

HASTINGS RUNNERS

COVID SAFE
**CROSS
COUNTRY**
WINTER SERIES
SEE PAGE 20

NEWSLETTER

SEPTEMBER & OCTOBER

CLUB REPORTS, UPDATES & AGM 2020

PAGES 3-16

VIRTUAL LONDON MARATHON

PAGES 17-18

TRACK IS BACK

FULL DETAILS PAGE 19

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RUNNING PROMOTES FRIENDSHIP ALL OVER THE WORLD

CHAMPIONSHIP CALENDAR 2020

DATE	START	RACE	DISTANCE	DETAILS
NOVEMBER				
1 November	9-11:00	Beckley 10K	10K	Covid Protocol
15 November	10:30	Winter 5K Club Race	5K	Cancelled
DECEMBER				
19 December	10:30	The Christmas Pudding Dash	5M	Start, Pett Village Hall

Please note the East Sussex Sunday Cross Country League season has been cancelled.

SOCIAL MEDIA MOMENTS



Reports | Updates | Members

AGM

2020

The full club update

CHAIRMAN'S REPORT

NICK BROWN



The last 12 months have been something of a baptism of fire to put it mildly! Not only have most of us on the Executive Committee had to absorb the responsibilities of taking on new roles at the same time; but in addition we have had to keep abreast of the constantly changing Covid-19 situation. I would like to thank vice chairs Nick Webb and Susan Mann, club secretary Andy Lee and treasurer Rob Thomas who have done a sterling job during what has been an unprecedented period. Between us, we have got through a huge amount of work behind the scenes, which I have detailed below, and it has certainly heightened our appreciation of the unseen work that the previous committee under chairman Tim Jury have done in recent years. Many thanks also to our club president Mike Hall, and fellow Standards Committee members Terry Kitson and Erica Wilson who are all club stalwarts.

Little could we have envisaged at the start of 2020, with a brand new club championship calendar to savour, that the Eastbourne 1/2 marathon and the final ESSCCL fixture at Pett (both in March) would turn out to be the only races that took place in the first half of the year! The club only Brenda Boyle Pier to Pier race was cancelled in February owing to an Amber Orange Warning, and the whole country went into lockdown in mid-March owing to the worsening Covid-19 situation.

Restrictions relaxed sufficiently in early June for groups of up to 6 runners to be able to train together, and since early July a number of coaches have kindly organised regular “unofficial” training runs and efforts sessions which have helped to motivate many club members and keep their spirits up.

Thankfully the main club training nights at Horntye on Tuesdays and Wednesdays resumed in early September, as we know that many club members have really missed the camaraderie of running together; so I hope that the groups will be well attended. We will continue to abide by the current EA guidelines (ie small groups of no more than 6 runners) for the foreseeable future. Coaches take a record of who has taken part in all training sessions involving the club, and these records will be retained for a fortnight, in the event that anyone tests positive for covid and we need to provide track & trace information.

Martin Burke and Nice Work seem to be leading the way in a gradual return to racing, with runners setting off in waves and adhering to strict Covid-19 guidelines. Having taken part in the Rye 5kms in September along with 32 other HRs, I can say from personal experience that the whole event was very well organised and I wouldn't hesitate to participate in any future events. Club members have also tackled the Rye 10 miler at Peasmarsh and the Folkestone 1/2 marathon in recent weeks, and have two old favourites - the Beckley 10kms and the Xmas Pudding Dash - still to look forward to.

Very sadly we have lost a number of distinguished club members during the past few months, notably former club President Paul Cabban, former founder member Roger Saunders, quiz supremo Tony Naylor and Chris Langdon who kindly advised on constitutional

and procedural matters. Our sympathies are very much with their families at this time, and we hope that at some stage - after consultation with them - that it might be possible to name several of our club only races in their honour. See obituaries from page 14 for more detailed information.

MENTIONS

There are a whole army of people, many of them unsung, whose tireless commitment and effort help keep the club ticking over. I would like to personally thank the following:



- Chief Marshal Alan Croucher who, in a normal year, is responsible for ensuring that we have enough volunteers available for each of the 8 club only championship races. This is no easy task in the longer Pier to Pier and Rye to Hastings races which require circa 30 volunteers, spread over a wide area. Alan took over from Terry Kitson, who similarly did an excellent job for a number of years.
- Communications Officer Simon Linklater, who has put together a superb club website which I can't speak highly enough about! In his spare time Simon has become the most improved runner in the club, deservedly hoovering up the Target Times award, Achievers award and the Endeavour Trophy.
- Membership Secretary Steph Miller, who has worked tirelessly over the years dealing with membership enquiries as club secretary Andy Lee is now finding out as he is absorbing this role!
- Newsletter editor Matt Edmonds whose offerings every two months have rapidly become collectors' items - we are very fortunate as a club to have someone who takes as much trouble in compiling these editions. Matt has also found the time to develop as an ultra runner, with some hugely impressive results in the past year including 20th place in the Beachy Head Marathon. His ultras seem to be getting progressively more mountainous and even longer, with the most recent being the 60kms Innsbruck Trailrun in the Tyrolean Alps!
- Results compiler David Kilby who has a very time consuming task processing the race results during the year which form our First Past the Post and Target Times Championships.
- Track coaches Neil Jeffries, Darren Barzee and Simon Linklater did an excellent job over the winter, taking sessions in some really atrocious weather conditions. Given that we have been using the track regularly for 8 years now, it is very frustrating that we have only just resumed track training because of various difficulties outside our control.
- ESSCCL club captain David Bratby and assistant Jo Edwards - see full details below.
- Sussex Grand Prix club representative Andy Knight - see full details below.
- Susan Wilkinson, who is responsible for taking members orders for the club kit. Many thanks to her predecessor Dale Scowen who, together with Carol Lowes, was responsible for designing our new club kit which has proved very popular.
- Facebook administrators Jane Hughes and Jo Edwards
- Googlegroups administrator Annette Fry

MEMBERSHIP

Club membership now stands at 280. This is a very substantial and encouraging membership, especially at a time of curtailed activities. The Executive Committee decided to roll over those membership fees paid in 2020 until the following year, in light of the restrictions on athletic activities owing to Covid - 19. So those who have renewed their club membership have seen this extended until 31st March 2022 with no further fee to pay.



COACHES

We are very fortunate to have a wide array of coaches within the club, whose commitment and dedication means that club members can enjoy taking part in both official and “unofficial” runs on every day of the week. Although the Tuesday and Wednesday club nights from Horntye are the main focus in normal times, there are also track and efforts sessions, off-road runs, Jane Hughes’ 10kms run on Wednesday mornings, and large groups (pre covid) going out from Dordrecht Way on Fridays led by Steve Uzzell, and from Larch Close on Sundays led by Kim Callow.



So a heartfelt thanks to the following - Darren Barzee, Andy Bashford, David Bratby, Nick Brown, Kim Callow, Anthony Gardner, Mike Hall, Sylvia Huggett, Jane Hughes, Ken Hughes, Neil Jeffries, Tim Jury, Terry Kitson, Andy Lee, Simon Linklater, Susan Mann, Susan Rae, Corrina Skinner, Rob Thomas, Nigel Thornely, Steve Uzzell, Nick Webb, Colin White and Nadia Winborn.



We should also pay tribute to Nigel for his traditional December fundraiser, once again running at least 10kms every day that month to raise £1400 for St. Michael’s Hospice. Nigel finished off with a full marathon (2 laps of the Hastings 1/2m), and was joined on various stages of his run by no fewer than 42 different club members!

We also have a number of coaches stepping down for various reasons, and I would like to thank Shana Burchett, Cassie Colvin, Davinia Hill, Carol Lowes and Dale Scowen for all their assistance over the years.

COACHING

A good response from the coaching questionnaire sent out in October 2019 with 84 responses received, the majority of which indicated a desire for enhanced help, advice and a more structured approach to training. As a result, warm up drills were introduced to the Wednesday sessions, and from January 2020 an alternating programme of progression and tempo runs were brought in for the two faster groups on Wednesday on a trial basis. Coaches have tried to encourage runners in Improvers 1 and the Core to consider moving up a group and sampling the progression/tempo runs. At the same time 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 steady runs for others.



NEW ROLES

We have been working hard behind the scenes to fill a number of key new roles within the club, which we feel will be of enormous importance going forward. These include:

- Club Welfare Officers - Krista Barzee and Lena King, whose joint experience in the area of safeguarding should prove invaluable particularly with regard to the younger runners and vulnerable adults.
- First Aid Officers - Susan Rae and James Graham. As many of you will know, Sue is a recently retired GP, whilst barefoot runner James is a first aider at work.
- Coaches Group Admin Secretary - Marie Crawford is responsible for ensuring that all coaches have a current qualification, and that their DBS is up to date. In addition, she stores information sent from the coaches on all runners who have attended training sessions in the event that anyone tests positive for Covid.
- Coaches Group Secretary - Julia French, who has assisted me on no fewer than four beginners Walk 2 Run programmes, kindly takes the notes for our coaches group meetings.
- Mental Health Champions - this is an exciting initiative by EA with the charity MIND under the heading Run to Talk. Their aim is to have a mental health champion in every affiliated running club. They are appointed to promote the benefits of running on mental wellbeing; provide crisis information eg on website; be a link with the community and mental health organisations; support members to improve mental wellbeing through running; put on events to promote mental wellbeing within the club. Initially I had just a couple of people in mind, but this rapidly snowballed to the extent that we now have 14 club members



signed up - Susan Mann, Sue Palmer, Shana Burchett, Krista Barzee, Nadia Winborn, Alison Tanner, Mags Balch, Danny Firth, Kim Callow, Nick Webb, Jon Smalldon, Pete Heasman, Keith Goodsell, Adrian Barratt. Their first event was a Run to Talk just before Xmas, as part of the Larch Close Sunday run, and hopefully there will be plenty more events in the future.

- Social Secretaries - Nick Webb and Michael Norris. Many thanks to Michael for organising the Friday evening quizzes during lockdown. I know that both have plenty of ideas for further enriching the social aspect of the club, and hopefully they will get the chance to put these into practice when life eventually returns to normal!

BEHIND THE SCENES

We have also taken the opportunity to update the club's policies and procedures, so that we are now fully compliant with all EA guidelines. In response to the demand from some members, we have now produced a runner's etiquette guide and a self defence guide for women runners. Had the pandemic not occurred, we also had both a first aid course for coaches and an injury prevention seminar for members lined up at Horntye as well as plans for a self defence course. The executive committee has also explored at length the question of whether we could introduce proxy voting for members unable to attend committee meetings - however voting at the March club committee meeting failed to achieve the necessary two thirds majority for a Special Resolution to be called. So we won't be pursuing this in the foreseeable future.



CLUB ANNUAL SOCIAL & AWARDS NIGHT

The awards night at the Azul in January was very well attended, and I would like to especially thank David Kilby, Andy Knight, Andy Lee, Simon Linklater and Natasha Slow for their various contributions. So where did the silverware go:



MERIT AWARDS

These were chosen by the coaches, who voted for Paul Burchett, Manami Cheves, Jane Coles, Berenice Consavela, Marie Crawford, Matt Edmonds, Nina Lambrou and Elly Swaine. The Achiever Awards (also decided on coaches' votes) went to Simon Linklater (men) and Susan Rae (ladies); all the awards were richly deserved.



MERIT AWARDS (juniors). These were chosen by myself, and went to Daniel Crawford, Finlay Goodman and Jude Porter who all attended the track sessions regularly before the pandemic. Daniel has improved hugely during the previous 12 months, taking his parkrun PB down to under 23 mins. Jude had overcome so much pre - pandemic, starting at Frewen College, participating at the Hastings 1/2m mini run, junior races at Bexhill and Beckley, and - with the aid of proud grandad Terry Kitson - carving huge chunks off his parkrun PB, which now stands at 30.53. Finally Finlay, a young lad who's a star in the making. He won the Club 5kms in November 2019 leaving the rest of us trailing in his wake with a superb time of 16.50, and in January this year won the u13 Sussex Cross Country title at Bexhill Downs. He followed up by winning the Kent Schools Championship over 3kms in Dover, and was selected to run for Sussex in the National Inter Counties Cross Country Championships in March where he came an excellent 11th out of over 200 runners (many of them a year older than him) in the most atrocious weather conditions.

CLUB CHAMPIONSHIP AWARDS

No fewer than 73 club members completed 8 or more races to qualify for the First Past The Post championship. Darren Barzee and Colin White shared the men's title, with Graeme Grass 3rd. Debbie Humbles won the women's title, with Jane Coles 2nd and Claire Thomas 3rd. The men's age category winners were: Colin White; Paul Burchett; Kieran Price; Darren Barzee; Kevin Blowers; Terry Kitson and Robert Dennis. Ladies' winners were: Claire Thomas; Emma Stubbs; Nina Lambrou; Annette Fry; Debbie Humbles; Susan Rae; Julia James; Irene Kitson; Sarah Marzaioli and Christine Richardson.



Target Times Championship

this was won by Simon Linklater, with Susan Rae 2nd and Darren Barzee 3rd.

Age Graded Trophy

This went to Masters Relay specialist Christine Sanderson, with a massive score of 87.67% in the club winter 5kms.

TROPHY AWARDS

The Endeavour Trophy (nominated by members) went to Simon Linklater, who overcame a difficult period in his personal life to bounce back hitting unheralded heights in his running, and also 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.



The Founders Trophy (chosen by the Executive Committee) is given to a member who they feel has made a most significant contribution to the club. The worthy recipient this year was former club chairman Tim Jury who, as well as being at the club's helm for the previous 4 years, has worked tirelessly over many years to raise money for the Farm Africa charity.

Coach of the Year (voted for by members) went deservedly to Terry Kitson, who by my reckoning must take 150 - 200 sessions over the course of a normal year!

Bill Bailey Trophy is 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. This went to Kim Callow.

Cross Country Award (chosen by club xc captain David Bratby) went to another evergreen Masters Relay specialist Yockie Richardson, who is a fantastic advert for our club!

Grijsloke Trophy (donated by the running club in Belgium) went to Paul Cabban.

Wilf Gaye Memorial Trophy (nominated by members) is awarded each year to someone who has inspired and encouraged others, and demonstrated dogged persistence in the face of adversity. This year's most deserving winner was Louise Coates, who battled back from a difficult injury in 2018 only to then be laid low with pneumonia for much of 2019. back. Even while not running, she was still to be seen out supporting runners most noticeably with her cowbells during last year's Pier to Pier race.

ESSCCL

A highly successful season with HR finishing 8th out of the 15 scoring teams, and within touching distance of Wadhurst Runners and Hailsham Harriers - xc captain Dave Bratby and his assistant Jo Edwards have done a great job in recent years of galvanising interest in this winter series, and are targeting a top 5 finish next time round! Pride of place must go to Matt Edmonds, who hacked up at Ashdown Forest, Blackcap, Heathfield Park and our home fixture at Pett, winning 4 of the 5 races and winning the senior men's title for the first time in the club's history. No-one would bet



against star junior Finlay Goodman following suit in a few years' time, and he won the u13 title in emphatic fashion. Many congrats also to Darren Barzee, Martin Noakes and Sylvia Huggett who won the M50, M55 & F65 categories respectively, with Jane Coles coming 2nd in the F50 section.

The first two races of this winter series drew record league attendances with 369 runners at Ashdown Forest and 383 at Blackcap, Lewes. The club fixture held at Pett turned out to be the final race, as the remaining race at The Hub in Bodiam (which would have been a new venue) was cancelled owing to the Covid outbreak. As per usual, Tim Jury and his support crew did a superb job of organising this particular event which is always one of the most popular in the calendar.

There is a wonderful esprit de corps within the HR group, and the club continue to lead the way with 50/50 gender representation, pushing age boundaries and after race refreshments. Dave Bratby and myself have been pushing for a change in the archaic scoring system, which sees circa 40% of the runners taking part end up as "non scorers" as clubs are limited to just 16 scorers (10 men & 6 women). There will certainly be some changes in place when the next season starts, with clubs able to field 20 scorers (12 men & 8 women) and some tweaking of the age categories. Although this falls some way short of our proposal to have 30 scorers (18 men & 12 women), it is a move in the right direction. As most of you will know the winter series for 2020-2021 has recently been cancelled - for obvious reasons - but there are hopes of possibly staging several fixtures next summer.

ULTRA RUNNERS

As well as Matt Edmonds and club legend Sarah Marzaioli, who needs no introduction and indeed is featured later in this report, there are actually quite a few other runners within the club who also specialise in long distance, off-road races. They will shortly be setting up an ultra runners group on the club's website, so that anyone else who is interested in expanding their horizons can get in contact.



Jacqui Mannering and Pete Heasman are planning to run the North Downs Way 50 miler in November, which has been rescheduled from May. Their training schedule has included tackling the 1066 Country Walk route from Pevensey to Rye (a stunning 33 miles) in August, the High Weald Challenge 50 kms in September along with Annette Fry and Lisa Peterson ... this proved quite a navigational challenge, as many direction signs were missing!, and the recent VLM with a female cast (comprising Jacqui, Annette Fry, Vicky Sims, Elly Swaine, Emma Stubbs and Lauren Coleman) taking in Hastings, Sidley, Cooden, Bexhill and finishing at the Hastings parkrun start with a well deserved Prosecco! Despite the ridiculously wet weather, the camaraderie helped everyone get round.

Pete, Nina Lambrou and Anthony Gardner all completed the South Downs Way 100 miler and the Sussex Strides 50 miler in 2019; whilst Nina, Anthony, Lisa and Piers Brunning

took part in the tough Gatliff 50 kms in November 2019. Nina also recently completed the Chiltern Wonderland 50 mile event.

Ultra races coming up in the next few months included the South Downs Way 50 miler in April, the Thames Path 100 miler in May and the Serpent Trail 100 kms in July 2021. To quote Jacqui: "If you haven't tried ultra running, it really isn't daunting, because basically you just go at your own comfortable pace, eat your way round and enjoy the fabulous off road trails! What's not to like?"

BRITISH MASTERS NATIONAL XC RELAYS



The evergreen trio of Yockie Richardson, Christine Sanderson and Mags Balch maintained their remarkable record at the BMAF xc relays in Long Eaton. Competing for the 4th year in a row in October 2019, they finished with a silver medal to complement their gold in 2016 and silver in 2017. The boggy conditions on the 3kms parkland course in West Park, Long Eaton, near Nottingham were the worst in living memory with the stream in the woodland section being nearly knee deep!

SUSSEX GRAND PRIX



Many thanks to club rep Andy Knight for keeping us fully abreast of news and results for the SGP, which consists of 21 clubs in East & West Sussex competing in 12 races. Individuals count their best 6 scores. HR finished a highly respectable 5th in the Team Top 5 Points Championship and 4th in the Team Points Open Championship for the 2019 year. There were no fewer than 7 individual awards, with Jane Coles and Sarah Marzaioli winning the FV4 & FV8 categories respectively; Darren Barzee and Andy Lee were runners-up in the MV3 & MV5 categories; Paul Burchett, Debbie Humbles and Erica Wilson came 3rd in the MV1, FV4 & FV8 categories. In addition Colin White finished 11th and Darren Barzee 12th equal in the Top 20 men's competition, while Jane Coles came 11th and Debbie Humbles 13th in the ladies equivalent.

HASTINGS 1/2 MARATHON & 5 MILE RACE



The two most popular races in the club calendar sadly fell victim to the pandemic. However, having spoken recently to 1/2m race director Eric Hardwick MBE, there is cautious optimism that the race may go ahead next March following UKA road race guidelines and critically if it is approved by Hastings Borough Council. Eric says: "The event will not be a 'normal' Hastings Half, but more like a 'Back to Basics' event, purely enabling you to take part and raise funds for your needy Charities and needy causes, which are so desperate for your support. We cannot go into full details as yet, with so much still going on, but will update you in the New Year. Our aim is to put on an Event which is safe for all concerned. The organisers, Hastings Lions Club, are continuing to support the Community with as many grants as possible from reserve funds, even though they are 'out of pocket' from this year's cancelled Event."

PARKRUN

Incredibly Hastings parkrun was just a few weeks shy of its 5th anniversary when the pandemic struck in March, and parkrun events were suspended worldwide. During that time some 352 HRs have clocked up nearly 10,000 parkruns at Hastings, and the event has proved to be a great source of new club members. Event director Arrienne Callow has done a sterling job organising the volunteers each and every week, aided and abetted by fellow run directors Andy Lee, Jane Hughes, Julia French, Julia James, Ken Hughes, Kim Callow, Nadia Winborn, Nick Brown, Sue Palmer and Susan Rae.



Potential RDs are given plenty of opportunity to undertake a wide variety of roles, and the new parkrun volunteer App has certainly made timekeeping and barcode scanning much simpler. Amongst the many highlights before March were club veteran Bob Claridge becoming the first person to reach 200 parkruns at Hastings (a tremendous achievement!), and Lena King becoming the first lady to achieve 200 parkruns. Plans to resume weekly parkruns at the end of October proved somewhat premature, and have now been put on hold due to stricter coronavirus rules.

Keep up-to-date on the latest parkrun news here: <https://blog.parkrun.com/uk/>

HERSTMONCEUX CASTLE RELAYS

Some excellent performances from our 5 teams taking part in this virtual relay event, which attracted 37 entries. from 7 different clubs. The senior men (Matt Edmonds, Jethro Atherall, Mark Goodman & Finlay Goodman) finished 2nd overall just 12 secs behind the winners BRT, whilst the B team (Jamie Webb, Patrick Healey, Jon Gardner & Nathan Jondorf) came 4th overall. Both the men's and ladies vet teams finished close runners-up in their categories, whilst the mixed team had a resounding win as there were no other teams in their section!



SARAH MARZAIOLI

I feel that no chairman's report would be complete without mentioning this remarkable and very modest lady, who incredibly didn't take up running until her early 50s. Earlier this year she completed her 100th marathon (by way of comparison, my score stands as 1!), and recently she ran the virtual VLM to raise money for the RNLI, picking a route from the lifeboat station at Eastbourne via Hastings to finish at the station in Rye Harbour. Sarah has completed 15 "proper" VLMs, as well as many ultras including London to Brighton (65 miles), Kent 50 Miler, Druid Ridgway Challenge (82 miles in 3 days) and the Pilgrim Challenge (66 miles in 2 days). All this has been achieved despite being diagnosed with an irregular heartbeat several years ago, and advised to put her feet up! Many of you won't know (I certainly didn't!) that Sarah, who works for the NHS in speech therapy, was awarded a British Empire Medal in the Queen's birthday honours lists in 2018 for services to the NHS.



OBITUARIES

Paul Cabban 1942 - 2020

A true gentleman, and a real club legend in every sense of the word. One of the founding members of Hastings Runners, Paul was also a club president for many years, a fine runner in his own right and someone who was always immensely encouraging to other runners.



Paul was always one of the first names on the volunteers' list for club races, the Hastings 1/2 marathon, and in recent years at Hastings parkrun where he and his dog Molly were a regular fixture as tail walkers. As parkrun directors we looked forward to him pitching up most Saturdays, where he would always comment on the variety of ages and abilities that parkrun attracted, then he'd invariably ask us how many parkrunners we thought had turned up that morning, and more often than not he would remind us to include him on the following Saturday's volunteer list! I know that he was also involved in many charitable activities, in particular the Sierra Leone Project which was close to his heart. We would like to pass our condolences onto Paul's family and can say, with certainty, that he will be very sadly missed.

Paul joined HR in 1987, and completed his first London Marathon the same year in 4.20. He went to take part in over 200 events including 17 marathons (notably 6 London and 6 Seven Sisters), 30 km races in Dordrecht (Holland), 25 kms races in Bruges (Belgium) and a number of ultras including the 80 mile South Downs Way. He listed his greatest feats as running London in 3.19, carrying the Olympic torch in Hastings in 2012, and being one of a group of HRs who recreated King Harold's epic journey from Stamford Bridge, near York to Battle in 1066. This involved running the 320 mile route in relay teams over a 3 day period.

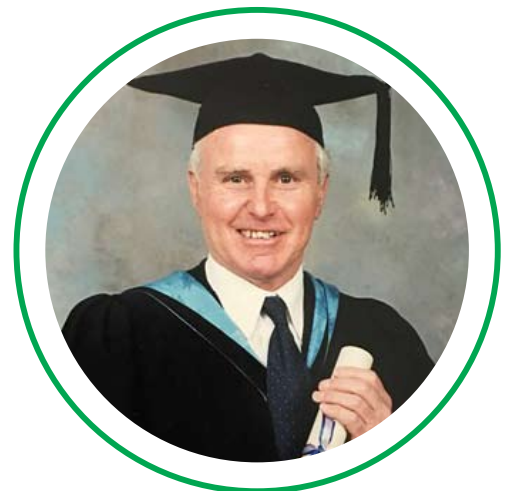
Chris Langdon 1945 - 2020

Chris was one of the first members of the club having joined in 1984. At that time the club was officially called Hastings Women Runners, met 3 times a week and only had 15-20 members. He ran in the first 20 Hastings 1/2 marathons with an impressive 1.28 pb; and also took part in the London, Seven Sisters, Snowdon, Grijpsloke and Paris marathons; and was also a regular on the club's Anderson's Amble. Chris also acted as the club's adviser on all matters constitutional and procedural for many years, giving freely of his time and legal expertise.



Tony Naylor 1938 - 2020

Tony was probably best known to many members of the club as part of the two Tony's double act with Tony Demarco, as they hosted our popular club quizzes for many years. He was also often the lead cyclist in the Hastings 5 mile race. Inspired by his son's success in the Hastings 1/2m (1.48 with very little training), Tony joined HR in 1993 and was quickly hooked by the running bug. His achievements included 6 successive London Marathons with a pb of 3.21 (aged 60), and he was also one of the HR group who recreated King Harold's epic journey from Stamford Bridge, Lincs to the Battle of Hastings site. Tony scaled down his racing as his times got slower, as they do with most of us,



as he got older. However he came out of retirement for the one-off Hastings Marathon in 2008, and managed a very decent time of 4.45 despite having a heavy cold, raising money for St. Michael's Hospice. He followed this up with a 2.01 in the Run to the Beat 1/2 marathon in London in 2009; and also took part in the occasional Hastings 1/2 marathon in recent years, even winning a national V8 award one year!

I am indebted to club president Mike Hall for the following 3 tributes. (Nick Brown, Chairman)

Roger Saunders 1937 - 2020

A founder member, past chairman and race organiser, Roger sadly passed away peacefully after a short illness in May, aged 83. Roger served as a very industrious General Secretary to the club from 1989, when he was elected in his absence! Until 1994, during which time he was greatly supported by his wife, Sue. It is fair to say that Roger's immense drive played a huge part in pulling Hastings Runners from a 60 strong membership in 1989 to a peak of near 600 by the time he stood down. As well as helping develop the race format that we still enjoy today, he "marketed" Hastings Runners with winter training tops, sun visors, group trips abroad, almost anything he could think of helped greatly by that infectious enthusiasm. There are still quite a few current members from that era, or in some cases even preceding this. Much fun recalled and much service for Hastings Runners to be grateful for.



Steve Downey & Mark Hinson

Regrettably, two further losses this year may be noted. Steve Downey and Mark Hinson. Steve, from Silverhill, was a member over the last ten years or so. A warm, unassuming character, husband of runner Rachel. Together they fully embraced the HR drive, fun, and enthusiasm. Steve, despite a constant fight with weight and latterly other health issues, never lost his desire to participate and run.

Mark Hinson resided in Woodchurch and worked at the Conquest. Hailing from the north of England, Mark was another modest, unassuming, softly spoken man. He was a very stylish runner who always exercised great pace judgment over a variety of distances, both on and off the road.

VIRTUAL LONDON MARATHON

4TH OCTOBER 2020

Arranged to meet Sarah at the start of her London Marathon, her 101st marathon! At the Sovereign Harbour RNLi she was clapped on by 20 life boat people!

Jane Hughes

26.2

- Done, with some of the most amazing ladies!

Everyone smashed it, we survived the rain and rewarded ourselves with prosecco.

Lauren Coleman



Great to run with the Amazing Sarah Miles alongside Krista Barzee, Terry Kitson and Elaine Williams

Running Marathon no. 101, running from Eastbourne to Rye raising money for RNLi

Darren Barzee



Enjoyed the virtual VLM today with Sarah B, Rob Thomas, Nina Lambrou and Nigel Thornely and Bob. Thanks again all but special thanks to Rob for all the training runs and Nigel for the pit stop box. And of course Liz and my boys for always offering me support and cheers around the course. Also thanks for all the waves and beeps out there from friends, family and other runners! Looking forward to doing all again next year (hopefully in London)!

Luke Evans



HASTINGS RUNNERS

VIRTUAL LONDON MARATHON

4TH OCTOBER 2020

What a run! 26.2 miles in some crazy weather taking in Hastings, Sidley, Cooden and then St Leonards. My knee hurt so badly at times I had to do some breathing exercises (So dramatic) and I may have banded around some swear words but I kept on trying to move forward. Thank you ladies for being the best running girl gang I could have had! #The40thRace

Emma Stubbs



Virtual London completed (thank God!!!) with the assistance of Adrian Barratt Tom Mann Su Sparkes and mum (Wendy Parsons) at half way with the flapjack, haribo and drinks.

3 changes of clothes, 2 pairs of shoes and a lot of swearing due to technical issues with the app that kindly lost 4 miles of my run along the way!

Thank you all so much. for all the donations for Children with Cancer UK, we're now over £1,400!

Ben Goring



Well done everyone on their respective runs and races today - bit wet at times, wasn't it?

I had a go myself - the Podplus Kent Spring Marathon organised (very well) by Nice Work. Corrina Skinner was there, providing the drinks at the final aid station and doing a great job - thanks Corrina - it was nice to see you.

26.2 miles in the rain but very well worth it!

Pete Heasman



HASTINGS RUNNERS

TRACK IS BACK ON

EVERY MONDAY



On Monday 19th October track training at William Parker resumed for Hastings Runners. These sessions are suitable for all ages and abilities, and regular speed work will help you to improve your pace judgment, running form and economy, and race times.

The sessions will run from 18.15 - 19.15 pm, and will need to be pre-booked with Nick Brown via email: frostmooserules@gmail.com

Please note you cannot turn up on the night without pre-booking.

I would envisage having between 3 to 5 groups (maximum 8 people per group), who would all operate independently. Any groups that don't include an HR coach would be given a programme to follow. The senior coach on the night will provide details of all those who have attended to our coaching group admin secretary Marie Crawford, who maintains Track & Trace records in the event that anyone subsequently tests positive for Covid following a training session.

Please get in touch if you are interested in attending the track sessions, which are currently only open to those aged 16 years and over. I will then email full details of the upcoming session; Covid precautions; payment etc.



HASTINGS WINTER CROSS COUNTRY

4 RACE SERIES



Location: Pickham Farm, Watermill Lane, Pett, Hastings, TN35 4HX

Date: Sunday 22nd November 2020, 08:30

Enter: <https://www.nice-work.org.uk/races/WinterXCRace1>

RACE 1
22ND NOVEMBER 2020

RACE 2
27TH DECEMBER 2020

RACE 3
24TH JANUARY 2021

RACE 4
21ST FEBRUARY 2021

Due to Covid-19 the 2020/2021 Cross Country race calendar has been reduced and therefore we are excited to launch a brand NEW Cross Country series for Sussex. Our new tried and tested Covid-safe live races have proved popular with runners, so we bring you the NEW Nice Work Hastings Winter Cross Country Series with the first race taking place on Sunday 22nd November.

Taking place on Pickham Farm close to Pett, the private farmland is the ideal venue for a Covid-safe event. We have successfully developed a number of new procedures which are designed to ensure our races will be Covid-secure and ensure the safety of our runners, staff and the general public.

Pickham Farm is a working farm and camp site and provides the ideal opportunity for some testing muddy and hilly cross country action. The approximately 5 mile course is challenging in parts and will cross fields and through woodland. The event is suitable for both experienced and first-time cross-country runners.

Entries for the event can be purchased race by race or you can purchase a series ticket to cover all four races at a reduced rate.

This will be a no-frills cross-country event with no medals available however there will be series prizes for leading runners, age categories and teams.

Series prizes are based on the best three out of four performances over the series based on finishing position.

Please note due to parking capacity at the farm entries for the event are strictly limited so you will need to get your entries in early.

**HASTINGS
RUNNERS**



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Club Only Races Secretary

Julia French
Coaches Group Secretary

Marie Crawford
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