

SOUTH DOWNS WAY 100 MILE RELAY - SATURDAY 1st JUNE 2019

Arguably the best 'running' day out of the year!

We are looking for Horsham Joggers to take part in this "invitation only" event for about 50 teams. Horsham Joggers have been invited once again to enter two teams (of six). This is a relay race over the 97 miles of the South Downs Way, starting at Beachy Head and finishing at Winchester. The teams consist of six runners who each run three non-consecutive legs of the relay. The distance of each leg is somewhere between 4 and 8 miles and you'll have a good break between each of your 3 runs. Each runner will run somewhere between 15 - 18 miles over the course of the day, almost entirely off road. The team travel between the start/finish points of each leg by minibus and you will have a driver and navigator looking after you. There is a time limit to complete the event, meaning that an average pace per mile of 8.5 minutes over hilly terrain is required (over the whole distance). In the past we have had teams consisting of a good mix of different paced runners, with some running faster and some slower than the 8.5 m/m average required. Although a fairly tough (it's hilly!) and long day, it is a truly great event with a lot of team spirit and camaraderie. Having done it twice I, and I'm sure everyone else who has ever taken part, will confirm that the sense of achievement and fun had is immeasurable. Entry cost is subsidised by the club, the cost per runner is £25.00 to cover minibus and fuel costs. In addition to 12 runners there are vacancies for a minibus driver and a navigator for each team. At this stage if you would like to take part (or even if you only think you might be interested in taking part) or want to know more please e-mail John Willcox: johnw@ohob.co.uk

Full details of the event can be found on the organisers website: <http://www.southdownsrelay.co.uk>

Get in touch and get your name on the list, you won't regret it!

