



# SEAFORD STRIDERS NEWSLETTER

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

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## FOLLOWING THE CLUB AGM

Following the AGM on 25th February, there remain some vacant slots – can I please ask all members to consider whether they can give some of the time to aid the smooth running of their club?

Chairman	<b>Vacant</b>	Secretary	Vicki Blaber
Treasurer	Richard Kimber	Membership Secretary	Linda Jennings
Club Captain	Martin Bulger	Men's Captain	Phil Robinson
Women's Captain	Jackie Webber	Junior Leader	Rob Webber
Grand Prix Rep	Phil Robinson	Cross Country Rep	<b>Vacant</b>
Editor and Press Officer	Hilary Humphreys	Social Secretary	Terry Ward
Website	Tom Roper	Social Media Assistant	Tony Humphreys
Kit Organiser and Welfare Officer	Jackie Webber		
Mince Pie Organiser	Linda Jennings & Richard Honeyman		

**Please Note:** I have agreed to take over the post of Press Officer from Chris Wrathall on a temporary basis. Chris put enormous effort into his role and sadly I am not in a position to replicate this. I will undertake to produce the press reports and circulate to the press. I then hope to have these uploaded to the website (Tom please note!) where they will then be accessible by all members.

## SEVILLE MARATHON by Gareth Hutchinson



Two members of Seaford Striders jetted off to Spain recently leaving the cold and rain behind to compete in the Seville Marathon, which is one of the oldest in Spain. The marathon started and finished in the Olympic Stadium, which was the venue of the World Athletics Championship in 1999.

Being an extremely flat course this is the perfect course for achieving PBs and neither Strider disappointed. In near perfect running conditions in the Andalusian sunshine both had fantastic runs gaining new PB's in the process. Gareth Hutchinson finished strongly and comfortably ducked under the 3 hour mark in 2:55:46. Kevin Ives shaved over 4 minutes off his previous best to complete the 26.2 miles in 3:23:18 and edge ever closer to his 3:15 London Marathon qualifying time.



# LYDD 20 MILER - a mini adventure in marathon training by Phil Robinson

On Sunday 8<sup>th</sup> March I headed east along the coast to conquer the Brett Lydd 20 mile road race. This was the inaugural hosting of the event and ideally placed in the calendar for my training for the up-coming Brighton marathon. It takes place in the lowland peninsula bordered by the English Channel and the Strait of Dover. As this suggests it's a coastal area exposed to the elements and the wind was noticeably strong on the day. This was apparent even as I arrived well-insulated in my car. As you wind around the low-lying water lands protected by coastal embankments (reminiscent of Holland) you can't help but notice an array of massive wind turbines harnessing the plentiful energy from the air.

Run on the day celebrated worldwide as International Women's Day, a sizeable contingent of dedicated women athletes had descended on Lydd along with the men. I chatted to one couple in the inevitable mile long pre-race toilet queue and yes, like me, the Brighton marathon was their focus too.

Though cold waiting to start, the sunshine was glorious and the weather was in many ways ideal for the event. The views were expansive as you ran through the country lanes, as far as the eye can see both to the left and to the right. We circumnavigated around the wind turbine farm for a big part of the route, which was an out and back style course. At the 10 mile furthest point I was still keeping to my seven and a half minute mile regime and feeling strong.

But mile 12 was the point where my target time was getting hard to maintain and by the end of the race it had tailed off to 8 minutes per mile. But hey, like I say its marathon training and it's an adventure seeing how far I can go to get fit for the big day. I completed the race in 2:33:46.

The final Cross country event of the season will be held on Sunday 8th March at Blackstock Farm in Hellingly. On the 22nd March is the Hastings Half marathon, an event which is getting bigger year on year! For a bit of fun there is the Brighton chicken run on March 29th and you guessed it, you have to dress like a chicken!

## CROSS COUNTRY - IT'S A PIECE OF CAKE (SOMETIMES!) by Peter Weeks

In an unashamed bid for "Poser of the Year 2015" Pete has kindly supplied photos from each of the Cross Country Races of the 2014/15 season in which he participated!

During the winter months there is a lack of Road Races which I suspect is because it's too cold for the marshals, but rather than put my Seaford Striders vest away I decided to sample the delights of the Sussex countryside and take part in the "East Sussex Cross Country League". This consists of six races on a variety of terrain, the main ingredients being Mud, Hills and Fields, which I expect the Friday club (Chris, Tom, Bob & various others) will confirm I manage to find for us on a weekly basis.

Unfortunately due to child minding duties in Edinburgh I was unable to participate in the first event at Eastbourne, therefore my debut was at New Place Farm, Framfield in December. Being a new boy to the area I thought it best to





check the location on Google maps and was pleasantly surprised to find that not only was there a Barn (Changing Room) but also an outdoor swimming pool, I'm not used to such luxuries at cross country races! After a pleasant drive through the frost covered countryside we (myself & Pat my loyal supporter) arrived at Framfield to be met in the car park by Paul Heywood, nice to have another Strider to chat with. During our warm up we came across some "Shooting Positions" hopefully they would not be in use while we were running! all too quickly it was time to put on my trusty "spikes" ensuring the laces were firmly tied, ready for the off. The race was 5 miles round fields, which were mainly flat but very muddy, with a few inclines. remembering Martin's words "overtake the runner in front" I started way down the field to make it easier to overtake a few and finished by sprinting past a couple in the last 50 Yards (well I thought I was sprinting, Pat viewed it differently). There was a very nice marshal at the finish who was telling everyone that there was tea and homemade cake available in the barn, now I really was sprinting!

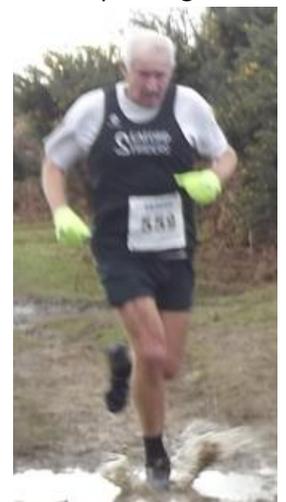
The next race was a home fixture really as the course was based on Firle Beacon, however being on the 28<sup>th</sup>

December, it was a bit of a challenge being so close the Xmas festivities, but I'm sure that a few beers do not affect finely tuned athletes like myself. Up like a lark to drive to the car park at Firle Beacon, nothing to these hills. Different story when I arrived at the car park as the wind was certainly blowing in from the sea and sitting there in the car, which was rocking around I thought this would be a challenging run, so made sure I enjoyed the pleasant stroll down to Black Cap Farm for the start. The first mile was a downhill cavalry charge (I remembered this bit from doing Bill's memorial run) just when I thought it would be an easy run back to Seaford we came across a marshal who directed us left up the hill to Bo-Peep, yep 3 miles of ecstasy. I'm pleased to report that I managed to run (plod) all the way, guess I was inspired by the sight of Natalie about 20 yards in front. On reaching the summit it's another left turn and more climbing with the last half mile downhill to the finish at the car park. No tea and cake this time so it was lucky that we were going for lunch at the "Yew Tree" in Chalvington, a chance to replenish my fluids.



Race number 3 was at Pett now my navigating skills would be seriously challenged as it was miles away. On our arrival (Pat was back with me) we managed to park right beside the tea and cake stall, and boy did those cakes look appealing. The course was one five mile lap and on reflection turned out to be my favourite of the series as it included all three ingredients. It was quite amusing when we hit the downhill sections in the woods as those who did not have spikes were all over the place. I even managed a wee fall myself, (*Rob - it was not a Rooney Dive*) cutting my knee in the process, whilst sprinting to the finish, but was quickly back on my feet to the chase down the runner in front. So it was straight through the finish line no stopping for the St John's first aider who wanted to clean up my knee as I had an appointment with a fruit & walnut cake.

The penultimate run was in Ashdown forest and I was really looking forward to this as I might meet "Pooh Bear". Slight challenge as it was the Sunday after the Club's awards evening, so partying till mid-night was not the ideal preparation, but it was a great night. Sunday dawned cold but bright and sunny with a fairly mean north wind, however no sign of the snow that Mark Chadd had experienced the day before when cycling in the area. No changing facilities at this race so it was a quick trip



behind a large gorse bush. It was an undulating course (Hilly) over what is actually Heathland and not many trees, so not much shelter from the wind but plenty of good quality mud. Race details stated one short lap followed by a long one, but somehow the leaders missed the turning on the first lap and we ended up doing an extra 1 mile to make it a 6 mile course, why not get your monies worth! Just like Crowborough 10k there is a big hill but you only climb it once but as it's twice as long it's just as challenging and far muddier. No cakes to report on, however there was an ice cream van doing very good business in the car park.



So to the final event which was at Blackstock Farm, Hellingly. It was a lovely sunny warm morning and I was delighted that three juniors were competing, the "Mighty Quinn's" Harry(4<sup>th</sup>) Maddie (5<sup>th</sup>) & George(10<sup>th</sup>) who all turned in excellent performances especially as Harry & George were the youngest runners. Now it was my turn to do battle with a 3 lap course and everything was going fine until heading into the woods there are our three youngsters shouting at me to go faster well I can't let them down, so off I go little realising that they would be able to cut across the play area and pop-up cheering me on as we came out of the woods. I lost count of the number of times they were there on the first lap and I had another two laps to do, but it was great to have such enthusiastic supporters even though Harry out sprinted me up the final hill.

I thoroughly enjoyed my first season of the "East Sussex Cross Country League" and am looking forward to next winter. I really recommend these events as they are excellent for improving your stamina and there is no pressure about times or PB's, and hopefully great cakes.

## "THE MOYLEMAN" LEWES MARATHON

### by Chris Wrathall

On 15th March I took part in the inaugural running of "The Moyleman" Lewes Marathon, held in memory of local runner Chris Moyle, who tragically passed away in 2009 aged only 42. The event was devised by his running colleagues in the Lewes area and featured 80 marathon runners & 10 x 2 person half marathon relay teams.

In bracing conditions (although thankfully the forecast rain held off) it was straight into a climb from the start at Landport Bottom, as the route headed west to Blackcap, with the pay-off of a descent to the crossing of the A27 at 5 miles. More notable climbing to Castle Hill nature reserve, through a gorgeous valley and up again for stunning views before joining the South Downs Way and the welcome plunge down the "Yellow Brick Road".



**Photo above courtesy of James McCauley**

After crossing the C7 the halfway point is reached at Southease, featuring one of the many re-fuelling stops along the route, where you can gaze longingly at the daunting sight of the next climb, Itford Hill. From here along to Bo Peep was the only part I was familiar with and as the head wind started to take effect, it was a case of head down and plough on whilst taking the time to acknowledge former Strider Bill Young at the spot where he is fondly remembered.

Next it was the turn of the quads to take a pounding on the steep road descent of the Bostal before joining the Old Coach Road at another water station. This marked the 20 mile point where I started to tire and both hamstrings cramped up. The mind started wandering and despite the more than adequate signage, at one point I almost found myself in a cowshed! Worryingly, I was now starting to run/walk and promptly gave myself a good talking to. I wanted to get in under 5 hrs, which I'd hoped would be considered mildly respectable, so it was time to take 2 tablespoons of cement and harden the \*\*\*\* up.

I was glad to get off the Coach Road track, cross the A27 and reach Glynde. Mount Caburn comes next at 24 miles which although daunting is at least a consistent yomp. Downhill again into a valley before a sting in the tail with the last steep climb near the Golf course, where cramp set in again, amid much nervous glancing at my watch. Finally a plummet down Chapel Hill, along Cliffe High Street and the finish in Harveys yard in 4.58.24. The complimentary pint & burger didn't touch the sides and the massage worked wonders. Both Lewes runners Mike Ellicock triumphed in, to me, an unbelievable 2.59.43 with Chris Gilbert 3.00.34 in his first marathon.

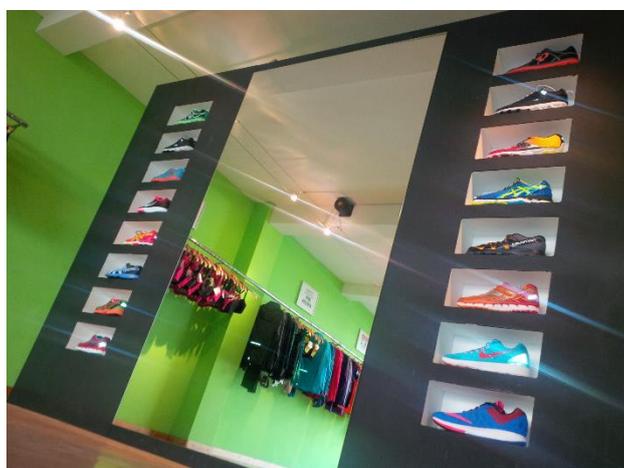
Spectacular route, wonderfully marshalled (take a bow Tom Roper), the whole thing was quite frankly, faultless. A fitting tribute to Chris Moyle, it had a real feel of being organised by runners, for runners, and Race Director Ash Head said this is the way it shall remain.



## RUN- SPECIALIST RUNNING SHOP, HOVE

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We have often run too hard, and have probably made and witnessed all the novice training mistakes in the book, and a few more besides. We've run with buggies and guide- run the blind.

We have cried, before, during after races. We've wept tears of joy and despair. We have lived running and some things we hold to be true.

Whatever level you run at, you deserve comfort. You can be protected from hard pavements, from the heat and the cold, the wind and the rain. We might even make you smile.

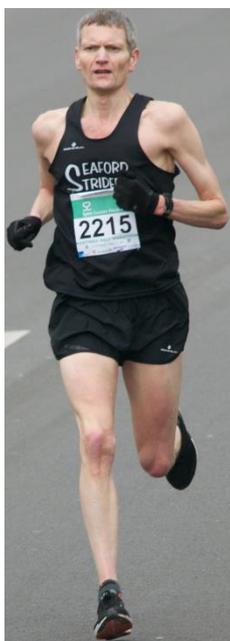
**RUN. Thinking *inside* the box.** Run, 46 Blatchington Road, Hove, BN3 3YH Tel: 01273 770972

## PHOTOS

If you would like a copy of any of the photos, which appear in this issue – you only have to ask!

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

## HASTINGS HALF MARATHON



The 31st staging of the Hastings Half Marathon this year took place on a cold and blustery March Sunday. However this did not prevent a good turnout of almost 3,000 runners who ranged from International and elite standard to dedicated Club and enthusiastic fun runners. This race has been voted as one of the best in the Country and is always well supported and saw a good turnout of 8 Seaford Striders.

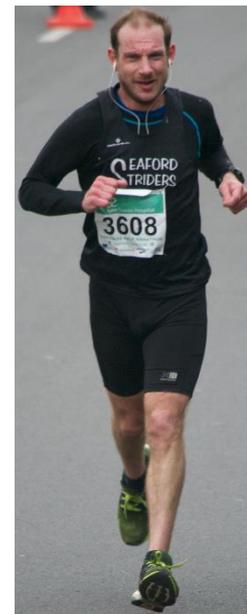
The race followed a loop around the historical town of Hastings from its start on the seafront; with the runners initially following the route that William the Conqueror took towards the village of Battle. This included a lung busting 5 mile climb up Queensway before turning eastwards along the Ridge, where there was little respite for the lungs because of the undulations. Following on from this was a fast 2.5 mile descent to Rock-A-Nore and the same distance, into the inevitable head wind, back along the seafront to the finish.

Kenyan flyer Sammy Nyokaye was first across the line in an impressive time of 1:05:26 and the first female in 35th place was another Kenyan, Mercyline Ondieki in a time of 1:21:35.



However, as far as the Striders were concerned and once again in top form, Simon Fletcher (photo above left) was first home in 22nd place overall in a superb time of 1:19:18 - over 7 minutes faster than last year. Gareth Hutchinson, fresh from his PB at the Seville Marathon was close behind in 1:21:50 placing both runners comfortably in the top 40.

Paul Heywood's excellent 1:27:15 (photo above right) saw him heading home Dave Dunstall (photo right) 1:28:13; Phil Robinson (photo left) 1:33:39 and Kevin Ives 1:34:01. Great efforts too saw the only female Strider Beth Ruddock (photo overleaf) achieve a PB in a time of 1:44:10 and head home Richard Honeyman (photo overleaf) 1.52.26. Tom Roper's determined 2.27.28 (photo overleaf) completed the list of participating Striders.



(All photos for this race are courtesy of Tony Humphreys)



Photo left - Beth Ruddock



Photo above left – Richard Honeyman and above right – Tom Roper



## MARATHONS by Martin Bulger

When Usain Bolt completed his 160th hundred metre race he had covered a total of 10 miles of sprinting, which is like running from the Downs Leisure Centre to Eastbourne town centre. By the time I had completed 160 marathons (and ultra-marathons) I had amassed 4,622 miles, that's not including those extra miles that I did when getting lost on a few marathons, and that equates to running from the Downs Leisure Centre to Japan!

Running a 100 metre sprint is like eating a malteser, the enjoyment is very quickly over, but running a marathon is like indulging in a five-course meal. Marathon runners have a good appetite. It has become commonplace for people to run marathons, so it is easy to forget that running them is still a pinnacle of sporting achievement.

I have kept a record of the male Striders who have broken 3 hours and the ladies who have clocked a sub 4 hour marathon but would like to extend the Club records to include the marathon PB of every Strider. All I need is - your name, your finishing time (preferably chip time or personally recorded time rather than gun time) where you achieved it and the year you did it. Is it worth also recording your age at the time? [mandsbulger@uwclub.net](mailto:mandsbulger@uwclub.net)



## LILY-MAE by John Kingshott

This is my granddaughter, Lily-Mae, who sadly lost her battle with a rare form of liver cancer, aged just three. I intend to run the London British 10K race to help fund "The Chartwell Cancer Trust". They helped her parents to cope with the 10 months spent every day at her bedside in the Royal Marsden. The race is on 12<sup>th</sup> July 2015.

Please sponsor me, it can be done through [virginmoneygiving.com](http://virginmoneygiving.com) you don't have to leave your name, you can donate anonymously. Please go on-line and pledge, even if it is only £1 to:

[www.virginmoneygiving.com/johnkingshott](http://www.virginmoneygiving.com/johnkingshott)

**THANK YOU**



## 4 MILE TIME TRIAL

On Wednesday, 1 April, (no joke!) Martin Bulger will be organising a 4 mile time trial. This is an excellent opportunity to test your running ability, so do come along and give this event your support.

## GREAT POST RUNNING FOODS

1. Oatmeal: contains carbohydrates, protein and fibre. Add fruit or honey to give it a sweeter taste
2. Greek Yoghurt: Packed with protein
3. Salmon: source of omega-3 essential fatty acid - boost heart health
4. Cherries: Contain Antioxidants provide a host of health benefits ranging from maintaining healthy blood vessels to prevention of cancerous tumour growth
5. Bananas: Replenish your body with carbs.
6. Kale: Source of vitamins A, B6, C and K, as well as iron and calcium, and is one of the most antioxidant-rich vegetables.
7. Almonds: Provide antioxidants and can be mixed into salads, yoghurt or porridge.
8. Skimmed milk: Provides fast acting carbs and protein, a popular choice is chocolate milk!
9. Green tea: Contains powerful antioxidants, a recent study showed that it increased endurance in mice (that sounds like sufficient evidence to me!)
10. Tomatoes: Great source of vitamins, minerals and antioxidants.



The above article was taken from the quarterly newsletter produced by Tempo, the specialist running shop in Susans Road, Eastbourne. To read the full edition follow the link: <http://temponewsletter.weebly.com/>

**RACE RESULTS** Race results can be found by following the links from the Seaford Striders Website: [www.seafordstriders.org.uk/results.html](http://www.seafordstriders.org.uk/results.html)



## YOUR PARTICIPATION IN RACES

If you participate in some of the more unusual races, either in the list overleaf or elsewhere, can I please ask you to submit a write up and a photo of yourself to go in the newsletter? This gives other runners a “flavour” of races they may otherwise not have considered. Email: [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

## UPCOMING RACES - see next page for full listings

That’s all for now folks for the senior section but before I sign off, I would like to take this opportunity to thank you for your support– please keep the articles coming – anything running related. Email: [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

# UPCOMING RACES

Sussex Grand Prix (SGP) events are marked in red

April - May 2015	
3 April	Good Good Friday 12 km Run, Brighton Marina to Peacehaven & back <b>FREE to enter!</b>
4 April	Friston Forest 10M & 5M
4 April	Sussex Road Relays Christs Hospital
6 April	Lewes Easter 10 km WSFRL
11 April	Brighton Mini Mile Races
12 April	Brighton Marathon and 10 km
18 April	Crawley A.I.M. 6 & 12 hour Track Race
18 April	Sussex Trail Run, Cowdray Estate, Midhurst
18 April	Maverick Original Sussex 11/16 & 24 km Midhurst
19 April	Hartfield 10K and Fun Runs
22 April	Worthing Rowing Club's Splashpoint 5 km
26 April	Angmering Bluebell Trail Run - 10mile & 10km
26 April	London Marathon
30 April	Haywards Heath Harriers Open T&F
2 May	East Grinstead 10M (Mid Sussex Marathon Wknd)
<b>3 May</b>	<b>Haywards Heath 10M SGP</b> (Marathon Wknd)
3 May	Worthing Three Forts Marathon
4 May	Barcombe 10 km & 6 km Charity Run
4 May	Rusper Village May Day Race
4 May	Burgess Hill 10 km (Mid Sussex Marathon Wknd)
10 May	Gaby Hardwicke Atlantic Challenge Marathon, Half & Quarter - Teams & Individuals
10 May	Starfish Marathon & Half & Relay Races, Bexhill
10 May	The Run Together Run, Eastbourne
10 May	Portslade Hedgehopper 5M WSFRL
<b>10 May</b>	<b>Hastings 5M SGP</b>
13 May	Vets T&F Eastbourne
16 May	Arun Marathon Littlehampton Marina
17 May	Brighton Heroes vs Villains Run, kids 500m dash, youth mile, adult 5 km and adult 10 km
17 May	Bognor Prom 10 km
17 May	Rottingdean & Saltdean Lions: Deans Challenge
<b>17 May</b>	<b>Horsham 10km SGP</b>
20 May	Beach Run 5 Miles WSFRL Littlehampton
23 May	Rockabilly Rye 5M
23 May	Votwo Trail Run 24 hour Pippingford Park, Nutley
<b>24 May</b>	<b>Rye 10M SGP</b>
24 May	Weald Half Marathon, Marathon & 50 km Ultra
27 May	Bexhill 5km
27 May	Trundle Hill 10 km WSFRL Lavant Village Hall
30 May	Petworth Park Discovery Run
<b>7 June</b>	<b>Worthing 10km SGP</b>
10 June	Vets T&F Worthing
14 June	Hove Park 5 km - Arena 80 WSFRL
20 June	South Downs Marathon Relay, Half & 5 km, Petersfield
<b>21 June</b>	<b>Heathfield 10km SGP</b>
24 June	Bexhill 5 km
24 June	The Weakest Link 4 member relay, Brighton
27 June	Ladies Only Midnight Walk, St Barnabas Hospice, Worthing
27 June	Downland Community 5 mile WSFRL Hassocks

June - December 2015	
1 July	Roundhill Romp 6 mile WSFRL Steyning
4 July	St Lawrence Fair Fun Run, Hurstpierpoint
5 July	South Coast Half Marathon, 10 km & 5 km
<b>5 July</b>	<b>Bewl 15M SGP</b>
8 July	Vets T&F Lewes
10 July	Rye Summer Classic Series 10 km
12 July	Brighton Beach Aquathlon swim-run-swim
<b>15 July</b>	<b>Phoenix 10km SGP</b> <b>N.B. Wednesday</b>
25 July	LUNAR-TIC Marathon, Shoreham <b>N.B. 8pm start</b>
26 July	Seven Stiles 4 mile WSFRL Henfield
<b>29 July</b>	<b>Bexhill 5km SGP</b> <b>N.B. Wednesday (date tbc)</b>
2 Aug	Brighton Trailblazer Run
5 Aug	Highdown Hike 4.5 m WSFRL Durrington
7 Aug	British Ultrafest 48/24/12/6 hour races, Crawley
14 Aug	Rye Summer Classic Series 10 km
16 Aug	Tilgate Forest 5 mile WSFRL Crawley
23 Aug	Hove Hornets Stinger 9.5km WSFRL
23 Aug	Brighton Rugby Football Club 9.5km WSFRL
23 Aug	Henfield Half Marathon
<b>23 Aug?</b>	<b>Newick 10km SGP (date tbc)</b>
30 Aug	Arundel Castle 10 km
31 Aug	Kings Head Canter
6 Sept	Fittleworth 5 mile WSFRL
11 Sept	Rye Summer Classic Series 10 km
<b>13 Sept</b>	<b>Hellingly 10km</b>
13 Sept	Firle Half Marathon, 10km Trail Run & 5km Fun Run
19 Sept	Valley Challenge, Chichester
20 Sept	Bexhill Big 10 km
<b>20 Sept</b>	<b>Hove Prom 10km SGP</b>
27 Sept	East Grinstead 10k
27 Sept	High Weald Challenge 50 km, Ultra, Marathon & Half
<b>27 Sept</b>	<b>Barns Green Half SGP</b>
3 & 4 Oct	24hr Ultra & 50 mile night run, Ashburnham Place, Battle
<b>4 Oct</b>	<b>Lewes Downland 10M SGP</b>
4 Oct	Alf Shrubbs Memorial 5
11 Oct	Chichester Half
11 Oct	Sussex Marathon & Half Marathon, Heathfield
11 Oct	Hickstead Gallop 8km WSFRL
18 Oct	Bright 10
18 Oct	Steepdown Challenge 5 mile WSFRL
18 Oct	Worthing Seafront 10k
25 Oct	K2 Crawley 10 km
7 Nov	Poppy Half
15 Nov	Brighton 10 km (date tbc)
<b>29 Nov</b>	<b>Crowborough 10km SGP (TBC)</b>
19 Dec	Brighton City Race
13 March	The Moyleman Marathon, Lewes

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