

Hello everyone,

A lot has happened in the last month, so here is an update from Chi Runners.

## **Junior Parents**

This newsletter is the first one in a long time that has gone to the parents of our junior members, as well as senior members. Welcome!

Please get in touch if you want to have a go at senior training. Don't worry, it isn't anything like as competitive (or fast) as the things that the juniors do.

## **Yoga**

Katie Michael has been offering club members discounted yoga classes, on Friday evenings at The Newell Centre. Yoga is great for keeping up your flexibility, despite the pounding that your legs take from running.

The next block of classes has been advertised in Spond for a few days, but there aren't enough takers at the moment to make the class viable. It has now been posted as an Event, like a trail run, to make it more visible. Any junior parents who want more info, please reply to this email.

If you are interested in taking up this opportunity then please sign up at [ktmyoga.com/runners.html](http://ktmyoga.com/runners.html) as soon as possible.

Katie will be making a go/no-go decision this Thursday.

## **XC Relays**

Our club hosted a successful Sussex cross-country relay event at Goodwood last Saturday. There were a lot of positive comments about the event from all sides. Many thanks to all those who helped out and/or competed.

The detailed report that Phil Baker wrote for The Observer is attached.

The short version is that (by my unofficial count) we had 312 runners in 105 teams from 13 clubs.

The best results for Chi Runners were wins in the V55 Women's race and the U17 Men's. Helen Dean, Nadia Anderson and Kim Nelson could have had a celebratory cup of tea before Brighton Phoenix got across the line. The margin was a bit closer for Harvey McGuinness, Joe McLarnon & Fin Roberson, but still a very impressive 2 minutes.

The V40 Men (Mike Houston, Jon Peters, Jim Garland & James Baker) and U15 Boys (Josh Dunne, Alessandro Schmitt & Digby Fulford) teams scored second places. And the V60 Men (Dave Reading, Peter Dunne & Richard Ayling) were third.

## **XC League Event**

One down, one to go! We are hosting a cross country league event at Goodwood on Saturday 16th October. The route and organisation is much the same as for the relays and

we will need the same number of helpers. The running side is more of an individual enter-and-run, so there will be less emphasis on organising teams.

Look out for the events to appear in Spond.

## Winter Training

As the nights draw in, we won't be able to keep using the training locations that we have been using in summer. The senior training groups will stay the same and the leaders of each group will be deciding where to base their sessions. Keep an eye on Spond for new locations, which may change week to week.

Tom Blaylock and Mike Moorcroft will be starting another training group on Wednesday evenings, to partially fill the gap in the schedule left by the trail runs ending. Contact Tom or Mike on Spond if you want an invite.

## Training Group Etiquette

We had a meeting of run leaders and decided we should have some more guidelines on Spond and the training groups.

- Everyone should be able to see all the training groups in the [Chi Runners Spond group](#)
- If you want invites to a group, just contact the leader and ask to be added
- If you need help picking the right group for you, reply to this email or ask one of the run leaders
- If you can't make it to training one week, please decline the invite in Spond
- If you miss a month, the leader may take you off the invitation list. To get back on, just contact them and ask
- If you want to try a faster/slower/different group then that's OK
- The leaders do adjust their plans depending on who is coming to the session. Bailing out at the last-minute upsets those plans, so please don't make a habit of it.
- Let the leader know if you are injured at training, so that they can fill in the right forms
- Yes, training does carry on if it's raining or cold
- Ice and snow might raise questions, though
- Wine and chocolate are both acceptable as gifts for run leaders

## First HIIT Free

For anyone who wants an indoor training option for winter, the Chi College Sports Centre has offered club members a free try out for their High Intensity class at 19:30 on Weds 6<sup>th</sup> October. The normal price is £6. Look out for an invite on Spond.

A few club members are regulars at the class already. The session changes every week, but it is always a great workout.

The Chi College Sports Centre membership rate has changed recently too. It is now £20 per month, including gym and classes. Going to one of their classes every week more than covers the subscription.

## Social Event

Unfortunately, the club's Dinner & Dance didn't happen this year.

There is a demand for some kind of club social event, though. Can we ask for a volunteer to organise an event, between now and Christmas? There is no fixed idea on what it should be and it doesn't have to be complicated or formal. But let's get something on the calendar.

## **AGM**

The club's Annual General Meeting will be at Chi College on Monday 15th November. Please try to come along, if you can. We might even manage to persuade the run leaders to go easy on the training for that night.

## **Help Needed**

Due to a combination of factors, there have been a lot of changes in our club's management committee in the last few months.

To keep our club running into the future, we need more people to help out.

The management committee is definitely the place to be if you want to make sure that the club gives enough consideration to your kind of runner ... whatever that means to you.

Fast/slow, trails/track, racer/jogger, juniors/seniors, man/woman, old/young, sprinter/ultra-runner etc.. We need voices from all corners of the club. And being fairly new isn't a big barrier either - fresh ideas are never a bad thing.

Here are the committee roles we need to fill:

### **Club Treasurer**

The money person. Controls and tracks the club's finances and prepares the accounts. Ideally, someone with an accounting or book-keeping background.

### **Club Secretary**

An important job and a much-misunderstood position - more Hand of The King or Consigliere than typing pool. Organises & minutes committee meetings, handles external relationships and communications and deals with any disputes that arise. This was Phil Baker's seat for 20yrs.

### **General Committee Members**

We need several more people to join the management committee, without a specific role. Just to help with decision making and to pick up some of the jobs that need doing. There will be about 1 committee meeting per month, plus some emails and messages in between.

### **Charity Trustees**

The process of becoming a charity is paused at the moment, but it will proceed over the next year. We will then need some people to become Trustees.

### **Chairman**

Winston Bond is currently acting as interim Club Chairman and is willing to continue for the next year. But if someone wants to jump right in ...

If you are able to take on one of these roles then please reply to this email or drop Winston or Andy Hall a message on Spond.

## Track Project

The quotes are in and it is a £300k project, as expected. We're a bit over halfway there on the money and are starting to focus on fundraising with local businesses.

The callout in the last newsletter brought us another helper (thanks Philip), but it is going to take a lot more hands on the pump to bring this ambitious project to completion. To be blunt: the track won't get built unless more people get actively involved. Please get in touch if you can join the team raising money and managing the construction.

For anyone who isn't familiar with the reasons for building a track, there is an overview of the project here: <https://www.chichester-runners.org.uk/track-project>

## Achievements

Our newsletter should celebrate our members' athletic achievements, whatever they are.

There are some local race results below, collected from the internet. But it is a big job to trawl through them all and results don't tell the whole story. Please let us know if you (or someone you know) has finished an event or done something interesting.

And it doesn't have to be the Marathon des Sables or the Barkley Marathons (google it ... bonkers). Just got to 5k and finished your first Park Run? Made it round an obstacle course covered in mud? Bossed it in the parent's race at sports day? Awesome! We want to celebrate with you.

## Results Service

The events are coming thick and fast, but here are some of our results. Well done to everybody and sorry to anyone I missed.

Arundel 10k, 29th August 2021

Name / gun time / chip time / position / gender position

Michael Kwoka 00:40:30 00:40:30 15 14

Fay Cripps 00:41:13 00:41:11 18 3

Robin Charnock 00:41:57 00:41:55 25 22

Paul Ford 00:42:58 00:42:44 36 31

Rick Phillips 00:45:43 00:45:29 61 54

Sue Barty 00:47:33 00:47:20 82 14

Amelia Palmer 00:49:30 00:49:16 97 19

Jeremy Harrison 00:58:12 00:57:40 212 159

Richard Woolston 01:08:31 01:07:52 314 198

Karen Wainwright 01:13:09 01:12:21 340 131

Julie Cleeves 01:30:06 01:29:19 367 150

Littlehampton 10k, 5th Sept 2021

Name / gun time / chip time / position / gender position

Robin Charnock 00:42:08 00:42:06 33 31  
Jason Boxall 00:43:14 00:43:09 38 36  
Matthew Court 00:43:17 00:43:15 40 38  
Michael Kwoka 00:44:04 00:42:11 48 46  
Helen Dean 00:44:19 00:44:14 50 3  
Andrew Moore 00:44:49 00:44:47 58 54  
Hilary Pollard 00:46:22 00:46:17 79 8  
Laura Irma 00:47:21 00:47:15 99 13  
Rob Stapely 00:48:04 00:47:50 107 90  
Julie Cleeves 00:48:53 00:47:17 121 20  
Jeremy Harrison 00:58:32 00:55:57 271 212  
Kim Nelson 00:58:53 00:56:15 277 217  
Sue Baker 01:02:08 00:59:32 327 84  
Lucy Howard 01:11:35 01:04:13 463 164  
Michelle Blythe 01:17:18 01:09:59 536 209  
Jack O'connor 01:45:28 01:37:49 677 355  
Jenny Gumbrell 01:45:28 01:37:50 678 323

Great North Run, 11th Sept 2021

Claire Cooke 2:14:55

Brighton Marathon, 12th Sept 2021

Name / chip time / position / gender position

John Miles 3:47:34.79 914 810  
Phil Carr 3:58:13.09 1372 1179  
Jo Prosser 4:38:29.72 3516 764  
Jonathan Russell 5:02:31.79 4817 3630  
Elle Matthews 5:31:45.93 5960 1661  
Trevor Baker 5:35:24.14 6067 4353

There were quite a few Brighton finishers who listed their home city as Chichester but who aren't members of our club. If you know any of them, please say "Well Done from Chi Runners". And then "Why not join us?".

Winchester Half Marathon, 19th Sept 2021

Richard Woolston 2:49:39.4

Wendy Whelan 2:49:39.5

Running GP, Goodwood, 26th Sept 2021

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

5k Angie Dixon 00:25:29 00:25:19 22 8

10k Geoff Dixon 00:42:39 00:42:36 13 11

## Events

The Winter fixture list for the Sussex Athletics Association is here

<https://www.sussexathletics.net/wp-content/uploads/2021/09/Sussex-Winter-Fixture-List-2021-2022-Second-Draft-1.pdf>

That was longer than I expected!

Happy Running,

Winston, on behalf of the Chi Runners Committee