



### ...WHO WE ARE

**O**ur first run as a club was on 1 April 1990 and right from that first day we have always aimed to be a welcoming club, where the slowest runner and the fastest are treated and respected equally. Age is no barrier, our belief is that you don't stop running when you get old; you get old when you stop running! Our aim is to have fun both running and socially, we have been accused of being 'drinkers with a running problem', but that can't be true can it?!

We can be serious when we want to be and members are involved in a number of events, including road running and cross-country (some would say especially cross country!). Many of us take part in organised races both locally and in various parts of the UK and even abroad. We are affiliated to England Athletics which means that we qualify for one or more entries to the London Marathon which we offer to trophy winners and interested members.

### ...STARTING OUT

For total beginners we hold several completely free courses each year, starting off very gently by jogging for a minute then walking for minute, and building up over six weeks so that by the end people can take part in the monthly Handicap of 3½ miles, though there is no pressure to participate. One of our members Cathy Walker remembered how she first joined: "In the summer of 2012, being a relative newcomer to Henfield I decided it was about time to get fitter and healthier and to meet some locals - what better way than to join Henfield Joggers! I had previously run quite a lot but

years earlier and was out of shape to say the least. I joined the beginners group with its step by step programme designed to integrate anyone into regular running and was lucky enough to meet with others who were at a similar level to myself and able and willing to run at other times of the week in addition to the Wednesday night club run. I have now completed two fun runs; both in mud and rain (!), the latter one being five miles and really enjoy the Handicap run once a month. I would never have thought that in only a few months after starting I would have done so. Whether your ambitions are to just plod around the village or take part in local or national running events this is the ideal place to start. I could not have found a friendlier, more encouraging and supportive group of people that I now count as friends."

### ...MOVING UP

Many people don't want to run competitive races, however most of us are interested in improving, or at the very least just not slipping back! The Grace Wells Handicap is a 3½ mile run on the first Wednesday of each month, with the underlying aim of encouraging runners, particularly new members, to take part regularly and to improve their performance.

The only competition is with yourself, since the objective is simply to improve on your previous times and the winner is the person making the biggest improvement, not the fastest runner! So if you are already running, this could be a great way to start improving with some gentle encouragement to move out of your comfort zone.

### ...OPEN TO ALL

Our main Club meeting is each Wednesday night at 7pm with a purely social emphasis – an opportunity to catch up with or discover new friends while running at a pace that allows conversation – several people coined the phrase 'running at the speed of chat' to describe what this is all about and it's very apt! If you're already running, come along and join in - there's no obligation if you just want to come along and see what we're about. We meet at Henfield Leisure Centre Bar and run both on-road around the streets of Henfield, and off-road around the local countryside, distances typically ranging from three to seven miles, depending on group, conditions and weather.

During the summer months we have a pub run schedule that means we run from various rural pubs near to Henfield, running a circular route of three to seven miles (short cuts are always available!) through glorious countryside, ending up back at the pub for a drink and a bite. These are all social runs, the slowest runner is never left behind, and the sight of deer and even the occasional badger is simply wonderful!

### ...MOVING FURTHER

For people wanting longer runs or who are training for half-marathons, marathons and beyond (the world of 'Ultra's' is out there!), we run a variety of cross-country routes on Saturdays at 8am from Henfield Leisure Centre, usually ranging from 10 to 15 miles. If this sounds daunting there are always shorter 'return'



routes (although how many runs have you regretted doing and how many have you regretted not doing?) and stiles are a great opportunity to regroup and draw breath. No one is ever left behind!

Our members are not just from Henfield, but many of the surrounding villages. Most of us started running alone on home territory. If this is you now, come along on a Wednesday to discover for yourself how much more fun running is with company and as an added bonus you will undoubtedly notice positive progress with your own running.

**For more information about the Henfield Joggers, including news, events and details of how to join see our website [www.henfieldjoggers.co.uk](http://www.henfieldjoggers.co.uk) email us at [enquiries@henfieldjoggers.co.uk](mailto:enquiries@henfieldjoggers.co.uk) or call Lesley on 07789 900295.**

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