

First Name	Last Name	All Media outlets	Email Address	Direct Contact Email	Circulation	Media type	Deadline	Frequency	Publication day
		Bright 106.4	news@brightfm.net			Radio - Regional			
		The Argus (Brighton)	news@theargus.co.uk		19199	Regional newspapers		Daily	
		Brighton & Hove Leader	news@theargus.co.uk		68071	Regional newspapers	Tuesday	Weekly	Thursday
		Bexhill-On-Sea Observer	bexobs@trbeckett.co.uk			Regional newspapers	Wednesday	Weekly	Friday
		Eastbourne Gazette	eastbourne.herald@trbeckett.co.uk		7755	Regional newspapers	Tuesday	Weekly	Tuesday
		Hastings & St Leonards Observer	observer@trbeckett.co.uk		32853	Regional newspapers	Thursday	Weekly	Friday
		Eastbourne Herald	eastbourne.herald@trbeckett.co.uk		20067	Regional newspapers	Thursday	Weekly	Friday
		South Coast Leader	news@argus.co.uk		21630	Regional newspapers	Wednesday	Weekly	Friday
		Rye & Battle Observer	observer@trbeckett.co.uk		30988	Regional newspapers	Wednesday	Weekly	Friday
		Kent and Sussex Courier	editor@courier.co.uk		24064	Regional newspapers	Wednesday	Weekly	Friday
		Sussex Express Series	sussex.express@sussexnewspapers.co.uk		12615	Regional newspapers	Friday	Weekly	Friday
		Sovereign FM	news@sovereignfm.com			Radio - Regional			
		Heart Sussex & Surrey	news.sussex@heart.co.uk			Radio - Regional			
		Juice 107.2	news@juicebrighton.com			Radio - Regional			
		107.8 Arrow FM	news@arrowfm.co.uk			Radio - Regional			
		Splash FM	news@splashfm.com			Radio - Regional			
		Gold Sussex 1323/945	news@lbc.co.uk						
		West Sussex County Times	ct.news@sussexnewspapers.co.uk		19501	Regional newspapers	Wednesday	Weekly	Thursday
		West Sussex Gazette			7000	Regional newspapers	Monday	Weekly	
		Worthing Advertiser	letters@worthingherald.co.uk		40000	Regional newspapers	Tuesday	Weekly	Wednesday
		Mid Sussex Times	middy.news@sussexnewspapers.co.uk			Regional newspapers	Wednesday	Weekly	Thursday
		Worthing Herald	letters@worthingherald.co.uk		28262	Regional newspapers	Tuesday	Weekly	Thursday
		Horsham Advertiser	ct.news@sussexnewspapers.co.uk		20463	Regional newspapers	Monday	Weekly	Tuesday
		BBC Sussex & Surrey				Radio - Regional			
		Mid Sussex Citizen	middy.news@sussexnewspapers.co.uk			Regional newspapers	Tuesday	Weekly	Wednesday
		Mid Sussex Leader	news@theargus.co.uk		29968	Regional newspapers	Wednesday	Weekly	Thursday

Specialist Media

First Name	Last Name	All Media outlets	Email Address	Circulation	Media type	Deadline	Frequency	Publication day
		Sussex Life	editor@sussexlife.co.uk	90000	Lifestyle		Monthly	
		Cycling Fitness	cycling@ipcmedia.com	15000	Magazines		Quarterly	
		bikeradar.com	bikeradar@bikeradar.com	2500000	Online		Website	
		Mountain Biking UK	mbuk@futurenet.com	38701	Magazines		Monthly	
		What Mountain Bike	wmb@futurenet.com	13870	Magazines		Monthly	
		Cycling Active	cyclingactive@ipcmedia.com	25004	Magazines		Bi Monthly	
		Cycle	editor@ctc.org.uk	47000	Magazines		Bi Monthly	
		Singletrack	newsdesk@singletrackworld.com	15000	Magazines		8 issues per year	
		Cycling Weekly	cycling@ipcmedia.com	28834	Magazines	Monday	Weekly	

Website URL

<http://www.brightfm.net>
<http://www.theargus.co.uk>
<http://www.theargus.co.uk>
<http://www.bexhillobserver.net>
<http://www.eastbourneherald.co.uk>
<http://www.hastingsobserver.co.uk>
<http://www.eastbourneherald.co.uk>
<http://www.thisisbrightonandhove.co.uk>
<http://www.ryeandbattleobserver.co.uk>
<http://www.thisiskent.co.uk>
<http://www.sussexexpress.co.uk>
<http://www.sovereignfm.com>
<http://www.heartsussex.co.uk>
<http://www.juicebrighton.com>
<http://www.arrowfm.co.uk>
<http://www.splashfm.net>
<http://www.mygoldmusic.co.uk>
<http://www.wscountytimes.co.uk>
<http://www.westsussextoday.co.uk>
<http://www.worthingtoday.co.uk>
<http://www.midsussextimes.co.uk>
<http://www.worthingtoday.co.uk>
<http://www.wscountytimes.co.uk>
<http://www.bbc.co.uk/england/southerncounties>
<http://www.midsussextimes.co.uk>
<http://www.thisismidsussex.co.uk>

Website URL

<http://sussex.greatbritishlife.co.uk>
<http://www.cyclingweekly.co.uk>
<http://www.bikeradar.com>
<http://www.chopmtb.com>
<http://www.bikeradar.com>
<http://www.cyclingactive.com>
<http://www.ctc.org.uk>

<http://www.singletrackworld.com>
<http://www.cyclingweekly.co.uk>