|  |  |  |
| --- | --- | --- |
| Arunners | Rick Donoghue  Peter Davey | rick.donoghue@btinternet.com  peterdavey67@btinternet.com |
| Burgess Hill | Steven Divers  Jill Bennett | [bhrracesec@gmail.com](mailto:bhrracesec@gmail.com) |
| Chichester | Peter Anderson | nadandpeter@btinternet.com |
| Crawley Run Crew | Shelley Meyern  Henry Harris | [runcrccoach@gmail.com](mailto:runcrccoach@gmail.com)  henryharris@fmail.co.uk |
| Fittleworth | Mark Anderson | [markwanderson@hotmail.co.uk](mailto:markwanderson@hotmail.co.uk) |
| Haywards Heath Harriers | James Smyth | [jamescsmyth1@hotmail.co.uk](mailto:jamescsmyth1@hotmail.co.uk) |
| Henfield Joggers | ? | [funruns@henfieldjoggers.co.uk](mailto:funruns@henfieldjoggers.co.uk) |
| Horsham Joggers | Julie Jochimsen | [julie.jochimsen@btinternet.com](mailto:julie.jochimsen@btinternet.com)  [info@horshamjoggers.co.uk](mailto:info@horshamjoggers.co.uk) |
| Hove Hornets | Matt Lambert  Kerry Moran  Nick Jackson-Smith | [mattlambert@hovehornetsfitness.com](mailto:mattlambert@hovehornetsfitness.com)  [run@hovehornetsfitness.com](mailto:run@hovehornetsfitness.com) |
| Lancing Eagles | Josh Cable | [joshcable@hotmail.co.uk](mailto:joshcable@hotmail.co.uk) |
| Lewes AC | Andrew Chitty  Kate Seymour | [achitty2004@hotmail.com](mailto:achitty2004@hotmail.com)  [easter@lewesac.co.uk](mailto:easter@lewesac.co.uk) |
| Portslade Hedgehoppers | Val Brockwell | [valbrockwell@outlook.com](mailto:valbrockwell@outlook.com) |
| Saints & Sinners | Luke Taylor  Richard Daniells | raceentry@crawleysaintsandsinnersrun.co.uk |
| Steyning | Steve Jones | [steyningac.wsfrl@gmail.com](mailto:steyningac.wsfrl@gmail.com) |
| Worthing Gazelles | Phina Izard  Bowie Lycett | [wsfrl@worthinggazelles.com](mailto:wsfrl@worthinggazelles.com)  grr.worthing@gmail.com |
| Worthing Harriers | Andrew Spells  Matthew Wilson  Victoria Cousins | [andrewpspells@hotmail.com](mailto:andrewpspells@hotmail.com)  [matt@zamboodle.co.uk](mailto:matt@zamboodle.co.uk)  [victoria.bere@gmail.com](mailto:victoria.bere@gmail.com) |
| Worthing Striders | Mikey Osmon  Robert Graham  Club email | [mikeyosmon@gmail.com](mailto:mikeyosmon@gmail.com)  [chair@worthingstriders.co.uk](mailto:chair@worthingstriders.co.uk)  [events@worthingstriders.co.uk](mailto:events@worthingstriders.co.uk) |
|  |  |  |
| Non WSFRL  West Worthing Runners | Clair Lynch  Helen Black | [clair.lynch@outlook.com](mailto:clair.lynch@outlook.com)  [helenblack@planetmail.com](mailto:helenblack@planetmail.com) |
|  |  |  |
| Chairperson | Camilla Bishop | camillabishop@ymail.com |
| Secretary | Kerry Moran | [wsfrl@outlook.com](mailto:wsfrl@outlook.com) |
| Statistician | Phil McErlain | [philmcerlain@hotmail.com](mailto:philmcerlain@hotmail.com) |
| Treasurer | Oliver Dewdney | [o.dewdney@hotmail.co.uk](mailto:o.dewdney@hotmail.co.uk) |
| Website |  |  |
|  |  |  |