

Heathfield News

The Newsletter for Heathfield Road Runners

August 2001



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EDITORS COMMENT



Contrary to popular myth your editor has not been arrested or fled the country. He has simply had a bit of a break from the Newsletter for the Summer. This has been due to a period away. I had a week at Stirling University, for an Open University Summer School. It was a great week. The merciless order of the day was to work hard and then play hard afterwards. Are there any other club members involved with the OU? This week signaled the start of the business end of my first years study; another reason for the long gap since your last Newsletter. Most of my spare time has been spent studying, writing essays and preparing for an exam at the end of September. On top of all this, the work front, took a busy turn. Some of you may have seen me working at the two weddings involving club members.

Whilst on the subject of weddings, congratulations to Chris & Cathy who got married in July, who said running was unsociable?!?! I wish them well for the future. Congratulations also to Faye Harlow, who married Sean earlier this month. If I may say so, both brides looked gorgeous!!

Your Newsletter will change shape, this month's format is a 1 off. Mostly for convenience and also because of the sheer volume (not) of material has forced the change.

Last Thursday evening I joined in with the social run from Birling Gap. It was a very pleasant evenings run in the sea air, followed by a great supper in the pub afterwards. The evening was well supported. If members would like to see more of this kind of event then let us know. Why not suggest something yourself? Let's see a return to the sociable club we once were. If you have anything to say on the subject, why not let me know ?!!

Without sounding like an old record, this Newsletter is there as a means of communication between it's members, as well as a source of information. Why use it constructively. Members are interested in what others are doing or thinking, about the club or running in general. Many of you will have been on holiday. Why not let us know where you went? Did you go running while you were there? You can contact me at the address on the front or you can contact us through our website www.heathfieldroadrunners.com. It would make my job much more interesting and your Newsletter would be more entertaining with more contributions; even if it's only feedback on previous articles. Let me know what you think of the new format to begin with. Support your Newsletter!!

AGM

The date for this years AGM is fixed for Friday 28th September at 8pm. At the Cross in hand This is a chance to air your views to the committee. It needs to be supported, so please try to come along?

Attached to this edition are details for nominating new committee members please complete as instructed.

The AGM is also the evening where the prizes are awarded. There will be a prize winners photo taken at the end of the evening. Could last years winners please hand back your trophies.

Time Trials

Two Time Trials to report this month, as July's didn't quite make it in time for the last Newsletter. I'll be putting an archive of Time Trial results on the website dating back to April 1999.

3 July

	time	rating
Alan	30.28	593
Mike H	31.16	504
Graham	32.02	461
Ian	32.06	434
Cedric	33.06	480
Dave	33.39	
Mike D	34.56	562
Philip	35.18	474
Paul D	37.21	270
Martin	40.23	344
Lee	44.17	135

7 August

Alan	30.14	603
Tom	30.34	642
Graham	30.51	507
Cedric	31.13	555
Mike	33.39	612
Keith	33.41	484
Philip	35.33	467
Paul D	36.00	308

Nice to see the times coming down, but still a significant absence below that 30 minute barrier. Next Time Trial: 4th September

JOG SHOP JOG

20 August 01

Those with good powers of recall will remember that this race is highly rated for falling over. I fell over at about 9 miles and wanted to stop there and then. I was quite fortunate though, falling over half a mile later on a steep concrete descent would certainly curtailed my activities for the day. If I'd left it another mile, coming down off, what is known as, The Big W, it would have been roly polly all the way to the bottom. This really is one of the hardest, most dangerous races we have in the South. The race is not without its charm though: one can almost look back with fondness after negotiating: the North Face, the Yellow Brick Road, the aforementioned Big W, Death Valley, and the Snake.

Maybe the four of us were a little under-prepared for this; but we all finished. At the end, I think we were all thinking the same thing, 'is the Seven Sisters really going to be six miles further than this?'

Graham Chapman	50	2.54
Mike Darling	115	3.12
Paul Daniels	158	3.23
Mike Harlow	192	3.34

Graham

Something from our website

THE STOCKHOLM MARATHON 9 JUNE 2001 BY IAN KILLIAN

As many of you in the club know, three of us decided to give the Stockholm Marathon a go, on the 9th of June. Phil

(Phyllis), Mike Harlow (Trotter) and myself (Junior) attempted to get ourselves into some semblance of fitness for the event. Trotter did the most mileage, Phyllis the most whinging and I tried to out fart Mike Darling (mission unaccomplished).

The marathon day was bright, sunny and quite warm at the start but that last too long and we were caught in a hailstorm towards the end of the race. I must say that it did wonders for rejuvenating tired legs!!

Our times were as follows:

	Position	Chip Time	Total Time
Phyllis	3814	3.56.13	3.58.50
Trotter	2565	3.42.40	3.45.16
Junior	2063	3.36.44	3.39.20

HEATHFIELD ROAD RUNNERS – TRIATHLON SECTION

Yes it's true, three of us have got a shocking confession – in secret, over the summer we formed an unofficial society, the HRR Triathlon Section. We emerged as a team on July 22nd at the Heathfield Tri and, in our defence, in the team race we did finish 12th out of, yes you've guessed it, 12. Louise Schweitzer however, is the real villain by actually winning the ladies over 50 section – well done Lou!

Times were, Graham Chapman 83' 52", Paul Goad 87' 11" (over six minutes quicker than the Heathfield Tri in May) and Louise Schweitzer 115' 51 (over 10 mins quicker than her May performance). Also competing was Daniela Deighton who finished in 109' 1

The race is good fun and very well organised. It benefits from the swim only being 450mts (well it benefits me) and it is on our doorstep. Maybe we'll have a few more members competing next year?

Footnote: A friend at work recently said to me, 'did you know Lance Armstrong started his career as a triathlete?' to which I replied 'yes, and it appears I'm ending mine as one'.

Paul

SEVEN SISTERS PRACTICE

We plan to run the first half of the course i.e. St Bedes, Eastbourne to Bo-Peep on the morning of Saturday 15 September. With 24 runners entered, a good turnout is expected. If you're not running the race itself then please come along anyway for a pleasant, scenic 13 miles approx.

For meeting details contact either Tessa 01435 866700 or Graham 01435 862486.

Graham

COFFEE BREAK CORNER

I have yet another word puzzle for you, the aim is to guess the nine letter word hidden in the grid then try and make as many smaller words from all nine letters. The word will be relevant to this edition.

T	M	O
H	C	L
K	O	S

Gloria gave me a little teaser which you might find amusing :

VISSARIONOVICH DZ HUGASH VILI

This is not an anagram, but it is someones name. Does anyone know who's? A clue is that it is a historical figure. Answer below.

Lenin

Future Events

September

- 9 Hellingly 10k SGP
- 9 Uckfield Triathlon
- 16 Hove 5 mile SGP

October

- 7 Lewes Downland 10 SGP
- 14 Kingston Marathon
- 21 Barns Green Half SGP
- 27 Seven Sisters Marathon

November

- 11 Phoenix Races SGP
- 18 B & H 10k SGP

December

- 2 Crowborough 10k SGP
- 9 Mince Pie 10 Peacehaven

Cross Countries Coming Soon. Be Prepared!

Samantha, who kindly gave us a talk earlier in the year asked if we could find space in the Newsletter for a small mention. I thought I'd use this space that Lee had fortunately left for her here.

Graham

SPORTS INJURY CLINIC

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STOP PRESS

KINGS HEAD CANTER

27 August 01

10	Pete	17.48
32	Graham	20.20
56	Paul	21.28
75	Phil	22.35
??	Bill	24.21
??	Faye	28.13
??+1	Mike H	28.13

RACE THE TRAIN

Some of you may know that Ivan just happened to be in Wales and couldn't resist running over 14 miles against a steam train (along with 450 other runners). Needless to say he beat the train as well as most of the other runners. He was 27th in 1.34.37; the train took 1.45. Hopefully he will tell us all about it in the next Newsletter.

LONDON MARATHON

Has anyone else noticed the dramatically changed qualification times for next year? Any man with sub 3.15 (during 2000 or 2001) can gain automatic qualification, any lady with sub 3.45 likewise. These changes to the entry system would imply that getting in via the lottery is going to be less likely.

To apply for guaranteed entry you need proof of result to be sent to London Marathon by 19 October. We do have some runners who can achieve this. I've looked at the calendar and there are two promising marathons before 19 October. Both on the same day: 14 October, Manchester Marathon and Kingston Marathon. Kingston looks favourite as it is fast and flat; 3 x 8 mile laps + 2.5 mile loop. Not much time for training, granted, but I know many of you are training for the Sisters.

Any takers?

IRON FACTS

I came across a couple of short articles in the Times Newspaper that are particularly relevant to us:

Did You Know?

That 89% of women aged between 19 and 50 are not getting their RDA of iron? Iron helps the blood to carry oxygen around the body, and a deficiency can lead to tiredness and feeling listless. Make sure that your diet includes iron-rich foods such as liver, sardines, whole grains, kidney beans, leafy green vegetables and pulses (at least one portion a day). A good supplement can also help.

Medical Notes

Jogging for health may be bad for your blood. A 41 year old woman who ran five miles every other day has developed serious anaemia because her red blood cells were being pounded and smashed up as they circulated through her feet. The condition has been labelled "runner's anaemia", and it may be due to poor running technique. Wearing springy shoes can help to prevent it.

Graham