

PROVISIONAL  
**RACE  
CALENDAR**  
ANNOUNCED

# HASTINGS RUNNERS

## **NEWSLETTER**

THE RUNNING ROADMAP

### **TRACK & TRAINING RETURNS**

---

PAGES 4, 5 & 9

### **PARKRUN & RACE UPDATES**

---

PAGES 3, 6 & 7

### **FEMALE RUNNING SAFETY**

---

PAGE 12

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RUNNING PROMOTES FRIENDSHIP ALL OVER THE WORLD

# CHAIRMAN'S FOREWORD

**NICK BROWN** | CLUB CHAIRMAN

For the first time since the pandemic struck over a year ago, it is heartening to see that there is now light at the end of what has been a very long tunnel. I know that many of you have really missed the camaraderie of running together in groups, and will welcome the return of club training (albeit limited to groups of 6) from 29th March onwards. This will include the Monday night track sessions at William Parker, the Tuesday and Wednesday evening runs from Horntye, and various other informal runs. In addition the popular Tuesday off - road runs organised by Tim Jury and Mike Hall are scheduled to start on 20th April.

Parkrun - remember that! - are hoping to resume on 5th June; and by 21st June it is hoped that all club training and competition can return to normal. The ESSCCL are also hopeful of staging their cross country series this winter. Our 2021 club championship race calendar kicks off with the Rye 10 miler on 23rd May, and consists of 20 races - including 5 club only races and another 5 races which are new events to the calendar. Full details later in the newsletter. So there is plenty to look forward to during the rest of the year!



# CHAMPIONSHIP CALENDAR

**NICK BROWN** | CLUB CHAIRMAN

For the shortened 2021 race calendar we have 20 races (including 5 new club champs events), with members needing to compete in 6 or more (including 2 club only races) to qualify for the First Past The Post Championship. As ever, with the club only races, we will be relying on members to assist with marshalling/volunteering duties. Appeals will go out well in advance of each race. I trust that you are all looking forward to racing again, and hopefully the calendar will give your training a renewed focus.

**Club only races are in bold type.**



# CHAMPIONSHIP CALENDAR 2021

DATE	TIME	RACE	DISTANCE	DETAILS
<b>MAY</b>				
23 May	10:00	Rye 10 Mile	10M	
<b>JUNE</b>				
<b>22 June</b>	<b>19:00</b>	<b>Alan Corke Club Race</b>	<b>6.4M</b>	<b>Fairlight Country Park</b>
25 June	19:30	Robertsbridge 10K	10K	
<b>JULY</b>				
4 July	10:30	Bewl Water 15 Mile	15M	
<b>21 July</b>	<b>19:00</b>	<b>Summer 5K Club Race</b>	<b>5K</b>	<b>Start, Parkrun</b>
25 July	TBC	Romney Marsh 10K	10K	New Race
29 July	TBC	Bexhill 5K Club Race	5K	New Race
<b>AUGUST</b>				
8 August	TBC	Bedgebury Pinetum 10K	10K	New Race
<b>12 August</b>	<b>18:45</b>	<b>Barry Richards 10K Club Race</b>	<b>10K</b>	<b>Start, Galley Hill</b>
Aug/Sep	19:30	Rye 5K & 10K	5K/10K	
<b>SEPTEMBER</b>				
5 September	10:00	Battle 10K	10K	
19 September	10:00	Rother Valley 10K	10K	
<b>26 September</b>	<b>09:00</b>	<b>Rye to Hastings Club Race</b>	<b>12.8M</b>	
<b>OCTOBER</b>				
3 October	TBC	Hastings Seafront 10K	10K	New Race
10 October	10:00	Tonbridge Half Marathon	13.1M	
24 October	TBC	Woodchurch 5M	5M	New Race
Oct/Nov	11:00	Beckley 10K	10K	
TBC	TBC	East Sussex Sunday League XC	5M	
<b>NOVEMBER</b>				
<b>14 November</b>	<b>10:30</b>	<b>Winter 5K Club Race</b>	<b>5K</b>	<b>Start, Parkrun</b>
<b>DECEMBER</b>				
TBC	10:30	The Christmas Pudding Dash	5M	Start, Pett Village Hall

All **club only race dates** are at this stage provisional and will be confirmed.

Races subject to change of date or cancellation. Please check Facebook or race websites for updates.



# TRAINING RESUMPTION

**NICK BROWN** | CLUB COACH

All being well, we should be able to resume the club Tuesday & Wednesday evening training sessions and the Monday evening track sessions from 29th March onwards. As previously, this will initially be restricted to groups of 6 people.



[Click here for the latest information](#)

Stay tuned for further info nearer the time!

# TRACK IS BACK

**NICK BROWN** | CLUB COACH

Great news - the Monday evening track sessions at William Parker campus will resume on 29th March.

These sessions are suitable for all ages and abilities, and will help you improve your pace judgment, running form and economy, and race times! The sessions will run from 18.15 - 19.30 pm, and need to be pre-booked with me as you can't just turn up on the night. Generally we will have up to 4 groups, all operating independently. Although the track is a Covid - secure environment, which in theory offers us scope to cater for groups much larger than 6, at this early stage we are going to limit the group sizes to a maximum of 10 people.

The senior coach on the night will provide details of those who attended to our coaching group admin secretary Marie Crawford. who maintains Track & Trace records. Please note that these sessions are open to all club members aged 12 and over, but under 16s must be accompanied to the track by a parent/guardian.



**Cost is £2.50pp, payable online; under 18s free.**

**Please email me if you are interested in coming along:  
nickbrownrunning@gmail.com**

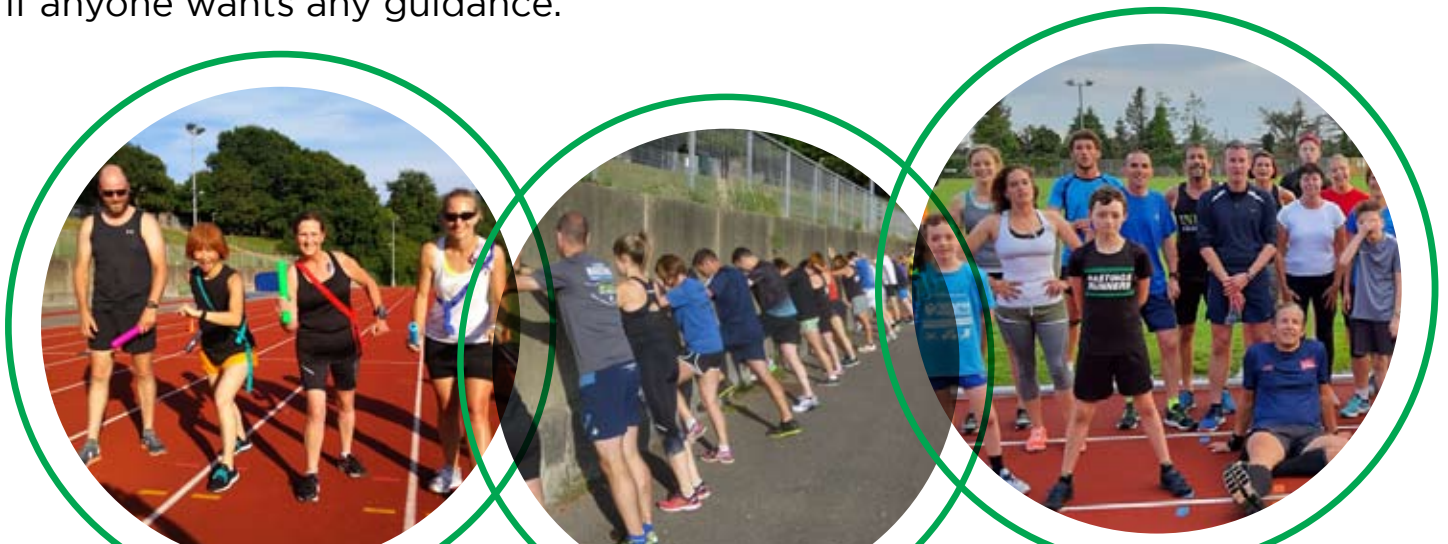
We currently have sessions booked on 29th March, 12th April, 19th April and 26th April. If there is sufficient interest and coaches available, then we can also put on a session on Easter bank holiday morning (5th April). Before each session, runners will be emailed a Track Protocol, which contains all the information that you need including Covid precautions. The session itself will last 35 - 40 minutes, which gives time to warm up beforehand and finish with several laps cool down as well as doing some stretches before we leave the track.

### **Why you should do a cool down and some stretches after the session:**

Just as a **warm up** prepares your body for the workout, the **cool down** helps your body to return to a state of rest. The **CD** relaxes your muscles and lowers your heart rate and breathing after the intensity of the session. It helps to eliminate lactic acid and other waste products faster and to repair micro - injuries. It also provides your muscles with oxygenated blood, which speeds up the recovery process and helps you avoid having sore muscles for the following couple of days.

Similar to your **WU**, the **CD** should take circa 10 minutes and should be run at a very slow pace compared to the speed you have been running at. Slower runners can do a mix of jogging and walking for the **CD**, and by the end of the **CD** your heart rate should have returned to pre - exercise levels.

After the **CD**, please get into the habit of doing a few minutes' **stretching**. This is the optimum time to do your stretches post run when your muscles are warmed up. The main areas to stretch are your calves, achilles, quads and hamstrings. You should aim to do 3 sets of stretches per area, holding each stretch for 15 - 20 seconds. I can demonstrate these after the session if anyone wants any guidance.



# HASTINGS PARKRUN

**ARRIANNE CALLOW** | DIRECTOR

I am delighted to say that all being well parkrun will be back on the 5th June.

I cannot wait to be at the start welcoming volunteers and parkrunners/walkers after a 63 week gap!!! I already have 4 volunteers, and will be asking for more nearer the time from the parkrun community.

**I am sure there will be lots of questions and worries regarding parkrun's return so please have a read of the parkrun framework (link below) or contact me either via Facebook messenger or [hastings@parkrun.com](mailto:hastings@parkrun.com)**



[Click here for the latest volunteer information](#)

# EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

**DAVID BRATBY** | XC TEAM CAPTAIN

The ESSCCL committee will meet in May to discuss the new season. There is no doubt that we are very keen for it to go ahead safely. However it may be in a different form to what we know.

Nice Work did plan a 4 race season in the absence of ESSCCL in 2020/21, but had to cancel due to the complete lockdown. This may be an option for 21/22 if restrictions prevail.





If you have not been training much, don't worry neither have I. However some of our members have become super fit during this lay off - If they overtake you, just ignore them!

# SUSSEX GRAND PRIX

**ANDY KNIGHT** | CLUB MEMBER

Although there hasn't yet been any formal announcement, we feel that it is unlikely that the SGP series will be staged this year. The usual format is for runners to have to take part in 6 or more races from the 12 race programme. However under current guidelines the earliest that racing will return to normal is June 21st.



# RELAY RACES

**NICK BROWN** | CLUB CHAIRMAN

The club has enjoyed considerable success in local, county and national relay events in recent years, in particular thanks to our FV65s who have gathered an impressive selection of medals in the prestigious British Masters Athletics national road running and cross country events. Whilst our senior men's team have an excellent record at the popular Herstmonceux Castle relays, with a win and several runners-up finishes. Sadly the Herstmonceux relays will not be taking place this year, but Sussex AAA are hopeful of staging the county xc relays at Goodwood in Sept/October. We are also waiting to hear if the Rye Harbour Ekiden relays are likely to go ahead. Dates below are confirmed:



**4th September: BMAF national road relays, Sutton Coldfield, Birmingham**

**26th September: SEAA's road relays, Crystal Palace**

**30th October: BMAF national xc relays, Long Eaton, Nottingham**

# **CLUB MEMBERSHIP**

**ANDY LEE | CLUB SECRETARY**

You will no doubt recall that last year the club committee decided to roll over club fees paid in 2020/21 into 2021/22 and that therefore you will not need to pay a membership renewal fee this coming April.

However, if you are England Athletics registered and you wish to continue that registration into 2021/22 you will need to pay the EA renewal fee. The attached note provides more information on this. Please read it if you intend to renew your registration.

If you are currently EA registered but do not wish to continue that registration this year, or if you are not EA registered but would like to add registration in 2021/22 please email me in the next two weeks. That will very much help me with the administration.

You do not need to renew your EA fee if you have registered with EA for the very first time since 1 January 2021.



# **EA MEMBERSHIP**

**ANDY LEE | CLUB SECRETARY**

**PLEASE KEEP YOUR EMAIL  
ADDRESS UP-TO-DATE**



As most of you will be aware the club's Membership Records are held on the UKA myAthletics portal. This includes all members including those who are not EA registered athletes. Your record includes your email address so it is important to keep it up-to-date to ensure that you receive all formal email communications from the club.



You can check your email address and other contact and personal details

[Click here to login into your UK Athletics account](#)

by accessing your record via this link:

If you don't know your Unique Registration Number (URN) please email:  
**kelseypad@yahoo.co.uk**

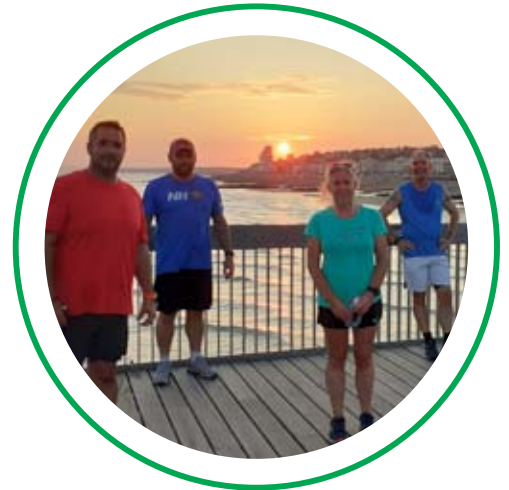
# **HORNTYE SESSIONS RESUME**

**NICK BROWN** | CLUB CHAIRMAN

I am pleased to say that, all being well, club training sessions from Horntye will resume on Tuesday 30th March. We will continue to abide by the current EA guidelines (ie small groups of no more than 6 runners), and coaches taking a group out on a training run carry a mobile phone, face mask and sanitiser. In addition they provide our coaches group admin secretary Marie Crawford with a record of who has taken part. 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.

As before, runners wishing to take part in the sessions need to pre - book. Susan Mann and Darren Barzee will post details several days in advance of each session on FB and Googlegroups for the Tuesday and Wednesday evening sessions respectively. Please don't turn up on spec.

Also please remember that every time you go out for a run, you are an ambassador for the sport and for our running club.



[Click here for information about road running etiquette](#)

# NEW COACHES & RUN LEADERS

**NICK BROWN** | CLUB CHAIRMAN

Hastings Runners are always keen to add new recruits to our coaching set up, especially as a number of long established coaches have stepped down during the current pandemic. With club training nights due to resume shortly from Horntye on Tuesdays and Wednesdays (on a limited basis, maximum 6 persons per group), this would be an ideal opportunity for anyone interested in becoming a coach to gain valuable first hand experience of managing a small group by shadowing an experienced coach who would act as a mentor. You would then be placed on the first available LIRF course, when these are up and running again. Coaching is a very rewarding experience, and you will receive plenty of support from current club coaches.



[Click here for more information](#)

# JOHN NASH OBITUARY

**MIKE HALL** | CLUB PRESIDENT

Our friend, fellow Hastings Runners member John died on the 17<sup>th</sup> March 2021. John was out running, enjoying the St Leonards seafront when he paused, collapsed and died.



John came to running and, thus, to Hastings Runners relatively late in life and just a few years ago. In the folds of our club John quietly but readily made friends. He embraced the fellowship and ethos of our club but, unlike many of us, took to running with respectable and responsible enthusiasm. He immersed himself in the kinship and camaraderie of running. John took to us and we, very much, took to John.

A quiet, unassuming man, a ready smile for each he met and ran amongst, John truly was the real deal, a gentle giant of a man and with a manner and presence you felt was to your own good fortune.

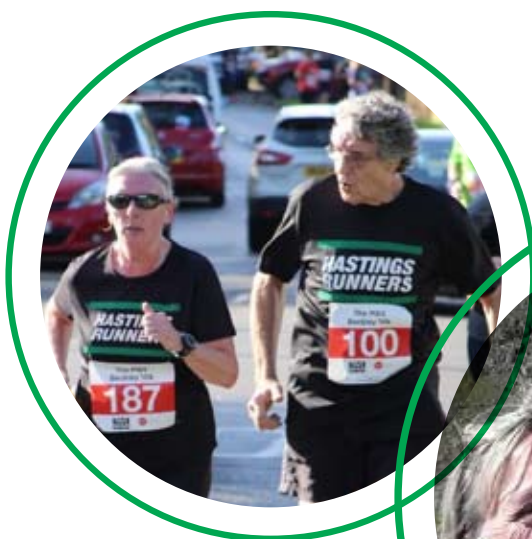
John naturally employed his tall long-legged easy lope in running, unhurried but effective, a description mirroring perhaps his own seemingly natural demeanour, successfully participating in club events including the challenging Pier to Pier, external events, most notably the Hastings Half Marathon, the Hastings 5m Keith Chandler Memorial Race, and others too. John so evidently drew much pleasure from his running, one assumes he approached life outside running in much the same way, doubtless conveying to others, and receiving in turn, a similar and thus mutual fulfilment. To us fellow runners he appeared always unruffled and unfazed. Where some of us would express a knotted and trying brow, mouthing pointless frustration, John would keep calm and quietly carry on.

Our thoughts as runners, John's running pals, are very much with partner Kirsty and the wider family and friends at this time.

For ourselves, we savoured merely a smiling snapshot of John's life but we shall eternally be grateful for the time, brief as it sadly was, spent in his company.

We know how privileged we were to share space with John. The pleasure John gathered from running was richly surpassed by that which he gave to us, his fellow runners. A truly lovely man who will, in our hearts and minds, still run with us for a long time to come.

Thank you  
John.





# FEMALE RUNNING SAFETY



**BÉRÉNICE CONSAVELA** | CLUB MEMBER

Following the disappearance and murder of Sarah Everard, I have been in contact with Women's Voice Hastings about female runners and walkers safety.

We are currently discussing the possibility of creating a network for women who might need a partner on their walks and runs (not necessarily only after dark as sometimes it can be quite scary in some places during the day too).

Lockdown has seen more people exercise outdoors but it is not always possible to team up with a friend as there are sometimes restrictions on how far you can travel to exercise or how many people you are allowed to see.

So being able to find someone in our own area interested in the same kind of pace and distance would be ideal.

We are yet to decide on how to implement this but we would also like it to be a hub with resources such as self defense videos and links to free apps and tips, not limited to HR but open to others in the area.

Although the problem is the vast majority of apps only allow you to have people warned in case something happens, so it does not take away the feeling of insecurity you get when you head out.

The ladies are very keen on self defense and we would like to see if we can implement it within the wider community as either free or inexpensive classes, sponsored or done in collaboration with council, maybe.

The issue is we have yet to have a more formal meeting about those points. Therefore I would welcome our female members to share their thoughts with any suggestions about this.

Overall, I think we, as a club, could lead a greater local movement to improve the safety of runners within the 1066 area that could also bring us good publicity at the same time.

Please contact [runnerbee84@gmail.com](mailto:runnerbee84@gmail.com) to share your suggestions

# SOCIAL MEDIA

## DURING LOCKDOWN 3.0

SPECIAL THANKS TO MICHAEL NORRIS





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Please contact Matt Edmonds  
**via Facebook**

## CLUB CONTACTS

**Nick Brown**  
Chairman

**Michael Hall**  
Club President

**Susan Mann & Nick Webb**  
Vice Chairman

**Julia French**  
Coaches Group Secretary

**Andy Lee**  
Secretary

**Marie Crawford**  
Coaches Group Admin Secretary

**Steph Miller**  
Membership

**Simon Linklater**  
Communications Officer & Website

**Alan Croucher**  
Chief Marshal

**Rob Thomas**  
Treasurer

**Ken Hughes & Nick Brown**  
Club Only Races Secretary

**Matt Edmonds**  
Newsletter



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