

# SEAFORD STRIDERS JUNIORS - Feb 2015



Seaford striders juniors

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

Sponsored by; Puma gardening services

## Meeting Point

February - March

Volunteers

The Salts Car Park, Richmond Road

Always welcome – please contact Rob to offer your assistance

## JUNIOR RACES

8 <sup>th</sup> Mar 2015	Blackstock Farm, Hellingly	Can be very muddy. <b><u>Refreshments and Season Awards Presentation afterwards.</u></b>
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**Start Time: 10.30am** prior to adult races which commence at 11am. The age category is from 8 to 16 on race day and is about 1.5 to 2 miles in distance. More details can be found on their website:

<http://www.eastsussexcrosscountry.co.uk/>

## NEWHAVEN & PEACEHAVEN PRIMARY SCHOOLS CROSS COUNTRY EVENT



Maddie Quinn completed 2.5km and earned 1st place for the girls in the 5/6 year group (21st overall). Harry and George Quinn completed 1.6km in the 3/4 year group and came in at 4th and 9th place respectively. In both races there were between 40-50 runners, a very good result for the Quinn's this year.

## SOUTH DOWNS CROSS COUNTRY EVENT

At the beginning of February Maddie Quinn competed in South Downs Cross Country Event and out of the 64 girls racing she came 12th and has won a place in the Bexhill Cross Country Race, which will take place in a couple of weeks' time. Watch this space for the next update!

Harry Stanley also competed in the Sussex Downs Schools Cross Country Race. Along with Maddie, he competed in the heats, which were held at Seaford Head and came 5th out of competing year 5/6 boys.

Harry and Maddie then went on to compete in the semi-finals held at a very muddy Lewes Rugby Club on Tuesday and out of around 70 he came 24th. Whilst Maddie qualified, sadly Harry missed out as it was only the top 15 girls and 15 boys but he had a great day and was the only boy to represent Chyngton Primary School in the competition.

(Right – Joshua and Harry at the Striders Award Ceremony)



# ISA LONDON SOUTH REGION CROSS COUNTRY CHAMPIONSHIPS

Joshua Stanley competed in the London and South Region Cross Country Championships in Shoreham representing his school, Lewes Old Grammar School (LOGS). He was one of five boys from the school and came a respectable 16 out of 200 boys from schools across the County. He was the 3rd boy in for LOGS out of the year 7/8 entrants. He may go on to compete in the finals in Rugby at the end of February but confirmation awaited.

## JUNIOR STRIDERS' PRESENTATION EVENING



**Poser of the Year** Harry and Joshua Stanley (photo left)

This year's winners were the two Stanley boys – congratulations to them. The reason they were awarded this trophy was because they had their names in the papers more than other Junior Striders.

They are off to a good start for next year's awards – see article above – well done lads!

**Best Junior Boy** Luke and Joe Rickards (photo right)

Best Boys this year were the Rickard brothers – both of whom have had a fantastic year in training and at races. They always featured in the top five at these events.



**Best Junior Improver** Harry and Joshua Stanley

The improver boys this year were the Stanley boys and like the Rickards they have participated in numerous races and have also featured prominently in the results.

**Most Courageous** James Cairns (photo right)

James won the Courageous Award this year, for the second year running. He received this award because all year he has been a very strong runner attending regularly on Wednesdays and at events. Most notable was the Hassocks School Race, where he cycled over, ran the five mile race (beating Rob in the process) and then cheated and got the train home! Well done to James!



**Best Junior Girl** The Manco family (photo left) who have been with Seaford Striders for a few years and generally turn up on a Wednesday as well as helping at drinks stations and other events. Mum Laura this year took part in the Mince Pie Race and did a very creditable time. The young lady holding the trophy is Alessia Manco and she won best junior girl because she was by far the strongest female runner we had all year.

## HOW TO WIN TROPHIES!

There are a few "tips" that Rob and the Junior Committee would like to pass on to all would be trophy winners. The first tip is to turn up as often as possible on a Wednesday evening, with a smile on your face. The second tip is to take part in as many races as you can throughout the year and Rob and the Committee will keep you up to date with

upcoming race entries. The third tip is to help at Strider events throughout the year, i.e. manning drinks stations, marshal, etc. Again Rob will give you ample notice of when these events will take place.

The other way to win a trophy is via the “poser” award, which is given to the person(s) who get their name in the paper/newsletter the most. So if you have any running related news involving events you may have participate in at school, or anywhere else, please forward this information to Hilary ([hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)) Alternatively you can write the information on a piece of paper and hand it to Rob at club nights.

## PHOTOGRAPHER'S VISIT TO THE JUNIORS



Last Wednesday, Tony Humphreys, our club photographer paid a visit to the Salts to take photos of the 2015 crop of Junior Striders. Group photo left, including Rob and Pete.



## PHOTOS

If you would like a copy of any of the photos, which appear in this issue – you only have to ask! **Email:** [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

## JUNIOR RACES

There will be two junior races prior to the start of the Eastbourne Half Marathon on Sunday 1<sup>st</sup> March. The Junior School Race will start at 10:15am for years (3, 4, 5 & 6) under 12's on the day. (1k) The Secondary School Race will start at 10:30am for years (7, 8, 9, 10 & 11) under 17's on the day. (2k) You may enter the junior events on the day (subject to available places). Alternatively register online: <http://www.eastbournehalf.co.uk/index.php?subPageId=9>