

New Members

It's time to start a new tradition .. these are the people who have joined the senior part of our club this month:

Mike Forder
Ellie Monk
David Phizackerley
Chantal New
Vanessa Robinson
Henrietta (Henri) Habershon
AnnMarie Dodds

Please say hello if you see a new face at training.

The 2022 membership form might get an "introduce yourself" box, so that this can say more than just a list of names. We could already list ages, but that would be rude. The average age is going in the right direction, though.

Drinks Evening

Lorna Cowan has organized a drinks evening at The George & Dragon on North St this Friday evening (29th Oct). [here](#). Come along if you want to meet some of your club-mates and have a chat, without anyone trying to make you run up hills or do stretches.

New Club Kit

Keep some space in Santa's sack.

The fabric has been a victim of all the global supply chain problems, but the manufacturers are expecting it to arrive soon and Alexandra Sports are expecting stock of the new vests and tee-shirts around the end of Nov.

XC League Event

Many thanks to everyone who helped out at the Sussex Athletics Cross Country League event at Goodwood a couple of weeks ago. Another successful day, with over 500 finishers. It was a busy one for the first-aider, though, with 1 broken ankle and 2 collapses on the finish line to deal with. Extra thanks to the people who helped with those situations.

Well done to everyone who ran - the standard was very high and the level of commitment that some of the runners of all ages showed was eye-opening.

Our best results were:

Richard Miles, 1st in the V60 Men
Harvey McGuinness, 2nd in the U17 Boys
Fay Cripps, 2nd in the V35 Women
Sue Baker, 2nd in the V65 Women
James Baker, 2nd in the V40 Men

Daisy Hillyer, 3rd in the U11 Girls
Stanley Wilkes, 3rd in the U13 Boys
Ela Pemberton, 3rd in the U15 Girls
Matthew Mainwaring, 4th in the U13 Boys
Jim Garland, 4th in the V50 Men
Max Gayle, 5th in the U11 Boys
Molly Smithers, 5th in the U13 Girls
Charlotte Reading, 5th in the Senior Women
Nadia Anderson, 5th in the V55 Women
Jon Edgar, 5th in the V50 Men
Elodie Hill, 6th in the U13 Girls

The Chi Observer write up of the event is [here](#)

AGM

Our club's Annual General Meeting will be on Monday 15th Nov at 7pm, in the Pavilion at Chi College.

To allow people to come along without skipping dinner, many of the Run Leaders will be taking the evening off and cancelling Monday night training for that week.

If you have requests for the Agenda then please get in touch.

Committee members

Following the appeal in the last newsletter, several people came forward to offer themselves up for election to roles in our club's Management Committee. It probably isn't good form to mention names before the AGM, but we now have a Chair, Treasurer and a couple of new general committee members lined-up.

We are still looking for a volunteer to pick-up the role of Club Secretary and could do with a couple more people beyond that. Many hands make light work etc.

2022 Membership Proposal

Besides the usual reports and committee elections, the AGM will be asked to agree a proposal for the future membership structure.

At the moment, standard senior membership is £30 (plus an optional £16 for EA membership), but over half of members get some kind of discount - Couples, Over 60s, Families, Students, Second Claim, Trail Runs Only members. The average paid is about £25.40.

The committee's proposal is to get rid of all these small discounts (and the admin that goes with them) and reduce the senior membership fee to a flat £25 per-person. Junior membership and the optional EA part will stay the same.

At the same time, we will add something to the membership form to ask for a voluntary donation, from anyone who feels able to pay. Because that part is voluntary, we will be able

to claim gift aid on it and get the tax man to add an extra 25%. Any extra money raised will go towards building the training track we need.

Classic Club Kit

We are down to the last few old-design club vests, but we are going to have to manage a gradual transition to the new kit over the next year or so. As happened at the recent XC events, the club will lend a vest to anyone who needs one.

There is a particular shortage of junior kit - some of the U11s and U13s were running around the Goodwood XC League event in absolutely huge vests. If anyone has an outgrown club vest in the hand-me-downs pile then we would definitely welcome it into the loaner pool.

If you have bought an old-design vest recently and are feeling aggrieved then please get in touch.

Finally: can whoever ended up with the bag of vests after the XC League event please get in touch. Otherwise, we really will be in trouble at the next event!

COVID

It's still out there. If you test positive then don't come to training (obvs) and, if you came in the previous week, please send a clear, direct message to the Run Leader and/or this email address so that other people can be told.

There was a scramble recently when a COVID-positive message was put in the note on a declined invitation in Spond. Those notes aren't closely monitored, so the message was missed until very late.

Chi Runners Track Session

A couple of Chi Runners Run Leaders are looking into organising occasional track sessions either at Worthing on Monday evenings or the Portsmouth Navy track from 5pm on a Tuesday. Look out for a Spond poll to gauge interest.

Chi College Parking

The new system is now live. Watch out.

The signs in the car park are massively confusing, but the story is pretty simple: pre-register your car [here](#), allow a couple of days for processing and you get 4hrs free, "while using the sports centre". So you should be fine for training, but not shopping during the week or leaving the car overnight when you go clubbing (or should that be a big night at the bingo?).

If you aren't pre-registered, there is a machine in the Sports Centre lobby to get a free pass for the evening. And there's a sign with a QR code that will send you to the registration form.

Junior Facebook Group

For any junior parents who don't know about it: take a look at the private Chi Runners Juniors Facebook group <https://www.facebook.com/groups/2015767858752229/>

It's a good place to discuss events, share photos and encourage the junior athletes. Maybe even do a spot of group therapy for parents of teenagers.

Website

Does anyone fancy helping out with revamping the Chi Runners website? Maybe a budding web designer who needs some material for their CV?

Our site recently moved to a different platform and needs some work to get things like the photo gallery, calendar and race results working again. Plus we need a thorough go-through and update of the content - some of it is quite out of date. A general re-design to update the structure/look and make the colours match the new club kit would be the ultimate ambition.

Portsmouth Track Session

If anyone is interested in some early morning track training: a coach from Portsmouth is offering an open-access session on the Mountbatten track, at 06:30 every Tuesday, for £5 per person. Apparently, the sessions are fun and inclusive and runners from a range of local clubs attend.

Here's a link to their [track update](#) from a few weeks ago, to give you a flavour of the session.

Runners Need Promo

A reminder (because a bit of promotion is one of the conditions of getting it) that Chichester Runners members get a 15% discount at Runners Need, Cotswold Outdoor and Snow & Rock. The magic discount code you need is AF-CRAC-26

Winchester Half Marathon Report

After the last newsletter mentioned his result, Richard Woolston sent in a report on the Winchester Half:

This is just a report on the Winchester Half Marathon that myself and Wendy Whelan did on the 19th September.

It was a lovely, well marshalled and well organized race.

It started off outside the Guildhall in Winchester and took us past the cathedral and out into the lovely countryside. It finished outside the Guildhall again. Yes it was a bit hilly but I had never done it before and myself and Wendy thoroughly enjoyed it.

We have both signed up again for next year.

Thanks Richard. It sounds like a great event that more of us should enter.

Results Service

There were a lot of events locally in the last month. Here goes.

London Marathon

John Miles 03:40:18

Victoria Balandis 04:04:57

Simon Thompson 05:08:28

Chichester Half Marathon

name/gun time/chip time/position/gender position

James BAKER 01:15:50.4 01:15:49.9 2 2

Mike HOUSTON 01:20:43.8 01:20:43.1 3 3

Chris WEST 01:24:07.3 01:24:05.7 4 4

Robert DE LACY 01:27:14.3 01:27:13.5 6 6

Ian GAY 01:29:54.5 01:29:53.7 10 10

Fay CRIPPS 01:37:22.0 01:37:20.0 18 1

Dan BUSHER 01:39:30.7 01:39:28.7 23 22

Ivan PRINCE 01:40:27.9 01:40:20.2 30 29

Robin CHARNOCK 01:40:48.7 01:40:45.6 32 31

Joseph TURNER 01:44:06.2 01:43:49.1 42 41

Philip CARR 01:46:37.4 01:46:27.9 48 47

Nadia ANDERSON 01:50:06.4 01:49:59.6 68 3

Mark GRANDY 01:50:06.4 01:49:57.9 69 66

Nigel FOSKETT 01:52:04.6 01:51:56.6 80 74

Dan LYTTON 01:52:28.1 01:52:22.6 86 79

Chris MACLEAN 01:55:09.2 01:55:01.4 101 93

Andrew WINGHAM 01:56:55.3 01:56:46.1 112 99

David KNIGHT 01:59:04.1 01:58:55.8 126 110

Colin HANCOCK 01:59:25.1 01:59:04.5 128 111

Susan BARTY 02:00:59.0 02:00:51.8 138 15

Andrew WHITFIELD 02:02:14.0 02:01:50.5 142 122

Julian ROBERTS 02:03:07.8 02:02:52.8 147 126

Stephen FITCH 02:06:24.0 02:06:14.5 158 134

Lynette WOODWARD 02:10:37.0 02:10:26.0 181 27

Peter ANDERSON 02:11:20.7 02:10:59.6 184 150

Emilie RUNECKLES 02:11:27.5 02:11:19.0 185 30

Emily BYE 02:11:34.7 02:11:23.0 188 33

Jeremy HARRISON 02:16:14.2 02:16:03.9 202 156

Neil FELLINGHAM 02:18:19.7 02:17:45.4 217 167

Liz WINGHAM 02:24:25.4 02:24:16.6 237 54

Jenette WHITFIELD 02:24:45.9 02:24:22.6 238 55

Ian STEVENS 02:31:43.3 02:31:09.5 252 183

Julie CLEEVES 02:32:36.8 02:32:24.0 256 65

Richard WOOLSTON 02:47:34.7 02:47:20.9 278 194

Susan WHITMARSH 02:47:41.4 02:47:27.4 280 79

Wendy WHELAN 02:59:44.1 02:59:30.6 286 82

Jo TIPPETT 03:06:39.1 03:05:56.8 288 84

Phil TIPPETT 03:06:39.8 03:05:58.3 289 199

Amsterdam Half-Marathon

Jeremy Harrison 02:04:22

Great South Run

name/chip time/position

Robert de Lacy 01:03:48 208
Simon Castrey 01:08:42 463
Jason Boxall 01:10:41 616
Helen Dean 01:13:51 888
Emma Wickens 01:13:57 900
Victoria Irwin 01:14:39 995 (Mark Grandy in disguise)
Matthew Court 01:15:34 1100
Paul Ford 01:16:20 1210
Elizabeth Robinson 01:17:03 1302
John Miles 01:17:46 1415
Hilary Pollard 01:17:48 1421
David Knowles 01:21:39 2031
William Davies 01:23:43 2435
Jo Prosser 01:24:47 2657
Sue Barty 01:24:51 2676
Peter Binning 01:26:28 3057
Angie Dixon 01:28:35 3563
Trevor Baker 01:29:07 3687
Dawn Ingram 01:30:51 4128
Vikki Bennett 01:31:14 4202
Jo Brining 01:32:03 4389
Emilie Runeckles 01:34:47 5041
Vanessa Anthony 01:35:31 5211
Sandra Balcombe 01:39:16 6085
Tony Cooley 01:39:16 6083
Laura Holder 01:39:36 6162
Philip Faulkner 01:42:08 6695
Claire Cook 01:42:34 6775
Nicola Jolly 01:43:15 6912
Clare Snow 01:46:09 7492
Helle Daniel 01:48:51 7953
Jayne Macdonald 01:50:07 8181
Suzet Jessop 01:51:14 8349
Richard Woolston 01:52:46 8599
Wendy Whelan 01:52:49 8609
Robert Keene 01:54:19 8838
Eleanor Whittaker 02:02:06 9814

Worthing 10k

name/gun time/chip time/position/gender position

Robin CHARNOCK 00:41:45 00:41:38 112 97

Helen DEAN	00:43:37	00:43:31	153	24
Nadia ANDERSON	00:46:01	00:45:35	228	39
Peter ANDERSON	00:52:58	00:52:30	510	380
Kevin WILLIAMS	00:54:29	00:52:58	563	416
Ian STEVENS	01:03:26	01:01:29	912	585

Apologies to anyone whose big result is missing - some of the events (eg. the Great South Run) make it hard to download the results in bulk. It helps if you list the club name when you register.

Happy Running

Winston, on behalf of the Chi Runners committee