



Running Report

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Editor's Notes

Its been a very quiet month for HRR, the very hot weather not helping the attendance figures in the evening. We also seem to be suffering with a number of injuries that have been keeping some runners off the roads. However, things are definitely looking up and a good turn-out at Herstmonceux Relay is expected on August 20 (see below) and hopefully we can use that as a springboard for the quick succession of road races coming up and of course the Cross Country series that will be upon us quicker than we really want.

Summer Relays

Back on the calendar this year. The next one is scheduled for **Wednesday 20 August at Herstmonceux Castle**. These really are a lot of fun, most of us get a rude awakening when we try the shorter distance of about a mile and a half. Louise has very kindly offered to host a **barbecue afterwards** (she is almost next door to the castle). Registration is from 6pm with the race starting at 7pm. We need teams of 4, please try to make it. I think I am correct in saying that they are always universally enjoyed. Entry is £5 per team.

Buxted Park Relay, 23 July

Thanks to Alan we were able to stage this one at Buxted. Sixteen teams took part and we fielded a men's team and a ladies' team. Great to see Mr Shepherd don the red vest and help the men to a brilliant 3rd place against some pretty useful opposition.

1st Hailsham Harriers	33.10
3rd Heathfield RR	36.55
Cedric	9.33
Adrian	8.37
Chris	9.56
Ivan	8.49
Jim	9.57 (running for Utopia, boo, hiss)
Heathfield Ladies	54.12
Sue	12.21
Louise	13.56
Renee	13.27
Julie	14.28

Full results on our website.

Training and Racing

Although membership is only slightly down on that of the late 90's, competitively as a unit, we've become non-starters — a strange position for a sports club, whatever happened to the philosophy of self improvement? Competition, be it against others or ourselves is the best way to develop our potential. Yet, over recent years, we seem to

have forgotten the simple joy of testing ourselves. Well, consensus seems to be that we've been out in the wilderness for too long. Recent success at the South Downs Way and Buxted Park Relays shows that we've still got it and the experience reminds us that a bit of friendly rivalry is really a lot of fun. As can be seen later in these pages, there are a few HRR who have been sneaking off to run in races both near and far. There are also other indicators of an increase in enthusiasm: three, yes three ladies at the Tuesday session — hopefully we'll see a few more too. The session is, by nature, demanding, but whatever our standard, it does us good, is rewarding and ultimately, we only have to push as hard as we want.

Part of the Tuesday session — the regular monthly Time Trial — has now turned into a handicap race and although the recent hot weather has meant lower numbers than hoped for, guess what? People are enjoying themselves. It adds an exciting dimension to the 4.7-mile Time Trial course. We never know what position people will be in as they finish up Back Lane. Over the years I have often mentioned the benefits of the Time Trial or Handicap, and if you are looking to improve your fitness and develop your running it really is a good place to be.

Later in this newsletter you will see that we are redesigning our running kit; we've got a feast of cracking races coming up and I can't think of a better way to show it off, can you?

Training Sessions

Monday continues to be a popular session and is ideal for those who are new to running, returning from injury or want a gentler session.

Tuesdays offer speed or interval training for those that want to improve their running. Handicaps are held on the 1st Tuesday of the month. There's always support, encouragement and advice available, and aside from the Handicap the group stays together for the duration of the session.

Thursday is usually a longer run, often off road.

We'd love to see an increase in numbers on Tuesdays and Thursdays, especially ladies — the more the merrier.

Midsummer 10k, 22 June 10am

I don't remember our 10k ever being as wet as this one was. It seemed to go very well, but it was a close thing I can tell you. We were desperately short of people, marshals were as rare as hen's teeth and I was fearful that the runners were going to end up in Horam.

I felt extremely guilty dragging our members out of the race-entry queue to ask them to go and stand in the rain; some of these people had already brought friends/relatives to marshal for them. Thanks to everyone who turned up to help, and please pass this message of appreciation on to family and friends too; it wouldn't be possible without you. It remains, however, a completely unsatisfactory situation and one that must be addressed next year.

Notwithstanding the marshal issue, it was, again, a remarkable effort by those who gave up their time on the day and during the weeks before. Our 10k race takes a lot of organising but it is also a financial necessity for the club. I believe it is also very much under-developed and the potential for a 50% increase in participants is there.

Because of factors too numerous to mention, the committee struggled this year to get the race together. We were exposed to all sorts of problems, thankfully none of them were too disastrous, but it did highlight the need for a separate group and a race director to organise them. Belinda has kindly offered to take up the role of RD for next year. We have missed a Race Director over recent years, it's what the event really needs and I can't think of many people more capable than Belinda of kicking a few backsides to get the race into shape. She'll need a lot of support and I'm sure she will get it.

Beachy Head Marathon 25 October 2003

Another mass entry from the club kindly organised by Cedric. We have the numbers and some have already been given out; I am holding numbers for the following who need to appreciate that the end of October is not that far away (10 weeks) and training should be getting under way:

Paul Daniels
Mick Darling
Keith Harrison
Chris & Belinda Holdway
Malcolm Love
Tom Otley
Tessa Schooling
Sue Scott
Philip Skilton

If there are any others who do not have a place you may still be able to get in, call Nicola Williams on 01323 502907.

There will be some weekend training opportunities coming up on the Downs. We have in the past run the 2 halves as separate runs and very pleasant they are too. Keep your ear to the ground if you are interested. The obvious training race is the Jog Shop Jog on 24 August. The terrain is just as challenging, some would say more so, and so it is ideal preparation for the marathon in October.

Note from the Treasurer

Chris informs me that there are a few people who need to hand some money over to the club. Quite a few are for the Beachy Head Marathon but there are others too. Could you please settle up as soon as possible, thanks.

Club Kit

People have been moaning about our kit for ages. The shorts are badly cut, the seams and the logo rub, the name's obscured by the race number, etc. We have decided to change the supplier and felt that a redesign is in order too. Would you like to have a go at the new design? If you are feeling creative then submit a design by 13 September and we may well use it. We'll be using Ron Hill clothing and they have a variety of patterns on their website at www.ronhill.com/specials/intro.html together with a useful planning page. The new design must fulfil the following criteria:

- Adhere to Ron Hill design requirements (see details on their website)
- Vest/crop top to be predominantly red
- Shorts/leggings to be predominantly navy blue
- Logo to be much reduced in size, so as not to cause irritation or be obscured by number.
- 'Heathfield' wording to appear on front of vest/crop top.

Further details from Graham or Cathy.

Race News

Snowdon 10m Fell Race 26 July

Surprisingly, Cedric was our only representative in Wales. He achieved a very creditable 3rd V1. The race is basically 5 miles up the mountain and then 5 miles down, Cedric's summit split time was 55.32 finishing in 87.14. The winner must have been close to suicide descending in 23.23. Sounds like fun, any takers for next year?

Downland Challenge

27 July

On the same day and rather closer to home, was a race of 30 miles across the South Downs. There was going to be a good showing from Heathfield here, but one by one the excuses and injuries surfaced leaving just Chris and Belinda. I have to admit I was mighty impressed and a little surprised that they both attempted this when everybody else had come to their senses and withdrawn. Personally, I was moved to venture up to Ditchling Beacon (26 miles) with Kate for an afternoon walk and to offer some moral support and nourishment in the way of chocolate bars. I was so pleased when they came into view, they were looking pretty good too (there were a few who looked decidedly ragged by this stage). After cracking the whip we proceeded by car to the finish at Clayton to witness their remarkable achievement. I'm glad I was there.

DOWNLAND CHALLENGE

CHRIS HOLDWAY

30 miles does not seem far (if you say it quickly) and it seemed like a good idea when we discussed entering back in June. After all, we had done plenty of training in preparation for the South Downs Way Relay.

The day started off cool and overcast, with a good breeze and the promise of some sun. We had been warned to take plenty to eat and drink, as there were very few water stations, and we were expecting to be out for about 6 hours. The start was a lap round the playing field then straight up a steep track to the Jack and Jill windmills. The route then followed the South Downs Way, over Ditchling Beacon, down to the A27, up over the hill near Kingston, follow the 'Yellow Brick Road' and through to Itford Farm. Then you turn round and retrace your steps.

Simple.

There were 79 starters, with a large number of local runners from Burgess Hill and Henfield, and many from further afield. The atmosphere was very friendly, and

quite a few supporters greeted the runners over the first few miles.

Belinda and I had decided that wherever possible we would run the hills, but that we would conserve energy by walking the steeper ones. After the first few miles, everyone was well spread out and we found ourselves with a lady from Henfield Joggers and a guy from Broadstairs and both were expecting to achieve about 5 hours, so we did not expect to see them for long. At the A27 water station, our supplies were waiting for us and we stocked up on bananas and gels, drank more water and set off for Itford Farm. On the stretch between the A27 and the 'Yellow Brick Road', we saw a girl turn off to the right, which we knew to be wrong. We shouted out to her, and although she came back she did not really believe us. I wonder where she would have got to if we had not helped her?

At Itford Farm we were given the coveted red cross on our running number, to signify that we had reached the half-way point, took on more water and started on the return leg. For those of you who run Itford Farm to the A27 (leg 4), you will know that this is probably the hardest part of the Challenge, and so it proved. Belinda kept me running whenever possible and we did eventually arrive back at the A27 water station. More bananas, water and lucozade and then we set off for the last section. As Jim can tell you, this bit is all the way up, then a bit of up and finally a bit of up mingled with some up and a little down. By the latter stages, every hill was a steep one and Belinda was having to bully me to run, even on the flatter stretches. A couple of runners had overtaken us before the water station, and now we were reeling them in gently, before passing them, which just proves the value of running in pairs, encouraging each other and keeping on the move. Then, just short of Ditchling Beacon, we heard a shout (I thought it was Belinda again...) it was Graham and Kate, come to meet us and carry me home. Well, maybe not the last bit, but after a bit of chocolate and more water, we pressed on, with their promise to be at the finish. It was all plain sailing now, along to the windmills and down the hill to the playing field, past one more runner,

and then a lap of extreme pleasure, to finish hand in hand, after 6 hours and 10 minutes.

It was a very hard experience, for which I had not adequately prepared, but which, in some perverse way, was very satisfying. So let's hope that a few more Heathfield Runners may contemplate the thought that 30 miles is not very far and enter this next year. It's not far if you say it quickly!!

Trailblazer

Women's Downland Trail Race, Sunday 27 July

LOUISE SCHWEITZER

Brighton and Hove Running Sisters were behind this 5.8m downland cross country on one of the hottest Sunday mornings this summer. 68 women took part in the tough course of steep hills and rutted tracks which favoured the strong over the merely fast. Winner was a 16 year old Esme Jalla in 41.31 with Julie Drake second in 42.17 and Rachael Gomar third in 43.10. I was the only HRR — more serious Heathfield Runners including Chris & Belinda were running in the opposite direction as part of the 30 mile Downland Challenge on the same day and our paths occasionally crossed — just as I panted up the slopes from the radio masts above Woodingdean, several young men flashed past (not literally) before us, heading for another score of miles and racing glory.

It was odd running with no men about, especially as I rely on geriatric male pensioners in knee bandages for company at the back of the pack. Actually, I didn't do too bad, and came 39th at 62.16, just over half way down from the winner (alright, less than half way from the bottom). Ah well, the views were smashing.

(Brighton & Hove Running Sisters, 36 Shirley Street, Brighton 07791 77801)

Club Handicap

1 July

	start	finish	time	rating
1 Ivan	9.27	38.45	29.18	551
2 Jim	6.00	39.12	33.12	434
3 Graham	6.57	39.17	32.20	465
4 Martin	2.57	39.39	36.42	474
5 Cedric	8.32	40.07	31.35	558
6 Phil	5.29	40.3	35.01	505
7 Mike D	5.30	40.58	35.28	568
8 Chris H	0.00	43.11	43.11	189

5 August

1 Cedric	8.32	39.22	30.50	589
2 Zoe	3.43	40.01	36.18	422
3 Clare	1.00	41.05	40.05	314
4 Martin	3.18	41.42	38.24	422
5 Graham	7.40	42.38	34.58	376

Future Events

AUGUST

- 17 Tunbridge Wells 10k
www.twharriers.org.uk
- 20 Herstmonceux Relay
- 24 Newick 10k SGP
- 24 Jog Shop 20
www.jogshop.co.uk
- 25 Kings Head Canter 5k
- 27 Bexhill Seafront 5k
www.sussexteamsports.co.uk
- 31 Henfield Half Marathon

SEPTEMBER

- 14 Hellingly 10k SGP
www.hailsham-harriers.org.uk
- 14 Eridge 10 (off road)
www.twharriers.org.uk
- 20 Bexhill Seafront 5x5k
- 21 Hove 5 SGP
- 28 Bexhill 10k
www.sussexteamsports.co.uk
- 28 Loch Ness Marathon
www.lochnessmarathon.com

OCTOBER

- 5 Lewes Downland 10 SGP
- 12 Cuckmere House 10
- 25 Beachy Head Marathon
- 26 Barns Green Half SGP
- 27 Dublin Marathon

NOVEMBER

- 9 Phoenix Races Brighton SGP
- 16 Brighton 10k
- 30 Crowborough 10k
www.crowboroughrunners.org.uk

DECEMBER

- 7 Peacehaven Mince Pie 10
www.seafordstriders.org.uk