

# Welcome to **STRIDERS EXPRESS** our own newsletter. Number 5 March 2011



If you have any hot gossip (not too hot) or interesting news that you would like to share with members of Seaford Striders then drop me a line at [lan.pwalker50@ymail.com](mailto:lan.pwalker50@ymail.com)  
Or catch me on a Seaford Striders Wednesday evening.

Keep it clean and polite and it does not have to be about running. In fact we are not just about running, we do walking, tug o war, curry nights, Thursday clubs and anything else that we can think of that might be fun



### Sussex Grand Prix (and some other races) guide

This is an attempt to tell anyone who has not run one of these races before what they might expect. By people who have run in these events so it is first hand information tell these brief reviews. Of course you have a right to reply. There are 18 Sussex Grand Prix races, and a good number of Cross Country and Fun Runs in Sussex. There we will be different races covered in each forthcoming issue This item is receiving a break in this issue number 5 but it will be back because we all know we like to hear about races and experiences.

If you would like to share your experience of any race, and it does not have to be in Sussex, please drop me a line. ☺



**ALAN AND ANDREW'S  
SEAFORD STRIDERS QUIZ NIGHT  
SATURDAY 23<sup>RD</sup> APRIL 2011**

**WHITE LION PUB, SEAFORD  
FROM 7.30PM  
ENTRY FEE £4 PER PERSON  
(INCLUDES BUFFET)  
MAXIMUM OF 6 PEOPLE PER TEAM**

**BOTTLE OF BUBBLY TO WINNERS !**

**RAFFLE**

**PLEASE SEE NATALIE MCCREATH  
OR GEOFF GRAY TO PURCHASE YOUR TICKETS**



## STRIDERS EXPRESS GOLDEN TIP Number 5

If you're in the 50 club don't try keeping up the guys or gals in the 30 and /or 40 clubs unless you know you can. Why? Because it can hurt.

If you want to race but find some people just too fast then pick on someone of your own capability and try to beat him or her. The beauty of this is they don't even have to know but if they do then its all the more exciting and it turns into a real race.

As for me I have enough trouble trying to match my own previous times, other than that there is a certain chair I would like to beat – one day maybe, one day 😊



This is the spot where I nag a bit.

Give a bit back, get your gear on and offer the help with your local races; it can be good fun *Honest*.

But don't take my word for it just ask around. Remember – it's your sport too, and No Marshals equals No Races.

*Marshals go where others fear to tread*

**Try as we might we could not pull the wallet from our captains pocket.**



STRIDERS EXPRESS is being created for Seaford Striders and we would love to hear from you.

Please exercise your *right to reply*, and subject to our code of decency we will include all replies in following issues. Any items that may be considered offensive or too personal will not be included. *Cheers, Jan*