



SEAFORD STRIDERS JUNIORS

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

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Website: <http://www.seafordstriders.org.uk/> Twitter: <https://twitter.com/seafordstriders> November 2015

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

Meeting Point

Winter Months

The Salts

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

HOVE PROM PARK RUN

Joe plant regularly competes in the Brighton & Hove 5K Park Runs on a Saturday morning.

On Saturday 3rd October, he achieved another PB of 23:10, beating his old PB by 9 seconds. One week later and he knocked another 18 seconds off, coming home in a blistering 22:51. He puts his success down to Pete's interval training!



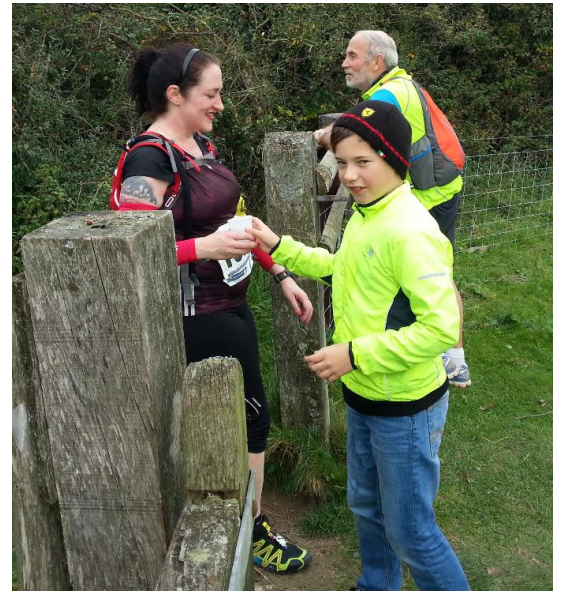
COLOUR RUN

Ben Pomfrey has also been participating in races. He completed the Brighton Colour Run on 24th October alongside his aunty.

See over for the before and after photos!



Ben's before and after photos!



BEACHY HEAD MARATHON

Oscar Morton (photo right) helped at the High and Over Drinks Station, while his dad helped with the ever busy road crossing.

CROSS COUNTRY RACES

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 22nd November - Snape Wood, Wadhurst
- Sun 13th December - New Place Farm Nr Uckfield
- Sun 17th January - Ashdown Forest
- Sun 31st January - Firle Beacon
- Sun 21st February - Pett

MINCE PIE 10 MILE RACE - 6th December

As long standing members will know, the Mince Pie 10 mile race is an annual event, which is organised by the Striders and the revenue earned goes to local charities as well as to helping keep the club fees low. This race takes a great deal of organising and requires a large number of marshals to guide, assist and encourage the runners during the race but also before and afterwards in the Peacehaven Leisure Centre.

Can you help with your parents by coming along on the day? – If you can, please see Pete for further information.

Also required – raffle prizes for the above event – please bring your donations along to club night and give to Pete. Many thanks in anticipation.

