



17-Feb-18	Preston Park park run	<a href="http://www.parkrun.org.uk/prestonpark/">http://www.parkrun.org.uk/prestonpark/</a>
11-Mar-18	Cross Country Pett	<a href="http://www.eastsussexcrosscountry.co.uk/events">http://www.eastsussexcrosscountry.co.uk/events</a>
18-Mar-18	Hastings Half marathon	<a href="https://www.sportssystem.co.uk/ss/event/HastingsHalfMarathon20182">https://www.sportssystem.co.uk/ss/event/HastingsHalfMarathon20182</a>
7-Apr-18	Hove Prom park run	<a href="http://www.parkrun.org.uk/hovepromenade/">http://www.parkrun.org.uk/hovepromenade/</a>
6-May-18	Haywards Heath 10 mile	<a href="https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile/2018">https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile/2018</a>
13-May-18	Hastings 5 mile	<a href="https://www.nice-work.org.uk/races/Hastings5/2018">https://www.nice-work.org.uk/races/Hastings5/2018</a>
9-Jun-18	Peacehaven park run	<a href="http://www.parkrun.org.uk/peacehaven/">http://www.parkrun.org.uk/peacehaven/</a>
24-Jun-18	Heathfield 10K	<a href="http://heathfieldroadrunners.com/race.php">http://heathfieldroadrunners.com/race.php</a>
7-Jul-18	Eastbourne park run	<a href="http://www.parkrun.org.uk/eastbourne/">http://www.parkrun.org.uk/eastbourne/</a>
4-Aug-18	Peacehaven park run	<a href="http://www.parkrun.org.uk/peacehaven/">http://www.parkrun.org.uk/peacehaven/</a>
9-Sep-18	Hellingly 10K	<a href="http://www.hellingly10k.co.uk/">http://www.hellingly10k.co.uk/</a>
7-Oct-18	Lewes 10 mile	<a href="https://www.lewesac.co.uk/">https://www.lewesac.co.uk/</a>
21-Oct-18	Hove Prom 10K	<a href="http://arena80.co.uk/hove-prom-10k-race/">http://arena80.co.uk/hove-prom-10k-race/</a>
10-Nov-18	Preston Park park run	<a href="http://www.parkrun.org.uk/prestonpark/">http://www.parkrun.org.uk/prestonpark/</a>
2-Dec-18	Crowborough 10K	<a href="https://www.nice-work.org.uk/races/the-crowborough-10k">https://www.nice-work.org.uk/races/the-crowborough-10k</a>
December date to be confirmed	Cross Country Framfield	<a href="http://www.eastsussexcrosscountry.co.uk/events">http://www.eastsussexcrosscountry.co.uk/events</a>