



# Seaford RFC Ladies



After trying for the last 75 years Seaford Rugby Club have finally got their own Ladies Rugby Team. 'The Ladies XV train every Wednesday @ 7pm & Sunday @ 10am down at our home ground.

**The Salts Rec, off,  
Richmond Road  
Seaford BN25 1DR**

The ladies always need new and established players to join there developing side.

Are YOU interested in giving it a go?

Then don't fear, just contact Ladies Captain Lucy for a chat or just come down 'The Salts' and join the fun.

**Lucy Diton (Ladies Captain)**

**[www.seafordrfc.co.uk/1/](http://www.seafordrfc.co.uk/1/team)**

**team**

**Email: [lditon@icloud.com](mailto:lditon@icloud.com)**

All training is given by qualified RFU coaches and you are guaranteed fun, friendships and a warm welcome.