**Please note all runs leave the meeting point at 6.30 prompt**

**Please also check the Facebook group weekly for returnee to running sessions on Tuesdays – from 3.5 miles and progressing.**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group Name** | **Co-ordinator** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Group 6** |  |
| **Group Pace per mile** | **11.30 PLUS** | **10.45 – 11.30** | **10.00-10.45** | **9.15 – 10.00** | **8.30 – 9.15** | **7.30 - 8.30** |  |
| **Date** | **Group Leaders** | **Volunteer** | **Peter/Zoe/Debbie** | **Peter/Zoe/Debbie** | **Geoff / Mike** | **Rob / Mike / Dave** | **Rusty/Mike** |  |
| **Session Co- coordinator** |  |
| **Tue 14th Jan** | **Zoe** | **Polegate Return route + Weigh in for those enrolled - Meet at Sussex Downs Sports Park, Cross Level’s Way, BN21 2UF.** |
| **Thurs 16th Jan** | **Mike** | **Whitbread Hollow for Seafront run - 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.** |
| **Tue 21st Jan** | **Zoe/ Russ** | **Track Session + Weigh in for those enrolled - Meet at Sussex Downs Sports Park, Cross Level’s Way, BN21 2UF.** |
| **Thurs 23rd Jan** | **Geoff** | **Seafront or Harbour run - Meet at Langney Point East Car Park, Prince William Parade, Eastbourne. BN23 6LW (opposite Ramsey Way).** |
| **Tue 28th Jan** | **Zoe/ Russ** | **Selmeston route + Weigh in for those enrolled - Meet at Sussex Downs Sports Park, Cross Level’s Way, BN21 2UF.** |
| **Thurs 30th Jan** | **Peter** | **Harbour or Seafront run - Meet at the Waterfront Free Harbour Car Park, (next to the Crumbles car park, Asda), BN23 5QF. Far left of car park to meet.** |
| **Tue 4th Feb** | **Zoe/ Russ** | **Lottbridge route + Weigh in for those enrolled - Meet at Sussex Downs Sports Park, Cross Level’s Way, BN21 2UF.** |
| **Thurs 6th Feb** | **Debbie** | **Route TBC by group lead - Meet at Richmond Road car park (free long stay car park), in Pevensey Bay.** |
| **Tue 11th Feb** | **Zoe/ Russ** | **Stations route + Weigh in for those enrolled - Meet at Sussex Downs Sports Park, Cross Level’s Way, BN21 2UF.** |
| **Thurs 13th Feb** | **Mike** | **Whitbread Hollow for Seafront run - 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.** |
| **Tue 18th Feb** | **Zoe/ Russ** | **Church Street route + Weigh in for those enrolled - Meet at Sussex Downs Sports Park, Cross Level’s Way, BN21 2UF.** |
| **Thurs 20th Feb** | **Geoff**  | **Seafront or Harbour run - Meet at Langney Point East Car Park, Prince William Parade, Eastbourne. BN23 6LW (opposite Ramsey Way).** |
| **Tue 25th Feb** | **Zoe/ Russ** | **Track Session + Weigh in for those enrolled - Meet at Sussex Downs Sports Park, Cross Level’s Way, BN21 2UF.** |
| **Thurs 27th Feb** | **Debbie** | **Route TBC by group lead - Meet at Richmond Road car park (free long stay car park), in Pevensey Bay.** |