



# SEAFORD STRIDERS JUNIORS

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

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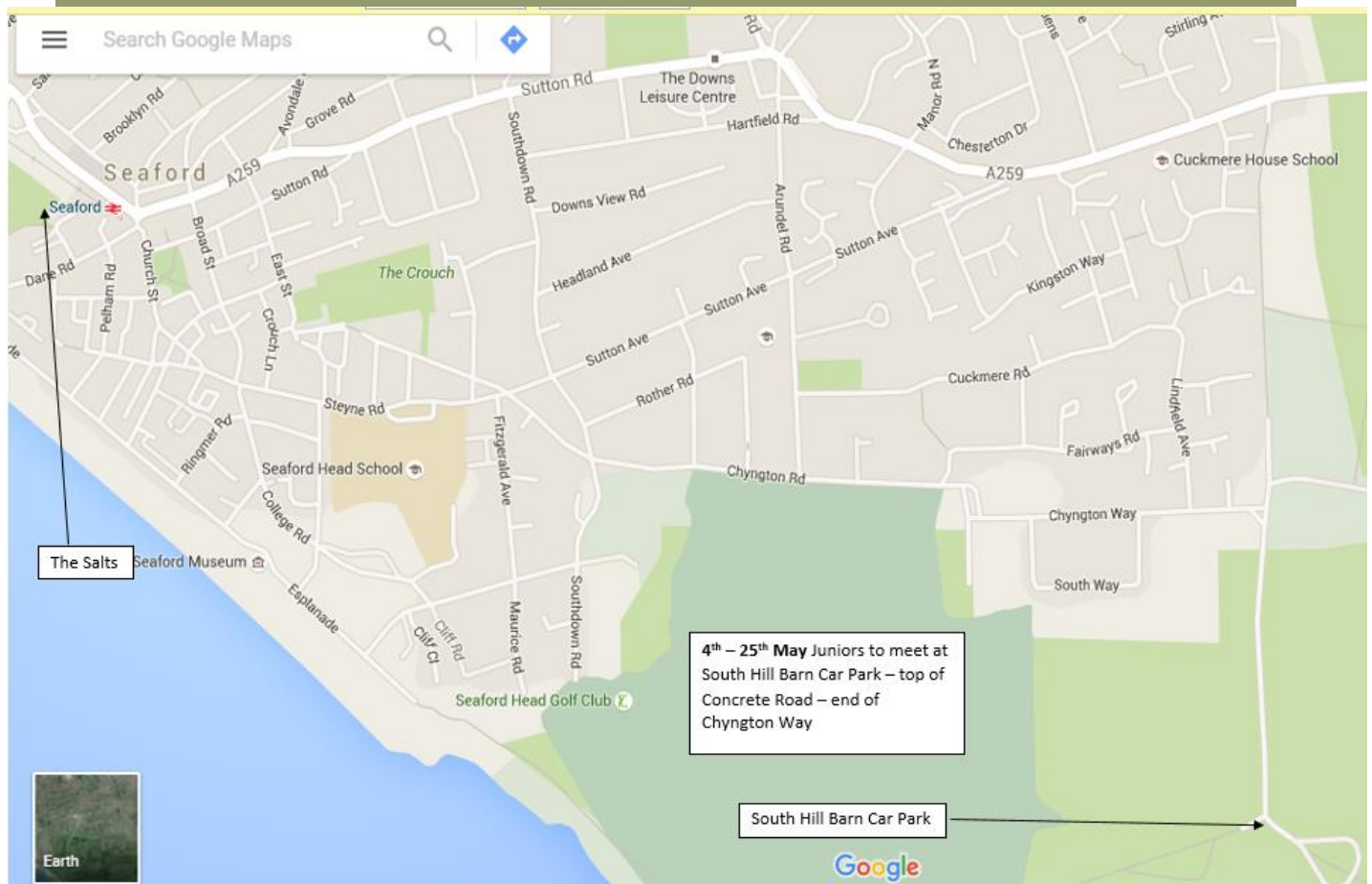
Website: <http://www.seafordstriders.org.uk/> Twitter: <https://twitter.com/seafordstriders> May 2016

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

## Meeting Point

4<sup>th</sup> – 25<sup>th</sup> May

South Hill Barn Car Park, Top of Concrete Road



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

# ROEDEAN CROSS COUNTRY



Madeline Quinn participated in the Roedean Cross Country event on 16<sup>th</sup> March and finished well in the first quarter of the competitors.

## UPCOMING CLUB EVENTS



DATE	DETAILS
Monday, 9 <sup>th</sup> May	Monthly Training Session 7.30pm – Lewes Track Juniors discuss with Pete
Monday, 6 <sup>th</sup> June	Monthly Training Session - 7.30pm – Lewes Track Juniors discuss with Pete

## JUNIOR RACES

The races listed below 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 evening training.

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 – [www.parkrun.org.uk/prestonpark-juniors/](http://www.parkrun.org.uk/prestonpark-juniors/) [www.parkrun.org.uk/haywardsheath-juniors/](http://www.parkrun.org.uk/haywardsheath-juniors/)  
[www.parkrun.org.uk/eastbourne/news/2015/06/13/junior-parkrun-eastbourne/](http://www.parkrun.org.uk/eastbourne/news/2015/06/13/junior-parkrun-eastbourne/)

## 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)

**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)