



Seaford striders juniors
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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> **August 2015**

SEAFORD STRIDERS JUNIORS - August 2015

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

Meeting Point & Summer Races

Wednesday, 29th July
August
Saturday, 29th August
Monday, 31st August
2nd September

Bexhill Races
No Meetings
Alfriston Fun Run
Kings Head Canter
1st Meeting in September at the Salts

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

5K RACES FOR LIFE



A number of 5K "Race for Life" events have taken place across the County in the last few weeks and at least two of the juniors, Ben Pomfrey and Maddie Cager have taken part. These races are all fund raising events for Cancer Research.

Ben took part in one of these races, which was held at his school, Harbour Primary and the race involved running three laps of the school playing field.

Maddie took part in the race held at Stanmer Park in Brighton and raised £60 in sponsorship.

As with all these races there are no recorded finishing times but both Ben and Maddie completed their runs in excellent times.



Junior Race Guide for the Summer

Wednesday, 29th July

Bexhill Races – 500m, 1000m and 2000m

Saturday, 29th August

Alfriston Family Fun Runs – 1.6km and 5.3km

Monday, 31st August

Kings Head Canter – 5km

BEXHILL RACES - Wednesday, 29th July

It is not just the adults that have all the fun! There will also be children's races at Bexhill on Wednesday, 29th July – 500m, 1000m or 2000m. All you need to do is turn up on the day, sign in at the Coast Bar Grill and away you go. These races all use the same start/finish as the main 5km race and cost just £3.

The children's races start from 6.30pm but registration is from 5.30pm so make sure you turn up early.

Race HQ: The Coast Bar Grill, De La Warr Parade, Bexhill on Sea, TN40 1LS.

<http://whatpub.com/pubs/HES/BEXHI-5500/coast-bar-grill-bexhill-on-sea>

ALFRISTON WATER MEADOWS FUN RUNS

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

NOTE: Race Limits

5.3km - 100 runners (aged 11 and over) - £6 per runner

1.6km – 50 runners (under 11s) - £3 per runner

<http://www.alfriston-village.co.uk/#!fun-run/c1tc7> Note: Online booking fee - £2 per booking

Registration desk will open at 11.45am. Postal entry attached. Please enter before the day.

KING'S HEAD CANTER 5k - Bank Holiday Monday

The King's Head Canter will take place at 11am on Bank Holiday Monday – 31st August and is open to adults and seniors. Race entries are open until 10.30am on the day but with a race limit of 275 postal entry is recommended before the closing date of Wednesday, 26th August.

Postal application forms can be obtained by following the link:

<http://www.kingsheadcanter5k.org.uk/kingsheadcanter%20entry%20form%202015%20PDF.pdf>

Online entries can be made through Sport Systems: www.sportsystems.co.uk/ss/event/KingsHeadCanter5k20152

DON'T FORGET: Please send any running related items – with your school or club to me for printing in this newsletter.

Email: hilary@hilton-it.co.uk



ALFRISTON WATERMEADOWS FUN RUN

This event is part of the Alfriston Festival
Register and Pay Online at www.alfriston-village.co.uk

Saturday 29rd August 2015 at 2pm

There will be two races – **junior event** - 1.6km (2pm) and **adult event** 5.3km (2:15pm) both starting and finishing on the **Tye in Alfriston Village** (next to St. Andrews Church). Both routes are off-road and flat, and mainly along the banks of the Cuckmere River.

The race limits

5.3km - 100 runners (aged 10 and over)
1.6km – 50 runners (*aged 11 and under*)

Entry fees - 5.3km - £6 1.6km - £3

Please enter before the day.

Send your cheques (along with your registration slip below), payable to **Alfriston Festival Committee** to Lavender Cottage, High Street, Alfriston, East Sussex. BN26 5TB

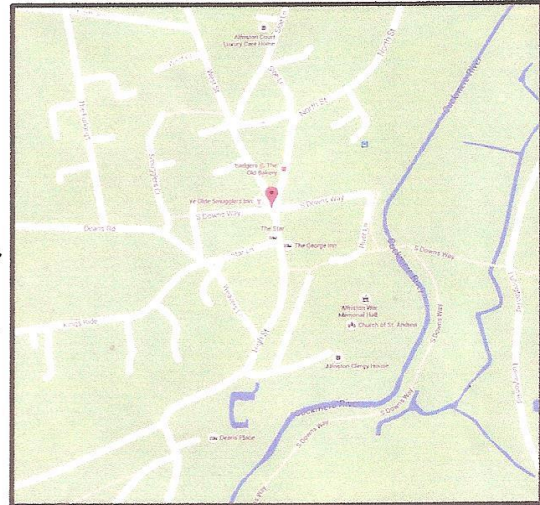
Race numbers are to be collected on the day.

Entries on the day only if the limit has not been reached.

Awards

5.3km - First senior man, First senior lady,
First vet man(40+) First vet lady(35+)
First junior boy(under 16)
First junior girl(under 16)
1.6km – first boy and first girl and medals for all finishers.

The registration desk will open at 11:45 am



Parking

There are two car parks in the village (approach from the A27) and some limited on-street parking.
For sat nav users, use postcode **BN26 5UQ**
Alternatively please, where possible use public transport from Seaford, Lewes, Eastbourne and surrounding areas

✂.....✂

Name:

Address:

Date of Birth:

Contact Number:

Email:

Signed:

Date:

Male under 40	<input type="checkbox"/>	Male vet 40+	<input type="checkbox"/>
Female under 35	<input type="checkbox"/>	Female 35+	<input type="checkbox"/>
Boy under 16	<input type="checkbox"/>	Girl under 16	<input type="checkbox"/>

(Please tick your age category)

DISCLAIMER

You enter entirely at **your** own risk and will not hold the organisers responsible for any illness, injury or loss suffered by entering or participating in the event



An Alfriston Events Team event

WWW.ALFRISTON-VILLAGE.CO.UK

