

Black - Meet at 6.25 for warm ups. Run to start at 6.35 straight from the warm up area. Meeting Point - Sussex Downs Sports Park, Cross Level's Way, BN21 2UF.

(warm up area – Leave the sports park and turn right, slight uphill towards top car park (opposite to where we park) accessible from King's Drive) 1- 2 Minute walk.

January 2018	Session Facilitators	Group 1 Over 11 - 13 Julie T, Nikki Young (to follow Group 2 routes)	Group 2 10.15 – 11 Zoe, Debbie, Peter	Group 3 9.30-10.15 Debbie, Peter	Group 4 9 – 9.30 Geoff or volunteer	Group 5 8.30 – 9.0 Rob, Geoff or volunteer	Group 6 7.30 - 8.30 Russ, Dave. K , Richard,	Group 7 Sub 7.30 Natalie, Russ***
Tue 02 Jan	Rusty/Zoe	Church Street	Church Street	Church Street	Church Street	Church Street	Church Street	***
Thu 04 Jan	Rusty/Zoe	Polegate Return	Polegate Return	Polegate Return	Polegate Return	Polegate Return	Polegate Return	***
Tue 09 Jan	Rusty/Zoe	Tovey Close	Tovey Close	Tovey Close	Tovey Close	Tovey Close	Tovey Close	***
Thu 11 Jan	Rusty	Track	Track	Track	Track	Track	Track	***
Tue 16 Jan	Rusty/Zoe	Lottbridge	Lottbridge	Lottbridge	Lottbridge	Lottbridge	Lottbridge	***
Thu 18 Jan	Rusty/Zoe	Selmeston	Selmeston	Selmeston	Selmeston	Selmeston	Selmeston	***
Tue 23 Jan	Rusty/Zoe	Hazlewood	Hazlewood	Hazlewood	Hazlewood	Hazlewood	Hazlewood	***
Thu 25 Jan	Rusty/Zoe	Intervals	Intervals	Intervals	Intervals	Intervals	Intervals	***
Tue 30 Jan	Rusty/Zoe	Willingdon	Willingdon	Willingdon	Willingdon	Willingdon	Willingdon	***
Thu 01 Feb	Rusty/Zoe	Stations	Stations	Stations	Stations	Stations	Stations	***

*** Group 7 will only run when there are available leaders and subject to demand. Please ensure that you are capable of an entire hour (or more) at sub 7.30 as this is a strict lower limit. (Please discuss with Natalie for more details, as these runs may extend beyond the hour).

Pace in Minutes per mile based on a flat run (please go in a group in which is within your ability)