



SEAFORD STRIDERS NEWSLETTER

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

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New Striders Committee

Club Chairman	Rob Plant	Honorary Club Captain	Martin Bulger
Treasurer	Chris le Beau	Secretary	Victoria Maleski
Men's Captain	Josh Rudd	Women's Captain	Emily Eaton
Website Organiser	Tony Humphreys	Membership Secretary	Linda Jennings
Junior Leader	Simon Nixon	Mince Pie Race Director	Terry Ward
Press Officer	Katherine Elton	Social Secretary	Anneka Redley/Kristy Sherry
Social Media Rep	Kristiane Sherry	Grand Prix Rep	Matt Franks
Cross Country Rep	Luke Borland	Club Grand Prix Rep	Chris le Beau
Newsletter Editor	Hilary Humphreys	Kit Organiser	Hilary Humphreys

AGM DECISIONS

MemberMojo

The introduction of a 60-day trial of a cloud-based, club membership system. This has been initiated to conform with new data regulation compliance laws (GDPR) which are effective from late May 2018.

In addition, this scheme will facilitate the upkeep of membership records and offer on-line payments of club fees and England Athletic affiliation, using PayPal, credit cards or even cheques! Further information to follow shortly.

'Couch to 5K'

Another 'Couch to 5k' group will be starting but in order not to affect the existing groups, the 9-week course will run on a Tuesday evening, commencing on Tuesday, 17th April – Meeting 7pm at the Richmond Road Car Park by The Salts, Seaford.

People who sign up will need to join the club and undertake to switch to normal club nights at the end of the course. Tom Roper already has a number of volunteers to help lead the various groups, but more will be needed and be much appreciated – further information direct from Tom at tom.roper@gmail.com

The decision was also taken to add an extra Parkrun to the club fixtures – Saturday 16th June when hopefully as many as possible will be in attendance to welcome the new members in true Striders fashion – location details to follow.



BLACK CAP XC, Lewes by Matt Franks

Leg 4 of the East Sussex Cross Country league took us up on to the downs above Lewes with still no sign of the expected English winter rainfall and associated mudfest.

Eight Striders competed looking to vanquish the excesses of Christmas, amongst them race debutant Jazz Shirat, one of our newer members graduating from the very successful Autumn couch to 5k programme. Despite the beautiful winter sunshine, the 5.4 mile course was to represent a very challenging introduction to competitive running.

The start was positioned behind the flint wall that runs along the back of the Victorian Lewes prison. A small loop down towards the main road and then back up was designed to spread the field sufficiently before hitting a narrow path between houses that would take us up onto the hills above Lewes. As the bulk of us reached this pinch point we slowed to a walk and then stopped to a cacophony of GPS watches simultaneously switching to pause mode. Taking a collective breather as we funnelled through.

The course steadily climbed up onto the chalk downs, temporarily flattening out on an uneven track. In the distance, the leaders snaked single file up onto Black cap, to me their number appearing to be much greater than the 300 that started (in reality there were only 100 ahead), Envious admiration flashed through my mind at how far they had pulled away in such a short distance.



As we hit the climb ourselves, I exchanged fleeting words with a fellow competitor from Crowborough but at “race pace” holding a conversation is hopeless. The climb continued for 3 miles, the sound of heavy breathing becoming more prevalent, a couple of competitors inched past as I tired, whilst one stopped to walk, up ahead a hundred yards a yellow flag marking the highest point and the place we would U-turn back roughly in the direction we started. I looked across at the leaders streaming back in the opposite direction along the ridge above, fellow striders Josh and Dave were both having exceptionally good races and were out of sight.

The way back to the finish was largely flat and downhill but punctuated with a couple of short sharp inclines. I found myself yo-yoing places as gains made on downhill and flat parts were frustratingly lost uphill. A short distance behind, two Striders, Pete and Anneka, were conducting their own private battle as they progressed towards the finish. Thankfully the last stretch swept downwards, enabling me to pick up a couple of positions on the way.



With Dave (photo above left) and Josh already home in 30th and 58th positions respectively, I was followed in from the Strider contingent by Pete (photo left) just pipping Anneka (a reversal from the previous leg) and helped in part by the latter’s 14 mile training run the day before. Then came Terry Ward again leading his age group followed not long after by Jazz, (photo right), encouraged by the team, finishing very strongly down the final straight (definitely more to come in future races) and finally enjoying the views and perhaps rueing the pre-race Lewes Twitten run / morning coffee (not exactly textbook preparation) was Tom Roper.



Final placings: Dave Dunstall 30th 37:12 (photo above right), Josh Nisbett 58th 38:58, Matt Franks 108th 41:58 (photo above left), Peter Weeks 143rd 44:58 (photo left), Anneka Redley 150th 45:33, Terry Ward 236th 52:13, Jazz Shirat 256th 56:13 (photo right), Tom Roper 291st 74:53.

Team race standing: 6th out of 12. Photos this race courtesy of Matt Franks

CLUB EVENTS



Mondays, 5th March & 2nd April

Monthly Training Session

7.30pm – Lewes Track



Thursday, 22nd March

Couch to 5K Anniversary Meal
Shahjahan Restaurant, Seaford



Saturday 7th April

Skittles Evening
Royal Oak, Barcombe



Thursday, 12th April

Thirsty Thursday
Joe's 18th at the Welly

CHICHESTER 10K by Stacey Jones

On a freezing cold early February morning, eight crazy Seaford Striders decided to run the Chichester 10k. This was my 4th, 10k run having started the ‘couch to 5k’ back in March. Even though I have been putting in a lot of practice; I wasn’t looking forward to this event. I said to my running buddy Debbie Plant, “I’m not going for a time today, just to enjoy it”. I expected to be running on my own.

(Photo right Debbie & Stacey)



It was all very confusing at the start and we found ourselves in the 45 min starting area, instead of the 60 min one (our aimed time) ops! Oh well we just thought, we’ll go at our own pace and see how we do.

The first 3.5 miles was run on the roads. They were lovely, not too hilly and quite a few people out braving the cold to cheer us along the way. As we settled into our pace we approached the race track together and thought we can do this. However, the last 2.5 miles were hell. Cold and very windy on a very lonely race track. The track never seemed to end, felt more like 5 then



2.5 miles.

(Photo above L-R Joe Plant; Debby Plant; Stacey Jones; Hilary Humphreys & Rob Plant)

As we kept going, with heavy legs and not feeling it, there were a lot of people around us walking, but we never gave in. As we approached the finale bend and with Simon Nixon words ringing in my head “you need a good strong finish”. I was amazed that I was still running alongside Debbie. I noticed the time. With 100 yards to go I said, “let’s go for it” and we both did a sprint finish.

We crossed that line and knew we had given it our all. We were jumping for joy when we found out we had done a sub-hour race. This time last year, I would never have believed that I could achieve that kind of time or even run that distance. I would never have achieved this if it wasn’t for the support and encouragement of the amazing Seaford Striders team.

Everyone that day did an amazing time. Dave Dunstall, (photo left) 38:41; Joe Plant, 39:46; Hilary Humphreys, 54:15; Stacey Jones, 59:36; Debbie Plant, 59:37; Victoria Maleski, 01:09; Rob Plant, 01:11 and Becky Souissi, 01:11



WONDERFUL (WINDYISH) WORTHING by Anneka Redley

Photo right

Having been offered somebody else's place in the Worthing Half Marathon, I was in two minds as to whether to take it or not. I can honestly say, I'm so glad I did!

The day itself was cold, breezy and gloriously sunny, making a run by the seaside seem very appealing. Arriving in good time I managed to park stress free and make my way over to the Pier. Unbelievably there was an indoor area (with heating!) which housed the baggage area, pop up sports shops and hundreds of cold competitors enjoying the last few minutes of precious heat before heading to the start line.

Amanda Feast and I headed off to the start line positioned on the seafront, and by chance



bumped into new Strider Nick Farley. (photo left L-R Nick, Amanda and myself) Then we were off! We headed along the seafront into the breeze for only a short while before we headed inland and around the residential streets of Worthing. Unlike many coastal runs, there were lots of turns throughout, so you weren't running in one direction for mile after mile straight into the wind. The residential streets also provided great shelter from the wind making it all that more bearable. My first mile clocked in pretty quick-and I was certain I needed to slow down but somehow sped up for the next couple. I assumed eventually my pace would die out, I knew at some point that

wind was gonna get me- but for all the time I felt okay I just held my pace.

The support through the streets was great- families gathered on their drives to cheer and clap and lots of kids were offering high 5s. I still felt good around the 7 mile mark but still hadn't really felt the wrath of the wind, surely it had to be coming! Despite being capable of simple maths, I was convinced I only had 5 miles to go- realising only half way through mile 7 that of course I hadn't! And that's where it changed.

Miles 8, 9 and 10 were pretty testing- this was more typical of a coastal run, 3 miles straight into a headwind. Long stretch of seafront ahead but with the wind blowing me back, I was determined to try and hold my pace as closely as I could. The first runners were already on their way back and I tried to work out how far ahead they would be, how much further running in this direction did I have. I came to the conclusion 'until the end of time' as these runners were seriously fast and would be miles ahead. Somehow, I had isolated myself from other runners, I had nobody to shield me. My pace wasn't dropping- a miracle, and I had overtaken a man in full army gear, complete with boots and backpack (perhaps just a bit too much weight to carry against the gales).

Finally, after what felt like 400 years the turning point came just after mile 10, and I couldn't have been more delighted! Just 3 miles back with a tailwind to push me along. I was tiring but I had managed to get this far, I would just have to grin and bear it and keep up the speed. Luckily my effort was slightly more relaxed and the wind pushed me those extra few seconds per mile (although can you ever feel the benefit of it behind you???) Amazingly, I was getting faster and faster.

Finally, I was in my last mile and pushed on for the last stretch when I could see the finish line. I couldn't quite believe it- a PB of 5 minutes and a time of 1:43:31 which I NEVER would have expected in a million years! Even more surprising was the fact I felt okay (not good but okay). However, in the race photos I do resemble a corpse, so perhaps not as okay as I thought. Can't recommend this race enough- well organised, great support, flat as a pancake (no hidden hills or inclines whatsoever) and if the weather is behaving then most definitely a PB course.



New Strider Nick Farley (photo right) achieved a storming PB time of 1:37:09, knocking 2 minutes off his previous best time. Nick was followed by Natasha Swan in 1:42:09, Richard Honeyman in 1:56:10 and Amanda Feast, training for the Brighton Marathon in 2:00:51.



Photos this race courtesy of Anneka Redley and Nick Farley

PRESTON PARK PARKRUN - Grand Prix Event

Preston Park in Brighton played host to nearly 600 runners in Saturday's weekly Parkrun, with 24 Seaford Striders amongst the contingent, taking part in the first of their Club Grand Prix events of the season.



First to cross the line was Joe Plant finishing extremely well against such a strong field and crossing the line in 35th position in an excellent time of 19:29. New Strider, Damien Partridge followed in 19:59 and hot on his heels was the ever improving Matt Franks in 20:02. Andrew Farley finished in 21:49, proving that running cures hangovers! Happy birthday Andrew! Ben Shorer finished in 22:35 and Emily Eaton took the honour of first female Strider in 22:59.

There was strength in the middle order with Kristiane Sherry, 24:59; Hilary Humphreys, 26:38; Tom Batts, 28:16; Tom Roper, 28:20; Simon Homer, 28:56; Michelle Varndell, 28:57; Peter Weeks, in 28:58 pacing Debbie Plant, 28:59; Michelle Tickner, 29:40; and Julie Taylor, 29:55 all making it home in under the 30 minutes and Chris le Beau just missing out in 30:44.

Seaford Striders likes to be considered as an all-encompassing club and in 2017 it ran two very successful 'coach to 5k' groups. These runners have made some enormous achievements with many already having been mentioned as they finished in under 30 minutes. Also, constantly improving, with many personal bests amongst their times were Becky Souissi in 32:24; admirably paced by Simon Nixon in 32:25; Victoria Maleski 32:48; Robert Plant, 32:53; Sandra Standen, 34:41; Alice Lennie, 35:02 and Sue Wallis, 39:31

STRIDERS MEMBERSHIP

The time to pay our club subscriptions is here and the cost remains unchanged from last year. This is thanks to your assistance with our very own Mince Pie race, as well as marshalling at other events. All new members, who pay a full year's subscription, i.e. £16 or £8 for retired or unemployed members, also receive a free club vest or tee shirt in black – our race colours, in the hopes that you wear it with pride and compete in races. Membership fees for England Athletics is £15 and enables race entry at a reduced cost. A new membership payment system will shortly come in effect – details to follow.

STRIDERS CLUB GRAND PRIX RACES

Following on from the success of the 2017 Striders Club Grand Prix, our organiser, Chris Le Beau has devised another group of races in which to compete against your fellow club members. The first event this year is the parkrun at Preston Park on 17th February.

For those of you who are new to parkruns, you will first need to register and print out a permanent bar code which you carry with you for the run. <http://www.parkrun.org.uk/register/> This is then used to log your run time and can be used at any future parkrun. There is no entry fee for parkruns. 17th February is a good opportunity to get on the scoreboard early and to wear club colours to remind the locals they have a fine running club nearby!

11-Mar-18	Cross Country Pett	http://www.eastsussexcrosscountry.co.uk/events
18-Mar-18	Hastings Half marathon	https://www.sportsystems.co.uk/ss/event/HastingsHalfMarathon20182
7-Apr-18	Hove Prom Parkrun	http://www.parkrun.org.uk/hovepromenade/
6-May-18	Haywards Heath 10 mile	https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile/2018
13-May-18	Hastings 5 mile	https://www.nice-work.org.uk/races/Hastings5/2018
9-Jun-18	Peacehaven Parkrun	http://www.parkrun.org.uk/peacehaven/
16 June 18	Parkrun (details tbc)	
24-Jun-18	Heathfield 10K	http://heathfieldroadrunners.com/race.php
7-Jul-18	Eastbourne Parkrun	http://www.parkrun.org.uk/eastbourne/
4-Aug-18	Peacehaven Parkrun	http://www.parkrun.org.uk/peacehaven/
9-Sep-18	Hellingly 10K	http://www.hellingly10k.co.uk/
7-Oct-18	Lewes 10 mile	https://www.lewesac.co.uk/
21-Oct-18	Hove Prom 10k	http://arena80.co.uk/hove-prom-10k-race/
10-Nov-18	Preston Park Parkrun	http://www.parkrun.org.uk/prestonpark/
2-Dec-18	Crowborough 10K	https://www.nice-work.org.uk/races/the-crowborough-10k
Dec date tbc	Cross Country Framfield	http://www.eastsussexcrosscountry.co.uk/events

PARKRUNS DOWN UNDER by Terry Ward

On my recent trip to Australia with Sue to meet up with various cousins on her side and to see two of our granddaughters, I came up with the idea of competing in three Park Runs and so worked out an itinerary that would allow us to be in three different places on three consecutive Saturdays.

We flew to Melbourne and arrived much the worse for wear on a Wednesday, so had time to get over jet lag and to go for a run before entering the Karkarook Park Run at Moorabin outside of Melbourne. A lovely 2 lap course round a lake which started at 8.00am (as they all do, due to the heat). Although not hot by Aussie standards it felt much hotter than Seaford had been! My result showed that I had finished 54th out of 210 and was 1st MV70.



The next leg was to be in Adelaide and so we drove there over two days, arriving on a Friday and stayed right in the city centre. I was able to jog to the start of the Torrens Park Run but due to the temperature and humidity I was soaking before the run started. A picturesque run out and back along footpaths adjacent to the Torrens river, which runs through the centre of Adelaide. Again a good result as I was 143rd out of 356 and was 1st MV70.

We now drove back to Brighton outside Melbourne where we were staying, visiting the Grampians on the way; a range of steep sided hills with waterfalls and where we saw kangaroos at dusk.

The next step was more tiring as up at 3.00am to catch a four hour flight to Perth in Western Australia, made even more tiring as WA is 3 hours behind Melbourne time. However, we were here to see the two granddaughters so that made it all worthwhile. They stayed with us in our rented accommodation and so came with Sue and myself to the Rockingham Park Run. This is an out and back course along concrete paths with some grass and follows the shore line. Was this to be a hat trick of firsts? Well no I came 2nd MV 70 despite coming 42nd out of 306 and some strong vocal cheering from two lovely young ladies.

BRIGHTON HALF by Katherine Elton

The freezing weather failed to chill the spirits of the 21 Seaford Striders who took part in the Brighton Half Marathon.

(Photo right – Katherine Elton)

The wind-chill at the start line may have been -2, but all of the runners benefited from the warmth of Brighton Half's supportive crowd and well-organised team of marshals and volunteers. The long flat course has few corners and gives great scope for PBs.



The race started on Madeira Drive before a short uphill run along the cliff tops to Ovingdean before turning back into Brighton at Mile 3. Miles 4 and 5 took runners on a short downhill stretch before turning for a circuit of the Old Steine, where the crowds were in fine voice.

The route then continued back along the seafront for a further 3 miles, turning just before mile 10, leaving a 3 mile stretch from Hove Lagoon back to Madeira Drive. As with previous years, the last couple of miles were made easier by the enthusiastic crowd of spectators who cheered, high fived and waved brilliantly funny motivational placards along the way.

First Strider across the line was Josh Rudd in 1:20:37. He was followed by Dave Dunstall in 1:26:18. Competing in his first ever half was Joe Plant in 01:31:03, beating his old running mate Scott Hitchcock in 1:32:28. New Strider Nick Farley is a welcome addition to the team in 01:33:18 and Billy Moakes 1:33:52.



(Photos above L-R Josh Rudd, Dave Dunstall, Joe Plant, Scott Hitchcock and Nick Farley)

'Couch to 5K' graduates Matt Franks and Ben Barnett are starting to show their potential in times of 1:37:48 and 1:44:04 respectively and leading the way for Simon Nixon in 1:56:37.

Emily Eaton was the first Strider back in the ladies' race, completing the course in 1:42:33 and was closely followed home by team mate Anneka Redley with a PB of 1:42:41.



(Photo above L-R Scott, Beth, Becky and Debbie

(Photos above L-R Emily Eaton, Simon Nixon, Debbie Plant and Stacey Jones)

Striders running their first half marathon included yet more 'Couch to 5K' graduates and they should all be delighted

with their times as they reflect numerous training runs. They include Katherine Elton 01:57:27, Jazz Shiret 2:13:01, Stacey Jones 2:13:51, Debbie Plant 2:13:51, Julie Taylor 2:15:03, Simon Homer 2:19:38, Michael Pickering, 2:24:29, Becky Souissi 2:40:57 and Rob Plant, 2:42:36. Amongst this group was seasoned runner Tom Roper in 2:33:19.



As always in this race, there was a great mix of runners of all abilities who collectively will have raised an amazing amount of money for numerous charities.



(Photos L-R Rob Plant and Becky Souissi)

Photos this race courtesy of Tony Humphreys



Photos right – Tom Roper with fellow fund-raisers

SEAFORD PARKRUN - update

Plans for a Seaford Parkrun are well underway. There is a core team comprising of Joel Eaton, Andy Farley and Michelle Tickner, who are currently involved in bid applications for funding. Equipment costs for a laptop, stop watches, bibs, cones and plastic discs for time recording, etc. are approximately £3,000. Progress is being made and Joel would now like to widen the core team to other interested members of Striders. Please indicate your interest by signing the form on the club notice board. If you have any queries regarding what is involved, please contact Joel direct: soundslikejoel@gmail.com



MOYLEMAN VOLUNTEERS NEEDED!

This year's Moyleman, the off-road marathon on the downs around Lewes, takes place on Sunday 18th March. I'm looking for marshals for this year's race and wondered if any Striders would be able to help, please. I should make clear that this is entirely voluntary, and outside the marshalling commitments the club asks of members.

The race is sold out, and we have increased the size of the field, with 250 runners covering the whole distance, and 50 teams of two relay runners, each covering half the distance. The race starts at 10:00 on Sunday 18th March at Landport Bottom. I'm looking for marshals who can offer their services for the day, or parts thereof, between 9:00 and 16:00. In return we offer all marshals:

- the use of a glamorous purple marshal's tabard for the day
- free beer at the finish
- free pizza, also at the finish
- and a commemorative Moyleman pint glass

Please let me know at tom.roper@gmail.com if you can help, and if you have any preferences as to time or place.

CLUB KIT from Hilary Humphreys

The club receives sponsorship from Inter Sport (Lewes & Seaford) from whom we purchase vests, tee shirts and black zipped hoodies. Sponsorship also received for a number of local businesses, which also reduces the cost of our kit – see sponsors page for further details.

Please note that there has been a price increase from January. Short sleeved tee-shirts (complete with logos) are £12 and long-sleeved versions are available for an extra £3 but only in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue.



To order, please contact me direct hilary@hilton-it.co.uk Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport (Seaford & Lewes) 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

Please continue to submit race reports on the usual Grand Prix events as well as for the more unusual races, either in the list overleaf or elsewhere. This helps to enliven the newsletter and makes for a far more interesting read, especially if you also enclose a photo of yourself to accompany it. Email: hilary@hilton-it.co.uk



SPONSORSHIP

The club is fortunate to receive sponsorship from the following local organisations and it is because of their support that the club can offer a free vest or tee shirt to new members and subsidised kit to all members. Seaford Striders would be delighted to add more sponsors to its band of supporters. If anyone knows of other local companies who would be interested in sponsoring Seaford Striders, then please do get in touch. Thank-You Ed.



Seaford Estate Agents

[Tel: 01323 898414](tel:01323898414)



Seaford Estate Agents

[Tel: 01323 490001](tel:01323490001)

The White Lion Hotel [Tel: 01323 892473](tel:01323892473)

(sponsor committee meeting venue)



Residential lettings in Brighton

[Tel: 01273 672999](tel:01273672999)



Extensions, ground work, etc.

[Tel: 01273 959343](tel:01273959343)



Intersport – sportswear suppliers

Lewes & Seaford

[Tel: 01323 898516](tel:01323898516)

Gingerfit your local Seaford Personal Trainers

[Tel: 0323 893676](tel:0323893676) Email: info@gingerfit.co.uk



FUTURE RACES

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

Cross Country Events – ESSXCL - <http://www.eastsussexcrosscountry.co.uk/>

Sussex Grand Prix (SGP) events are marked in red

Marshalls required at events marked in green

Junior welcome with seniors or special children's races - marked in purple

Club Grand Prix Races

March – 10 May 2018		13 May – end June	
4 Mar	Eastbourne Half	13 May	Hastings 5 Mile Club Grand Prix
4 Mar	Steyning Stinger Half	13 May	Pulborough 5K/10K/15K/HM
4 Mar	London Half Marathon	13 May	Eastbourne Trackstar Marathon
7 Mar	Chichester Corp Challenge Race 2	13 May	Hedgehopper 5, Portslade
10 Mar	Nat Inter-counties XC, Loughborough	13 May	Run Wisborough 10K, 5K
11 Mar	West Worthing 5K & 10K	16 May	5M Beach Run, Littlehampton (N.B. Wednesday) & Kids 3/4M
11 Mar	Pett XC Club Grand Prix	20 May	Horsham 10K
18 Mar	Balcombe Bull Run	20 May	Bognor Prom 10K
18 Mar	Hastings Half + Kids races Club Grand Prix	20 May	Arun River Marathon
18 Mar	Lewes Moyleman Marathon	23 May	Trundle Hill Run, Chichester (N.B. Wed) & Kids 3/4M
18 Mar	SEAA 12 stage relay, Milton Keynes	27 May	Rye 10 miler
21 Mar	Chichester Corp Challenge Race 3	28 May	Newhaven Harbour to Brighton Marina 15M
25 Mar	Lancing College 10k	30 May	Bexhill 5K & Youth 1M & Kids 1M & 500mtr
25 Mar	Mel's Milers 10K, Christ's Hospital, Horsham	3 June	Mud Monster 5K, 10K, 20K, East Grinstead
25 Mar	Jog Shop Jog	3 June	Worthing 10K
30 Mar	Good Good Friday Run 12k, Brighton Marina	10 June	Hove Park 5K and Children's races
2 Apr	Lewes Easter Monday 10K + Kids races	10 June	Weald Challenge Trail 50K, Ultra & Half, Chiddingly
7 Apr tbc	Sussex Road Relays, Christ's Hospital	16 June	Parkrun – venue tbc
7-Apr-	Hove Prom Parkrun	20 June	Mid Summer 5M, Chichester
8 Apr	Hartfield 10k/5.6k & 2k – Kids can enter	20 June	The Weakest Link Relay, Brighton
14 Apr	Brighton Mini Mile Races	23 June	Race to the King
15 Apr	Brighton Marathon + BM10K	23 June	Downland Dash, Burgess Hill (N.B. Sat) & Kids 1M
22 Apr	London Marathon	24 June	Heathfield 10K Club Grand Prix
26 Apr	Haywards Heath Open Track & Field Events	24 June	Bates Green Gallop 3.78 mile x ?? 6-hour limit!
28 April	Dark Star 7K Patridge Green - Henfield	25 June	Marathon Madness 5 in 5; 3 in 3; Trail events
5 May	East Grinstead 10M (mid Sussex Marathon Week-end)	26 June	Marathon Madness 5 in 5; 3 in 3; Trail events
6 May	Haywards Heath 10M (mid Sussex Marathon Week-end)	27 June	Marathon Madness 5 in 5; 3 in 3; Trail events
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury	27 June	Bexhill 5K & Youth 1M & Kids 1M & 500mtr
7 May	Burgess Hill 10K (mid Sussex Marathon Week-end)	28 June	Marathon Madness 5 in 5; 3 in 3; Trail events
7 May	Barcombe 10k & 5k + Kids races	29 June	Marathon Madness 5 in 5; 3 in 3; Trail events
10 May	Out of the Blue 10K, 5K, Battle		

Continued Over.....

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Cross Country Events – ESSXCL - <http://www.eastsussexcrosscountry.co.uk/>

Sussex Grand Prix (SGP) events are marked in red

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Club Grand Prix Races

July – end August 2018		September – January 2019	
1 July	Bewl 15	2 Sept	The BBB 10K
1 July	Lingfield Dry Hill 10miler & 10k, Lingfield College https://lingfieldrunningclub.co.uk/	2 Sept	Fittleworth 5 & Kids 0.8M
4 July	Roundhill Romp, Steyning (N.B. Wed) & Kids 1M	2 Sept	London 2 Brighton Trail Ultra
7 July	St Lawrence Fun Run, Hurstpierpoint	9 Sept	Hellingly 10K Club Grand Prix
7-July	Eastbourne Parkrun	16 Sept	Tilgate Forest
8 July	Eastbourne 10K	23 Sept	Pulborough 5K/10K/15K/HM
11 July	Phoenix 10K (Wednesday)	23 Sept	Y-Front, Hastings 10K & 5K
15 July	Beat the Tide 10K, Worthing	30 Sept	Barns Green Half & 10K
18 July	The Wakehurst Willow 8K	30 Sept	Tempo 10k, Eastbourne
21 July	Lunatic Night Marathon	7 Oct	Bright 10
22 July	Brighton Trailblazer Run	7 Oct	Sussex Marathon 7 Half
25 July	Bexhill 5K & Youth 1M & Kids 1M & 500mtr	7 Oct	Lewes Downland 10 Mile Club Grand Prix + 5mile
29 July	Seven Stiles, Henfield & Kids 1M	7 Oct	Downslink Ultra
1 Aug	3.5M Hightown Hile, Worthing (N.B. Wednesday)	14 Oct	Hickstead Gallop 8K & Kids 1.5M
4-Aug	Peacehaven Parkrun	21 Oct	Worthing Seafront 10K
12 Aug	The Adder 10 miler & Friston Forest 5	21 Oct	Hove Prom 10K Club Grand Prix
12 Aug	Henfield Half	27 Oct	Beachy Head Marathon + 10k
18 Aug	Downland Challenge Ultra	28 Oct	5M Steepdown Challenge, Lancing & Kids 1M
18 Aug	13 The Hard Way, Clayton	4 Nov	4.5M Gunpowder Trot, Horsham & Kids 1M
19 Aug	Hornets' Stinger, Brighton, 10K + Kids races	10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km
25 Aug	South Coast Challenge	10 Nov	Preston Park Parkrun
26 Aug	Newick Will Page 10k	18 Nov	Brighton 10k
26 Aug	Arundel Castle 10K	2 Dec	Downland Devil 9
27 Aug	Kings Head Canter	2 Dec	Crowborough 10K Club Grand Prix
		9 Dec	Mince Pie 10 miler
		Dec tbc	Cross Country Framfield Club Grand Prix
		1 Jan	Seaford Striders Seafront 5K
1		1 Jan	Hangover 5M, Goring & Kids 1M