

Horsham Blue Star Harriers

Established 1925

President- Michael Carrington
Treasurer - Mick Carrington
Secretary – J. M. Carrington
Memberships: Mick Carrington
Chairman - Keith May

September 2009

Welcome to our Autumn Newsletter and to all new members. We will soon be into Winter and as always look forward to a successful Cross Country season. There is plenty to look forward to for the youngsters in the sport shall competitions, which is open to all athletes over 10 years old up to U15's. This is a good introduction to athletics and is a lot of fun. If you want to come and try it or parents come and help please let us know!

Horsham Blue Star goes International!!!

Three of our athletes have represented their country at international matches this summer – Joe Kent in the High Jump competed in the European Youth Olympics in Finland, gaining 4th place with a height of 2.11metres, which is the highest any Sussex Athlete has ever jumped!!! Lucy Stickland represented England in the schools Home Countries international in Ireland finishing 2nd in the Pole Vault. Helen Morton represented Scotland, again in a Home Countries International, finishing in 6th place in her Heptathlon competition, and helping Scotland to a team victory.

There was plenty more successful competitions to be excited about, with our biggest ever contingent being invited to the All England Schools championships – 14 in all. Elsewhere Club members achieved 39 medals in the main Sussex track & field Championships in May with 3 further medals gained in the combined events at Horsham in September.

Under the enthusiastic guidance of our team manager Kim Milnthorpe the U13's again won the West Division of the U13's league and together with team manager and fellow coach Drew Slater gained promotion in the Young Athletes League. Elsewhere under team managers Chris Lee and Pauline Giddings The Southern Women's league team finished a creditable 9th in the Premier Division and the men's team finished 10th in their division of the Southern Men's league. We entered the Sussex U15's league for the first time this year, and team manager Michael Carrington was encouraged by some very creditable performances.

If athletes want to follow their progress check the UKA rankings on www.thepowerof10.info/, for more Sussex and Horsham news check the websites at www.sussexathletics.org.uk or www.horshambluestarharriers.org.uk



We are looking for more helpers to train as coaches, training days are available for anyone interested. Email zoe.mckinnon@dorothy-stringer.co.uk or for officials contact the Secretary. We will also need a new team manager next year to look after the Southern Women's League Senior team as Chris Lee is having to give up through pressure of work. Everybody working with youngsters now has to be CRB checked by the police, but this can be arranged free of charge through UK athletics. Ask Mick Cole on training nights or contact him on 01403 250661. Course fees will be met by the club once you have made a commitment.

Steve Pidgeon is running a Health & Safety Executive - Appointed Persons First Aid Course. The duration is approximately 4½ hours and if feasible will be held at Broadbridge Heath. Please contact Steve on 01403 217621 for more details.

Chris Lee, our Welfare Officer, will be only to pleased to listen, if you have any concerns.
Telephone: Chris Lee on 01403 256356

As the winter approaches, let's carry on the success of the summer through to the cross country. We expect all club members to compete through the year either in Indoor competitions, Cross Country, Road or next summer's track.

Cross Country League Dates:

24 October Goodwood
28th November Plumpton College
9th January 2010 Little Common, Bexhill
20th February 2010 Lancing
All ages excluding U11's

Cross Country Championships

3rd October, Sussex relays, Goodwood.
(All ages excluding u11's)
6th December Masters Championships,
Denne Park, Horsham
2nd January 2010 Stanmer Park
Brighton (All ages excluding U11's)

Road Races

1st November 2009 Barns Green 1/2
Marathon (18+) Sussex Champs
7th February 2010 Chichester Priory 10k
(16+)
21st March Hastings 1/2 Marathon (18+)
10th April Sussex Road Relay Champs,
Christ's Hospital. (All ages except U11's)

Sports Hall League (U11's, U13's U15's)
Sundays, 2-4pm Tanbridge House
School, Horsham

15th November 2009
13th December 2009
17th January 2010
4th February 2010

Indoor Sprints: Broadbridge Heath

Dates to be advised. (Keith May 01444 831430)

There are lots more events on the fixture cards, which are enclosed. Also details of team managers for the winter.

There were many personal best performances attained this year, some in appalling weather conditions, however David Patey is very close to beating the longest held club record which is for the 400metres attributed since 1972 to Keith May. David has run 50.30secs and the record is 49.9secs!!! Good luck next year David!!!! Keith would love to see the record broken,

Congratulations to Coach Zoe who has announced her engagement recently to Paul. Zoe is planning a quiet wedding in Las Vegas in April 2010!!!

Unfortunately for Zoe, next Spring's awards evening will probably be held on Saturday the 17th April 2010. Sorry Zoe, as this fits in with the athletics calendar and avoids Easter!

Outstanding subscriptions can be sent to Mike Carrington at 10 Forge Way, Southwater. Telephone 01403 732741. Without your money we couldn't run the Club! If you are a registered paid up member you will be registered with England Athletics receive a membership card and be covered by our England Athletics insurance policy.

Can you help us with Sponsorship to travel to matches, do you have a license to drive a mini-bus or know where we can hire one cheaply?



Any constructive comments about the Club, would be extremely welcomed.

After all it is **YOUR** Club

Sue May, Editor, Newsletter Sept. 2009 01444 831430, Mob. 07802 725354, email Kmaystar@aol.com