



## ***Newsletter NOV 2011***

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### **GRAND PRIX CONTACT**

VACANCY!!

### **SEVEN STILES**



Another Seven Stiles run, done and dusted!! Many thanks to those who helped on the day, all went well.

It takes a surprising number of people to run the race. People think of marshalling and forget all the jobs in and around the field, all of which are equally important.

A big thank you to Sara Knight, Jackie Parsons and Paul Crowe whom at the last minute mastered the dedicated W.S.F.R.L results program, without any major hiccups.

We had 48 Juniors and 265 Seniors taking part in the runs.

I was pleased to see three newcomers, Julie, Julie and Katie who ran their first race. Well done to them.

The winner's time was 22:22 mins and the last an hour plus but still a good time for an eighty year old!

The winning junior time was 5:51 mins.

Apart from one injured runner who had to retire everyone seemed to enjoy the day.

The cakes made by Maggie and Ildia were very much appreciated by all and a profit was made.

Big thanks to Alex Cole of Coles Automotive for sponsoring part of the Seven Stiles costs including bib nos, signs etc

Again thanks to all, the race can't take place without your help.

Best wishes to all for Christmas and the New Year

Terry Bourne

### **FUN RUN LEAGUE REPORT**

By the time you read this the last race in the fun run league will have taken place.

We are currently in 12<sup>th</sup> place with only about 20 points ahead of Lewes.

The last race will decide if we stay there or drop to 13th.

Will let you know!!

### **MID SUMMER DASH**

The Midsummer Dash was a washout in more ways than one.

Just 15 Henfield runners up against Steyning's 25.

It was a mismatch.

I am afraid if we cannot guarantee a better team next year the race will not take place as the opposition have complained that it wasn't a competition!

They made an effort to stay in the bar afterwards against their norm to see the trophy handed over. It would be a shame to lose this event from the Club calendar because it is normally a good run.

Thoughts please!

### **GRAND PRIX REPORT**

Delia is probably the only one doing the grand prix events so there is not a lot of news about that but well done Delia who always does well at them.



84 miles in 3 days – was it possible, even for experienced marathon runners, let alone beginners? I have to admit I had my doubts, although I did the South Downs Way in 4 days a few years ago so, when Mark S, Terry S, Marcus, Gary and I set off from Henfield to drive to Bowness-on-Solway at the end of October, I did so with some trepidation, particularly as 3 of us had run the Beachy Head marathon only the previous weekend.



I was however determined to try and avoid doing 2 things, firstly go off route or – even worse – get lost and secondly do much running, as this is not usually cost-efficient on such events. We just arrived in time to find the only pub in the area where we could get an evening meal and our first B&B could have come straight out of Fawlty Towers.

We set off on a damp morning along a rather bleak piece of coastline and made good progress, although got wet feet crossing some muddy fields.

However the 30 miles we planned on the first day is a long way and it was getting dark by the time we reached the village of Banks – our next stop.

Fortunately it had only one B&B, as Gary who had gone ahead with Marcus had forgotten where we were staying. The landlady was however so hospitable that some of us plan a return visit.

We knew the second day would be the toughest as it was another 30 miler, but with a significant amount of climbing involved and, while the sun was shining and the views were spectacular, it was well worth the effort.

However, once off the hills, the route became muddy and by the time we had covered 25 miles it was getting dark. We were therefore forced to slog the final 5 miles along the road, frequently having to jump onto the verge to avoid speeding cars.

Terry found this day especially hard and we wondered whether he would be able to continue the next day. However he showed his usual grit and determination and did complete the final 24 miles, including 10 miles at the end through Newcastle where every step he took was obviously agonising due to his blisters that had to be seen to be believed.

Mark and Marcus seemed to think 84 miles was too short and actually did another mile in the dark as they missed the finish!!!

The grand finale was a night out in Newcastle – purely, of course, as a social experiment to establish a few facts about the Geordie Lassies – so we didn't get back to the hotel until the early hours and then drove home the next day.

All in all an enjoyable – if somewhat exhausting – adventure with a great group and thanks are due to Gary, in particular, for organising it.

Hugh

### **AGM**

Following the successful and comprehensive meeting last year, we plan to hold the Annual General Meeting on Wed Dec 7<sup>th</sup> after the regular evening run.

The Agenda will cover most aspects of the Club's activities in order for all to review on our successes and disappointments and to make suggestions for future plans and developments.

Member's opinions are greatly valued, and the committee look forward to a full and supportive turn out.

It is good to know that decisions made will truly reflect member's wishes.



**LONDON MARATHON** places have been applied for and will be allocated in the usual way at the AGM.

Those who wish to take part and who have been rejected from the race in this year's ballot, please let Lesley Besson know in advance of the AGM.

**The Brighton Half Marathon** has been included in the Grand Prix series again for 2012 and the code needed for the entry form for Henfield Joggers runners is H1312.

### **IMPROVERS TROPHY**

Any suggestions for an “improver” worthy of thre trophy, let a committee member know.



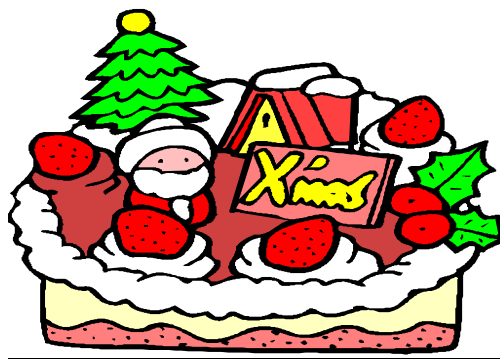
### **FOOD @ LEISURE CENTRE**

As this is being written, six runners are enjoying the benefits of Ilidia’s wonderful home cooking – freshly sourced, prepared and served, with a generous helping for £5. But clearly, we cannot expect this unique facility to continue if it is not fully supported. A topic for serious discussion and consideration at the AGM.

### **MEMBERSHIP**

Subs are due on January 1<sup>st</sup> 2012. It is really helpful to receive monies promptly, especially to renew all members with the English Athletics Affiliation which provides all with their personal competition licence card! Lesley Besson will happily accept your subs for 2012 as soon as you wish to hand them in

### **CHRISTMAS PARTY**



40 places have been booked at Wickwoods Country Club for the Christmas Dinner celebrations on Friday 9<sup>th</sup> December. Places are strictly limited so they will be allocated on a “first come first served” basis. The cost is £30 per person, this price includes a tip.

Wickwoods have also requested that menu choices are forwarded well in advance – so Nov 30<sup>th</sup> is the cut off date. Please oblige by honouring this arrangement (food choices and payments to Lesley at the Club or Ivy Cottage, High St. Henfield)

The menu choice is at the end of this Newsletter and copies are available on the Notice Board.

Lesley Besson

### **1066 RELAY SUNDAY 6TH MAY 2012**

The second staging of the 1066 Relay will be held on Sunday 6th May 2012, with 60 -70 teams of runners from all over the South East expected to take part in this 5 stage off-road relay organised by Hastings Runners.

The 33.25 mile race starts in the grounds of historic Pevensey Castle, and follows William the Conqueror’s 1066 Country Walk route passing through such iconic landmarks as Herstmonceux Castle and Battle Abbey, before going through Westfield, the Brede Valley, Icklesham and the medieval town of Winchelsea en route to finish in the charming town of Rye.

The inaugural race was a great success, attracting 39 teams and raising over £1600 for local charities.

Entry limited to 60 - 70 teams, so please enter early to avoid disappointment. Any teams having to withdraw will get free entry to 2013 race.

Race website:

[www.spanglefish.com/1066relay](http://www.spanglefish.com/1066relay)

Entries are now open for the 2012 event! I hope that Henfield may be able to field a team or two this time around!

Photo from last year's event.



### **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!!

**Our web page address is**

[www.henfieldjoggers.co.uk](http://www.henfieldjoggers.co.uk)

### **GRAND PRIX FIXTURES 2011**

November	13th	Phoenix Races, Brighton
November	20th	Brighton 10k
December	4th	Crowborough 10k

## **RESULTS**

### **Bupa Great North Run 2011**

Dave English	1:42:46
Duncan Blackburn	1:52:50
Michael Dee	2:37:54
Jenny Cobby	3:08:36
Cynthia Dee	3:54:20



### **Barns Green Half Marathon** **30<sup>th</sup> October 2011**

Dave English	1:46:57
Richard Knight	1:49:01
Ilidia Campbell	1:50:35
Phillippa Hunt	1:56:34
Gayle Williams	1:59:48
Deborah Slade	2:05:55
Elizabeth Brindley	2:17:53
Nick Sayers	2:20:11

NB Ilidia was third lady home in her age category. Well done, good running.

# *JOGGERS*

## *Party Night Menu*

*Friday DECEMBER 9<sup>th</sup> 2011*  
*Arrival 7.30pm – Carriages at 12.30am!*

### **Starter**

*Cream of butternut squash soup  
with garlic croutons.*

*Home cured salmon gravadlax,  
dill Vinaigrette and melba toast.*

*Chicken and leek terrine, bruschetta, pickled  
mushrooms, red wine and blackcurrant syrup*

### **Main**

*Roast breast and leg of Turkey,  
chestnut stuffing, bacon wrapped chipolata,  
and turkey gravy.*

*Marinated slow roast belly of pork, with a  
smoked bacon jus and crackling.*

*Whitefish fillet with a herb crust  
and served with a leek cream sauce.*

*Roasted red pepper filled with a spiced risotto. Served with vine tomato sauce and parmesan.*

### **Dessert**

*Steamed Christmas pudding with brandy sauce.*

*Sticky lemon tart with a raspberry sauce.*

*Selection of British cheeses with celery, grapes, chutney and biscuits.*

**Please choose from the above selection and forward choice and full payment to  
Lesley Besson by November 30th 2011**

**Cheques for £30.00pp payable to Henfield Joggers  
remember TIP HAS been included**

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**NAME**

**STARTER**

**MAIN COURSE**

**PUDDING**