



NEWSLETTER Summer 2012

www.henfieldjoggers.co.uk

COMMITTEE

Lesley Besson

TREASURER

01273 493447

lesleybesson@hotmail.co.uk

Paul Crowe

WEB MASTER & NEWSLETTER

07860 391403

Smoggyfaircox@aol.com

Malcolm Lane

malcolmlane@hotmail.co.uk

Terry Smith

PUB RUN COORDINATION

terry.smith@caa.co.uk

Mark Skilton & Gayle Williams

BEGINNER GROUP COORDINATION

markandgaylewilliams@btinternet.com

Brian Bracey

MEMBERSHIP

brian.henfield@tiscali.co.uk

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FUN RUN LEAGUE CONTACT

Terry Bourne

07815 981150

terry@colesautomotive.co.uk

COMMITTEE

At the last AGM in December I agreed to join the committee although I knew I didn't have much time I could spare. I have 2 children age 7 and 5, at the time I was working 37 hours a week as a registered childminder, I was studying to be an Aerobics Instructor and I have a home and husband to take care of... but I love running and enjoy being a member of the Henfield Joggers so I really needed to give something back.

It doesn't take any effort, I went to a meeting and came away all fired up about the things we were discussing but then you go home and get involved in 'other' stuff. But people are giving up their time to collect subs, compile membership lists and organise the WSFRL Seven Stiles Run. Everyone is busy, we all have lives outside Henfield Joggers, in fact the only thing we all have in common is our membership of the club. Surely we can all spare some time to do something. Paul Crowe works really hard to do the newsletter, which we all read. But should he be the one to supply all the details in it? - no. We could all write up a few lines about a run we have done or about a race we are about to do.

It would be really great if we could all spare a bit of time to write up why we love running - what we get out of it, what our running ambitions are and how we think we could achieve them. It would also be a great place to share information we think others might benefit from knowing for example - I hate running off road but I'd really love to do the GRIM... how do I go from road running to the Grim??

And as for the committee - it would be great if we could all help out a little bit, it really doesn't take much but we are all members of the club and it

would be nice if we could all say what we want out of the membership we pay for.

Gayle

BRIAN BRACEYS PORTUGUESE TRIP – MAY

Wed - Easyjet flight from Gatwick to Porto departing 11.40. Stay in “nice 2 star hotel in “old town” @E45/night. (Porto is similar to Nice but with more things to do at half the price!!)

Thurs - hire bike and take cycle path along the river to the sea, then lunch two glasses of wine and a bowl of soup@E5)

Fri - River cruise upstream for 7 hour trip to race H.Q. (@E65 including breakfast, lunch and drinks). Stay one night in basic 2 star hotel @E45

Sat - Register for the event which became a mix up as I had entered for the 7K walk/jog but was given a half marathon number (I did not find out until at the race start). Transferred to a Guest house about 1K from the village.

Sun - Join the train that takes walkers and runners to the start it was only then I realised the mix up and I could have changed even then but fate had taken a hand so I went along with it (I'd not run 13 miles for about 15 years) so I did jog slowly and walk a bit. The first 7K was up steam along the river, turn around and retrace the route, by 12K I was feeling very lonely and was enticed into a police car by a lovely police lady and given a short lift to catch up the next runner when I re-joined the event

Mon - Continued my stay at the guest house which I rate as a hidden gem, I grade it 3 star with 6 star hospitality, cost E70 per night B&B with dinner cooked by the lady of the house served in the house@ E20 per, accompanied by a bottle of their own wine @E5 per bottle. I think they liked “Mr Brian” as I was known as they treated me to several glasses of their own 20 year old port and on the last evening a glass of their 80 year old port produced by the owners great grandfather.

Tues - return by train to Porto for my flight back

This was my best yet and if anyone is up for it next year why not take a bike?

www.douro-valley-marathon.com

Brian B

JUNE CYCLE RIDE

We lunched at The Jack & Jill at Clayton and there were 20 of us for lunch that day.

The weather has been against us this year but we are a hardy crew and managed to dodge the July showers when there were 8 of us involved in the Partridge Green ride which took us on a 26 mile route via Wiston tea rooms and Shipley.

Great days out, why don't some of you runners join us at lunch time on Saturday 4th August at the White Horse, Maplehurst.

The list of allocated pubs are on the Joggers notice board we usually get there about 1pm!!

Liz



REMAINING PUB AND CYCLE DATES

Aug 4 th	White Horse, Maplehurst
Sept 2 nd	The Half Moon, Plumpton
Oct 6 th	Liz & Roger unavailable this month!! Any volunteers?
Nov 10 th	Half Moon, Warninglid
Dec 1 st	The Crown, Dial Post

BEWL 15

I suspect I may have been the only jogger competing at the Bewl 15. My result was:

Pos	Gun Time	Name
223	2:08:19	Dave ENGLISH

<http://niceworkevents.blogspot.co.uk/2012/07/sunday-july-1st-2012-bewl-15.html>

Not the nicest of weather that date, but a fabulous location, free beer, free cake & I was happy with a PB.

Dave

DOWNLAND

Hi all just Finished thirty mile run with Ilidia , Lotte , Mark S, Gary W, and Ralph B. Gary finished in 5 hours with Lotte on 5-38 and the rest of us over six . A great run, a bit hot but a great experience and injured Jackie Parsons ran out to meet us about 4-5 miles from home running with us to the finish.

South Downs Relay was its usual great event many thanks to Mark S and Richard K having done it twice now it sank in that actually the hardest part is the driving! The "A" team having some issues allowed us to finish in front them on the road but behind on time, they were classified but we did not get a time, finishing off at Millburys afterwards.

And finally congratulations to Hugh M for completing his One Hundredth Marathon at the South Downs Marathon event
Good Running Cheers

Terry B

HUGHS HUGE CENTURY

Congratulations to Hugh who completed his 100th marathon by finishing the South Downs. In his own words "Despite the westerly wind was going well until halfway when my lack of training slowed me down. Finished in 4.44 and felt fine at the end. Great to see so many friends and acquaintances there."



BEGINNERS UPDATE

This years beginners programme started in May with a really good turn out of about 10 people with varying levels of fitness, armed with my newly qualified Gym Instructors head and my, currently studying for, aerobics instructor head on I took my first warm up routine with my group and then took them on the standard 1 minute run 1 minute walk routine. We travelled 2 miles and were nearing the turn off for Fabians Way when I asked did they want to go back or carry on - we carried on and completed 3.2 miles on the first week.

With my recent training I came across a device called a gymboss which when set up beeps and set intervals which really helps when training. The weeks carried on and we moved to 2 minutes running 1 minute walking armed with the gymboss, my Garmin GPS watch and my mobile phone should I need it, I felt like a walking gadget freak, I'm not but the group felt at ease and I felt really great being able to tell them exact distances we had travelled. The Gymboss has been so popular and such a great device to have for the training that several of 'my girls' have gone out and bought their own for the runs they do without me(!). I have also been able to take other informal groups out other nights of the week and at the weekends so that we all get the

training.

Armed with the knowledge I have taken away from this course I have decided to run another Beginners course in September. It is being marketed as a Beginners/re-starters course with the hope to get people in who have joined before, maybe got out of the habit over the school holidays. Some of the beginners in May's group were mums I knew from the school playground who get together during the day to run so maybe won't get out much over the school holidays due to childcare, I know I won't...

As with all courses it requires helpers, 'my girls' got up to 4 miles right before I tore my calf playing stool ball and ended up on crutches for 10 days, but recovery is going well and I hope to be out again soon and certainly back up to scratch for my new course. But I will need helpers, in the last course we had some pretty fast runners, some middle of the pack runners and some slower runners. But we are all runners and all welcome, we just need people who are prepared to go the distance with the newbie's and motivate them but most importantly to run/walk with them and make sure they know where they are going and not feel alone. **After all what is the point in the joining us if they end up running alone...** Please volunteer to come along and help me out but be prepared to help at the beginners speed and distance remember we were all beginners once.

Gayle



SEPTEMBER BEGINNERS COURSE (AS IN BN5)

Are you new to running? Trying to get back into running after and injury? Or just wanting to get out and enjoy the area?

Henfield Joggers offers a friendly group of runners of all abilities, we meet Wednesday nights 7pm at the Henfield Leisure centre and go off in groups based on speed and distance which suit the individuals. Stay after and have a drink and some food in the bar.

A new beginners course starts Wednesday 5th September but we welcome new runners at any time. The beginners course will get you running and helps to improve your speed and distance.

Are you running a spring marathon in 2013 - then join us and we will help you train and offer help with routes to get the distances you will need in the new year.

Join now and get 15 months for the price of 12 - Membership from now till December 2013 for £15.00

Email Gayle at beginners@henfieldjoggers.co.uk

GRAND PRIX UPDATE

Here are some results for the Sussex Grand Prix races.

Hastings 5

Delia Westley	46.12
Michael Dee	53.54
Jenny Cobby	66.01
Cynthia Dee	81.48

Horsham 10K

David English	47.56
Jenny Cobby	83.32

Worthing 10K

Delia Westley	58.16
Michael Dee	69.50

Heathfield 10K

Delia Westley	59.48
Michael Dee	68.55

Bewl 15

David English	2.08.19
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Come on, Joggers! It would be great to see some new faces at the Sussex Grand Prix races. Last year we managed to total four awards, and all of us in the V6 or V7 categories, lets have some younger faces in the future!

Jenny

NEWSLETTER CONTENT

Thanks to everyone who supplied something for this newsletter, it is much appreciated. However I do want more content and as we go off for the summer holiday period it would be great if people could think of something to contribute to the next edition – photos of people wearing their Joggers tops abroad, where you ran, any interesting race reports, kit you've bought, first impressions if you're a new member etc etc – the list is endless, just think 'Newsletter' and dash something off to me!

Paul

WEST SUSSEX FUN RUN LEAGUE UPDATE

Just to remind people of the fun runs, the next one is the Highdown Hike 4 mile on Wed Aug 1st Then Tilgate Forest 5 mile on Sun Aug 5th. Sept 2nd is Fittleworths 5 mile then our own run on Sept 15 which i will need all the help i can get please (see below). Sun Oct 14th is the Hickstead Gallop 5 mile and the last one is the 21st October, Lancings Steepdown 5 mile.

Please see if you can make one of them as we need more people participating, remember they are all actually fun! Contact me for entry to any race or just for information – remember its only £2 to enter so long as you do it through me!

terry@colesautomotive.co.uk.

Lewes 10k

48:07:00	Terry	Bourne
55:45:00	Paul	Crowe
56:27:00	Brian	Turrell
56:32:00	Kim	Murfin
58:12:00	Debbie	Slade
01:02:17	Delia	Westley
01:19:39	Brian	Bracey

Hedgehoppers

38:09	Jim	Lewis
39:11	Mark	Dibble
40:01	Terry	Bourne
47:18	Laura	Lewis
48:18	Brian	Turrell
50:04	Kim	Murfin
1:03:08	Brian	Bracey

Trundle Hill

50:20	Terry	Bourne
1:01:31	Paul	Crowe

Hove Park 5k

21:19	Jim	Lewis
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Roundhill Romp

50:12	Terry	Bourne
50:50	Lotte	Katz
52:09	Ralph	Bernascone
56:36	Mark	Skilton
58:58	Debbie	Slade
59:22	Brian	Turrell
1:01:00	Phillipa	Hunt
1:01:47	Rachel	Larkin
1:02:04	Derek	Tyrell
1:07:14	Jim	Lewis
1:21:46	Stephen	Gretton
1:21:46	John	Gretton
1:26:34	Brian	Bracey

SEVEN STILES

Kindly sponsored again by Alex Cole, the Joggers very own race is coming up on Saturday 15th September, and we need all the help we can get to make it happen. Thanks to Gayle for taking on the job of sorting the entries and also getting involved with the results, an important job I can't do. Ilidia and Maggie have volunteered to make cakes to sell on the day, but we need some volunteers to sell them for us. We also need Marshalls and other helpers, there is a job for everyone who volunteers. Let me know if you help out on: terry@colesautomotive.co.uk.

The Entry Form is at the end of this Newsletter, please encourage people [not you, we need Marshalls!] to enter and afterwards to make a comment on Runners World as the Seven Stiles is on there for the first time.

Terry B

DOWNLAND ULTRA

5.13.38	Gary	Wilkinson
5.38.14	Lotte	Katz
6.21.33	Terry	Bourne

SUMMER BARBEQUE

Thanks to Gary for hosting this years Summer BBQ. I missed it as we were still swimming driving

back from Cornwall, stupidly via Devon as we'd not listened to the weather forecast! Thanks to the power of Facebook I got to see many photographs and comments that made it obvious that everyone had a great time – go and look at them yourself but here are just a few.
Paul



Bring me sunshine....



.....all the while



The three stooges?



Fruit salad anyone? Er....



Cheers!

RIP VIC GRETTON

Sadly Vic passed away towards the end of June after a short illness. Vic was known to many Joggers and raced all over the country doing races such as Man v Horse, Race the Train etc. Rest in Peace Vic.

LONDON MARATHON

3.56.07	Ilidia	Campbell
4.52.54	Terry	Smith

BRIGHTON MARATHON

		Gun Time	Chip Time
Derek	Tyrrell	03:37:55	03:36:28
Deborah	Slade	04:36:29	04:36:29
Richard	Knight	04:54:35	04:52:09
Jenny	Cobby	07:04:09	06:50:37

STEYNING STINGER

4:05:46	Gary	Wilkinson
5:08:24	Ralph	Bernascone
5:09:02	Hugh	Martin
5:20:02	Mark	Skilton
5:20:27	Terry	Smith

MEMBERSHIP MATTERS update

In the past month I've sent thank-you e mails to members on the "paid list" and reminders to all the rest and requested responses from members who do not wish renew, those where I do not have email will have missed out
The result has been 3 renewals, ta very much, and 2 non renewals with the following nice and informative responses

I still think we make it hard for people to make payments and believe PayPal is a good system but what are the member's thoughts
Please e mail me with a yes or no at brian.henfield@tiscali.co.uk

Brian B

The Responses:

Hi Brian,
Thanks for your email - I will not be renewing my membership for this year. Having ploughed everything into completing the Brighton marathon in April, I discovered I was pregnant shortly after so with that in mind, a full time job and a 2 year old at home, my free time is very limited! I will be back next year though so please feel free to send me a reminder.
Thanks
Emma Ratcliffe

Hi Brian

As a committed member for the last 9 years I've come to the conclusion that I have lost my mojo with regard to the joggers.
I have lost my running fitness after two major hip operations. I now cycle and run occasionally which is a problem for me as I find generally that I'm too damned sore to run. As a fanatical runner in the past I'm gutted at my lack of ability now. When I am able to run properly again I will give the joggers another try. Until I'm fit and able I will continue to persevere with my fitness.

I don't feel part of the club at the moment as a non runner but given time I could be a player in the future.

Good luck to the Henfield Joggers

cheers.

Loz

REMAINING PUB RUN DATES FOR 2012

Pub run list and summer handicap 2012	
1 st August	Highdown Hike, Goring, 4 miles (Fun Run League) Swallows Rest pub afterwards
8 th August	H L C
15 th August	The Fox Small Dole
22 nd August	H L C
29 th August	The Windmill, Littleworth
5 th Sept	Summer Handicap H L C
12 th Sept	Jack and Jill, Clayton
19 th Sept	H L C
26 th Sept	Cat and Canary, Henfield

This a provisional list!!!!!!



CONTACT DETAILS

www.henfieldjoggers.co.uk

enquiries@henfieldjoggers.co.uk

beginners@henfieldjoggers.co.uk

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