



Running Report

Editorial: Graham Chapman 01435 862486, e-mail: grahamchapman@uk2.net www.heathfieldroadrunners.com



16 DECEMBER 05

Editor's Notes

AKA Voice from the Chair

Well, no one else came forward so I'm afraid you're stuck with me as Chairman for the next year. Two members said they'd compete in the Grand Prix series next year if I volunteered to take the chairman's job, and that's what swayed me. Can you remember who you are? I've not forgotten.

I have come to the post at time when the Club is positively flourishing. Membership is at an all time high. The bank balance seems perfectly healthy, the committee is bulging with new and enthusiastic members (as well as a few old timers). One training evening is regularly attracting more than 20 runners, and our Cross Country competition efforts continue to surpass expectations for a club the size of ours.

Much of this is due in no small part to the effectiveness and efficiency of my predecessor Mr Scott and his team — a tough act to follow.

My decision was conditional that some of the roles I have within the club were delegated. I was somewhat overwhelmed by the readiness of the new committee to relieve me of these tasks — read into that what you will! Nevertheless, it is much appreciated.

So where do we go from here? Where would *you* like the club to go from here? With this newsletter you'll find a short questionnaire so that you can air your views. Please take the time to complete it — it is your club. In return, I'll ensure your comments are addressed and acted on as necessary.

Personally, there are 3 things I'd like to see happen over the next 12 months.

1 An increase in the number of younger members and in particular a strategy in place to attract and develop local kids of secondary school age. Where do keen young runners in and around Heathfield go? Hailsham? Crowborough? Lewes? I know this thorny issue has been discussed before, but I think we have the resources now to consider it a viable role for the club.

2 A doubling of the average number of runners attending Tuesday and Thursday sessions, which of late has been around 6.

3 Last, but by no means least, at the end of 2006, a top 3 position in the Sussex Road Racing Grand Prix.

Further to the subject of committee business, I am pleased to say that we now have two additional committee members: Julie Price and Alan Anderton.

The committee now comprises.

Wendy Fox	Secretary
Rachel Riley	Treasurer
Mick Darling	Cross Country
Julia D'Albiac	Road Racing Sec.
Rosie Blatch	Medal & Trophy Polisher
Julie Price	New Members
Philip Skilton	Tues/Thurs Training
Alan Anderton	Junior Strategy, Comms
Graham Chapman	Chairman

Best wishes for 2006.

Graham

London Marathon

The club has again, thanks to Wendy, secured a couple of places for next year's event. If you were rejected from the ballot and would like to be entered into the draw then let Wendy or Philip know right away. Preference goes to those who have not run the event before.

New Year Party

Next year's party will be on Friday 20th January at the rugby clubhouse, Cross in Hand. Tickets will be £10 per head (food included), order yours from a committee member.

Communications

Because this newsletter contains both the subscription renewal notices and the questionnaire it is being sent to everyone as hard copy as well as sent via our email list. This gives us an opportunity to update the email list. So, if you get this in the post and you haven't received the email copy a few days earlier, then please let me know your current email address (conversely, if you get the email but not the hard copy, let me know your postal address). We are currently working on improvements to our email communication system to make it simpler and more reliable.

Sussex Grand Prix

Crowborough 10k marked the end of the 2005 season, and although results have yet to be ratified it looks like we've done better than in recent years. More importantly, what is shown is that our potential for success in the Sussex Grand Prix is now greater than at any time in the history of the competition.

Here's an interesting couple of facts to illustrate the potential our ladies have: if three of our ladies had completed just one race more each and run to their average form then the team would have been third overall and first in the vets. Indeed the ladies vet team was tantalisingly close to gold medals.

In truth, the men's team was miles away from any kind of success. But this was simply because we didn't do the races in sufficient quantity.

Julia has now taken the role of Road Race Secretary and will, no doubt, be rallying the troops for next year's Grand Prix season. It is my firm belief and hope that next year, out of the 21 clubs that compete in the SGP, Heathfield Road Runners can make the top three.

Next month, I'll be able to give you final results which, I'm sure, will contain news of some Heathfield prizewinners.

The prize giving evening will be held in January at the Jack and Jill pub at Clayton. I'll confirm date as soon as possible; please try to come along to support our successful runners.

Road Safety

I suppose that most members by now have heard about the incident that took place a couple of Thursdays ago. For those that were there it was a powerful reminder how vigilant we must be, not only running on the road, but also when crossing. What happened to Barry and Julia could happen any time of the year. But, at the moment when drivers have to contend with steamed-up windows, ice, dazzling sunshine, and dare I say it alcohol, we really must take on the attitude of defensive running. We must do everything we can to ensure that drivers can see us and even then we must assume that they haven't.

I think we all know the importance of wearing bright and reflective clothing. But how many of us can say that we are aware at all times what the traffic around us is doing and are prepared to take evasive action quickly. I'm sure I'm not the only one who maybe places too

much trust in drivers whilst we are in their way. To repeat, always assume that the driver of any vehicle that we can see or hear has not seen us.

Thankfully Julia — aside from being shaken and bruised — is ok; unfortunately Barry is told he'll not be running for a few weeks; but it could have been a whole lot worse. In the short period since Barry joined us he has been one of the most regular, enthusiastic and amiable members of the club, I'm sure I speak for the whole membership in wishing him a speedy recovery; I think we all know it could very easily have been us.

Cross Country

Mick Darling

Ashdown Forest X Country. Didn't we do well — 2nd place — despite the wind and rain. A big improvement on Abbots Wood where we came 4th. The main reason for this was that we were not there in depth at Abbots Wood but at Ashdown Forest quite a sea of red and yellow (Utopia).

New blood Mat Sorokin came fourth at Ashdown — what a runner, with Adrian Cornford (Utopia), Adrian Gibbard, James Cox, Paul Ridgen, Cedric Clemerson all in the first thirty. Zoe Dumsday was our first lady in, followed by Belinda Holdway who came past me towards the end of the third lap (I must try harder, I can do better!!).

I was not at Abbots Wood and I understand some of the front runners

got a bit lost including our very own Cedric. I believe after some discussion the final positions will stand as most of the front runners regained their place (if only I could do that).

Once Gina & I get to grips with our computer addressing system I will e-mail you all a week before the next X Country which is on 18 December at Warren Hill.

Positions

4th Matthew Sorokin 32.22
12th Adrian Cornford 34.26 Utopia
14th Adrian Gibbard 34.52
20th James Cox 35.27
24th Paul Ridgen 35.52
28th Cedric Clemerson 36.25
37th Graham Chapman 37.39
51st Mark Down 39.47 Utopia
55th Graham West 40.01 Utopia
60th Zoe Dumsday 40.35
81st Jerry Price 43.23
83rd William Blandford 40.43 Utopia
90th Belinda Holdway 45.20
91st Mike Darling 45.29
111th Mark Pitman 48.03 Utopia
115th Peters Wilkes 48.28 Utopia
117th Mike Harlow 48.40
118th Stephen Read 48.41
119th Marcellus Edmonds 49.01
127th Stephanie Scott 50.20
128th Jim Scott 50.21
129th Fleur Blandford 50.26 Utopia
130th Wayne Covey 50.33 Utopia
135th Penny Rea 50.45 Utopia
137th Sara Ellis 51.06 Utopia
139th Cathy Shepherd 51.18
148th Wendy Fox 55.06
149th Alma England 55.18

Beachy Head Marathon

29 October

HRR times up to 6hrs. 1307 finishers.

12	Cedric Clemerson	3.29	412	Mick Darling	5.03
81	Adrian Gibbard	3.59	417	Keith Harrison	5.04
109	Paul Rigden	4.08	418	Tessa Schooling	5.04
219	Zoe Dumsday	4.33	584	Julie Price	5.35
257	Belinda Holdway	4.38	585	Jerry Price	5.35



Thanks for the picture Jerry

SGP Race Results

The last 4 races of this year's season, and I think a slight up-swing in the participants. Lets keep this going and build on it for 2006.

Some very strong runs below, just look at those ratings.

Obviously, new man Matt can run a bit, can someone twist his arm to run road races for us instead of Phoenix next year?

A reminder that the ratings shown take into account: age, sex and degree of difficulty for the course. You can compare your form at different races throughout the year; regardless of the race distance.

Especially well done too Julia who became only the 3rd person this year (along with Cedric and Matt) to manage a 650+ rating, with a fantastic time at Phoenix.

Barns Green Half, 30 Oct

pos		time	rating
216	Graham Chapman	1.37.12	463
395	Philip Skilton	1.45.09	513
510	Julia D'Albiac	1.49.49	523
511	Barry Hemsley	1.49.49	311
1138	Alan Anderton	2.21.26	131
1199	Claire Symes	2.29.05	101
1202	Karen Anderton	2.29.24	286

Phoenix Races 13 Nov

Men 7.3k

19	Matthew Sorokin	0.25.02	691
115	Barry Hemsley	0.34.32	336
127	Alan Anderton	0.38.56	277

Ladies 3.8k

26	Julia D'Albiac	0.15.47	664
42	Sarah Clark	0.17.09	423
61	Claire Symes	0.19.47	270
71	Karen Anderton	0.21.22	406

Brighton 10k, 20 Nov

224	Graham Chapman	0.40.02	561
413	Bev Renmant	0.43.34	564
606	Jerry Price	0.46.19	442
813	Barry Hemsley	0.47.50	334
1275	Alan Anderton	0.53.46	277
1416	Julie Price	0.56.43	280
1539	Karen Anderton	0.58.01	436
1551	Claire Symes	0.58.27	213

Crowborough 10k, 4 Dec

10	Matthew Sorokin	0.36.34	682
84	Keith Harrison	0.45.51	547
134	Bev Renmant	0.48.25	492
200	Jerry Price	0.51.59	367
206	Tessa Schooling	0.52.30	566
235	Barry Hemsley	0.54.02	259
300	Alma England	0.59.31	284

Bexhill Beach Buster

Sunday 20th November

Keith & Tessa

The last race of the excellent Bexhill seafront series was described as 'challenging but fun', so it was with some concern that we lined up with some 110 other runners on a sunny but cold day.

The first several hundred metres was along the promenade but then we were directed straight onto the beach, running on shingle was a first for us two and it is a shock. Apart from the 'two steps forward – one step back' syndrome it also rapidly enhances every niggling injury that you have ever suffered from.

After a few hundred metres of beach running (jumping the groyne along the way) we had to climb back onto the promenade, as this a sheer wall the best technique seemed to be to perform a half roll under the railings. After a few hundred blissful metres of running along the prom we again had to jump back onto the beach and the dreaded shingle, this process was repeated three times before we arrived at the cliffs at Galley Hill.

Here we had to run – scramble – up the cliff, and after a short run along the top we had to reverse the process – back on the shingle again, and then back up and back down. We were then back on the shingle again and heading to Glynde Gap, where guess what – yup straight up the cliffs again! A short run along the top and down the steps brought us back to the beach and the turnaround

Bari Marathon

Report from our Southern Italy correspondent: Tim Skilton

Bari Marathon, 20/11/2005

15/11/2005:

About 6.30pm I got a call from my marathon training partner "Tim, you're never going to believe this, but you and your Dad are in the newspaper!" sure enough there we were on page 6 of the "Gazzetta Del Mezzogiorno", The article, and I kid you not, went as follows:

"The Bari Marathon:

Everyone wants to run it! — There are even two Englishmen.

For the first time here in Bari two of Her Majesty's Servants, the Englishmen Philip and Timothy Skilton, father and son, will be competing."

Would we both be able to handle the pressure.....

19/11/2005, 8.11pm, Weather:

6C and raining

"Damn it!" I know its November and all, but in southern Italy we were expecting a bit of winter sunshine. Until this moment our main worry had been whether or not to wear sunglasses for the race, now the night before the marathon we were on

point, from here the course followed a reasonable track that then became the pedestrian path back over Galley Hill and then along the Prom to the Start/Finish.

Arriving back at the Start/Finish there were three stacks of straw bales to scramble/fall over followed by two cargo nets to crawl under, a further three bales had to be negotiated before reaching the Start/Finish. That was lap-one, two more laps to do – this is a 10-mile race!

Despite both of us having a few bumps and bruises it was a most memorable race that we both enjoyed. It was all very well organised with the best (and wittiest) medal that we have yet received and a great tee-shirt. Also loads of free cakes at the finish.

The severity of the course can best be judged by the fact that the first placed runner took nearly 1-hour and 16-minutes; our Cedric was ridiculously quick and took 6th place. Tessa took first in class, my own time would have been better if I had not stopped for that ice cream – but hey it was a day out at the seaside.

6th Cedric	1.20.28
31st Keith	1.34.10
73rd Tessa	1.51.05

Eridge 10

Suitably scolded for omitting this from last newsletter and under threat of death, here is the result for our single HRR in the tortuous event in September. 69th Zoe 1.25.32 9th Lady A sterling effort by my reckoning.

a desperate hunt around the shops of Bari looking for a Helly Hansen to wear under our vests. We returned home empty handed and checked the forecast on teletext for the umpteenth time....Sunday 20th, Max: 8 degrees, rain/sleet and high winds.....

20/11/2005, 8.50am, Weather, 5C overcast and very windy.....no rain

We congregated at the start with the other runners, 550 of which were running the Marathon with another 700 or so for the 10k race. As we prepared ourselves for the pre-race TV interview (See the photographic evidence below!), I began to feel a little nervous.... Dad on the other hand (I think it was the TV interview that did it) decided to wear his sunglasses.



0-10km

And we're off! The Marathon course winds round the streets of the centre of Bari for the first 15km before heading off for a 27km slog along the seafront. Dad and I had decided to run together at least for the first part of the Marathon and we were tucked in behind a group of lads from the "Molfetta Free Runners" club, we discovered that they were all looking to do the London Marathon next year and Dad decided they looked like a good group to follow round as they were going at a reasonable pace and had marathon experience. We reached the 10k mark and to our slight dismay we discovered that all but one of the group we were following were in fact doing the 10k race and not the marathon..... then it started to hail.

10-30km

Running through the centre of Bari we were reasonably protected from the wind, but I was dreading hitting the seafront. Due to the adverse weather conditions it seemed like most of Bari had stayed in bed, but luckily we had our own

group of brilliant supporters complete with English flag, to keep us going.



We hit the seafront and I realised I was feeling pretty good, I started to increase my pace ever so slightly and by around 24km I was about 20 seconds in front of Dad.

At this stage I was running with the one remaining "Molfetta Free Runner", as we reached the 25km marker he said to me "Tranquillo (don't go too fast) Tim, the marathon starts here", wise words indeed, but still I felt pretty good.

30-36km

Did I say I felt pretty good? By 32km I felt like absolute sh*t! Cramps had set in, the rain was belting down and I was desperate for an energy boost... luckily as Dad passed me he handed me some energy tablets of which, in my desperation, I consumed four in quick succession. The cramp in left leg seemed to abate but then reappeared in my right leg and then in both, still I managed to keep going at reasonable pace and reached 36km in 3hr 28mins. Dad had long since disappeared from view and seemed to be on course for a decent time.

36-42km

Jamie had sent me a message the night before the marathon just to tell me about the incredible pain I would be experiencing at around the 20mile mark and now I was beginning to see what he meant. I really struggled over the last 6km and could hardly walk by the end let alone run, but I did it! And I must say that it is a very nice feeling indeed. I finished in 4hr19mins whilst Dad had run a blinder and finished in 3hr 54mins, the last 6km being his fastest of the race!! Needless to say we both felt a lot better after a few recovery beers and pizza...

Future Events

DECEMBER

18 XC 3. Warren Hill

JANUARY '06

22 XC 4. Whitbread Hollow, Eastbourne

FEBRUARY

- 5 Chichester 10k SGP
- 12 XC 5. Cross in Hand
- 19 Beacon Half, Brighton SGP
- 26 Goodwood Gallop 10m SGP?
- 26 XC 6. Pestalozzi, Hastings

MARCH

12 Hastings Half SGP

APRIL

- 2 Worthing 20 SGP
- 9 Paris Marathon
- 23 London Marathon

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