



SEAFORD STRIDERS NEWSLETTER

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

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COMMITTEE POSTS

All the club positions have now been filled, with the exception of the Cross Country Rep. I am aware that a number of our runners enjoy participating in these winter fixtures and if you fall into this category, could you please consider sparing a small amount of time to act as Club Representative? If "yes" please speak to a committee member.

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

EASTER MONDAY, LEWES 10K



The Lewes Races were enjoyed by both the adult and junior members of the club and varied from an 800m trot for the toddlers, a 1 mile junior and a 2 mile event. For those over 15 years of age there was the ever popular 10K, which this year attracted nearly 700 entrants. The Striders had a good turnout of 17 runners of all ages, making this a truly family affair.

Whilst the shorter races are mainly confined to the track and school grounds, the multi terrain 10K starts at Lewes running track, before heading south to Iford and back over a variety of paths, tracks and open fields. The sun shone and its heat caught out a few slightly overdressed competitors.

The race was won by James Baker (Chichester Runners) in 34.22 going well under 6 mins per mile and Emma Rollings (Lewes AC) was the first female over the line in 40.27.

First across the line for the Striders was the ever reliable Simon Fletcher in 19th place overall and clocking a time of 39.32 (photo above left). Josh Rudd in 40.30, headed home Scott Hitchcock 44.41, Peter Weeks 47.38 and Chris Wrathall 49.59 who hopefully will be pleased to have sneaked in under the 50min slot! (Chris photo right)



Others who dug deep were Christian Morton 50.51 (photo right), Rob Webber 52.58 and Hilary Humphreys 56.49. Claire Keith in her first race since her new edition should be pleased with 58.29. Bob Ward 59.17 and Tom Roper 1:04.53 completed the Striders results for the day. All photos this race courtesy of Tony Humphreys.



N.B. These times were declared unofficial by the Lewes AC at the time of going to print.

BEWARE OF THE TREADMILL



An anecdote from an Australian runner.

In my early uni days I had a trackie-daks (tracksuit bottoms) thing going on. So I went to the gym, and instead of starting with a slow jog, I straddled the belt and kept pressing the "faster" button until the thing got to top speed (16 or 17kph - fast!).

Then I proceeded to jump on to the moving belt -

bad idea! It attempted to hurl me off; at about 16-17kph (very fast!), and although my legs were going one way, instinct for some reason told me to grab the balance bar at the front of the machine - bad move! I ended up at full stretch, with my hands on the balance bar at the front, and my feet thrown just over the rear edge of the machine, with toes on the ground, and my shins resting against the rear of the belt (still rotating at 16-17 kph - very fast).

As I was wearing my trusty trackie-daks, the belt soon caught on to them, and soon, in front of the whole gym, I wasn't wearing much at all, and was screaming for dear life for someone to pull the bloody safety plug! Be aware of the danger of treadmills!

Reproduced courtesy of Tempo Running Shop, Eastbourne. To read the full edition, click on the link: [April Edition](#)

RACE WEEKEND - BRIGHTON MARATHON - 11th/12th April 2015 by Phil Robinson

One of the highlights of the marathon weekend was attending the exhibition at the Brighton Centre. This year I was able to go along with my son Vincent (now 13 months old) which was an interesting experience. We spent most of the time going up and down the conference centre's many stairs, practicing his unstable but improving climbing skills. For him this was good playtime – for me I guess I have to view it as cross-training! In the main hall the running shoes on display were an easy target for his little hands. He also liked the massive Jacuzzis they had on display there, and daddy

held him up so he could dip his hand in the frothing water. But most of all Vincent loves his food and there were plenty of protein bar samples and energy gel samples everywhere.



The race on the Sunday (12th April) was quite a hot one this year. It started off chilly but soon got too hot for a running vest over a T-shirt, so I reduced down to the Strider's top around mile 3 or 4. Thankfully, the water stations were great – lots of them at regular intervals and very practical with both water and Gatorade in paper cups at most of them. It was great to have familiar faces in the crowd calling out my name and cheering me on. I also had complete strangers cheering me on by name - though I suspect a 'charity Phil' must have been running close by!

The last two miles were tough to keep to my pace but it was worth it for a new PB of 3:25. I had tried to maintain a 7:40 min/mile pace because I had the 'good for age' target of 3:20 in mind, but at 19 miles this lightly trailed off so not that strong yet. I also had a secondary target of 3:23 to beat, set by Kevin Ives at the Spanish Seville marathon back in February - alas didn't make that either. But hey, never mind, it was still a good PB and a lovely day racing! (Photo left of Phil, courtesy of Danny Simpton)

AND THE REST.....

Around 15,000 people took part in the Brighton marathon, with thousands more lining the route. The official starter of both the Marathon and BM10K race, was none other than Jo Pavey. Jo hit the heights this summer to win her first major title when she scorched to 10,000m gold at the European Championships in Zurich, just days after winning bronze over 5,000m at the Commonwealth Games in Glasgow.

The route heads to the seafront from its start in Preston Park, turns east to Rottingdean then west as far as Portslade finishing with a tough 4 mile haul back along the seafront on Madeira Drive.

Duncan Maiyo and Pennina Wanjiru completed a Kenyan double, with Maiyo triumphing in his first marathon outside his home country as he led home compatriots Dominic Kangor and Mutai Kipkemei in the men's race; crossing the line in a PB of 2:10:15. Wanjiru was even more dominant in the women's race as she took gold on her marathon debut in a time of 2:34:25 ahead of Lishan Dula and fellow Kenyan Eunice Kales.

Jacob Miles was second Strider home in an elite class time of 3:28:08, only 2 ½ mins behind Phil Robinson. Admirable times too from Karen Clinton 4:05:14 and Richard Honeyman 4:13:59. In his first attempt at this distance David Hammond achieved a creditable 6:14:53 marking the last of the Striders over the line.



BRIGHTON BM10K

In the second BM10K Teeside Distance Runner Jonny Taylor was first over the line in 29:13 just shy of the course record. First female over the line in a time of 32:49 was Euro Cross team gold medallist Steph Twell of AFD.

The only Strider amongst this elite field was Simon Fletcher who crossed the line in a cracking time of 36:12. (Photo left, Simon at Lewes 10K on Easter Monday)

POSER CONTENDERS

Photos below, from L to R – Richard Honeyman at the Brighton Marathon, Rob Webber and Peter Weeks – both at Lewes 10K



Where's Pete's torch?



IN MEMORY OF TONY DRAY

Tony Dray's son, Ryan, is running Brighton Marathon this year in memory of his father. Ryan is running on behalf of Cancer /research UK, the world's leading charity dedicated to beating cancer through research. If you would like to contribute Ryan's just giving page, the link is as follows: <https://www.justgiving.com/RDBrighton2015/>

UPCOMING CLUB EVENTS

DATE	DETAILS
7th May From 8pm onwards	Poling Day at the Welly Vote with your feet for the Thirsty Club!

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

NOMINATIONS WANTED

The Striders have commenced the search for a local charity to be the benefactors of the proceeds from this year's Mince Pie Run. Please give the matter some thought and either add details of your nominated charity to the sheet on the club notice board or alternatively speak to Linda at the club or via email: jennings.linda1@sky.com

MARSHALLING

Any of us who have ever entered an event know that without the help and dedication of the marshals there would be no event and therefore no opportunity for us to indulge in our hobby. Marshals are a vital part of any event, not only from an organisational and safety point of view but often with words of encouragement that may help us through a 'tough spot'.

Seaford Striders have traditionally helped marshal at a number of events during the year. For this the club receives healthy donations, which go a long way to helping with the clubs running costs and help keep membership fees at the very low level they are. This obviously benefits all members. The most important is the Mince Pie race on 6th Dec as this is solely organised by the club and therefore needs between 80-90 marshals – please put the date in your diary.

Whilst not all members may want to run races, we would ask that you volunteer your time, at least once during the year and in practice this is about 2-3 hours, so not a lot. The idea obviously is that the club and all its members benefit from the marshalling income and therefore it is not unreasonable that all members should play their part in helping to marshal. The irony is that marshalling is actually good fun, as there is usually a great spirit and camaraderie and as the saying goes 'you receive by giving'.

So please keep a look out for the publicised Striders marshalling events and come along and help your club, other runners and have a laugh at the same time. If you are still to be convinced of the importance of Marshals, just read on.....!



No end in sight for 10k Bournemouth Bay runners sent on a detour

About 300 runners in the Bournemouth Bay Run ended up doing another three kilometres Carolyn Jenkins/Alamy
Fariha Karim Published by The Times at 12:01AM, April 14 2015

As they neared the end of ten kilometres, the runners could have been forgiven for thinking that the finishing line of their charity race would soon be in view. For 300 of them, however, it was not to be. They ended up running another three kilometres after the marshal who was meant to be directing them vanished, with some people claiming the official had gone to the lavatory.

About 1,200 competitors were taking part in the Bournemouth Bay Run on Sunday in aid of the British Heart Foundation. The race ended in fiasco when 300 of them continued past the unmanned marshal point and took an unscheduled detour. When they finally finished, many of the unfortunates were in tears!

RACES MARSHALLED BY THE STRIDERS:

- Seaford Half Marathon** - **Sunday, 7th June 2015**
- Jog Shop 20** - **October 2015 (date to be confirmed)**
- Beachy Head Marathon** - **Saturday, 24th October 2015**
- Mince Pie** - **Sunday, 6th December 2015** **N.B. Organised by the Striders**

4 MILE TIME TRIAL

Two 4 mile time trials took place during the winter months. Many thanks to Martin Bulger for organising them for us as they are an excellent opportunity to test our running ability.



10th December 2014		1st April 2015	
Gareth Hutchinson	23:02	Josh Rudd	23:25
Kallum Wright	25:48	Scott Hitchcock	27:32
Billy Moakes	26:24	Kyle Lawrie	27:35
Chris Wrathall	28:20	Bob Ward	31:27
Tom Jay	29:08	Rob Webber	31:27
Paul Heywood	29:17	Dawn Woodgate	32:00
Corey	29:17	Peter Weeks	32:27
Peter Weeks	29:17	John Gillespie	32:27
James	29:21	Jackie Webber	34:12
Lucy Thorne	29:28	Tom Roper	38:12
Mark Ford	29:51	Trevor Jones	38:21
Bob Ward	31:38	Zoe King	41:46
Tom Batts	33:58	John Kingshott	41:58
Rob Webber	34:51	Briony Lawrie	42:50
Paul	34:51		
Geoff Gray	37:12		
Andy McDonald	37:42		
Tom Roper	37:52		
Trevor Jones	38:58		
Martin	41:41		



CHARTWELL CANCER TRUST (CCT) LILY-MAE 25k BIKE RIDE

For the second year running the Chartwell Cancer Trust (CCT) Lily-Mae 25k Bike Ride was held on Sunday, 12 April. Sadly Lily-Mae lost her fight with a rare form of liver cancer last year at the age of three.

This 25k bike ride was started by Kevin Kingshott her Uncle, and her Grandparents Christine and John Kingshott to help and assist the CCT, who provided support during the ten months 24/7 Lily- Mae, and her parents spent in various London Hospitals.

This year’s event was better supported than last year, with the added bonus of support from local businesses.

The Kingshott family would like to express their thanks to the Seaford branch of the Co-operative for supplying snacks for the roadside stops + “goody bags” for the finishers The Uckfield branch of Halfords for supplying puncture kits, drinks



bottles and energy drinks. And most importantly the Chartwell Cancer Trust for providing the fantastic medals



This year’s event started at a local beauty spot in Seaford with the release of Pink Balloons by her two cousins Archie, (who shares the same birthdate as Lily-Mae, one year ahead,) and his little brother Maxwell.

In near perfect conditions the cyclists headed out across the South Downs linking up with the South Downs Way. At the First marshal point Jonathan and Julia (Lily-Mae’s Uncle and Aunt) directed riders to the second marshal station, where water and nibbles were provided. The riders then headed down a very steep winding road onto the A27, proceeding towards Firle, then turning back towards Newhaven and Seaford and the next water station at the “Hollow”. A local “Burger Van” had agreed to open for refreshments for the riders. A big “thank you” to them

From there the riders were back off-road climbing the downs through Denton onto the ridge, and through the villages of Norton and Bishopstone, back onto the A259 to Seaford, along the promenade to the Martello Tower, then cut back in land for the long slow wind up, to the start/finish point back at High and Over, for well-earned refreshments and medals.

Again a big “well done” to all of you, and a big “thank you” to all who backed this event. See you all next year!

www.virginmoneygiving.com/johnkingshott



SOUTH DOWNS WAY 50 – SATURDAY 4TH APRIL

by Paul Heywood

Somewhere around November 2014 my running colleague and friend, Dean Fry, asked if I fancied entering the SDW50, a 50 mile trail run along the southern section of the South Downs. Without even thinking (I did wonder on a few occasions afterward if I had lost my senses!) I said “Yep, great idea, let’s do it”. We duly signed up, paid our £72 entrance fee and started training. This was going to be something completely new as my longest distance up until now had been the marathon.

Dean has always been great over distance so my plan was to try and get near him during the training runs we did, sadly I never really touched him for pace but at least he got me used to distance.

Come the day, Easter Saturday, my parents kindly offered to drive the two of us to the start at the Hilbarn



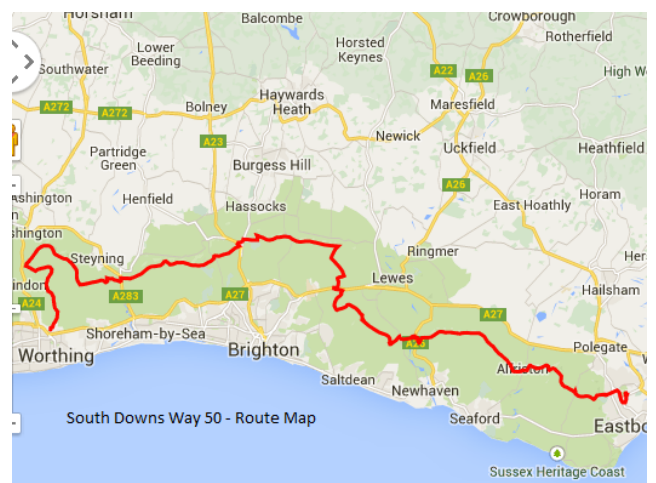
Recreation Ground in Worthing. We arrived at just after 8:00 AM to find the place full of other hopefuls checking their kit and warming up. Before you were issued your number and chip you had to have a full equipment check, whistle, compass, headlight, foil wrap, map and a spare base layer (I had forgot mine so had to spend another £60 or miss the race).

At 9:00 AM 500 runners set off heading uphill to join the South Downs Way trail. The weather was OK, dry and dull with the odd strong gust of wind, coming from a NE direction.

The route took us through from Worthing through the village of Botolphs. From there we dropped down and crossed the river Adur just to the south of Upper Beeding and carried on until we met the A23 at Pyecombe. Then heading towards Lewes, while keeping Plumpton on our left. Before reaching Lewes we dropped down to the A27 which we crossed at Housedean Farm, about ¾ mile east of Falmer and the football stadium. At this point we had completed a marathon at 26.6 miles. Unfortunately I did not get a time here so didn’t know if I was on target or not.

Climbing up from the A27 we now headed for the Southease checkpoint which is about 3 miles south of the Beddingham Roundabout. We were now 34 miles into the race and my time here was 5:39 minutes, so I was running a sub-10 minute mile, which I was quite happy with.

We then crossed the River Ouse and climbed up towards Firle Beacon, this was when I began to hit the wall and wondered if I was going to be able to make through to the end. However, summoning up some energy from somewhere, I kept going and headed down towards Alfriston where, at the check point, I took on more water and carbs to keep me going.



On leaving Alfriston and now back on my own patch it began to get easier, probably as I now knew I only had another 8 ½ miles to go. After passing the final check point at Friston it was mostly all downhill as the route

took us towards the Willingdon Golf Club and onto Kings Drive. Passing the hospital on my left it was a fantastic feeling to see the entrance to the Eastbourne Sports Park come into view. One lap around the running track and I crossed the line in a total time of 8 hours, 47 minutes and 46 seconds; in a creditable 50 position out of 500 starters (311 finished the race).

My race pal, Dean Fry, was as ever way in front of me, just over an hour between us as he finished in 11th position in a time of 7 hours, 43 minutes and 11 seconds, and that was after he had gone wrong at some point and added 3 miles to his distance! A truly great day well organised and marshalled by Centurion Running and I will be back (maybe the SDW100 next year!!!).

AND THE REST.....

Out of 500 runners 1st Victor Mound 5:53:19 and first female was Sarah Morwood in 7:19:03. First Strider was Paul Heywood in a fabulous time of 8:47:46 and Kallum Wright was pleased to finish in 11:02:44. Following injury and subsequent lack of training Kallum's strategy had been simply just to get round; given the distance involved a brilliant achievement.

MARATHON PBs by Martin Bulger mandsbulger@uwclub.net

It is early days in my attempt to collate everybody's marathon PBs, but here's an update. Hopefully it will soon be extended to cover other distances too. There could be an additional section called the 'Absolutely Bonkers' category. For such events as the Tough Guy Challenge, and the Grand Union Canal 145 miles Challenge... and perhaps there could also be an 'Excessively Absolutely Bonkers' category to cater for Linda Jennings who has done the Tough Guy three times!

<p>Sub-3 hours</p> <p>Brian Tickner 2:37 London 93 Martin Bulger 2:41 New Forest 87 Bob Eade 2:41 London 97 Jamie Stenning 2:42 London 00 Scott Davidson 2:46 London 99 Geoff Gray 2:47 London 05 Simon Fletcher 2:47 London 15 Nigel Collins 2:55 Amsterdam 89 Gareth Hutchinson 2:55 Seville 15 Ryan Stewart 2:56 Brighton 10 Phil Carr 2:56 Berlin 11 Ray Smith 2:57 South Coast 97 Tony Cross 2:58 London 04 Gary Wiles 2:58 London 90 Chris Piper 2:59 London 04 Steve Dawson 2:59 London 05 Dave Dunstall 2:59 London 10</p>	<p>3 hrs – 3:59</p> <p>Nicki Brenchley 3:09 London 02 Jackie Mills 3:15 London 99 Vicki Boyle 3:20 Polytechnic 96 Jacob Miles 3:20 Brighton 12 Natalie McCreath 3:27 Liverpool 11 Phil Robinson 3:25 Brighton 15 Angie Cox 3:32 London 11 Claire Keith 3:40 Taunton 10 Jackie Webber 3:43 London 99 Diane Fletcher 3:44 London 13 Andy McDonald 3:45 London 91 Fern Ketley 3:46 Kingston 01 Charlotte Long 3:47 London 04 Becky Breen 3:57 Brighton 13 Jackie Baxter 3:58 London 99 Pete Forster 3:58 London 89</p>
<p>4 hrs – 4:59</p> <p>Hilary Humphreys 4:04 London 99 Kay McDonald 4:07 Paris 87 Tom Roper 4:10 Isle of Wight Glynis Young 4:21 London 91 & New Forest 92 Linda Jennings 4:23 London 97 Chris Wrathall 4:48 Halstead 10</p>	<p>5 hrs – 5:59</p> <p>Richard Kimber 5:02 Brighton</p>

LONDON MARATHON - 26 APRIL 2015

Seven Seaford Striders were fortunate enough to be among more than 38,000 participants in the massively oversubscribed 35th Virgin Money London Marathon. Due to the sheer volume, there are staggered starts from 3 different locations which converge after 3 miles.

There was a Kenyan one-two-three in the men's race as Eliud Kipchoge beat Wilson Kipsang, the 2012 and 2014 winner, with world record holder Dennis Kimetto third.



The women's race was won by Ethiopian Tigist Tufa, who sprinted clear to finish in 2.23.22.

The emotions of the day were maybe saved for the three times winner and female world record time holder Paula Radcliffe who used the race to bow out of professional running in a time of 2:36:55.



First for the Striders once again, was Simon Fletcher in a personal best time of 2:47:06, crossing the line in 589th place, which is a fantastic achievement amid such an elite field. Close in his footsteps was Gareth Hutchinson who also achieved a sub 3 in 2:59:35; he was followed by Phillip Carr 3:05:10; Dave Dunstall 3:15:45 and Jacob Miles 3:24:54.

It is a testament to their competitive spirit that there was disappointment in not achieving the holy grail of long distance running, a sub-3 hour marathon, but hopefully Phil, Dave and Jacob will be back next year to put things right.

The first and only female representing the Striders was Hannah Fletcher who crossed the line in a very respectable 4:28:55, with David Hammond completing the Seaford runners' line-up in 6:16:43 and on an unforgettable day in one of the world's most prominent marathons, all seven can be justifiably proud of their efforts.

(Photos at Lewes 10 of Simon left and Gareth right)



Let us also spare a thought for the Olympic Champion David Weir who sadly just lost out to Joshua George in the men's wheelchair race.



That's all for now folks as far as the senior section is concerned. "Thank you" for your contributions. Please keep the articles coming by email to: hilary@hilton-it.co.uk



Race results can be found by following the links from the Seaford Striders Website:

www.seafordstriders.org.uk/results.html

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

Sussex Grand Prix (SGP) events are marked in red

May - July 2015	
2 May	East Grinstead 10M (Mid Sussex Marathon Wknd)
3 May	Haywards Heath 10M SGP (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
10 May	Hastings 5M SGP
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
17 May	Horsham 10km SGP
20 May	Beach Run 5 Miles WSFRL Littlehampton
23 May	Rockabilly Rye 5M
23 May	Votwo Trail Run 24 hour Pippingford Park, Nutley
24 May	Rye 10M SGP
24 May	Weald Half Marathon, Marathon & 50 km Ultra, Chiddingly
27 May	Bexhill 5km
27 May	Trundle Hill 10 km WSFRL Lavant Village Hall
30 May	Petworth Park Discovery Run
7 June	Worthing 10km SGP
7 June	Seaford Half Marathon
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
21 June	Heathfield 10km SGP
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
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
5 July	Bewl 15M SGP
8 July	Vets T&F Lewes
10 July	Rye Summer Classic Series 10 km
12 July	Brighton Beach Aquathlon swim-run-swim
15 July	Phoenix 10km SGP N.B. Wednesday
25 July	LUNAR-TIC Marathon, Shoreham N.B. 8pm start
26 July	Seven Stiles 4 mile WSFRL Henfield
29 July	Bexhill 5km SGP N.B. Wednesday (date tbc)

August – December 2015 & beyond	
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
23 Aug?	Newick 10km SGP (date tbc)
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
13 Sept	Hellingly 10km
13 Sept	Firle Half Marathon, 10km Trail Run & 5km Fun Run
19 Sept	Valley Challenge, Chichester
20 Sept	Bexhill Big 10 km
20 Sept	Hove Prom 10km SGP
27 Sept	East Grinstead 10k
27 Sept	High Weald Challenge 50 km, Ultra, Marathon & Half
27 Sept	Barns Green Half SGP
3 & 4 Oct	24hr Ultra & 50 mile night run, Ashburnham Place, Battle
4 Oct	Lewes Downland 10M SGP
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
24 Oct	Beachy Head Marathon
25 Oct	K2 Crawley 10 km
7 Nov	Poppy Half
15 Nov	Brighton 10 km (date tbc)
29 Nov	Crowborough 10km SGP (TBC)
6 Dec	Mince Pie
19 Dec	Brighton City Race
2016	
13 March	The Moyleman Marathon, Lewes