



Seaford striders juniors  
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# SEAFORD STRIDERS JUNIORS

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

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## SEAFORD STRIDERS JUNIORS - June 2015

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

### Meeting Point

3rd June

Bishopstone Village Church

The Seaford Half Marathon is on Sunday 7<sup>th</sup> June and for the past 5-6 years the Juniors, have 'manned' the water station, which is based near to Bishopstone church. Any Juniors or Mums and Dads who would like to help on 7<sup>th</sup> June will be most welcome. Please meet at 8.30am at Bishopstone Church. Your 'services' will ONLY be required until 9.30am. **Please note** this is only 1 hour!

### Meeting Point

10<sup>th</sup> & 17<sup>th</sup> June

Tidemills Car Park on Main Road

24<sup>th</sup> June

Tidemills **OR** Sailing Club (see below)

On Wednesday, 24<sup>th</sup> June the 2<sup>nd</sup> Summer Solstice run will be organised along the prom. Last year lots of adults and juniors participated. The run which is approximately 4K starts at the Sailing Club, goes along to the Martello Tower and then returns along the prom to the Sailing Club.

So all you juniors who think you can run 4K, meet at the Sailing Club at 7pm, rather than Tidemills at 6pm - I suggest you do not try to do both meetings. After the race the Sailing Club will be open for mums and dads and junior runners to purchase refreshments.

### Meeting Point

1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> July

The Cuckmere Inn (Golden Galleon)

22nd July

Fun Day at the Salts – end of Term!

29<sup>th</sup> July

NO Meeting in Seaford

August

No Meetings

2<sup>nd</sup> September

1<sup>st</sup> Meeting in September at the Salts

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



## PRESTON PARK - PARK RUNS

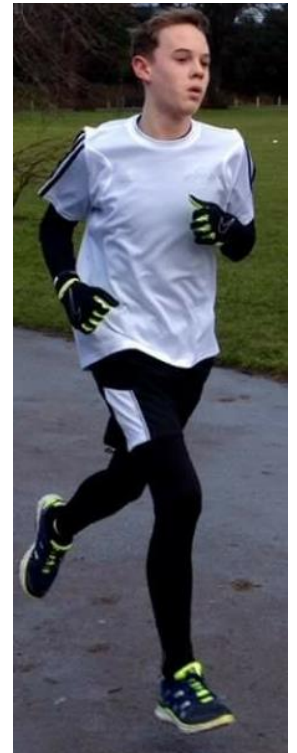
Joe Plant competes in the Preston Park, Park Runs every Saturday and he has just beaten his previous PB by an impressive 50 seconds, completing the 5K distance in 23:19.

Congratulations Joe!

## HORSHAM JUNIOR-RACES - 17<sup>th</sup> May



Amy Fletcher's dad competed in the Horsham 10K and finished in 8<sup>th</sup> position and not to be outdone by her father, Amy Fletcher competed in the Horsham 1.2K Junior event where she also finished in 8<sup>th</sup> position overall. Amy was the second female to cross the line in a very promising time of 04:58. Congratulations Amy!



## HOVE PARK JUNIOR-RACES - Sunday, 14<sup>th</sup> June

Various junior races will be held on the traffic free paths in Hove Park, Old Shoreham Road, Hove. They commence at 10am with the last race scheduled to commence at 12 noon.

**Please note that there are no entries on the day and the closing date is Mon. 9<sup>th</sup> June.**

For further information: <http://sussexraces.tripod.com/EntryForms2015/2015HoveParkRaces.pdf>

### Junior Race Guide for the Summer

Wednesday, 29<sup>th</sup> July

Saturday, 29<sup>th</sup> August

Monday, 31<sup>st</sup> August

Bexhill Races – 500m, 1000m or 2000m - registration

5.30pm Races commence 6.30pm Cost £3

[www.tlsportsevents.co.uk/bexhill5kruns.html](http://www.tlsportsevents.co.uk/bexhill5kruns.html)

Alfriston Family Fun Runs

Kings Head Canter

**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](mailto:hilary@hilton-it.co.uk)