



# SEAFORD STRIDERS JUNIORS

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

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March 2016

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

## Meeting Point

2<sup>nd</sup> – 23<sup>rd</sup> March

The Salts Car Park

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



## NEW TO STRIDERS



The photos above and right, are of James Godden, who is new to Striders and according to Facebook, is "absolutely loving it". James recently went on a 4.5 mile run with his mum to Newhaven and apparently "left her standing".

Great to see your enthusiasm James and I hope you continue to enjoy your running with the Juniors

## KIT


We do have club vests, T-shirts and hoodies – ideal if you intend racing – see club website for details

<http://www.seafordstriders.org.uk/Newsite/colours-and-kit/>

Alternatively contact me direct [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)



# UPCOMING CLUB EVENTS

	DATE	DETAILS
	Monday, 7 <sup>th</sup> March	Monthly Training Session 7.30pm – Lewes Track Juniors discuss with Pete
	Monday, 4 <sup>th</sup> April	Monthly Training Session - 7.30pm – Lewes Track Juniors discuss with Pete

## CROSS COUNTRY - CHRIST'S HOSPITAL

On 27 February in glorious sunshine, Christ Hospital hosted Sussex Schools Years 7 and 8 Cross Country event. The grounds were in fairly good condition, despite all the heavy rain over the previous months. With Over 600 pupils taking part the event provided a great afternoon of sport and socialising for the young athletes taking part.

Madeline Quinn was running as part of the Roedean School team, in the Year 7 category. Despite some muddy conditions she had an excellent race, coming 60<sup>th</sup> out of approximately 200 girls – well done Maddie! (Photo below – racing for the finish & right showing off muddy shoes!)



## TRAINING SESSIONS & JUNIOR RACES

The current training sessions are planned with the Lewes Easter Monday races in mind. There are 1 mile and 2 mile races, which will give all the Juniors an opportunity to compete and show what they can do after all their efforts during the dark winter months. If you have any questions about the races please discuss with Peter before Wednesday training.

Lewes Easter Monday Fun Runs	Monday, 28 <sup>th</sup> March	<a href="http://www.lewesac.co.uk/easterfunrun">http://www.lewesac.co.uk/easterfunrun</a>
Brighton Mini Mile Races	Saturday, 16 <sup>th</sup> April	<a href="http://www.brightonminimile.co.uk/home">http://www.brightonminimile.co.uk/home</a>
Haywards Heath	Sunday, 1 <sup>st</sup> May	
Eastbourne Run Together	Sunday, 8 <sup>th</sup> May	2.5K <a href="mailto:debbiemcs@hotmail.co.uk">debbiemcs@hotmail.co.uk</a>
Horsham	Sunday, 15 <sup>th</sup> May	1.2K <a href="http://horshamjoggers.co.uk/category/events/horsham-10k/">http://horshamjoggers.co.uk/category/events/horsham-10k/</a>

Parkruns - free 2K events for juniors ages 4-14 years; held in Preston Park, Brighton, Haywards Heath and soon to be added at Eastbourne – <http://www.parkrun.org.uk/prestonpark-juniors/> <http://www.parkrun.org.uk/haywardsheath-juniors/>  
<http://www.parkrun.org.uk/eastbourne/news/2015/06/13/junior-parkrun-eastbourne/>

**DON'T FORGET:** Please send any running related items – with your school or club to me for printing in this newsletter. “Thank you” for all your contributions to this issue - please keep the articles coming. Email: [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)