

HASTINGS RUNNERS

Secretary: Steph Miller
Oakdene
25 Woodland Way
Fairlight TN35 4AU
Tel: (01424) 812801

Chairman: Michael Hall
38 Vale Road
St Leonards on Sea TN37 6PS
Tel: (01424) 719688
Email: bds@michaeldhall.co.uk

Dear Member,

Membership Renewals 2012

Please find attached membership renewal form for completion and return as soon as possible. Your subscription will be due on the 1st January 2012.

Please pay by cheque payable to Hastings Runners and send to the Membership Secretary Mary Chantler, 56 Birch Way, Hastings, East Sussex, TN34 2JY. Early or prompt renewals will be appreciated.

2012 Championship Events

Information listing championship events is enclosed together with the opportunity to enter all 'club only' races en-bloc at a discounted rate provided you can return the form with payment no later than Friday 20th January 2012.

Coach of the Year 2011

Club President Paul Cabban instigated an annual award to the Clubs Coach of the Year. Voting slips are attached to enable you to cast a vote for this past year. Votes to be received no later than the end of Thursday 19th January 2012. The 2011 Coach of the Year will be announced with all other 2011 Club Awards at the New Year Club Social on Friday the 20th January 2012 at East Hastings Sea Angling Association Clubhouse.

Voting Slip – Please place a tick against one name

Return in a sealed envelope marked 'coach 2011' to either President Paul Cabban 23 Downs Road, Hastings, TN34 2DX, or Treasurer Mike Foord, 8 Oliver Close, Hastings, TN34 1RA or alternatively hand the sealed, marked envelope to Mike Hall/Steph Miller on training nights

| Name of coach | tick |
|---------------|------|
| TERRY KITSON | |
| CASSIE COLVIN | |
| JOHN WESTERN | |
| NICK BROWN | |
| MIKE HALL | |
| CHRIS LAW | |
| TIM JURY | |
| STEVE DENNY | |
| SALLY LOVELL | |

| Name of coach | tick |
|-----------------|------|
| STEPH MILLER | |
| NIGEL THORNELY | |
| MORAG MURRAY | |
| MARTIN NOAKES | |
| CORRINA SKINNER | |
| DAVE STRACHAN | |
| JULIETTE RAMSEY | |
| DAVINIA HILL | |
| SUZI FUNNELL | |

This year there are 7 club races – detailed below. Please support Hastings Runners by entering these events.

Full details of the races will be available in the newsletter in the usual way, and you may enter each race individually by using the entry form which will be published in the newsletter prior to each race, alternatively you may enter all the races now. If you wish to enter the club races now please return the entry form below with your payment (cheques made payable to Hastings Runners) to **Nick Brown 9 Churchfield, Main Road, Westfield, Hastings East Sussex, TN35 4SN**. Alternatively please hand form and payment to Michael Hall on training nights.

Please remember club kit must be worn to score championship points. No refunds will be made.

CONTINUED FOR 2012!

This year we will be continuing the Club Championship based on Target Times and we will be running a Club Championship based on First Past the Post system and an Age Graded Championship. Three championships for the price of one!

The aim of the Club Championship based on Target Times is to give each member an equal opportunity to win the championship by rewarding consistent good performance throughout the year.

Every club member will be given a "Target" time for each of the club championship races. After each race the percentage difference in race time against target time will be calculated (Target Time – Race Time). Championship points will be awarded on the calculated time and the best percentage time gaining the most championship points. The number of points gained will be influenced by the number of HR runners that enter each race. Target Times will be published on The Hastings Runners Web site and posted on the notice board at Hornbye or are available from Paul Sargent.

Remember, the aim of this championship is to give every member an equal opportunity to win the championship. If you consider that the target time is unfair i.e. too fast OR too slow you may appeal against the Target time. An appeal may be made at any time. The appeal must be in writing and include the distance and time appealed against, a proposed Target time and any evidence, (race results etc) to support the appeal.

There are 23 races, plus an optional marathon of your choice, that can gain points towards each club championship. Only the best 8 results will count, marshalling a club only race can also gain points where only 7 races are completed to qualify for the championship. During the year points must be gained in 2 Club events. Points are only awarded if Club Kit is worn. Entry on the day to club events will gain points. The Championship event details are attached.

Send appeals to: Paul Sargent., Paulsargent3@btinternet.com.

The seven club races are: Pier to Pier, Club 5K (two), Alan Corke, Chealwatch 5M, Rye to Hastings and the Barry Richards 10K. You can enter all seven races with the form below

DECLARATION: I wish to participate in the seven Hastings Runners events held in 2012 and declare that I am fit and healthy to enter and that I do so entirely at my own risk, and I agree that I will not hold the organisers responsible for any injury or accident, or loss of property, howsoever caused.

Name: _____ Name: _____

Signed _____ Signed _____

Please Tick

| | | |
|---|--------------|--------------|
| 7 Club Races | | £8.00 |
| Transport Pier to Pier | | £4.50 |
| Transport Rye To Hastings | | £4.50 |
| I wish to enter the races and enclose payment (tick as appropriate) i.e. if you wish to just enter all races without transport = £8.00 | Total | |

Race entry form and cheques to **Nick Brown (9 Churchfield, Main Road, Westfield, Hastings East Sussex, TN35 4SN)** or hand to Nick or to Mike Hall on training nights.

Cheques made payable to **Hastings Runners**

Here are the championship races for 2012

| | | | |
|---|-------------------------------|--------------|---------------------------------|
| 08 January 2012 | HR Pett XC | 5M | 11:00 (Sun) |
| Third of 6 East Sussex cross country league races of the winter season. | | | |
| 29 January 2012 | Canterbury 10M | 10M | 11:00 (Sun) |
| Undulating road race through the town and country. entry form: click here | | | |
| 19 February 2012 | Pier to Pier Club Race | 16.5M | 09:00 (Sun) (Club only) |
| Approx 16.5 miles, flat route from Eastbourne Pier and finish at the Angling Club - transport to Eastbourne available, water stop on route alternative shorter run from Cooden Beach Hotel, numbers permitting. (not Club Championship). entry : click here | | | |
| 25 March 2012 | Hastings 1/2 | 1 / 2 | 10:30 (Sun) |
| Sussex GP event. Ever popular, the big one for many. | | | |
| 13 May 2012 | Hastings 5M | 5M | 10:30 (Sun) |
| Flat and fast course following sea front from town hall down to Cinque Ports Way, back to Old Town trampolines, returning to town hall. | | | |
| 16 May 2012 | Club 5K | 5K | 18:45 (Wed) (Club only) |
| Out and back from near Hastings $\frac{1}{2}$ start on seafront, fast and flat. Suitable for all club members. | | | |
| 12 June 2012 | Alan Corke | 6.4 M | 18:45 (Tues) (Club only) |
| Off road race at Fairlight Country Park. Off road and hilly. | | | |
| 24 June 2012 | Heathfield 10k | 10K | 10:00 (Sun) |
| Sussex GP event - Hilly but attractive, good summer feeling. | | | |
| 01 July 2012 | Bewl Water 15M | 15M | 10:30 (Sun) |
| Sussex GP event. Off road around Bewl Water - refreshments after, good parking. | | | |
| 12 July 2012 | Barry Richards 10K | 10K | 18:45 (Thur) (Club only) |
| Fast Flat course on Bexhill Seafront - starts and finishes at Galley Hill. Suitable for all club members. | | | |
| 21 July 2012 | Chealwatch 4.5M | 4.5M | 18:00 (Sat) (Club only) |
| 4.5M off road in the woods. Barbeque afterwards, bring your own food, great HR social occasion. | | | |
| 17 August 2012 (TBC) | Rye Classic 5K | 5K | 19:00 (Fri) |
| Fast and flat course, out and back from Rye harbour through the bird sanctuary. | | | |
| 02 September 2012 (TBC) | Battle 10K | 10K | 10:00 (Sun) |
| Undulating road race on a circular course starting and finishing in Battle. | | | |
| 09 September 2012 | Hellingly 10K | 10K | 10:30 (Sun) |
| Sussex GP event - undulating road race through country lanes. | | | |
| 16 September 2012 | Rye to Hastings | 12.8M | 09:00 (Sun) (Club only) |
| Approx 12.8 miles from Rye through the Bird Sanctuary, Fairlight and country park to Old Town - shorter run (not part of club Championship) is available from the Country Park car park, subject to numbers - transport available, water stop. | | | |

| | | | |
|---|----------------------------|-------------|--------------------------------|
| 23 September 2012 | Beckley 10k | 10K | 11:00 (Sun) |
| Hilly course through country lanes, well marshalled., popular with HR. | | | |
| 07 October 2012 | Lewes Downland 10M | 10M | 11:15 (Sun) |
| Part of Sussex GP event, undulating wholly off-road race. | | | |
| October 2012 (TBC) | Whitbread Hollow XC | 4.5M | 11:00 (Sun) |
| Typically the driest cross country of the season, which is fast and fun for all. | | | |
| 11 November 2012 | Bexhill Poppy 1/2 | 1/2 | 12:30 (Sun) |
| Fast and flat, 4 lap course along the promenade and sea wall. Great opportunity for a PB. | | | |
| 17 November 2012 | Club 5K | 5 K | 10:30 (Sat) (Club only) |
| Out and back from near Hastings $\frac{1}{2}$ start on seafront, fast and flat. Suitable for all club members. | | | |
| 25 November 2012 | Crowborough 10k | 10K | 10:00 (Sun) |
| Sussex GP event - hilly 2 lap course but nonetheless popular. | | | |
| 09 December 2012 (TBC) | Seaford Mince Pie | 10M | 11:00 (Sun) |
| A popular multi terrain event over a challenging 10 mile course. | | | |
| 15 December 2012 (TBC) | Ashburnham Dash | 5M | 10:30 (Sat) |
| Scenic course in the grounds of Ashburnham Place. 2 laps around an undulating course. Good changing facilities and a small Christmas Pudding for every finisher, popular with HR. | | | |

**Plus: Marathon of your choice. Nomination to Paul Sargent prior to the race.
(paulsargent3@btinternet.com)**

HASTINGS RUNNERS JANUARY 2012

It has been proposed that for 2013 club only races, fees shall be included within the annual subscription. At present, of the 7 club only races 4 draw an entry fee at £2.50 each discounted by 20% if you pay in advance at the beginning of the year.

The proposal would show an increase in subscriptions of just £2.50 per annum per single membership and £4.00 per family membership.

If the proposal were adopted it would still be necessary to complete an entry slip for each of the races to assist the planning and administration but no further monies would be payable save for the transport cost of the Pier to Pier and the Rye to Hastings races.

At this stage we seek an indication of members views on the proposal.

If the response favoured the proposal then the matter would be included as a formal proposal at the next Annual General Meeting to raise the subscription accordingly.

Please complete the slip below and return same to Chair Michael Hall or Secretary Steph Miller.

I **am / am not** * in favour of increasing membership subscription for 2013 by £2.50/£4.00, to include entry to all 7 of the club only races currently held each year.

* please delete as appropriate

Signed:

Printed:

January 2012