

2018 WSFRL Calendar – Provisional

you can find full details at www.westsussexfunrunleague.org.uk

	Date and Time	Race and club details
1	Monday 2 nd April 1 mile 10:45 10km 11:15	Lewes AC Lewes Easter Monday races Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG www.lewesac.co.uk
2	Sunday 13 th May 5 mile 11:00	Portslade Hedgehoppers Hedgehoppers 5 Portslade Community College Sports Centre, Chalky Road, BN41 2WS www.hedgehoppers.wordpress.com
3	Wednesday 16 th May .75mile 19:00 5mile 19:30 WATER	Arunners Beach Run Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH www.arunners.co.uk
4	Wednesday 23 rd May 1 mile 19:00 10km 19:30	Chichester Runners Trundle Hill Run Lavant Village Hall, Pook Lane, East Lavant PO18 0AH www.chichester-runners.org.uk
5	Sunday 10 th June Junior runs from 10:00 5km 11:00	Arena 80 AC Hove Park 5km & junior events Hove Park BN3 6LY www.arena80.co.uk
6	Saturday 23 rd June 1 mile 12:00 5 mile 12:30 WATER	Burgess Hill Runners Downland Dash Downlands Community School, Dale Avenue Hassocks BN6 8LP www.bhrunners.co.uk
7	Wednesday 4 th July 6 mile 19:30 1 mile 19:00 WATER	Steyning AC Roundhill Romp & Mini Run The Clock Tower, Steyning High Street BN44 3LE www.steyningac.co.uk
8	Sunday 29 th July 1 mile 10:15 4 mile 11:00	Henfield Joggers Seven Stiles Henfield Leisure Centre BN5 9QB www.henfieldjoggers.co.uk
9	Wednesday 1 st August 3.5 mile 19:30 WATER	Worthing Striders Highdown Hike West Worthing Tennis & Squash Club, Titnore Way, Durrington, BN13 3RT www.worthingstriders.co.uk
10	DATE TBC 1 Mile 19:00 4 Mile 19:15	Worthing Harriers Windlesham House 4 Windlesham House School, London Rd, Washington RH20 4DG www.worthingharriers.com
11	Sunday 19 th August 1 mile 10:30 10km 11:00 WATER	Hove Hornets Hornets' Stinger Brighton Rugby Football Club, Waterhall Road, Brighton BN1 8YR www.hovehornetsfitness.com
12	Sunday 2 nd September 0.8mile 10:15 5 mile 11:00 WATER	Fittleworth Flyers Fittleworth 5 Fittleworth Village Hall RH20 1JB www.fittleworthflyers.org.uk
13	Sunday 23 rd September 1 mile 10:30 5 mile 11:00 WATER	Saints & Sinners Tilgate Forest K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ www.crawleysaintsandsinnersrun.co.uk
14	Sunday 14 th October 1.5km 10:00 8km 11:00 WATER	Haywards Heath Harriers Hickstead Gallop Hickstead Show Ground RH17 5NU www.haywardsheathharriers.co.uk
15	Sunday 28 th October 1 mile 10:30 5 mile 11:00	Lancing Eagles Steepdown Challenge Lancing Manor Leisure Centre BN15 0PH www.lancingeagles.co.uk
16	LAST RACE OF 2018 SEASON Sunday 4 th November 1 mile 10:00 4.5 miles 10:30	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 www.horshamjoggers.co.uk
	FIRST RACE OF 2019 SEASON Tuesday 1 st Jan. 2019 1 mile 11:00 5 Mile 11:30	Goring Road Runners Hangover 5 Hill Barn, Worthing, BN14 9QB www.goring-roadrunners.org.uk

CRAWLEY RUN CREW MAY STAGE A RACE IN 2018 – DATE & VENUE TBC

WATER denotes that water will be available on the course as well as at the finish.