread Hollow XC

By Josh Nisbett

Sunday 16<sup>th</sup> of February was the return of this



year's Club Grand Prix at Whitbread Hollow cross country on the outskirts of Eastbourne and the fourth race of the ESCCLXC league. We had a great turn out of 33 Striders despite the strong winds. Not having the awards night beforehand, there were not so many sore heads and this reflected in our performances both individually and as a team. We were also spurred on halfway round the course by Martini Haddock and then Jemma Vile at the finish line for those sprint finishes, thank you both for your support.

First Strider home was Jack Hutchinson in 4<sup>th</sup> position in a great time of 30:36, the marathon training is showing through. Our first lady Strider home who has further cemented her 1<sup>st</sup> place age category position was Lizzy Miles in a time of 36:43 and again was 4<sup>th</sup> lady home of the day. Everyone who ran the course will now know about 'The Hill' if they didn't before. I saw some great efforts going up it by all our runners I passed on my return leg down it. But a shout out to Jo Robinson on her efforts in the last mile down The Hill and around the hollow, I lost count of places she gained watching from our Strider base camp opposite.

Junior Striders that raced before the seniors were Eva Miles and Kitty Winton, who both remain in 3<sup>rd</sup> and 4<sup>th</sup> respectively in their category after this penultimate round.

Because of our great turn out and running by all we were 2<sup>nd</sup> place team on the day and now are currently 3<sup>rd</sup> overall this season.

Senior Striders in the top ten of their age categories are below along with races run in brackets, your top 3 races out of 5 count.

Anneka Redley-Cook	5th	(3) SW
Jen Williams	5th	(3) F35
Stacey Pollard	7th	(3) F35
Lizzy Miles	1st	(4) F40
Erica Martin	10th	(2) F40
Justine Ridgeway	9th	(4) F50
Anna Tait	10th	(3) F60
Judith Lindell	7th	(3) F65
Sandra Standen	4th	(3) F70

Josh Nisbett	3rd	(3) SM
Jack Hutchinson	5th	(3) M35
Luke Borland	6th	(4) M35
Aaron Pooley	10th	(3) M35
James Marron	3rd	(3) M50
Richard Preece	7th	(3) M55

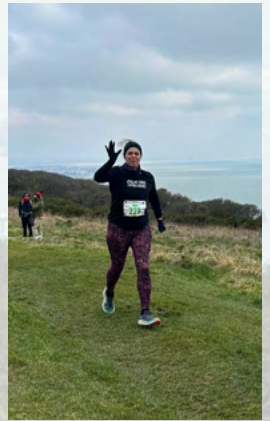
Full results can be found here:

<https://www.eastsussexcrosscountry.co.uk/results>



# Whitbread Hollow XC

Photos by Martyn Craddock



# Junior Striders



## Junior Striders Shine at Eastbourne Cross Country

Last Sunday, Eva and Kitty took on the challenge of the Eastbourne Cross Country race at Whitbread Hollow, representing Striders with determination and enthusiasm. Both ran brilliantly, showing great effort and resilience over the tough course.

Despite the challenging conditions, Eva and Kitty raced with big smiles, demonstrating their love for the sport and their growing confidence in competition. Their performances continue to impress and they remain strong contenders in their respective categories.

Well done to both. Your hard work and positive attitude are an inspiration to the club!



## Celebrating the very first Mini Mince Pie

Around 15 of our Juniors took part in the Mini Mince Pie last week with some getting their first taste of the trails.

After an energetic warm up led by Margaret, our Juniors accompanied by coaches and volunteers, ran laps of a section of the senior Mince Pie course with either 2.5k or 5k options.

Just like the senior Mince Pies, all of our Juniors taking part were awarded with a medal. The feedback from the event included that the finishers' chocolate cake got just as big a mention as the medal 😊!

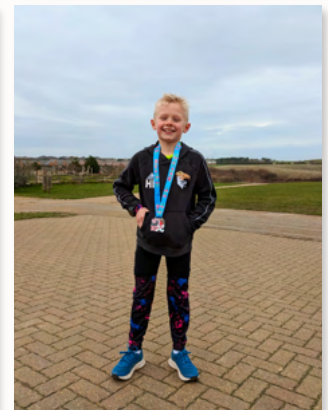
Thank you Emily and the Juniors team for making it happen!

## Juniors return for spring!

The Juniors will be back at The Salts Recreation Ground in Seaford after the Easter break on April 22, 6:00pm-6:45pm. We can't wait to see you there!

## Junior strength sessions

These will be taking place during March for a maximum of 10 Juniors at Whittfit Gym. Please message Steve Whitemore on [info@whittfittraining.co.uk](mailto:info@whittfittraining.co.uk) for more details.



# Longbridge 100 Backyard Ultra

## “One More Lap!” Longbridge 100 Backyard Ultra - January 2025 Race Report



In January 2025, the Longbridge 100 Backyard Ultra once again tested the endurance, resilience, and mental fortitude of ultrarunners in the stunning surroundings of Litlington, East Sussex. Organised by Darren Evans of 3WordRuns, the event combined historical appreciation, environmental consciousness, and top-tier ultrarunning competition.

With support from the Seaford Striders community, with some participating as both runners and marshals, the race delivered an electric atmosphere from start to finish. Adding to the spectacle, the Sussex Drum group provided an exhilarating send off, drumming runners off the start line and returning later to welcome back those who reached the 24-yard (100-mile) milestone.

The support from the wonderful Marshalls was amazing and the fire pit was a warm haven for cold hands and bodies.



### What is a Backyard Ultra?

A Backyard Ultra is a unique race format where competitors must complete a 4.167-mile (6.7km) loop every hour, starting precisely on the hour. Runners who fail to complete a loop within the time limit or choose not to continue are eliminated. The event continues indefinitely until only one runner remains the last person standing

who must complete one final solo lap to claim victory.

To add a tactical twist to the Longbridge 100, each runner was required to collect a yard token at the second turnaround point on every lap. This small but essential task served as both a mental checkpoint and a way of ensuring that runners completed the full course.



### The Course and Community Support

The course was a scenic yet demanding route across private farmland within the South Downs National Park. Runners encountered a mix of single-track paths, farm access roads, and natural chalky flint trails, all while being treated to stunning views of the surrounding countryside.

Community support played a huge role in making this event special. Runners and crew enjoyed:

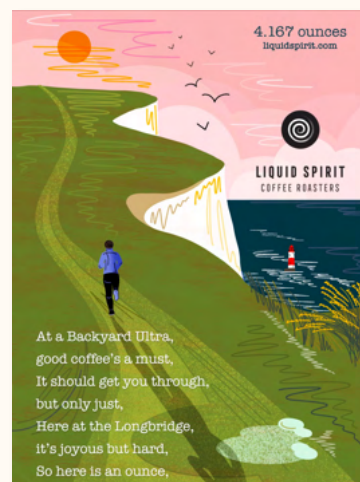
**Cadence Cafe Litlington**, a local cycling cafe, providing hot drinks and morale-boosting snacks.

**La Squadra Della Pizza**, serving up delicious, fresh pizzas to keep runners fuelled throughout the night.

**Beth's Kitchen (Seaford)** with amazing Vegan maltloaf and flapjack.

**Long Man Brewery**, ensuring that every finisher (or, at least, those still able to stand) received a well-earned celebratory beer.

**Liquid Spirit Coffee Roasters**, who created a special Backyard Blend coffee, giving each participant a 4.167 oz bag symbolising the distance of each lap.



## Race Highlights & The Final Duel

As expected, the Longbridge 100 attracted a highly competitive field. Hour after hour, runners toed the line again and again, battling fatigue, sleep deprivation, and the psychological warfare of the backyard format.

As the night wore on, the field thinned. Some reached personal goals, completing distances they never imagined. Others fell victim to the relentless ticking of the clock. But in the end, it came down to two warriors of the backyard ultra scene: Jan Voorspoels and David Bone.

Jan Voorspoels vs. David Bone The Last Stand With each passing yard, Jan Voorspoels and David Bone pushed the limits of endurance.

Jan Voorspoels, a Belgian ultrarunner known for his metronomic pacing and fierce competitive spirit, showed incredible discipline as he tackled lap after lap.

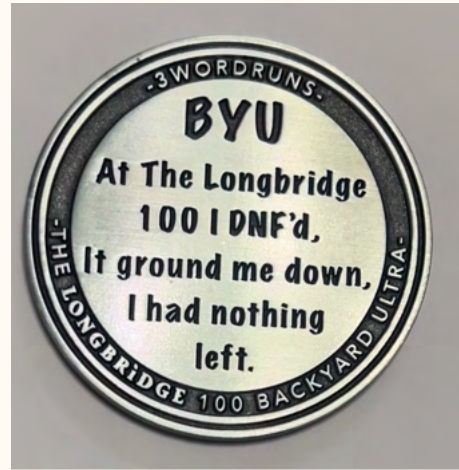
David Bone, an experienced UK ultra athlete and co-founder of Camino Ultra, displayed equal tenacity, proving that he could match Voorspoels step for step deep into the race.

The two men battled beyond the 24-hour mark, both surpassing the 100-mile milestone. The Sussex Drum returned to welcome the 24-yard finishers, but for Voorspoels and Bone, the race was far from over.

Eventually, after 31 brutal laps (129.177 miles), Voorspoels emerged as the last person standing, completing the final solo lap to claim victory and to win the handmade wool Longbridge 100 beanie, the silver plated winners coin and the \*Bronze coin from Lazarus Lake (founder of the Barkley Marathons and Big Dogs Backyard Ultra). Bone, with 30 yards completed (125 miles), earned the title of assist, recognising his pivotal role in pushing the competition to its absolute limit.



Local runner Andrea Harwood achieved the longest distance female award with 25 laps (104 miles) whilst Vicky Owens finished off her 12 in 12 (12 backyards in 12 months) with 24 laps/yards on her 3rd visit to The Longbridge 100.



## Seaford Strider Runners:

James Dopson - 20 laps (83.4 miles)

Russell Davies - 17 laps (70.89 miles)

## Final Thoughts

The Longbridge 100 Backyard Ultra was more than just a race; it was a test of will, a community celebration, and an unforgettable experience for everyone involved.

The vision of blending history, sustainability, and ultrarunning culture came to life in spectacular fashion. With the support of local businesses, volunteers, and the ultrarunning community, the event delivered a true showcase of endurance, camaraderie, and perseverance.

As the final beer was poured and the last coffee sipped, one thing was certain Longbridge 100 was here to stay. We have a few runners from Striders signed up for the Summer 2025 version and the 2026 edition will be eagerly awaited especially as the Summer 2026 version has been awarded Silver Ticket status, which means that the winner will gain automatic entry in to the UK Team Championships.

Thank you to everyone involved.

*\*Bronze Coin winner gets auto entry into 1 of the 4 Silver ticket races in 2026.*

# Farnborough Half Marathon

## Farnborough Winter Half Marathon

By Richard Preece



For 2025, I want to do some races that I haven't done before. At the end of last year, I was searching the internet and running sites and stumbled across the Farnborough Winter Half Marathon. The organisers boast that it is England's biggest and best winter half marathon.

Some claim!! But only the best for me, I'm not going for any second-rate race. LoL.

The organisers then go on to describe the course as... "Entirely traffic-free, we feel that the Farnborough Half is not only the first major half marathon of the year, but it is also one of the flattest, fastest routes in the south." That sold it to me.

I've not done that many half marathons, and all apart from one have been trail. The only flat road one I have run was Lake Vyrnwy in Wales in 2023, which I ran in 1hr 41m 20s. Therefore, Farnborough was an opportunity to get a PB. I booked the event, and the countdown to race day of 9th February 2025, began.

The course starts and finishes at the business centre, which is situated next to the airport. The route takes you inside the outer part of the airport and along the roads that circumnavigate it, then back into the airport and onto the finish line.

If you are interested in aviation history, then this is the place to come. It is the birthplace of British aviation. In 1908, the first powered flight took place here. It has been the centre of military and civil aviation research and holds an annual airshow. It is still a functional international airport and caters for business and private flights.



On the day, it is a cold and slightly frosty morning. The day before, there had been a light dusting of snow. The sky is grey, and the air is still. A good day to race. The max for this event is 3,000 runners. The atmosphere is buzzing around the start line. The event organisation is excellent. I am joined by three other runners from my hometown of Peacehaven. Nice to see familiar faces.



I do not feel race ready as I had not done much long-distance running, only the virtual Mince Pie in December. I had a ski holiday in January, which is way easier than running. I had attempted one long run between skiing and the day of Farnborough. That attempt was disastrous as I only managed eight miles, had pain in my knee, and walk-jogged the last couple of miles.

In the lineup at the start line, the gun goes off. It takes about a minute for me to cross the actual start line, activate Strava and I'm off. A mile into the race, I find my pace. To my surprise, I am running beside the two sub-1hr 40m pacers. I think to myself, I just need to keep them on my shoulder and I just might get that PB.

We run through part of the airport, then back out onto the open road. I'm feeling good and the pacers are still just behind me. A few more miles in and we are starting to climb a small but long incline. The two pacers are still behind me and I hear them talking to each other. One is sounding breathless and the other is encouraging him, telling him that this is the hardest part of the course. GREAT, I think to myself, as I still feel fine.

I take a drink at the water station and get jostled a bit by some other runners. I'm still ahead of the pacers. There is an out-and-back section, which is amazing to see the fast runners coming back.

The turnaround point is mile 9. I'm starting to feel a bit tired now and take a gel. Darn! The pacers have just overtaken me. Not good. I try to stick with them but just see the gap opening.



By mile 10 other runners are starting to overtake me. Back inside the airport at mile 11 and I am really tired. My mind is playing tricks on me. I can't work out how much further I have to run.

I start to walk, then run, then walk. Mile 12, yes that's right, it's only one more mile. I can do this and pick up the pace again. How many more corners to turn before I see that elusive finish line?

At last, I cross the line. Official finish time: 1hr 41m 49s.

Grrrrrrrr..... 30 seconds quicker, and I would have just got a PB. If only I didn't walk. If only I trained more and was race ready. If only I were 30 years younger. (LoL). Still, no regrets. I did it, got a nice medal and a goodie bag.

Life is for making memories and not holding on to regrets. But next time, I'm going to be ready.

### HASTA LA VISTA, BABY

**PS:** Winning time: 1hr 03m 46s. First lady (40-44 age category): 39th place, 1hr 15m 55s.

FARNBOROUGH WINTER HALF		PRESENTED BY FARNBOROUGH AIRPORT	
<b>Richard Preece</b>			
<b>3065</b>			
Half Marathon			
9 February 2025			
Gender: Male			
Category: 50-59			
Status: Finished			
★ Add To Favourites			
<b>Finish Time</b>		<b>01:42:30</b>	
OVERALL	CATEGORY		
718/2398	105/289		
GENDER			
620/1552			
<b>Net Time</b>		<b>01:41:49</b>	
OVERALL	CATEGORY		
727/2398	106/289		
GENDER			
627/1552			



## Where's Julie?

### Where's Julie?

We have managed to drag Julie away from her last months hiding place. She's found somewhere new to hide. Can you find her.

Answer will be revealed in the next edition!



### Here's Julie

On the oar of the boat in Anneka's Striders Strider article



# The Lions Seaford Half Marathon

By Trevor Jones

When I first joined Seaford Striders Running Club, my thoughts were of keeping fit and meeting new people. The idea of doing an official race was far from my mind.

At the time of my joining, the 'Newhaven, Peacehaven & Seaford Lions Club' Half Marathon was coming up in the race diary.

This prompted questions from other Striders; "Are you going to enter the local half marathon?" My reply was a resounding "No!". I explained that I had only just joined the club but also had no experience of longer distances or indeed what to really expect.

Come the day of the race, I went to the finish line as a spectator. This was to cheer on Striders and other people I knew who had entered the contest. It was also to soak up the atmosphere and see how it all went. Luckily I met Martin Bulger (our club Captain) and had a chat. Martin had helped out on many times with this race, usually standing by the finish line with his clipboard for recording entrants as they cheerfully (or not) and exhaustedly came over the line.

Over the following year, my confidence and fitness improved and I no doubt did a shorter race but this has been forgotten in the midst of time. Come the Seaford Half, I was now ready and keen to do my very first half marathon. I remember on a Wednesday night in the Downs meeting room, Martin wanted everyone to give one piece of advice to those running the half. This felt a bit like being in the school classroom, particularly as Martin had been my school teacher! (Once a teacher, always a teacher). It put everyone on the spot, some advice was given for making sure your shoe laces were well secured to putting Vaseline on one's feet.



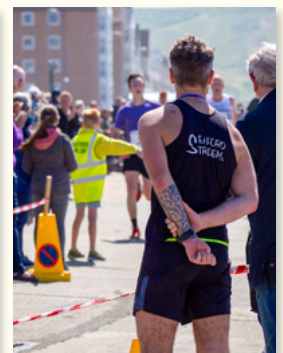
Me, I hadn't run a half yet, so came up with 'train hard'. It seemed a bit obvious for advice, but it got me through this trial.

The Lions Seaford Half, for those who've not run it, was started at Bönningstedt Parade, towards Bishopstone, up to five ways, over the Downs to Alfriston, through the Cuckmere Valley river path and over to the 'Golden Galleon', renamed 'The Cuckmere' pub. Up the South Barn road and onto Seaford Head. The home run was down the head, onto the beach promenade and finish opposite 'The Beachcomber' pub, where you could enjoy a drink whilst watching participants. This was demolished in 2012 and is now the Eversley Court apartments.

Getting my first medal was of great joy, even though I had suffered. It was quite a tough run but as then for now, remains one of my favourite routes. As anyone who has run this route, will know that it's very undulating with steep hills. I got foot blisters and sunburn, even though it was a cloudy day. A valuable lesson was learned that day to always use sunscreen, even when it's not sunny.

The route was a great mix of Seafront and off road running, including going through Alfriston village and running beside Cuckmere river.

Audience, marshals and water stations ensured you didn't get lost or lonely. I managed to do this race 10 times until its final run in 2017.



# Club Records

There were a couple of updates to Dave Dunstall's V50 records last month so I have reproduced the table in full below.

Through extensive research, including internet searches, old newsletters, results websites, press releases, and Power of 10, I have aimed to compile an accurate representation of these records. However, this list is not exhaustive and may contain inaccuracies and missed results. By publishing these records I encourage all members past and present to review, challenge and submit updates or new achievements. The club records are maintained and verified by myself Ray Smith. For the top three times at each distance please visit the club website.

	SF	Time	Location/Event	Date	SM	Time	Location/Event	
<b>5k</b>	Katy Oxborrow	00:19:55	Rye Classic	15/07/2006	Ollie Sprague	00:15:41	Bushy Park P/R	31/08/2024
<b>10k</b>	Katy Oxborrow	00:38:47	Brighton	1994	Bob Eade	00:32:39	Chichester	1998
<b>10 mile</b>	Katy Oxborrow	01:03:06	Worthing	1994	Bob Eade	00:54:48	Worthing	1996
<b>Half Marathon</b>	Vicki Boyle/Clarke	01:27:59	Brighton	1996	Bob Eade	01:12:14	Brighton	1998
<b>Marathon</b>	Nicky Brenchley	03:09:43	London	2002	Ollie Sprague	02:37:13	Amsterdam	20/10/2024
	FV40				MV40			
<b>5k</b>	Erica Martin	00:19:50	Seaford Equinox	21/06/2023	Joel Eaton	00:16:51	Seaford Beach P/R	24/12/2022
<b>10k</b>	Liz Lumber	00:42:20	Stratford	05/11/2011	Bob Eade	00:33:03	Chichester	01/02/1999
<b>10 mile</b>	Natalie Dawson	01:19:41	Rye	27/05/2012	Brian Tickner	00:56:01	Woking	01/05/1994
<b>Half Marathon</b>	Wendy Joy	01:30:40	Hastings	15/03/2009	Bob Eade	01:14:15	Barns Green	25/10/1998
<b>Marathon</b>	Liz Lumber	03:25:40	London	13/04/2008	Brian Tickner	02:37:54	London	18/04/1993
	FV50				MV50			
<b>5k</b>	Sam Alvarez	00:20:33	Seaford Beach P/R	13/01/2024	Simon Fletcher	00:17:16	Brighton P/R	06/09/2014
<b>10k</b>	Sam Alvarez	00:42:31	Newhaven	19/01/2025	Simon Fletcher	00:35:34	Brighton	16/11/2014
<b>10 mile</b>	Louisa Scola	01:24:56	Rye	25/05/2014	Simon Fletcher	00:58:13	Brighton	18/10/2015
<b>Half Marathon</b>	Sam Alvarez	01:38:31	London Battersea	05/01/2025	Simon Fletcher	01:17:52	Bath	13/03/2016
<b>Marathon</b>	Louisa Scola	03:57:09	Brighton	14/04/2019	Simon Fletcher	02:41:42	Yorkshire	09/10/2016
	FV60				MV60			
<b>5k</b>	Alison Househam	00:23:40	Seaford Beach P/R	20/11/2021	Dave Dunstall	00:18:47	Seaford Beach P/R	27/05/2023
<b>10k</b>	Hilary Humphreys	00:52:02	Chichester	08/02/2015	Dave Dunstall	00:39:00	Gravesend	21/11/2021
<b>10 mile</b>	Hilary Humphreys	01:31:35	Haywards Heath	04/05/2014	Dave Dunstall	01:05:32	Portsmouth	17/10/2021
<b>Half Marathon</b>	Hilary Humphreys	02:01:30	Hastings	19/03/2017	Dave Dunstall	01:25:13	Manchester	10/10/2021
<b>Marathon</b>	Victoria Maleski	07:36:05	Beachy Head	22/10/2022	Simon Fletcher	02:53:13	Valencia	03/12/2023
	FV70				MV70			
<b>5k</b>	Hilary Humphreys	00:28:25	Brueton P/R	18/05/2019	Tony Cross	00:21:25	Eastbourne P/R	27/07/2019
<b>10k</b>	Sandra Standen	01:08:10	London Vitality	02/05/2022	Terry Ward	00:50:42	Hove	21/10/2018
<b>10 mile</b>	Sandra Standen	02:03:32	Portsmouth	15/10/2023	Leslie Magyer	00:49:09	Portsmouth	15/10/2023
<b>Half Marathon</b>	Sandra Standen	02:36:26	Brighton	23/02/2020	Leslie Magyer	01:54:48	Brighton	26/02/2023
<b>Marathon</b>	No entry				Leslie Magyer	05:00:10	Brighton	07/04/2024

## First Claim and Non-Affiliated Members

Any first claim member or solely Seaford Striders non-affiliated member is eligible for a club record. There are no restrictions on the clothing worn or the team they represent during the event.

## Second Claim Members

Second claim members may qualify for a club record if they meet the following criteria:

They enter the race as a Seaford Strider.

They do not wear the colours of their first claim club.

They participate in an event exclusively for Seaford Striders members.

## Exceptional Circumstances

The Seaford Striders Committee retains the discretion to recognise exceptional performances or circumstances that may fall outside the above criteria.

# Club Records

Below are club records for distances up to 3000m achieved at various meetings and during our own Striders track nights in Lewes. We hope to fill in the gaps this year by participating in more events.

	Men	Time	Location/Event	Date	Women	Time	Location/Event	Date
<b>100M</b>								
SM/SF	Alan Browne	13.69	Lewes	08/07/2024	Jennifer Williams	14:38	Lewes	08/07/2024
VM/VF40								
VM/VF50	Russell Hewlett	15:50	Lewes	08/07/2024	Jo Bruggenwirth	17:27	Lewes	08/07/2024
VM/VF60								
<b>200M</b>								
SM/SF	Dylan Jones(U17)	23:17	Crawley	11/06/2022	Jazz Dymott	34:30	Lewes	11/07/2021
VM/VF40								
VM/VF50	Gareth Hutchinson	33.71	Lewes	08/07/2024	Jo Bruggenwirth	37:02	Lewes	08/07/2024
VM/VF60					Victoria Maleski	50:48	Lewes	08/07/2024
<b>400</b>								
SM/SF					Jennifer Williams	01:16:73	Lewes	08/07/2024
VM/VF40	Alan Browne	01:06:67	Lewes	08/07/2024	Jemma Vile	01:24:10	Eastbourne	12/06/2024
VM/VF50	Gareth Hutchinson	01:16:25	Lewes	08/07/2024	Sam Alvarez	01:23:81	Lewes	08/07/2024
VM/VF60					Victoria Maleski	01:55:46	Lewes	08/07/2024
<b>800</b>								
SM/SF								
VM/VF40	Gareth Hutchinson	02:29:70	Lewes	12/6/2017				
VM/VF50	Ray Smith	02:44.03	Lewes	08/07/2024	Sam Alvarez	03:11:16	Lewes	08/07/2024
VM/VF60					Victoria Maleski	04:19:23	Lewes	08/07/2024
<b>1500</b>								
SM/SF								
VM/VF40	Gareth Hutchinson	04:49:09	Brighton	31/05/2017	Jemma Vile	06:11:20	Eastbourne	12/06/2024
VM/VF50	Gareth Hutchinson	05:32:48	Lewes	08/07/2024	Sam Alvarez	06:12:78	Lewes	08/07/2024
VM/VF60								
<b>1 Mile</b>								
SM/SF	Jamie Stenning	04:40:00	Seaford		Amanda Feast	06:00:48	Eastbourne	24/05/2024
VM/VF40	Gareth Hutchinson	05:20:20	Crawley	04/05/2017	Lynsey Millar	07:08:00	Lewes.	17/08/2024
VM/VF50	James Marron	05:22:96	Lewes	19/08/2023	Sam Alvarez	06:21:24	Lewes	18/03/2024
VM/VF60	Dave Dunstall	05:42:19	Lewes	19/08/2023	Alison Househam	09:08:20	Lewes	18/03/2024
<b>3000</b>								
SM/SF	Richard Impey	09:49:49	Worthing	18/06/2024	Anneka Redley-Cook	12:49:95	Lewes	08/07/2024
VM/VF40	Gareth Hutchinson	10:47:02	Lewes	04/07/2016				
VM/VF50	Austin Warren	12:00:14	Lewes	08/07/2024				
VM/VF60								

## New club records this month

No new records this month, although Joel Eaton did come close to improving his own 5K park run time.

# Gallery



Sunday Socials



Louise King at Sussex Downs Trail Race



Matt Clare and Phil Stevenson at Seville Marathon



Gareth Hutchinson at IV Cross Ciudad de Bollulos, Seville



Sara Baitup, Chiara Di Giorgi, Stacey Pollard, Kat Chamberlain & Janey K get their parkrun Z

# COMMITTEE

The Seaford Striders Committee is a dedicated team of volunteers committed to guiding and supporting our club. If you have any questions or need assistance, don't hesitate to reach out using the contact details below.

## Seaford Striders Club Leadership

**Chair:** Victoria Maleski

✉ [info@seafordstriders.org.uk](mailto:info@seafordstriders.org.uk)

**Treasurer:** Ralph Jennings

**Assistant Treasurer:** Karen Feast

✉ [treasurer@seafordstriders.org.uk](mailto:treasurer@seafordstriders.org.uk)

**Club Welfare Officers:** Kate Parkinson, Emily Danvers

✉ [welfare@seafordstriders.org.uk](mailto:welfare@seafordstriders.org.uk)

**Club Secretary & Health and Safety Officer:** Kay Crush

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**Membership Secretary:** Leanne Pearce

✉ [membership@seafordstriders.org.uk](mailto:membership@seafordstriders.org.uk)

## Event Directors

**Mince Pie Race Director:** Nick Farley

**Mince Pie Race Deputy:** Graham Jones

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**Special Events Support:** Julie Taylor

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**Cross Country Representative:** Josh Nisbett

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## Grand Prix Events

**Club Grand Prix Coordinator:** James Marron

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**Sussex Grand Prix Coordinator:** James Marron

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## Communications Team

**Social Media Representative:** Lauren Stallard

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**Website Manager:** Katherine Simmons

✉ [press@seafordstriders.org.uk](mailto:press@seafordstriders.org.uk)

**Newsletter Editors:** Jo Robinson, Ray Smith

✉ [newsletter@seafordstriders.org.uk](mailto:newsletter@seafordstriders.org.uk)

## Club Team Captains

**Men's Captain:** Jeff Young

**Men's Vice Captain:** Gareth Hutchinson

✉ [menscaptain@seafordstriders.org.uk](mailto:menscaptain@seafordstriders.org.uk)

**Women's Captain:** Amanda Feast

**Women's Vice Captain:** Kathryn Warren

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## Coaching and Training

**Junior Coach/Leader:** Emily Danvers

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**Track Coordinator:** Anneka Redley-Cook

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**Couch to 5K (C25K) Organiser:** Charlotte Lade

✉ [c25k@seafordstriders.org.uk](mailto:c25k@seafordstriders.org.uk)

**LiRFs (Leaders in Running Fitness):** Jeanette Wells

✉ [lirf@seafordstriders.org.uk](mailto:lirf@seafordstriders.org.uk)

## Social Team

**Social Reps:**

Adam Haverly

Ray Smith

Kat Chamberlain

Jo Robinson

Jeanette Wells

Graham Jones

✉ [social@seafordstriders.org.uk](mailto:social@seafordstriders.org.uk)

# Contact Us

## Contact Jo and Ray

[newsletter@seafordstriders.org.uk](mailto:newsletter@seafordstriders.org.uk)



**Deadline for next issue  
24 March 2025**