



Running Report

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Voice from the Chair

31ST JULY 09

It's been while since the last newsletter and so I'm pleased to be writing one of these introductions. Since the last newsletter we've had two of the major events for the club: the South Downs Way Relay and our own Midsummer 10k race. Both events rely on members giving up their own time to help make them a success, so thanks to everyone who helped out or took part in those; it's great to see so many people involved in the club in this way.

There has been concern lately about the drop-off in numbers at training sessions. We've had quiet times before, but it has now reached a stage where we have had to look at what we are providing our members with a view of making some adjustments. The committee has talked at length about this and we've had lots of useful feedback from members about it too: you can read about the result of all this in these pages.

I'm very interested to hear more comments or suggestions, so let me know.

Bev Chapman

Editor's Notes

Your poor old editor has been a bit snowed under for some time, but finally, guilt got the better of him, so here's a newsletter — printed on old fashioned paper no less. This newsletter is important, it covers things that are important for our club.

I think communication is pretty vital for us. There's lots going on, and, it seems, even more talk about it — some of it a

little misinformed. I've made an effort within these pages to clear some issues up a little. How many of you do not receive emails from the club? Messages are sent out regularly and if you don't get at least a few weekly then either we don't have your correct address, or your spam settings could do with adjustment. Let me know if you've not been getting any (you know what I mean).

Anyway, we've now decided to send out newsletters in the post (the club can afford it). If you really don't want the paper copy let me know and I'll just send yours via email.

There's quite a lot in this edition, plenty of results to catch up on and a couple of stories about what some of us have been up to recently. The second one is rather self indulgent, but I make no apology for this; hopefully, more regular newsletters will encourage others to write about their running experiences and thoughts. My recent email prompted the same question from a number of members: why do we run? It will be interesting to read the variations on what our running gives us.

So what's happened since the last newsletter?

The clocks sprang forward in answer to the prayers of all those who were training around the town on cold winter evenings. 'Can't wait to get out on the lanes' everyone was saying — then the vast majority promptly disappeared.

As Bev has mentioned, last month the two biggest single events for the club passed by for another year. First the South Downs Way Relay at the

beginning of June, and then our own Midsummer 10k at the end — you can read more about both later, but be prepared for some surprises.

This year, more than usual, club runners seem to be have been held fast by the injury grip — me included. I recommend anyone who has even a passing interest in running — hopefully some of you — to read the book 'Born to Run'. It'll challenge many of your long-held ideas about running (especially anyone who has been running a few years), and it could do so in such a way that your running may subsequently change in quite radical ways.

Training Sessions

Firstly, thanks to everyone who replied to my recent email about attendance, it's great to get feedback like that. There were a number of issues raised that have subsequently been talked about at length. Along with lots of constructive suggestions, there were four main issues.

- 1 Tuesday is not the best day for a club session as it follows the popular Monday session.
- 2 The Tuesday session is still viewed with trepidation, fear, loathing, and as a men-only session that is not welcoming for anyone who cannot run a mile in less than 5 minutes. That's a shame, but, those notions (right or wrong) coupled with the poor attendance means it has to change.

- 3 The club membership is rather splintered, even divided.
- 4 There are a number of Monday runners who'd welcome a bit of encouragement, training, more demanding sessions, etc. Call it what you will, but in essence, they want to improve. Also, there is a significant number of Monday runners who do not want this at all.

Of course, it is impossible to please everyone, nevertheless, changes were needed. Hopefully these changes will help to bring the club together and also help members to get more from their running and their running club.

Mondays — meets 6.30pm

It seems Monday continues to be well attended. And, for those who like a friendly sociable run, it will remain largely unchanged. What will change, is that for those who want a slightly more demanding run, then there will be that option — largely facilitated by the changes to the Tuesday session (see below).

Tuesdays

As an official club session, Tuesday is now gone. Yes, there will be people who still want to run on a Tuesday and it is probable that there will be a run on Tuesday. But, it will no longer be an official session. Tuesday runners are encouraged to run on Mondays, offering assistance, advice, encouragement, and an alternative run to those that want it.

Thursdays — meets 6.45pm

The training session, and in essence it's for anybody who wants to run better (whatever that means to you). Hills, intervals, and of course the monthly time trial. Everyone is welcome and encouraged to come along, indeed, it is hoped that members who run on Mondays will help make this what it should be: a club session for everyone, a session where if you want to, you can discover, explore and develop your own running possibilities.

The new sessions will start next week. Let's get a really great turn out for Thursday the 6th. Meet at 6.45pm. With enough of us there, we'll have a number

of training options, maybe using the field too — like in the old days (can anyone else remember them?).

There will still be a time trial on Tuesday 4th, and then it will move to the 1st Thursday of each month.

Calendar

There will shortly be a calendar on the website so you can check what's going on. It won't duplicate the race diary which is shown on a separate page, but, it will give details of our training sessions and events that are specifically targeted at, or of interest to, Heathfield Road Runners.

Forum

I'd really like to see the forum being used. There's been a number of recent queries about runs on Saturday, and the forum is a great place to post details (maybe on the Thursday or Friday), anyone interested can check in to see when and where to meet. It's also a great place to ask general queries about the club or anything running related. All it needs is for people to use it; access is via the HRR website.

Midsummer 10k

Again, the club staged a very successful race. Some people — particularly Julie and Jerry — put in a tremendous amount of work in getting the thing running as smoothly as it did. I know I have moaned about the lack of numbers at training evenings, but this event really does succeed because of the effort of the membership on the day. As a club, we owe Julie a huge thank you — it is a big responsibility — and I know that she is extremely grateful to everyone who helped out.

Sports scientist visit

23rd September

Jerry has arranged a visit from the Lucozade Sports Science team. It's a Wednesday evening and sounds like it will be valuable to anyone interested in nutrition and hydration, i.e. all of us. Further info from Jerry — he needs to know how many are coming.

South Downs Way Relay

6th June

First, I want to clear up any confusion about this year's Relay (or any year for that matter). There seems to have been mumbling about the way the teams are picked. This race is not for everyone. By that I mean that there are time limits imposed (for good reason I should add). To be quite frank I'm fed up with hearing rumours about who was asked and who wasn't asked to participate. I circulated an email asking for anyone interested in running the event to let me know. The email was sent to around 80 addresses and resulted in 2 replies. Yes, I know, we usually have to 'persuade' people to take part in many or most of the events we contest, but 2 people? Oh well. So we had to do a bit of arm twisting, no real surprises there. There were at least four people involved in drafting the list of possible runners. This process was not done on a 'who knows who' basis, it was done methodically, from the list of all of the members in the running club. A sad but true fact is that a significant number of members have to be ruled out because of the time limits. Sure, a degree of flexibility is possible by loading a team with quicker runners, but we just cannot enter a team we know will be asked to withdraw, the race is over-subscribed so it's not fair on other clubs to waste a place (the organiser would not look favourably on us either). Some races exclude individual runners in a similar way by setting qualifying times or cut-off times.

There is another important requirement for the Relay, and that is one of commitment. Runners need to know where they are going and so they must take the time to get out there and learn the legs; to start the race with a map in one hand is simply unfair to the rest of the team. Yes, there are occasions when this is necessary — last minute rejigging of the teams for instance, but it's really not the way to do it (especially now that navigation assistance is strictly against the rules). Unfortunately, not all of us have the luxury of the spare time needed to allow for lengthy excursions (the furthest is to Winchester).

I'm very keen to see members who have not done it before take part, and mainly

for this reason: it remains one of the most memorable and satisfying days on our calendar. Although it is a team event, it provides a unique personal running experience and one that reveals much about our own abilities. So if you do want to do it, let us know, there's plenty of time at this stage and we will keep everyone informed once planning starts next year.

So what happened this year?

This year, due to some organisational hitches (that I'll not detail here), we were quite late in preparing our teams for entry. Nevertheless, with about two weeks to go, we had managed to piece together a very fragile entry of 3 teams. An A-team, a B-team and a Vets team. The week before the race we were down to 2 teams, A and B, and then with one day to go, those two teams included 3 runners who had all asked to be substituted due to injury or sickness (they all had their requests turned down). Thankfully, we had a driver (but 2 buses).

The day itself

Well, we might have been a bit depleted, but were we downhearted? Of course not, there was no shortage of effort and determination on our bus, and I think that the spirit on the B-team bus was the same. This was true even after we lost Ivan to a calf injury on his first leg. Although we were effectively excluded from the race we still kept chasing the B team who had started just 30 mins earlier (as well as any other team that came into view).

Interestingly, aside from one or two exceptions, our two teams were quite closely matched. After 5 legs we'd got pretty close to the B-team, and then we just gradually pulled them in. It meant that for most of the day everyone was together at most of the checkpoints, which added to the enjoyment of the day. Indeed, although we only had two teams, being together added to the already strong camaraderie that this event elicits.

As usual there were some stand out performances, particularly James' Leg 1, which was the second quickest of the day and pretty close to the leg record.

Tom — who thankfully stepped in at short notice and then nearly stepped out again with injury — posted some remarkable times.

Special mention too must go to Jerry and Julie, who came along to support and got more than they bargained for when they stepped in to fill Ivan's shoes. Jason too, he enjoyed the driving so much this year that he's asked if he can run next year! Rowan was thrown into team captaincy months ago and he came through with flying colours (even though he couldn't run). Finally, Alan and Karen, who marshalled checkpoint 3 and followed the race all the way to Winchester to feed us from the barbecue.

It is, without doubt, a grand day out. I've been running it for over 15 years and it never ceases to amaze and inspire me by the huge effort that is put in by each team member. Thanks to everyone who played their part in keeping it together this year.

Next year?

Well, we are always learning, that's for sure. Certainly, we have to be underway with organising early in the year and we must be clear about who is keen to participate, how the teams are to be compiled and by whom.

If you want to be in the frame for next year then keep your ear to the ground and consider that the minimum fitness requirement is probably similar to being able to run 3 hilly 10k races in a day, in under 55 mins each.

For the record here are the times (most B-team times seem to have been rounded down, when you see the times, you'll realise how important that statement is).

	B Team	A Team
1	Mick 52.40	James 41.43
2	Tom 47.20	Adrian 48.06
3	Doug 31.00	Graham C 31.21
4	Dave 57.00	Bev 54.39
5	Graham W 40.00	Paul 36.41
6	Guy 37.00	Ivan 37.35
7	Mick 42.00	James 33.58
8	Tom 52.00	Adrian 52.58
9	Doug 33.00	Graham C 34.00
10	Dave 27.00	Bev 26.23
11	Graham W 45.00	Paul 40.39
12	Guy 41.00	Jerry 44.32
13	Mick 59.00	James 47.15
14	Tom 29.00	Adrian 28.36
15	Doug 44.00	Graham C 43.41
16	Dave 32.00	Bev 28.06
17	Graham W 71.00	Paul 63.07
18	Guy 41.37	Julie 48.00
	13.01.37	12.18.00

Sussex Grand Prix

This is where I could roll out my excuses for a rather lousy newsletter frequency. However, I am pleased to report that we now have a results service online at www.sussexgrandprix.co.uk, and one that should be updated pretty soon after each race. If you've been running any races then take look right away and make sure that you are included in the results (some runners can slip through the net); let me know if you're missing from any.

As of today (and before the Bewl results have been compiled), Alma and Cedric are leading the way for HRR with Bev and yours truly in hot pursuit.

Good to see a few more HRR at Bexhill 5k. Special mention goes to Debbie out racing again — great to see.

A few notes on some 'fun' exertions

CEDRIC CLEMERSON

Polar Night half marathon

This is held first weekend in January at Tromsø, which is inside the arctic circle.

Really friendly, they are hoping to have the winter Olympics in the not too distant future. Lots of nationalities, though the majority are Norwegian with UK and USA well represented.

Starts in the afternoon, in the dark. Last year quite a bit was on tarmac but this year was great with plenty of snow everywhere. The start is in the main street and as the gun went someone at the front slipped over, quite a bundle ensued. The roads around town were a bit icy, quite a few fell and I was taken out by a sliding tackle.

Once in the countryside good running and the route is marked with flickering night lights in the snow which looks great. At the finish no flimsy space blanket but thick blankets and a sandwich.

Prize giving in the evening is quite a big event, with race prizes being mugs and plates, I got a Polar Night half marathon mug for 3rd M50, but the big prizes are the spot prizes from the sponsors, an American woman won roughly £500 vouchers from a big sports company, better to be lucky than fast.

Ballbuster

This is duathlon at Box Hill with an 8 mile run, 24 mile bike, 8 mile run. I competed in the November one in dreadful weather but the spring one in March couldn't have been better, cool clear sunny. Very well organised.

Great fun, as unlike a pure running event where once settled into the run you tend to stay in much the same position, in the duathlon runners can get their own back on cyclists in the 2nd run. Add to that the variety given by transitions it is well worth trying, you don't have to be a racing cyclist with a flash bike.

Sancture Sportif

In March I spent a few days with a couple in the Pyrenees, the company called Sancture Sportif, they really run triathlon training. I mainly ran though I did hire a bike, which was a titanium/carbon race bike in my size – not the usual hire bike.

Michelle is actually the chairman of the local triathlon club and the first day was their annual race, which was very different but turned out to be great fun. You race for 20k on tracks around a reservoir as a pair, one running, one on a mountain bike, swapping whenever you like. We started with 3 minutes change-over but then tried 1.5 minute (until the watch malfunctioned), which was much better, the leaders used less than 1 minute. Great training as you more or less sprint for a minute then swap.

Very friendly and fantastic meals all arranged around your training requirements. Unfortunately I had dreadful weather, cold and raining every day, which they insisted was almost unheard of for the south of France at that time and surprisingly a total contrast to the next weekend, Easter, which I spent running in the warm sunshine of Snowdonia.

Arriving back Saturday and running the Worthing 20 the next morning was a challenge, though the lovely Perspex block with 2 laser 3D runners inside that the Worthing 20 gave was the best race memento I remember getting anywhere.

Three Forts marathon

Good event from Worthing, not sure why hundreds enter the Beachy Head but ignore this one. Actually 27.2 miles and they also run a half marathon at the same time if you don't want full enjoyment of the long course. Good parking, friendly.

This year was hot, but course well supplied with drinks, route marking left a bit to be desired at a couple of points, the first few added a bit at Devils Dyke by going to the main building and then back to the control, bit annoying to see that they then placed a marshal to stop this so people behind gained several minutes!

This year 150 marathon runners and 233 half marathon runners. I managed 4th in 3 hours 35 mins. and picked up M50 trophy.

Scotland

Spent a couple of weeks relaxing in Scotland, first week munro bagging near Pitlochry which is very good area for training as the hills are so runnable.

Then on the Sunday I took part in the Etape Caledonia 81 mile bike race, which you might have seen in the news, because unfortunately a local councillor spread thousands of carpet tacks over about 10 miles of the route, fortunately no one was killed or badly injured blowing out on the steep descent.

This is the only closed road sportif in the country and was very enjoyable through very picturesque, somewhat hilly, terrain. Very worth trying even if not a 'real' cyclist, though you are supposed to be able to average 14 mph so mountain bikes not realistic!

Sunday afternoon drove up Cape Wrath for the Cape Wrath challenge, a great event, very well organised, with races most days.

Day 1 was a really picturesque half marathon round a loch, day 2 was a 5.3 mile hill race, day 3 an 8.4 mile off road race. The 4th day, so as not to tire you for the marathon, was roughly a mile run on the beach and sand dunes, you had to guess your time before hand, no watches and the winner is the person with a finish time closest to their estimate — not easy as the distance is vague and no idea about the terrain. The winner was absolutely spot on! The kids from the local school also take part in a shorter run, most people in very elaborate fancy dress. Beach barbeque in the evening.

The Saturday is the marathon to Cape Wrath. Organizational nightmare, there were about 250 runners some in relay teams of 2, 3 or 5. The start is on Cape side, which can only be reached by tiny foot ferries holding a maximum of 10 people. There is then one extremely narrow road of 11 miles to the light house, two mini vans live on that side and needed to take relay runners to start points like the light house the other end and collect finishers. The road is

so narrow that runners have to get off the road to let the van by, so they only did one trip each way during the many hours of the racing. You get a log book, a ferry time, they note your actual start time, run to the lighthouse and back, 22 miles, get time noted, get ferry, start again with time noted and run to finish. And unlike the rest of the week, which was dry, warm and sunny it rained. It worked perfectly, brilliant organisation. The marathon itself has 2,450 feet of climb.

I would say this was by far the nicest road marathon, or indeed road run, I have ever done.

Winner for the umpteenth time was just over 3 hours, I managed 6th in 3:15 taking the M50 prize and within seconds of the vet prize.

The evening is then an enormous banquet and prize giving.

I should add that since then Cedric has also done the Liechtenstein Alpine Marathon and the Zermatt Marathon; he's currently in 5th M50 position in the 3-race Mountain Marathon Cup with one race to go in September, the Jungfrau Marathon. Also, last week he completed the 78k Swiss Alpine Marathon in an amazing 7:46 and was 5th M50 (out of 130).

Snowdon Mountain Race

18 July

Surprisingly, this year 4 HRR entered this race; surprising because 300 miles is quite a long way to go just to run 10 miles.

But the race offers an experience so unlike what we are used to in the South it is a journey well worth making.

Unfortunately, we lost 2 of our entrants before the start: Paul Rigden staying home due to a family emergency and Mick Elms not sufficiently recovered from an Achilles injury a couple of weeks before. One of the remaining two, I nearly didn't make it either. A calf strain meant I'd hardly run for a month and I really didn't know how far I'd get up a mountain.

I'd done this race before, back in 2006, when I travelled up with Cedric for my first taste of fell running. Then I learned why it's called fell running, because that's just what I did on the way down – twice. I considered myself lucky to escape serious injury. So although I was looking forward to returning, I was more than a little worried.

It's quite a small race considering its prestige (just 500 runners), and it's not even very long, just five miles up to the summit from Llanberis and then 5 miles back down again — only one hill to worry about too. The Snowdon Mountain Race is, however, quite an event, attracting international teams and the very best fell runners in the UK.

It's hard to explain exactly what kind of running experience it offers. Most of us know what Ghyll Road is like, half a mile long with a climb of about 170ft and nice and smooth. Five miles of Ghyll Road would take you to about 1700ft — double that height and you'll be about as high as Snowdon. That might sound like the hard bit. But, the run back down on a rocky track, scree, and just a little tarmac is worse — we just don't encounter anything like that down here in the south — the largest descents on the South Downs are only about 500ft.

The race starts at 2pm on a Saturday afternoon. This year, the summit was in the clouds, but at least it was dry, unlike the Friday when it had rained almost all day. After a gentle half mile the climb begins very quickly, on road first, then after another half mile on to a well marked, but stony and rocky track.

At the speed I was travelling, the leaders pass by on their descent about three quarters of the way up the mountain. Blink and you miss them, they are a breed apart, the quickest descenders manage the 5 miles down in about 22 minutes — the first time I saw them I was awestruck. By this time, Bev was about probably about a minute in front of me, and after we reached the top I was expecting to catch her pretty quick. This race is quite unlike anything Bev has done before and I thought she'd be looking for a bit of moral support as she picked her way tentatively down the mountain side. I know she runs quick

downhill, but this is just a bit different. I reached the summit with mixed feelings: there was the relief of ending the huge climb coupled with the fear of what lies ahead. The descent is less about cardio fitness and more about leg strength, technique and especially, raw nerve. It is pretty dangerous, the ground is unforgiving and there are not many soft places to land. Last time, my legs got more and more tired so that ultimately, they just could not react to any stumbles — even the slightest trip can send you flying. It's somewhat of a paradox: witnessing the agility of the fleet-footed leaders and also being acutely aware of the innate clumsiness of the human being — potential disaster looms on every footfall.

Needless to say, I didn't see Bev again until after I crossed the finish line — and I'd come down pretty quick — she'd opened the gap to over 4 minutes. I was pleased (and relieved) to have stayed on my feet this time, and beating my time from 2006 was immensely satisfying, especially so considering just two weeks prior my calf wouldn't let me run a mile. However, there was greater satisfaction to come on learning that Bev had won the F40 class. She was 14th Lady overall and all but 2 of those in front were running in their national vests — not bad for a beginner.

It was great to see Mick Elms after the race, he was extremely disappointed not being able to run, but he found us and offered congratulations and a kind-hearted, friendly face. Next year he'll do it, as will Paul, and the two of us too. Race entries usually open around February.

Aside from the success, the prizes and the stopwatch though, this race is such a great example and reminder of what it means to be able to run. It doesn't have to be up and down mountains or running for hours on end, just being able to use the body for what it was designed to do; it's exhilarating, exciting and rewarding. But what of the fact that we couldn't walk for 3 days afterwards? Well, I guess that just tells us we should be doing more of it — not less.

	up	down	tot
Bev	1.06.40	34.09	1.40.59
Graham	1.08.37	36.40	1.45.27

Race results

Quite a few to catch up with!

First, here's one that's a bit out of the ordinary, and one for those who think we don't have any junior athletes.

National Prep Schools Championships, Birmingham, 29th June.

1500m — Under 13 Girls

1st, Katherine Horsfall-Turner, 5.19

Following in dad's footsteps, although I think even he'd struggle to run that time at the moment.

And in case anyone missed it, she was 6th in the U13 Sussex County XC Champs in Brighton and 8th in the English Schools Inter-County at Bexley a few months ago.

She's only just turned 12 years old!

Well done Katherine!

Worthing 20, 5th April

pos		time	rating
51	Cedric Clemerson	2.24.09	636
244	Jeremy Price	2.59.32	361
312	Julie Price	3.16.49	319

Hastings 5, 19th April

42	Cedric Clemerson	0.32.36	633
68	Mark Boyes	0.34.33	474
195	Niki Marr	0.41.53	352
200	Sharon Saunders	0.42.08	407
221	Alma England	0.44.27	322

Horsham 10k, 10th May

53	Graham Chapman	0.42.28	526
55	Bev Chapman	0.42.35	640
67	Mark Boyes	0.43.28	488
126	Dave Harlow	0.46.47	491
231	Julia D'Albiac	0.53.45	457
275	Alma England	0.56.35	322
314	Bridie Teague	0.59.39	201

Worthing 10k, 10th June

57	Cedric Clemerson	0.39.50	680
81	Mark Boyes	0.41.26	540
102	Bev Chapman	0.42.20	639
121	Graham Chapman	0.43.10	496
371	Niki Marr	0.52.06	370
372	Sharon Saunders	0.52.06	433
387	Alma England	0.53.10	382

Heathfield 10k 28th June

14	James Cox	0.38.32	624
34	Cedric Clemerson	0.42.12	655
51	Mark Boyes	0.44.24	502
54	Bev Chapman	0.44.36	622
149	Jason Manning	0.54.32	208
163	Niki Marr	0.56.01	334
182	Alma England	1.00.08	294
201	Jacky Patching	1.04.15	162

Bewl 15, 5 July

102	Bev Chapman	1.57.06	550
458	Jerry Price	2.33.08	215
537	Niki Marr	2.42.07	185
582	Julie Price	2.48.42	174
601	Sam Reeves	2.52.15	110

Time Trial, 5th April

1	Paul Williams	0.32.20	448
2	Ivan Horsfall-Turner	0.32.35	462
3	Jamie Coppock	0.33.17	392
4	Mark Boyes	0.33.38	456
5	Guy Stockwell	0.34.19	358
6	Tim Skilton	0.34.48	343
7	Nigel Parkes	0.36.03	435
8	Ian Bell	0.37.18	413
9	Philip Skilton	0.38.15	465
10	Jerry Price	0.40.15	323
11	Julia D'Albiac	0.41.12	435
12	Bridie Teague	0.43.10	239
13	Olivia Trimbee	0.45.05	275
14	Gill Boorman	0.52.52	5
15	Debbie Curtis	0.55.18	5

Time Trial 7th June

1	Graham Chapman	0.32.42	499
2	Matt Ely	0.34.41	347
3	Ivan Horsfall-Turner	0.35.40	360
4	Tim Skilton	0.37.42	261
5	Ian Bell	0.40.25	326
6	Philip Skilton	0.40.41	395
7	Nigel Parkes	0.43.01	248

The next time trial will be on Tuesday 4th August, and thereafter they will be on Thursdays.

Future events

AUGUST

14	Rye 5k (Friday)
16	South Coast Half — Seaford
18	Helsinki Marathon
19	Hastings Relays
26	Herstmonceux Castle Relays
30	Will Page 10k, Newick SGP
31	Kings Head Canter 5k

SEPTEMBER

13	Hellingly 10k SGP
18	Rye 5k (Friday)
20	Hove Prom 10k SGP
27	Bexhill 10k
27	Firle Beacon Half & 10k trail run

OCTOBER

4	Lewes Downland 10 mile SGP
11	Jog Shop Jog 20
24	Beachy Head Marathon — full

NOVEMBER

1	Barns Green Half SGP
8	Phoenix Races, Brighton SGP
8	Poppy Half, Bexhill
15	Brighton 10k SGP
29	Crowborough 10k SGP