



# 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> December 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**

## CROSS COUNTRY LEAGUE

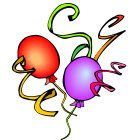
There are junior races of about 2K at the following cross country races, for those aged 8-16. Runners can turn up on the day and register. See Pete for additional information

Sun 13th December - New Place Farm Nr Uckfield

Sun 17th January - Ashdown Forest

Sun 31st January - Firle Beacon

Sun 21st February – Pett



## MINCE PIE - 6<sup>th</sup> December - Marshals Required

To make this race the success we need it to be, we need club members – young and old, along with friends and family to volunteer as Marshals.

This race is organised by the club, with half the proceeds going to charity and the rest going into club funds, which helps to keep membership fees at the very low level they are.

Can **YOU** please spare some time to Marshal on Sunday, 6<sup>th</sup> December? Contact Linda Jennings directly by email: [jennings.linda1@sky.com](mailto:jennings.linda1@sky.com) or speak to Pete



## RAFFLE PRIZES WANTED

We are also collecting prizes for the forthcoming Mince Pie Run. Please bring to club night - Pete will be only too happy to relieve you of your offerings.

**Races: Check out the list at the end of the Adults Newsletter – some races are open to juniors.**



# UPCOMING CLUB EVENTS

DATE	DETAILS
 Sunday, 6 <sup>th</sup> December 2015	Mince Pie Race – Marshals required
Friday, 1 <sup>st</sup> January 2016	New Year's Day Fun Run 11am at the Martello Tower
 Monday, 4 <sup>th</sup> January 2016	Monthly Training Session 7.30-8.30pm – Lewes Track Older juniors only 
Saturday 30 <sup>th</sup> January 2016	Annual Presentation Evening Seaford Head Golf Club Juniors welcome



## STRIDERS' PRESENTATION EVENING



Tickets are on sale for the Presentation Evening on 30<sup>th</sup> January 2016. 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 a Wednesday evening – Cheques payable to “Seaford Striders”. **Last date for purchasing tickets will be Monday, 25<sup>th</sup> January.** Any queries contact: [terry.ward532@btinternet.com](mailto:terry.ward532@btinternet.com)

## Madeline Quinn



Maddie has had a busy few weeks since starting at Roedean in September. She has completed her first Duathlon, which was an experience she cannot wait to repeat. She came 6th out of 32 participants her time being 10.19 overall for 50m swim and 1740m run combined.

She has joined the school running team and competed in cross country events, not only against the girls in her year where she was awarded overall 3rd in the fitness tests; but also against other schools in Sussex.

