



PEACEHAVEN RUN CLUB

MAY 2026

Trio at the London Marathon!



Ollie Sprague, a championship-time runner, ran with Sarah Isaacs, who topped the club records for Women's fastest marathon! What an achievement!

Sarah was selected through PRC's ballot after completing all the requirements. Information on this can be found on the website.

Manoli ran with a charity entry, raising money for Dystonia UK, an organisation which raises awareness for people like his son, Luca, who lives with this condition.



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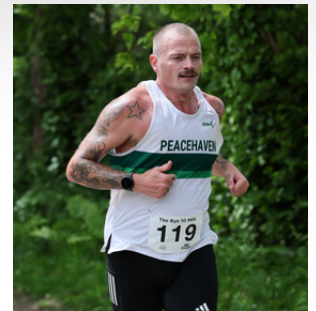
More on this on
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Committee Comment

by Kira Prince

As we launch the first edition of our club newsletter, I wanted to take a moment to say how proud I am of what Peacehaven Run Club has become.

What started as an idea has grown into a fantastic community of runners of all abilities who support, encourage and inspire each other every week.



Being the club's founder and chairman is something I never take for granted and seeing so many people enjoying their running, achieving goals and building friendships through the club makes all the hard work worthwhile.

I'd also like to thank our members, volunteers, coaches, run leaders and committee members who all play a part in making the club what it is.

Peacehaven Run Club is far more than just a running club, it's a community and that's something very special.

As we're currently enjoying some very warm weather, a quick coaching reminder: don't be afraid to slow down when temperatures rise. Running in the heat places extra stress on the body, so focus on effort rather than pace, stay well hydrated, and if possible choose shaded routes or run earlier or later in the day. Consistency is always more important than forcing a session when conditions aren't ideal.

Thank you all for being part of the journey and here's to many more miles together.
Tommy Knight

Founder & Chairman, Peacehaven Run Club

Member Spotlight

by Kira Prince

A section dedicated to learning about other members in the club.

Headteacher, quizzer and runner Peter Ediss reflects on his early love of athletics, his return to running, and the goals still pushing him on.

Background

I spoke to Peter Ediss, a 47-year-old headteacher who also taught both me and my brother, Leon, at the end of our primary education in Newhaven. His long connection with athletics, and the enthusiasm that still drives him, make for a story worth telling...

Member Spotlight

edited Kira Prince

Hi Peter, thanks for the interview. What first captured your interest in running?

Running was my father's passion and, although I was nudged towards it, I was naturally competitive and didn't need much persuading. He competed at a good level and recorded times I can only dream of before a knee injury halted his progress. Even so, he ran the London Marathon at least three times in his 50s during the 1980s, each in around 3:30, and all without a sophisticated watch or energy gels. I grew up in Rodmell, where we regularly ran on the South Downs, and he would note our times in his diary. The village school also had an excellent cross-country team, and we enjoyed several wins despite our small population. I was also lucky enough to grow up in the 1980s, when British athletics was arguably at its peak.

Did you have a favourite athlete growing up?

Yes — Steve Ovett was my favourite, and he also happens to be Tommy Knight's uncle! I'm too young to have seen him at his very best, but he was still winning races when I first started watching athletics, and I loved that trademark sprint finish. My sister and I also liked the way he acknowledged the crowd on the home straight. I was a big fan of Seb Coe too, with Steve Cram not far behind. It really was a golden age for British middle-distance running.

So, did running remain a constant through your childhood and beyond?

Sadly not. I ran for Lewes Athletics Club during secondary school, but then lost my way a little, partly because of other competing sports such as football, cricket and table tennis. More than anything, though, it came down to time — and an unhealthy obsession with general knowledge quizzing over the past three decades.

So, what got you back into running?

Peacehaven Parkrun brought me back. I started going almost from the beginning in 2017 and, although my first run was a tough 30:30, I quickly found my rhythm and began edging towards the still-elusive 20-minute barrier. I was also fortunate to become friendly with two local runners, Paul Wood and Neil Barnes, and running with them pushed me on. Then Peacehaven Run Club started, which only deepened my enthusiasm, even if my job prevents me from getting fully involved. I especially enjoy Thursday morning runs with Neil and club captain Steve Tully, along with the occasional club night. I'm also trying to encourage my ten-year-old son a little bit, but he's much more keen on basketball currently!



(L to R) Steve Tully, Peter Ediss & Neil Barnes

Member Spotlight

edited Kira Prince

We know about the quizzing thanks to Tommy's post about Who Wants To Be A Millionaire? – can the two pursuits be combined?

They can, in a way. One of my lesser-known quiz appearances was on BBC Mastermind in 2004, where my specialist subject was the World Athletics Championships. I scored 10 out of 15 under the pressure of the black chair, but 7 out of 15 in general knowledge was not enough to take me through. I also once had to do a bleep test for a quiz show and, despite finishing second out of ten, still did not make the final cut. There is even a Quiz/Run group on Strava that competes once a month in London, and I may yet give it a go. That said, I'm definitely a better quizzier than runner.

Do you encourage running at the school?

Yes – for staff, children and parents. Several teachers are part of Peacehaven Run Club, including Connor Cook, who I run with most weeks, as well as Sam Nugent, Annie Collop and Maxine Broun. I know of other teachers at PRC too, most notably George Isaacs, who is also my co-writer for the upcoming inaugural PRC quiz. For the children, we have taken part in a local cross-country competition for a few years, and I promote Peacehaven Junior Parkrun most weeks in my Monday assembly. Committee member Claire Wilder recently came in to lead an assembly on parkrun juniors. I am always encouraging both parents and children to get involved in parkruns and Peacehaven Run Club. In fact, only today I was speaking to a parent about joining PRC while queueing for the toilet, and we have a few PRC members who are parents (or former parents) at the school. I also include the occasional advert in our fortnightly newsletter, most recently for the Junior Fun Run on 28 June.

Do you have any running goals you have yet to achieve?

Yes – three. The first, and most important, is to break 20 minutes for 5K. Every time I've come close, I've ended up with a calf injury. Secondly, I'd love to do one of the SuperHalves in a European capital. Finally, I'd love to follow in my father's footsteps and complete a marathon. I only wish he was still alive to see it.

Thank you, Peter. Just to finish, do you have any messages for members?

Yes – a simple one: enjoy it. Enjoy being able to run, enjoy the company, enjoy the fresh air and beautiful Sussex countryside, and enjoy competing against both yourself and others. Do let me know if you ever need me to pace you. Thanks for the interview, Kira. It's been lovely linking up with you again. Good luck in your teaching career.



What a throwback!

Peter Ediss, aged 12, - wearing a red top - passing the baton in a relay race.

Committee Spotlight

by Kira Prince

Steve Sprague



How long have you been running?

Since 2016, Ollie and I went out for a run together - I actually asked him - and stemmed from there

How long have you been a part of PRC?

I have been a part of Peacehaven Run Club since March 2025

When did you join the committee?

I joined the committee in February/March 2026 as Club Grand Prix and Sussex Grand Prix Rep.

What helped you make the choice to join the committee?

Ollie helped me make the choice to join the committee - he wanted me to take over his role.

What is your role?

The Club Grand Prix is an inter-club competition that consists of about 16 events. I remind people of these events and also produce the scoreboard after each event. For the Sussex Grand Prix, this is a Sussex based competition controlled by another committee. I act as the communications person between them and PRC

What differs from being in the committee to a running member?

Being in the committee differs in that it allows me to feel that I'm giving something back to the club

What's one of your biggest running achievements?

My biggest achievement has to be the Amsterdam Marathon 2025 (my only marathon)

BRIGHTON MARATHON

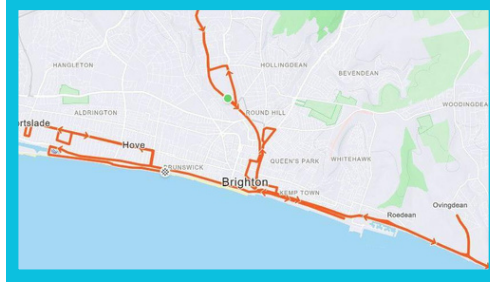
by Kira Prince

On Sunday 12th April, three incredible runners participated in the Brighton Marathon 2026 - Ben Latter, Connor Cook and Harvey Nichols.

The route started flat at Preston Park, and moved its way to London Road, before turning back into the city. Then it set out across the cliff-top, with a great view and an even greater breeze. When circling back, runners make their way to Hove Promenade, where they met the finish line on Hove Lawns.

Harvey Nichols had an epic run and brought it home in 3:09:02.

Connor Cook pushed through the pain and stayed determined in order to finish the race with a 4:15:08.



Ben reached the finish line with an impressive 4:37:25. He had an incredible first marathon, where he raised money and awareness for a charity, Blood Cancer UK, which supported his father through treatment. His biggest challenge took place before the race itself, with Ben tearing his calf during the Brighton Half-Marathon just 6 weeks prior. This injury had taken 2 weeks out of his running, to allow him to recover and stand at that start line healed and ready to go. After this huge feat, he went out to celebrate with his family. While he does not have an exact idea on when his next marathon will be, he is sure he will be doing one again!

BRIGHTON TRAIL MARATHON

by Kira Prince



A strong duo from our club took on the Brighton Trail Marathon - which has an elevation of 902 metres! Both Barry Smollens and Harriet Camp were victorious in their incredible achievement, with Barry setting a time of 4:08:22, and Harriet with 5:59:47 in her first marathon.



It was Harriet's first marathon, and she was hoping to get under 6 hours. She followed a 20-week training plan, which was cut by 3 weeks due to a hip injury. She says her motivation for her run was about overcoming anxiety which she's had since October, and keeping her mind busy and her goals in focus. Within the first 7 miles, they had to tackle Ditchling Beacon - with an elevation of 248m. Harriet's challenges included overcoming that 'What have I done?' feeling, and persevered through the support of runners around her. They celebrated at home with a Domino's and she immediately set her eyes on the next race - an Ultra race called 'Hope Trail Festival' in July. She also has plans to run 'The Lap' in May 2027, where it totals 47 miles (75k), and over 2700 metres in elevation.

MANCHESTER MARATHON

by Jack Burden



On the 19th of April the Adidas Manchester Marathon took place. Over 42,000 runners took on the 2nd-largest marathon in the UK. The course is a nice fast paced flat route, favoured by those chasing a PB, and the energy from the local Mancunians can be felt throughout the whole event. Luckily for the runners, it was relatively cool, ranging from 8-13 degrees throughout the day.

Among those runners, was two of our very own, Naomi Hyde and Morgan Geal. Morgan finished with an incredible time of 3:06:56 - beating his last Marathon time by almost 40 minutes. An unreal level of effort shown. For Naomi it was her first marathon and she absolutely smashed it with an unreal time of 4:01:18! What an incredible performance for a first marathon ever! Both Morgan and Naomi smashed it and did themselves and PRC proud.



Of the runners who signed up approximately only 28,000 finished. Members who watched online say it was incredible to see the City of Manchester supporting the runners, and it was inspiring to watch everybody cross the line. It was extra special for them to watch Naomi and Morgan cross the line.

BRIGHTON BYU

by Kira Prince

On the 9th of May, we had two members participate in the Brighton Backyard Ultra, Chris Gault and Barry Smollens, who ran their first one in May. They both shared the same mentality: mindset would get them through, consistency will keep them going.

The duo kept at a steady, yet impressive, 48-49 minute loop. As dusk arrived, they began to face a different challenge - the tiredness had set in. Yet they persevered, knowing the feeling would pass.

After an injury to the foot, Chris decided to finish after Lap 18 with 75 miles completed. Barry had then continued for the full 24 laps he intended to run from the beginning, completing 100 miles.



LONDON MARATHON

by Kira Prince

A strong duo took on the London Marathon – Sarah Isaacs and Ollie Sprague. Throughout the 26.2 mile, they ran together, cheering each other on and spotting friends in the crowd. Ollie earned his place in this marathon by meeting the championship requirements at Amsterdam 2024. In London, his official time was 3:31:29. He had difficulty running during the winter, and fell out of the rhythm of training, but felt motivated by watching his good friend, Sarah, push through. His challenges within the race itself did not come physically, but was felt emotionally through the intense support from the crowds, his friends, and his family.

Ollie had then celebrated, back in Peacehaven, with a dinner at the Stonehouse with his friends and family. His next marathon will be in October at Skopje, North Macedonia, where he hopes to beat his PB of 2:29:50.



Sarah Isaacs took part in the marathon by qualifying for our club's ballot, which is a dedicated spot we get every year. She completed her marathon in an impressive 3:31:29 – which smashed her previous PB in Amsterdam 2025 of 3:52:17. She had dedicated her training to a 16-week block, which started with building her weekly mileage (eventually to 52 miles), incorporating speed, and using a range of terrain. Heartbreak hit when her hip started flaring up during training, and therefore she had to reduce her runs in order to make it to the start-line in good shape.

Sarah's key motivator was knowing she had won the place by being selected in the club ballot, and wanting to see her potential after a consistent training block. Due to already being a marathon runner, she knew she could do it again, so focused her energy on doing her best and improving her time.

After transportation difficulties in the morning, she had arrived at the start-line on time and ready to go. However, her challenges started around the 8th mile. As she ran with Ollie Sprague, who was her pacer, she had asked to slow the pace slightly – by around 10 – 15 seconds. She had utilised her gels at this point, and could not stomach any more. Her in-the-moment strategy had paid off, as she picked up the pace in the final miles, and arose victorious at the finish line. She was then treated to a McDonald's by her friends and husband.

She now holds the title of fastest Women's Marathon Runner, as per our club records. Her next training block for October's Frankfurt Marathon begins in July.



[Are you eligible for PRC's club ballot? Find out here.](#)

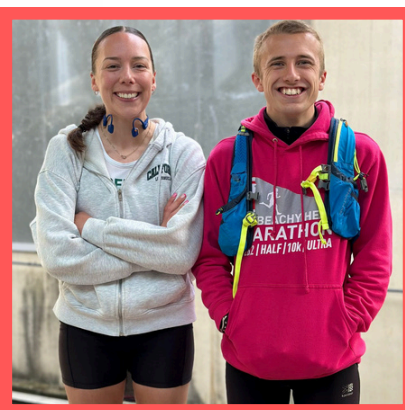
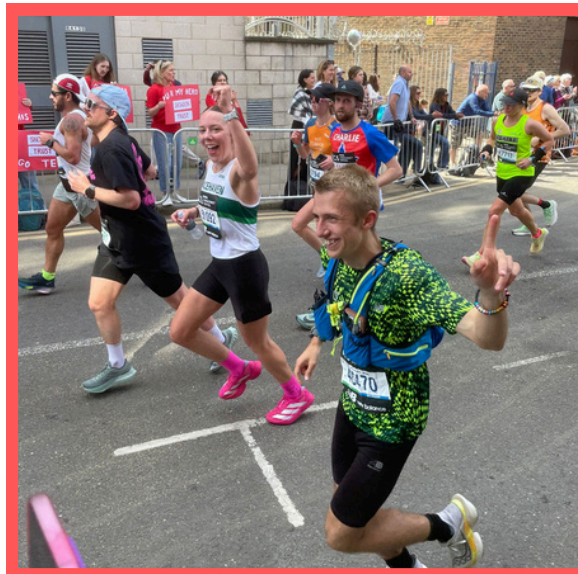
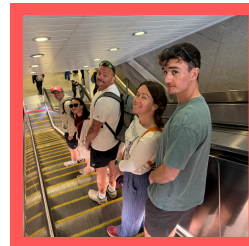
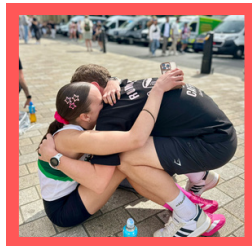
LONDON MARATHON

by Kira Prince

PRC runner, Manoli Vachoumis, took on the challenge of the London Marathon in support of Dystonia UK, running not only to raise funds, but to help shine a light on a condition that affects his son, Luca, and thousands of others across the country. It was Manoli's first marathon, finishing with a whopping 4:56:31. Throughout the race, he had increased in speed, focusing on his motivations to get him through.

For Manoli, this marathon journey had a deeply personal meaning. His son Luca lives with dystonia, making the challenge of running 26.2 miles about much more than endurance or a finish-line medal. It was about raising awareness, supporting families and individuals affected by the condition, and helping organisations like Dystonia UK continue providing essential support, guidance and resources. Training for the London Marathon came with the usual demands of long miles, early mornings and physical challenges, but the motivation behind every training run remained the same. Each mile represented Luca and everyone else living with dystonia – children, adults and families facing daily challenges that many people never see.

Greater awareness can lead to earlier recognition, stronger support networks and more opportunities for those affected. Crossing the finish line marked the end of the marathon, but not the end of the message. The run was completed for Luca, for others living with dystonia, and to help ensure that this rare condition receives the attention and recognition it deserves. [Click here for more information on Dystonia UK.](#)



MEMBER RACES

by Kira Prince

Here are some races that our members took part in over April and May. Some were supported throughout by other members, and some ran solo - how inspiring!

We love to see the photos and results of these races, so please continue to share them!



Maverick 5k



Maverick Half Marathon



PRC Magic Mile



Seaford 10k



Brighton 10k



Worthing Half



Worthing Half

MEMBER RACES



Worthing 10k



Eridge Park Half Marathon



Mid Sussex Marathon Weekend



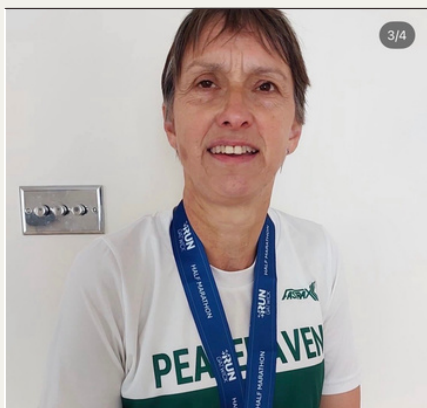
Portland Pig BYU



Gatwick Half



Gatwick 5k



Gatwick Half

MEMBER RACE RECAP

edited by Kira Prince



Seaford 10K

Eleonora Tully

I loved the Seaford 10k this year... It's a local race and relatively cheap to enter, so lots of club members are usually there... This time lots of club members were also at the Horsham 10k on the same day and the turn out to both events was amazing!

So many club members got PBs at Seaford this year including Steve and I! The Seaford 10k is flat with a simple out and back incorporating the familiar Seaford Parkrun into the route. This year the conditions were pretty favourable and the support from non-running club members was fantastic. This really helped us to get those PBs. Steve got 43.53 and myself 56.12 with lots of other club members very happy with their PBs too.

Luke Carter

Going into Portland Pig Backyard Ultra I felt fairly confident but also apprehensive as my ankle was hurting quite a lot leading into it, and it had been 5 weeks since Rasselbock Backyard Ultra, in which I had to use a lot of ibuprofen gel on the ankle in order to be able to run at all by yard 35. At that point it had been called off due to a hurricane, then I found it hard to walk for a couple of weeks after that. That was my main struggle in the end, as I had to stop due to the ankle becoming inflamed and having to limp back to the start line during yard 37. Though other struggles were the heat, which I kept at bay with a sewed bandana with ice in, heavy rain which I wore a rainproof jacket for, and heavy fog which meant I could barely see - until I figured out I could adjust my head torch to be aimed slightly further away and then see again. My main motivation was to get in the UK team for the Satellite Championships in October (which will still be my motivation in July). I got loads of fantastic support from the club and it felt great to know that people were cheering me on, I've learned from this going into July in that I am now doing ankle rehab daily, I've joined the gym so that I can get generally strong, and leading up to it I will also get speed fitness up, on top of my endurance base, to help me have more time between yards.



Portland Pig

Club Grand Prix

by Kira Prince

The Peacehaven Run Club Grand Prix is a year long competition open to all senior members regardless of speed or ability.

There are a total of 16 events to choose from. There is no requirement to do them all, as you only score points in your best 8 races. There are separate male and female competitions with awards for 1st, 2nd and 3rd places to be presented at the next PRC Awards Evening.

The winners of each race get 20 points, 2nd 19, and so on down to 20th position who gets 1 point. If there are more than 20 finishers, 21st and beyond all score 1 point each.

In those 3rd party races where chip timing is available, this will be used for CGP scoring rather than finishing position or gun time. We have a variety of age graded event, fastest time and naked runs for an even playing field.

Although your top 8 races count towards your final score, any additional races taken part in will score you bonus points. If you forfeit a club race to volunteer, you will get a point for helping.

Our 2025 1st, 2nd & 3rd Male and Female winners



Club Grand Prix

The Peacehaven Run Club Grand Prix is a year long competition open to all senior members regardless of speed or ability. Participants earn points from their best 8 races out of 16 available events.

Event Name	Date	Distance	Result Grading
Peacehaven parkrun	24th January	5k	Age Grading
Whitbread Hollow (XC)	8th February	8K	Fastest Time
Brighton Half Marathon	1st March	Half Marathon	Fastest Time
Downs Link parkrun	18th April	5k	Naked Run
Haywards Heath 10 Miler (SGP)	3rd May	10 miles	Fastest Time
PRC Summer Solstice	June	5k	Age Grading
Heathfield 10k (SGP)	14th June	10k	Fastest Time
Eastbourne parkrun	4th July	5k	Naked Run
Tilgate parkrun	25th July	5k	Age Grading
Henfield Half (SGP)	16th August	Half Marathon	Fastest Time
Seaford Beach parkrun	12th September	5k	Age Grading
Hellingly 10k (SGP)	27th September	10k	Fastest Time
Clair parkrun	17th October	5k	Naked Run
Crowborough 10k (SGP)	1st November	10k	Fastest Time
Mince Pie 10	6th December	10 Miles	Fastest Time
PRC Festive 5k	December	5k	Age Grading

Any questions or queries, please reach out to Steve Sprague

Club Grand Prix

Female standings						
Date	24th January	8th February	1st March	18th April	3rd May	Total points
Event / participant	Peacehaven parkrun	Whitbread Hollow XC	Brighton Half Marathon	Downs Link Parkrun	Haywards Heath 10 mile	best 8 results)
Sarah Isaacs	18	20	19	12	19	88
Nicole Page	14	18	16	20	17	85
Lyndsey Millar	19		18	16	20	73
Trixie Nisbet	20	19	14		18	71
Claire Wilder	16		15	19	16	66
Lucy Wooller-Smith	12		11	13	15	51
Helen Furlong	17			14	12	43
Bronwyn Tully	15		13	10		38
Eleonora Tully	13			15		28
Tracey Gammon			10	18		28
Gemma Claxton-Boswood	10			17		27
Jane Chant		16			11	27
Samantha Barden			12		14	26
Eva Winton			20			20
Anne Carruthers		17				17
Ann Fogerty			17			17
Rach Alley					13	13
Katia Tully	11					11
Blanch St Louis				11		11
Pippa Watson			9			9
Steph Hollis				9		9
Harriet Camp			8			8

Male standings						
Ollie Sprague	19	17	7	17	20	80
Steve Sprague	18	18	11	16	16	79
Tommy Knight	9	20	19	12	19	79
George Isaacs	4	19	12	19	17	71
Mark Millar	20		13	14	18	65
Bryan Mendiola	10		16	16		42
Stephen Tully	17			20		37
Morgan Geal	16		18			34
John Ross	12			18		30
Chris Gault	11		17			28
Manoli Vachoumis	5		9	9		23
Adam Stepney	1		6		15	22
Harvey Nichols			20			20
Tobias Bunyan		16				16
Laurence St Louis	15					15
Barry Smollens			15			15
Jonathan Gaffney	14					14
Paul Wood			14			14
Stuart Hope	1			13		14
Gary Taylor	13					13
James Roberts	1			11		12
Benjamin Latter			10			10
Jason Stepney				10		10
Neil Barnes	8					8
Stephen Briggs	3		5			8
Barry Mahareddy-Webb			8			8
Peter Ediss	7					7
Connor Cook	6					6
Neil McLoughlin			4			4
Andrew Tully	2					2
						0

Sussex Grand Prix

by Kira Prince



The Sussex Grand Prix (SGP) is a 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 24 running Clubs across Sussex along with their members all of whom are registered with England Athletics.

Race	Date	Day	Event
1	22nd March 2026	Sun	Hastings Half
2	3rd May 2026	Sun	Haywards Heath 10 mile
3	10th May 2026	Sun	Horsham 10k
4	17th May 2026	Sun	Rye 10 mile
5	31st May 2026	Sun	Hastings 5 mile
6	14th June 2026	Sun	Heathfield 10k
7	5th July 2026	Sun	Bewl 15
8	15th July 2026	Wed	Phoenix 10k
9	16 August 2026	Sun	Henfield Half Marathon
10	13th September 2026	Sun	Hellingly 10k
11	4th October 2026	Sun	Lewes Downland 10 mile
12	18th October 2026	Sun	Hove Prom 10k
13	1st November 2026	Sun	Crowborough 10k

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 more information please see here <https://sussexgrandprix.co.uk/races-2026/>

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.

Any questions or queries, please reach out to Steve Sprague

SGP TEAM SCORES

Club	Code	Rank	Hastings Half	Henfield Half	Haywards Heath 10M	Hastings 5M	Horsham 10K	Rye 10M	Heathfield 10K	Bowl 15M	Phoenix 10K	Hellingly	Lewes 10M	Hove 10K
Peacehaven Running Club	PEACE	1	7	1	2	1	3	2	1	1	1	1	1	1
Hailsham Harriers	HAILS	2	3	1	11	1	2	5	1	1	1	1	1	1
Wadhurst Runners	WADHU	3	8	1	6	1	5	3	1	1	1	1	1	1
Hastings Runners	HASRU	4	2	1	12	1	15	1	1	1	1	1	1	1
Heathfield RRC	HEATH	5	9	1	8	1	11	6	1	1	1	1	1	1
Crawley Saints and Sinners	CRSAS	5	14	1	5	1	4	11	1	1	1	1	1	1
Horsham Joggers	HOJOG	7	16	1	1	1	1	17	1	1	1	1	1	1
Seaford Striders RC	SEAFO	8	6	1	4	1	14	12	1	1	1	1	1	1
Crowborough Runners	CROWB	9	15	1	9	1	10	6	1	1	1	1	1	1
Eastbourne Rovers AC	EASTB	9	5	1	13	1	18	4	1	1	1	1	1	1
Arena 80 AC	ARENA	11	11	1	16	1	7	9	1	1	1	1	1	1
Brighton Phoenix	PHOEN	11	17	1	7	1	6	13	1	1	1	1	1	1
Uckfield Runners	UCKFD	11	12	1	14	1	7	10	1	1	1	1	1	1
Lewes AC	LEWES	14	13	1	9	1	9	15	1	1	1	1	1	1
HY Athletic Club	HYAC2	15	1	1	23	1	21	8	1	1	1	1	1	1
Run Wednesday	RUNWD	16	4	1	20	1	20	16	1	1	1	1	1	1
Arunners RC	ARUNR	17	20	1	16	1	12	13	1	1	1	1	1	1
Haywards Heath Harriers	HAYHE	18	23	1	3	1	17	19	1	1	1	1	1	1
Vegan Runners UK - Sussex	VEGAN	18	10	1	22	1	13	17	1	1	1	1	1	1
Burgess Hill Runners	BHILL	20	18	1	15	1	16	19	1	1	1	1	1	1
Henfield Joggers	HENFI	21	20	1	18	1	19	19	1	1	1	1	1	1
Steyning AC	STEYN	22	19	1	19	1	21	19	1	1	1	1	1	1
Brighton & Hove City AC	BHOVE	23	22	1	20	1	21	19	1	1	1	1	1	1

Please see here for individual men's and women's ranking:
<https://sussexgrandprix.co.uk/2026-individual-scores/>



Any questions or queries, please reach out to Steve Sprague

CGP | Downs Link Parkrun

by Kira Prince



24 members attended Downs Link parkrun for our naked run. Naked runs mean points are all up for grabs. Members predict their finish time in advance and run with their watches covered. The runner closest to their predicted time gets 20 points and so on.

CGP | Haywards Heath

by Kira Prince



16 PRC members took on Haywards Heath 10 miler for our CGP. The criteria for this event was fastest time. Ollie took 20 points whilst winning the whole race representing Peacehaven Run Club.

APRIL & MAY SGP RACES

by Kira Prince



Haywards heath 10 miler

Horsham 10k



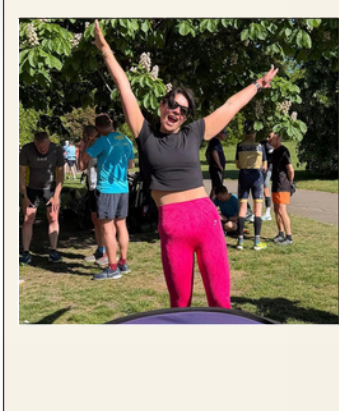
Rye 10 miler

Shout Outs

by Sam Barden &
Harry Soper

Sam Barden

On January 1st 2026 my 5k PB was 25.24. After a hard but pleasant run, with the help of Tommy, I managed to smash 2.01 off of that at Preston Park parkrun, with a new PB of 23.23 as of May 2026. Consistency pays off!



Want a shoutout or thinks someone else deserves one?

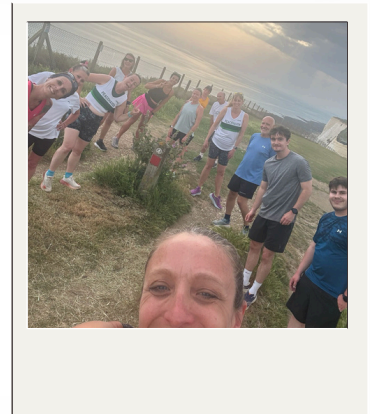
[Click this link here](#) to nominate a runner for our next article!

Jack Burden

I joined the club through the Couch-to-5k programme in March. Since the first session, the community has been uplifting. Seeing everyone at the club be so determined and positive about running has inspired me to get out and run more than I ever would've before.

Now, I run 8-10k on Sundays with my friends - who I am encouraging to join the club. In the moment, I have to coach myself through the run, but afterwards I feel a sense of accomplishment and confidence in myself I've never experienced before.

In June, I am running my first 10k race in Worthing. I'm sure it'll be the first of many.



Stuart Hope

Stuart Hope truly embodies what our running club is all about. Not only is Stuart one of our dedicated weekly run leaders, but he is constantly supporting members with pacing, encouragement, and motivation to help runners achieve their best parkrun times and personal goals. He also leads our ever-popular Friday quality sessions, helping push the team to new levels week after week.

This month, Stuart went above and beyond yet again during our Thursday night social run. On one of the hottest evenings of the year, he managed to flag down an ice cream van and keep it waiting for the group so everyone could enjoy a well-earned Mr Whippy at the finish line. Safe to say it went down an absolute treat.

A huge thank you to Stuart for everything he does for the club - what a hero!



PEACEHAVEN TRAIL 10K



SUNDAY 28TH JUNE 2026
TELSCOMBE TYE PLAYING FIELDS

REGISTRATION OPEN FROM 8:00AM | RACE STARTS 9:30AM

A STUNNING TRAIL RUN THROUGH THE SOUTH DOWNS

Join us for a 10K trail race featuring bridleways, rolling hills and beautiful countryside. The route includes sections of the South Downs Way and Greenwich Meridian Trail, finishing with a loop through the village of Telscombe.

RACE DETAILS

-  **DISTANCE: 10K**
-  **TERRAIN: MIXED TRAIL / OFF-ROAD**
-  **MINIMUM AGE: 15+**
-  **AN UNDULATING COURSE WITH STUNNING VIEWS**

WHAT'S INCLUDED

-  **FINISHER MEDAL** 
-  **FREE RACE PHOTOS** 
-  **WATER STATIONS ON COURSE** 
-  **FINISH LINE REFRESHMENTS** 
-  **TROPHIES FOR TOP 3 MALE & FEMALE** 
-  **SPOT PRIZES ON THE DAY**

IMPORTANT INFO



ENTER NOW: [NICE-WORK.ORG.UK](https://www.nice-work.org.uk)

JUNIOR FUN RUN



SUNDAY 28TH JUNE 2026
TELSCOMBE TYE PLAYING FIELDS

**STARTS AT
9:00AM**

ABOUT THE RUN

A fun, friendly event designed for younger runners to enjoy the excitement of race day in a safe and supportive environment.

Perfect for building confidence, having fun, and getting active outdoors!



EVENT DETAILS

- ✓ SHORT-DISTANCE FUN RUN
- ✓ SUITABLE FOR CHILDREN
- ✓ SAFE, SUPERVISED COURSE
- ✓ HELD BEFORE THE MAIN 10K EVENT

WHAT'S INCLUDED

- ✓ FINISHER MEDAL FOR ALL PARTICIPANTS
- ✓ A FUN, ENCOURAGING ATMOSPHERE



PERFECT FOR:

- ♥ YOUNG RUNNERS OF ALL ABILITIES
- ♥ FIRST RACE EXPERIENCE
- ♥ FAMILIES & LOCAL COMMUNITY



ENTRY

£5
PER CHILD

MAKE IT A FAMILY DAY OUT!

COME ALONG, CHEER ON THE RUNNERS, AND ENJOY A FANTASTIC COMMUNITY EVENT ON THE SOUTH DOWNS.



SIGN UP TODAY: [NICE-WORK.ORG.UK](https://www.nice-work.org.uk)



Parkrun Touring

by Kira Prince

From Norway to Ireland, let's have a little recap on the amazing parkruns our members have attended recently!



Magic Mile Results

by Sam Barden

Male

Under 40

Ollie Sprague	04.50
Laurence St Louis	05.06
Tommy Knight	05.21

40-49

Paul Wood	05.40
James Roberts	07.36
Jason Stepney	07.55

50/59

Steve Tully	06.02
Toby Bunyan	06.53
Stephen Pickup	07.15

60/69

Gary Wiles	07.22
John Ross	07.42

Female

Under 40

Ann-Grace Fogerty	06.22
Steph Hollis	07.09

40-49

Claire Wilder	07.14
Christine Nisbet	07.54
Paula Tiller	08.00

50/59

Blanche St Louis	08.14
Julie Wells	09.18

60/69

Trixie Nisbet	06.55
Helen Furlong	09.11

Our next Magic Mile will take place on the 4th June at the bottom of the Bastion Steps in Peacehaven.

Kits

by Kira Prince

We have changed kit suppliers to Intersport. Please order through [this link here.](#)

Reminder - You need to run in our kit to be able to qualify for CGP & SGP.



Upcoming June Events

by Sam Barden

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1	2	3	4 MAGIC MILE	5	6
7	8	9	10	11	12	13
14 HEATHFIELD 10K CGP / SGP	15	16	17	18	19 Juneteenth	20
21 Father's Day	22	23	24	25 LONGEST DAY 5K CGP	26	27
28 PEACEHAVEN TRAIL 10K	29 Full Moon ☉	30	1	2	3	4

Heathfield 10k
 Sunday 14th June (SGP) at Heathfield, 10am
[Link here](#)

Peacehaven's longest day 5k run
 Thursday 25th June at the Big Park, 6.30pm
[Link here](#)

Peacehaven trail 10k
 Sunday 28th June at Telscombe Playing Fields, 9.30 am
[Link here](#)

Don't forget for any SGP & CGP you will need to be wearing club colours to qualify for results.
 We are currently sitting very nicely as a club on the board, let's keep it that way.

World News

by Kira Prince

At the London Marathon 2026, we saw multiple world records broken. With over 50,000 finishers, this event set the Guinness Records for the largest number of finishers in a Marathon!

We witnessed history with Sabastian Sawe and Yomif Kejelcha breaking that staggering sub 2-hour time! Sawe was welcomed home, in Kenya, last month with huge celebrations for this historic moment, with a finishing time of 1:59:30. Let's not forget the only other (official) sub-2-hour marathon runner, Kejelcha – achieving 1:59:41, with this being his first official marathon of many.

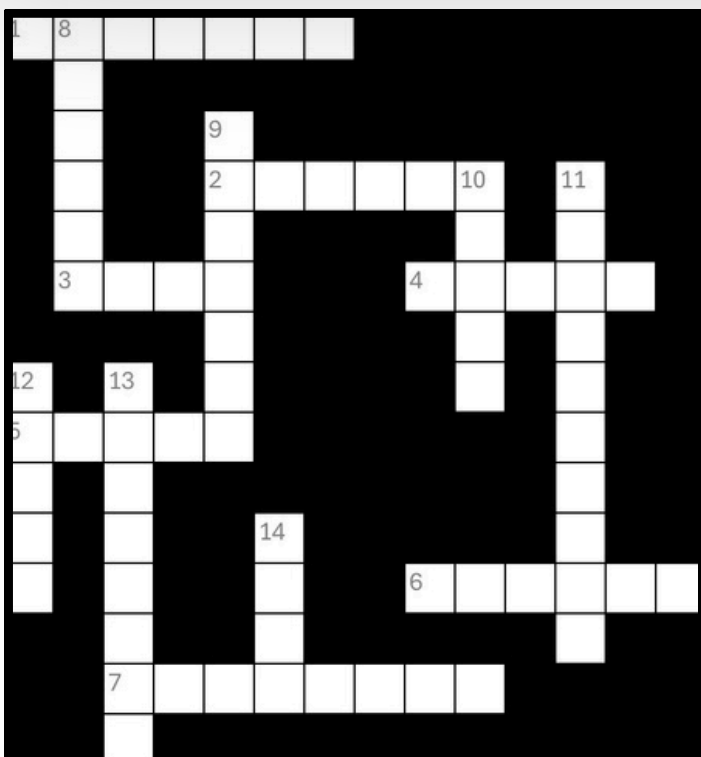
Another incredible performance from Ethiopian runner, Tigst Assefa, completing her marathon in 2:15:41 at the London Marathon, breaking the Woman's World Record. She highlighted the result came from a strong mindset and a well-executed plan.



Photo of Sawe, taken by Eleonora Tully

Crossword

by Kira Prince



Across

- 1 Weekly volunteer-led running event
- 2 Brand of shoe worn by '3-Across'
- 3 First official person to break the 2-hour mark in a marathon
- 4 Training ground for runners
- 5 PRC London Marathon 2026 Runner who qualified under Championship time, familiarly
- 6 Where do the Top 3 finish
- 7 Period of rest after training

Down

- 8 Where the original Marathon ended
- 9 Term for total number of steps you take per minute
- 10 PRC Ballot Winner representing the club at the London Marathon 2026
- 11 Organic substance produced naturally in the muscles after intense exercise
- 12 5-Across's _____ segment found North of Peacehaven
- 13 Rubbings of the skin which can be caused by ill-fitting shoes
- 14 PRC member who ran for Dystonia UK at the London Marathon 2026, familiarly

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Kira Prince
Newsletter Co-ordinator

Discount Codes

by Harry Soper

Exclusive discounts, all in one place.

Club Exclusives

- The Run Company - 10% off
- Voom - 'NICOLE12' for 12% off
- Enerator - 'Tommy15' for 15% off
- Shokz - 'SARAH10' for £10 off headphones
- Sungod - TOMMY20 for 20% off glasses

EA Exclusives

- SiS - 'EA2026' for 20% off
- SportsShoes.com - 15% off when creating a free ultra account

Contact us

Our newsletter was made because of your feedback, and we want to make sure we are delivering what you want.

[Take our survey here!](#)



[Peacehaven Run Club](#)



[@peacehavenrunclub](#)



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If you have anything you'd like us to share with the community, please reach out to the newsletter team

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