



**HENFIELD  
JOGGERS**

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

# NEWSLETTER Winter 2012/13

## **COMMITTEE 2013**

Lesley Besson

TREASURER

01273 493447

[lesleybesson@hotmail.co.uk](mailto:lesleybesson@hotmail.co.uk)

Brian Bracey

MEMBERSHIP

[brian.henfield@tiscali.co.uk](mailto:brian.henfield@tiscali.co.uk)

Paul Crowe

COMMUNICATIONS & FUN RUN CONTACT

07860 391403

[Smoggyfaircox@aol.com](mailto:Smoggyfaircox@aol.com)

Gill Hamilton-Orr & Liz Pamment

SOCIAL ARRANGEMENTS

[gehamiltonorr@gmail.com](mailto:gehamiltonorr@gmail.com)

[lizpamment@gmail.com](mailto:lizpamment@gmail.com)

Cathy Walker

[cathywalker@gbj-crime.co.uk](mailto:cathywalker@gbj-crime.co.uk)

Hugh Martin

PUB RUN COORDINATION

[hugh@39westhaven.freemove.co.uk](mailto:hugh@39westhaven.freemove.co.uk)

Gayle Williams

BEGINNER GROUP COORDINATION

[markandgaylewilliams@btinternet.com](mailto:markandgaylewilliams@btinternet.com)

Mark Skilton & Hugh Martin

SEVEN STILES ORGANISATION

[hugh@39westhaven.freemove.co.uk](mailto:hugh@39westhaven.freemove.co.uk)

[mnskilton@aol.com](mailto:mnskilton@aol.com)

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## **GRAND PRIX CONTACT**

Jenny Cobby

[glennecobby@tiscali.co.uk](mailto:glennecobby@tiscali.co.uk)

## **UPDATE**

Well the AGM seems like a very long time ago already, but seems to have been a key moment in that we have a renewed vigour around the Club as we get into 2013 and Spring is hopefully only a matter of weeks away. A new website, the first ever membership survey, and a successful 'renewal' evening have already shown that the new Committee means business. And it won't stop there. As always we can only do what the members support, so please continue to be active in and around the club activities, and especially please keep making comments about whether what is happening is what you want, and shout if it isn't. It is often difficult to 'hear' what the overall membership want because often the old adage of 'who shouts loudest' can take centre stage. While the committee have yet to review the anonymised survey results it is clearly a good way to 'hear' the whole membership and I envisage us doing more rather than less of this in future.

Paul



## **CHRISTMAS PARTY 2012**



Jackie Griffiths is owed a huge round of thanks for organising the Christmas Party at the White Hart back in December. It was great to see so many people there – this grew from about half a dozen people to become the event we experienced. Thank you Jackie!



Michele and Gill



Sue and Tina W



The Brotherhood of Man, feeling a little 'saw'



Another one of Marks 'pearls' has Hugh in stitches



The picture of sartorial elegance, Sir Bracey of Faircox!



## TEN GREEN BOTTLES

We set out our Social intent in our email of 21 January and the wait is now over for details of our first event with a difference!

We are very excited to invite you (and your partners) to join us at **"Ten Green Bottles", 9 Jubilee Street, Brighton at 1pm on 30th March 2013** for a wine tasting. This includes nibbles, a glass of fizz on arrival, learning a little in a relaxed friendly environment and a competitive blind taste off (3 white and 3 red wines) to test your taste buds. Cost is £25 per head, though this may reduce if we have a large party of us. Parts of the Brighton Food Festival will be going on pretty much opposite which may be tempting for after?! And don't forget the 17 bus will get you there and back!

Names to Gill at [gehamiltonorr@gmail.com](mailto:gehamiltonorr@gmail.com) before 9th March please. Payment will be required to secure your place. Numbers are restricted so book early to join in the fun!

Some useful links:

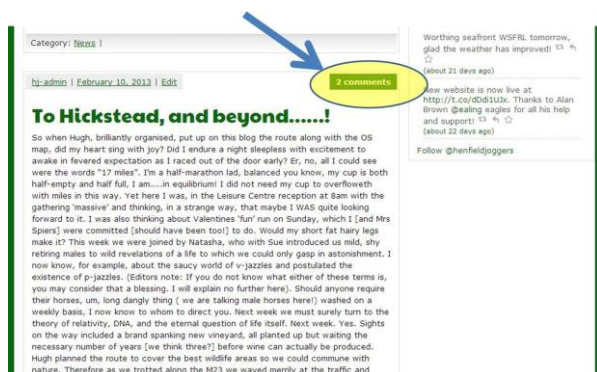
[http://www.tripadvisor.co.uk/Restaurant\\_Review-g186273-d2571205-Reviews-Ten\\_Green\\_Bottles-Brighton\\_East\\_Sussex\\_England.html](http://www.tripadvisor.co.uk/Restaurant_Review-g186273-d2571205-Reviews-Ten_Green_Bottles-Brighton_East_Sussex_England.html)  
<http://www.brightonfoodfestival.com/>  
<http://www.stagecoachbus.com/timetables.aspx>

Liz & Gill

## NEW WEBSITE

As you may know our new website went 'live' on Friday 25<sup>th</sup> January. In its first 3 weeks I know that many of you have popped in to take a look, because I have stats that show we have had 645 visits in that time, with 296 unique visitors (who on earth are they as that's many more members than we have!), and that together everyone have viewed more than 2,384 pages! That is great, and as I have received no negative feedback I assume that it is working and meeting peoples needs. I must publicly thank Alan Brown of Ealing Eagles Running Club who gave up his own time to help me set this up in a matter of only 4 weeks, truly an example of one Club helping another.

I've made the site to be as informative and 'current' as I can, and it is open for other people to add content too. My thanks to new member Ben Haddrell who is keeping a blog on his training for the Brighton marathon. I hope everyone is dropping by regularly to see what is new, we really do try to keep new things going on regularly. I'd love to see others pick up the challenge to provide content the way that Ben has – Hugh has started putting on information about the Saturday Morning runs, and if there are any more informal 'Groups' out there who would like to have a page, contact me and I will set it up for you easily.



Making comments is very easy too, but it may not be obvious how you do so, therefore I'll show you how very quickly! The picture above shows one of the News items and you can see the 'x Comments' box circled. Just click in this box and what will come up is a simple dialogue box asking you to provide an email address, and then a box for you to write your comment. Its as easy as that. All comments are moderated by me before going 'live' ....its safer that way and keeps 'spam' off our site. Believe it or not we have already had 24 'spam' messages that have been blocked.

Please use the site as your master resource. I have loaded on as much information as I have, including the full list of Grand Prix, Fun Run and Cycling Events this year, and Social events too! If there is anything you'd like to see then please let me know – I am not omniscient and if there is anything missing then it's probably because I haven't been told!

You will also see the links on every page [top right] to our Social Media pages – we're covered on both Twitter and Facebook, just follow the links.

Finally, if anyone has ANY queries about how to use it, please let me know. I'm more than happy to spend as much time as necessary going through anything at all.

Paul

## SOUTH DOWNS RELAY 2013 BRIEFING

The Relay will be on Saturday 1<sup>st</sup> June. For those who don't know it's a 100 mile relay along the South Downs Way, challenging but hugely rewarding.

More information will be given after the Wednesday run on 27<sup>th</sup> February – even if you can't imagine running this, please come along to hear more about it as we'll be organising some training sessions on the Downs that may be of interest, and fun! ALL are welcome from 8.30pm

For more details contact Mark at:  
[mnskilton@aol.com](mailto:mnskilton@aol.com)

Mark



## **WORTHING FUN RUN & MY FIRST RUN!**

Wow – that was exhilarating! I won't lie and say that I found it easy, but I was determined to jog all the way and I felt fantastic on crossing the finishing line – I am sure that the photos tell a different story though!

As a beginner to both Henfield Joggers club and jogging in September 2012, the thought of jogging 4 miles without stopping seemed nonsensical, let alone achievable!

A big thank you to Gill, Liz, Michele, Alison, Sue and Paul for your support. Sign me up for the next fun run, I think I may have caught the bug!

Tina Hawkins



Tina finishing her SECOND run, a very very muddy Valentines!

## **NEED A CHANGE FROM RUNNING?**

Anyone up for a fine weather Saturday 2 to 3 hour walk/hike at a good pace and then pub lunch?

I'm thinking of the third saturday in the month, commencing in March and usually involving a bus departure (@10 o'clock) from the village, walk part of the South Downs, then pub and then return by bus.

Let me know if interested at:  
[brian.henfield@tiscali.co.uk](mailto:brian.henfield@tiscali.co.uk)

Brian

## **SURVEY OF NEW AND LAPSED MEMBERS UPDATE**

January with all its New Year intents, hopes and aspirations saw the launch of our feedback survey. The main purpose of this was to understand better the fall in member numbers and find a more effective way to attract new members, retain the ones we have and engage

more with all to develop a more thriving and supported club.

We had a response rate of 37.5% from both our current and lapsed members. A big thank you to all who responded; some passionate views received and many went into quite some detail to constructively comment on the club's strengths and weaknesses.

Already to date, I hope some improvements have been noticed? Paul's fine work with our much improved user friendly website surely will help improve communication and awareness of what is going on. Some changes clearly required will be easier to implement than others, eg: greater presence of all committee members at club nights / events and clarity of responsibilities and improved organisation, (again, see website).

However, Rome wasn't built in a day..... An Action Plan arising from the survey results will be on the agenda of our March committee meeting to agree the way forward. I will then update more on specifics at the end of March. Very encouragingly, as a result of renewed efforts we have already had a number of 'lapsed' members return to the Club. Please continue to help us to make the most of our Club.

Gill

## **THE IMPORTANCE OF STRETCHING**

Stretching is an area which is often neglected by runners. It is important to stretch after a training session, after a hard day's work or just after a walk. Stretching helps restore muscle balance which can help improve posture and reduce injury. It can also improve blood flow and stop muscle soreness after exercise. There are also mental health benefits to stretching and it can aid clarity of mind and relaxation.

Stretching and flexibility go hand in hand, it is important to maintain flexibility: if you already have difficulty touching your toes, how are you going to tie your shoelaces when you get older if you don't do something about it? And no Velcro shoes are not the solution! If, for example you have a tight hamstrings and calves (back of legs) which a lot of the population do, this can have a knock on effect on the other muscles and can cause lower back pain.

It is important to stretch when you are still warm, if you think of your muscles like an elastic band, when it is warm it is more pliable, but when really cold, there is a tendency to snap and this is exactly what can happen if you “overstretch”. If you have ever been a bit too enthusiastic in a yoga class and felt extreme pain the next day, this can be a reason for it. Briskly walking or gently jogging for a few minutes can help get you warm enough to stretch. My own opinion is that mobilisation, rather than static stretches are most beneficial at the start of a running session. Mobilising like shrugging your shoulders, circling the arms and ankles, small squats and lunges help prepare the body for the session ahead without being in danger of injuring yourself by stretching cold muscles. At the end of the session try and stretch whilst you are still warm and this is where you would do your longer static stretches realigning the body and working on any imbalances. This is where I would also use a foam roller if I had one to hand. Stretches should be held around 10-20 seconds, longer if you are trying to restore an irregularity. It only takes 10 minutes to effectively stretch the whole body, so it is really not hard to find time to slot this into your daily regime. No two runners are the same, but simple tips like not holding your breath whilst you stretch, only stretching to the point of feeling tension in the muscle (not forcing it), not bouncing or pulsing whilst you stretch and maybe using a belt or rope to help you get deeper stretches will make your stretching experience more pleasurable.

Tight muscles affect posture hugely. Tight hamstrings can affect the positioning of the pelvis and weak or tight neck muscles can affect the head's position. Repeatedly tightening a muscle group in an unbalanced way, from injury, exercise or poor posture, will cause the muscles to restrict their range of motion and create a state of imbalance. Over time this may become a habit and can result in long term inflexibility. This can end up with an unequal pull of gravity on certain body parts causing pain and injury.

Having good flexibility means that your joints are working to their full potential and helps you move more easily. It is said that stretching helps reduced DOMS (delayed onset muscle soreness) that I am sure we have all felt after a really good run! Stretching is always involved in rehabilitation programmes. So stretch properly and effectively and become less prone to injuries

(hopefully!), have less pain the day after (or two days after!) have great posture and reach your full potential!

Julie Craig

[www.juliecraigfitness.com](http://www.juliecraigfitness.com)

## COACHING

As many of you will know we worked with Julie during January to explore what benefit a professional coach could bring us, it having been mentioned for some years without coming to fruition. This has given us food for thought and the feedback from those responding to the request for feedback will be useful in determining a way forward.

It is clear that there are a few differences about who would want to work with a coach, and how those interested would want to work. A ‘one size fits all’ approach won’t work.

For the record Julie can work with us on the following:

- 1) Postural assessment-standing, walking, running
- 2) Advice on your running programme. adding speedwork, tempo, strides etc.
- 3) Training your core muscles
- 4) Injury prevention
- 5) Efficient stretches
- 6) Sports Psychology-motivation, goal setting and imagery
- 7) Vo2 max testing through the bleep test

This may work well for some people if we can get the right way to integrate it into Club activities and fund it. Other people seem to prefer a coach who will run alongside and ‘instruct’ – this is more of a Trainer rather than Coach. We will explore options around this and come up with some views during March.

Paul



## HENFIELD VILLAGE FETE 2013

We have been asked to 'entertain' the good people of Henfield and around at this years Village Fete in July. Many of us remember the fantastic HJ 'team' back in 2009, The Green Barrows! We need volunteers to come forward and be trained for 'special duties' on the day. Please contact Mark in the first instance at: [mnskilton@aol.com](mailto:mnskilton@aol.com)

Mark & Trevor

## CHIRUNNING

When my running buddies are on a run with me, they will have heard me talk about the wonders of ChiRunning – that is, when we are not discussing the way of the world, how to try and understand women, football, local history or the myriad other things that come up!

I first came across Chi Running through a friend from Burgess Hill. He is somewhat younger and smaller than me, but he was prone to frequent injuries. We used to do similar times, until last year when he not only stayed uninjured, but posted some very good results, including running my favourite event, the South Downs Marathon, in just over 4 hours, even though he walked all the hills.

This seemed too good not to try out, so my birthday present last year was a one-to-one training session in a London park with a ChiRunning instructor. I also bought a book on the practice.

So what is it all about? Well, there are no less than 10 components, based on the principles of T'ai Chi – flexibility, good posture, good leg motion, cadence, body sensing, good mental focus, good upper body/lower body co-ordination, good breathing habits, proper bend in knees and elbows and staying relaxed.

This may all sound very complicated, but the basic concept is to let gravity form the forward propulsion required to run. Therefore a slight forward lean is needed and all leg and arm movement takes place parallel to or behind the body, rather than in front of it. It is important to note the lean is only slight – about 3 degrees – although it is such that, without moving forwards, you would fall over.

I found it quite difficult to get this right at first, but now my mantra is 'elbows back'. This means that, by not allowing my elbows to come in front of my body at any time, I get just the right amount of lean. It really does work – when remember to do it, but it does require practice. Give it a go – you may be surprised at the results!

Hugh

## MARSHALS NEEDED – Henfield 9

HJ are supporting the Henfield 9 Mile run on Sunday 24<sup>th</sup> February, and we need volunteers to act as Marshals and other duties. Please contact me if you can help out. The race starts at 10am so the time commitment is likely to be between 9am and midday at the latest.

Let me know at: [mnskilton@aol.com](mailto:mnskilton@aol.com)

Mark

If you want to run the race then further details are at:  
<http://henfieldleisure.co.uk/wp-content/uploads/2012/11/HENFIELD-NINE-MILE-ENTRY-FORM-2013.pdf>

## FANCY A WEEKEND AWAY RUNNING IN MAY? THEN I RECOMMEND THE DOURO VALLEY HALF MARATHON ON MAY 19TH

*"Race course on the road along of the Douro River, until Peso da Régua. You will run in a road with unforgettable landscapes  
Douro Wine Region - UNESCO World Heritage Centre"...***Mini Marathon May19th**

If you are not prepared for the distance of the Half Marathon, you can anyway take part at the event, just running the Mini Marathon. I did it last year (this was my best trip yet) anyone up for it this year May19th?

My 2012 itinerary follows, but there are many variations:

Wed: Easy jet 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 up stream for 7 hour trip to race H.Q. (@E65 including breakfast, lunch and drinks). Transferred to a Guest house about 1K from the village.
- Sat Register for the event which became a mix up as I had entered for the 7K walk/jog but was given a marathon number (I did not find out until at the race start).
- Sun Join the train for 6k journey that takes walkers and runners to the start
- 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 and 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.

Let me know if interested at:  
[brian.henfield@tiscali.co.uk](mailto:brian.henfield@tiscali.co.uk)

Brian



## CONGRATULATIONS

Congratulations are due to Kim Murfin who had her baby son, Rowan James, on Sat afternoon (9th Feb) - 7lb 5oz! Sign him up now!!

Gill

## SUSSEX GRAND PRIX UPDATE

### FINAL GRAND PRIX RESULTS 2012

#### Brighton 10K

Lotte Katz	46.31
Deli Westley	56.15
Brian Bracey	1.09.32
Rosie Sayers	1.13.53

#### Crowborough 10K

Unfortunately we had no runners for this race.

The end of year awards were presented at the Jack and Jill pub, Clayton on 6<sup>th</sup> February 2013 at 7.30pm.

Henfield Joggers have two runners who have achieved awards in 2012.

Rosie Sayers LV9	1 <sup>st</sup>
Delia Westley LV7	3 <sup>rd</sup>
Michael Dee MV7	2 <sup>nd</sup>



Delia receiving her award for V7 3rd place!

The Henfield Joggers Club finished :

Ladies: 12<sup>th</sup> of 23

Men: 17<sup>th</sup> of 23

Information for all Sussex Grand Prix events and entries, results and links to all clubs, SGP and WSFRL can be found at [www.sussexraces.co.uk](http://www.sussexraces.co.uk), and more information and a list of all Grand Prix events can be found on our own website at: [www.henfieldjoggers.co.uk/events/category/grand-prix/](http://www.henfieldjoggers.co.uk/events/category/grand-prix/)

The first race for 2013 was Chichester 10K on 3<sup>rd</sup> February



Ralph	BERNASCON	00:42:47
Ben	HADDRELL	00:52:27

And this will be followed by:

Eastbourne Half - March 3<sup>rd</sup>  
 Worthing 20 - March 10<sup>th</sup>  
 Hastings Half - March 24<sup>th</sup>.

I will put a copy of the 2013 race list on the notice board, also a copy of the SGP rules which inform runners how many races they have to partake in to achieve points for the club and towards the prizes at the end of the year. There will be entry forms for the next few races also, but most entries can be done online.

It would be great to see some new faces at these events, I think Henfield Joggers could do quite well if only we had more runners taking part.

Jenny



#### WEST SUSSEX FUN RUN LEAGUE UPDATE

After taking over from Terry at the start of the year, it has been great (New Years Day aside – always a difficult one depending on what you’ve been up to the night before!) to see so many HJ runners turning up, and quite a few running in a race for the first time (see Tina’s story elsewhere).

#### HANGOVER 5

James	LEWIS	44:20
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#### WORTHING LIDO

Michele	Longmore	33:20
Paul	Crowe	34:44
Gill	Hamilton-Orr	36:40
Joyce	Bundell	38:02
Sue	Spiers	38:58
Liz	Pamment	41:46
Alison	Taylor	41:46
Tina	Hawkins	41:48



#### VALENTINES

Gill	HAMILTON-ORR	0:37:59
Paul	CROWE	0:38:10
Alison	TURNER	0:39:59
Sue	SPIERS	0:41:02
Tina	HAWKINS	0:45:44
Liz	PAMMENT	0:46:01
Alex	HILLS	0:51:14
Katie	PALMER	0:54:00
Julie	HILLS	0:54:02

Well done to Katie, Julie and Alex for finishing their first run in, well, MUDDY conditions!



Lots more races to come this year, and I look forward to seeing even more of you at them! I now have the HJ 'Feather Flags' so hope to have these at events to again provide a focal point

Paul

#### **BRIGHTON HALF MARATHON**

Ralph	Bernascone	01:37:49
Lotte	Katz	01:44:16
Jenny	Davies	01:53:24
James	Lewis	01:57:04
Hugh	Martin	01:53:37

And Paul Crowe pulled up at 6 miles with cramp. Sob!





10 Minutes before the start at the Brighton Half Marathon

### EXTERNAL EVENT – PURPLE PATCH RUNNING WORKSHOP (THIS IS NOTHING TO DO WITH HENFIELD JOGGERS BUT MAY BE OF INTEREST)

Whether your members have entered a marathon or are trying to get their running back on track generally, these workshops will give them everything they need to improve their technique, pick up their pace and reach their goals ... in one day!

*Transform your Running*

**Saturday 9<sup>th</sup>/23<sup>rd</sup> February or 25<sup>th</sup> May**

We will be covering, both in the classroom and outside in the practical sessions

- Technique and how to improve it
- Core stability & running efficiency
- Training sessions that will deliver the results you want
- Developing your training plan
- Running faster and race pacing
- Nutrition and hydration with expert nutritionist Peta Bee
- Stretching

**Led by Sports Scientist and UKA Senior Tutor & Coach *Chris Donald*:** UKA Level 3 Coach, Regional Trainer and Senior Tutor. Natural Running Coach. Age UK Marathon Coach. Sports Science BSc. Coaches runners from 5k to marathon distance. Presents seminars on how to train smarter, run efficiently and race faster

**Nutrition/Hydration discussion led by expert Nutritionist *Peta Bee*:** award

winning journalist, author, post grad degree in Nutrition, *Runner's World* magazine nutrition editor for nine years and ex - international athlete.

Held at Hillingdon Sports & Leisure Complex, Gatting Way, Uxbridge, Middlesex UB8 1ES. We will be using the track for all practical sessions and a seminar room for all theory sessions

Cost is £70 per Workshop and **all abilities are welcome** – No-one is too slow (or fast!) as everyone will be running at their own pace

Book via [www.purplepatchrunning.com](http://www.purplepatchrunning.com), email [info@purplepatchrunning.com](mailto:info@purplepatchrunning.com) or for more info call 01494 630759

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### USEFUL LINKS

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

[enquiries@henfieldjoggers.co.uk](mailto:enquiries@henfieldjoggers.co.uk)

[beginners@henfieldjoggers.co.uk](mailto:beginners@henfieldjoggers.co.uk)

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

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

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

