



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

Race Results and Reports

Maratonisole, Maggio 7,8,9

What a great week away in Italy for the Maratonisole, which Sarah had organised. On arrival day in Ischia we went to register and collect our numbers and race details. Fortunately Sarah was there to translate as all the race details throughout the weekend were only given in Italian.

The maratonisole is a series of three races run on three islands in the Bay of Naples and consists of a 7km run on Capri, a 10km run on Procida and a 10km run on Ischia. The organisation of the whole series is very good and all the competitors and supporters were taken by chartered ferries to the islands.

We had heard about the first run, a 10k, on Capri. This started at the top of the hill with a run down for a few kilometres followed by a run back up to the start then down again and on to the finish. However the route changed this year and the second run down was followed, after a short flattish run, by a steep uphill zigzag to the finish. We could hear our supporters, Corrina and Steve and the commentator for quite a while, as they were several feet above us, before the finish tape came into view. This was quite a tough run but we still all enjoyed it.

The second run was on Procida. Although this involved some hills they weren't quite as steep as those on Capri. The run, which started and finished on the sea front, took us through the town and more rural areas. This too was also very enjoyable.

The last run, another 10k, was on Ischia and took us through the town and past our hotel three times. This wasn't quite as undulating as the first to but was also very enjoyable.

All nine Hastings Runners ran well and we were very well supported and encouraged by both our star supporters, Corrina and Steve. We were presented with a plaque for the Club and individually with bottles of wine as were a team from Germany as we were both the only noticeable and organised groups of overseas runners there. Terry had to do his entente cordial and pose for the cameras with a German runner. We were also filmed doing an impromptu dance whilst waiting for the prize giving.

But we were also among the prizewinners. Sylvia won her age category with Sarah second, Cheryl won hers, Morag was second in hers and Colin third in his. Although not winning anything the other runners should be mentioned as they ran well and supported the group. These were Terry and Irene, Gary and Ron.

Our hosts and the race organisers made us very welcome and were very friendly and helpful during our participation in the races and our stay on Ischia.

With the three races over we were able to relax and get into holiday mood and enjoy the rest of the week sightseeing or just relaxing. The sightseeing included a visit to the imposing Castello Aragonese d'Ischia and a trek up Mount Epemeo. Sylvia celebrated her birthday during our stay and we dressed up to go out for a meal on the waterfront followed by birthday cake and copious wine consumption on the hotel roof terrace. Sylv was honoured as Cheryl wore a dress for occasion.

We all had a great week away both enjoying the runs and being able to appreciate a lovely part of Am's country. Special thanks are for Sarah who organised the week and sorted out all the fiddly bits, who translated for us when necessary and generally took care of us. Also our grateful thanks to our star supporters Corrina and Steve who gave us such great encouragement. Grazie.

Sylvia and Ron Huggett

Alan Corke 6.4m, June 8

Name	Time		
Timothy Bell	00:43:55	Ben Muggeridge	00:50:18
Martin Noakes	00:45:08	Katherine Emery	00:51:10
Paul Sargent	00:46:18	Gary Lancaster	00:51:27
John Western	00:46:34	Lynda Muggeridge	00:51:52
Richard Devine	00:48:07	Robert Thomas	00:52:40
Chris Law	00:49:07	Nick Neale	00:53:10
John Vidler	00:49:44	Tina Wren	00:53:14
Matthew Beaver	00:49:58	Sylvia Huggett	00:53:54
		Steve Johnson	00:53:58

Ian Jarvis	00:54:05	Suzi Funnell	01:03:02
Tim Jury	00:55:33	Zoe Godden	01:03:25
Nigel Thornley	00:55:54	Tony Skinner	01:04:25
Michael Hall	00:56:11	Andrew Beaney	01:04:28
Sarah Marzaioli	00:56:32	Anne Brooks	01:05:22
Steph Miller	00:56:52	Julian Buss	01:05:25
Lee Miller	00:56:52	Maria Kibblewhite	01:06:41
Stephen Drinkwater	00:57:34	Tracey Whittington	01:08:06
Janice Young	00:57:59	Maxine Simmonds	01:09:31
Nanji Mehaboob-E	00:58:20	Sue Lavers	01:10:00
Steve Buchanan	00:58:35	Alan Croucher	01:11:23
Steve Denny	00:59:58	Brenda Boyle	01:12:29
Keith Emery	01:00:25	Janet Fawcett	01:12:55
Becky Kerry	01:00:53	Natasha Slow	01:13:46
Peter Cocker	01:01:10	Erica Wilson	01:14:33
Andrew Bashford	01:01:14	Rachel Roser	01:14:37
Paul Cordeux	01:01:30	Davinia Hill	01:18:00
Carrie Dubber	01:01:57	Julie Beerling	01:18:53
Wendy Brampton	01:01:57		

Bluewater 10k, June 13

Sunday 13th June dawned rather grey and overcast and it was an early start to get to Bluewater shopping centre - but not for a Retail Therapy session, instead it was to line up for the start of the Bluewater 10K. A large field lined up on the edge of the car parks to set out on what cannot be described as a scenic route. Looping out from the retail centre in the old quarry we headed up and around the edge of the quarry through an industrial area across to the Dartford crossing. We passed very close to the toll booths as we turned and headed back to Bluewater.

The Pacers had an interesting tactic, all stand together at the start and then set off rather quicker than expected!

However on what is an "undulating" course I was really pleased to get round in 61:53 mins - a pb by 3min 40.

Trouble is we were back and finished long before Sunday trading hours - so a cheap day out!! Except for the race fee, which was a bit on the high side for a 10k, but you do get a very good technical t-shirt, nice medal and excellent goodie bag.

Sue Mercer

Round the Island Multi-Stage 72m, June 19-20

This race, following the coastal path, takes you on a full lap of the Isle of Wight, over two days.

I ran the first half on the Saturday - about 39 miles in 9hrs 21mins - and then the remaining 33 miles on the Sunday - in 8hrs 11mins. I came 27th out of 55 starters, so was bang on Mr Average!

I thought I'd email this to everyone as the organisers - <http://www.xnrg.co.uk> - are a great bunch of people who put together some cracking events, especially if you are looking for a way into longer distance running.

Special thanks to Paul Cooper, whose "just enter it" attitude inspired me to run these longer distances - although he doesn't know that!



Neil Baker

North Downs 30k, June 20

4:42:44 BURKE, Cathy

4:42:44 BURKE, Martin

Chichester Mid Summer Evening 5m, June 23

A very friendly and well organized race put on by Chichester Runners, starting from Lavant village hall just north of the city. The course was billed as a fast, flat 5 miler; however there were a few unexpected undulations and the middle section consisted of a 2 mile lap round Goodwood motor racing circuit and like most runners I just fried with the heat coming off the tarmac. After that it was just a damage limitation exercise in the heat, and I was pleased just to finish although it was galling to come in a mere 5 secs behind the first M50!

Nick Brown 30.27 (2nd M50)

Rye Foreign Midsummer-ish Hash-ish, June 24

Position	Time	Name			
4	0:27:46	NOAKES, Martin	11	0:35:04	FOORD, Mike
10	0:34:26	HALL, Michael	17	0:43:54	HILL, Davinia

EnduranceLife Classic Quarter, 44m, June 26

- 03:00 The alarm clock breaks into my slumber ridiculously early. I manage to resist the very real temptation to hit the snooze button. It slowly dawns on me that there is a reason for this early call. I'm going to run the race of my life today!
- 03:50 I arrive at the Land's End Car Park. It is still before dawn and a full moon reflects on the gently lapping waves off the rugged coastline. It is an awesome sight.
- 04:25 In between catching a few zzz's I chat to my neighbour on the coach - a female airline pilot who does her training in St Lucia or Goa between flight duties. That must be an unfair advantage!
- 05:20 Queuing to collect my number I feel my usual sense of inadequacy as I size up all the fit young guys who will be my rivals for the next 10 hours.
- 06:13 A little late after an extensive safety briefing in which hats and sun cream figured large, the starting gun breaks the early morning silence. As we set off, a lone cormorant skims across the waves.
- 07:25 With cloudless skies, no breeze and no shade on the route, the temperature is already beginning to rise.
- 08:06 On a steep downhill, I feel my left foot slide forward in my shoe pinching my second toe. It is a sharp pain, but of greater concern than the inevitable black toenail, is worry that it may be accompanied by a blister that will become a major difficulty later in the day.
- 09:12 It is getting ridiculously hot now and I realise that water is going to be a key consideration. Entering a water station I desperately want to throw loads over me to cool down, but that would be depriving those behind me of a drink. I determine to catch a hatful of water at each and every stream I cross.
- 09:56 I do a "Chris (Law)" and stumble off the side of the path. Fortunately I don't slide down the cliff, but am cross that the loss of concentration has cost me a sizeable graze on my knee.
- 10:55 Running through Marazion there are glorious views of St Michael's Mount. The good news is the next few miles are along the seafront in Penzance and Newlyn - a respite from the hills at least.
- 12:15 The picturesque little fishing village of Mousehole appears and is rapidly put behind.
- 12:41 By now the heat is overpowering. I find myself walking even on the flat, not because of lack of energy, but due to the extremely high temperature.
- 13:47 A long downhill gets my legs moving again and I gleefully get my head down and charge down the hill. When I look up, it is with horror as I realise the path has wound inland. I've clearly gone off route. There is nothing for it, but to turn round and climb back up the hill. I've carelessly added over a mile to my effort.
- 14:33 Porth Curno appears - a beautiful isolated cove with sandy beach and clear turquoise water. Wow - how I'd like to have a dip and cool off.
- 14:52 My wish is granted. A resident asks me if I'd like some water. I eagerly agree expecting him to fill my Camelback. He quickly appears with a hose and I tell him to forget the drink, just spray me to cool me down.
- 14:57 A cruel climb of 72 giant steps brings me to the outdoor Minack Theatre and the final water station. I'm encouraged to be told that the finish is 5 miles away not 7 as I'd thought. Perhaps I'll get there after all.
- 15:44 With a second wind I start jogging a little faster. As I crest yet another hill I can see a big white house in the distance - could it be the Lands End Hotel? Inch by inch it gets closer until I can hear the cheers of a large group of runners and supporters encouraging me to the finish. I feel a huge sense of elation that I've managed to achieve this feat. I discover I'm the 18th runner home in a time of 9 hours 38 minutes. Would I do it again? Absolutely. The scenery is breathtaking and it is the most amazing event. Would I recommend it? Well, even if you are not as mad as me, it can be attempted as a relay by pairs doing 22 miles each or teams of 4 doing approximate 11 mile legs. Surely, plenty of HRs could enjoy that, or I am alone in my insanity?



John Western

Lairig Ghru Marathon, June 27

A special mention to Sarah Marzaioli who completed this very tough marathon in the highlands, scrambling over boulder fields as much as running. Congratulations on your prize as first female V60.

Heathfield mid-summer 10k, June 27

Name	Time	Name	Time
Richard Devine	00:45:46	Peter Noakes	00:52:57
Matthew Beaver	00:45:59	Peter Cocker	00:58:18
Pete Blomfield	00:47:04	Christopher Hogan	00:59:25
Ben Muggridge	00:48:43	Tracey Whittington	01:00:45
Lynda Muggridge	00:49:38	Anne Brooks	01:03:00
Paul Gaston	00:51:01	Louise Coates	01:06:57
Nicholas Neale	00:51:14	Morag Murray	01:08:31
Richard Coates	00:51:23	Maxine Simmonds	01:10:17
Ian Jarvis	00:51:53	Davinia Hill	01:10:32
		Natasha Slow	01:10:51

Bewl 15m, July 4

Name		Time			
Nick	WEBB	01:58:21	Janice	YOUNG	02:29:37
Dave	SMITH	01:58:45	Wendy	BRAMPTON	02:29:51
Chris	LAW	02:04:25	Stan	MORGAN	02:32:52
Dave	HAZELL	02:07:14	Rebecca	KERRY	02:33:54
Robert	THOMAS	02:07:28	Patience	COOPER	02:36:01
Lynda	MUGGRIDGE	02:12:31	Keith	EMERY	02:39:32
Ben	MUGGRIDGE	02:12:50	Maria	KIBBLEWHITE	02:45:05
Paul	COOPER	02:14:31	Zoe	GODDEN	02:46:55
Lee	PARNELL	02:16:33	Anne	BROOKS	02:48:36
Chris	TURNER	02:17:02	Paul	CORDEUX	02:49:04
Tim	JURY	02:24:34	Natasha	SLOW	03:02:17
Derek	MILLGATE	02:26:44	Tracey	WHITTINGTON	03:09:15
Stephen	NEWBURY	02:28:28	Sue	LAVERS	03:20:23
			Erica	WILSON	03:20:47

Forthcoming Races

11 July	Rother Run	
15 July	Barry Richards 10k	
16 July	Rye Classic 10k	http://sussexraces.tripod.com/EntryForms2010
24 July	Chealwatch 4.5m	
25 July	Jack and Jill 5m challenge	http://sussexraces.tripod.com/EntryForms2010/JJDCEntryform2010.doc
28 July	Bexhill 3 pigs 5k	http://www.bexhillrunners.co.uk/events/3_pigs_5k.php
13 August	Rye Classic 5k	
22 August	Anderson Amble	
22 August	Seaford Marathon	http://www.seafordmarathon.co.uk/
29 August	Newick Will Page 10k	http://sussexraces.tripod.com/EntryForms2010/Newick10k.xls
30 August	Kings Head Canter 5k	http://www.kingsheadcanter5k.org.uk/
5 September	Battle 10k	http://www.bbb10k.co.uk/
10 September	Rye Classic 5k	
12 September	Hellingly 10k	http://sussexraces.tripod.com/EntryForms2010/Hellingly10k.pdf
19 September	Rye to Hastings	

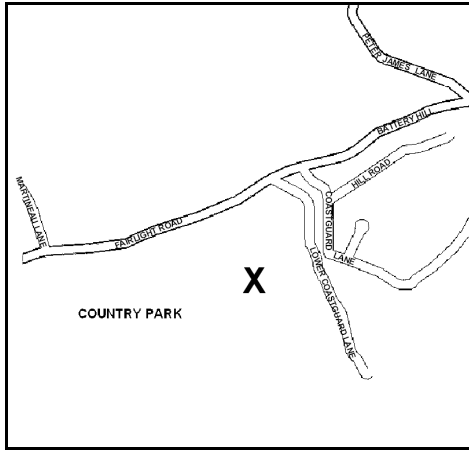
New Members

Past the half way point of the year, the club is still attracting new members. A very warm welcome to the latest recruits: June Avery, Sarah Bendell, Calvin Gander, Kayla Quinell and Keiron Quinell.

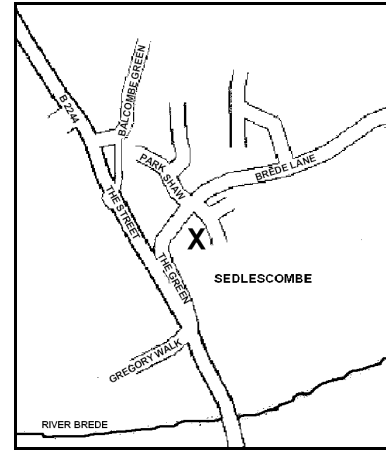
Summer Training Schedule

Monday	Horntye Sports Complex	6.30 pm	60 minutes	All standards recovery gentle run.
Tuesday	Off Road Run	6.30 pm	90-120 minutes	Locations given below. Several groups with group leader either steady or faster pace. Appropriate footwear is required depending on the weather. A water bottle is also recommended.
Wednesday	Horntye Sports Complex	6.30 pm	60 minutes	All standards and opportunity for new runners to gain experience. Several Groups.
Thursday	Horntye Sports Complex	6.30 pm	60 minutes	Efforts night - tailored for all standards - improvers, intermediates and advanced runners.
	(Note - no Thursday efforts on July 15 th or 29 th - Club 10k and beach run)			
Friday	Dordrecht Way	9.15 am	60 minutes	steady run - all standards
	Shearbarn Car Park	6.30 pm	60 minutes	Through Fairlight Country Park. 1 or 2 groups depending on numbers - all welcome
Saturday	Beach Shelter, Grosvenor Gardens	3.00pm	80 minutes	steady run
	RING TERRY KITSON (714984) OR DAVE STRACHAN (432712) TO CONFIRM RUN IS ON			
Sunday	BP Garage, The Ridge	8:00am	90 minutes	Long easy run
	RING MIKE HALL (719688) TO CONFIRM RUN IS ON			

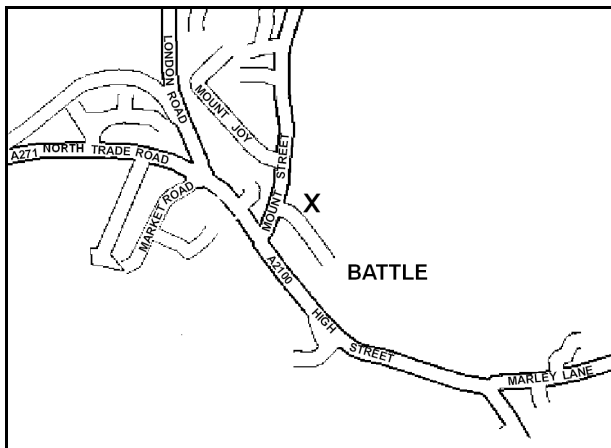
13th July, Fairlight Country Park



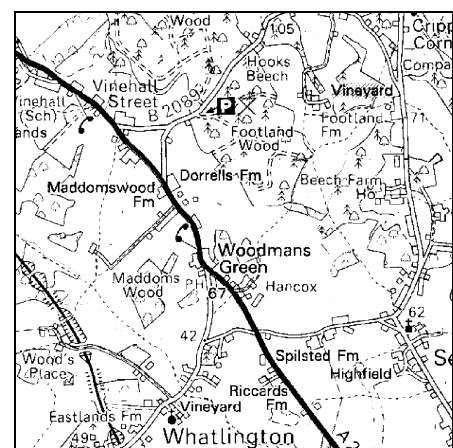
20th July, Sedlescombe Car Park



27th July, Battle Car Park



3rd August, Whatlington (Forestry Commission Car Park)



Beach Run 2010

Beach run time again. **Thursday 29th July**. An easy run to start with but then sea sand mud rocks pebbles up a cliff and up a gorge. Starts at 6.30 ends before dark (sometimes). Some runners turn up every year but others say tried it once and didn't like it. Which will you be? Preferred by the hardier runners: Sarah - the ultra, Mike - he who never stops running, Sally - pain is a man thing, Gary - runs on water never gets wet, Charlie - 190miles+13days=100pints, and me - its only a stinging nettle!!! BUT any runner can do this run.

There are two groups with 2nd doing a mile or so less(on the easy part). Starts from the furthest Fairlight country park car park near the visitor centre. For those who prefer the easy option and do efforts I am afraid they are cancelled for this run.

Derek Millgate

WESTERN THERAPEUTIC MASSAGE

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Sports massage can help prevent and treat sports injuries and ease muscular back pain, sciatica and stress related tension.

Lorraine Western Dip COT
OCR (Sports Massage) MSMA (Member of the Sports Massage Assn)
Sports Injury Therapist to Hastings United FC

call **07791 294615** to find out more!



24 Hour Run - St Michael's Hospice

As many of you will have read in last month's newsletter I have organised a 24 hour run from 12 noon on Sat 31st July to 12 noon Sunday 1st Aug to raise much needed funds for this worthy cause.

Now I am not looking for you to run the full 24 hours as I have broken the 24 hours down into 1 hour blocks so if you are able to give up an hour of your time anytime over the 24 hours it really would be appreciated.

The idea is to run from Rock-a-Nore to Grosvenor Gardens and back and is a run not a race. While I expect many Hastings runners to help me with this event, you are free to run with friends, family or indeed anyone that is willing to run!

Obviously the runs through the night will be the ones that I will have most problem filling with people's child or work commitments or indeed people just enjoying a night in bed!.. but if you can fill one of these difficult slots it really would be appreciated.

There is also the "office" to man over the 24 hours and if you are able to run and your wife/hubby/partner wants to do their bit help is always needed at the office which will be situated at Rock-a-Nore and will be the focal point for refreshments, changing for the runners and of course the area that the collecting buckets will be set up!.. so again if you can help I really would be grateful

Finally I received a email from Paul Cooper with a challenge for the more adventurous of you out there. I will just let you read his idea and see if anyone is up for his challenge!!

Dear Dave,

Just read your article in the HR newsletter about the 24 hour St Michaels Hospice run. Great idea.

I propose to run it 20 times in 24 hours - actually Rock-a-Nore to the old bathing pool site and back is 5 miles, so 20 times = 100miles in 24 hours. Many of the club runners are perfectly capable of this - there are no hills, no mud, no navigation, no need to carry a pack, and the same check-point/water stop/feed station/clothes dump every 5 miles!

A challenge to other club runners - who else is up for this? Surely the younger ones won't be beaten by a 58 year old with dodgy knees? We each supply our own support crew- really necessary in the early hours of the morning, who will supply us with food, and pledge to raise a minimum £1.00 a mile.

Kind regards, Paul.

Are you up for the Challenge?... quite something eh!... Paul has kindly offered to help anyone who would like to do this with him (Juliette is having a go!!) and is happy to have a meeting to discuss what to wear, eat and any other information that you might need to tackle this challenge.

If you need any more information about the event or just want to put yourself forward to run the please feel free to either call me 01424 432712 or email me dave8163@yahoo.co.uk

Let's make this event a success.

Dave Strachan

England Athletics Subscriptions

As part of a members membership fee Hastings Runners have to pay £5 per year for any competing member. No doubt you will have noticed on race entry forms that you have been asked to quote your personal registration number. Within the next month or so you should all receive a card from England Athletics confirming that you are a competitor and stating your England Athletics official number.

Your number can also be found on the England Athletics website - www.englandathletics.org. Your number does not change from year to year.

If you need the number to allow you to enter a race (not many insist at the moment) and are unable to trace your number and have not received the card, please email me and I will trace it for you - Leesteph.runners@yahoo.com. (By the way any officials/coaches etc will not be sent a card this year - so you will need to check the website).

Steph Miller, Membership Secretary

Minutes of Hastings Runners Meeting, 5th July 2010

HR Meeting 5th July 2010

17 members present

Apologies: Ron and Sylv, Paul C, Sally and Ian, Terry, Mary and Vic

Matters Arising: Park runs and first aid courses. Dave not present and Mike has not had the chance to discuss further with him.

Club Clock - has been collected and now at the Hall residence. Very easy to operate. Stand, small battery and means to fix clock to car roof rack needed. Mike had bought a couple of bottles of wine for Nick, who had collected the clock.

Correspondence: Roy Beeley from Hastings Tri had contacted Mike re training sessions taking place through the summer and early autumn. He will give full details in due course.

Kerry Barden had contacted Mike regarding her Elmwood Massage Clinic. Mike will suggest she puts an advert in the newsletter.

Leadership in running fitness - Mike gave details of sessions on offer which are in the new format for coaches' training. There is one on 31st July, Julie Rose stadium, Ashford, via Running in England, £90 per place. These courses may be more specific for runners.

Cooper barbecue on 10th July, 5 until late, food provided but contributions of drink would be welcome. Applecross, Friars Hill, Guestling is the address but access is via car park opposite youth hostel.

Membership: Steph reported a few new members during June, bringing us up to 312.

Treasurer: Mike Foord had distributed the June balance sheet. Tony asked about affiliation fees. £5 per member per annum.

Running Reports:

8/6/10 Alan Corke - went very well with a large turnout by the club. Tim Bell first man, with Martin just behind. Paul S won the Alan Corke trophy. Katherine was first lady home and Sylvia won the Alan Corke trophy.

13/6/10 Bluewater 10k - Sue Mercer had taken part in this race which went through quarries and past toll booths.

20/6/10 North Downs 30k Gravesend - Martin and Cathy Burke did this run

19 and 20/6/10 Isle of Wight multi stage - Neil Baker had participated and enjoyed the event, saying he had been inspired by Paul Cooper.

20/6/10 Rother Run - Mike thanked Chris and Jenny for the organization and hospitality.

24/6/10 Midsummer Hash - not very well attended. 4 Hastings Runners - Martin, Davinia, Mike Fand Mike H.

26/6/10 - Endurance Classic Quarter - 44 miles. John reported a fantastic event along the coastal paths of Cornwall, very hot conditions, up to 30 degree. The cliff top scenery was fantastic, turquoise sea, fishing villages

27/6/10 - Lairig Ghru - 28 miles race in the Cairngorms. Sarah had taken part and reported a grueling event in which she came last ! but finished within the cut off time. Again, the scenery was amazing, as the route wound up the glens to the Lairig Ghru mountain pass. There was snow underfoot in parts and 2 boulder fields which were very difficult to cross.

27/6/10 Heathfield Mid-Summer 10k. Davinia reported - very hot, well organized, extra water stops owing to the weather. 20+ HR participated.

4/7/10 Bewl 15m - around 27 HR participants out of 598 finishers. Some new runners took part and there were some good results. Mike reported this was again very well organized and marshaled.

Running Due:

11/7/10 Rother Run at Chris and Jenny's as usual. 8:30 am start.

15/7/10 Barry Richards 10k. Dave had not had many entries other than those entering in all club races. Mike asked for marshals and for coaches to mention the race at training.

16/7/10 Rye Classic 10k at Rye Harbour.

24/7/10 Chealwatch - race and entertainment, overnight camping with beach run in the morning. Marshals needed by 5:00 pm and race starts at 6:30 prompt.

25/7/10 Dinosaur 10k at Deal.

28/7/10 Bexhill 3 Pigs 5k

29/7/10 Beach run

13/8/10 Rye Classic 5k

22/8/10 Amble

4/9/10 Charing 10k - Sat 10:30 am

5/9/10 Battle 10k

19/9/10 Rye to Hastings

26/9/10 Bexhill 10k

23/10/10 Beachy Head Marathon.

Steph is happy to organize a ladies only race one Wednesday in August probably, depending what other events are happening.

Relays - Dave Strachan spoke about arrangements for a potential relay event run over the shorter loop of the Alan Corke. There was discussion about best evening for this. 12th August is a possible date.

Club Champs - Paul and Geoff not present to report. Mike will ask for a league table to be published in the newsletter (August).

Training Nights - Mike reminded all that 6th July run is now at 50 Madeira Drive, St Leonards on Sea, John and Jenny Wright's house, not Ron and Sylv's.

There is often a problem finding sufficient coaches for Wednesday evening partly because of injury, holiday commitments and so on. Mike will call a coaches' meeting.

Sussex Grand Prix: Steph had nothing to report.

Half Marathon: Eric not present.

Hastings 5 mile: Tony reported £4,654 income and £1,081 outgoings, leaving around £3,500 to hand over to St Michael's Hospice. Everyone thought this was an excellent amount.

1066 Steps Race - an additional sponsor had come forward to join the Coop, Victoria Tyre Centre and BDS. Entry forms nearly ready.

AOB:

Prize giving - Mike has booked the function room but not the band. He will try to get 1066 Rocket Men this time.

Steve reported Bruce and Eva in Portugal had sent their regards to all HR.

Sarah asked if club rules could be published so members could be reminded of these. They will be put on website.

Dave asked about the meal after last Tuesday evening off road run. Brenda usually arranges this, Mike to check on her return.

Date of Next Meeting: Next meeting on Monday August 2nd 2010 at E H Sea Angling Club at 8:00 pm.

Meeting closed at 9:15 pm.

Club Contacts

Michael Hall	Chairman	01424-719688	BDS@michaeldhall.co.uk
Sally Lovell	Secretary	01424-751653	Ian.Lovell1@btinternet.com
Chris Heal	Web Site	01797-260207	hastingsrunners@hotmail.com
Steph Miller	Vice-Chair & Membership	01424-812801	
Tim Jury	Cross Country	01424-813620	timjury@onetel.com
Dave Strachan	Race Secretary	01424-432712	dave8163@yahoo.co.uk
John Western	Newsletter	01424-435017	john.western@sky.com
Mike Foord	Treasurer	01424-430085	mikrisfoord@hotmail.com

Entry Forms

BARRY RICHARDS 10K

Thursday 15th July Fee £ 2.00 (entry fee not refundable)

Venue: Bexhill Seafront, start time 6:30pm

Name Age on race day

DECLARATION: I wish to participate in the Hastings Runners Barry Richards 10k race and declare that I am fit and healthy to enter and that I do so entirely at my own risk, and agree that I will not hold the organizers responsible for any injury or accident, or loss of property, howsoever caused.

SIGNED Date

Please give the completed entry form to Dave Strachan 192 London road, St Leonards on Sea, East Sussex, TN37 6PD
Or hand to Dave/Michael Hall/Sally Lovell on training nights

Please make cheques payable to Hastings Runners

BECKLEY CHEALWATCH 5M race

Venue: Oaklands Beckley (where the Rother Runs start)

Saturday 24th July 2010 - No Fee

Name Age on race day

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

SIGNED Date

Please give the completed entry form to Dave Strachan 192 London road, St Leonards on Sea, East Sussex, TN37 6PD
Or hand to Dave/Michael Hall/Sally Lovell on training nights

This is a free event but please fill out the form and return to above address as we need to know the number of entries and the disclaimer will require your signature.