

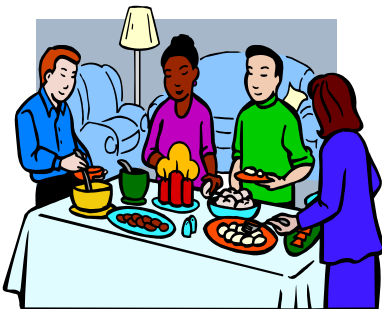
This is the 8th issue of Striders Express if you are new members to the club we welcome you.
If are not new members and have not read our newsletter then where have you been?
Next issue (9) is due in October. There is no strick plan as to when Striders Express will release newsletters,
but that all part of the fun

contributions to future issues are welcome ian.pwalker50@ymail.com



**SEAFORD STRIDERS
25th ANNIVERSARY PARTY
SATURDAY 15TH OCTOBER 2011**

**ALFRISTON WAR MEMORIAL HALL
THE TYE, ALFRISTON BN26 5TL
7.30PM UNTIL MIDNIGHT
HOT BUFFET, DISCO, LICENSED BAR
ENTRY FEE: ADULTS £10,
CHILDREN UP TO 16 FREE
PLEASE SEE NATALIE MCCREATH
OR GEOFF GRAY TO PURCHASE YOUR TICKETS**



STRIDERS EXPRESS GOLDEN TIP Number 8

**Put your hand in your pocket and buy a ticket
Celebrate 25 years of Seaford Striders you know its
worth it.**

Striders Express would like to invite you to enter a fun competition.

Entry fee .50 pence

Rules: name as many song titles as you can with Run or Race in the title, there will be bonus points if you can also name the singer / band or year, There will be a prize subject to number of entries, and entry fees will contribute towards club funds.

We have no entries yet, maybe the competition is too hard.

Striders have until November 2011 to hand in their entries, and the winner will be announced in December.



Its a hard life marshalling marathons, but it could have been worse. You can get stuck in a field with no-one but sheep to talk to when there are no runners about.

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 personal will not be included. *Cheers,*

Gary Lee, Matt Eade and Adrian Cambell were the first team home for this challenge



**The Kamikazi Adventure Run Pippingford Park.
13 March 2011**

If you did not think there was such a force as Ninja Striders from Seaford then think again

If you have submitted something for entry into the Striders Express Newsletter please bear with us as there is lots to get in and it will happen just not when you may expect it.