

20/21
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HASTINGS RUNNERS

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HASTINGSRUNNERS.CO.UK

RUNNING PROMOTES FRIENDSHIP ALL OVER THE WORLD

RUNNING & CORONAVIRUS FOREWORD

I am sure that we have all seen lots of comments on social media and in the news about exercising outside. Thankfully the Government has recognised the important part that physical activity plays in all our lives, and for the time being (unlike in France and Spain) we can continue to exercise once a day as long as people behave responsibly.

See [gov.uk/coronavirus](https://www.gov.uk/coronavirus) for the latest advice.

Regular physical activity benefits our immune system and makes us less likely to contract infectious diseases. However your focus should be on maintenance training at this time, to minimise the risk of injury and keeping a healthy immune system. You can take advantage of any increased free time to build strength training, pilates or yoga into your routine. There are lots of online coaching resources and exercise classes that you can investigate.

Just to recap, everyone should be socially distancing. This means avoiding close contact (within 2 metres) with anyone outside your household. So you can run solo or with your family/housemates only. There are no rules as yet as to how long you can exercise for, or whether it is okay to drive a few miles to then have a nicer run etc. I think that these are very much personal choices.

Tips to ensure you and your immune system are in the best shape possible include: regular sleep; avoiding high levels of stress and anxiety if possible; having a well balanced diet; staying well hydrated; eat plenty of fruit and veg; consider taking Vitamin C, D and Omega 3 supplements; washing your hands regularly and avoiding touching your face.

So you may be in peak condition having trained hard all over the winter either for the Hastings 1/2m or for a marathon; have had the frustration of not being able to test yourself in the race targetted, and now face the prospect of a blank racing calendar for many months ahead. Although your health should take precedence, you should be able to maintain your fitness levels so that you can step up training once racing resumes.

Bearing in mind that most 1/2m and marathon training programmes are over a 3 - 4 month period; then now is a good time to reduce your mileage, and give your body a well earned rest which after all is an essential and often neglected part of any training schedule. By continuing to train hard, you are more likely to pick up injuries and illnesses which may weaken your immune system.

Without the mental stimulus of motivation for upcoming races, this is a good time to ease off and perhaps work on other aspects of your running fitness. Then when life eventually returns to normal, you can increase your training without having lost too much fitness. It helps to get into a weekly routine, which obviously is difficult without any current club training sessions. Decide how many days per week you want to run, and then try and stick to this. This should be easier with fewer distractions and, for many, unprecedented amounts of time on your hands. Try and vary your runs in terms of distances, speed etc; and this is also a good opportunity to work on any weaknesses such as basic speed, hill climbing etc.

Finally, I am sure that I speak for everyone in paying tribute to those NHS staff and key workers amongst our membership who are keeping the country going at the current time!

Best wishes

Nick Brown • Club Chairman

CHAMPIONSHIP CALENDAR 2020



DATE	START	RACE	DISTANCE	EXTRA INFO
MAY				
3 May	10:00	Rye 10 Mile	10M	Postponed
17 May	10:30	Keith Chandler Hastings 5 Mile	5M	Cancelled
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	
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

Please check race websites for further updates
due to Coronavirus (Covid-19)

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

RACE RESULTS EASTBOURNE HALF MARATHON 01.03.20



5	Jethro Atherall	1:21:37
11	Dale Saxby	1:25:53
13	Dan Snellgrove	1:26:21
18	Colin White	1:27:56
44	Bob Russell	1:31:22
47	Andrew Watson	1:32:23
62	Paul Lambert	1:34:13
79	Simon Newstead	1:37:23
135	Kevin Blowers	1:43:15
188	Patrick Bermingham	1:47:59
191	Michael Norris	1:48:09
205	Debbie Humbles	1:49:20
219	Sarah Bendle	1:50:08
229	Richard Cross	1:50:35
n/a	Rob Thomas	1:51:53
310	Graeme Grass	1:55:48
384	Adrian Barratt	1:59:59
462	Tom Mann	2:04:45
473	Marie Crawford	2:04:49

502	Victoria Sims	2:06:55
526	Marie Appleton	2:07:59
535	Ben Goring	2:09:12
541	Darren Owen	2:08:41
554	Kim Callow	2:10:14
593	Eleanor Swaine	2:11:35
618	Deanne Smith	2:13:30
643	Simon Weatherley	2:15:35
652	Kirstie Carlton-Blake	2:16:28
693	Louise Cavill	2:19:09
694	Daniel Ratnarajah	2:19:10
757	Terry Kiston	2:26:11
771	Carly Elliston	2:27:53
780	Susan Mann	2:29:41
857	Simon Bendle	2:46:09
878	Erica Wilson	2:52:14
896	Christopher White	3:08:09

TOP PICS



RACE RESULTS PETT XC FINALE 08.03.20



1	Matt Edmonds	29:12	135	Peter Noakes	46:58	204	Yockie Richardson	60:24
12	Darren Barzee	32:31	162	Ruth Spiller	50:01	209	Pam Greenstreet	61:12
14	Martin Noakes	32:48	170	Sylvia Huggett	51:31	210	Sarah Sellens	61:34
72	Neil Jeffries	40:19	172	Shana Burchett	51:50	211	Katherine Cowan	61:35
84	Piers Brunning	41:16	184	Terry Kiston	54:41	212	Jo Edwards	61:45
96	Joanne Nevett	43:03	192	Berenice Consavela	56:09	224	Judith Creasy	69:05
125	Simon Fry	45:47	197	Trish Audis	57:35	463	Irene Kiston	69:06
129	David Bratby	46:11	203	Amanda Moore	59:54			



TOP PICS





Unless we can run at Bodiam before October 2020 then the 2019/20 season is complete and the prizes will be given out at the first race of the new season. Please check Facebook or the race website for updates: eastsussexcrosscountry.co.uk/news

Pett Cross Country was possibly the most enjoyable race of the season with some mud and a bit of sunshine ... and cakes!

The race results were proud for Hastings Runners as Matt Edmonds won in fine style, sealing the Cross Country series for the first time in club history. Darren Barzee performed brilliantly yet again and came 12th whilst Martin Noakes finished 14th and first in his category.

Joanne Nevett ran a blistering race to finish our first woman (96) with Ruth Spiller our second woman (well done!) and Sylvia Huggett our third. Amazing.

In the Junior U13 race, Finlay Goodman was yet again victorious and will collect another unprecedented trophy for the club. Oliver, his brother came 6th in the U11 boys. An impressive result and as Oliver is much younger than 11 he will only improve!

The team results after five races render Hastings Runners in 9th place - a fair result. The cumulative results have yet to be confirmed and will be published in the next newsletter.

A special thanks to Tim Jury for organising our last race across his magical land. Well done everyone who has taken part this season!

David Bratby • Cross Country Captain

TOP PICS



A GUIDE TO SPANISH ROAD RUNNING



For the second winter in a row, we escaped the UK winter by renting a small place about an hour south of Alicante on the Costa Blanca. We did 11 races altogether (10 x 5kms and 1 x 7kms) in our 4 months there, including two evening races one of which was on New Year's Eve, which was a fantastic and novel way to usher in the new year! Some highly unusual race names including the Pavo y Papa Noel carrera (Turkey & Santa Claus race!), San Silvestre Bruja carrera (San Silvester witches' race!) and the San Fulgencio carrera de Reyes (race of the Kings) which celebrates the Three Kings Festival in early January (the Spanish equivalent of Xmas).

Having had nearly a year out, and just resuming training after a half knee replacement operation last April, I was delighted to be able to manage 4 runs a week in warmer climates and gradually built my mileage up to 30 kms per week by the end of the trip and improved by 90 secs over the 5 kms distance with a best pro rata time of 20.37 in the Pilar Pilarena New Year's Eve race. I managed 4 age group wins and 4 podium places in the MV60 category; whilst Helen also did well taking 3 wins and 4 place finishes in the FV50s.



San Fulgencio Race to the Kings 5K



**San Silvestre Bruja
goodie bag & race t-shirt**

The first thing that strikes you is the great atmosphere and support, with seemingly the whole local community turning out to cheer you on. Usually you are running on traffic free roads, and the courses tend to feature plenty of tight, twisty turns as you make your way through a circuit of the town. Plenty of water, juice, fruit etc available afterwards; sometimes also cooked food such as paella! The races are superb value for money, as the organisers seem to have many sponsors on board - the average race entry fee of just 8 euros usually includes a good quality race t-shirt and a goodie bag, which can include anything & everything, from water, iced tea, cereal bars, nuts & raisins to lettuces and chicken soup!

The Spanish are very passionate about their running, as evidenced by the very high standard (much higher than a typical parkrun) with even a fairly low key race in the back end of beyond attracting at least 200 - 300 runners, and the San Silvestre Bruja race on the outskirts of the city of Murcia drawing 830 runners. Most of the 5 km races were won in sub 16 mins, and although I averaged 20.30 - 21.00 pro rata for most of the races, there weren't many races where I finished in the top 10% of the field.

Although the courses were well marked out and marshalled, the starting procedures were definitely a case of "manana, manana!" A 10.30am start meant that a race could start anytime between



A familiar face with Andy Key joining the southern Spain racing scene.

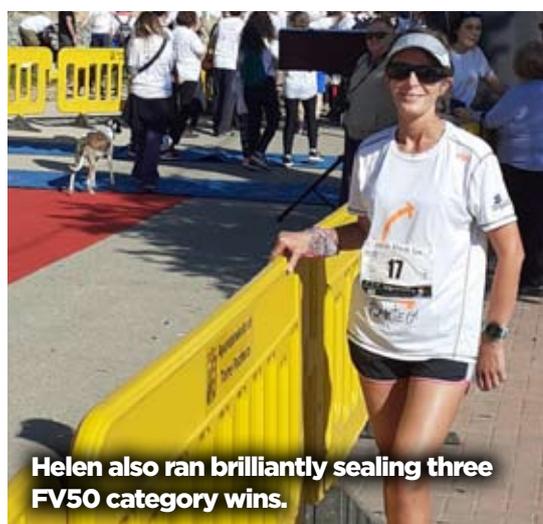
10.35 and 10.50am! Unlike the relatively genteel parkrun starts, the race starts in the majority of races were absolutely manic and my sole objective was to survive the first km without being tripped up and then to gradually work my way through the field. Only in one race did I manage to get a proper start, with an opening 3.50 km, and that turned out to be my fastest race of the trip.

Running etiquette is pretty well non-existent in Spain, and is best described as a "free for all!" Runners

weave in front of you in complete disregard, and also cut corners - in some cases on an industrial basis! You would often approach a turn with another runner 10 metres behind you, only to find that they'd cut across the pavement to then emerge 10 metres ahead of you! Similarly approaching

a roundabout, some runners would ignore the marshals and run straight across the roundabout instead of going around it!

Course accuracy has to be taken with the proverbial "pizca de sal!", as the advertised distances are more of a rough guide. 5 kms could mean anything from 4.70 to 5.20 kms, with only one race getting within 50 metres of the correct distance. This makes it very difficult to know when to try and speed up in your final km!



Helen also ran brilliantly sealing three FV50 category wins.



Podium finish in El Palmar 5K, near Murcia



Nick storms home for another impressive Spanish result

Nick Brown • Club Chairman

A GUIDE TO ROAD RUNNING ETIQUETTE

When you've been running for as long as some of us on the executive committee, you pick up a lot of things! Please take a few minutes to absorb and practise these rules of the road, and mentor beginner runners, and this will be greatly appreciated by other runners, walkers, dog walkers, cyclists and motorists. Above all, please accept that there will be times when you have to slow down or even stop to accommodate others. The following is a guide on commonly accepted rules for how to interact with all of them.

- Firstly, remember that every time you go out for a run, you are an ambassador both for the sport and for our running club
- Turn up on time for a scheduled group run, and bring your best attitude with you as positivity is contagious!
- Understand the purpose of the group run goals and distances, so you can ensure it is the right fit for your training and social needs
- Pay attention to the group run leader. Please listen while instructions are being given, rather than chatting with other runners
- Engage with the group. If you're running with a group, introduce anyone running with the group for the first time, and go out of your way to make them feel welcome. Make a point of engaging them in conversation. Provide encouragement to fellow runners, be mindful about your language and conversation topics. Remember that we have mental health champions within the club if you feel that someone would benefit from talking to one of them. Respect and follow the group's code of conduct.
- No one is ever left behind! Make sure that if someone has to stop/slow down for whatever reason (bathroom breaks, walk breaks, twisted ankle, shortness of breath etc), then they have a "buddy" with them
- Run against the traffic when you are running along roads and lanes, and keep to the outer edge of the road. This is the most basic traffic safety rule as it allows you to see the oncoming traffic
- Always be alert when crossing roads. Obey all traffic signs, and use proper crossings when available. Don't dart out in front of vehicles. NEVER assume a driver is going to stop for you at an intersection even if you have the right-of-way. Take your time, and ensure that the driver has seen you and is in fact stopping. Always look both ways, even if you're running on a one-way street, as there may be runners, walkers or cyclists coming from the other direction
- Don't run more than two abreast, especially on busy roads, pavements etc. The goal is to share, not hog them. And if motorists or other path users give way to you, and many will do, then be sure to thank them or wave acknowledgment. If you stop to stretch/chat after your run, then move to one side so that you are not causing an obstruction.
- Passing - if you are coming up behind another runner, walker etc, then you can avoid startling them by slowing down and giving them some warning (a simple "excuse me" or "just coming through" should suffice). People generally appreciate this, and it avoids confusion and reduces the possibility of knocking them over or into the road. Bear in mind that some people may not hear you approaching behind, especially if they are wearing headphones and/the conditions are very windy.
- Wear hi-viz - this means bright/fluorescent tops during daylight, and white/reflective tops so that drivers can see you at night. Lighted shoe accessories are also available that make you even more visible.

- Headphones - please note that club operates a “no headphones” policy for training runs and races, except for bone conducting ones. For your own safety, and that of others, you need to be able to hear traffic and signals from other people
- Running with your dog - this is not something the club would generally encourage on road training runs. If you are running with a dog, it should be on a short (ie not extendable) leash and must be kept under complete control
- Spitting etc - if you feel the need to spit or blow your nose, then move to the side, well clear of other runners
- Private property - stay off private property
- Don't litter - if there are no rubbish bins, then carry any rubbish with you. More often we see runners picking up the rubbish that others have left; perhaps this is because we seem to value our surroundings more
- Greeting other runners on the run - one of the best parts of being a runner is the camaraderie we share. It's nice to be friendly, even if you only give the other runner a head nod or wave, that'll be appreciated and hopefully reciprocated. Unfortunately it is still a fact that many women avoid going out for a run alone in certain areas, and at certain times of the day, for fear of being verbally or physically assaulted. For this reason it is important to be aware how you may come across to others. That isn't to say that men shouldn't say hello to women runners. Just be respectful.
- Helping others - we are all part of the same community. Check in with any runners, whether you know them or not, who may be struggling. Even if there's nothing you can do for them, just the fact that you checked goes a long way. Sometimes another runner, a stranger, may need help but be too shy or uncomfortable to ask a stranger for assistance. Just remember that some day that might be you in need of help. It happens to every runner, and sometimes just letting another runner know you've been there is the kindest thing you can do.

Nick Brown • Club Chairman

RUNNING SELF DEFENCE GUIDE FOR WOMEN

Strong, independent women are also safe runners. Enjoy running, just do it safely! Part of what helps women runners to stay confident is taking safety precautions. Risk aversion is the key here, not risk elimination which is impossible. What it should ensure is that they have better, less stressful workouts by practising aversion. Here is our guide to practise risk aversion when running alone as a woman:

Avoid running at night and early in the morning where possible. Run in populated areas during the daytime if possible. Stay on well travelled and well-lit roads. Don't take short cuts through woods, alleyways and poorly lit areas.

If possible run with someone else, or with a dog.

Always tell someone where you are going; create a check in system with a friend so they know that you've made it home safely. Carry your ID with you including ICE contacts

Always carry your charged mobile phone with you while running. There are new safety apps with GPS tracking that will dial a friend/family member for you if needed with just one click.

Personal alarms. You can carry these on your keyring and they could save your life as a loud siren or alarm will make attackers think twice about continuing their attack.

Be calm and keep your senses alert, particularly your eyesight and hearing. If you can't bear to run without your headphones on, then keep one earbud out at all times so that you can hear your surroundings. Don't check your voicemail and text messages whilst running

Running from home? Don't post on FB either before or after your run with details that could enable a potential attacker to intercept you. Note that Strava settings give you the option to hide your home address and not to show a certain radius around your home

Vary your routes. It is easy to slip into the routine of always doing the same runs at the same time on the same days. This makes it very easy for a potential attacker to know where you are going to be alone on a given day. So if you generally run the same counter-clockwise loop around your neighbourhood, then start switching the direction that you run every few days or so. Try varying your start times, so that sometimes you run earlier or later than normal.

Know where you are going. Looking lost and confused can make you a target.

Don't be distracted. Perpetrators specifically look for people who aren't 100% aware of their surroundings.

Body language while running is important. Perpetrators assess basic movements like stride length, speed, body weight distribution and arm swing - for signs of vulnerability. Good body posture shows a potential attacker that you are alert and confident. So try and run tall and relaxed, keeping your shoulders back and head held high, and make brief eye contact with people in your path.

Know that crime knows no boundaries or demographics. It doesn't matter whether you're running in a large city, safe neighbourhood or in a rural area; predators are everywhere. It's not about being paranoid; it's about being smart, confident and empowered. It takes just 7 seconds for a perpetrator to select their next victim! A frightening fact, but one which is well documented. Their two biggest fears are getting hurt and being caught. This knowledge should empower you in the worst case scenario. Fight back and cause a scene. The perpetrator wants to commit the perfect crime and, in those few seconds, he assesses whether he runs an increased risk of getting hurt or caught by choosing you.

Take a self defence class. This can enhance your awareness, and enable you to use your body as a weapon. The club hopes to fund several classes once life returns to normal.

Trust your gut feeling. If something or someone doesn't feel right, then it probably isn't.

Evasion techniques. If someone looks shady, then cross the street or go the other way. Don't ignore your intuition! It's a natural fear when approached by someone with potentially bad intentions to freeze up. However as well as using your voice to tell them to "get away from me", "get out of my space" etc, then shouting for help, and setting off your personal alarm if necessary; you can also adopt a wider stance and bend your knees, which makes it much more difficult for someone to push, pull or knock you to the ground.

Fight back. If you have been grabbed and can't run away, then fighting back is another option. Know your weapons and your targets. Your hands, fingers and car keys can be used

for eye gouging. Your fists can be used to punch soft areas like the eyes, throat and groin; and your elbows and knees can be used for striking, and your feet for kicking. The soft areas of an attacker's body are the best to target. See the links below for self defence moves, personal alarms and GPS trackers:

[healthline.com/health/womens-health/self-defense-tips-escape](https://www.healthline.com/health/womens-health/self-defense-tips-escape)

[amazon.co.uk/Personal-Alarms-Approved-Flashlight-Self-defense/dp/B0785PKMMG](https://www.amazon.co.uk/Personal-Alarms-Approved-Flashlight-Self-defense/dp/B0785PKMMG)

[runangel.com](https://www.runangel.com)

techsilver.co.uk/best-gps-tracker-buying-guide

Nick Brown • Club Chairman

CLUB MEMBERSHIP 2020-2021

Club members will register or renew via a web based system administered by England Athletics, with 4 types of annual member arrangements to choose from:

Club subscriptions will be paid on line with a bank debit / credit card. There is no Paypal option.



Annual renewals will be available from 1 April 2020

****Action Required by Hastings Runners Members****

Ensure you have your correct name(s), home address, contact numbers and email details on the member's portal with England Athletics. All members have a Unique Reference Number whether EA registered or not.

A club member is able to compete unattached to EA, however runners who wish to represent their club (and claim the registered athlete discount on entry fees) in road running events will need to be registered with EA.

If you wish to register for EA for the first time, please advise Steph Miller before you renew your 2020 membership

A renewal request will be sent to your email during April.

Please DO NOT use the former Membermojo link.

Be ready to renew with an active email address and payment by bank card.

Data Protection

We ask for agreement to the details below, with your 2020 renewal subscriptions:

“When you become a member of or renew your membership with Hastings Runners you can also choose to be registered as a member of England Athletics (you will have to register with England Athletics if you ever compete for the club in competition Under UKA Rules). We will provide England Athletics with your personal data which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact dataprotection@englandathletics.org.”

Do not hesitate to contact Andy Lee or Rob Thomas with any enquiries

Andy Lee • Club Secretary

CLUB MEETING MARCH 2020 11.03.20

Present: Vic Froehlke, Mary Chantler, Paul Cabban, Eric Hardwick, Arriane Callow, Michael Norris, Martin Noakes, Simon Linklater, Tim Jury, Susan Rae, Natasha Slow, Anthony Gardner, Andy Knight, Sylvia Huggett, Corrina Skinner, Darren Barzee, Terry Kitson, Irene Kitson, Berenice Consavela, Nick Webb, Sue Mann, Andy Lee.

1. Apologies

Mike Hall, Rob Thomas, Andy Bashford, Jane Whittington, Alan Croucher, Steph Miller, Neil Jeffries, Chris Rackstraw, Erica Wilson.

Nick Webb expressed the club's best wishes for Mike Hall and the hope for his speedy recovery.

2. Minutes of Previous Meeting

The minutes of the previous meeting of 8 January 2020 were agreed.

3. Matters Arising

Nick Webb reported the Executive Committee decision, in response to the P2P club race cancellation, to change the criteria for participation in the club London Marathon ballot to two club races and to credit all members who had volunteered for the P2P with a marshalling credit for the purpose of the club championship.

It was agreed that thought would also need to be given to the criteria for the Bill Bailey trophy which is awarded to the runner who achieves the best improved aggregate time of the P2P and Rye to Hastings club races from the previous year.

4. Correspondence / Communications

Andy Lee reported that all communications received in respect of races, charities and other opportunities for runners had been forwarded to members via google-groups. The meeting agreed with the approach of forwarding all such communication.

5. Membership

Andy Lee reminded the meeting that membership renewals would be due in April and to make sure that contact details were up-to-date on the UKA portal.

Membership renewal reminders will start to be sent out in April. An email explaining the process will be sent out shortly.

6. Treasurer's Report

Andy Lee presented the financial reports for January and February prepared by Rob Thomas. Highlights reported were the expenses connected with the Awards Night and the purchase of biodegradable tape and cups. The fee of £250 for hiring the coach for the P2P which is in the January account has since been refunded.

The closing balance as at the end of February is £5325 which, in the view of the Treasurer, is a healthy balance. There were no queries raised.

7. Running Reports

Simon Linklater provided a summary of recent running achievement highlights:

- Finlay Goodman's cross country successes including representing the county.
- Sarah Miles completing her 99th marathon to be capped off by London to make 100.
- Matt Edmonds winning the East Sussex Sunday Cross Country season with a race in hand and making club history.
- 36 runners at the Eastbourne Half;
- Other races included Bedgebury 10m, Tun. Wells Half, Brighton Half, Lydd 20, Gunpowder 8K, London Vitality Big Half, and the Lenham Cross Winter Marathon and many more.
- Eric reported that he had asked the organisers of the Eastbourne Half to improve their marshalling to prevent re-occurrences of the problems of some runners going the wrong way.

8. ESSXCL

Nick Webb expressed the thanks of the club to Tim Jury and team for organising a highly successful and widely lauded XC event at Pett.

Matt Edmonds has achieved a historic series win for the club by winning four races with a race in hand. [Editor's note - The club finishes 8th in the League with the final race at Bodiam cancelled due to Covid-19 with trophies to be handed out at the first race of the new season.]

9. Running Due

29th March Hastings Half marathon SGP

4th April Sussex Road Relays, Horsham

5th April ESSCCL final race event Bodiam; Paddock Wood half marathon;

South Downs Way 50 miles

18th April Brighton marathon

29th April Club Spring 5kms

3rd May Rye 10 miles SGP & 5 miles (non SGP); 3 Forts Marathon, Worthing

6th May Bedgebury Pinetum summer 5kms & 10kms series

9th May Eastbourne Trackstar marathon & half marathon

17th May Hastings 5 mile

20th May Sussex Vets Track League, Eastbourne

22nd May Bedgebury Forest 10kms

***All races cancelled due to Covid-19 outbreak. Please check event websites for further information.**

10. Sussex Grand Prix

Andy Knight reported that nine members attended the 2019 championship awards night to pick up various age category trophies.

The next SGP race and the first of the new season is the Hastings Half which will get the club off to a good start.

11. Hastings Half Marathon

Coronavirus / Security

Eric reported that the current advice regarding the coronavirus was to continue with planning and arrangements on the basis of the event going ahead. Some contingency planning had been undertaken but publicising and invoking that is dependent on Government advice. If the event is cancelled there will be no refunds but runners will be offered free entry for next year. Sussex Police have provided advice on providing protection against vehicle born attacks at the event.

HR Assistance

Eric will email club members about the need for assistance with putting up the barriers on the Saturday morning before the race. This is usually completed in plenty of time to participate in or assist with the Parkrun. Eric thanked Terry for organising the delivery of leaflets in the week before the race. Thanks also for those helping with the deliveries. Eric invited all HR members who have helped with the arrangements for the Half Marathon to attend the fish and chip lunch at the after-race reception at the Azur from 13:00-15:00 on the day. This is also attended by the exchange visitors from Grijpsloke (see 16 below). Stagecoach are providing the coach for HR members to use as a changing facility on the day. Nick noted the need for some members who are not running to help guard the coach. Tim agreed to do a stint but others are needed.

[Secretary's note – The Hastings Half has since been cancelled do to public health concerns]

12. Hastings 5 Mile

Vic reported that everything is in hand however the same issues regarding the coronavirus apply. Vic asked if any members could put up a poster publicising the race to please contact him.

***Race cancelled due to Covid-19 outbreak. Please check event website for further information.**

13. Newsletter / Website / Facebook

It was agreed that the newsletter was very good. No other issues to report.

14. Proxy Voting

The paper on the introduction of proxy voting was discussed with thoughts on advantages and disadvantages exchanged.

The proposal was put to a vote but failed to achieve the two thirds majority required for a Special Resolution.

The votes cast were For: 4, Against 12, Abstentions 6.

15. Constitution

Andy Lee reminded the meeting that at the December 2019 meeting some members had suggested that the club constitution should be reviewed. The Exec. Committee has considered this and decided that, should this be embarked upon, it would best be taken forward by a small group of two to three members researching options and working up a proposal for members to discuss. The Exec. believe however that before we start this process we should gather members' thoughts on the current constitution to gauge the appetite for a change.

Members are therefore asked to read the constitution and provide comments on what they like or dislike about it. Comments should be provided in writing / email to Exec committee members before the next members meeting in May.

[Secretary's note – The constitution is available on the club web-site]

16. Grijsloke Exchange Visits

Sue Mann summarised the exchange visits that occurred each year between Hastings and Grijsloke in Belgium. This year's visit to Belgium, which is the 30th anniversary of the exchange, will be over the bank holiday weekend in August. The weekend includes a run of either 4, 8, or 13 miles around Grijsloke but also involves various other social and cultural activities. Hastings Runners are put up in hosts' homes, and cars and other costs are shared. Jill Green will shortly be emailing about the arrangements for this year. Sue also asked members to look out for Grijsloke shirts at the Hastings Half Marathon and to give the runners a good cheer.

17. Coaching

Nick Webb commented on the recent introduction of warm ups and progression/tempo runs on Wednesday evenings noting that although these innovations were generally well received some members prefer steady runs. A coaches meeting will be arranged soon and will discuss how the change has gone so far.

18. Mental Health Champions

Sue Mann summarised the recent ideas of the mental health champions group which includes wearing their tops at club runs to publicise the initiative and having 'no watch' runs where watches and trackers are banned so that there is no pressure to achieve time and distance targets.

19. Summer Kit

Michael Norris initiated a discussion on whether a light weight summer top could be made available. The discussion broadened into consideration of what other club garments could be made available and what restrictions there may be on colours to remain compliant with the club's registered strip. Some concern was also noted about the comfort of the material used for the 'new' kit. Michael volunteered to discuss the issue with Sue Wilkinson with a view to gauging interest across the club for new or changed kit and a wider range of garments.

20. Runners' Safety

Berenice expressed her concern that runners were easy targets for people with bad intentions. She suggested that the club explore the possibility of providing courses on defensive running and also of establishing a network with other clubs to facilitate linking up with other runners for training runs when members can't make club led runs. It was agreed to put an article in the club newsletter to gauge interest in these ideas and then take it from there. Arrianne proposed that the Exec consider sending a letter from the Chair to Sussex Police and the MP to express concerns about safety.

21. Any Other Business

Michael Norris summarised what was being done to work up a social events calendar. This is still work-in-progress but an email will be sent out shortly. Andy Lee reported that there was a meeting on 25 March on the future of the Horntye complex and this could affect where the club meets in the future. Anthony suggested that the club should adopt running etiquette guidelines. The Exec agreed to consider this.

Next Meeting 13th May 2020, 8pm @Horntye

***Please check club website or Facebook for update.**

**HASTINGS
RUNNERS**

A collection of memories

My Favourite Race

from our club runners

Huge thanks to everyone who contributed

**HASTINGS
RUNNERS**

Nick Brown



BRITISH MASTERS NATIONAL ROAD RELAY CHAMPS

Sutton Park, Royal Sutton Coldfield, Birmingham

May 2013

This is the most prestigious race for veteran runners, competing against the best age group runners in the country over a very tough, undulating 3 mile course. Having finished a very close 4th in 2012, the Dulwich Runners quartet (my first claim club) knew this year would probably be our best chance of medalling in the M55 category - so no pressure! As usual, I ran the opening leg coming home 4th in 18.00 and just 23secs off the lead. With 7 teams in close contention throughout, we were always handily placed and the Dulwich coach Steve hung on bravely on the final stage to claim bronze, with the next 4 teams coming in like London buses! Without doubt, the most satisfying race of my life!



“The most prestigious race for veteran runners”

Victor Froehlke



MINNESOTA VOYAGER TRAIL 50 MILE TRAIL ULTRA

Minnesota, US

July 1992

It's difficult to select a favourite race but the Minnesota Voyager Trail 50 Mile trail ultra is right up there. I ran it back in 1992. It is one of the oldest trail ultras in the US and consists of rugged, varied, difficult woodland trails. The day I ran it was in the 90's and very humid. So really, what's not to like? When looking at these two photos of myself back then I'm wondering how in the hell did I do that. Pretty sure that's me in the photos, though.



“One of the oldest ultra trails in the US”

Jane Coles



BEWL 15 MILER

Bewl Water, Kent
January 2017



When Matt asked me to write about my favourite race I had several in mind at first. Each year I do the same races i.e., Rye 10, Heathfield 10K but there is one that stands out from the rest for me and that is Bewl 15.

I can't say that one particular year stands out, I have done four and each has been great. The weather has been kind each time – in fact you could say too kind with 2018 being very hot. 2017 stands out as the year Dame Kelly trotted past me at the 3 mile mark with a cheerful 'well done Ladies' and disappeared into the distance. The course itself is a mix of everything: long straight stretches in the open along the water, winding paths through the woods and a few nasty hills towards the end to perk us up when the going gets tough. There is always a great atmosphere. The start is down a narrow country road with everyone congregating in a small field to prepare for the race ahead. This includes the obligatory queue for the toilets or spare bush (vainly hoping that no-one can see you). Everyone squeezes back into the lane for the start – a fast downhill sprint through a farm before we all stop to squeeze through the gate at the bottom of the field. Last year due to the dry conditions, we all disappeared in a dust cloud. What follows is 15 miles of running through beautiful Kent countryside (but not as beautiful as Sussex!) accompanied by some of your best friends. I always feel a bit sorry for the families that have decided to go on their Sunday bike rides only to be met by hundreds of sweaty, hot runners snaking through their favourite woodland pathways.

The finally third of the course holds a couple of nasty hills that test both tired legs and minds. This is usually where you find new friends – encouraging each other onwards, cheerfully saying 'keep going, your nearly there, well done'. The joy of finding you are entering the final field is soon dampened when you remember that it is all up hill and by the odd runner trotting past you as if they have only run a mile. God how you wish you could just push them in a bush! That final push up the lane, when you can hear the cheers, spurs you on to find that last bit of energy so that you can sprint over the finishing line (desperately hoping that you don't look as knackered as you feel). Everyone then congregates in the field again, this time sitting on the grass comparing times & experiences over cake & tea or beer.

I have to praise the organisers of Bewl. Each year it is so well organised, with plenty of water stops and wet sponges to keep you going. But mostly it is about the company – time for HR to come out in force, encourage each other to be their best and make memories together. The photo is from last year and has to be one of my favourite running photos – what could be better than running in the sun with my running BFF Kevin and the ever smiling Hannah.

“Dame Kelly Holmes trotted past me at 3 miles”

Sue Palmer



TONBRIDGE HALF MARATHON

Tonbridge, Kent
October 2019



I entered Tonbridge Half on a whim and for those that know me, may think that strange, as I do not particularly enjoy running that distance.

I was told it was a hard route, however, was pleasantly surprised that I enjoyed it, yes it was hilly, but compared to the only other half I had run, (Hastings) I felt it was easier in comparison. The scenery was pleasant and the weather too.

It is always good to run with the Hastings Runners family and this half had plenty of them in attendance, too many to name, but their support is invaluable to a reluctant runner like myself.

I finished in a time of 2.22 which I was happy with and my fastest time since I broke my ankle in 2018.

“The Hastings Runners support is invaluable”

Matt Smith



TUNBRIDGE WELLS HALF MARATHON

Tunbridge Wells, Kent
February 2019



The main reason why I picked Tunbridge Wells half out of all the races I've participated in is because it was my first Sub 2 half marathon.

It's a well participated race about 2000 usually I think, a very challenge course with lots of up hill sections with the down hill straight after except the dreaded Spring Hill around 7 miles in and with a 197ft elevation it can be tricky but the support is amazing through this section. Then after a few more miles you get to the town centre with amazing crowds and a 'beer mile' to through ok for good measure.

I always skip the beer and go for a PB. When I ran this last year my last mile was my fastest mile of the race. My time was 1:56 knocking 8 mins of my previous half PB and managed to break Sub 2 after trying for many years.

“I always skip the beer mile and go for a PB”

Matt Edmonds



MILEȘTII MICI 10K

Mileștii Mici, Moldova
February 2020

A tough decision but this race delivered that magic of the unexpected first class whilst seamlessly connecting running with culture. That's when running evolves into something so much more and this 10K in Moldova became a bold memory I'll hold forever.

There are plenty of vineyard runs across the globe but this race took place in the world's largest wine cellar.

Arriving in frosty sub zero conditions just a few minutes south-west of the capital of Chisinau we were welcomed by fires, mulled wine, classic European tunes and whole lot of atmosphere. We collected our numbers before stripping off at the last possible moment.

As the gun was fired the course immediately dived into the cellar with the darkness quickly upon us. The ground was largely uneven and littered with technical trail for the first third. I knew I was in the top batch and took advantage of a brief escape into the light before returning to the sweltering cellar almost 100m underground.

As we all pushed I managed the race to the best of my ability picking off runners whilst embracing the constant flow of cultured entertainment. My confidence and speed grew as we emerged onto the final stretch my cheap head torch could reveal. I managed to weave my way through the final twists before completing, what has to be, my favourite race of all time. I didn't realise it as I crossed the line but the director came over and pronounced "you third my friend" in his authentically eastern European accent.

I never expected this and the reward of podium alongside a barrage of wine propelled me into dreamland. Highly recommended and suitable for any runner seeking a unique addition to their running catalogue!



"Podium alongside a barrage of wine propelled me into dreamland"

Ken Hughes



SEVILLE HALF MARATHON

Seville, Andalusia, Spain
January 2020

Seville is the warmest city in mainland Europe, with summer temperatures regularly topping 40C. Sensibly, the city's half marathon, held annually since 1996, is scheduled on the last Sunday of January. While January evenings can be cool, daytime temperatures, especially in the sun, are reminiscent of a good May or June day in Sussex. Seville has seen only 10 snowfalls since 1500, with the last being in 1954, so you'd be pretty unlucky to encounter a blizzard on race day.

The organisers claim the course is the flattest in Europe. It certainly feels like it might be. The first 2/3 of the race follows the River Guadalquivir with long straight sections along the banks. The final 1/3 turns in from the river to take in some of the highlights of the historic city, including the Cathedral, the Real Alcazar and the spectacular Plaza de Espana.

Check out the route at: edpmediomaratondesevilla.es/mms-circuito

There's also great video at: <https://youtu.be/TS1Gyq93f4I>

With 10,000 runners taking part, the Seville half is a major event. All the roads used are closed and well marshalled by volunteers and the local police. There is plenty of support to help keep you going, especially in the final part through the city streets. The race is also part of the new 5 half marathon Circuito Nacional challenge sponsored by the National Running Banana League of the Canary Isles. In addition to Seville, this includes half marathons in San Sebastian, Valencia, Madrid and Barcelona.

This year's winning time was under 61 minutes, while the final finishers came in just under 3 hours, so the race covers all standards from elite to recreational. There's a decent international representation and all ages take part. There's also a packed goody bag, picked up from the Race Exposition the day before, and an excellent technical t-shirt. Plus the medal, of course, and food and drinks in the finish area - free beer, what's not to like?.

Getting to Seville is very easy. An early flight from Gatwick then a short underground or taxi ride from Seville airport gets you into the city in time for lunch, ideally sitting in the sunshine outside a cafe while you forget about the wind and rain back home. After the race is done, Seville is a fascinating city with plenty to occupy a few days. For a longer stay, Cadiz, Cordoba, Granada and Malaga are all reachable within a couple of hours by car or train.



Bérénice Consavela



HASTINGS 5 MILER

Hastings, East Sussex
May 2019

That was my first ever race and first ever time running over 5km.

I had only recently joined HR and I was nervous as hell. I arrived six seconds later than I would have wanted as I had hoped on doing under 40:00.

My nervousness turned into a real love for races and I will always remember that race as one of the most amazing moments of my life.



“My nerves turned into real love for races”

Terry Kitson



GRIJSLOKE SERIES

Anzegem, West Flanders, Belgium
August 2019

In the small Belgium town of Anzegem a series of races run on Saturday afternoon around the town and lanes. Series's includes children races and 3 Adult races comprising of 1,2or3 laps of a roughly 4miles course, which includes 3 interesting hills, with a sting in the tail, as you start at the bottom of a long hill, but finish at the top.

The annual trip over there starts on a Friday, when as a group we drive over stopping at lunch in Flanders Area where we normally visit some of WW1 sites, before arriving in Anzegem around 5.00, where we are meet by host families from Grijsloke Running Club.

We depart on Sunday after a run in a local woods followed by coffee, then lunch in a local Restaurant. Well worth a visit, Jill Green is the contact, if your interested, you will not be disappointed.



“An annual club trip well worth the visit”

Jill Green



TOUGH GUY YEAR OF THE TIGER

Perron, Staffordshire
January 1999



This is more of a challenge than a race. A group of Hastings Runners went up to Perron, Staffordshire - it's the end of January, cold and icy.

Mr Mouse the organizer set us all off, thousands of runners, we started of doing a nine mile cross country run which included 50 metre slalom slopes, rivers to cross thankfully faster runners had cracked the ice!

All the events had names the elephant graveyard massive pits you climbed in and out of, the killing Fields, crawling under barb wire in very boggy mud. I think it was only mud it was a horse sanctuary after all! Ponds with high wires you had to walk across, massive structures with nets and poles and the dreaded bridge over the river that you had to swim under to cross, there were people half way to help you pop up to get a breath.

This is running at its best everybody helping each other whether you knew them or not and the feeling of finishing and getting that medal is indescribable. I cannot explain it all please look online for the title above and it shows it all.

"Running at its best - everybody helping each other"



Ben Kirimli



BEDGEBURY 5K SERIES

Bedgebury Pinetum, Goudhurst
May - August 2019



A series rather than a race. One run a month over the summer months at 5 and 10k distances. Can compete as singular events or via scoring points over the series (best 3 out of 4 count) Its a midweek evening race so breaks up from the normality of Sunday eventing. The evenings are also a lot cooler temperature wise, much appreciated in the summer.

The format rewards consistency over time, not just being the fastest on the day. This is why an average runner like myself, was able to win the 5K summer series in 2019.

"I was able to win the 5K summer series"

Andy Bashford



ATSAS MOUNTAIN RACE 7.1K

Agios Theodoros, Cyprus
May 2019

A trail race in the scenic Troodos seemed like a good idea. Overnight in the pretty mountain village of Kakopetria and then up early for the 8am race.

When mountains are described as scenic then you know that means pain... well the mountains around here are extremely "scenic". Fast it was not going to be - but the epic climbs & even more epic descents did make it fun!

Very well organised, free pair of socks + lots of home made, village goodies made for a memorable experience.

Sadly, the current situation means not this year... but maybe next???



"Mountains described as 'scenic' usually means pain"

Shana Burchett



FIT TOGETHER CANICROSS

King's Wood, Ashford
February 2020



Amanda Moore and myself, kitted up early Sunday morning on 29th February to take part in Fit Together Canicross race in Kingswood in Ashford. It was a very cold and wet start but once underway, the excitement from the dogs and anticipation of the race soon got us going. Dogs and runners were set off in waves through muddy woods with puddles that were deeper once you entered them and mud that flicked up into your face! The dogs loved it and so did we! It was Amanda and her beautiful greyhound cross Zola's second race but Tilly T the Weimaraner was an old hat to these races! But she still needed to stop for a poo just before the sprint finish! Anyone wanting to learn more about Canicross running, feel free to message one of us!

"The excitement from the dogs soon got us going"

Debra Van Aalst



BODRUM HALF MARATHON

Bodrum, Turkey
October 2019



I was approximately half way into my 10k event when a young Turkish runner asked if he could run alongside me, interview and record me en route to show members of his running club in Istanbul. The reason being that not many women in my age category run and he was fascinated to hear all about Hastings Runners and our wide range of age groups and abilities!

Every time he passed someone he knew and also as we crossed the finish line, he would say 'this lady is 59, isn't she brilliant' or words to that effect, encouraging people to cheer loudly!

Our little group of HR's came away with a fantastic haul of prizes, 2 x 1st in age group and 2 x 2nd in age group... amazing... we all felt like real celebrities!

Not my best race or my best time but a fantastic experience none the less. Everyone should go running in Turkey!

"I was half way into my 10K being interviewed"

Ruth Spiller



BEACHY HEAD MARATHON

Sussex Downs
October 2019

In 1980s I walked the Seven Sisters Marathon several times, thinking I could never run one. Scroll forward 30+ years, and now I'm running Beachy Head. This was my 3rd year in a row, but 1st time with HR. Enjoyed the training as much as the day itself. Thanks to all the encouragement given by my running buddies.



"30 years on, I was running Beachy Head Marathon"

Simon Linklater



PADDOCK WOOD HALF MARATHON

Paddock Wood, Kent
April 2019



I'll never forget the Paddock Wood Half Marathon in 2019. It was a cool, calm, spring morning. The thought of running sub 2 hadn't entered my mind for a second, until 5K from the end when I could just about make the pacers flag out in the distance.

The real joy that day came from sharing my experience with fellow Hastings Runners. 20 of us ran, 11 managed a PB. Michael Hamer was grinning from ear to ear by the finish line as I glided past the 2 hour pacer with only yards to go.

The photo says it all. In the majority of half marathons I've completed, runners are left weary, grumpy, hungry and just keen to get home. That morning was different, as we hi fived, hugged and smiled our way back to the car.

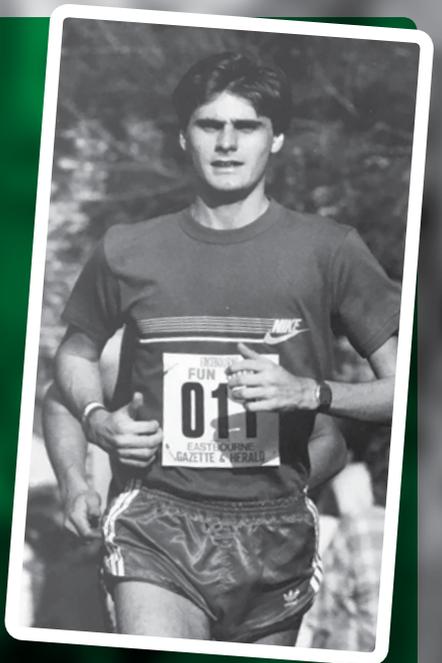
"I could see the 2 hour pacer in the distance"

Andy Knight



EASTBOURNE FUN RUN

Eastbourne, East Sussex
1980's - 1990's



The Eastbourne Fun Run started in the early 80's and continued into the 90's and i did every one. It was 10 miles around Eastbourne and my best time was 67 minutes.

It took place in October and got much bigger numbers than the current Eastbourne Half and was really well supported by the public who came out to watch as it went along Lottbridge Drove, through Hampden Park, Old Town, Meads and along the seafront to the finish.

They did a presentation evening at the Congress Theatre a few weeks later where they showed a film of the day and you received a certificate with your time on it signed by the Mayor of Eastbourne.

One year Lord Snowdon started the race, not many races get royalty attending!

"Not many races get royalty attending!"

Andy Lee



STAPLEHURST 10K

Staplehurst, Kent
June 2018



For many of us most of the races that we run are in Sussex and as nice as it is to get to know runners from other Sussex clubs it is also nice occasionally to see some new faces. And you don't have to go far to do that.

The Yew Tree Staplehurst 10K is only just over the border with Kent but attracts runners from all over that county and from south London.

The race route is around quiet country lanes and is flat (not flattish Mr Uzzell, but properly flat). The only thing that slows you down is a U turn at around the half way point. It has definite PB potential.

Facilities wise it is slightly on the basic side but is otherwise perfectly adequate. Give it a go!

“The race has definite PB potential”

Michelle Fox



CHAMPAGNE HALF MARATHON

Epernay, France
May 2018



A fabulous bank holiday weekend spent in Epernay, France with a great bunch of Hastings runners. The apartments we stayed in was stunning and just perfect.

Race day - as I recall the sun shone, it was a very warm day, the atmosphere was electric with everyone dressed in fancy dress costumes.

We took in some beautiful sights and had so many laughs on route. This one wasn't about speed or times more for fun! We also managed to fit in some sightseeing and a champagne tour with tasting which was most welcome by all, kindly organised by Kim Callow.

A race not to be missed.

“The atmosphere was electric!”

Steve Uzzell



BEACHY HEAD MARATHON

South Downs
October 2017

My favourite race has always been the Beachy Head Marathon.

It was my first marathon in 1989 when it was the Seven Sisters Marathon, I ran it 11 times including the last one in 2001. I ran the first Beachy Head Marathon in 2002 but didn't run it again till 2013, since which I've run every year and it will be my 20th in 2020.

The reason for 2017 being the year I've chosen was because I led a group of runners on training runs that year, many of them first time marathon runners and to have them all complete the course smiling and exhilarated by what they had achieved was very special.



Darren Barzee



BECKLEY 10K

Beckley, East Sussex
November 2019

Beckley 10K is my favourite race of the year . It is quite undulating as are most of the small village races! But I always seem to run really well at Beckley. It is very well organised by Nice Work and is always well represented by Hastings Runners.

I think the free beer, cake and fruit also helps to make it a great race!



Hayley Ranson



LONDON LANDMARKS MARATHON

London
March 2019

So, my all time favourite race?

Most memorable has got to be the London Landmarks Half Marathon. I ran this with my long-time running buddy Sarah Hyland last year, in fact we had to miss the Hastings half to do so!

The course is fast, flat and jam packed full of clapping and cheering crowds all the way. Best bits for me? Being given my medal by someone who deserves a medal – a Chelsea Pensioner, getting a PB (there's life in these old legs yet!) and raising over £700 for the British Heart Foundation.



“Getting a PB and raising over £700 for BHF”

Rob Thomas



LOCH NESS MARATHON

Inverness, Scotland
October 2019

2 years since my previous marathon and serious doubts I could do this. I was rewarded with perfect running conditions on the day and my easiest marathon to date - no hitting the wall, totally enjoyable throughout the entire distance.

This race was recommended by Matt and several club runners and I would unreservedly do the same. Everyone should give Loch Ness a go you may even see Nessie cheering you on! I ran a sub 4 marathon with 3:58:18 on the day.



“You may even see Nessie cheering you on!”

John Simcox



HASTINGS HALF MARATHON

Hastings, East Sussex
March 2016

This was my first race I ever did I broke my leg the previous year while playing football. I needed to stay fit so took up running and raised money for Macmillan Cancer support.

Since then I've done so many races and I've just completed my 50th Parkrun... and on the way made a lot of new running friends.

"My first race ever... and after a broken leg"



Natasha Slow

When Matt asked me to do a write up on a favourite or memorable race for this month's newsletter, I found it very difficult to narrow it down to just one race. Instead I have dug out some of my favourite moments with Hastings Runners.

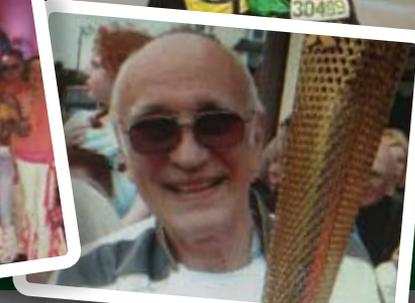
I have taken part in all sorts of fun and serious races which include the following:

Champagne Run in France organised by Kim and Arrienne Callow, great fun running through the vine yards donned in fancy dress, sampling some of France's champagne throughout the course.

Various races overseas, including Malta, Benidorm, Majorca, Budapest, New York, London, Dublin and Barcelona to name but a few.

Hope you enjoy some of my archives of runs with some of my favourite people and that this cheers everyone up. Here's to many more runs and KEEP ON RUNNING!

"From Budapest to New York"



Simon Fry



TONBRIDGE HALF MARATHON

Tonbridge, Kent
October 2018

I had the urge to run this race 2 weeks prior to the event. In usual Simon fashion I had not trained at all, but I managed to fit in one long run before the event.

On the day I felt I was just fit enough to run sub 2 hours. It was the perfect race for me in many ways... The weather was gorgeous, the countryside was beautiful, and I felt happy and positive.

My race plan was perfect. I crossed the line 1:59:03. The race felt easy as I was just in the zone the whole route. Not my fastest ever race but certainly my most enjoyable!

“I was in the zone the whole route”



Nadia Winborn



HASTINGS 5 MILER

Hastings, East Sussex
May 2016

This was my 1st race in 35 years. I joined Hastings Runners in November 2015.

I originally hated running! Within 6 weeks I was enjoying it and wanted to do more, so I entered the Hastings 5 miler. On the day I rocked up and met lots of my new running friends. We chatted and stood at the start, then we were off and kept each other going all the way along the prom and back. As I came through the underpass I realised how close I was. So I sprinted to the end. This is the time I started to refer to myself as a runner.

Thank you to all the Hastings Runners who have encouraged me to run further and faster.



Clare Lippiatt



HASTINGS HALF MARATHON

Hastings, East Sussex
March 2016

We all have our reasons for running. Mine was turning 40. It didn't take long for me to realise I'd been missing out on a really special thing for most of my adult life.

Running, racing, pacing, jogging, sprinting, striding... whatever you want to call it, we all wear trainers and Lycra and challenge ourselves every time we pound the tarmac. We make friends and form bonds. Then the running for me turned into racing. Chasing a specific time. Cue Hastings Half Marathon.

An opportunity to race against myself. A special home race. Year on year. My first Hastings Half was in 2016. Running with Wendy and Carrie was so much fun and I learnt a lot about race prep and fuelling. 2017 was equally as memorable and again I found myself as the filling between a Wendy and Carrie sandwich. Chatting all the way round.

2018 was the year I decided to aim for a time. I found a training partner and soul mate, and we ran and ran and ran. 2019 was one I committed to very last minute and so I plodded round taking in the crowds and atmosphere.

So here we are in 2020. No race this year but that makes 2021 even more special. Happy running you lovely bunch.

"I found a training partner and soul mate"



Lorraine Ashby



POPPY 1 MILE & GREAT SOUTH RUN

Bexhill, East Sussex & Portsmouth, Hampshire
November 2019 & October 2019

My favourite photo of the year was Amy and Sophie Ashby representing Hastings Runners at the Poppy 1 Mile event along Bexhill seafront in November.

Amy did 7.28 (13th) and Sophie did 8.12 (24th) out of 78.

I also ran a 12 minute personal best at the Great South Run 10 miler across Portsmouth.



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CLUB WEBSITE

Hastings Runners

HOME NEWS COACHING ROTA RACES MENTAL HEALTH CHAMPIONS CLUB INFO SOCIAL CONTACT US

No Runner gets left behind

TRAINING

Monday 18.30 - 19.30 Track
William Parker

Tuesday 18.30 - 20.00
Horntye

Saturday 14.00 - 15.00
Grosvenor Gardens

WELCOME TO HASTINGS RUNNERS

JOIN TODAY

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

NEW WEBSITE

Weekly Reports
Training Schedules
Race Fixtures

www.hastingsrunners.co.uk

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
JANUARY & FEBRUARY 2020

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BY MATT EDMONDS
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HASTINGS RUNNING PROMOTES

2020 SALE PRICE 10

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