

Date	Distance	Drink stops	Organiser/s	Races
27-Dec	10	1	Paul Aylett	
3-Jan	12	2		
10-Jan	13	2		
17-Jan	14	2 or 3		
24-Jan	14	2 or 3		
31-Jan	15	2 or 3		
7-Feb	16	3		Chichester 10k & Henfield 9 miles
14-Feb	18	3		Worthing 1/2
21-Feb	13	2		
28-Feb	21	4		Brighton 1/2
6-Mar	14	2 or 3		Eastbourne 1/2
13-Mar	19	3		Surrey Spitfire 20 (Dunsfold)
20-Mar	21	NA	Cranleigh 21 - No Club run (£14)	Hastings 1/2 Cranleigh 15/21 miles
27-Mar	16..	3		
3-Apr	14	2 or 3		
10-Apr	14 (10)	2 or 3		
17-Apr	10 (26.2)	1		Brighton Marathon
24-Apr	26.2	0		London Marathon