Please note all runs leave the meeting point at 6.30 prompt

Black - Meet at Sussex Downs Sports Park, Cross Level's Way, BN21 2UF.

Pink – Meet at the end of the seafront (upper level – by Bede's school and the café) Dukes Drive, Eastbourne. BN20 7XL). At the bottom of Beachy Head Hill.

Purple - Car park at the TOP of Butt's Lane, Eastbourne BN20 9EN.

Red – Meet Sea Road Car Park Pevensey Bay (check parking restrictions, the Richmond Road car park is free at all times)Your feet will get wet!

Blue – Meet East Dean car park

Group Name	Beginners	Group 1	Group 1.5	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7
Group Pace per mile	Jog/Walk - (for 1 hour)	13 +	11 - 13	10.15 – 11	9.30-10.15	9 – 9.30	8.30 – 9.0	7.30 - 8.30	Sub 7.30
Group Leaders	Geoff	N/A	Nikki Young/ Volunteer	Zoe, Peter or Julie	Debbie/ Volunteer	Sean/ Volunteer	Rob/ or Volunteer	Rusty Dave/ volunteer	Rusty Natalie Richard
Tues 5th June	Jog/Walk	N/A	Butt's Brow	Butt's Brow	Butt's Brow	Butts Brow	Butt's Brow	Butt's Brow	Butt's Brow
Thurs 7th June	N/A	N/A	Track	Track	Track	Track	Track	Track	Track
Tues 12th June	Jog/ walk		Butt's Brow	Butt's Brow	**Butt's Brow**	Butt's Brow	Butt's Brow	Butt's Brow	**Butt's Brow**
Thurs 14th June	N/A	N/A	Beach run	Beach run	Beach run	Beach run	Beach run	Beach run	Beach run
Tues 19th June	Jog/Walk	N/A	East Dean	East Dean	East Dean	East Dean	East Dean	East Dean	East Dean
Thurs 21st June	N/A	N/A	Bedes	Bedes	Bedes	Bedes	Bedes	Bedes	Bedes
Tues 26th June	Jog/Walk	N/A	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow
Thurs 28th June	N/A	N/A	Bedes	Bedes	Bedes	Bedes	Bedes	Bedes	Bedes
Tues 3rd July	Jog/Walk	N/A	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow
Thurs 5th July	N/A	N/A	Hollow Loops - Reverse	Hollow Loops - reverse	Hollow Loops - revers	Hollow Loops - reverse	Hollow Loops - reverse	Hollow Loops - reverse	Hollow Loops - reverse
Tues 10th July	Jog/Walk	N/A	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow
Thurs 12th July	N/a	N/A	Track	Track	Track	Track	Track	Track	Track
Tues 17th July	Jog/Walk	N/A	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow
Thurs 19th July	N/A	N/A	Hollow Intervals	Hollow Intervals	Hollow Intervals	Hollow Intervals	Hollow Intervals	Hollow Intervals	Hollow Intervals
Tues 24th July	Jog/ walk	N/A	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow
Thurs 26th July	N/A	N/A	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow	Butt's Brow