

SOUTH DOWNS WAY 100 MILE RELAY - SATURDAY 6th JUNE 2020

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 55 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 teams 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 it's a tough (it's hilly!) and long day, it is a truly great event with a lot of team spirit and camaraderie. Everyone who has ever taken part, including the drivers and navigators, will confirm that the sense of achievement and fun had is immeasurable. The team entry fees are paid by the club, the cost per runner is approx £35.00 to cover minibus and fuel costs. In addition to 12 runners we need drivers and navigators for each team.

Please note that the organisers will be tightening up on the rule regarding the cut off time so this year all team members (as a condition of their inclusion) need to commit to pre-running all three of their legs. With a bit of organisation between the teams this is easy enough and means you get some good and very enjoyable training.

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!