



## Running Report

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### Editor's Notes

Graham Chapman

Here's a novelty — a newsletter.

I obviously got out of the habit of writing it, and guess what? Only two people noticed! You lot, you know how to make someone feel important.

So here it is anyway.

I must apologise to Claire who sent me her story ages ago, I figured that if she can run 47 miles she must be pretty patient.

Apologies too to Chairman Jerry, because — being top dog — he must take ultimate responsibility. He would have fired me but nobody would have noticed that either.

One thing I must mention is subscriptions. Well done to everyone who has already paid. There are, however, just few (a very few, I think about 4) who have yet to pay. Please give our treasurer a break, or better still a cheque. Otherwise ...

... well, I dread to think what tactics the collection team will resort to.

Talking of which brings me neatly on to:

### Chairman's Report

It's been a while since we had a newsletter but the medium of email seems to suffice. However, we know there are many of you without access to the interwebby thing so the newsletter is a good way of ensuring full circulation.

First, a quick look back:

Congratulations to Tessa Schooling who achieved greatness in last season's Sussex Grand Prix with a creditable 3<sup>rd</sup> place in the V4 category.

The 'Burn's Night' thrash went off extremely well and I had some (unsolicited!) emails saying how much people enjoyed the evening. As a result, we're going to go large on a barn dance — see details elsewhere in the newsletter.

The winter period seems to have gone well and we're doing well in the cross-country league, standing second overall with one event to go. Thanks to everyone who turned out for the club at the various events.

On the subject of the cross-country, our own one went exceptionally well and congratulations to everyone who helped to set up what many runners think is the best cross-country of the season. I'll single out Chris and Belinda Holdway, who put loads of effort into co-ordinating, booking, arranging and generally running the whole event. I know lots of others helped out, but without their efforts it probably wouldn't have got off the ground at all. Mind you, with all the mud, not a lot could get off the ground! A resounding success, and HRR came second, consolidating our overall position.

The owners of Isenhurst woods, where the cross-country was held, have agreed to let us use it for a couple of organised evening runs over the year. Because of the various activities that go on there, this is a generous offer and we'll surely take them up on it! More details in due course.

So, on to other matters. The Sussex Grand Prix season is well under way. The Chichester 10k, Brighton Half Marathon, Hastings half and Worthing 20 are already complete (well done to those who participated, particularly Lisa who knocked nearly half an hour off her previous best, to Karen (10 mins off) and Julie (4 mins off) but there's lots to go and still plenty of time to get your 8 races in if you want to score points. Every event you participate in will contribute to the club total, and they're all a lot of fun. Visit the SGP web-site for details of events which range from 5k shorts to half marathons.

Congratulations to Claire and Alma, who took part in a 45 mile (yes – you did read it right!) run a few weekends ago. Unfortunately Alma had to pull out (but a long, long way into the race) but Claire continued all the way to the finish. Well done! This is not the first amazing endurance event they have undertaken. The club has agreed to pay for psychiatric help for both of them!

So, onward and upward! It's nice to see so many new members coming

along, especially on Mondays. And the progress many of you have been making over the last few months is remarkable. The next couple of months will see longer evenings we are now back to the country runs in the evenings, and look forward to the continued commitment to the SGP events and to everything else taking place (we have several runners in the London Marathon in April — if you're thinking of going to support or just take in the spectacle of the event, let me know so we can look out for you ...). Don't forget to let me know of other events you're taking part in (Loch Ness marathon, fell runs, etc). Oh yes, and training for the South Downs Relay is in the offing, too. Everyone will be welcome to come on the longer downs runs each week — if you start off, by the end of the training several weeks later, you should have completed the whole 100mile South Downs Way and seen it in all its splendour (or fog/mist/rain, of course!).

Take care, keep injury-free and enjoy your running!

### **Monday evening runners**

We're trying to encourage as many of the better Monday runners to come along on the Tuesday fitness sessions. There are a lot of you who have improved massively and who would benefit from pushing yourselves just that little bit more. There's a misconception that Tuesdays is for 'fast' runners. That's simply not the case. It all starts out nice and gently and then the circuits are at your own pace — it's designed for improvement, not punishment! So, instead of naming names — you know who you are! — why not come along, whatever your standard, and enjoy something a little different as you improve? You know it makes sense!

**Jerry**

### **Midsummer 10k**

Can you believe it's time to be talking about this already? You can? Well you must be better organised than me. Two people who are well organised are Belinda and Julie, because between them they seem to have things under control.

As usual we need all the marshals we can get, and whilst it's great to get a good team of runners out there racing, the priority is in ensuring the route is effectively marshalled. This year it will be on Sunday 24 June. If you want to run, then please bring someone to marshal in your place.

It's a great race for those who are competing in the Grand Prix; for some reason it doesn't attract a huge field. I've never understood why, don't people like hills?

### **South Downs Way Relay**

As usual — and it pains me to say this — the ladies' team is all sorted, well ahead of the others. They know who is in the team, what legs they are running, their estimated times, and very likely what the weather will be on the day. So what about the A and B teams?

I said, 'What about the A and B teams?'

I think we have the runners, but we really need someone to pull the runners together, i.e. captains.

The A team is looking something like this:

Adrian Gibbard, Adrian Cornford, James Cox, Paul Rigsby, Doug Andrews, and Cedric Clemerson. I must stress these are not confirmed, so if any of you cannot do it then let me or Paul (A Team captain) know right away. Also, if you think you should be in there, don't keep it to yourself.

As for the B Team. Well, here is a long list of suspects — all (I think) — have voiced interest in running or being substitutes: Guy Stockwell, Mick Elms, Mike Heathwood, Chris Shepherd, Graham West, Dave Harlow, Malcolm Love, Alan Streeter, Ivan Horsfall-Turner, James Cooley, Chris Holdway. If I've left anyone out, then let me know — my memory is not good. If you don't want to be considered, then let me — or a responsible person — know.

We need 18 runners for 3 teams. BUT, we've never started the race with the same 18 that we thought it would be, so we need more.

### **We also need marshals**

The Relay cannot be staged without support from each competing club. We provide marshalling at Itford Farm (leg 3-4 changeover, near Newhaven). If you can help Julie with this vital role then please, please, let me or Julie or Jerry know. It is fair to say that if we cannot provide marshalling then we will not be able to run the race (this year or ever again). Oh the date? It's Saturday June 2nd — it is a morning requirement.

### **Barn Dance**

Get your diaries out and make sure you put in the date for the Grand Barn Dance: Saturday 15th September at Broad Oak Village Hall from about 7.30 to 11.30. We will be entertained and led by the Amazing Catsfield Steamers who have an excellent reputation round these parts (and beyond!). Food will be included but to keep prices down and admin to a minimum (I love it when Jerry makes spelling mistakes, so I left this one in), we'll ask you to bring your own drinks. Why not get a party together — the hall can hold 150? Further details about tickets, etc to follow soon but book your babysitters now!

**Jerry**

### **Beachy Head Marathon**

Entry forms now available, apply early to avoid disappointment.

Entry forms went out via email, so let me know if you need one.

### **0 to 47**

#### **Claire Symes**

I'm in shock — I've just completed my first ultra.

Last Saturday I ran 47 miles from Tring to Little Venice in London along the Grand Union Canal and all I've got to show for it is a medal and a grazed hand. My legs and shoulders ached a bit the following day but nothing to the extent I was expecting, which has left me checking my hand and medal for proof that I did actually do it.

Alma and I entered the race — Tring2Town — in a fit of madness before the New Forest Marathon in September last year. I'd already done one marathon in May but after a few knee problems I was still nervous about the second but what could be scary about 26.2 miles if I had the prospect of 47 on the horizon?

Beachy Head quickly followed New Forest, and Alma and I felt so good afterwards that we started our endurance training the next day by doing the Barns Green Half Marathon. Then it was taper time again for a December marathon in Majorca with a 10 mile recovery (!) run the next day.

A friend who helped me with my marathon training schedule kindly did an ultra schedule for me. Over Christmas Alma and I completed a number of back to back runs, the longest of which was 25.5 miles. During that time we worked out our race strategy of running for 25 mins followed by walking and eating for 5 mins. I think Paul thought I was heading out for picnics as I had a Camelbak full of sports drink, bottles of coke, mini cheddars, banana and sausages!

On the morning of the sun was out and after a delayed start we were off. The race was sold as a 45 mile race but they 'forgot' to mention the 2 miles from the start to the canal when the measured part of the race began.

Alma and I separated early on as during training we discovered that our paces were changing. The terrain was very varied – a mix of mud, gravel, concrete and asphalt – which along with checking the bridge numbers for the navigation helped to keep my mind occupied.

Most people were doing a mix of running and walking which gave me a chance to talk to the other competitors.

The first 25 or so miles ticked by fairly easily – more easily than on any of my previous marathons. I hit 26 miles at around 5 hours 20 and felt ok physically but began to have a bit of a mental wobbly from there til 30 miles where I met Paul with my second lot of food.

It was nice to see a familiar face and he ran half a mile with me. I changed my top when I met him too which made me feel a lot better. But he also told me that Alma had dropped out and hearing that gave me the mental kick up the backside to get on with it - I wasn't injured or particularly tired just mentally jaded.

From there the miles started to tick by again and then it started to get dark. We had been told to pair up when it got to dark as we were running through some rough parts of London by then but everyone around me was either running too fast for me, running to slow, or walking for too long, so I did head out on my own.

I took a bit of a tumble just after dusk and grazed my hand and bruised my knee – I was more concerned about not falling in the canal than not injuring myself! But it didn't really affect my running other than making me concentrate on the path more.

After that I just went into autopilot and I don't think I could have stopped my legs if I'd tried! I was very glad to see the finish though – 10 hours and 14 mins after I set out.

I'd barely finished when the organiser said 'You'll be back next year - ever thought about the Marathon of Britain?' At that point Paul quickly guided me away to the pub to get changed. That was a bit of contortionism as it was the smallest pub toilet I have ever seen!

But I think I'm hooked on endurance runs now so while I'm not ready for the MoB yet, I have got an entry for a 35 mile race in mid Feb and there's a nice 50k race on the Downs Link from Shoreham to Guildford in September — anyone care to join me?

## Results

I must be honest, this is the most onerous part of the newsletter and I fully intended to catch up with this issue.

However, I thought it important to get the thing published now rather than later. So, big apologies, I'll catch up with all the results next month (it will also provide the necessary whip to make me get the next one ready without a 6 month delay).

There is a new race on the Grand Prix calendar on 29 April at Hastings. It's only 5 miles and being new, it could be good for points.

## Future Events

### APRIL

- 22 London marathon
- 29 Hastings 5 SGP

### MAY

- 13 Hailsham 10 SGP
- 20 Horsham 10k SGP
- 30 Bexhill 5k

### JUNE

- 2 South Downs Way Relay
- 3 Seaford Half Marathon
- 6 Worthing 10k SGP
- 24 Heathfield Midsummer 10k SGP

### JULY

- 1 Bewl 15
- 25 Bexhill 5k SGP
- 29 Jack and Jill 5 & Downland 30

### AUGUST

- 12 Midhurst 10k
- 26 Will Page 10k Newick SGP
- 27 King's Head Canter 5k East Hoathly

### SEPTEMBER

- 9 Hellingly 10k SGP

Full list of local races on our website.

