

Seasons Greetings,

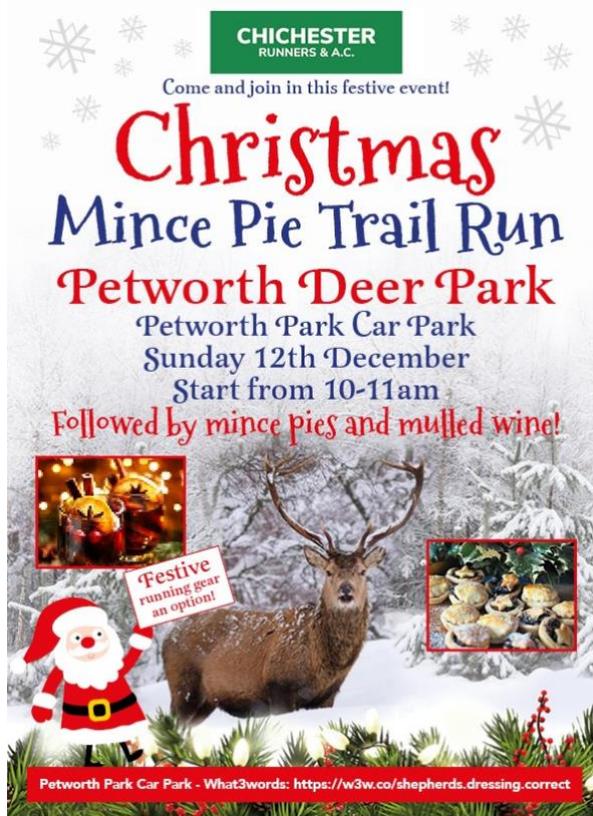
There's quite a lot to update since the last News Letter, so here goes with some upcoming events.....

Sunday 12th December – Mince Pie Run

In case you missed it on Facebook and Spond, this Sunday there is a Mince Pie run at Petworth Deer Park, courtesy of Lorna and Winston. The weather forecast suggests a dry and warmer day. Spond suggests at least 45 attending already, so promise to be a fun morning.

Parking will be very tight (and is charged for), so please car share as much as possible. Even if it's just parking together in Petworth town and sharing a car for the last mile.

There will be a bucket for contributions to costs. Any profits to the track fund.



Wednesday 15th December – Christmas Conditioning Session

Andy Hall, Junior Coordinator, is leading a one-off Christmas special conditioning session for both Juniors and Seniors on Wednesday 15th December from 18:30 - 20:00 in the Sports Dome at the University. Although a "proper" session it is also the last formal club session for the Juniors before their Christmas break so we encourage fancy dress, reindeer antlers etc.. and the session is themed as "Coach Andy's Twelve Exercises for Christmas !" This is a great opportunity to enjoy and learn more about conditioning, essential to our progress as athletes and runners.

January 2022 – Couch to 5K

This will comprise a new group running on Tuesday and Thursday evenings at the College in conjunction with Everyone Active. Start date mid January. All enquiries to Amanda Godfrey

Saturday 8th January 2022 – Sussex Cross Country Championships - Bexhill

This is always a fantastic, well supported event. Races are held at Bexhill Little Common, which is a reasonably undulating park boasting fast grassy fields and wooded paths. The course is well laid out for spectators and a joy to run. U20 Men and U20 Women & Senior Women run 8km, whilst Senior Men run 10km. Entries are online using this [link](#). Entries close Saturday 1st January.

Saturday 29th January 2022 – Southern Cross Country Championships – TBC

Awaiting confirmation of location for “The Southern” Save the date

Saturday 26th February 2022 – National Cross Country Championships – Parliament Hill

Dating back to 1876, this is the oldest Cross Country race in the world, and worth doing if only to feel the ground shake as a couple of thousand runners charge off at the start. Set within the scenic grounds of Hampstead Heath, the course is undulating and ranges from dry woodland to boggy field depending on weather. The atmosphere is incomparable and well worth the trip to London. Whilst the event attracts the best in the country, many runners further back are there for a good run and to enjoy the day. If you haven't run this before, don't miss out. Entries are online using this [link](#). Entries close Friday 28th January.

Corporate Challenge – Wednesday's 2nd, 16th and 30th March

The perfect warm up for Easter races and much missed last year, we are planning to run the Corporate Challenge on the above March dates. Entries will open in the New Year.

RESULTS



Stanmer Park Ladies start. Photo courtesy of Ian Stevens

After the first two fixtures at Goodwood and Stanmer Park, Brighton, Sussex Cross country runners travelled to a new course at Ardingly Show ground for round three of the Sussex league on Saturday. Heavy overnight rain had made the undulating course very heavy underfoot and the consensus from runners was that the conditions made for a true test of Cross Country running. Chichester were missing a number of their top runners who are still recovering from recent illness but others stepped into to fill the gaps. Teamwise, it was the under 17 girls who once again were the club's most successful team with Cerys Dickinson, Gemma Appleton and Isabel Issitt in fine form. Full results will be in next week's Observer.

This coming weekend, several of the club's juniors will be in action at Lloyd Park, Croydon wearing the Sussex county colours in the South of England Inter-Counties Championships. Even though the event will just be between under a quarter of the 44 counties in the UK, such will be the standard of competition from the likes of Surrey, Middlesex, Kent and Essex among others that Chichester's athletes will have their first taste of what to expect in the National and UK championships in 2022. After a gap of 4 years, the National club championships will be returning to the home of English cross country running at Parliament Hill Fields, north London, in February.

Athlete Focus - Helen Dean

Chichester's top female veteran of 2021, Helen Dean, has been setting new standards of excellence over the last two months. It is a few years ago that Dean first came to prominence by earning an England vest in the over 60 age group thanks to her fine run in the Chichester 10K at Goodwood. Now in the over 65 bracket, Dean has been setting new personal bests with no less than 3 coming in the past 8 weeks. It was at Worthing on 10th October where she showed new found speed with a 43 minutes 31 seconds clocking over 10K which was good enough for a top 3 placing in the UK for 2021 and 11 on the UK all-time list. Then a week later Dean proved that this was no fluke with a time of 73 minutes 51 seconds in the Great South 10 mile event at Portsmouth. At the time this was the top UK mark of 2021 but since has been bettered by just one other athlete. To show how far this pair are ahead of the rest can be gauged by a massive gap of 3 minutes to the next best runner in the age group. To cap a fantastic 2021, Dean lined up with some 600 other runners on a cold windy day last Sunday for the Victory 5 mile event. Not known for fast time on its relatively new twisty, Lakeside course, Dean nevertheless ran under 35 minutes for the first time with a 34.54 clocking to be second fastest in the UK this year and only the 4th over 65 ever to have dipped under the 35 minute barrier. Who knows what 2022 will bring but Dean is proving to be an inspiration to not only Chichester's senior and veteran athletes but also to her junior coaching group where she is helping to bring on the next generation of Chichester runners.

Please let us know if you have been in a race recently, with results. Even better a race report that we can include with the newsletter.

NEW COMMITTEE

The AGM on November 15th saw a substantially new committee elected.

Jim Garland - Chairman



Jim started running in Scotland at the age of 10 having read that Ingemar Stenmark, then the world's best skier, ran 30 mins every day. Jim's still working on the skiing, but found he enjoys running just as much, and has been a member of Chichester Runners since 1994. Jim can be found training on a Monday evening.



Winston Bond – Secretary / Membership Secretary

Winston got to 5k and then joined Chi Runners in 2014, because getting fit seemed like a good post-divorce hobby. He has been an erratic attender of Tom's Monday training sessions ever since and was introduced to the joy of running up hills at Lorna's sessions last summer. Speed- and distance-wise, Winston is somewhere in the middle of the pack and hopes to stay there for a while longer.



Victoria Irwin – Treasurer

Victoria joined Chichester Runners in 1996 aged 11 as one of the first juniors, and has been a member bar a few years at uni ever since. Over the years she has run in most events, including the Corporate Challenge, athletics, cross-country, trail runs and longer races including the Berlin Marathon. She now has to fit training around both work in the Royal Navy and her young family, so you might see her running the streets of Chichester with a buggy in tow.



Amanda Godfrey

Amanda has been running since the age of 10, inspired by a fun run in Chichester. As a teenager she joined Bognor Athletics club, which became Chichester Runners and AC club, and took part in the first ever 400m hurdle race for women in the league. She has a love of track and field and cross country. Amanda leads a seniors group on Monday nights, and a junior group on Wednesdays.



Andy Hall

Andy grew up in the area, attending Bishop Luffa School, and was a member of what was then Bognor & Chichester AC in the 70's and early 80's. Returning to the region in 2016 he rejoined the club to help coach Junior athletes. A UKA Licensed Coach with Throws Speciality he is now the Junior Coaching Co-ordinator, and still be found in a corner of the fields at Bishop Luffa making large holes in the rugby pitch !



Sophie Hamnett

Originally from Birmingham I began running in my mid teens as an escape from exam stress. Despite not understanding why I could only run 10 minutes at a time before giving up I persisted, and over time running has become my happy place. I joined Chichester Runners at the start of this year when I moved to Chichester, and I train on Tuesdays with Nad. When I'm not running I love all other things outdoors...hiking, cycling and swimming.



Thuy La

Thuy is more behind the scenes, but enjoys running to keep fit. She's a trainee solicitor, and projects manager. Thuy has been involved in fundraising and charity work since 11, and also enjoys dabbling with arts and crafts in her spare time. She is delighted to be given the opportunity to help us transition to charity status, and assist with raising funds for our running track.



Elizabeth Robinson

Elizabeth came to running late in life and has now been a member of the club for around five years. She trains with various groups during the week and is a regular parkrunner.

We are here to serve you and move the club forwards, so please do approach us with your thoughts as to where we can do things better, and a pat on the back for all the good things too!!

NEW MEMBERS

A very warm welcome to the following new members who have recently joined:

Ian Robertson
Lucy Shires
Jess Saunders
Paivi Leivo
Amy Walker
Richard Turnbull

Lucie Aldridge
Zac Savage
Bruce Chessell
Claire Foweraker
Cat Booker

We very much look forward to meeting you at training and events. Please make yourselves known.

If you are wondering which training group to join, please email secretary@chichester-runners.org.uk who will point you in the right direction.

Club Quiz Night

A big thanks to Lorna Cowan who made an excellent Quiz Master at the well-attended recent social at the George & Dragon, posing many tricky questions. After a closely fought competition, thanks also to the winning team, Nu-Variant, who donated their ill gotten gains to the track project, enough to buy 5cm of track!! Which leads us onto

Track Project

Many thanks to Joanne Brown for her all her hard work chasing grant applications. Most recently, we have been awarded a total of £43K from Chichester District Council, bringing our total to £173k. We are awaiting confirmation of a S106 grant from Chichester District Council with a further £150k to raise. We have the option of up to £50k from Sport England once their funding stream opens. The New Year will see a new phase of local fundraising which we hope will bridge the gap.

Run Leaders

We have 8 new volunteers who are undergoing training to become Leaders in Running Fitness (LiRF). These qualifications are essential for allowing our training groups to continue and to grow. Having a LiRF doesn't mean you have to lead a group, as just having the qualification allows more than 12 people to train in a single group. If you are interested in gaining a LiRF qualification, please chat to any of the existing run leaders for more information.

Training over the Christmas period.

Phil Baker is running a number of training sessions over the Christmas Holidays for his Junior & Senior groups. Any seniors who would like to join in are welcome. Details can be found [here](#)

Goodbyes

Sadly, we end by noting the passing of 3 good friends of the club:

- Mandy Collison (Sussex County AA President)
- Mike Williams (Hon Sec Havant AC and race referee for the Corporate Challenge)
- John Stephenson (ex Brighton & Hove national standard steeplechaser who moved to Selsey in the 1980's and ran for Chichester as a veteran runner)