



Newsletter AUG 2011

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GRAND PRIX CONTACT

VACANCY!!

SOUTH DOWNS RELAY

Don't you just love those South Downs, although I've never been quite as enthusiastic as some about the relay? This year, having run the event several times, I made my usual offer to take part only if someone dropped out. Predictably they did and I joined the B team. Unfortunately I strained a quad muscle when practising a couple of the legs and, demonstrating uncharacteristic commonsense, took the advice of my chiropractor and decided not to run but to drive instead.



Having previously just turned up and run, this opened up a whole new world of just how much time and effort goes into getting a dozen runners from Eastbourne to Winchester in a reasonable time – ranging from contacting potential participants, hiring and collecting the minibuses, to ensuring the strict but necessary regulations are complied with.

All this is quite apart from the driving itself that entails a round trip of well over 200 miles in a slightly battered minibus up and down narrow lanes, leaving the village at 4.30am and returning at 1.30am the next day.

So why do it?

There are many reasons – the camaraderie, the competition with other teams, including this year Henfield A, the scenery, the general feeling of well-being following an all-out effort and, of course, the craic in the pub afterwards.



All in all a great day out thanks to the runners in both teams who succeeded in getting to Winchester around 9pm – despite one or two unplanned diversions en route – the marshals at Saddlescombe and – last but not least – the organisers, particularly Derek and Mark S, for all the work they did behind the scenes – not to mention also running their legs.

Hugh

a word from the committee!

The committee offered their congratulations to our South Downs relay runners. The rising costs of participating were noted and it was agreed that more club subsidy should be arranged for next year.

Henfield Summer Fair

A BIG thank you to Terry for putting this display together to advertise the Club.



The feather Flags are most impressive particularly in this setting.

Terry set up from about 11am and was still packing up with help from Ildia and a few others at the end of the day.



He looks happy though!!

Other joggers helped during the day by manning the stand and generally advertising the Joggers, thanks to all.

FACE BOOK

Just a reminder to you all that Henfield Joggers have their own Facebook group, so take a look and join in the chat!!

RUN & BUS

Does anyone feel like organising another run/jog/walk involving being dropped off and later being picked up by minibus?

This has been done a few times in the past, speak to Hugh for more ideas and thoughts on this one.

Chichester Challenge 2011

I did the Chichester Challenge in July – one of my worst marathons ever - not the scenery that was superb - but all the things that went wrong. I started very slowly after the recent injuries and lack of training and nearly the whole field went off course in the first mile which didn't auger well. However nothing eventful happened until checkpoint 2.

After numerous twists and turns we eventually reached the SDW and, although my heel was so painful by then I could hardly walk, never mind run, I looked forward to the mostly downhill section after checkpoint 3, if only I could have run it rather than shuffle

along. Anyway I then started meeting runners whom I kept telling were going the wrong way! In fact I had gone majorly wrong, so much so that I re-visited checkpoint 2. I was so fed up by then and my heel was so painful, all I wanted to do was get to the finish.

However I knew I couldn't count it as a marathon unless I went through all the checkpoints, so I painfully climbed back the way I had come and found my way to checkpoint 4. After that it was plain sailing and following the 6th neurofen my heel finally stopped hurting enough for me to hammer the last 3 miles faster than I had run all day. I eventually finished in about 5.40, having done another ultra - about 30 miles - although not by design. Although I lived in Chichester area half my life, once in those woods, it was very difficult to tell where you were. Now I have to go back next year and do it properly.

Hugh

FOOD @ LEISURE CENTRE

This is probably the most important item in this newsletter!!

Just to let you know Ildia **WILL** be cooking all afternoon on August 24th so that everyone can have supper at the Sport Centre after the next meeting / run.

It will then be back to normal on the Wednesdays for the autumn and winter months.

Do contact Ildia at ildiajogger@hotmail.co.uk if you want to check out the food situation or book your meal in advance, or just to tell her how delicious the food is!!

BBQ @PG

We managed to choose a dry although a rather cool windy evening to hold our annual Joggers Summer BBQ.

A sincere thank you must go to Amanda and her husband for hosting the evening in their beautiful garden.

Thanks also to Isabel for co-hosting and working very hard to make the evening a great success.

Several joggers helped in setting up the event and it was enjoyed by all.

Well done to Rosie on bringing the "fire"!!

News from Committee

SEVEN STILES

We have been busy making preparations for the **Seven Stile Fun Run** on **Sat Sept 17th**. We will be pestering you nearer the time for help on the day, but it would be great to have some other interested club members to get involved in the preparation and perhaps come along to our next meeting. Please let me know if you might like to join the 'sub-committee' (or just turn up for a glass of wine)

Many thanks to Amanda for hosting the lovely BBQ recently.

On a personal note from me - Hope to be seeing a lot more of you in the coming months - I have missed you all.
Lesley B x

and a word from Terry Bourne

Helpers to marshal the **HENFIELD HALF MARATHON** on Sunday 21st August and of course for the **SEVEN STILE FUN RUN** on Saturday 17th September are needed. Please contact Terry at terry@colesautomotive.co.uk or tel 07815981150 or just chat to him.

PUB RUN PROGRAMME



The finalised pub run programme is now available on our web site and is displayed on the Joggers Notice Board in the leisure centre, with a copy attached for your convenience.

(NB photo of "our pub run organizer" taking part in the South Downs Relay earlier this year! He looks too happy!)

ADVANCE DATES

Dragon Boat Festival, Knepp Castle, Sunday 4th September 2011

*A Charity Event in aid of
St Catherine's Hospice*



Follow link that follows for more info!!
<http://www.stch.org.uk/howYouCanHelp/JoinanEvent/DragonBoatFestival.asp>

We will have to move quickly if we want to join in on this one!

Have you ever fancied taking part in a **Dragon Boat Race?**

12 rowers and a Drum Beater are needed but teams of 20 can be entered.

So.....if you fancy being part of the team – it will cost you £20pp to enter and you must agree to raise a minimum of £45 pp in sponsorship!!

Each team member will be able to have at least one "go" at rowing, probably 2 goes, but there will only be three chances to be the Drum Beater!!

A shelter/gazebo will be at the Teams disposal and the setting at Knepp Castle is magnificent.

We will need lots of supporters so if you can come along to cheer us along and help with the sponsorship costs that would be greatly appreciated.

I am happy to co-ordinate this activity and can provide you with sponsor forms and more information BUT please let me know as soon as possible and by August 10th at the latest if you would like to take part.

Tel 01903 813864 or 07753 214726
or email me on recqbrindley@btinternet.com

BOOM BOOM !!!!!!!

Liz B

White Night - Midnight Half Marathon – 2011 BRIGHTON

Saturday 29 October 2011 - Sunday 30 October 2011



Race to the end of British Summer time and discover both downs and city at night on a special half marathon. This is your chance to beat the clocks and knock at least an hour off your running time when the clocks go back at 2am. The route will take you through silent dark countryside and through the urban Saturday night festival giving you a unique picture of the White Night City. Special markers will guide your way through the route

Follow the link below to register or to find out more information about this great night out!!

<http://www.bhf.org.uk/get-involved/events/view-event.aspx?ps=1000984>

Man v Horse Race sees Equine win again

The annual Man versus Horse race over 22 miles of Powys countryside has seen an equine triumph once again.

More than 300 solo runners, 111 relay teams of three, and 50 of their four-legged rivals took part in the 31st event around Llanwrtyd Wells.

The report above is from the annual race held in South Wales every June.

This year a few Henfield Joggers took part and deemed it an excellent weekend away.

Ask Richard, Mark Skilton, or Vic Bretton about it and consider it for your diary next year!

Peterborough Camp and Ride

Liz and Roger recently travelled to Peterborough to take part in The British Heart Foundation 50 mile bike ride.

The weather, organisation, campsite, local hotels, pubs and golf courses were fantastic. We plan to go for a longer weekend next year and would love it if some of you could join in. Look out for info early next year, but usually takes place 3rd weekend in June!

By the way there is a 25 mile option, or just come for the beer!!

Olympic Torch

The Olympic Torch comes to Brighton on **JULY 16th 2012.**

Any thoughts on getting together for this event!!

INAUGURAL MAIDENHEAD HALF MARATHON

September 4th 10.00hrs

Follow link for more details

Enter online at

www.purplepatchrunning.com

Sounds like an interesting one!!

SATURDAY LUNCH MEET



Next meet on August 6th heading for White Horse Inn, Maplehurst. Cyclists meet as usual at Leisure Centre at 10.30 aiming to be at the pub for a 12.30pm lunch.

All welcome to join us.
Liz & Roger B

CHRISTMAS PARTY

Sorry to transport your thoughts from sunshine to a snowy day ... but it is time to think about our Christmas party at Wickwoods! I have booked spaces for 40 people on Friday Dec 9th with the usual format of 3 courses and dancing till late. The cost will be £30 per head which includes a tip.

I am ready (indeed very willing) to take your name and money asap and there is still time to book more places at the moment, but I can not guarantee places at the last minute close to the date.

Hope the arrangement is to everyone's liking!

Lesley Besson

WELCOME

One final mention to all the 2011 Beginners, great to see you all progressing and continuing to run.

If for any reason you haven't come along recently don't be afraid to turn up again one of these evenings.

Great that lots of you are now members.

RESULTS

(some, courtesy of Dave English)

It was pretty hot day at Wadhurst for the Bewl 15

Here are our results from

<http://niceworkevents.blogspot.com/>

Pos "Gun Time" Name Team / Club Gender Age
Group "Chip Num" "Chip Time" "Chip Pos"
257 02:11:51 David ENGLISH HENFIELD
JOGGERS M v50 266 02:11:32 260
347 02:22:22 Ralph BERNASCONE HENFIELD
JOGGERS M v60 448 02:22:03 352
632 03:35:13 Jenny COBBY HENFIELD JOGGERS
Fem v60 80 03:33:53 632
Only the stalwarts, you see!

I don't think I sent you Worthing 10K, that time it was blowing a gale!

<http://www.worthingharriers.com/race-results/worthing-10k/worthing-10k-2011.pdf>

Pos	No	GunTime	Firstname	Lastname	Club	M/F	Cat
271	171	00:48:53	David	English	Henfield Joggers	M	50
269		00:48:32					
455	434	00:56:24	Brian	Griffiths	Henfield Joggers	M	50
454		00:55:52					
498	536	00:58:28	Deborah	Slade	Henfield Joggers	F	45
493		00:57:40					
507	410	00:59:00	Delia	Westley	Henfield Joggers	F	65
512		00:58:38					
575	435	01:03:13	Jackie	Griffiths	Henfield Joggers	F	55
574		01:02:24					
583	452	01:03:55	Michael	Dee	Henfield Joggers	M	70
580		01:03:09					

Wivlesfield Woodland Wobble 4 miles

Pos Name Time

56 T Bourne 34.04
81 A Barwick 35 19
105 K Ayres 36 35
146 P Hunt 39 45
172 B Turrel 42 11
193 K Murfin 44 10
212 A Jackson 46 23

Round Hill Romp

44:45	82	Derek	Tyrell
47:10	74	Terry	Bourne
48:46	77	Ralph	Bernascone
49:23	569	Lotte	Katz
50:13	242	Alan	Barwick
52:57	79	Richard	Knight
54:53	572	Philippa	Hunt
55:57	76	Mark	Skilton
55:58	244	Nick	Sayers
56:45	81	Rob	Thornton
58:20	75	Brian	Turrell
58:24	83	Terry	Smith
59:54	564	Kim	Murfin
01:01: 10	571	Debbie	Slade
01:02: 08	574	Delia	Westley
01:03: 33	567	Amanda	Player
01:03: 33	565	Joyce	Blundell
01:03: 34	568	Isobel	Shaw
01:04: 55	566	Debbie	Locke
01:04: 55	570	Kay	Willis
01:04: 56	482	Sue	Spiers
01:07: 05	573	Liz	Brindley
01:13: 37	295	Stephen	Gretton
01:21: 43	331	Brian	Bracey

GRAND PRIX FIXTURES 2011

August	28th*	Will Page 10k, Newick
September	11th*	Hellingly 10k
September	18th	Hove Prom 10k
October	2nd	Lewes Downland 10 mile
October	30th	Barns Green Half
November	13th*	Phoenix Races, Brighton
November	20th	Brighton 10k
December	4th*	Crowborough 10k

**INFORMATION
FOR NEXT NEWSLETTER TO
LIZ BRINDLEY
VIA EMAIL IF POSSIBLE
recgbrindley@btinternet.com**

**or ring
01903 813864
07753 214726**

**Our web page address is
www.henfieldjoggers.co.uk**

HENFIELD JOGGERS 2011 PUB RUN LIST Issue: 2

ORGANISER – TERRY SMITH 01273 492243 / 07825356475

APRIL						
#	Day	Venue	PC	OIC Maps	OIC Fast Group	OIC Slow Group
1	27th	Hare & Hounds, Cowfold		HM/TS		
MAY						
2	4th	The Wheatsheaf, Plummers Plain		HM/LB	TBA	TBA
HLC	11th	Beginners Start				
3	18th	Frankland Arms, Washington 01903 892220 (calling back)	RH20 4AL			
4	25th	The Jack & Jill Inn, Clayton 01273 843595 £5 deposit	BN6 9PD			
JUNE						
5	1 st	Cat & Canary Hash, Henfield 01273 492509 = £5 Meal Deals	BN5 9PJ			
SDW	4th	Saturday - SDW Relay Team Event – Derek Tyrell				
SGP	8th	Worthing 10Km = Terry Bourne				
HLC	15th	StenField Mid Summer Dash/BBQ Start Henfield, finishes Steyning				
HLC	22nd	HLC				
6	29th	Dun Horse, Mannings Heath 01403 265783 Curry Nite £7.50	RH13 6H20			
JULY						
FRL	6th	Round Hill Romp, Steyning = Terry Bourne				
HLC	13th	HLC				
7	20th	The Crown, Dial Post 01403 710902 Penny -20% x 3 Meals	RH13 8NH	Mark Skilts		
8	27th	The Lamb Inn, Lambs Green, Rusper 01293 871336 = 2 Courses £9	RH12 4RG			
AUGUST						
FRL	3rd	Highdown Hike = Terry Bourne				
9	10th	Duke of York, Sayers Common 01273 832262 Ron -10% Meals	BN6 9HY			
10	17th	Shepherd & Dog Fulk'g 01273 857382 Matt -£2 Mains	BN5 9LU			
HLC	24th	HLC				
11	31st	The Fox, Smalldole 01273 491196	BN5 9XE			
SEPTEMBER						
12	7th	The Partridge, Partridge Green 01403 710391 Rob	RH13 8JS			
HLC	14th	HLC				

We meet at 7pm at booked designated pubs; do share a lift when possible to save car parking spaces. We follow a cross country route of approx 5 miles in groups (with maps), regularly regrouping, until 8pm-8.30pm. The maps indicate a shorter 3 mile route for walkers/slower runners. If you plan to eat at the pub do arrive early enough to pre-order your food before the run! Most pubs need the food order in before 9pm.

I have negotiated meal deals with most pubs