



### HASTINGS CLUBS TEAM UP FOR TRACK CHALLENGE

Hastings Runners teamed up with Hastings Athletic Club for a unique joint venture at Lewes athletics track last week.

Green-and-black and red-and-blue colours ran together on a brilliant evening at the opening meeting of the Sussex Masters Track League series. The combined Hastings team enjoyed the supportive and encouraging atmosphere generated by the eight teams taking part.

For Hastings Runners, Will Withecombe and Steve Stanley both ran in the 800m and 3000m events – a great effort from Steve, who had flown in from Canada only hours earlier! Meanwhile, Tamsin West made her eagerly anticipated debut as a long jumper, with high hopes of nailing a 5m jump. However, gale force winds in the home straight meant she fell slightly short of that! Undeterred, she recovered to post an excellent time in the 200m sprint and was also pleased to achieve her target time in the 3000m.

The next meeting is at Eastbourne on 14th June, with a wide range of track and field events in the 35, 50 & 60 plus categories. Two more Hastings Runners, Andy Knight and Natasha Slow, represented club at the Hailsham Active 10k – an event resurrected after a 30-year hiatus. Andy finished 21st with a time of 47:04; Natasha was 115th in 1:10:12.



### JOE RUNS HOME... FROM BRIGHTON

Joe Cruttenden is a man on a mission: to raise funds for the charity Children With Cancer UK.

He recently ran an incredible 42 miles from Brighton to Hastings – pier to pier on the coastal route, so up and over the Seven Sisters. The climbing involved totalled a mind-boggling 3,209-feet – almost a kilometer! The whole trek took him just seven hours and 22 minutes.

Joe, a popular member of Hastings Runners with whom he has been training, says: “I set myself a series of three gruelling challenges. The first was the London Marathon in April – and the third is a sunrise-to-sunset walk on the longest day of the year, Wednesday 21st June.

“Thanks to some incredibly generous people I have so far raised £1,220, but hope that my final challenge will get the total above £1,500. If you can help, go to [justgiving.com](https://www.justgiving.com) and search ‘Joe-Cruttenden’.”

