



## Running Report

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### Editor's Notes

Well, June was busy as usual and activities continue at a relentless pace into July and August. Coming up very soon are:

#### **Buxted Relay, 20 July**

Firstly, on Wednesday 20 July we have our Buxted Relay. We'd like to field at least 3 teams here. Teams of 4, 1.5 miles per leg approx. Starts at 7pm so get there early to get numbers. We also need a bit of help on the night with marshalling, etc. Apologies to those on snail mail who'll be reading this after the event.

#### **Bexhill 5k, SGP, 27 July**

Here's an event for everyone doing the Grand Prix races. A flat fast 5k, new to the SGP this year so likely to be a great points scorer.

#### **Birling Gap Run, 4 August**

The Thursday session will move to the seaside on August 4 for a run over the Seven Sisters and a cheap fish & chip supper in the pub afterwards. Meet there to run at 7pm.

June and July might have been busy for the club, but earlier on in the year somebody else was putting us all to shame with a remarkable run of events; read all about Alma's schedule later in this Running Report.

Hope you are all making the most of this wonderful weather and getting in some decent training for 2012!!

Graham

### Chairman's Report

So much has gone on in the last couple of months I'm not sure where to start!

South Downs Relay was a fantastic event this year for none of the normal reasons. First and foremost the ladies ran a cracker, a new record, 3 new team members, a fantastic team effort and great leadership and organisation from Belinda. Oh yes I nearly forgot to mention they also beat the A team for the first time.

It was also, believe it or not, a great day for the A team. Ivan did all the organising beforehand and managed to get an all HRR team out which given the amount of injuries we had was a major miracle (the fact that I ran in the team just shows how desperate we were). Paul Rigden put all the 'boogies' of last year's event to bed with 3 sterling runs. However for sheer guts and determination Ivan was outstanding given that he hadn't run seriously since March due to injury. We also managed to finish the race for the first time in 3 years without injuries/disqualification which was a great team effort.

The weekend after the SDR we had our 20th Anniversary summer party which was a resounding success, extremely well organised by Rachel and Renee plus lots of helpers. On behalf of the club I would like to thank Rachel and Brian for the use of house and gardens, Julia for the food and all the other helpers who made the whole evening

so enjoyable. I thought the Jerry and Jim Karaoke combination was the highlight!! Hopefully you all watched us on stage at Live8!

Our 10k event goes from strength to strength. The organisation was sublime which is a testament to the hard work Belinda put in beforehand. We had lots of helpers on the day who all knew exactly what they were doing. I am not sure at this stage how much we raised, I will let you know in next newsletter (stop press: £1542.53). Just to show how well organised the event was this year we were able to field more runners than we have for years. The icing on the cake was we had 2 category winners Rosemary Blatch and Cedric Clemerson — Fantastic! Next year we are looking to get a few more out and go for a team prize

Just to finish we are making good progress on our committee for next year with 3 new men and 1 new woman including our XC co-ordinator. We are still looking for a new chairman and would really like a woman to step into the role. If any woman out there would like a job telling others what to do then please come and have a word with me!

JIM

## How's this for Inspiration?

Hi, my name is Alma England, and I joined the club just over a year ago, with the dream of being fit enough to run the London Marathon. Before I joined I got myself fit enough to jog four miles just so I had some kind of chance with being able to keep with the Monday night crowd (yes I know there were still times when you waited for me). My incentive to keep going was to be as good as the rest of you, so with this in mind I would go out during the week to improve my fitness.

As in previous years I filled my entry for the London Marathon and sent it off. Hoping I would get a place, but also unsure because of the realisation of how much work it would take to be able to run the distance. When I got my entry through I was so excited I couldn't sleep that night. It has taken me four years to get an entry and I was in the right place to be doing my training. Training went well and it seemed like in no time at all I was there at the start on a hot spring day dreaming of glory. The problem was that I set myself up for a fall; from just wanting to complete the marathon I wanted to do it under 4.30 hrs. At the start of training I did Bexhill Half in 2.24hrs and towards the end I did Brighton in 2.02 hrs. So with this improvement I was very confident that I would do it in the 4.30 time zone. Sadly this was not to be as I got backache in the second half of the race, and finished in 5.12 hrs. Feeling disappointed with this I thought, I know I will do another marathon and see if I can go faster and feel happier with my achievement at the end.

One month on, there I am standing at the start at Halsted, Essex. This event I enjoyed, it was like running around the lanes at Heathfield. It was quite hilly although was described as undulating. I was happy with the race that I had run and was able to push myself to my limits and ran a time of 5.03 hrs.

Still not having done a race in 4.30. I then entered the Blackpool Marathon one month on. I thought flat course, ideal to have a go at the time. Wrong!!! Things were not good from the start. It was a blazing hot day with temperatures in the 30s. We were assembled at the start as requested ready to go when there was a delay and then another delay and it was 45mins later that we started. Only to get to the waterless water station, and then the next waterless water station it wasn't long before I like many runners were

reduced to searching for leftover bottles with a bit of water left in the bottom. It was described a traffic free route, on the return into Blackpool I found the police were guiding us to run on the central reservation between the tramlines and the road. There were no marshals they were all on the other side of the road so you had to make your own way through the Blackpool jobs. It didn't take long to realise that this race was going to be one of survival as to time. I did eventually finish in 5.36 very dehydrated and sunburnt. Definitely a never to be repeated race.

I will still keep doing marathons, as I appear to have caught the running bug but not at the rate of one a month. One day I might get that illusive time of 4.30. I'd like to think I will get there in the long run !!!!

I would just like to thank everyone at the club for their encouragement and advice it has meant a lot to me. Will see you soon off on holiday for a rest.

ALMA

## Sussex Grand Prix

Good news is that the SGP results have been updated — bad news is that it is only up to May 23 and there are a few inaccuracies and hence, lots of amendments to come. Next month I should be able to give you a clear picture of how we are doing, both as a club and individually.

Since the last newsletter there have been 2 SGP races: Worthing 10k and our very own Midsummer 10k

### Worthing 10k, June 8

1	L. Jones, Crawley	31.20
HRR		
59	Cedric	38.42
245	Julia	45.25
289	Rosie	46.59
548	Claire	61.50

### Midsummer 10k,

1	D Carter, Phoenix	34.25
HRR		
13	Cedric	39.52
24	Ivan	41.05
31	Paul R	41.58
41	Dave	42.38
59	Graham	44.23
97	Rosie	47.51
122	Julia	49.17
125	Mike D	49.33
128	Jerry	50.04
132	Sarah	50.25
201	Julie	59.02
222	Claire	64.59

Well done to Cedric and Rosie, winning their classes.

Next SGP race is Bexhill 5k on July 27. It is a new one on the SGP calendar and a midweek race so turnout is likely to be quite low. This is great news for those who do manage to get down there to do it because it will probably provide very good points opportunities.

The same goes for Will Page 10k at Newick at the end of August. Anyone competing in the Grand Prix should really try to do both these races.

## Other Results

### Bexhill 5k, 25 May

This was the first of the Bexhill Seafront 6 series: 4 x 5ks, a 10k and a beach race??

1	Adrian Cornford	17.26
HRR		
89	Alan	27.52
98	Karen	30.34
99	Claire	31.09

Very well done to Karen, 1st in class!

### Bexhill 5k 29 June

1	Paul Ilott, B&H	16.11
HRR		
42	Graham	20.36
59	Julia	22.14
63	Rosie	22.53
67	Sarah	23.10
77	Barry	23.58
139	Claire	29.40
140	Karen	30.40

Well done to Karen, retaining her title. Also, Julia 2nd and Rosie 3rd in their respective classes.

### Bewl 15, 3 July

HRR		
25	Cedric	1.34.47
38	Ivan	1.38.25
126	Jim	1.55.36
161	Mick D	1.59.24
257	Tessa	2.12.00
258	Keith	2.12.00
289	Rachel	2.19.17
316	Julie	2.27.35

## Handicaps/Time Trials

Two races, both were run as Time Trials.

### 14 June

1	Cedric	30.06
2	Jamie	31.02
3	Paul	32.29
4	Ian	33.46
5	Graham	34.10
6	Philip	35.21
7=	Julia	35.24
7=	Rosie	35.24
9	Mick D	36.11
10	Barry	38.25
11	Martin	44.02
12	Rachel	45.30
13	Wendy	45.44

### 5 July

1	Ivan	30.45
2	Paul	31.27
3	Graham	32.08
4	Cedric	33.43
5	Philip	35.54
6	Barry	41.40

## Future Events

### JULY

20	Buxted Relay
23	International Snowdon Race 10m
27	Bexhill 5k SGP
31	Downland 30m and 5m

### AUGUST

28	Will Page 10k Newick SGP
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### SEPTEMBER

3	Brecon Beacons Fell Race
11	Hellingly 10k SGP
18	Hove Prom 5 SGP
18	New Forest Marathon & Half

### OCTOBER

2	Lewes 10 SGP
16	Jog Shop Jog
30	Barns Green Half SGP

### NOVEMBER

13	Phoenix Races SGP
20	Brighton 10k SGP
27	Crowborough SGP TBC

Comprehensive events calendar for our area can be found via the link on our website.

## South Downs Relay

It was another vintage performance from HRR. The A Team was not quite on top form, but given that they very nearly didn't have a team at all they did very well.

However, the stars of the show were undoubtedly the Ladies. I was very lucky to be on the Ladies' bus to witness first-hand the commitment and effort showed by all six of the team. They completely smashed the existing HRR Ladies record. This fact is all the more impressive because half the team were virgins (i.e. new to the race).

It was nail biting stuff right until the very end. Usually, the A team — who start sometime after the ladies — reel the ladies in by about leg 16. We all knew it would be close this year, but 5 seconds after 100 miles? The BBC missed a treat!

I would add that if anyone ever doubts the effort put in by the ladies on this demanding event, then next year ask for a bus-pass. Virgins or not, they'll show you a thing or two.

I felt privileged to be part of it — and I lived to tell the tale — but only just.

Leg	From	To	Ladies	A Team
1	Beachy Head	Jevington Church	Tina 36.05	James 28.00
2	Jevington Church	Bo Peep	Zoe 50.46	Adrian 42.00
3	Bo Peep	A.26 Itford Farm	Julia 37.05	Jim 33.00
4	A.26 Itford Farm	A.27 Lay-by	Rosie 62.31	Dave 56.00
5	A.27 Lay-by	Ditchling Beacon	Belinda 47.13	Ivan 41.00
6	Ditchling Beacon	Saddlescombe	Bev 40.16	Paul 34.00
7	Saddlescombe	A283 lay-by R. Adur	Tina 47.01	James 36.00
8	A283 lay- R. Adur	Washington (South)	Zoe 54.52	Adrian 47.00
9	Washington (South)	Nr. Springhead Hill	Julia 39.29	Jim 34.00
10	Nr. Springhead Hill	Houghton Lane	Bev 28.11	Dave 26.00
11	Houghton Lane	A.285 Littleton Farm	Rosie 51.46	Ivan 44.00
12	A.285 Littleton Farm	A.286 Nr. Hill Barn	Belinda 44.00	Paul 38.00
13	A.286 Nr. Hill Barn	Harting Hill C/Park	Tina 67.30	James 50.00
14	Harting Hill C/Park	Rear Q. Eliz. Park	Zoe 31.06	Adrian 26.00
15	Rear Q. Eliz. Park	Sustainability Centre	Julia 49.26	Jim 46.00
16	Sustainability Centre	Old Winchester Hill	Rosie 33.08	Dave 28.00
17	Old Winchester Hill	Holding Farm	Bev 70.46	Ivan 69.00
18	Holding Farm	Chilcomb Sports Grd.	Belinda 46.39	Paul 39.00
			<b>13.57.46</b>	<b>11.57.59</b>

The Ladies finished 6th out of 10 and the A team 7th out of 19.