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, BN20 0DA

Orange – Meet at Langney Point East Car Park, Prince William Parade, Eastbourne. BN23 6LW (opposite Ramsey Way).

Green – Other Race – NOT CLUB NIGHT

Group Name	Co-ordinator	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Group Pace per mile		11.30 and above	10.45 – 11.30	10.00-10.45	9 – 10.00	8.30 – 9.0	7.30 - 8.30
Group Leaders		Nikki/Volunteer	Peter	Zoe / Debbie	Geoff / Mike	Rob / Mike	Rusty, Dave/ Richard
Tues 31st July	Zoe/Russ	St Bedes	St Bedes	St Bedes	St Bedes	St Bedes	St Bedes
Wed 1st August	Debbie	Castle Relays	Castle Rel	Castle Relay	Castle Relays	Castle Relays	Castle Relays
Thurs 2nd August	Zoe/Russ	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow
Tues 7th August	Russ	Seafront	Seafront	Seafront	Seafront	Seafront	Seafront
Thurs 9th August	Geoff	Track	Track	Track	Track	Track	Track
Tues 14th August	Zoe/Russ	Hollow Loop	Hollow Loop	Hollow Loop	Hollow Loops	Hollow Loops	Hollow Loops
Thurs 16th August	Zoe/Russ	East Dean	East Dean	East Dean	East Dean	East Dean	East Dean
Sunday 19th August	Geoff	Friston	Forest	Handicap	Race	Friston	Forest
Tues 21st August	Zoe/Russ	Track	Track	Track	Track	Track	Track
Thurs 23rd August	Zoe/Russ	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow
Tues 28th August	Debbie	Beach Run	Beach Run	Beach Run	Beach Run	Beach Run	Beach Run
Thurs 30th August	TBC	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow	Butts Brow
Tues 4th September	Zoe/Russ	Hills	Hills	Hills	Hills	Hills	Hills
Thurs 6thSeptember	Zoe/Russ	Tovey Ext	Tovey Ext	Tovey Ext	Tovey Ext	Tovey Extreme	Tovey Extreme
Tues11thSeptember	Zoe/Russ	Lottbridge	Lottbridge	Lottbridge	Lottbridge	Lottbridge	Lottbridge
Thurs 13th September	Geoff	Kenyan Hills	Kenyan Hills	Kenyan Hills	Kenyan Hills	Kenyan Hills	Kenyan Hills
Tues 18th September	TBC	Polegate Rtn	Polegate Rtn	Polegate Rtn	Polegate Rtn	Polegate Rtn	Polegate Rtn
Thurs 20th September	TBC	Selmeston	Selmeston	Selmeston	Selmeston	Selmeston	Selmeston
Tues 25th September	TBC	Church Street	Church Street	Church Street	Church Street	Church Street	Church Street
Thurs 27th September	TBC	Willingdon	Willingdon	Willingdon	Willingdon	Willingdon	Willingdon