



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

Race Results and Reports

Chichester 10k, February 7

Nick Brown 37:09 4 th M50	Helen Brown 46:42 PB
Dave Mercer 46:37	Sue Mercer 1:07:34

Punchbowl 30m/20m, February 14

Sally and I thought we'd try this one for fun. (We have strange ideas of fun) My old stomping ground. If I ever got near to growing up it was in this area of the country.

6.00am departure from Moat Lane we were at Witley for the 8.30am start with the required registration and acclimatisation time to spare.

Queue to register and I muttered to Sally that we'd likely see Robert Cameron-Wood strolling in shortly, probably having cycled the 70 miles to get there. Lo and behold, morning Sally, morning Mike. He hadn't cycled but of course he was there.

Very brief discussion on run plans cut short rather by Roberts, 'oh you just do it, should be easy after last weeks hundred miler'. Oh, right, yeah of course Robert, we answer rather meekly. Bye Robert. Never saw him again.

To cut a short story long, Robert C-W did the 30 miler and we the 20 miler. Sally and I were misled twice, (not lost you understand) we braved snow and ice, bitter cold, damaged foots. (one for Sally and one for me) I was disappointed by my running shortcomings, by the cloud and greyness which prevented my showing off the great views I recall of my youf, we were disappointed that we didn't see a speck of blue sky or sunshine from dawn till dusk, the terrain was hard, the crossing of the incredibly fast and busy dual carriageways of the A3 (only once but quite enough) was absolute hell. (Sally even screamed at me when I made a rather silly sprint across, I was touched, I am touched) but of course we'll still claim we enjoyed it and again no doubt we'll go back next year and do it properly. It will be the 30miler for sure.

Times? Not telling 'cos they were appalling and we're awfully embarrassed. Greatest disappointment aside from the times etc.? showed Sally my old home. Shocked and rocked to note huge stuck-on butterflies affixed to the wall where there should have been a blue plaque.

Mike Hall

Cross-in-Hand Cross Country, February 14

POS'N	NAME	TIME
41	CHRIS LAW	43-11
48	LINDA MUGGERIDGE	44-41
69	SARAH MARZAIOLI	48-39
71	CHERYL WOOD	49-32
74	COLIN WOOD	50-28
79	TRACEY WHITTINGTON	53-43
80	TERRY KITSON	54-59
84	KEITH KEWELL	60-44



Club Pier to Pier 16.4m, February 21

Name	Time	Points		Time	Points
Danny Blackman	01:44:30	194	Robert Cameron-Wood	02:00:38	149
Holly Wheeler	01:46:26	190	John Western	02:00:39	177
Alan Bontoft	01:50:09	175	Scott Robertson	02:01:17	172
Paul Sargent	01:53:44	199	Matt Beaver	02:02:34	157
Sam Harrison	01:56:42	189	Dale Saxby	02:05:24	172
Jason Johnstone	01:59:47	183	Paul Moon	02:05:47	185
Nick Webb	02:00:15	187	Sally Lovell	02:05:56	165
			Chris Law	02:06:38	188

Peter Bloomfield	02:07:03	152	Claire Lee	02:35:09	153
Richard Devine	02:08:07	166	Wendy Brampton	02:35:09	181
Katherine Emery	02:08:26	192	Carrie Dubber	02:35:15	173
Derek Millgate	02:08:41	176	Ian Lovell	02:38:19	200
Dave Hazel	02:09:05	174	Terry Kitson	02:38:19	186
Lynda Muggeridge	02:09:49	195	Anne Brookes	02:40:27	184
Mike Hall	02:14:46	163	Suzi Funnell	02:43:48	150
Rob Thomas	02:14:57	156	Brenda Boyle	02:46:02	162
Juliette Baker	02:18:50	196	Natasha Slow	02:49:36	197
Sarah Marzaioli	02:21:41	164	Paul Cordeux	02:49:49	147
Cassie Colvin	02:22:09	159	Ivan Hurry	02:50:36	146
Sara Emery	02:24:05	178	Heather Godden	02:51:23	172
Cheryl Wood	02:26:44	180	Tina Brady	02:51:35	172
Colin Wood	02:26:44	180	Patience Cooper	02:52:12	144
Janice Young	02:27:14	161	Brian Hinks	02:53:33	158
Ian Jarvis	02:28:18	154	Val Smith	03:00:52	172
Becky Kerry	02:29:05	172	Davinia Hill	03:06:38	148
Nanji Mehaboob-E	02:29:26	182	Julie Beerling	03:10:24	145
Peter Cocker	02:29:27	160	Irene Kitson	03:17:40	193
Tracey Whittington	02:29:27	191	Morag Murray	03:17:40	151
Zoe Godden	02:30:12	198	Bob Claridge	03:28:37	

Males

1st	Danny Blackman	01:44:30
2nd	Alan Bontoft	01:50:09
3rd	Paul Sargent	01:53:44

Females

1st	Holly Wheeler	01:46:26
2nd	Sally Lovell	02:05:56
3rd	Katherine Emery	02:08:26

Club Cooden Beach Hotel to Hastings 7.5m, February 21

Name	Time	Mike Foord	01:12:29
Ben Muggeridge	00:55:50	Keith Kewell	01:13:55
Joe Cornwall	00:56:28	Julie Collins	01:14:03
Phil McCorrie	00:56:46	Jo Woodcock	01:18:49
Gary Lancaster	00:57:35	Sarah Burnham	01:18:49
Steve Denny	00:59:51	Jo Nesbitt	01:23:45
Nick Fawcett	00:59:57	Liz Scotney	01:23:45
Debra Van Aalst	01:09:24	Rachel Smith	01:24:05
Debbie Morgan	01:10:42	Janet Fawcett	01:33:27

Males

1st	Ben Muggeridge	00:55:50
2nd	Joe Cornwall	00:56:28
3rd	Phil McCorrie	00:56:46

Females

1st	Debra Van Aalst	01:09:24
2nd	Debbie Morgan	01:10:42
3rd	Julie Collins	01:14:03

Congratulations to all 76 participants. 57 in the longer championship race and 19 in the shorter run. Despite the appalling conditions very many runners achieved some impressive times with over ten in the Pier to Pier securing improvement on last year in excess of 4 minutes. Ian Lovell managed a 25 minute improvement and Paul Sargent 23 minutes. Begg the question what happened last year, who knows, but 2010 results were excellent.

Lots of novice runners in both events and congratulations to all for the participation and completion. Results are listed above but particular congratulations to the winners, namely:

Pier to Pier, Danny Blackman, 1.44.30 as 1st Male, Holly Wheeler 1.46.26, as 1st Female, Alan Bontoft 1.50.09 as 1st Male Vet and Sally Lovell 2.05.56 as 1st Female Vet. (for the sixth consecutive year!)

Cooden to Pier, Ben Muggeridge as 1st Male and Debbie Van Aalst as 1st Female.

The greatest applause should undoubtedly go to the marshals and timekeepers for standing out there in the wet, cold and windy extremes just to ensure we runners had our fun. Magnificent all of you.

Congratulations and huge thank-yous to Timekeepers Steph Miller, Corrina Skinner and Sue Hall, Marshals Chris Foord, Martin Noakes, Charlie Colbran, Jill Green, Ashley Varley, Lee Miller, Dave Strachan, Micky Johnson, Sylvia Huggett, Ron Huggett, Alan Gladman, Steve Uzzel, Andy Broadway, Tony Naylor, Geoff Browning, Catherine Wellington, Peter Wellington, Alan Croucher, Peter Noakes and any we've missed or even lost! Finally big thanks to Paul Moon for gathering and planning the marshalling, a fine job done.

Mike Hall

Isle of Oxney 5 Mile Hot Soup Dash, February 21

Nick Brown 30.24 3rd
 Tim Jury 40.00 31st
 Anne Lander 52.01 71st

The race was held in very cold, wet and windy conditions, unlike the previous day when Helen & I jogged round the course in a balmy 5 degrees with blue skies and a great view of the Kent Weald!

Three HRs took part in this race which was held around the lanes of Wittersham and Oxney. It was a reasonably flat course, apart from two long hills in the mid part of the course. There were 85 finishers.

Nick Brown

Plumpton Cross Country, February 28

POS'N	NAME	TIME
39	TIM JURY	49-41
46	SARAH MARZAIOLI	52-27
47	SYLVIA HUGGETT	53-13
48	CHERYL WOOD	53-49
52	COLIN WOOD	55-22
57	KEITH KEWELL	61-34
58	TERRY KITSON	64-48



Tunbridge Wells Half Marathon, February 28

Name	Time	Position
Ashley Varley	1:26:35	70
Chris Law	1:40:35	407
Tania Boardman	1:42:27	437
Rob Thomas	1:43:41	498
Ian Minshall	2:01:19	1175
Steve Denny	2:01:36	1236

6 Hastings Runners braved the wind, rain and several road floods to complete the Half Marathon in Tunbridge Wells. For many of us it was our first time at this very well organised event, starting and finishing at the Tunbridge Wells Sports Centre.

There was a little frustration at the beginning with an unclear start to the race and the runners being funnelled into to a very narrow lane before opening out on to the main road. Apart from that there were several water stops, fabulous support around the whole circuit, 4 gorgeous cheer leaders, and some great scenery with most of the course being outside the town.

The male team of Ash, Chris and Rob came in 18th out of 41. There was a total of 1800 runners.

Rob Thomas

Winter Training Schedule

Monday	Horntye Sports Complex	6.30 pm	60 minutes	All standards recovery gentle run.
Tuesday	Horntye Sports Complex	6.30 pm	90-120 minutes	All standards, several groups.
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.
Friday	Dordrecht Way	9.15 am	60 minutes	steady run - all standards
	Horntye Sports Co	6.30 pm	60 minutes	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

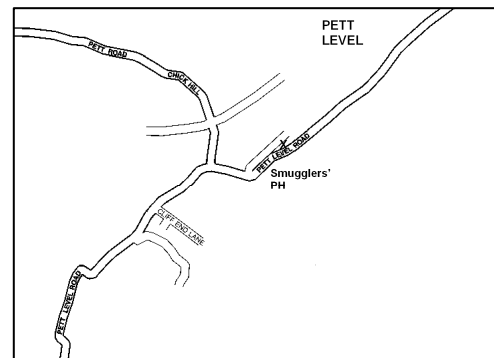
Summer Tuesday Runs

The provisional programme for the Tuesday evening runs over the summer is as follows:

6th April Smugglers Pett	29th June Netherfield
13th April Battle	6th July Sylvia and Ron
19th April Guestling School	13th July Country Park
26th April Netherfield	20th July Sedlescombe
4th May Fairlight Country Park	27th July Battle
11th May Crowhurst Car Park	3rd August Watlington (Forestry)
18th May Sedlescombe Car Park	10th August Guestling
25th May Sylvia and Ron (Westfield)	17th August Crowhurst
1st June Catsfield Car Park	24 th August Catsfield
8th June Alan Corke	31 st August Country Park
15th June Battle	7 th Sept Sedlescombe
22nd June Guestling	14 th Sept Smugglers

The location of the first of these runs is shown on the sketch map. The locations of other meeting points will be shown in future newsletters.

Any queries contact Andy 813998 or Mike 719688



Bob Sloan

It is with great regret that we have to report the recent death of Bob Sloan, one of our founder members. Bob's then wife, the late Liz Sloan, formed the Hastings Women's Runners Club in the early 1980's and soon afterwards Bob started running with them and was joined by other male runners including Christopher Langdon, Peter Anderson and Raymond Kilgariff. This club evolved into the Hastings Runners Club that we have today. Liz is remembered by the annual award of the Founders Trophy.

Bob initially joined the Fire Service and later trained as a teacher. Becoming disillusioned with teaching Bob obtained his PSV licence and started his one man coach business called "Bob-a-Long, the non- smoking coach business". He developed this into a business providing walking holidays all over the UK, and providing us with the transport to many running events in which he also took part. The next phase of Bob's life involved taking to the sea, initially working on charter yachts sailing around the Caribbean before settling in the Canaries for 8 years living on and sailing a trimaran. Bob returned to the UK in 2008 to work as a housemaster at Bedgebury School hoping to buy a larger boat, and spending many hours walking in Bedgebury forest as his knees would no longer allow him to run. Sadly he was not able to fulfil this dream.

Bob will be remembered for his enthusiasm and encouragement to all those who wanted to run. Club membership in the early days was only about 25 members and the monthly meetings were held in the front room of the Sloan household, after which Bob would duplicate a newsletter and run around Hastings delivering copies to members. He was always smiling and laughing and I will remember him doing so as he drove his coach up the Sevenoaks by-pass en route to the London Marathon and pointing out the "Central London 26 miles" road sign and reminding us of how far we were yet to run.

Bob and Liz were both keen on protecting the environment and became involved with the local "Greens". There will probably not be a funeral as Bob bequeathed his body to medical research, however a memorial party will be held on a date to be arranged.

Condolences on behalf of the club have been conveyed to Bob's sons Tom and Matt.

Paul Cabban

Forthcoming Races

07 March	Eastbourne Half Marathon	http://www.sportssystem.co.uk/ss/Eastbourne
14 March	Pett x/c	http://www.eastsussexcrosscountry.co.uk/
14 March	Lydd Half Marathon	http://www.nice-work.org.uk/
21 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28 March	Brooklands 10k	http://www.209events.com
28 March	Worthing 20 Miler	http://www.worthingharriers.com/entryforms.php
02 April	Folkestone 10m	http://www.folkestonerunningclub.co.uk/docs/folkestone-10-entry-form.pdf
05 April	Lewes 10k	http://sussexraces.tripod.com/EntryForms2010/LewesEaster2010.pdf
10 April	Sussex Road Relays	
11 April	Paddock Wood Half Marathon	http://www.sportssystem.co.uk/ss/paddockwood
18 April	Brighton Marathon	http://www.brightonmarathon.co.uk/faqs.html
18 April	Hartfield 10k	http://sussexraces.tripod.com/EntryForms2010/hartfield.doc
25 April	London Marathon	
09 May	Horsham 10k	http://www.horshamjoggers.co.uk/index.php
16 May	Hastings 5 Mile	http://www.hastingsrunners.org.uk/5mile/index.htm
16 May	Bognor Prom 10k	http://www.bognorprom10k.org/
19 May	Club 5k	
23 May	Canterbury half marathon	http://www.209events.com
26 May	Bexhill 3 pigs 5k	http://www.bexhillrunners.co.uk/events/3_pigs_5k.php
29 May	Tillingham Rockabilly 5	http://www.nice-work.org.uk/
08 June	Alan Corke Club Race	
12 June	South Downs marathon	http://www.209events.com
04 July	Bewl 15	http://www.wadhurstrunners.co.uk/

Road Relay Championships

The Sussex Road Relay Championships will be held on Saturday 10th April at Horsham, They are suitable for ALL runners. Each leg is approx 2 miles distance. Any further information and to secure your place in a team phone Steph Miller on 812801

Hastings Half Marathon Leaflets

A big thank you to a number of Hastings Runners for delivering leaflets throughout the route of the Half Marathon. Door to door delivery is quite a graft and we've all no doubt better things to do with our time. However, in putting something back into running it proves invaluable and is greatly appreciated by the Hastings Lions Club and the Public also. Many thanks to Natasha Slow, Cheryl Wood, Terry and Irene Kitson, Tony Demarco, Tim Jury, Keith Kewell, Chris and Mike Foord, Carrie Dubber and Sally Lovell for their participation and time.

Hastings Half Marathon Buffet

Organised by Hastings Runners with the aid of the Twin Towns Association this is a post-race buffet held at the East Hastings Sea Angling Club. Staged to send off Hastings Twin Town Visitors there are a limited number of tickets (49) available for Hastings Runners and their guests to purchase. £5.00 each, the buffet runs from around 1.30pm for about an hour to an hour and a half. Tickets available from Mike Hall.

Hastings Half Marathon Pre Race Pasta Party at The Azur (Marina Seafront)



Race Eve 20th March, 7.p.m. to Midnight

All you can EAT from a Fabulous Selection
for only £9.95 per person (in advance)

**MUSIC - DANCE - FOOD - FILMS OF PAST EVENTS -
INTERVIEWS - FRIENDS**
(and something to drink)

Come and have an enjoyable and entertaining Evening before The Big Day!

visit www.hastings-half.co.uk

or contact Azur Direct at 08458121066 or e.mail dthorpetracey@aol.com or contact Eric Hardwick
to book your tickets NOW.

Limited Availability

Tickets on Night (if available) £10.95

Sponsored Half Marathon

Like many Hastings Runners I will be taking part in the Hastings Half, and aiming to raise funds for a very special local charity, The Sara Lee Trust. It will be my first ever half marathon!! If you would like to support my efforts, please visit my Just Giving webpage at

www.justgiving.com/Becky-Duggan

Many thanks, Becky Duggan

New Members

February has seen a large influx of new members to our club. It is great to have you all and we trust that you will enjoy many years of successful running and rewarding friendships with Hastings Runners:

Neil Baker, Lesley Barnes, Rebecca Bayley, Tina Brady, Barry Buchanan, Sarah Burnham, Julian Buss, Dom Collins, Julie Collins, Annabel Colvin, Bruce Colvin, Jacob Colvin, Joe Cornwall, Lara Daly, Janet Fawcett, Nick Fawcett, Chris Harvey, Dougie Harvey, Lisa Jenkinson, Phil McCorry, Joanne Nesbit, Lee Parnell, Liam Rowley, Dale Saxby, Liz Scotney, Kelly Sinfield, Rachel Smith, Rosalie Uphill, Julie West, Holly Wheeler, Tracey Whittington and Jo Woodcock.

Grijsloke Weekend

The deadline for booking places on our annual trip to the Grijsloke races in Belgium is March 31st. The events (7k and 10 mile runs) are on Saturday August 28th. As usual we will travel out on Friday 27th and return on Sunday 29th and will stay with runners from the Grijsloke club. Names should be given to Jill Green on 01424 440087 or e-mail jillyjogger@o2.co.uk. Further details can also be obtained from Jill if required. Many Thanks

Paul Cabban

Loaf Walk May 2010

LOAF is a local charity set up some 30 years ago by representatives of the Christian churches in Hastings and St Leonards. One of their main aims is to raise funds to support projects in third world countries and one of their big successes has been the building of new bridges in the village of Hastings, Sierra Leone and the current project to build a village community centre there is well underway. This project has led to the formation of the Hastings Sierra Leone Friendship Link and the official twinning of Hastings UK and Hastings Sierra Leone.

One of the main fundraising events has been the annual LOAF walk which is held on the May Day bank holiday. The 2010 walk is being organised in a different way in order that individuals or organisations can raise funds for their own charities, the only stipulation being that it should be a charity supporting overseas projects.

Hasting Runners have been contacted by the LOAF organisers and invited to submit individual or team entries. A registration fee is payable to LOAF and entrants can walk or run a distance of their choice 4, 8, 10, 14 or 18 miles. The route is marshalled (volunteers always welcomed). The event is centred on Westfield Church with picnic facilities available at lunchtime so you can rest before, after, or midway during the walk/run. Insurance and first aid cover are provided.

Two charities come to mind if any members which to take part, firstly, "Farm Africa" (contact Tim Jury for information about this charity) or Hastings Sierra Leone Friendship Link (contact Paul Cabban for details) but you may of course choose your own charity.

Further details about the walk/run can be obtained from John Geater on 01424 4322 or john.geater@sky.com or from Roger Mitchell on 01424 422299 or avvk28@dsl.pipex.com

Paul Cabban

Are you in need of a sports massage?

If you are feeling:

- Soreness
- Bruising
- Tightness
- Weakness
- Strains or
- Pains



These are all signs of congested muscles or fatigue. A sports massage can help to decongest and improve the condition of the muscles, which will alleviate the persisting problem. ½ Hour £18 1 hour £28

Call Kimberely Kempster, BSc Hons, Sports Therapist on 07874881414

Minutes of Hastings Runners Meeting, 1st March 2010

HR Meeting 1st March 2010

21 members present

Apologies: Wilf, Terry and Irene

Matters Arising: as per

Correspondence: 1066 steps race - taking place on 10/10/10, first Sunday of Hastings Week. Classic Car show will take place at Rock-a-Nore and we will be able to benefit from their PA system.
Paul Cabban reported that Bob Sloan had died last week. Bob and wife Liz were founder members of the club. Paul has done an obituary for HR newsletter.

SASBAH - Sussex Association for Spina Bifida and Hydrocephalus - looking for runners to raise sponsorship at Hastings Half. Free T-shirt will be on offer.

Sally had received forms for various races - these will go in the usual folder.

Sussex Athletics - had sent Sally news about various coaching courses and other opportunities and she gave details.

Community Sports Network - Mike had received information about a meeting on 17th March at William Parker Sports College, involving many national, regional and local sports bodies. Anyone interested is welcome to attend. Eric gave further background about the purpose of the meeting and the connection with 2012.

Membership: Steph reported membership now up to 265 and read out the names of new members. Steph explained there was a set procedure for transferring to another club and this applied to some new members. She will contact the people involved to clarify.

Treasurer: Mike Foord had prepared the balance sheet for February.

Running Reports:

7/2/10 Ashford 10k - some Hastings Runners had participated but no one to report.

7/2/10 Chichester 10km - Dave and Sue took part and noted other Hastings Runners there. Very large field, winning time was very fast. Sue got a PB.

7/2/10 Hash run - Cheryl reported a good hash at Broad Oak, around 35 participated.

14/2/10 Cross in Hand x country - Cheryl reported a poor turnout unfortunately, 8 Hastings Runners. It was snowing at the start but was an enjoyable event.

14/2/10 Punchbowl 20/30m. Mike and Sally took the 20 mile option and enjoyed both the snow and the rice pudding!

21/2/10 Pier to Pier and Cooden non-champs run. Great turnout by HR for these club races. Mike thanked the marshals and timekeepers again. 10 people had improved their time by over 4 minutes on the Pier to Pier. Mike read out their names. Entries were well up on last year, for both races.

21/2/10 Isle of Oxney Hpt Soup 5 mile dash, Anne and Tim Jury and Nick Brown had participated.

21/2/10 Sussex Beacon Half Marathon - Eric reported the race had attracted 8,260 entries, with over 6,000 finishers. However, there had been some poor reports from participants after the race. Eric explained some of the problems and wished the organizers better success for next year. Steph had also had feedback from Sussex Grand Prix about the race.

28/2/10 Plumpton Cross Country - Cheryl reported another disappointing turnout, only 7. The course was not very pleasant, 3 laps around edge of fields. Very muddy underfoot. There was discussion about why attendance at the crosscountry races had dwindled, for all the participating clubs, this year.

28/2/10 Tunbridge Wells Half Marathon - Mike read out some very impressive results of Hastings Runners who had participated. Eric reported this was a really well organized, successful event.

Running Due:

7/3/10 Eastbourne Half Marathon

7/3/10 Bodiam Hash Run - 10:66 start time

14/3/10 Pett Village Hall - last cross country of the season hosted by HR. Tim gave a few details of the course and preparations which had been put in place. A band of helpers will be needed for Saturday afternoon before the race.

14/3/10 Lydd Half Marathon

21/3/10 Hastings Half Marathon

28/3/10 Worthing 20m

5/4/10 Lewes 10k

10/4/10 Horsham Relays - Steph will aim to promote this event and get some teams together.

11/4/10 Paddock Wood Half Marathon

18/4/10 Hartfield 10k

26/9/10 Bexhill 10k

23/10/10 Beachy Head Marathon. Forms are online, best for individuals to register themselves rather than doing a block club entry. Mary will organize a post-race meal

Club Championships: no information yet

Training night: High visibility equipment for coaches. Tim will take this forward for next winter. The sash sample had arrived but it was felt this might not stay in place when running.

Terry's course rescheduled for late March.

Summer schedule for Tuesdays has been put together by Andy. 6th April is the first date on his list.

Sussex Grand Prix: Steph reported: Mike Foord was 2nd in age group; Sarah won hers; Peter Cocker was 3rd in his.

Half Marathon: Eric reported entries still coming in, over 4,000 to date. Pasta party tickets selling well. A new initiative is the kit washing service. Premier taxi service will be on hand to pick up any runners who need to drop out and take them back to base, free of charge. Corrina has all in hand for the bufft and the money for this has been received, Mike has tickets. Eric pointed out there are free swims available at Ravenside and Summerfields, also showers at the Sea Cadets premises. An extra train will also be provided this year, from Tonbridge. Ramblers bus provided as usual for HR. Eric asked for fit volunteers for 8 am Saturday to help with the barriers.

Mike reported leafleting was in hand, some had already been delivered, and others at the meeting volunteered for some areas which had not yet been covered.

Hastings 5 mile: Mary and Tony reported not a great deal to report. Entries trickling in. Posters have been produced this year and if anyone can display on, please ask Tony or Mary. Massages will be available for donations to St Michael's Hospice and Tony is therefore looking for volunteers who are practitioners. John will check with Lorraine as she may be able to help. Mary asked for people to take forms to races.

AOB:

London Marathon Coach: Spaces selling fast, £11 per person.

Trophy returns for engraving: Mike asked for perpetual trophies to be returned.

Kit: Mike has ordered, should arrive in about 3 weeks time.

Surplus funds: Tony asked if there was a possibility of buying a loud speaker system, around £100. This was agreed.

Dates for club runs: Sue M asked for further dates and these were agreed: 19th May for the 5k race; Alan Corke will be 8th June; Barry Richards 10k 15th July. Rye to Hastings to be confirmed next month.

Hydration Presentation: Steve asked if this had been arranged; Mike and Sally will pursue this.

Clock: Difficult to find supplier details on the internet - Sally to follow up.

Rosie Swale-Pope, MBE: Will be running 26 marathons in 26 days soon, would be interested in running the Hastings Half Marathon route. In order to achieve this, Eric asked if there were volunteers to run with Rosie from within Hastings Runners. The run is on 12th April.

Date of Next Meeting: Monday April 5th 2010 at E H Sea Angling Club at 8:00 pm.

Clubs, Coaches and Road Running Forum

The Sussex Athletics Network is holding a forum on
Friday 19th March, 6:30-9:00pm
K2 Leisure Centre, Crawley

Starts with light refreshments, followed by news update, workshops and a talk on hydration and nutrition with free Lucozade Sport samples.

For more details look on the website at www.sussexathleticsnetwork.org.uk or speak to Mike or Sally

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