

Please note all runs leave the meeting point at 6.30 prompt (Barry's event on 17/04/18 - see separate sheet with times etc...)

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

Pink – Meet at the end of the seafront (upper level – by St 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 at Levett Road (Junction with Shepham Lane), Polegate, BN26 6NE. This will be an out and Back on the Cuckoo Trial.

Green – Meet at Shinewater Park, nearest postcode is Causeway School BN23 8EJ. On the grass for a handicap race on the summer parkrun course.

Blue - Meet at Shinewater Park, nearest postcode is Causeway School BN23 8EJ. At the entrance to the 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 *24/04 – Nikki Y *01/05 – Emma D	N/A	Nikki Young/ Volunteer	Zoe, Peter or Julie	Debbie/ Volunteer	Sean/ Volunteer	Rob/ or Volunteer	Rusty Dave/ volunteer	Rusty Natalie Richard
Tues 10 th April	Jog/Walk	N/A	Levett RTN	Levett RTN	Levett RTN	Levett RTN	Levett RTN	Levett RTN	Levett RTN
Thurs 12 th April	N/A	N/A	Hazelwood	Hazelwood	Hazelwood	Hazelwood	Hazelwood	Hazelwood	Hazelwood
Tues 17 th April	BARRY'S		60th	Birthday	Events	In aid of	St	Widfrids	Hospice
Thurs 19 th April	N/A	N/A	Willingdon	Willingdon	Willingdon	Willingdon	Willingdon	Willingdon	Willingdon
Tues 24 th April *	Jog/Walk	N/A	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's
Thurs 26 th April	N/A	N/A	Church ST	Church ST	Church ST	Church ST	Church ST	Church ST	Church ST
Tues 1 st May *	Jog/Walk	N/A	Blackwater	Blackwater	Blackwater	Blackwater	Blackwater	Blackwater	Blackwater
Thurs 3 rd May	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
Tues 8 th May	Jog/Walk	N/A	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's
Thurs 10 th May	Track – Russ	N/A	Track – Russ	Track – Russ	Track – Russ	Track – Russ	Track – Russ	Track – Russ	Track – Russ
Tues 15 th May	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 17 th May	Hollow Loops	N/A	Hollow Loops	Hollow Loops	Hollow Loops	Hollow Loops	Hollow Loops	Hollow Loops	Hollow Loops
Tues 22 nd May	Handicap Race 2	N/A	Handicap Race 2	Handicap Race 2	Handicap Race 2	Handicap Race 2	Handicap Race 2	Handicap Race 2	Handicap Race 2
Thurs 24 th May	N/A	N/A	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's	St Bede's
Tues 29 th May	Track - Geoff	N/A	Track - Geoff	Track - Geoff	Track - Geoff	Track - Geoff	Track - Geoff	Track - Geoff	Track - Geoff
Thurs 31 st May	N/A	N/A	Priory	Priory	Priory	Priory	Priory	Priory	Priory

In addition to the sessions above those that have signed up will be attending Barry's sessions (don't confuse this with Barry's event on the 17th April) starting at 7pm on 5th, 12th, 19th, 26th April on the Track. If you have not signed up for these then please attend the sessions above as normal at 6.30.