



Seaford striders juniors  
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# SEAFORD STRIDERS JUNIORS

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

**Editor & Press Officer:** Hilary Humphreys [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

**Facebook:** <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

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

## SEAFORD STRIDERS JUNIORS - Sept/Oct 2015

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

### Meeting Point & Summer Races

30<sup>th</sup> September

The Barn, Car Park at the top of the Concrete Road

7<sup>th</sup> October onwards

The Salts

**Volunteers are always welcome.** For further information on the above, please contact **Rob: 01323 897518**

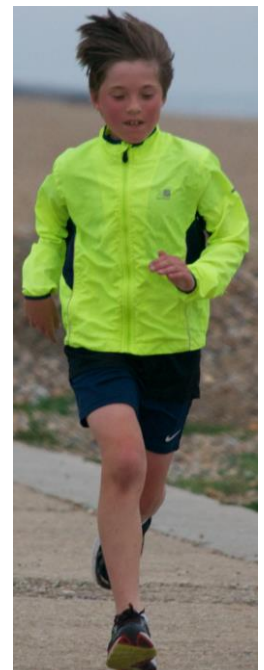
## ALFRISTON WATER MEADOWS FUN RUNS

The Alfriston Water Meadows Fun Runs took place on August Bank Holiday Saturday – 29<sup>th</sup> August as part of the Alfriston Festival. There were two races, a junior event – 1.6km (2pm start) and a 5.3km (2.15pm start). Both races started and finished on the Alfriston Tye (next to St Andrews Church). Both routes were off road and flat and mainly along the banks of the Cuckmere River.

### 1.6km Junior Event

1 <sup>st</sup>	Oliver Saville	7:09	1st boy
2 <sup>nd</sup>	Ziggy Henry	7:10	
3 <sup>rd</sup>	Charlie Paton	7:20	
4 <sup>th</sup>	Fraya Henry	7:32	1st girl
5 <sup>th</sup>	Oskar Morton	7:33 (photo right)	
5 <sup>th</sup>	Tommy Cahir	7:33	
7 <sup>th</sup>	James Lott	9:12 *	
8 <sup>th</sup>	Cecile Watson	9:51	
9 <sup>th</sup>	Samuel Lott	DNF	

James sacrificed his chance of a fast time after stopping to help his brother who had fallen and badly grazed his leg.



**5.3km Senior Event – results of the juniors who entered:**

10 <sup>th</sup>	Joe Rickards	27:14	1st junior boy (photo right)
11 <sup>th</sup>	Lucy Lott	27:39	1st junior girl
20 <sup>th</sup>	Joe Plant	30:45	(photo below left)



## KING'S HEAD CANTER 5k - Bank Holiday Monday

As well as competing in the Alfriston Fun Run, Joe Plant also turned out on a very wet Bank Holiday Monday and participated in the King's Head Canter, where he achieved a very creditable time of 25:15; managing to beat many of the senior runners entered in this race.

