

SEAFORD STRIDERS JUNIORS

WE DON'T JUST RUN, WE ALSO HAVE FUN!

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Facebook: <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

Website: <http://www.seafordstriders.org.uk/> Twitter: <https://twitter.com/seafordstriders> January 2016

Meeting Time: 5.55pm for 6.00pm start Pickup: 6.45 pm

Meeting Point

16th December

The Salts Car Park

23rd December

No Training

30th December

No Training

1st January - 11am

Martello Tower – 5K run along the prom to the Sailing Club and back – all welcome

6th January

The Salts Car Park

12th – 27th Jan

The Salts Car Park

Volunteers are always welcome. For further information on the above, please contact **Pete: 01323 893646**

MINCE PIE - 6th December - "Thank-you"

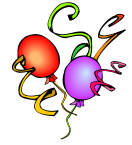
The Mince Pie Race on Sunday, 6th December was held in very wet and windy conditions and a very big Striders "Thank-You" must go to Harry and George Quinn, who together with their mum Sarah stood on the finishing line and handed out medals to all the contestants of the race. Well done and thank you all so much!



CROSS COUNTRY LEAGUE

There are junior races of about 2K at the following cross country races, for those aged 8-16. Runners can turn up on the day and register. See Pete for additional information

Sun 17th January - Ashdown Forest
Sun 31st January - Firle Beacon
Sun 21st February – Pett



PRESENTATION EVENING

Tickets are on sale for the Striders' Presentation Evening on 30th January 2016 – awards presented to senior and junior members of Striders. The venue for this event will be the Seaford Head Golf Club at the end of Southdown Road. The dress code will be smart casual and the cost of the evening will be subsidised by the club.



The evening will commence at 7.00 for 7.30pm. Tickets, which include the price for a cold buffet and a disco will be £12 for adults and £5 for 18s and under. Please give your cheques/money to Peter on Wednesday evening – Cheques

payable to "Seaford Striders".

Last date for purchasing tickets will be Monday, 25th January. Any queries contact:

peter.weeks.greenbank@btinternet.com or the event organiser Terry Ward terry.ward532@btinternet.com

UPCOMING CLUB EVENTS

DATE	DETAILS
Friday, 1 st January 2016	New Year's Day Fun Run 11am at the Martello Tower
Monday, 4 th January 2016	Monthly Training Session 7.30pm – Lewes Track Older juniors only
Saturday 30 th January 2016	Annual Presentation Evening Seaford Head Golf Club
Monday, 1 st February 2016	Monthly Training Session 7.30pm – Lewes Track Older juniors only

PARTICIPATION IN RACES

If you participate in school or other races, please send me the details, together with a photo of yourself to go in the newsletter. "Thank you" for your contributions and please keep them coming. Email:

hilary@hilton-it.co.uk

