

HASTINGS RUNNERS

2020
SUSSEX GRAND PRIX
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JANUARY & FEBRUARY 2020

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IN RUNNING

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RUNNING PROMOTES FRIENDSHIP ALL OVER THE WORLD

AFFILIATED TO ENGLAND ATHLETICS, SOUTH OF ENGLAND ATHLETIC ASSOCIATION AND SUSSEX COUNTY AMATEUR ATHLETIC ASSOCIATION

CHAMPIONSHIP CALENDAR 2020



DATE	START	RACE	DISTANCE	EXTRA INFO
MARCH				
1 March	10:00	Eastbourne Half Marathon	13.1M	
8 March	09:00	Pett XC	5M	Final ESCCL Round
29 March	10:30	Hastings Half Marathon	13.1M	Bag drop available
APRIL				
5 April	09:30	Paddock Wood Half Marathon	13.1M	
29 April	19:00	Spring 5K Club Race	5K	Start, Parkrun
MAY				
3 May	10:00	Rye 10 Mile	10M	
17 May	10:30	Keith Chandler Hastings 5 Mile	5M	Bag drop available, SGP event
JUNE				
9 June	19:00	Alan Corke Club Race	6.4M	Start, Fairlight Country Park
21 June	10:00	Heathfield 10K	10K	SGP event
26 June	19:30	Robertsbridge 10K	10K	
JULY				
5 July	10:30	Bewl Water 15 Mile	15M	
TBC	16:30	Tim's Off Road 5 Mile	5M	
22 July	19:00	Summer 5K Club Handicap	5K	Start, Parkrun
29 July	TBC	Bexhill 5K Club Handicap	5K	SGP event
AUGUST				
7 August	19:30	Rye 10K	10K	Summer Classic Series
13/16 August	18:45	Barry Richards Club Race	10K	Start, Galley Hill
20/27 August	18:45	XC Club Race	10K	New! Details TBC
SEPTEMBER				
6 September	10:00	Battle 10K	10K	
13 September	10:30	Hellingly 10K	10K	SGP event
20 September	10:00	Rother Valley 10K	10K	
27 September	09:00	Rye to Hastings Club Race	12.8M	Coach available
OCTOBER				
11 October	10:00	Tonbridge Half Marathon	13.1M	
18 October	TBC	Great South Run	10M	Portsmouth
NOVEMBER				
1 November	11:00	Beckley 10K	10K	
15 November	10:30	Winter 5K Club Race	5K	Start, Parkrun
DECEMBER				
19 December	10:30	The Christmas Pudding Dash	5M	Start, Pett Village Hall

Dates subject to change. Please check race websites for further information. SGP - Sussex Grand Prix. *Not part of club championship.

RACE RESULTS MINCE PIE 10M 08.12.19



359 Terry Kitson 01:45:23
 368 Sarah Marzaioli 01:46:50
 477 Katherine Hill 02:06:56

RACE RESULTS NEWPLACE FARM XC 5M 15.12.19



4	Matt Edmonds	31-48	155	Piers Brunning	46-07	283	Yockie Richardson	61-01
19	Darren Barzee	34-43	184	Paul Hope	48-23	290	Amanda Moore	62-52
23	Mark Goodman	35-03	208	Emily Allchurch	50-31	302	Terry Kitson	65-51
33	Martin Noakes	36-09	227	David Bratby	52-22	304	Jo Edwards	66-13
98	Graeme Grass	41-53	245	Sylvia Huggett	54-21	Juniors (U11 Boys)		
114	Kevin Blowers	42-43	249	Ruth Spiller	54-43	7	Oliver Goodman	10-24
132	Jane Coles	44-21	270	Berenice Consavela	58-22	Juniors (U13 Boys)		
153	Susan Rae	45-56	278	Trish Audis	59-58	1	Finlay Goodman	8-20

RACE RESULTS PUDDING DASH 5M 21.12.19



25 Patrick Bermingham	00:36:00	142 Nigel Thornely	00:49:52	240 Simon Bendle	01:00:26
28 Graeme Grass	00:36:41	143 Sarah Bendle	00:49:53	241 Victoria Harding	01:00:26
33 Michael Hamer	00:37:19	165 Paul Moir	00:50:59	259 Daniel Ratnarajah	01:01:28
36 Danny Firth	00:37:43	164 Michelle Fox	00:51:00	260 Tracy Ratnarajah	01:01:29
38 Jane Coles	00:38:09	160 Emma Stubbs	00:51:05	257 Sue Andrews	01:01:32
40 Tom Mann	00:39:08	173 Annette Fry	00:51:22	267 Allison Tanner	01:02:31
54 Roland Baines	00:41:54	180 Jo French	00:51:54	266 Lucy Brett	01:02:33
68 Emily Allchurch	00:42:35	182 Shana Burchett	00:52:02	280 Irene Kitson	01:06:16
76 Richard Cross	00:44:01	216 Deanne Smith	00:56:06	281 Helen Munday	01:06:16
90 Piers Brunning	00:44:05	217 Stephen Slater	00:56:14	282 Lisa Peterson	01:06:25
93 David Bratby	00:45:16	214 Christine Sanderson	00:56:34	285 Richard Burne	01:06:44
102 Peter Noakes	00:45:44	219 Michelle Kromholz	00:56:47	286 Julia James	01:06:45
116 Robert Dennis	00:46:42	230 Eleanor Swaine	00:58:31	291 Linda Beddis	01:07:36
120 Simon Linklater	00:47:28	231 Kirstie Carlton Blake	00:58:36	292 Sue Peters	01:07:36
119 Keith Goodsell	00:48:18	234 Leanne Badrock	00:58:42	294 Ian Lee	01:08:07
134 Kevin Blowers	00:48:25	229 Yock Lin Richardson	00:58:52	295 Mary Le Pla	01:08:09
128 Sue Palmer	00:49:16	232 Jo Edwards	00:58:59	310 Michael Worthington	01:13:18
133 Berenice Consavela	00:49:16	242 Sophie Alexander	00:59:52	311 Michael Hall	01:13:19
135 Terry Kitson	00:49:34	243 Simon Fry	00:59:52	323 Christine Rackstraw	01:25:45



RACE RESULTS HEATHFIELD PARK XC 5M 26.01.20



1	Matt Edmonds	32-10
11	Darren Barzee	35-19
22	Martin Noakes	36-50
36	Mark Goodman	38-36
49	Paul Burchett	39-28
88	Neil Jeffries	42-42
119	Graeme Grass	44-43
123	Kevin Blowers	45-10
135	Jane Coles	45-46
157	Piers Brunning	47-23

177	Joanne Nevitt	48-43
183	Emily Allchurch	49-18
195	Rick Burne	50-08
219	David Bratby	52-27
223	Ruth Spiller	52-40
224	Paul Hope	52-43
243	Sylvia Huggett	54-51
250	Berenice Consavela	55-27
273	Shana Burchett	58-24
275	Trish Audis	58-33

283	Amanda Moore	60-30
307	Linda Beddis	64-03
325	Julia James	68-15

Juniors (U13 Boys)

1	Finlay Goodman	3-39
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CROSS COUNTRY ESCCL SEASON REPORT 2019-2020

It's been a brilliant season so far for Hastings Runners with an average attendance of 30+.

After the first 4 events, Hastings Runners are currently lying in 6th place (1824 pts) out of 16 teams. With the The Hub, Bodiam event cancelled pending a rescheduled date the season will end at Pett Village Hall (8th March) which our club will be hosting.

Some fine individual performances so far, and all being well quite a few HRs will be picking up awards at Pett! **Your best 4 scores count from the 6 events.**



- SM** With 3 wins out of 4 events, Matt Edmonds is in pole position to claim the title.
- M50s** Darren Barzee currently leads this age group.
- M55s** Martin Noakes lies in 7th place, but has a race in hand on most of those above him.
- M60s** David Bratby is currently in 6th place.
- F45s** Emily Allchurch is lying 3rd.
- F50s** Jane Coles is currently 2nd.
- F55s** Ruth Spiller is lying in 6th place.
- F60s** Trish Audis is in 5th, and Julia James 6th place.
- F65s** Sylvia Huggett currently lies in 2nd place, with Yockie Richardson in 6th.

David Bratby • Cross Country Captain

RACE 1 Ashdown Forest
13th October 2019

2 lap course (Small lap then large lap):
Hilly and likely to be muddy. Suitable for spikes.

RACE 2 Black Cap (Lewes)
10th November 2019

Hilly 1 lap downland course.
Not usually muddy. Suitable for spikes.

RACE 3 Newplace Farm
15th December 2019

2 lap course: undulating no major hill.
Not usually muddy. Suitable for spikes.

RACE 4 Heathfield Park
26th January 2020

2 laps, there is some tarmac but you can run on
the grass to the edge if wearing spikes.

RACE 5 Bodiam Castle (TBC)
May be rescheduled. Check Facebook.

2 laps: fields and woods.
Likely to be muddy. Suitable for spikes.

RACE 6 Pett
8th March 2020

1 lap course: fields and woods.
Likely to be muddy. Suitable for spikes.

TIMINGS

10:00AM Junior Race Start
10:30AM Seniors Race Start
Medals for all participants

ENTRY

ALL 6 £10.00* OR £16.00
ON THE DAY £5.00* OR £7.00
*EA Member discounted price

CLUB SOCIAL & AWARDS 2020

RUNNERS WHO COMPLETED 8 OR MORE CHAMPIONSHIP RACES 2019

Simon Fry
Henry Worthington
Ian Lee
Chris White
Alison Tanner
Jo Edwards
Deanne Smith
Jessica Cull
Stephen Slater
Adrian Barratt
Emily Allchurch
Sue Palmer
Davinia Hill
Susan Rae
Nigel Thornley
Bob Dennis
Steve Uzzell
Ben Kirimli
Danny Ratnarajah
Debbie Humbles
Darren Owen
Dan Snelgrove
John Nash
Roland Baines
Nadia Winborn
Helen Munday
Ellie Swaine
Irene Kitson
Adrian Hall
Terry Kitson
Erica Wilson
Ashley Ballard

Louise Cavill
Annette Fry
Michael Norris
Ben Goring
Keith Goodsell
Simon Trevena
Simon Linklater
Todd Fitz-Hugh
Sue Mann
Marie Appleton
Sarah Marzaioli
Jane Coles
Tom Mann
Ben Sallows
Rob Thomas
Michael Hamer
John Simcox
Kevin Blowers
Patrick Bermingham
Kieran Price
Nina Lambrou
Bill Edmondson
Andy Lee
Jo French
Marie Crawford
Nicola Peters
Jan Young
Claire Thomas
Darren Barzee
Graeme Grass
Lorraine Ashby
Shana Burchett
Michael Grass
Paul Burchett
Krista Barzee
Colin White
Lisa Grass
Anthony Gardner

Yockie Richardson

AGE CATEGORY WINNERS FOR THE FIRST PAST THE POST WITHIN THE CLUB CHAMPIONSHIP

LADIES

Senior Female:

Claire Thomas

Female Vet 1:

Emma Stubbs

Female Vet 2:

Nina Lambrou

Female Vet 3:

Annette Fry

Female Vet 4:

Debbie Humbles

Female Vet 5:

Susan Rae

Female Vet 6:

Julia James

Female Vet 7:

Irene Kitson

Female Vet 8:

Sarah Marzaioli

Female Vet 9:

Christine Sanderson

MEN

Senior Male:

Colin White

Male Vet 1:

Paul Burchett

Male Vet 2:

Kieran Price

Male Vet 3:

Darren Barzee

Male Vet 4:

Kevin Blowers

Male Vet 5:

Andy Lee

Male Vet 6:

Terry Kitson

Male Vet 7:

Robert Dennis

OVERALL WINNERS FOR THE CLUB CHAMPIONSHIPS FIRST PAST THE POST

LADIES

3rd: Claire Thomas

2nd: Jane Coles

1st: Debbie Humbles

MEN

3rd: Graeme Grass

Joint 1st: Darren Barzee & Colin White

TARGET TIMES CHAMPIONSHIP

3rd: Darren Barzee

2nd: Susan Rae

1st: Simon Linklater

TROPHY FOR BEST AGE GRADE

Christine Sanderson
87.67%



MERIT AWARDS (Chosen by the coaches)

Manami Cheves

She had a nasty fall earlier in the year resulting in a broken collar bone but worked her way back to fitness with her characteristic cheerfulness and she's well known for always having an infectious smile on her face.

Jane Coles

She's a dogged and determined competitor across a variety of races but in particular on the cross country circuit where she's also celebrated for her fabulous Lemon Drizzle Cake. She got a parkrun PB last year of 21'40" and she's proved to be the best in Sussex winning the Sussex Grand Prix Vet 4 category.

Matt Edmonds

A truly outstanding runner who didn't take part in many club championship races last year so

giving the rest of us a chance of glory. He's been an international ambassador for the club running in many overseas races including Croatia, Peru, Bulgaria, Northern Ireland, Slovakia and Oman. Last year he took on the challenge of Ultra Marathon's for the first time, he finished Top 10 in the Sheffield Half Marathon and was 20th in the Beachy Head Marathon. He also does a brilliant job editing our newsletter.

Paul Burchett

A man who exemplifies many of the qualities that make this a special club. He's a great runner who trains hard but is always happy to help others with advice and support. Last year he ran a parkrun PB of 18'43", he did the Brighton Half Marathon in 1 hour 27 minutes 51 seconds and took on his first London Marathon in a time of 3 hours 23 minutes.

Nina Lambrou

A lady who is a truly amazing long distance runner and in common with others she's also very modest about her achievements. Last year she and Anthony Gardner completed the South Downs Way 100 mile ultra.

Berenice Consavela

She has impressed everyone with her work rate and determination. She has a willingness to take on new distances and cross country. She's a quick runner with a parkrun PB of 23 minutes 13 seconds

Marie Crawford

She is a wonderfully cheerful and positive person whose infectious enthusiasm rubs off on others. She's fairly new to running having done Couch to 5k in 2018 and joined Hastings Runners as part of her strategy to get fit for the Territorial Army. She got a parkrun PB last year of 26 minutes 4 seconds and she also did her

first Beachy Head Marathon.

Elly Swaine

A lady who in the last year or two has cheerfully taken on challenges and distances that make other runners go weak at the knees. She's now a role model for runners who wonder if they can take on tougher long distance events. Last year she did Gatliff, the London 2 Brighton Challenge, the Sussex Stride 50 miler, the 30k multi terrain Rye Ancient Trails, the Beachy Head Marathon and her 3 marathons in 3 months including London which raised over £2000 for Epilepsy Lifestyle. She often had support on these challenges from Jackie Mannering and Pete Heasman, and in the last couple of weeks she's started training for the North Downs Way 50 miler in May.



JUNIOR MERIT AWARDS - Chosen by Nick Brown

DANIEL CRAWFORD

A runner who has improved so much in the last year. He has a parkrun PB of 22 minutes 44 seconds and is going to get so much quicker as he gets older. During the school holidays he often attends Hastings Runners training runs with his Mum.

JUDE PORTER - A young lad who's overcome so much in the last year. He started at Frewen College in September and is going from strength to strength. In his running last year he did the Mini Run at the half marathon, the Run on the Rec in Battle plus the junior races at Bexhill and Beckley. He's a regular at parkrun where he's supported by his grandad (Terry Kitson) and he currently has a PB of 30 mins 53 secs.

FINLAY GOODMAN

A young boy who's a star in the making. He won the Club 5k in November leaving the rest of us trailing in his wake, he has a parkrun PB of 17 mins 20 secs. He recently won the Under 13 Sussex Cross Country title at Bexhill and last Saturday he won the Kent Schools Championship over 3k at the Royal Military School in Dover. He's now been chosen to run for Sussex in the National Inter Counties Cross Country Championships in Loughborough on 7th March.

THE ACHIEVER AWARDS, THE PEOPLE WHO GOT MOST VOTES FROM THE COACHES

MEN

Simon Linklater

LADIES

Susan Rae

GRIJSLOKE TROPHY (Donated by the running club in Belgium)

Paul Cabban

CROSS COUNTRY AWARD (Chosen by David Bratby)

Yock Lin Richardson

BILL BAILEY TROPHY

Awarded each year to the runner who's taken part in both the Brenda Boyle Pier To Pier Race and the Rye To Hastings for two consecutive years achieving the highest aggregate of improvement over those two years.

Kim Callow

COACH OF THE YEAR (voted for by members)

Terry Kitson

WILF GAYE MEMORIAL TROPHY

(nominated by members)

This trophy is awarded each year to someone who it's felt has inspired and

encouraged others, and demonstrated dogged persistence in the face of adversity. This is not about speed, distance or winning races, in fact it's not necessarily about running but carrying on despite personal setbacks and being undaunted by whatever life throws at them. This year's deserving winner suffered an injury in the Spring of 2018. It was the sort of problem that someone less stoic might have decided to hang up their trainers and call it a day. However she stuck with it and continued to work her way back to fitness. Then at the start of last year she had pneumonia which really set her back. Only now is she getting back to full fitness. While she wasn't running she was out supporting runners most noticeably with her cowbells during last year's Pier To Pier.

Louise Coates



ENDEAVOUR TROPHY (nominated by members)

A trophy provided by Peter Cocker and awarded to any member who's applied themselves with particular effort and a determination beyond that of others to establish themselves as a Hastings Runner who's commanded the respect and regard of their fellow

members. The recipient of this year's trophy went through a tough patch in his personal life a little while back and this affected his morale and his running, but in the last year he's bounced back with tremendous grit and determination getting back on form with his running whilst at the same time making a major contribution to the club with his work on the website,

his weekly running reports for the Hastings Observer and doing the timings for the 5k Handicap race.

Simon Linklater

FOUNDERS TROPHY (chosen by the Executive Committee)

Given to a member who they feel has made a most significant contribution to the club. This year it goes to someone

who's contributed so much to the club. As a club official he worked tirelessly over several years to support, encourage and build the club. He hosted the annual summer off road race at his farm and also raised the awareness and standing of the club through his astonishing 30 marathon fundraising effort for his favourite charity Farm Africa.

Tim Jury



SUSSEX GRAND PRIX 2020 EVENTS

Here is a list of the 12 Sussex Grand Prix races for next year. There is one change from this year, sadly our own Hastings 5 Mile has been replaced by the Haywards Heath 10 Mile.

Sunday 29th March	HASTINGS HALF MARATHON
Sunday 3rd May	RYE 10 MILE
Sunday 17th May	HORSHAM 10K
Sunday 24th May	HAYWARDS HEATH 10 MILE
Sunday 21st June	HEATHFIELD 10K
Sunday 5th July	BEWL 15
Wednesday 15th July	PHOENIX 10K
Wednesday 29th July	BEXHILL 5K
Sunday 13th September	HELLINGLY 10K
Sunday 4th October	LEWES DOWNLAND 10 MILE
Sunday 18th October	HOVE PROM 10K
Sunday 22nd November	CROWBOROUGH 10K

You can run as many as you want but only your 6 best scores will count towards your final points total.

SUSSEX COUNTY ROAD RELAYS 04.04.20

We entered a strong contingent of 36 Hastings Runners in 2017, when we landed team medals in the MV60 and FV50 categories. This very well organised event attracts clubs from all over Sussex, and takes part in the grounds of Christ's Church Hospital School, Horsham and each lap is a relatively flat 3.30kms.

Ladies races start at 12.45pm and men's races start at 14.10.

Categories are:

Senior ladies (3 per team); FV40s (3); FV50s plus (3)

Senior men (6 per team); MV40s (4); MV50s (3); MV60s (3)

We have potential medal chances in the FV50s, MV50s and MV60s.

Please email nickbrownrunning@gmail.com if you would like to take part.

Nick Brown • Race Secretary



BRITISH MASTERS NATIONAL ROAD RELAYS 16.05.20

The club is hoping to field a number of teams in what is the most prestigious masters relay race in the calendar; where you are competing against the very best runners in your age category in the country! The ladies teams have done us proud since we first started competing in this event in 2014, with the FV65s winning a gold medal and 4 bronze medals, and the FV45s getting a highly respectable 6th place in 2014.

These relays take place at Sutton Park, near Sutton Coldfield in Birmingham, which is the 6th largest urban park in Europe. Each of the legs is over an undulating 3 mile course on the tarmac/traffic free roads. Given the times of the races, all the ladies teams need to travel up the day before (Friday 15th May). Given the times of the men's races, then it is feasible for the MV45s to travel up from Hastings on Saturday morning but the MV55s would be best advised to also travel up on Friday 15th. .

If you are interested in taking part, then please let me know asap - you must be a paid up HR member and must have a current UKA competition number. The categories are FV45-54; FV55-64; FV65 plus; MV45-54 and MV55-64.... all the teams have 3 runners, except for MV45-54 which has 4. Because you will be representing HR in a team event, rather than as an individual, the club will be paying race entry fees as well as making a contribution towards expenses.

Nick Brown • Race Secretary



TRACK SESSIONS EVERY MONDAY



Track sessions have been continuing throughout the winter, although there will be no session on 10th February and 30th March. These sessions are ideal for those wanting to improve their race times as track work will improve your pace judgment and get you used to running hard when you are tired. If you have been running for a few years and have stopped improving, then a weekly speedwork session will kick-start your return to form! This also offers a good opportunity to receive advice on running style (where needed).

We will be focusing over the winter on improving speed endurance by reducing the recovery times between reps. The idea is to run just inside current 5kms race speed, and the shorter recoveries will help you to maintain a good speed in races by simulating the tiredness that builds up when you are tired. The whole session lasts around an hour, including 20 mins of warm up and form drills.



18.30pm prompt start at William Parker athletics track in Parkstone Road, Hastings; parking close by in Park Avenue, off Park View - please try and get there at least 15mins beforehand so that you can do a few warm up laps.

Cost £2.50pp; Under 18s FREE

Nick Brown • Track Coach

HASTINGS PARKRUN REPORT



No fewer than 350 Hastings Runners have now clocked up over 9800 parkruns at Hastings. We have had 3 attendances over 400 already in 2020, and the record attendance of 474 could well come under threat at our 5th anniversary in April! As ever, we are indebted to our event director Arriane Callow, and run directors Nadia Winborn, Jane & Ken Hughes, Andy Lee, Julia French, Julia James, Sue Palmer, Duncan Edwards; and the rest of our core volunteers.

Hastings parkrunners have plied their trade further afield with appearances at Bedgebury, Brentwood, Delaware Canal (Somerset), Eastbourne, East Brighton, Felixstowe, Horsham, Hove Prom, Leicester Victoria, Lowestoft, Maidstone, Newark, Peacehaven, Preston Park, Rockingham, Seaford Beach, Tunbridge Wells; Bethlem Royal Hospital, Crystal Palace, Fulham Palace, Mile End, Richmond Park & Victoria Dock (all London); Llanelli (Wales); Ormeau & Waterworks parkrun (NI). The globetrotting tourists were Julia James (Haga parkrun, Sweden); Jakub Kucharski (parkrun Szczecin, Poland) and Susan Rae who was 1st & 3rd lady finisher at Hout Bay & North Beach parkruns respectively in South Africa.

Many highlights during the past 3 months, but pride of place must go to club veteran Bob Claridge who has become the first person to clock up 200 parkruns at Hastings - a tremendous achievement! Regular parkrun volunteers Lena King and Sue Palmer are set to become the first 2 ladies to reach 200 parkruns at Hastings; currently on 199 & 180 respectively. Well done to Neil Jeffries who has now joined the 250 parkrun club (most of these being at Crystal Palace & Hastings), and to Ruth Spiller who has recently joined the 100 club.

Many congrats to Matt Edmonds who has racked up no fewer than 6 parkrun wins in the past couple of months at Hastings, taking his total to an impressive 25, and to Debbie Humbles whose win in December takes her total to 18. Debbie also notched up two seconds & a 3rd place at Hastings; with Dan Snellgrove, Leo Cacciatore & Jacob Wilkinson all finishing 3rd. Finally, a mention for new club member Berenice Consavela who picked up an excellent 2nd place at Hastings.

Please don't forget that without volunteers, there would be no parkrun! If you are parkrunning regularly, then please put something back by helping out a few times a year. Your duties won't normally take much more than an hour in most cases.

Please email hastingshelpers@parkrun.com

A NEW PASSION IN RUNNING ULTRAMARATHONS



2019 was a very different year to most. Since the beginning of my running years over ten calendars ago I have sought to improve on the standard distances from 5K to a full marathon. My months of training were based around one goal - the hallowed turf of a personal best. As the medals rolled by the clock got shorter and my positions began to climb. In recent years this theme has naturally slowed and particularly last year was aching for a new challenge to help me appreciate and flourish in the smaller races once again. Enter ultramarathon running.

Having began racing abroad from Athens marathon in 2013 I've found a fondness in lining up with different communities surrounded in a wide range of climate, culture and terrain. The city races are mostly expertly organised with acute simplicity from donning the race bib to the finisher medal. As the countries ticked my travelling habits and desires changed. As mentioned, cities are an easy target for a quick races, slice of culture and flight home but what about the rest of the country? I wanted to experience more from a raw perspective and way of life in places barely known to exist.

After weeks of research involving analysing flights paths, race conditions and the geography of the key areas (airport, registration, race start, race finish) I found a little mountainside village called Orehovo. The neglected Eastern European settlement slumped deep into the Rhodopes mountains would host my first ultramarathon. The soviet stars aligned with the planning and all I had to do now was tackle the mandatory equipment list. Excruciatingly detailed was an understatement. It was at this moment I could feel I'd entered an entirely new racing world. Having to find coats of a specific waterproof rating, almost a kilogram of isotonic fuel and multiple bear bells certainly added some new shades to the usual preparations.

Race day came after a total of 8 hours commuting from work via various airports and eventually diving





two hours from Sofia to a near by village of Bachkovo. After a brief sleep I was on the road again winding through the ever elevating spikes of land. Post warm up and equipment check we set sail up into the Bulgarian mountain range sounding like a string of morris dancers thanks to the bear bells.

Almost seven hours later, I finished, tasted a sweet Bulgarian lager and marched back to a place of rest. The experience had definitely changed my perception on what a 'challenge' is. Although this was the baby version at 53K it felt like a new bond with running was blossoming. Adapting to rocky trails lined with forest

alongside local runners was exciting. The Rhodopes provided a maze of technical yet beautiful moments and would always be the place my ultra membership had begun, a place of reflection for the future.

Since then a few months passed by and Belfast half marathon held host to the next stop on the world tour. The course was a pancake and real chance for a personal best since Marrakesh a few years ago. Unfortunately the weather slid of script but it was a decent time considering and it was another tick in the box - but that was it. A fantastic city with brilliant people always keen to share a tale but the race side didn't have that raw edge I was beginning to lean towards. On the return it was time to prepare for Beachy Head Marathon and equally as important, the East Sussex Cross Country season.



Debut day was set in Ashdown forest with the usual friendly welcome from my second family, Hastings Runners. The race went well with a small loop to gage the competition before completing the outer ring and mudslide finale. The second went equally as well whilst Beachy Head Marathon came and went with an improved position on a windy day. Meanwhile preparations for the next ultramarathon had climaxed. Bring on Oman.



Training hadn't been overly structured with the recent buffet of distances fluctuating my personal runs. Nevertheless I was heading to the intriguing Sultanate of Oman for a race with with the biggest badge in the game - UTMB. The organisers of the Mont Blanc trail races had built an unmatched reputation in recent years and this race was always gong to attract the worlds best. 170K, 130K and my 50K race all looked to be brutal courses involving largely technical areas at high altitude.



The big day arrived and I was ready for an experience that would be the toughest yet whilst secretly knowing it wouldn't be the toughest ever. A quick toilet break in the arabic darkness and within five minutes the sun was alive with the curtain of mountains surrounding us in at the start point in Al Hamra. It's always difficult to pace yourself these races but you have to take a steady strong pace on the parts you can run. The technicalities of the course were devilish and the mental side was heavy but the views always justified the effort involved. As the sequence of peaks and valleys continued painfully the rising sun temperature

balanced with the increase in altitude. Around the summit I glanced at my watch whilst stuffing myself with dates and watermelon, 3:30. I had no particular time aims but this was a good start and the second half was mostly downhill.

It was a surreal experience negotiating the miniature mountainous villages and past the camps of picnicking Omani's but I'd noticed the race had become increasingly technical. My time was suffering and despite the aid stations packed full of energetic goodies I was being reminded of how tough this kind of distance is. Then, out of nowhere I started running with some seemingly stray goats and it reminded me of when I'd first started running. Remember? The early days when you went out without a watch, purely for the enjoyment and endorphins. Epic times.

I finished the race in just under nine hours, the final 10K was incredibly testing but it was done and the experience had added more ultra armour to my lightweight collection.

The lesson I've learnt is running often becomes self-competitive and all about beating your best. We all have a honeymoon period where the seconds if not minutes are flying off but inevitably there will come a point where it plateaus. This feeling was growing stronger personally and my love for running was slowly eroding. Finding your purpose in our brilliant sport is important, try new ideas and burst out of your comfort zone. You might just surprise yourself.



Matt Edmonds • Club Runner

CLUB MEETING NOVEMBER 2019 13.11.19

Present: Nathan Godden, Chris Rackstraw, Mike Hall, Jan Young, Michael Norris, Martin Noakes, Simon Linklater, Tim Jury, David Kilby, Andy Knight, Davinia Hill, Arrienne Callow, Erica Wilson, Annette Fry, Jacqui Mannering, Terry Kitson, Irene Kitson, Louise Cavill, Simon Weatherley, Berenice Consavela, Rob Thomas, Nick Webb, Sue Mann, Andy Lee.

1. Apologies

Andy Bashford, Jane Whittington, Steph Miller, Natasha Slow, Jo Edwards, Julia French,

Nick Brown, Alan Croucher, Steph Miller, Hayley Ransom, Neil Jeffries, Darren Barzee, Krista Barzee, Shana Burchett, Paul Burchett, Kim Callow.

2. Matters Arising

Andy Lee reported that the proposal at the last meeting to introduce Proxy Voting was still an outstanding issue but that the Exec had agreed to re-visit the issue at the March meeting subject to some refinements to the proposal and clarification of constitutional issues.

He reminded the meeting of the Social and Awards Night on the 24th of January and the need to purchase seats by the 17th.

3. Correspondence / Communications

Andy Lee reported that Brighton Marathon organisers have offered HR ten guaranteed places for this year's event and that if members would like a place they should contact Andy by January 19th.

4. Membership

Andy Lee reminded the meeting that the membership renewals would soon be upon us and that everyone should ensure that personal details, and in particular email addresses, were up-to-date on the UKA portal. He also summarised the benefits of UKA membership and recommended that colleagues who were not UKA registered should consider it for next year.

5. Treasurer's Report

Rob Thomas provided a financial update. Significant recent expenditure has included a tent, a new batch of kit and costs for the Social and Awards night. The current bank balance is £6697. There were no queries raised.

Sue Wilkinson is the new kit manager taking over from Dale Scowen.

Rob confirmed that the coach for the Brenda Boyle Pier to Pier race had been booked and that he will email members about how to secure a seat. It was agreed that this year the cost of the coach (£150) should be absorbed by club funds so that seats would be free to members.

6. Running Reports

Club 5k: good turn-out of 89 runners. Won by Finlay Goodman.

Bedgebury Half: 5 runners

Crowborough 10k: 17 runners; 1 age cat and 2 2nd in age cat.

Benidorm 10k: 4 runners

Gatliff 50k: 7 runners

Rye Harbour Winter chase

Oman Ultra: Matt Edmonds

Valencia 10k: 4 runners; Susan Rae age cat

Mince Pie 10 mile: 5 runners

Pudding Dash: 55 runners

Sussex Cross Country: Finlay Goodman won U13.

New Year's Day Lamberhurst: 4 runners

Nigel Thornely's hospice fundraiser drew out a large number of HR's to run with him culminating in 42 running all or part of the concluding marathon and raising £1400.

7. ESSXCL

The club is currently in 8th place.

Matt Edmonds is in first place and Sylvia Huggett is first in her age cat.

8. Running Due

January 18th Sussex Masters XC, Lancing;

January 26th Heathfield Park, ESSCCL (no. 4);

February 2nd Bedgebury Forest 5 miles & 10 miles

February 9th Brenda Boyle pier to pier race;

Eastbourne 5 miles.

February 16th The Hub, Bodiam, ESSCCL (no.5);

Tenterden 5 miles;

T. Wells 1/2 marathon.

February 23rd Brighton 1/2 marathon.

March 1st Eastbourne 1/2 marathon.

March 8th Pett, ESSCCL (no.6/ final race of series, hosted by HR);

Gunpowder Run 5 miles, Battle;

Lydd 1/2 marathon & 20 miles.

9. Sussex Grand Prix

Andy Knight reminded us of the forthcoming awards night. The final result was two HR in the top 20 overall and seven top three finishers in their age category.

[Secretary's note: the date of the awards night has now been moved to Monday 17th February].

The first SGP race of the new season is the Hastings Half.

The meeting expressed disappointment that the Hastings 5 Mile had been dropped from the SGP this year because of date clashes. It was felt that the process for consulting and deciding the race schedule had been flawed and that insufficient weight had been given to flexibility we have demonstrated in the past and also the fact that there are now no 5 mile races in the series.

10. Hastings Parkrun

Arriane Callow reported a surge in runners in the new year (400+ on 4 Jan) but continuing issues getting volunteers. HR currently provide two thirds of the volunteers.

Arriane explained that volunteers do not need to wait until the week of the run to volunteer. If you know you are able to volunteer you can notify the team several months in advance. This would be very helpful to the volunteer co-ordinators.

11. Coaching

Nick Webb reported that, following the feedback on the recent coaching/training questionnaire, warm up drills have been introduced to the Wednesday sessions and have been well received. For the new year an alternating programme of progression and tempo runs was being introduced for the two faster groups on Wednesday. This will be on a trial basis for the next 2-3 months possibly extending to the other groups depending on feedback.

It was agreed that next week runners who usually run in the other two groups but who wish to get a taste of the new approach should be encouraged to consider moving up a group.

It was agreed that we need to strike a balance between providing opportunities for runners

who wish to develop with the continuing need to provide for steady runs for those colleagues who wished to stay with those.

12. Hastings Half Marathon

Eric reported that planning is at its peak and entries are flooding in. Pacers at 10 minute intervals between 1.30 and 2.30 are being introduced for the first time this year. Pacers will carry a backpack and a flag. A pacer for 1.30 is yet to be recruited. Please contact Eric if you would like to do this or know someone who may like to do it. Pacers get free entry.

If anyone would like a special number Eric will be very happy to do this if you ask now. It cannot be done when we get nearer to the race.

As usual the help of the club to deliver leaflets and put up barriers on the Saturday is very much appreciated. Mike Hall will email about leaflets in due course.

13. Hastings 5 Mile [See also comments at 9. above]

Mike Hall reported that entries are coming in steadily and that the race committee will be meeting shortly to agree the actions going forward.

14. Newsletter / Website / Facebook

Simon Linklater asked for contributions for the news page of the web-site.

Erica Wilson who has in the past written running histories of HR members volunteered to start doing these again for incorporation in the newsletter.

Members and coaches posting messages and information were reminded to do so via both Google-groups and Facebook to ensure maximum coverage of members.

There was agreement about the need to ensure that sensitive club or personal information was not posted on Facebook because it can be seen by non-members.

15. Target Time Competition: Replacement Proposal

David Kilby confirmed that he is content to continue to do the Target Time calculation for all members without the need for members to opt in to the competition.

Simon Linklater presented a proposal to introduce an Improvers Award for nine of the championship races whereby the runner to improve their time by the biggest margin from the previous year would win an award. The proposal including restrictions to ensure that as wide a group of runners as possible had a chance of winning the awards.

Simon's proposal was agreed. It was also agreed that the awards would be shields that would be passed on from year to year.

Simon agreed to produce a detailed note for members explaining how it would work.

16. Any Other Business

Andy Lee agreed that he would issue the minutes to members meetings via the UKA portal in addition to incorporating them in the newsletter.

Next Meeting

11th March 2020, 8pm @Hornty

SOCIAL MEDIA TOP PHOTOS



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No Runner gets left behind

TRAINING

Monday 18.30 - 19.30 Track
William Parker

Tuesday 18.30 - 20.00
Hornitye

Thursday 18.30 - 19.30
Crownover Gardens

NEW WEBSITE
Weekly Reports
Training Schedules
Race Fixtures
www.hastingsrunners.co.uk

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LATEST NEWS

Clari puts pay to season opener

Pier to Pier Cancelled

Edmonds continues his X-Country dominance

Hastings Runners Awards Night 2020

PHOTO OF THE WEEK

WELCOME TO HASTINGS RUNNERS

CLUB CONTACTS

Nick Brown
Chairman

Julia French
Coaches Group Secretary

Susan Mann & Nick Webb
Vice Chairman

Marie Crawford
Coaches Group Admin Secretary

Andy Lee
Secretary

Simon Linklater
Communications Officer

Steph Miller
Membership

Anthony Gardner
Website

Alan Croucher
Chief Marshal

Matt Edmonds
Newsletter

Ken Hughes & Nick Brown
Club Only Races Secretary

Rob Thomas
Treasurer

TO CONTACT THE CLUB PLEASE VISIT
WWW.HASTINGSRUNNERS.ORG.UK

OR FIND US ON [FACEBOOK](#)

HASTINGS RUNNERS

NEWSLETTER
AUGUST & SEPTEMBER 2019

LATEST RACE RESULTS & PHOTOS
PAGES 3-8

HASTINGS PARKRUN & TO HIGHLIGHTS
PAGES 13-14

CASPER'S JOURNEY & RACE

SHARE YOUR RUNNING STORY!
Contact
Matt Edmonds
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**NEXT NEWSLETTER
APRIL**