



NEWSLETTER Autumn 2012

www.henfieldjoggers.co.uk

COMMITTEE

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FUN RUN LEAGUE CONTACT

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AGM

This will be held on Wednesday 5th December at 8.30pm as usual in the Leisure Centre. There will be food in one form or another. This is a really important event and we have some important discussions to have about how the Club is run, so please make every effort to come along:

- See Brians comments in Membership Matters in this Newsletter – we need to discuss this!
- Terry Bourne has, for personal reasons, resigned from his position as West Sussex Fun Run League coordinator. We wish Terry well and say a huge thank you to him for what he has done for the Club, which also includes having organised the Seven Stiles over the last few years. But this means we now need someone to take over his role and also someone to cover the Seven Stiles organisation for 2013.
- Wednesday night food needs discussing. The take up rate had become so low that it is no longer worth Ilidia spending time cooking – we need to discuss what we want to do in future.
- A new committee needs to be put together: we didn't agree on having a Chairperson last year, but I do think we should aim to have at least the following for 2013:
 - Club Secretary to undertake organisational duties, setting up meetings, club admin etc....that could be combined with the Membership Secretary perhaps?
 - Treasurer, naturally
 - Beginners/New Members
 - Publicity and Communications [Web, FB, Newsletter etc]
 - Pub Run coordination
 - West Sussex Fun Run League (WSFRL) and 7 Stiles coordination.

- Grand Prix representative
- Social secretary to drive fun nights and events and keep us talking.

These roles don't need to be different people of course, and they could also be shared between more than one person. Nor do they need to be Committee level if people don't want that additional feeling of responsibility. But PLEASE look at this list and think about whether you could help out in one of these areas. This year it has fallen to a very small group of people, which is unfair and has led to comments about how certain things have fallen by the wayside. Breaking this down into small parcels of responsibility that are easily manageable is the only way to go. Let's have a lively discussion and get the Club moving forward again!

Paul



CHRISTMAS PARTY



Jackie Griffiths has kindly grasped the Christmas holly, given it a firm yank and has booked a table at the White Hart for Wednesday 19th December for 8.45p. It would be great to see as many people there as possible, so if you want to attend, please reply, as soon as possible, to Jackie at: bjgriffiths1@sky.com

LET'S GET GOING AGAIN!!

This is to every one who would like to get running regularly again. Join us on Wednesday Jan 9th for a non-pressurised trot around the village.

This is aimed for lapsed runners, those who have done a little running recently but would really like to get going again.

Just turn up at 7pm, this IS NOT A BEGINNERS CLASS, it's just a let's run together and be social group.

See you in January.

Liz

GRACE WELLS HANDICAP

The handicap is a series of 3½ mile races run over the course of each calendar year.

The underlying aim is to encourage runners, and perhaps particularly new members, to take part regularly and to improve their performance.

The race takes place on the first Wednesday of the month, starting from the Leisure Centre at 7:15 pm. During the winter months, the course is around the roads of the village. During the summer months, the course goes west from the Leisure Centre out to, and along the river bank. We believe that the two courses are closely comparable in distance and achievable times. There are no races in July or August.

Despite claims that the scoring requires some obscure higher mathematics, the basis is actually quite simple. Once you have run the handicap, we have on record your target time, which is the best of your times from the most recent three*(see below) previous runs. So, in the next handicap, your target is to get round within that target time. The finishers are ranked by the difference between actual and target times, with the fastest runner (on this scale) being awarded 20 points, the next fastest, 19 points, and so on. You are also awarded 2 points for each run completed in the year. Points are totalled for the best performances of the year, plus the attendance points. Currently, 'best' is the best 4 out of a possible 6 runs on the winter course, plus 3 out of 4 on the summer course. If you are embarrassed by your target time, then it will only take a maximum of three new runs to flush any old timing out of the target calculation. Equally, if you stay away from the handicap for a full calendar year, then your target will be discarded and you will be treated as a new starter. A new handicap runner is awarded a nominal 3 points for the first race, plus 2 attendance points.

**or will be one for a new joiner, and possibly two for a runner just starting to run the handicap regularly.*

A year's series starts in January, and runs through to December. After the December handicap, we will announce the winner, whose name will be recorded on the club's board in the Leisure Centre. Depending on circumstances, the winner may be offered the chance to take up a London

Marathon place if this has been made available to the Club.

If you want to start serious Handicapping for 2013, then December is the time to establish your initial target time.

Chris Bradfield

CLEVELAND WAY 2012

I am almost as keen on walking as I am on running and, having walked the South Downs Way and the Coast-to-Coast a few years ago and Hadrian's Wall last year, I wanted to have a go at another National Trail. I love the North York Moors and, apart from the Coast-to-Coast, have walked the Inn Way and run the Lyke Wake Race, both of which cross them. Late summer is the best time of the year to see the heather in bloom, so Max and I set off from Helmsley towards the end of August, having left my bags at the B&B for onward transportation to the next stopping point by the very efficient Sherpa Van company.



It is recommended to take 8 days for the 109 miles but, as a marathon runner, I thought I could do it in 5 and a half, so I didn't stop at Sutton Bank, but carried on to Osmotherley another 10 miles further on. I literally got soaked to the skin in the afternoon – the only time on the entire trip – and so didn't hang around over the last few miles off the Moors! Remarkably I found the B&B I had booked was the same one I had used on the Lyke Wake Race.

The next day I had planned another 20 plus miler, but the finishing point, Kildale, was a small village where I couldn't find any accommodation, so I had to book a hotel a few miles away. The scenery was glorious, but very hilly, and by the time Max and I reached Kildale we had both had

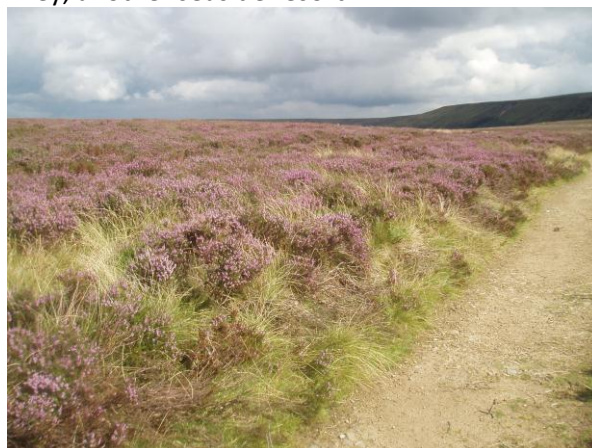
enough. I couldn't get any reception on my mobile, but I found a telephone box and rang the hotel to ask for us to be picked up. The manager was a bit reluctant at first, as he was very busy, but eventually he arrived and took us to the hotel which turned out to be the best one I stayed in.

The route from Kildale to Saltburn-by-Sea takes in some spectacular scenery, including Captain Cook's monument and Roseberry Topping, a distinctive conical hill not far from Teesside that just has to be climbed – or run up, if you are a fellrunner.



After another 20 miles I arrived in Saltburn, a small seaside resort and a complete contrast to the previous 3 days. From then on the Way took on a completely different character, hugging the clifftops to Whitby, my next stop, and then Scarborough, where I explored the Castle and mingled with all the holidaymakers.

The final day was an 11 mile morning walk to Filey, another seaside resort.



I still had to get back to Helmsley in the afternoon – some 60 miles away, having left my bags in Scarborough – as the Sherpa Van company didn't pick up from Filey – and, via a couple of bus journeys, collected my stuff and got back to Helmsley in time for dinner. All in all a great walk that I would recommend for its scenery and diversity. Now for the next one.

Hugh

Editors Note: Thanks Hugh, perfect and a great memory of home - Saltburn just a few miles from Redcar where my family live, a great Victorian spa town too. Roseberry Topping is famous locally [when I was born we lived in Roseberry Road] and although I haven't been up it for a long time it is, along with the old ICI/British Steel site at Wilton whose night time landscape inspired Ridley Scotts film 'Bladerunner', a sure sign that I am 'home'

SATURDAY EXERCISE WITH LUNCH

We have almost completed our second year of 'Saturday Exercise with Lunch' programme. This is essentially for folk to get together for lunch, at an allocated pub, usually on the first Saturday of the month. A group of us get together and cycle to the nominated pub, usually taking the long route there with a shorter return trip.

Most rides are about a 25 mile round trip. During the last couple of years we have had some walkers come along to meet us, some drivers (who ran earlier) and some cyclists who find their own way there and back.

It all adds up to a friendly social gathering in a variety of local pubs. We have been as few as 3 and as many as 23!

The last one for this year is on Saturday Dec 1st and we plan to meet up at The Crown, Dial Post. All welcome to meet at the pub or to join in the 'organised group cycle ride'. Please drop an email to Liz Brindley at: recgbrindley@btinternet.com or call on 07753 214726 for more information.

Also as an indoor table is booked in the winter months, it would be useful to let Liz know if you plan to come along. New schedule for 2013 will be out soon.

Liz

HENFIELD VILLAGE QUIZ



Hot off the press, the Joggers team came a very creditable 'quadruple joint' 11th [out of 24] at the Village Hall on 10th November.

We could have been contenders too had it not been for a slight error of judgement in playing our Joker on our worst round and, er, getting a few questions wrong. We blame Trevor for defecting to the eventual runners up!

Paul



NIGHT RUNNING AND KIT KORNER

Over the last few winter seasons an increasing number of us have eschewed the joy of running around the streets of Henfield on a Wednesday, and headed off cross-country, armed only with torches! I believe Hugh claims to be the original instigator (well that would make sense anyway!) but more and more people have got the bug, me included last year.



So where do we run? Well this was a typical route (the red line) of 6.5 miles around the outside of Henfield:



As usual, stopping to gather everyone up, and of course deal with the natural obstacles:



Is it dangerous? Well if you can't SEE anything, then yes.....the trick is in having a decent torch. I'm afraid a 'Filling Station Special Offer' won't cut it - just not bright enough. To see safely you need light, as measured in 'lumens', more being better. Old fashioned bulbs don't throw enough light, and huge multicell Maglites are just too big and heavy to carry. LED Torches are the new

generation of torch that combine small size and weight with incredible light, and rechargeable batteries. Of course the best ones can be very expensive [ask Mr Skilton!] but there as always 'other options are available'. So, welcome to our first '**Kit Korner**' to show 4 different options, in price order. I've included some weblinks to sites but this is for more information, I do not claim that these are the best prices, as always DYOR (Do Your Own Research!)

Option 1 (Used by Hugh and Amanda) c.£140

Exposure Joystick [oo-er missus] is a beautifully made, very small, 400 lumen torch, not just made in the UK but in Petworth no less! Click here:

[Exposure Joystick](#)

Option 2 (Used by Paul) c.£65

Sunwayman VC20 is a slightly larger but equally well made 438 lumen torch, made in China by a very experienced torch guru and selectively imported. Click here: [Sunwayman VC20](#)

Option 3 (Used by Sue) c.£30

This is a head torch, leaving both hands free – its incredibly powerful at a claimed 1600 lumens – truly dazzling! Reading some reviews there is doubt that it gives off more than 1000 lumens in practice, but that's still a LOT of light, and at a very good price! Click here:

[Cree XML T6](#)

Option 4 (Mentioned by Terry S) c.£30

This is an entry level torch giving out a useful 105 lumens, not the brightest but a sound entry-level price. Click here:

[LED Lenser](#)



HASHING BARBADOS STYLE

The meet was at Applewaites Plantation 3.30 pm. Saturday, This in the middle of the island and well off the tourist circuit and I soon realised it was going to be an interesting afternoon as crates of beer, bags of ice and the BBQ were unloaded!



Numbers were down this week to 50 runners and walkers, the other 50 were hashing in Tobago!

The trail went mostly through cane fields on farm tracts for about 5 miles with check points as normal. I was surprised that the heat did not affect me too much and this could have been due to altitude, giving lots of views to the sea and around.



The 'down down' was conducted with good family humour with The Judge presiding, one infringement which required sentencing involved two runners who were spotted eating a piece of cake before the run started.



Firm punishment was handed down by the Judge

BRIAN B

Editors Note: There are lots of photos for this hash at:

[Barbados Hash](#)

Sadly none of them seem to show Brian actually running, despite careful searching and use of advanced person recognition techniques!



GREAT NORTH RUN AND MORE

It's my favourite race and I've done it almost every year for more than 25. It is a race that I would recommend to anyone as a fabulous experience, massive, but well organised and with great support and atmosphere. I think next year's entry ballot will open in December.

It's important to arrange accommodation early, because it books up. (That said, one colleague taking over a friend's charity place did find online for one night, a two star B&B for £100 just three weeks before, which was steep but not prohibitive)

This year was a bit of a challenge, because I'd also entered the New Forest Marathon after my younger son entered it as his first. In the event, my son wasn't able to run because of back problems. I think I was the only Jogger there this year. The weather wasn't the best, heavy rain throughout! My result was 3:50:05, which I wasn't at all unhappy with.

Then last weekend, was Barns Green, a race I really like and decided I would try to run if still able.

I'm quietly satisfied and relieved to have achieved half marathon, marathon and half marathon on three successive weekends. Now I'm planning to take it easier for a while, at least race wise!

Dave English

BEGINNERS COURSES

Another school term meant another beginners course – having injured myself at the end of the last course and ended up having a few months off I was keen to 'begin' again myself. Once again I had about 9 new members and the course was going really well. As if by magic, illness caught up with me, and I have had to have a few weeks off... but the girls have been running really well. We have been experimenting with routes and settled on the handicap route backwards! It really does seem easier running down Dropping Holms!!! Luckily the group were all roughly the same abilities as there was only me helping out and no-one sweeping up the rear so to speak, but as I say it has worked well and I am keen to get back on with it. Within the next 3-4 weeks my girls will be running non stop for the whole distance with any luck (and an improvement for me!) I seem to have been doing run/walking for so long I'm a bit nervous myself about the non-stop running but I used to be able to so it should be fine.

Unless anyone else wants to take over the beginner's course I would propose to start a new one in the New Year to rein in some of the new year resolutions to get fit!! I then also think it would be a good idea to do new courses to coincide with the new school terms so having 3 a year but it will require some help and commitment from other members. I will propose this at the AGM but by then I will need to get something in the BN5 magazine for January so I will go ahead and contact editor, Emma Osman, and hope no-one minds!

Email Gayle at beginners@henfieldjoggers.co.uk

MEMBERSHIP MATTERS

Our clubs *paid* membership level for 2012 has fallen to, 28 Senior joggers, 12 vets and 2 Social and this in spite of the efforts of Gayle with her successful beginners courses' so I think it is time to consider some new ideas.

How about forming a link with the HENFIELD Youth club by making a yearly donation and inviting any of their members to join the next beginners session, this could be funded by using the £5 (to be increased to £10 per from now on) yearly payment used to enrol joggers as "competitors "with the UKA.

To help the following is my understanding of the pros and cons of affiliation to ENGLAND ATHLETICS who operate two levels of affiliation 1) CLUB @ £50 per and 2) INDIVIDUAL@ £5 per going up to £10 per next year

- 1) CLUB Henfield Joggers are affiliated to England Athletics for a £50 annual fee and no change is proposed for this for 2013 to 2017, **our club affiliation number is 2661431** and this is the number I've used when asked for "UKA registration number" by event entry forms e.g. the Brooks Brighton 10k a Sussex County Championship Event.

CLUB affiliation provides Public Liability Insurance for "athletics activities" for paid members and organizers of "athletics activities" and the following quotes are taken from official data:

"INSURANCE COVER FOR ATHLETES

Who is insured?

As an athlete who has paid (or is deemed to have paid) subscriptions to a club or Organisation affiliated to UKA, English Athletics, Scottish Athletics, Athletics Northern Ireland, or Welsh Athletics, you are automatically provided with insurance cover which applies while you are involved in "athletics activities." This not only relates to training and competing, but also club / region administrative meetings as well as when part of a team representing UKA, English Athletics, Scottish Athletics, Athletics Northern Ireland, or Welsh Athletics.

"INSURANCE COVER FOR CLUBS/CLUB OFFICERS

Who is Insured?

As a UKA affiliated club or organisation, you are automatically provided with insurance cover related to your club's "athletics activities". This not only means training and competitions, but also club / region administrative meetings, social and fund raising activities organised by the club. It does not, however, cover hazardous activities organised by the club as detailed below. Cover is included for any official, secretariat, committee, sub-committee, working party, or volunteer."

My view is the club receives good value for Club affiliation but I question the benefit of individual affiliation. The only benefit I can see is an allocation of a number of London Marathon entries. This is a matter for the AGM but as the attendance at these meetings is not great and this an important item in the clubs welfare I would welcome an e-mail response with your views that we could publish. Contact details as per the front of this Newsletter.

Brian

BRIGHTON MARATHON

How many of us are doing Brighton Marathon in 2013? I am, and I propose we organise a bus/coach to take us there. Please let me know who would like a place on the coach by the middle of January and I will organise it. I will also put a note in BN5 about the coach as on the 1st year we had some 'outsiders' on the coach and as we all know there are many people out there who run and aren't part of the Joggers so it may be a good way to get them in to the club. Email me at: markandgaylewilliams@btinternet.com or text me: 0794778128

Gayle

GRAND PRIX UPDATE

PHOENIX 10K

Delia Westley	57.02
Michael Dee	1.08.35
Cynthia Dee	1.32.56

BEXHILL 5K

Delia Westley	28.17
Michael Dee	31.17
Jenny Cobby	45.15

Cynthia Dee	45.17
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WILL PAGE 10K NEWICK

Delia Westley	1.00.55
Michael Dee	1.07.55

HELLINGLY 10K

Delia Westley	1.00.49
Michael Dee	1.11.02

HOVE PROM 10K

Delia Westley	55.37
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BARNS GREEN HALF MARATHON

Nick Sayers	1.41.58
Dave English	1.47.03
Natasha Heasman	1.59.35
Gayle Williams	2.37.52

LEWES DOWNLAND 10M

Deborah Slade	1.38.05
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There are just two more results to follow for 2012, the Brighton 10K and Crowborough 10K, which I will forward for the following newsletter , along with the final results for the year.

I attended the Sussex Grand Prix (SGP) AGM on the 22 October 2012, and a few points were that Brighton Half Marathon is **not** going to be included in the SGP 2013.

There will be a limit of 20 races and the SGP calendar for 2013 will be the same as this year. The presentation evening for any awards due will be at the usual venue of Jack & Jill pub, Clayton, with a provisional date of February 6th 2013.

When I receive the minutes for the meeting , I will attach them to the Joggers noticeboard, for all to read.

A facebook page has been set up for the SGP, and the page address is:

www.facebook.com/SussexGrandPrix

Hopefully runners will add content to the facebook page, photos, stories questions etc.

That's all for this time, apart from a well done to Delia Westley and Michael Dee for participating

in most of the SGP races, but **please** let's have some new faces for the 2013 season.

Jenny Cobby

WEST SUSSEX FUN RUN LEAGUE UPDATE

Hi All

I will be stepping down as Fun Run League Rep at the next WSFRL Meeting, so the club will need a new rep for 2013.

Any candidates can contact me and I will help them with the details and an overlap period. Also if anyone is keen before the next meeting I can take them along to show them the ropes and introduce them to the other reps. The meeting is on Sunday 25th November at Steyning AC's Clubhouse. My contact details are on the front of the newsletter.

Many Thanks

Terry B

HIGHDOWN HIKE

Terry	Bourne	32:52
Debbie	Slade	38:21
Phillipa	Hunt	38:30
Dennis	Muirden	39:56
Brian	Turrell	40:09

TILGATE FOREST 5

James	Lewis	34:26
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FITTLEWORTH 5

Brian	Turrell	47:47
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SEVEN STILES

Nick	Yearwood	35:21
Max	Yearwood (age 15)	35:24
Joyce	Blundell	38:22

HICKSTEAD GALLOP

Steve	Lester	36:58
Nick	Yearwood	41:29

LANCING

James	Lewis	36:28
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OTHER EVENTS

AMSTERDAM



Gary	Wilkinson	3.23.48
Derek	Tyrrell	3.23.48
Alex	Cole	4.16.31

Not sure how Derek and Gary achieved the same time exactly, but thats the official results so you'll have to ask them!

GREAT NORTH RUN

Duncan	Blackburn	1.48.23
Dave	English	1.42.04
Gary	Wilkinson	1.37.29

The Great North Run was fabulous as ever, this time near ideal conditions: cool, light rain and a breeze from behind, commented Dave English.

NEW YORK MARATHON

Gary did fly out to take part, but as we all know the aftermath of 'Sandy' the race was cancelled. Good to see, however, that he didn't waste his time and managed to burn off a whole 888

calories.....I wonder how many beers that offsets?



LINKS

www.henfieldjoggers.co.uk

enquiries@henfieldjoggers.co.uk

beginners@henfieldjoggers.co.uk

<http://www.facebook.com/groups/henfieldjoggers/>

<http://www.westsussexfunrunleague.org.uk/>

<http://www.sussexgrandprix.co.uk/>

