

South Downs Way 100 Mile Relay Race (Eastbourne to Winchester)
Saturday the 2nd June 2012

The above race is held on the first Saturday in June and is by invitation only. The Club has entered a team for the last six years and if the interest is there, we could apply for another place.

Fifty eight teams were involved last year and the starting times are dictated by the estimated time for the course that each team submits. The maximum time allowed is fourteen hours. Teams start from Beachy Head in batches of up to ten, The first will leave at 0600 hrs and the last group at 0900 hrs.

A team is comprised of six runners and the route is divided into eighteen legs. Change over points are usually dictated by the terrain. The shortest leg is approximately three and a half miles, while the longest is over eight miles. Each runner must run three non consecutive legs. At the end of the day, it evens itself out to between 14/17 miles with the terrain playing its part.

There are many categories from A teams to B teams and Vets etc, each having individual trophies. Many well known clubs from the South take part including Stubbington Green, Steyning AC, Liss Runners, Victory AC, Brighton and Hove, Hailsham, Amphibians Tri Club, Haywards Heath, Chichester, Sussex Police and many others.

If you would like to take part or find out more information please contact me on Telephone: 02380 462544

E mail: j.cork13@talktalk.net

You can also view the organisers website: www.southdownsrelay.co.uk:

Please let me know before the end of February as entries have to be in by the 1st April but I will be away during March.

John Cork