

April 7<sup>th</sup>, 2013 saw 300 runners take to the road for the third Sussex Marathon, half marathon, and new 30 mile race. The weather was good giving perfect running conditions to tackle the undulating course of "hilly Heathfield". The course involves a 13.1 mile loop (run twice for the marathon runners) around the picturesque lanes of Sussex with views over looking the countryside and rural surroundings.

The race began at 9.30, with many from local running club Heathfield Road Runners, 100 Marathon Club, Bexhill Runners and various other clubs from all over the UK. We had a team of nurses from Eastbourne A&E running to raise money for their department alongside others running for many other charities. TL Sports Events Director, Paul Holdaway, was also amongst the runners on the start line, running with his wife Becci who went on to take the win in the half marathon distance.

The race starts off with a long downhill on a quiet (but currently closed for the race) road and plenty of people seemed to have their eye on a new mile record! It was a fun start, although this long downhill at the start is also the climb back up to the finish. Shortly after the drop down is a short climb back up to briefly join a main road. This may be the only truly flat part of the race. There are sections that are only very slight gradients either up or down, but this bit I think is actually flat. Once along this section the route consists of country lanes. Overall there are a mix of short steeper climbs and long gentle climbs. There is no really high point on the course but plenty of undulation to rack up a pretty decent overall climb and descent of about 2700ft.

Leading from the start of the race with an overall time of 2.52.32, Going through half way in 1.24 and breaking the course record, was Paul Navesy of Centurion Ultra Team. Second from local running club Heathfield Road Runners was James Cox in a time of 3.04, followed by David Robinson of Serpentine in 3.11. The first Male home in the 30 Mile event was Local Bexhill Runner Tim Cox. Tim completed the Marathon in 3.35, to continue to hold form and pace and complete the ultra distance in 4.09.

Leading the ladies race home was Sophie Soberi in a time of 3.37, closely followed by Trinity booth in 3.52 and Katherine sharp in 3.55. In a fantastic time of 4.19 (3.41 for the Marathon) was Mimi Anderson who took first place for the ladies in the 30 mile event. Mimi is no stranger to the ultra distances and won Female Performance of the Year 2012 for her world record, of the fastest crossing on foot of Ireland -345 miles - such a privilege to have her race our event.

The half marathon was won by Neil Giles of Mid Sussex Triathletes in a time of 1.25.26, closely followed by Nathan Renyard (Hardly Runners) in 1.26, and Simon Wilson (Southend on Sea AC) in 1.28. The Ladies race was led home by Becci Holdaway of Bexhill Runners in 1.35.28, also breaking the ladies course record and placing 13<sup>th</sup> overall. Second lady was Maressa Pitt (Haywards Heath Runners) in 1.40.01 followed by Kate Mactear (Midsussex Triathletes) 1.44.06.

Here is a summary and some stats from marathon winner Paul Navesy; The race was well organised, the course is great if you are after a challenging race. There are plenty of aid stations, the furthest you run is maybe 3 miles between them, all well staffed and plenty of marshals at all junctions. All in all a great event, certainly worth doing especially if you are in the Sussex area .

Course info from my Suunto after the race :

Highest point	469 ft
Lowest point	10 ft
Ascent	2687 ft
Ascent	2687 ft
Descent	2644 ft
Ascent time	1:25'46
Descent time	1:25'50
Flat time	0:01'02.8

The Sussex Marathon would like to thank its loyal race sponsors. The Tri Store.com, Gu Energy, Sussex Sport Photography, Wealden Parish Council, Ten 05 Van Hire, Heathfield Road Runners, Horam Scouts, Bexhill Runners, Runners Retreat. Kent & Sussex Courier.

If you haven't checked out the official race photos please visit [www.sussexsportphotography.com](http://www.sussexsportphotography.com)

The Sussex Marathon will return in 2014, a date will be released over the coming weeks. The event is going to take place later in the year, June-Sept, so watch this space! The event is building a great reputation as a challenge so we hope to see you in 214 for another crack!

Well done to you all!