

HASTINGS RUNNERS

LATEST
1ST PAST
THE POST
NOW LIVE

NEWSLETTER

JULY, AUGUST & SEPTEMBER

SUMMER RACE RESULTS ROUND UP

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SPECIAL THANKS TO
SIMON LINKLATER, NICK BROWN,
ARRIANNE CALLOW, DAVID KILBY & LEE WRIGHT
FOR THEIR ASSISTANCE ON THIS NEWSLETTER

WWW.HASTINGSRUNNERS.CO.UK

RUNNING PROMOTES FRIENDSHIP ALL OVER THE WORLD

CHAMPIONSHIP CALENDAR 2021



Provisional 2022 Calendar

AVAILABLE ON PAGE 16

DATE	TIME	RACE	DISTANCE	DETAILS
OCTOBER				
10 October	10:00	Tonbridge Half Marathon	13.1M	
24 October	08:30	Woodchurch 5M	5M	New Race
31 October	11:00	East Sussex Sunday League XC	5M	Ashdown Forest
NOVEMBER				
7th November	11:00	Beckley 10K	10K	
14 November	10:30	Winter 5K Club Race	5K	Start, Parkrun
DECEMBER				
TBC	10:30	The Christmas Pudding Dash	5M	Start, Pett Village Hall

Club only race dates that are currently provisional and will be confirmed.

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

FIRST PAST THE POST

LATEST STANDINGS

DAVE KILBY | CLUB ANALYST

FEMALE

Position	Name	Cat	Total Points	Rye 10M	Robertsbridge 10K	Bowl water 15M	Alan Corke 7M	Romney Marsh 10K	Kings Head Canter 5K	Bedgebury Pinetum 10K	Barry Richards 10K	Battle 10K	Rye 5K	Rother Valley 10K	Rye - Hastings 12.8M	Hastings Seafont 10K	Tonbridge Half	Woodchurch 5M	Beckley 10K	ESSXCL Ashdown Forest	Club 5K	Pudding Dash 5M	
1	Claire Thomas	FV35	1000		200			200			200	200	200			200							
2	Susan Rae	FV60	997				199		200		199	199	198	200									
3	Nicola Steed	SF	997		199		200			200			199				199						
4	Marie Crawford	FV45	989		196		190	196	199	198	197	197				198							
5	Krista Barzee	FV45	978	196	194	188	187	194			191	195	195	198									
6	Sarah MARZAIOLI	FV70	970	199	195		189						196			191							
7	Louise Cavill	SF	966	198		189	174				185	189	193	197									
7	Shana Burchett	FV45	966		193	195	183			197	188	193											
9	Irene Kitson	FV65	963		191			181	193	196	196		187										
9	Eleanor Swaine	FV40	963			198	188	198				192				187							
9	Marie Appleton	FV40	963	200		197						184	188			194							
12	Michelle Krombholz	FV40	960	197	192	190	177	195				186											
13	Manami Cheves	FV55	794				198	199		199		198											
14	Jacqueline Scott	FV45	774						197		189	194	194										
15	Tracy Ratnarajah	FV55	751	195			176									189							
16	Samantha Welfare	SF	746			191	178				187	190											
17	Catherine Southgate	FV40	589						195					196		198							
18	Janice Young	FV60	587				193				195			199									
19	Yock Lin Richardson	FV70	572	194								192				186							
20	Nina Lambrou	FV45	397			200										197							
21	Ruth Spiller	FV55	396		198				198														
22	Rachael Inns	FV35	393		197						196												
23	sarah Bendle	FV40	391			199	192																
24	sharon wadham	FV50	389								193	196											
24	Susan Wilkinson	FV50	389			194										195							
26	Lily Share	SF	386			196					190												
27	Jacqueline Mannering	FV50	385				197									188							
28	Emma Stubbs	FV35	382				186									196							
29	victoria sims	FV40	378				185									193							
30	Helen Munday	FV50	377			192										185							
31	Sylvia Huggett	FV70	376				184									192							
32	Linda Beddis	FV65	369								183	186											
32	Jessica Hayward	SF	369				179									190							
34	Sally Grainger	FV55	200													200							
35	Claire Maplesden	FV35	199													199							
36	Lauren Coleman	FV35	198								198												
37	Alison Anderson	FV50	197					197															
37	Gilda Silva	FV35	197										197										
39	Jessica Cull	FV40	196				196																
40	Johanna Lambourne	FV40	195				195																
41	Sue Quincey	FV50	194								194												
41	leanne spring	FV45	194				194																
43	Sarah Sellens	FV40	193			193																	
44	Cheryl Withecombe	FV65	192										192										
45	Joanne Smith	FV45	191				191																
46	Allison Tanner	FV50	187			187																	
47	Amanda Robinson	FV55	185									185											
48	Susan Peters	FV55	184									184											
48	Eleanor Wood	FV40	184													184							
50	Jo Edwards	FV55	183													183							
51	Patience Cooper	FV65	182				182																
52	Sue Palmer	FV55	180				180																
53	Tracy Brown	FV55	175				175																
54	Debbie Clark	FV60	173				173																



ROMNEY MARSH 10K RESULTS

Kieran Price	39.07
Paul Burchett	41.41
Vincent Reed	42.39
Simon Linklater	43.04
Kevin Blowers	43.11
Nick Brown	43.52
Neil Jeffries	44.17
Claire Thomas	46.34
Ben Sallows	46.54
Manami Cheves	49.26
Richard Cross	50.46
Simon Weatherley	51.56
Elly Swaine	58.59
Alison Anderson	59.24
Marie Crawford	59.51
Michelle Krombholz	60.38
Krista Barzee	60.57
Terry Kitson	63.41
Irene Kitson	67.15
Louise Cavill	67.30

Personal bests in bold





BEDGEBURY PINETUM 5K & 10K REPORT

A modest turnout for our 5th club championship race of the calendar in Wednesday evening's Bedgebury Pinetum 10kms, but some excellent performances from many of those taking part despite the humidity and undulating terrain.

The 9 strong contingent were led home by Paul Burchett (7th) in 42.20, followed in by Kevin Blowers 44.17; Nicki Steed 46.06; Jon Smalldon 49.56; Manami Cheves 50.49; Marie Crawford 56.23; Terry Kitson 63.07; Shana Burchett 63.15; Irene Kitson 65.25. Well done to Kevin and Manami who both won their age categories, whilst Nicki was 3rd lady finisher. 78 runners participated.

Many congrats also to Will Withecombe, who was a comfortable winner of the one lap 5 kms race in 18.14. Our other representative in the 48 strong field was new club member Jacqueline Scott who finished in 36.40. Most Garmins had the 10 kms course as being 250 - 350 m short, and the 5 kms course around 200 m short.

RYE 5K RESULTS

Will Withecombe.....	18:27	David Bratby	27:18
Kieran Price	19:08	Michael Ellis	28:16
Claire Thomas.....	21:09	Sarah Marzaioli.....	28:23
John Simcox.....	21:30	Krista Barzee.....	28:40
Michael Norris.....	21:34	Jacqueline Scott.....	29:04
Nicola Steed	21:56	Louise Cavill	30:03
Susan Rae.....	22:06	Cheryl Withecombe.....	36:51
Andy Knight.....	22:42	Henry Worthington.....	39:23
Simon Weatherley	23:27		





ALAN CORKE 6.4M RESULTS

Will Withecombe 45.26; Ashley Vora 45.45; Darren Barzee 46.10; Martin Noakes 48.29; Paul Burchett 49.26; Patrick Birmingham 49.48; Simon Linklater 49.58; Charles Bowley 53.03; Simon Trevena 53.07; Neil Jeffries 53.11; Graeme Grass 53.24; Nicki Steed 53.35; Susan Rae 56.29; Rob Thomas 57.07; Manami Cheves 58.22; Luke Evans 59.11; Chris Weeks 59.50; Robin Beck 60.56; James Graham 62.04; Jacqui Mannering 62.44; Simon Weatherley 62.45; Jessica Cull 63.06; Jo Lambourne 63.07; Piers Brunning 63.23; Leanne Spring 63.35; Janice Young 64.18; Nigel Thornely 65.42; Sarah Bendle 65.42; Paul Baxter 66.09; Joanne Smith 66.41; Mike Addison 67.03; Keith Goodsell 67.31; Bill Edmondson 67.56; Marie Crawford 67.57; Sarah Marzaioli 70.01; Elly Swaine 70.24; Krista Barzee 70.55; Emma Stubbs 70.55; Victoria Sims 71.17; Sylvia Huggett 71.57; Mike Ellis 72.21; Shana Burchett 72.28; Kim Callow 73.56; Patience Cooper 75.24; Irene Kitson 78.15; Sue Palmer 79.11; Jessica Hayward 79.29; Samantha Welfare 80.20; Michelle Krombholz 80.21; Tracy Ratnarajah 80.32; Danny Ratnarajah 80.32; Tracy Brown 83.00; Louise Cavill 83.00; Debbie Clark 83.01; Chris White 91.19; Alan Croucher (sweep) 91.35.





BARRY RICHARDS 10K RESULTS

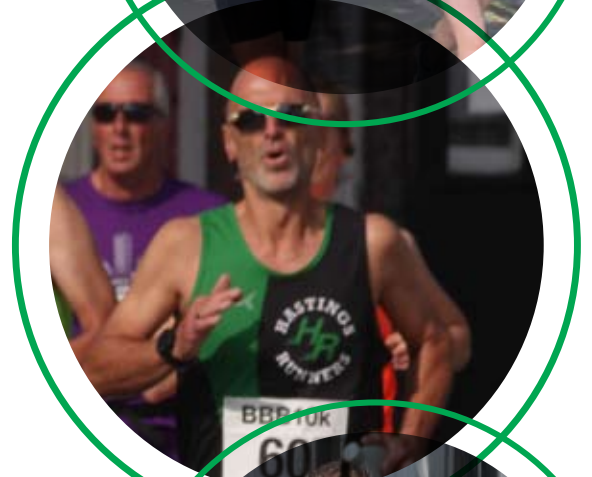
Jack Madden 36.04; Will Withecombe 36.10; Colin White MV40 36.47; Keiran Price 39.36; Martin Snape 39.44; Paul Burchett 40.18; Jamie Wilkinson 41.33; Martin Noakes 41.3; Simon Linklater 41.54; Kevin Blowers 42.3; Graeme Grass 43.53; Neil Jeffries 44.06; Claire Thomas 44.00; Susan Rae 45.52; Ben Sallows 46.15; John Simcox 46.26; Lewis Wadham 47.14; Paul Gallop 47.30; Andy Knight 47.57; David Harding 49.34; Dean Fox 49.47; Ashley Sapsford-Brooks 49.51; Matt Smith 50.04; Simon Weatherley 50.04; James Graham 50.14; Matt Beaver 50.43; Darren Owen 51.57; Bill Edmondson 52.28; Paul Baxter 52.53; Lauren Coleman 52.57; Marie Crawford 53.02; Rachael Inns 53.05; Nick Webb 53.24; Mike Addison 53.32; Steve Slater 54.03; Jan Young 54.38; Mike Ellis 55.57; Sue Quincey 56.02; Sharon Wadham 56.58; Paul Wadham 56.59; Ellie Swaine 57.10; Krista Barzee 58.08; Lilly Share 59.21; Jacqueline Scott 59.45; Shana Burchett 59.56; Samantha Welfare 1.00.49; Michelle Krombholz 1.00.50; Kim Callow 1.01.13; Alan Croucher 1.10.18; Louise Cavill 1.02.30; Marie Appleton 1.02.43; Henry Worthington 1.30.33; Linda Beddis (Sweep) 1.30.33





BATTLE 10K RESULTS

Colin White.....	37:46	Daniel Ratnarajah....	56:56
Darren Barzee.....	40:07	Chris Weeks.....	58:08
Kieran Price.....	40:15	Michael Ellis.....	59:06
Vinny Reed.....	40:20	Paul Wadham.....	59:09
Paul Burchett.....	42:05	Sharon Wadham.....	59:15
Martin Noakes.....	42:51	Krista Barzee.....	1:00:59
Patrick Bermingham ...	45:33	Jacqueline Scott....	1:01:48
Claire Thomas.....	45:49	Kim Callow.....	1:02:49
Susan Rae.....	46:43	Shana Burchett.....	1:03:40
Michael Norris.....	47:05	Yockie Richardson	1:04:44
Charles Bowley.....	48:09	Sean Stewart.....	1:05:21
Robert Thomas.....	48:50	Kathryn Stewart....	1:05:20
Manami Cheves.....	48:55	Lewis Scafton.....	1:05:21
David Harding.....	50:36	Tracy Ratnarajah...	1:06:32
Andy Knight.....	51:00	Samantha Welfare...	1:07:00
Simon Weatherley....	52:27	Louise Cavill.....	1:10:09
Andrew Stewart.....	53:29	Marie Appleton.....	1:10:11
Nick Webb.....	53:34	Irene Kitson.....	1:10:59
Marie Crawford.....	54:18	Linda Beddis.....	1:11:09
William Edmondson....	55:38	Amanda Robinson....	1:13:49
Stephen Slater.....	55:50	Susan Peters.....	1:18:24
Keith Goodsell.....	56:57	Henry Worthington....	1:36:34





GREAT NORTHIAM 10K REPORT

The event was a logistically simpler replacement for the Northiam to Bodiam Castle point-to-point. Think of it as a Northiam hill-to-hill via Ewhurst Green (171m ascent). The Race Director was Eric Hardwick MBE – Mr Hastings Half Marathon, so no stranger to making people run up hills – who was overheard admitting to Kieran in advance of the start that the course was “er, a bit harder” than its predecessor.

Nick Brown – who took pictures at the 2k/8k point – put it more matter-of-factly: “A tough course with some severe climbs.” But hey, we’re from Hastings so we know all about that, right?

Kieran and Susan were followed to the finish line by the alphabetically arranged Determined Dozen of Krista Barzee, Patrick Bermingham, Louise Cavill, Richard Cross, Bill Edmondson, new recruit Robert Gagyi, James Graham, Ian Lee, Catherine Southgate, Simon Weatherly, David Witcombe, Jan Young... and yours truly.

With 14 tops to be seen, Hastings Runners was easily the best represented club in the field of 87 – a fact which helped us pick up both the male and female team awards.





RYE TO HASTINGS RESULTS

Colin White	1:22:52	Nina Lambrou.....	1:57:12
Darren Barzee	1:24:30	Bill Edmondson	1:59:34
Martin Noakes	1:27:53	Emma Stubbs.....	2:01:39
Simon Linklater	1:29:36	Susan Wilkinson	2:01:39
Martin Snape.....	1:29:51	Marie Appleton	2:02:24
Kevin Blowers	1:33:05	Victoria Sims	2:04:04
Shane Treger	1:33:07	Ashley Ballard	2:07:55
Patrick Bermingham ...	1:33:56	Sylvia Huggett	2:07:58
Michael Norris	1:37:29	Sarah Marzaioli	2:07:59
Martin Turner	1:39:20	Kim Callow	2:09:44
David King	1:39:36	Nigel Thornely	2:11:27
Ben Sallows	1:40:33	Tracy Ratnarajah	2:13:47
Malcolm Smith	1:40:42	Jacqui Mannering	2:17:04
Sally Grainger	1:41:18	Elly Swaine.....	2:17:05
John Simcox	1:42:47	Yockie Richardson	2:23:25
Charles Bowley	1:46:41	38 Jess Hayward .	2:26:26
Luke Evans	1:48:41	39 Helen Munday	2:32:40
Claire Maplesden	1:51:36	Eleanor Wood	2:32:51
Hannah Hayler.....	1:51:37	Jo Edwards	2:48:54
Robert Gagyi.....	1:51:46	Henry Worthington .	3:38:00
Marie Crawford	1:53:36	Andy Lee (Sweep)	3:38:00
Mike Addison.....	1:55:27		





HASTINGS SEAFRONT 10K RESULTS

1	Will Withecombe.....	0:36:22
10	Darren Barzee	0:40:19
17	Kevin Blowers.....	0:43:41
19	Claire Thomas	0:43:57
21	John Simcox	0:44:03
23	Neil Jeffries.....	0:44:23
25	Michael Norris	0:44:44
28	Martin Turner	0:45:23
29	Nicola Steed.....	0:45:29
30	Andy Knight.....	0:45:53
35	David Harding	0:47:42
48	Robert Gagyí	0:53:18
53	Keith Goodsell.....	0:54:09
61	David Bratby	0:56:32
66	Ashley Ballard	0:58:12
95	Catherine Southgate	1:12:28
103	Henry Worthington.....	1:21:43



LONDON MARATHON REPORT

How can you not be inspired? Nearly two dozen Hastings Runners took part in the London Marathon this weekend. 7 made the trip to the Capital to join in the masses, soak up the atmosphere and run past some of London's most iconic landmarks.

Over £14,000 was raised for some incredible charities, including £5,000 for St.Michael's Hospice. Well done to Jessica Cull and Eleanor Wood for their fundraising activities for such a great cause.

Alison Anderson may have been slightly underwhelmed by her performance, but that pales into insignificance with the £3700 she raised for the Place2Be charity, helping Children with Mental Health issues in Schools.

Sarah Marzaioli completed "another" (her words, not mine) London Marathon and was part of the Abbott World Marathon Masters group. They were sent off early, treated much like the Elite Runners and rightly so. Sarah clocked the 4th quickest time among Hastings Runners at the weekend.

I can only assume Luke Evans is related to the BBC Producer, or he paid him off. Luke was spotted several times on the gogglebox, often with his arm raised high in the air, almost as if he knew the precise moment the cameras were going to be on him. Coincidence? I'll let you decide.

Hayley Ranson is raising money for the British Heart Foundation and taking part in a trilogy of races. She has now completed the Great North Run, the London Marathon and will be running the Great South Run in a few weeks time. So far she has raised nearly £650 towards her £1000 target.

Sarah Bendle knocked 14 minutes off her previous best Marathon time to complete the course in the capital in 4:14. In the process she raised over £2000 for the charity Shelter.

Sarah Holmes continued her excellent year of endurance running, adding the official London Marathon to her Race to the Stones 100k earlier this summer.

Tim Jury completed his 60th Marathon, raising over £3000 for Farm Africa, a charity close to his heart and one he has supported for many years through his running adventures. Alongside good friends Mickey Johnson and Cassandra Colvin, they tackled two off road loops, starting from Tim's farm in Pett and embracing the wonderful countryside around Fairlight, Icklesham, Winchelsea and Rye.

Tim announced his retirement from running after the weekend and the club would like to thank him for all the hard work and time he has dedicated to Hastings Runners in recent years. We hope to still see you around Tim.



[Click here to read more](#)





EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE

DAVID BRATBY | CLUB XC CAPTAIN

It is now possible to buy your six race pass for £10 for the new 2021-22 season. This is payable to Hastings Runners using (ref ESSCCL)

Please email me on dbratby@rocketmail.com with your; name, age, gender and EA registration number.

31 Oct 2021

Ashdown Forest

(hosted by Crowborough Runners). 2 lap course (Small lap then large lap): hilly likely to be muddy, suitable for spikes.

28 Nov 2021

Snape Wood, Wadhurst

(hosted by Wadhurst Runners). Hilly 2 lap course. Usually muddy Suitable for spikes but there are some gravel sections.

19 Dec 2021

Newplace Park, Framfield

(hosted by Uckfield Runners)
2 lap course: undulating no major hill. This is usually very muddy. Suitable for spikes. Teas, coffees cake in barn afterwards.

16 Jan 2022

Friston Forest or Warren Hill

Friston Forest will be new course if confirmed/
Warren Hill 1 lap downland

6 Feb 2022

Whitbread Hollow, Eastbourne

(hosted by Eastbourne/Hailsham). 3 lap course: downland undulating. Tends not to be muddy Suitable for spikes but there are some gravel sections.

13 Mar 2022

The Hub, Bodiam

(hosted by Central Park/Crowborough/Uckfield)
Or Pett The Hub new course. 2 Lap course undulating. Suitable for spikes. Awards will be presented after the event or Pett one lap.

**HASTINGS
RUNNERS**

WOMEN RUNNERS' SAFETY

NICK BROWN | CLUB CHAIRMAN

The Executive Committee has been working behind the scenes during the pandemic to produce a road running etiquette guide; a self defence guide for women runners; a risk assessment for training runs; and courtesy of Hastings Kickboxing Association a self defence video.

With the autumn/winter evenings fast approaching, we appreciate that many women will be increasingly concerned as to their safety when out running. We have been in touch with the Neighbourhood Policing Team at Hastings Police Station, who would be happy to put on a workshop at Horntye Park if there is sufficient interest.

If you have not already been in touch, then please email nickbrownrunning@gmail.com and advise which of the following evenings you could attend. We will then pick the most popular evening.

Monday 18th October	19.00 pm
Monday 25th October	19.00 pm
Tuesday 26th October	20.00 pm
Wednesday 27th October	20.00 pm

RUNNING TIPS

MARTIN NOAKES | CLUB RUNNER

1. Efficient running requires good core strength and a 'run tall' approach. Recommended exercises - swimming, pilates and yoga.
2. Too many clothes will cause excessive heat and impede free movement of arms and legs.
3. A water bottle, if needed, is best carried around one's hips.
4. Treat the first half of any race as a fast-paced training run so that there will be plenty in the tank for the second half.



5. The most important aspect of a training regime is the recovery period between runs.
6. Interval sessions and tempo runs are great for improving speed.
7. If injured, stop running. Be especially careful of running up and down hills.
8. Warm up thoroughly before a short race e.g. 5km. 20-30 minutes of jogging and stretches is recommended.
9. Regularly cross train e.g. swimming, cycling and brisk walking.
10. Be safety conscious by never wearing earphones near traffic, and use brightly coloured, reflective clothes at night.



PROVISIONAL RACE CALENDAR 2022

NICK BROWN | CLUB CHAIRMAN

The aim for 2022 is to have a total of 25 races in the race calendar, plus a marathon of your choice. You will need to complete 8 races to qualify for the First Past The Post Championship, of which at least 3 should be in Club only races (which are in bold type with provisional dates). We have pre - selected 20 races, based on popularity in recent years. However we invite members to nominate another 5 races which you would like to see included in the calendar, either from the races to consider below or other races that have not been mentioned so far.

Please note that at this early stage there are very few confirmed race dates.

I look forward to receiving your comments/suggestions/not forgetting votes! So that we can draw up a final race calendar to present at the next members meeting. Please email nickbrownrunning@gmail.com as I may not see comments on FB.



CURRENT 2022 RACE CALENDAR

Jan/Feb **HR Brenda Boyle Pier to Pier**

13/3...ESSCCL Pett xc, circa 5 miles

20/3..Hastings 1/2 marathon

27/4. HR Spring 5 kms

May ...Hastings 5 miles

May ...Rye 10 miles

7/6 ... HR Alan Corke

June..Robertsbridge 10 kms

July ...Bewl 15 miles

20/7. HR 5 kms handicap

11/8... HR Barry Richards 10 kms

Aug...Rye 5 kms or 10 kms

Sept..Battle 10 kms

Sept..Great Northiam Run 10 kms

25/9. HR Rye to Hastings

Oct....Hastings Seafront 10 kms

Oct/Nov... ESSCCL xc, circa 5 miles

Nov ...Beckley 10 kms

13/11. HR Winter 5 kms

Dec....Xmas Pudding Dash, Pett
circa 5 miles

***Club only races in bold.**

OTHER RACES TO CONSIDER... please nominate your chosen 5 from the list below, or suggest other races not included.

13/2.. Eastbourne 5 miles

6/3 ... Eastbourne 1/2 marathon

May .. Out of the Blue 5/10kms,
Ashburnham

June . Oliver Curd Trust run,
Crowhurst

June...Heathfield 10 kms
(likely SGP event)

June/July/Aug Bedgebury 10 kms

June/July/Aug HR XC race at
The Hub, Bodiam

July .. Bexhill 5 kms
(likely SGP event)

Aug .. Kings Head Canter 5 kms

Sep.....Hellingly 10 kms (likely SGP event)

Sep... Rye Ancient Trails 15 or 30km

Oct ... Tonbridge 1/2 marathon

Dec... Crowborough 10 kms
(likely SGP event)

Dec... Boxing Day morning club
handicap race, circa 5 - 7
kms, Mountfield village hall.
Out and back route along the
quiet, but undulating country
lanes towards Brightling

Away day parkrun; Seaford,
Eastbourne, Peacehaven, Uckfield

An ultra marathon of your choice

**Finalised calendar to be confirmed in
next newsletter ahead of 2022 season**

**HASTINGS
RUNNERS**



TRACK SESSIONS

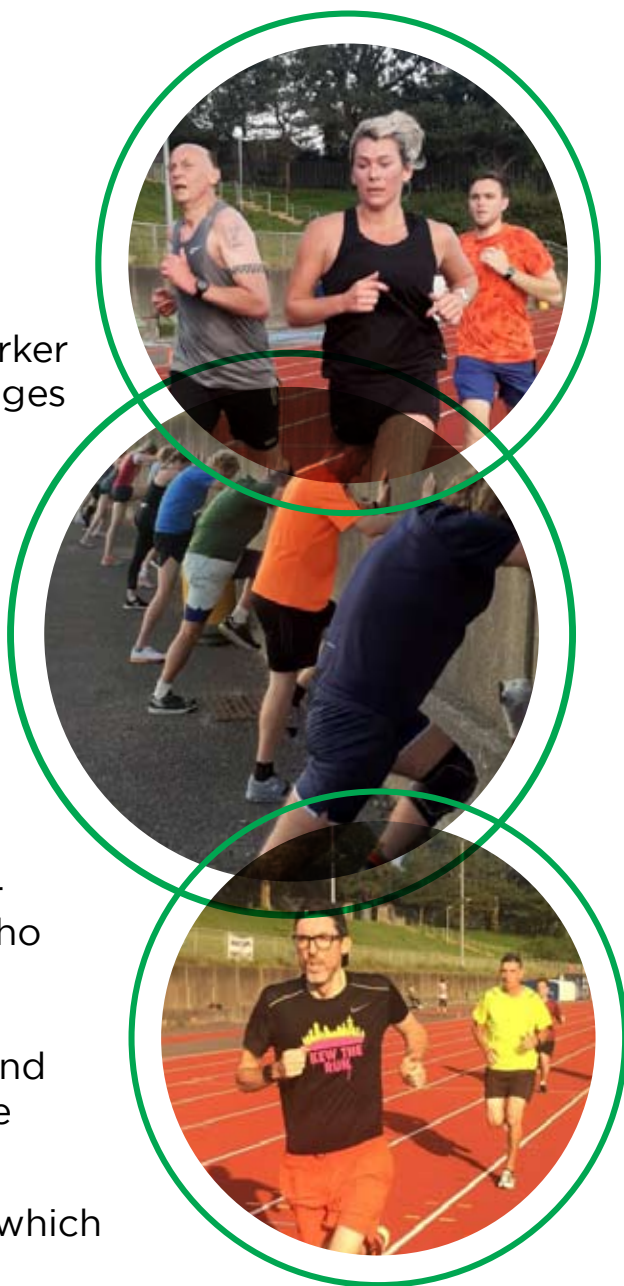
NICK BROWN | TRACK COACH

Monday evening is track night at William Parker campus. 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 run from 18.15 to 19.30 pm, and are open to all club members aged 12 and over although under 16s must be accompanied to the track by a parent/guardian.

£2.00pp, payable online; under 18s free.

We cater for a wide range of ages - from 12 year olds to 68 year olds! - and abilities - from sub 17 mins 5 kms runners to those who would love to break the 35 mins barrier. So if you have never tried track before, then I would strongly encourage to come along and sample the welcoming atmosphere - before you know it, you will be hooked!

The session itself will last 35 - 40 minutes, which



gives time to warm up beforehand and finish with several laps cool down before we leave the track.

Depending on level of interest, we also hope to stage both men's and women's 3000 m handicap races, mixed medley relay races and a sprint eliminator event over the next couple of months. Full details will be published beforehand, as it would be great to have some non-track regulars taking part as well.

HASTINGS PARKRUN

ARRIANNE CALLOW | DIRECTOR

It's been a busy few weeks at Hastings parkrun, with two takeovers, one being a full takeover from Hastings Runners.

Eighty Hastings Runners either volunteered or took part and it all went exceedingly well. Thank you all for your support. It was a great advert for Hastings Runners, and I know people have joined after seeing the Green and Black Army.

Like all parkruns, getting volunteers can be difficult, but as always Hastings Runners offer help and support and are the mainstay of Hastings parkrun, so thank you all.

I would like to say that volunteering at parkrun is a great way to find out what is expected of a volunteer and helps when it comes to volunteering for our club races.

Please check on your parkrun profile that your home run is Hastings. There are a few still registered elsewhere.

Volunteers are always welcomed and wanted just email in to: hastings@parkrun.com



CLUB MEETING MINUTES



ANDY LEE | CLUB SECRETARY

Present: Neil Jeffries, Irene Kitson, Terry Kitson, Tim Jury, Erica Wilson, Arrienne Callow, Corrina Skinner, Sylvia Huggett, Vic Froehlke, Mary Chantler, Nigel Thornely, Simon Linklater, Simon Weatherley, Louise Cavill, Rick Burne, Julia James, David Bratby, Jo Edwards, Piers Brunning, Martin Noakes, Nick Webb, Sue Mann, Andy Lee.

1. Introduction and Apologies

Nick Webb welcomed members back after 18 months and noting that normality is returning to the club. Nick expressed the club's best wishes for Nick Brown and the hope for his speedy recovery Apologies received from: Nick Brown, Rob Thomas, Mike Hall, Ruth Spiller, Tony Demarco, Jan Young, Darren Barzee and Andy Knight.

2. Minutes of Previous Meeting

The minutes of the previous meeting of 11 March 2020 were agreed.

3. Matters Arising

There were no matters arising not otherwise covered by agenda items.

4. Treasurer's Report

Andy presented on behalf of Rob Thomas. Despite the Exec. decision to waive membership renewal fees for this year the club finances are considered to be healthy with a current bank balance of £9.5k. Income has been supplemented by a steady stream of new and returning members. Track fees have been reduced to £2 to keep them in balance with track costs. There were no extraordinary incomes or expenditures to report.

5. Ratification of 2020 AGM Business

2020 AGM business was conducted by email due to covid restrictions and so had not been formally approved. This meeting adopted the 2019/20 Chair's report, financial report and appointment of club officers.

6. Ratification of Juniors Vote



The paper proposing the lowering of the club entry age to 12 that was provisionally agreed by email vote in December 2020 was discussed. Some queries were raised about the representation of juniors at member meetings, juniors club fees and participation in club 5k races but it was agreed that these were refinements that could be addressed in the normal course of club business and that the priority for this meeting was to ratify (or not) the decision made by email vote last year. Neil read out testimonials from junior members and their parents in support of the proposal.

Votes cast: For 19; Against 0; Abstentions 4 (including Exec members present). The proposal therefore achieved the two thirds majority required for the approval of a special resolution.

7. Constitution

The special resolution to revise the club constitution to make it gender neutral was unanimously approved.

8. Runners' Safety

Sue presented the information recently emailed to members by Nick Brown. Members who would like to attend the Runners Safety workshop hosted by the local police should email Nick Brown for a place.

It was agreed that although this issue was raised due to the particular concerns of female members it is also a concern to male members and therefore the remedies and opportunities instigated by the club apply to all members.

9. Coaching

Nigel reported that he will be chairing a coaches meeting on 29 September. The purpose of the meeting is to take stock of our coaching practices and procedures in the aftermath of the covid restrictions. It will also cover such matters as the Horntye rota, coach training, safety and security and communications.

10. Running Reports

Simon presented a summary of recent running events. It was agreed that Simon's reports on the website and on Facebook and in the Hastings Observer were an excellent read and reflected very well on the club. Simon asked colleagues to help with contributions for the reports because it is difficult to report on events that he has not attended.

11. Running Due

26th September: HR Rye to Hastings

3rd October: Hastings seafront 10k new race

10th October: Tonbridge 1/2 marathon
24th October: Woodchurch 5 miles new race
31st October: ESSCCL Ashdown Forest, circa 5 miles
7th November: Beckley 10 k
14th November (provisional): HR Club Race Winter seafront 5 k
18th December: Xmas Pudding Dash, Pett, circa 5 miles

Tim reported that there was a question mark against the pudding dash because he had not yet been approached about it.

It was agreed that the race calendar for next year needed to be discussed in good time for the new year and to ensure that the everything was properly in place to manage club only races and ensure that facilities such as EHSAA were available.

12. Cross Country League

David reported the upcoming Sunday XC season of six races culminating in the Pett event and which can be entered for a single £10 payment for the season. Races may otherwise be entered individually at a £5 fee for each race. Details available from David or Jo Edwards. So far 35 members have subscribed to the season. David reported some welcome refinements to the age categories used and to the scoring system and that he is pursuing further changes that he believes would improve fairness. David also suggested that consideration should be given to having more trophies/awards for XC, there currently only being the one trophy winner chosen by the XC captain. It was agreed that this should be considered. Jo reported that there was something of a lag between members signing up for the season and paying the £10 fee to the club. Members are encouraged to pay promptly.

13. Sussex Grand Prix

There is no SGP this year but is expected to be reinstated in the new year.

14. Hastings 5 Mile

Andy reported that he had received a letter from Mike Hall on behalf of himself, Mary Chantler and Vic Froehlke giving notice to step down from the role of managing the Hastings Five Mile Keith Chandler Memorial Race. The meeting showed their appreciation of the team (including Tony Demarco who was the Race Director for many years) and their sterling service over many years to the club and to the wider running community. The team have offered assistance and advice to any colleagues who are minded to pick up the baton of this prestigious flagship event.

15. Hastings Half Marathon

Next year's HHM will be held on 20th March.

16. Newsletter / Website / Facebook / Social

The newsletter is considered to be of high quality and much appreciated. Members are encouraged to provide articles for it. Simon agreed to liaise with Matt to ensure that copies are available on the web-site.

Terry requested that items that feature on Facebook should where appropriate also be communicated via google-groups because not all members use Facebook. [Secretary's note: Could all contributors please note this]. Andy clarified that the EA Portal was the primary means of communication for formal announcements and documents such as agendas, papers for discussion and minutes but that google-groups was sometimes used as a back-up channel. Nick Webb gave advance notification of the Christmas Jumper gathering on 17 December and the annual prize-giving and social on 21 January. Other social gatherings such as a restaurant gathering and a quiz night are also being considered.

17. Mental Health Champions

Sue reported that the mental health champions group were looking for dates for the next meeting. She asked that if anyone had any suggestions for activities to help members with their mental health to email her.

18. A. O. B

Club Races: Terry suggested that the use of the race timing system should be reviewed to see if it can be reinstated for club runs in due course. It was also agreed that there was a need to ensure that the relatives of members remembered by club races should be advised in good time to enable them to attend the race and present the trophies should they wish to.

Kit: There is concern about the quality and comfort of the latest version of the club kit but it is recognised that there are complications around the various options. The Treasurer is looking into it and may advise in due course to facilitate a better informed discussion of options.

AGM: It was agreed by vote that the Horntye run on the evening of the AGM on 3 November would be cancelled on that day and the meeting would be brought forward to 19:00. The aim of this is to improve attendance by enabling members to attend without sitting in running clothes or deferring eating until much later in the evening.

19. Date of next meeting

The next meeting will be the AGM on 3 November.

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CLUB CONTACTS

Nick Brown

Chairman

Michael Hall

Club President

Susan Mann & Nick Webb

Vice Chairman

Marie Crawford

Coaches Group Admin Secretary

Andy Lee

Secretary & Membership

Simon Linklater

Communications Officer & Website

Alan Croucher

Chief Marshal

Rob Thomas

Treasurer

Nick Brown

Club Only Races Secretary

Matt Edmonds

Newsletter



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