

Heathfield Road Runners



Running Report

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4 APRIL 2004

Editor's Notes

Usually at this time of year the big story is all about the London Marathon.

We didn't have a large entry this year and it was made even smaller by a number of unfortunate injuries, proving once again that half the battle is getting to the start line. Adrian was most creative in this respect suffering a groin strain whilst trying to negotiate the bath, the kitchen, the telephone and supper. I can't remember in what order the events occurred but he surely only has himself to blame. You have been warned.

Thankfully there was a success story. Julie had been training hard in the weeks before, completing a few half marathons and also the Worthing 20, she did remarkably well to break the 5hr mark with a time of 4.52, well done Julie.

The race was not so kind to Julia. She too had prepared extremely well, managing to put in some very good performances in the spring races despite fighting off injury. The occurrence of a stress fracture during the race meant that Julia had no option but to drop out. This must have been extremely frustrating and disappointing for Julia who had been very focused and committed throughout her training. I am sure you would all like to join me in wishing Julia a quick and full recovery from this nasty injury.

Other finishers were Jerry, who accompanied Julie and Nigel in a rather uncomfortable 3.51.

Chairman's Report

The clock went forward, spring is upon us and we are back running around the lanes — Fantastic!

Outstanding finish to Cross Country season, winning final Xcountry at Crowhurst Park, joint second in East Sussex League, and second in the National Plate competition. A fantastic team performance by everyone: Juniors, Seniors, supporters and organisers. Challenge for next year is to finish second outright in our league and then get all our cross country runners 30+ to the nationals plus supporters and see what happens!

If you remember I said at the start of my year one of the committee's targets was to increase membership by 10% i.e. 50 to 55. It's been a bit of a challenge as we have lost 7 members through injury, moving away etc. However the good news is we now have 54 signed up members with another 3 good potentials.

Training is going very well, the fact that we are now in the lanes adds a new dimension for some of our newer members. Special thanks to Tom for organising a Thursday evening cross country run hopefully we can continue with this fairly regularly.

From a social perspective the Easter Monday Easter egg hunt was cancelled due to lack of helpers/organisers, however we did have a running club golf tournament on Good Friday with 11

HRR's taking part, followed by dinner including partners. The event was very successful thanks to Mike Darling's organisational skills, and was won by Phil Skilton (Bandit). We will be having another HRR Golf Event in the summer and would like to get as many people along as possible.

Midsummer 10k

Taking place on June 27, our own race always stretches the Club's resources to the full. Please put the date in your diary and come along and help, we always need marshals so bring family and friends too if you can.

Birling Gap Run

First one of the year takes place on Thursday 13th May. Meet at Birling Gap at 7pm for a pleasant jog over the Seven Sisters and back for fish supper in the pub (it's cheap). Usually non-runners come along too for a nice walk at this breathtaking location.

Cross Country Report

By now most of us will have heard/discussed what a tremendous finish to the Xcountry season we have had. 1st at Crowhurst Park, joint second in the League and second in the National Plate Competition (see separate article). This is all because of a lot of effort and commitment by lots of people over five races. As chairman and Xcountry organiser I would like to thank everyone involved.

Juniors

We had first and second place at Crowhurst: Daniel Wood and James Iswariah, well done to the boys. Special thanks to Chris Holdway who brought juniors to each of the races.

This season we have had a lot more HRR juniors running which is great for the club in that it gets interest in the club from the local community. There are kids out there who actually like cross country running but don't get the opportunity to do it. Let's make sure we focus on this again next year, you never know we may get some new members!

Seniors/Crowhurst Park

Fantastic turnout, tough race, great support, we won!! Special mention to Adrian Gibbard and Ruth Abrahams for great sprint finishes. My chairman's pick for female runner of the day is Belinda Holdway for a great run with the hangover from hell after celebrating her 40th birthday the night before, I didn't even expect her to turn

Crowhurst XC Results

6	Adrian Gibbard	32-17
11	Ivan Horsfal-Turner	33-21
12	Jamie Coppock	33-28
21	Cedric Clemerson	34-42
26	James Cox	35-16
33	Nigel Parkes	36-31
37	Paul Rigden	36-57
38	Alan Streeter	37-12
45	Graham Chapman	37-58
59	Mike Harlow	41-25
62	Paul Daniels	41-41
66	Mike Darling	42-57
67	Doug Mathews	43-02
74	Belinda Holdway	43-54
78	Martin McIlvenny	45-04
79	Clare Jones	45-25
89	Sue Scott	47-35
94	Wendy Fox	49-17
96	Renee Bryant	49-56
98	Rachal Riley	50-40
100	Faye Harlow	52-12
101	Ruth Abrahams	52-27
103	Louise Schweitzer	53-05

XC Overall Results

Final positions in categories after the 5 events.

Men

4	Adrian Gibbard	Sm	763
6	Ivan Horsfal-Turner	Sm	757
9	Jamie Coppock	Sm	728
12	James Cox	Sm	661

up. Chairman's pick for male runner goes to Mike Harlow. Mike stepped into the breach when his club needed him and ran his socks off to finish 51 places higher than he did at the previous race!

See below your finishing place at Crowhurst, plus your overall individual finishing position for the season.

We had some great individual performances over the season including 3 category medal winners. Louise Schweitzer finishing 1st, Claire Jones 3rd and Mike Darling 3rd. Special thanks also goes to those runners who ran all 5 events. They are Faye Harlow, Belinda Holdway, Wendy Fox, Ivan Horsfall-Turner, Jamie Coppock and Graham Chapman, without this commitment we would never have come second as a team.

We will be handing out club prizes for cross country at the end of the season, make sure you turn up.

17	Paul Daniels	Sm	557
38	Jason Jankovic	Sm	314
39	Chris Shepherd	Sm	311
43	Ian Killain	Sm	283
63	Matt Langley	Sm	126
14	Graham Chapman	M40	633
15	Nigel Parkes	M40	626
20	Alan Streeter	M40	518
26	Doug Mathews	M40	392
28	Jim Scott	M40	372
33	Cedric Clemerson	M40	360
35	Jerry Price	M40	342
38	Paul Rigden	M40	312
60	Chris Holdway	M40	112
7	Martin McIlvenny	M50	515
9	Tom Ottley	M50	472
10	Mike Harlow	M50	469
17	Stephen Read	M50	320
3	Mike Darling	M60	558

Ladies

3	Clare Jones	Sw	723
4	Faye Harlow	Sw	693
10	Ruth Abrahams	Sw	339
16	Debbie Seale	Sw	165
11	Belinda Holdway	F35	742
15	Sue Scott	F35	528
16	Rachel Riley	F35	507
20	Cathy Shepherd	F35	325
30	Julie Price	F35	157
6	Wendy Fox	F45	685
12	Renee Bryant	F45	348
16	Julia DB	F45	188
1	Louise Schweitzer	F55	659

'I Am So Glad We Went'

Nottingham Cross Country

BELINDA HOLDWAY

What a lovely day. Well done to all those runners who got us to the cross country finals in Nottingham but were unable to attend. We set off at 6am from the Co op car park in a lovely coach. The driver was brilliant and got us to Nottingham safely and in good time.

I am sure everyone will join with me to thank Chris for organising this and the team. It was great not to have to worry getting numbers or travelling... all we had to do was roll out of the coach and run.

I can confirm that this happened! Jamie came a fantastic 10th closely followed by Ivan in 11th! The Utopia team were fab and ran their hearts out. James Cox came a very respectable 16th. All our boys ran well... as usual. A great achievement.

I had a good run chasing a few ladies and men dressed in PINK and PURPLE... how sad, they had to be beaten dressed like that!

Louise and Penny were stars, the course was difficult with lots of hills and it seemed more than the 5.2 miles they said it was.

At the time of writing this I didn't know where we came... I am not sure it mattered! We watched the next race and encouraged Lewes, a depleted team... we could have beaten them! Midhurst Milers got some shouts from us as I recognised some of the ladies from the relay.

We had to leave before the prize giving... it was a long trip home.

TO SUMMERISE

WE have a great Club full of talented runners who gave up their Sunday (Mothering Sunday) to represent HEATHFIELD ROAD RUNNERS it was a long but very satisfying day.

Next year it would be great to take a full coach with loads of runners and supporters. I feel proud to have been part of this cross country league.

THANKYOU ALL.

When I found out we came second I was really thrilled.....I am so glad we went!

Belinda

As Belinda says on previous page, we stayed on after to give our fellow Sussex runners some support, it was very nice to receive the following from Peter Masters, Chairman of Lewes AC.

Dear Jim,

Just a brief letter from Lewes AC to say congratulations on the Heathfield/Utopia team silver medal at the Nottingham final, a great team run. I hope that you will be able to pass on the Club's congratulation to all your team and to Utopia Runners.

Also on behalf of the club and more particularly on behalf of the Lewes AC runners that competed at Nottingham a big thank you to your team members

Bath Half Marathon

Sunday 14th March 2004

JERRY PRICE

When the winds blow across the high fields of Marshfield (as they always do) and into the farm where Julie's Aunt and Uncle live you can be sure of one thing — the weather will be different in Bath just 10 miles away. Situated in a valley as it is, conditions were bound to be different in the city. And they were.

The TV pictures later told it all. 5,700 bedraggled and wet — no, soaking wet — runners crossing the line. And that was just the start!! Yes, it lashed it down. It was coming down in stair rods, but horizontally because the wind stayed strong. And it was wet rain. The sort that penetrates any and every waterproofing. The type of rain that (*that's enough Jerry — I think they got the point*).

The county cricket ground where the (extremely well) organised event was centred turned into a quagmire and I only dread to think what the groundsman said when he saw it afterwards! The delayed start didn't help (many had to collect their numbers on the day as the transponders hadn't arrived from France in time to post to entrants) but the atmosphere was fun whilst we waited, huddled up under some poor spectator's umbrella talking to an inflatable charity runner.

So — redeeming features? Yes, plenty. Lovely start/finish in Great Pulteney Street where lots of period dramas and films have been made. Flat. Some

for staying on to give us a shout as we struggled around the course in the later race.

It was very much appreciated by all the team and was favourably commented on in the minibus on the way back south. These thanks include a personal thank you from me as the encouragement from you helped me no end up that last hill on the final lap!

Thanks and congratulations once again. No doubt will see you all in various other races.

Kind Regards

Peter Masters

incursions into the edges of Bath city centre where the crowds turned out, despite the weather (did we mention it rained?). An international turnout. A rugby player called Catt to start it (you couldn't see him as we passed the start — guess why?). Plenty of water (why?) and Lucozade stations and bananas at the end! And it was great fun, despite the weather which was a tad on the damp side (*I told you ...*).

Actually, in the last 2 or 3 miles it cleared up and we even finished in a bit of sunshine having run to the outskirts of the city a couple of times on the A4 into the teeth of the wind and been blown back along the A36. It was a sort of run around the edges of the city centre, following the river Avon, then twice round a loop before running back up to Great Pulteney Street for the picturesque finish.

Worth it? We think so — and not just because it was a chance to visit friends. A terrific atmosphere and quite the London in miniature in places. A race that sold out in 12 days has got to be worth checking out and we'll almost certainly do it again. If it's dry.

By the way, the leaders passed us before we'd finished lap one. Some Kenyan chaps who managed 62m 20s and 62m 31s. I think you should watch out for them on April 18th. At least we were in front of them *some* of the time.

Did we say anything about the rain, Julie?

Lewes Easter Fun Run

12 April

LOUISE SCHWEITZER

There I was, all in red kit and running shorts, looking for a club to belong to on the Lewes Athletic track last Easter Monday. I did find Wendy Fox, which was nice, but she runs faster than me (most people do) and so I tottered round with Erica from Heathfield who runs the Organic Burger Bar at the Farmers Market, doing the cross-country 10k in just over the hour. It was a beautiful sunny morning for a scenic run over the edge of the Downs from Lewes via the Ouse valley, Itford and Kingston and over eight hundred athletes took part. We were allowed a cheap swim in the Leisure Centre afterwards, steaming nicely in warm chlorine. Lucky Lewes runners to have such marvellous facilities and the Downs on the doorstep. I had a lovely morning and only wish more HRR could have joined in — I miss you!

Beachy Head Marathon

23 October 2004

Answer me this simple question. Why is that when we offer to take the whole membership (free of charge) to a nice little 10k race and even buy everyone lunch on the way home we get such a small handful of takers that we have to scrub the idea, then, we get 28 entries into the Beachy Head Marathon? Are you all barmy? Obviously some of you are because you've done it before — and still you want more; are you really fit to be let out on your own? This race is 26 miles of torture. It has the most arduous final 6 miles of any race I've run. In total there is 3,500 ft of climbing, including two sets of steps (one of 220+). It'll probably be raining, muddy and cold and if you get disorientated at 20 miles you could fall 400ft to certain death (a welcome respite). Even the start is so steep most people walk the first mile.

What did you say Chris? Nobody has paid yet? In actual fact the Beachy Head Marathon is one of the most satisfying races to complete, it takes in some of the most beautiful sights in the county. There's food and drink a plenty along the way, including the pubs of Litlington and Alfriston. At the end you get a warm meal and a very smug feeling. As a bonus you can feel fully justified to include the Jog

Shop Jog in your preparation. It's all beginning to make sense now.

Check out the list below and contact me or Cedric if you want to be added, you might be lucky.

Ruth	Mike H	Belinda	Paul D
Renee	Carolyn	Ivan	Rachel
Patricia	Wendy	Clare	Tessa
Graham	Adrian	Ian	Louise
Cedric	Mike D	Tom	Sue
Rona	Keith	Jerry	Jim
Paul R	Chris	Julie	Faye

Hastings Half Marathon

Our Race

This was the seventh time that Tessa has run at Hastings — third time for me, and the first time that we agreed to run it together. My brother lives in Hastings and over the years we have developed a pretty slick drop-off, pick-up routine, just as well with nearly 4,500 runners.

Any thoughts of an easy ride for me were quickly dispelled as we fairly blasted up the hills in the first half, but after that we settled into an easy pace and really enjoyed ourselves. I was being the complete Muppet waving at all the crowds and high-fiving the kids, but it was great to wallow in the friendly atmosphere.

The highlight for me is always that big roundabout at the Conquest Hospital and the great wall of sound that greets you. Could have done without the discarded Dasani water bottles though, (I assume Coca-Cola gave a job lot away once the pollution had been discovered).

Reality struck as we turned into the seafront with a viscous head wind, but we finished together in 1hr 49mins. This was seven minutes slower for Tessa than last year but I know that we both enjoyed it a whole lot more.

Keith & Tessa (Ex runners)

Sussex Grand Prix

Hastings Half, 14/3/04

80	Ivan HT	1.24.31	596
164	Jamie Coppock	1.28.58	517
385	Dave Harlow	1.35.32	554
452	Graham Chapman	1.37.04	458
676	Paul Daniels	1.41.33	369
799	Paul Rigden	1.43.37	386
859	Malcolm Love	1.44.53	515
925	Julia DB	1.46.08	555
1124	Tessa Schooling	1.49.16	585
1125	Keith Harrison	1.49.18	406
1311	Martin McIlvenny	1.52.05	450

1847	Clare Jones	2.00.39	301
1850	Rachel Riley	2.00.40	355
1910	Ruth Abrahams	2.01.43	
2167	Wendy Fox	2.05.58	
2177	Renee Bryant	2.06.15	366
2281	Sue Scott	2.08.15	318

Worthing 20

1	D Carter, Phoenix	1.56.22	
HRR			
166	Nigel Parkes	2.35.45	469
369	Julia DB	2.55.10	474
589	Julie Price	3.27.52	226
590	Jerry Price	3.27.52	

Handicap, 4 April

	start	finish	time	rating	
1	Zoe	1.00	39.33	38.33	355
2	Julia	5.08	39.36	34.28	601
3	Phil	5.06	39.46	34.40	527
4	Paul R	8.34	40.07	31.33	503
5	Mike H	6.00	40.28	34.28	507
6	Martin	3.00	41.03	38.03	441
7	Graham	8.34	41.10	32.36	461
8	Jamie	12.18	41.13	28.55	562
9	Jim	5.00	41.29	36.29	334
10	Nigel	9.45	41.51	32.06	529
11	Rachel	0.00	42.04	42.04	319
12	Wendy	0.00	42.08	42.08	
13	Mike D	5.00	42.34	37.34	505

Well done to Zoe back from injury. Julia had a very good run, just look at that rating; it's the highest ever for a lady around the Time Trial course.

And Finally ...

I take no credit whatsoever for this, kindly submitted by Tim Skilton.

A woman was having a daytime affair while her husband was at work. One wet and lusty day she was in bed with her boyfriend when, to her horror, she heard her husband's car pull into the driveway.

'Oh My God - Hurry! Grab your clothes,' she yelled to her lover. 'And jump out the window. My husband's home early!' 'I can't jump out the window!' came the strangled reply from beneath the sheets 'It's raining out there!'

'If my husband catches us in here, he'll kill us both!' she replied. 'He's got a very quick temper and a very large gun! The rain is the least of your problems.'

So the boyfriend scoots out of bed, grabs his clothes and jumps out the window! As he began running down the street in the pouring rain, he quickly discovered he had run right into the middle of the town's annual

Future Events

MAY

- 16 Hailsham Town Ten SGP
- 26 Bexhill Seafront 5k (Wednesday)

JUNE

- 5 SDW Relay
- 6 Seaford Half
- 9 Worthing 10k SGP
- 27 Heathfield Midsummer 10k SGP
- 30 Bexhill Seafront 5k

JULY

- 4 Bewl 15
- 25 Downland 30m & 5m
- 28 Bexhill Seafront 5k

AUGUST

- 25 Bexhill Seafront 5k
- 29 Will Page 10k Newick. SGP

SEPT

- 19 Hove Prom 5m SGP
- 26 Bexhill Seafront 5k

OCTOBER

- 3 Lewes 10
- 23 Beachy Head Marathon
- 31 Barns Green Half. SGP

NOVEMBER

- 14 Phoenix Races. SGP
- 21 Brighton 10k. SGP
- 28 Crowborough 10k. SGP

marathon. So he started running along beside the others, about 300 of them.

Being naked, with his clothes tucked under his arm, he tried to 'blend in' as best he could. It wasn't that effective! After a little while, a small group of runners, who had been studying him with some curiosity, jogged closer. 'Do you always run in the nude?' one asked.

'Oh yes' he replied, gasping in air. 'It feels so wonderfully free having the air blow over all your skin while you're running.'

Another runner moved alongside. 'Do you always run carrying your clothes with you under your arm?' 'Oh, yes' our friend answered breathlessly. 'That way I can get dressed right at the end of the run and get in my car to go home!'

Then a third runner cast his eyes a little lower and queried. 'Well, Do you always wear a condom when you run?'

A quick glance and quick with the wit, the man answered

... 'Only if it's raining'.