



SEAFORD STRIDERS NEWSLETTER

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

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

Meeting Point

Spring Months

The Salts

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

PEACEHAVEN JUNIOR PARKRUN



The first official Peacehaven junior parkrun was held on Sunday, 16th April, with the Mayor making a speech and starting the race.

Oskar ran really well; an older girl was miles clear after the first lap of two but then Oskar got into his running and just failed by a couple of seconds to catch her before the finish.

He did, however, beat his previous time by 11 seconds and at the finish he said he wanted to go around again!!



Oskar recommends this race to all junior Striders – it takes place every Sunday at 9.00am at Centenary Park, Piddinghoe Avenue, Peacehaven, BN10 8RJ. See [Course page](#) for more details.

Don't forget it is free! but please **register** before your first parkrun. Only ever register once. To do so please follow the link: <http://www.parkrun.org.uk/peacehaven-juniors/>

Don't forget to bring a **printed** copy of your barcode ([request a reminder](#)). Phones don't scan, so please bring a printed copy. The aim is to have fun. Please come along and join in whatever your pace!

SUBS Overdue

The race is on – to collect members subs as soon as possible. Thanks to everyone who has already paid but this is a gentle reminder to the rest of you – please help the club's finances by paying your subs. We do of course hope that you agree that club fees are good value for money because we want you to stay! Membership Secretary, Linda Jennings email: Jennings.Linda1@sky.com

EASTER MONDAY FUN RUN by Scott Hitchcock



Easter Lewes 1 mile junior race saw a lot of fast young athletes, in the making, running for different clubs from all over Sussex. But the one junior we were focused on was our new keen member Amelia, who is an asset to our strong junior team.

Amelia was the only junior Strider in attendance but she was there to race not just take part! She started off on the track with a very congested start but she found space and got out of the pack on the two laps of

the track then headed out onto the school grounds for a circuit around the field.

Unfortunately, Amelia happened to be one of the unlucky ones who had to do the bigger loop, as the juniors in front had cut the course. This fact put her further down the pack as she came back onto the track. She was undaunted by this however and finished with a fast sprint. Amelia is 11 years old and takes part in all her school races and usually finishes in the top ten. Amelia is one of our fastest juniors and is very keen to race and improve; I believe she will be a very strong athlete in the near future, so great work today and always great work in training! Well done Amelia!!

EASTER MONDAY FUN RUN by Amelia Brown

I found the Lewes 1 mile race both fun and tiring. It was a good race and I can't wait for the next one. I felt it was a bit tough but it was the first race I had entered for the club. Thank you to everyone who supported me, especially my mum and grandma. I come 37th in a time of 7:09

JUNIOR RACES

The events listed below will give all the juniors an opportunity to compete and show what they can do. **NOTE all park runs need pre-registration via the website.**

Parkruns - free 2K events for juniors ages 4-14 years; held locally at: Centenary Park, Peacehaven
<http://www.parkrun.org.uk/peacehaven-juniors/> **Preston Park, Brighton,** www.parkrun.org.uk/prestonpark-juniors/ **and**
Haywards Heath – www.parkrun.org.uk/haywardsheath-juniors/



Parkruns in Eastbourne – 2km on Sunday morning along the seafront are planned and volunteers are being sought – if you are interested please visit:

<http://www.parkrun.org.uk/eastbourne/news/2015/06/13/junior-parkrun-eastbourne/>

In the meantime children can run the 5K event, providing they are accompanied by an adult. The Eastbourne park run takes place every Saturday at 9am, in Shinewater Park <http://www.parkrun.org.uk/eastbourne/>



FUTURE CHILDREN'S RACES

Entry details for most of the following races can be found by following the link: <http://www.sussexraces.co.uk>

Or in the case of the cross-country XC races: <http://www.eastsussexcrosscountry.co.uk/events>

January 2017 onwards	
30 Apr	Haywards Heath 10M and 1 mile junior race
21 May	Horsham 10K and Fun Runs
31 May	Bexhill 5K & Kids Youth mile
11 June	Hove Park Fun Run 5K & Children's Races
28 Jun	Bexhill 5K Kids' Youth mile
16 July	Eastbourne Kids' Golden Mile
26 July	Bexhill 5K & Kids Youth Mile



MONTHLY TRACK SESSIONS

Junior Striders Please Note: the next track sessions are on Monday, 8th May and Monday, 5th June from 7.30pm – 8.30pm. These sessions are open to older juniors – if in doubt speak to Peter or one of the other leaders.



CLUB KIT

Short sleeved tee-shirts (complete with logos) in Electric Yellow, are free to junior members and should be worn on club nights. If you have yet to receive one, please contact me direct: hilary@hilton-it.co.uk



Electric Yellow

Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport and all other local suppliers i.e. Tempo (Eastbourne) Run (Hove) Jog Shop (Brighton) etc. Just make sure you show your membership card at time of purchase.

YOUR PARTICIPATION IN RACES

DON'T FORGET: If you enter any of the races mentioned above, or compete in any school races, please let me know a few details and send me some photos. Email: hilary@hilton-it.co.uk

