



## Editors Notes

The digital age, isn't it great? So quick and easy to keep in touch and pass on information. However, as far as information is concerned, the written or printed word is still hard to beat—for certain applications at least.

Since we moved into the 21st Century, our club has benefited greatly from the use of email — at what cost though? It seems to have made the newsletter redundant. Although most of the info contained in a newsletter will have been circulated quicker by email, not everyone uses it do they, and ensuring everyone's email address up to date is virtually impossible. Also, a lot of us spend a huge amount of time staring at a computer screen and would hardly choose to add to that.

So, whilst it might seem a step backwards on the technological journey, your chairman and I have decided from now on to send a regular newsletter to all members on paper, and here it is.

It will still be sent out in digital form, but it will also go out on paper too (if you really don't want the paper copy, let me know). And, it will be regular too; one a month.

What will it contain? Well, typically, results and a list of forthcoming events and any other relevant information for club members. It's also a way for you to air your views too. It might be about a race you've run or a race you think we should be doing or some training or injury advice. Whatever, if you've got something to say to the rest of the club then send it to me and it will go in.

We'll not neglect the convenience that the internet and email offers; our website will be updated over the coming weeks to include a forum or message board so we'll have a quick and easy way to communicate about training runs and such things. We'll also have

a password protected contact page for members to use. This isn't compulsory, it will be opt-in only, and you'll be able to enter only the details you want to. It will be a very useful feature for us, and I'll try to ensure it as easy to use as possible.

If anybody would like to lend a hand to moderate this part of the club's admin then let me know.

## Tuesday Training

As most of you know Tuesday is the training session for the club; it's not just a running session. It is unfortunate that in recent years it has taken on other monikers, typically 'men's night'.

It is for anyone who wants to improve their running, and I guarantee it will do that.

Every member is more than welcome and encouraged to come along on Tuesday; if you have any suggestions that will help to destroy the 'Tuesday night myth' then let me know.

Sure, it might be unpleasant at times, but that would be entirely self-inflicted. There is no whip (although that could liven things up a bit), but there is an opportunity to train in an informally structured, yet demanding and friendly competitive environment.

It is for all standards and is as hard as you want to make it.

From now on it will also be scheduled too, so that you know what we will be doing on any given evening before you even turn up. Here's a summary.

1st Tuesday — Time Trial. Ok, this is a new one. For years we've been running a Time Trial during the summer months, but why not the winter? It's a great way to get an idea of your fitness and improvement rate — and also a decent training session. It will be shorter than the summer route, starting near the Co-op, and running one lap of the town, probably about 4 miles.

2nd Tuesday – Os. We run easily as a group to a central location (Gibraltar Rise) and then run a series of loops (hence Os) around a slightly hilly circuit, working hard up the hills and recovering on the downhills.

3rd Tuesday — 8s. Starting from the top of the town at HKS Kitchens, we run a number figure of 8 circuits with a short recovery after each one. This is gruelling, it's hilly and 1.4 miles long, but great endurance training.

4th Tuesday — Ghyll Road. If there is one thing good about running around the town on a winter evening it is Ghyll Road. So we make the most of it. Starting from the bottom of the hill, we just run up to the top (where the railings are), and jog easily back down again. And, that's it, except we do it 4 times — or more if you like. Again, great training, you'll be surprised how you can still run up that hill when you thought you'd had enough, so it's great for mental conditioning too.

5th Tuesday. When there is a 5th Tuesday in the month we'll do something a little different, come along with an open mind and also a suggestion too.

Needless to say, when running around the town after dark then a reflective top is a must, and it is especially important for these Tuesday sessions, when you might be running a little faster than normal. Also useful to have a stopwatch because most of these sessions are much more effective if they are run consistently; you'll also have a gauge of your improvement over the weeks and months.

It would also be useful to have a volunteer who'd be happy to oversee these sessions when I'm not around ('oversee' means actually get the session started); I would hate for people to be missing out just because I wasn't there — let me know.

The Tuesday session meets at the Rugby Club to run at 6.50, and there is also an option to meet at Co-op so we can all assemble outside the Ironmongers at 7pm.

If you have any views, questions or suggestions, then let me know.

## London Marathon

Just 5 months to go! Entries have now closed and if you entered you'll know your fate in short while. If you are rejected — the chances are that you will be — you still might have a chance to get in through the club's entry system. Priority goes to those who've not run the race before. If you want to be entered into the club lottery let Jerry or Wendy know as soon as you hear from London Marathon. The draw will be made before the end of the year.

## Cross Country

One race done then. Didn't really seem like cross country did it? One of the warmest November days on record and not even a worm cast to get messy with.

Nevertheless it was good (clean) fun as usual. We fielded a reasonable team although there were some notable absentees. Team results not yet in, hopefully we'll have some soon.

## Sussex Grand Prix

The Sussex Grand Prix has been somewhat of a challenge this year. One of the things that keeps us motivated is the feedback we get from our performances, i.e. results — something we've not had much of. However, I did receive some details of current standings up until the recent race at Lewes. Following the trend of recent years, it is the ladies who have been performing the better than the men, and this has applied to running too. Indeed, they are well placed to threaten the men's record from some years ago of a top three placing. We'll have to wait and see after the final race at Crowborough if they can. If they do it will be remarkable and a great sign of things to come.

Next year's SGP series looks a lot better because the men's team will be much stronger — won't it! We have great potential here, and I'd love to see the club reach a top 3 position overall, I think now the time has come for us to have a very real chance. I've said it before: all we need — as a minimum — is 5 ladies and 10 men, to run 8 races during the year.

It's not just for the sake of the club though. Running in these races is a great

motivator and also great training — no matter what your standard, you will get fitter and faster as you race.

I'll keep you informed of the upcoming races and ensure that entry forms are available throughout the year.

## Brighton Half

This looks like being the first event on the SGP calendar next year.

The organisers are offering a discount to members (because we compete in the Sussex Grand Prix). To obtain the discounted price of £16 up until closing date on 15 Feb when applying you'll need to enter a special code applicable to our club; this code is H128.

## Recent Events

As from next month I'll include all relevant results (send me the more obscure ones if you go out adventuring somewhere off the beaten track of the SGP and Cross Country races). If I attempt to get up-to-date here and now, you wouldn't see this till Christmas.

## General Club Info

Jerry recently sent some info out via email, it's reproduced below, for the benefit of those who didn't get it or didn't read it or (like me) forgot it.

A few messages, mainly to do with kit but there is more if you read on ...

Now were in the colder and darker months, and there are a number of new members, Julie has a new supply of kit coming.

1) NEW — there have been lots of requests of these for use at races, so now is your chance to get one at a reduced cost because the club is subsidising them!

Long-sleeved red, club-marked, running vest, round-neck - £15.00 both reduced.

Short-sleeved red, club-marked running T-shirt, round neck - £13.00 by nearly £5!

Both are in good-quality, breathable material and come in S,M,L & XL — unisex sizes.

Please email: julie\_hotpepper@hotmail.com with your orders ASAP as she needs to order them at the beginning of next week.

2) REPLACE YOUR WORN OUT TYVEK TOP! We have managed to get a new supply of the white, hooded, Tyvek club tops at a lower price of £3.50 instead of £5. If your's is worn out, tired looking and full of holes from frequent washing, treat yourself to a new one! Same order hotline.

3) REMEMBER — Julie still has club track suits, again at a fabulously low price! When we all turn out at races in them, it looks excellent for

the club — a really good image! Tops are £17 each and trousers a mere £7 each.

4) DARK NIGHTS — BE SEEN! Reflective bibs are £4.25 and battery-illuminated wrist/arm bands with a zip pocket for keys or your steroid supply are £11.05.

5) ASHBURNHAM CHRISTMAS PUDDING DASH. 10.30am Saturday 22nd December. Lots of club members enjoyed this 5-miler last year. And enjoyed the mulled wine and mince pies afterwards. Good social for pre-Christmas launch! Entries via [www.nice-work.org.uk](http://www.nice-work.org.uk) £8.50 in advance of £10 on the day.

6) IMPORTANT — if you want to enter the draw for the club London Marathon places, please let Jerry or any committee member know by the end of November. We have two places. They are available ONLY if you have entered the FLM ballot and been rejected (please let us see your rejection slip). Priority will be given, as ever, to those who have not run the FLM before and then it will be open to anyone else.

7) SOCIAL — we'll be holding a quiz night at the clubhouse on Friday 1st February 2008. Tables of 6 and space is limited so book your tables NOW! Let any committee member know ASAP. Cost will be £5 per person to include food as well. WIN A HOLIDAY brochure. Or something. Professional quiz teams are NOT welcome!

## Future Events

### DECEMBER

- 1 Worthing Running Sisters Christmas Cracker 10k/5k
- 2 Crowborough 10k SGP
- 2 Duck Pond Waddle 9m XC
- 9 Mince Pie 10m, Peacehaven
- 16 Cross Country 2, Ashdown Forest
- 22 Ashburnham 5m
- 30 Cross Country 3, Warren Hill

### 2008

### JANUARY

- 27 Cross Country 4, Abbots Wood

### FEBRUARY

- 10 Cross Country 5, Cross in Hand
- 17 Brighton Half SGP

### MARCH

- 2 Cross Country 6, Pestalozzi
- 16 Hastings Half SGP

### APRIL

- 13 London Marathon

### JULY

- 6 Bewl 15

### DECEMBER

- 14 Hastings Marathon

More race details on club website.

Club colours to be worn at all SGP and XC races.