Mon 1 st Jan	Hangover 5
Tue 2 nd Jan	Fartlek session @ Canadian Flag Run at a sustainably quick pace (a little slower than 5K pace?) for two minutes, and then 'sprint' for 30 seconds. Change pace on the whistle. How fully can you recover in those two minutes whilst still running? 2 x 12.5 minutes (2 x 5 sprints).
Thu 4 th Jan	Social Run @ Sidney Walter Centre The 'Overs and Unders' route: 11.0km, 8.6km or 6.6km.
Tue 9 th Jan	Hill Reps @ Adur Avenue Same as usual. 3 x 12 minutes of effort up the hill, recovery on the way down. Possible options involve going all the way to the top or going to the junction. [Steve Feest away on now on.]
Thu 11 th Jan	Social Run @ Goring Cricket Club The 'GCC' route: 10.2km, 7.9km or 6.0km. Involves Ilex Way, but there's a slightly longer dry route option too if necessary.
Tue 16 th Jan	500m pyramids @ Seafront (Lido? Pier?) 500m/1000m/1500m/1000m/500m (4.5km) pyramid session. Self-time 90 seconds recovery between reps; but keep moving (e.g. walking) between. Options to stick at 500m reps or do 500m/1000m/500m/1000m/500m (3.5km).
Thu 18 th Jan	Need to work out lampposts or markers that are 250m, 500m and 750m away. Social Run @ Thomas A Beckett The 'Thomas A Beckett' route: 10.5km, 8.3km or 6.5km.
Tue 23 rd Jan	600m reps @ Fernhurst Drive Run three sides of the loop at effort, and then take a recovery for the last side. Concentrate on running the effort quickly, so take a generous recovery when it comes;
Thu 25 th Jan	resist the temptation to skip the recovery and run the whole thing at the same pace. "Naked Run" @ George V shelter
mu 20 Jan	Don't worry, you get to keep your pants on! We will do a 7km 'race' from George V shelter, around the bandstand (just past Splashpoint), and back again – but without your watch! Prizes for those that estimate their finish time best beforehand.
Tue 30 th Jan	Hill Reps @ Adur Avenue Same as usual. 3 x 12 minutes of effort up the hill, recovery on the way down. Possible options involve going all the way to the top or going to the junction.
Thu 2 nd Feb	
Sat 3 rd Feb	parkrun Series On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? Lancing Beach Green.
Sun 4 th Feb	Chichester 10K

Tue 6 th Feb	
Thu 8 th Feb	
Sat 10 th Feb	XC @ Glynebourne, Lewes
	2.05pm: Women's race (5km)
	2.35pm: Men's race (8km)
	Entry fee is £6.
0 . 44th E . I	WOFFILO O I. "P V II I O .III
Sun 11 th Feb	WSFRL @ Crawley "Run Your Heart Out"
	• 10.30am: Juniors (1 mile)
	11am: Seniors (5 miles)
Tue 13 th Feb	Pancake Day
Thu 15 th Feb	
Tue 20 th Feb	Omited Handison O Oceans Websiter
Tue 20" Feb	Spring Handicap @ George V shelter A 7km handicapped race from George V shelter, to the bandstand (just past Splashpoint)
	and back again. Runners will start at different times, based on their recent best parkrun
	time, with a view to finish roughly at the same time. Some maths involved!
Thu 22 nd Feb	
Sun 25 th Feb	Brighton Half Marathon
Tue 27 th Feb	
Thu 29 th Feb	Any ideas? Semething Jeany?!
mu zy red	Any ideas? Something leapy?!
	[Charles, Phina and Martin Loose away.]
	[Onaites, Filina and Plattin 20056 away.]
Sat 2 nd Mar	parkrun Series
	On the first Saturday of each month, we'll try and group at a local-ish parkrun. This
	month? Hove Promenade.
	[Charles and Phina away.]
Sun 3 rd Mar	Steyning Stinger
	Half, 30km, Marathon
	l .

Thu 7th Mar Tue 12th Mar Thu 14th Mar Tue 19th Mar Thu 21st Mar	way.]
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Thu 21 st Mar	
Thu 21st Mar	
Thu 21 st Mar	
Sun 24 th Mar WSFRL @ Fittleworth Flyers	
Details TBC	
Tue 26 th Mar	
Thu 28 th Mar Emma's Easter Hunt Run	
Details to be confirmed nearer the time. Hopefully there's chocolate involved!	
Sat 30 th Mar SAA Sussex Road Relays	
Preston Park, Brighton	
Details TBC	
Condou 245 March Clocks Objects and the state of the Handard	
Sunday 31st March – Clocks Change and start of trail season Mon 1st Apr WSFRL @ Lewes	
• 10.15am: Juniors (1 mile)	
• 10.45am: Seniors (10km)	
Tue 2 nd Apr	

Thu 4 th Apr	
Sat 6 th Apr	parkrun Series
	On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? <i>Littlehampton Prom.</i>
Sun 7 th Apr	Brighton Marathon Weekend
	Marathon – Holly, Robynn, Ella (anyone else?) 10K – Phina, Charles
Tue 9 th Apr	Toke Timing Orlando
Thu 11 th Apr	Bryan's Mystery Trail Run @ World's End, Patching
	No route will be shared beforehand; instead, Bryan will produce instructions (either narrative or grid references) to navigate the 5-mile route as we go.
	namative of grid foreforees) to havigate the e-finite route as we ge.
Tue 16 th Apr	River Rife Handicap @ Sea Lane Café
·	A 6.8km handicapped race from Sea Lane Café, following the River Rife route. Runners will
	start at different times, based on their recent best parkrun time, with a view to finish roughly at the same time. Some maths involved!
Thu 18 th Apr	Nepcote/Boddington Bottom
ши то≅ Арг	Routes/meeting point/details to follow.
0 - 04 %	
Sun 21 st Apr	London Marathon Do we know anyone doing it?
	Romero Run (5km/10km) At Oscar Romero School in Goring - https://rawrunning.co.uk/
Tue 23 rd Apr	At Oscar Nomero School in Goring - Inteps.//rawrumming.co.uk/
Tue 25 Apr	
Thu 25 th Apr	
Sun 28 th Apr	Worthing RUN-Fest • 9.30am: Half Marathon
	• 11.05am: 10K
	 11.20am: Family Mile If entering, use the code "GAZELLES15" to get 15% off.
Tue 30 th Apr	0, 222 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2