

WORTHING AND DISTRICT HARRIERS SUMMER TRAINING PROGRAMME 2008

Grevitt Handicap

The Grevitt Handicap (28th August) is a very long-standing annual handicap, restricted to fully paid up members of Worthing Harriers. It starts and finishes at Lancing Manor Sport Centre by the side of the A27. The course is approximately 6.5 miles and is all off road. It is a very complicated route and it is, therefore, recommended that you come to one of the two Grevitt Handicap route sessions (31st July and 12th August)

Mark's Not-Xmas Handicap (new for 2008)

After the hugely successful Christmas Handicap (won by Tony Lowe in howling gales), we thought it would be a good idea to repeat the exercise in the Summer (with better weather!). It is a race along the Prom from the bottom of George V to the Pebble Beach Guest House/BB and back.

The Christmas race's actual times will be used. However, if you didn't participate in the Winter version, please at some point before the event, time yourself on the Prom from the bottom of George V Avenue. Travel east, continue until the turning point at **The Pebble Beach Guest House/B&B**, which is located a few hundred metres east of the Half Brick pub (past the bus stop/shelter). You can then be 'slotted in' accordingly. We trust you to not to cheat!