

Heathfield News

The Newsletter for Heathfield Road Runners

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EDITORS COMMENT



A bit later than planned but here it is at last. This will be the last newsletter edited by yours truly. I have finally decided to retire from running. This is because my back trouble is showing no signs of improving and I don't want to give myself further problems later in life, something I have recently been told, is a strong possibility. My body simply doesn't want to do it anymore. So after 13 years, that's it, the end of an enjoyable career that has given me pain, pleasure and satisfaction and changed my life!!

I hear a great time was had by all who entered the Seven Sisters this year. There was a great club turn out. Tom did a fine job organizing the team. Thanks Tom.

It is that time of year when London Marathon rejections start coming through the post. If you want to be included in the club draw for a place, please let Gloria have your rejection slip as soon as possible. Priority is given to those who have never been lucky enough to run the race before.

VOICE FROM THE CHAIR

I 'd like to begin by thanking Tom for organising the club's entry to the Seven Sisters marathon. It was tremendous to see such a large Heathfield contingent for the race and nearly everyone seemed to have an enjoyable run.

Whilst the weather on the day was near perfect the conditions under foot were pretty slippery and having fallen over twice by Jevington I was convinced it wasn't to be my day. However, on the whole I had a pretty good run and perhaps if I hadn't been quite so enthusiastic over the Seven Sisters themselves I might have hit my target time. However, as per normal for me I really struggled the last few miles and have to admit to a considerable amount of walking from Birling Gap onwards. Still made for a good warm down!

The following week was the Whitbread Hollow Cross Country and there were certainly some tired legs around. Whilst I've not seen the results yet we must have done fairly well and it was great to have been able to field so many runners a week after the marathon. It was particularly good to see Jim competing again; his training regime seems to have been somewhat unorthodox but is definitely proving effective.

Two big turnouts in two weeks, it couldn't last! Today (11th November) was the Phoenix Races, which has never been that popular with the club. The events are pretty alien to most of us being considerably shorter than we are used to. In total there were three of us in the senior race: Graham, Alan and myself. This was matched by three in the juniors: Joseph, Robert and Andrew. Joseph in particular deserves a mention for finishing an excellent fifth in his race.

Not many races between now and Christmas, so let's aim for some big turn outs particularly for the Warren Hill Cross Country (16th December).

Ivan

SISTERS OF NO MERCY.

What a lovely sunny day after all that rain! Off we went up that first steep hill full of energy and ready for the next 26 miles. Everyone in a cheerful mood and happy to be taking part in the 21st and last (we think?!) Seven Sisters Marathon.

The first part along the Golf Course and up to Butts Brow was fine, but coming down to Jevington we found the first of the mud. And then up from Jevington to Friston Forest and more mud for us to splash around in. I don't know what it is with me and slippery cross-country but I do seem to slip and slide around my fellow runners. A disgruntled Hastings lady declared I was a danger and that they would keep out of my way!!! I was pleased to pull away from them once we were back on dry ground.

The ridge along the side of the Long Man was a welcome relief from all that mud and then into the first water station. But then that huge climb out of Alfriston, and then we were on 'top of the world' with stunning views to each side.

An easy run down to Bo Peep, another water station and nearly half way. Heading back to High and Over now and into more mud, and then down to and across the Cuckmere to Lullington where my Mother and Brother had been patiently waiting. We refill our drinks bottles but refuse the offered dry clothes (our contingency plan if it had been raining) However despite sore feet with developing blisters I stayed as I was.

Keith still seemed to be full of energy but I was definitely flagging and the climb out of Lullington seemed very hard. On through the forest to West Dean and up those steps. We decided to walk up so that we could appreciate the Piper more!

Down into Cuckmere Haven and then the long climb up the first of the 'Sisters'. I really did feel all in but Keith kept encouraging me, as he knew I wanted to get inside the official results period of 5 hours. I thought that of the two of us - I had done the London Marathon and the Worthing 20 miler - I would be the stronger, but despite this being Keith's first he was feeling pretty good.

At Birling Gap I met one of my year 11 students who was helping at the drinks station, I think he found it highly amusing to see this mud splattered and weary teacher. Despite the agony of the last miles we made it in 4 hrs 50 mins. I know it is not a record but it was a great experience, Although I must say that when I walked it 10 years ago it was more relaxing!

A big thank you to Keith who encouraged me along, maybe if it is run again he can have a proper go! Also many thanks to Tom who organised our entry. I think that for a small club, as close on half taking part, that was a great achievement.

Tessa

RAVE RUN, HIGH AND OVER TO FIRLE BEACONS AND BACK.

This is stolen from Runners World, but I think it is a nice idea and perhaps more H.R.Rs would like to add there own.

This is a great Downs run with out any big hills, although a 'there and back' it has stunning views in both directions. It takes Tessa and I a bit under 2 hrs, so it should keep Ivan occupied for half of that!

Drive South through Alfriston, about 1 mile after leaving the village you will climb steeply and at the top turn left into the High and Over car park.

Cross over the main road and look West - you will see the Firle Beacons aerial masts in the distance. Climb the stile and follow

the path across two fields where you will turn right onto a Bridle Way, this will lead you along a ridge between hedges, with a valley on your right and a golf course to your left. Stay with the path as it majestically sweeps around over two fields and brings you to the Bo Peep car park.

Turn left along the South Downs Way and you will shortly see the Firle Beacons aerial masts again in the distance, but it will seem a while before you arrive there. This is a good time for that carbo drink before heading back, the joy of this run is that it mostly down hill for the return leg so look for that negative split! **Keith.**

SEVEN SISTERS MARATHON

27 OCTOBER 2001

Thanks to Tom, Heathfield Road Runners received 24 places for this event. London Marathon aside, this is the hardest UK marathon for which to get a place. Considering that this was officially the last Seven Sisters Marathon – depending what sort of a morning was experienced – those who did it can feel suitably blessed or not. Hard to get in, and hard to run; 3500ft of climb over 26 miles is never going to be easy.

I was quite lucky, being short of training, I deserved a disaster. If it hadn't been for two Pauls, I'd not even have started it. Mr Daniels, who himself had a very satisfactory run, had provided inspiration and some much appreciated company during some very beneficial long training runs on the hills. The other Paul (Mr Goad) had helped to ensure that the training I had done was of sufficient quality to give me a fighting chance. Thanks to them.

But, what about Ivan's performance? I think he was very aware that Adrian has been returning to form of late. Until about 16 miles, I understand that there was little to separate them and they were both very well placed. Unfortunately for Adrian, it was not to be his day and he did remarkably well to revive himself after turning a shade of white that usually signals the onset of unconsciousness. Ivan went on to produce one of those landmark results that come from a Heathfield runner from time to time.

As usual, with a marathon, all those times below tell their own story. First timers at the distance, Paul Mc and Louise seemed to have a good time; I saw Louise at Birling Gap in very good spirits. Chris and Belinda, celebrating their anniversary decided to run it together. Had it not been for the fact that it was the last running on the race, I think Chris may not have started. He'd not trained as much as he'd have liked due to injury and did very well to complete. I don't think that he was too impressed to hear rumours that the event may be revived next year – we shall see. Renee did well too. Darling was almost completely incoherent at the finish, just like a Saturday night then. And well done to Barbara for completing.

All in all, I think it was a great event for a Club that has been struggling to turn out for races of late; hopefully it is a precursor to better times ahead.

For the record, there were 1300 starters and 1270 finishers; some of which were:

Ivan Horsfall-Turner	3.21	10
Graham Chapman	3.51	53
Adrian Gibbard	4.02	92
Tom Ottley	4.05	104
Malcolm Love	4.08	114
Paul Daniels	4.21	186
Mike Harlow	4.28	234
Mike Darling	4.33	260
Paul McIlvenny	4.36	280
Tessa Schooling	4.52	401
Keith Harrison	4.52	402
Martin McIlvenny	5.12	*
Renee Bryant	5.20	
Belinda Holdway	6.05	
Chris Holdway	6.05	
Louise Schweitzer	6.10	
Barbara Ottley		

* Official results only up to 5hrs, so thereafter results a bit sketchy.

First home was Danny Woods, a staggering 11 minutes clear in 2.58; a sub three hour time is very rare for this race. First lady, Lindsay McLaren in 3.27.

FUTURE EVENTS

December

16 Warren Hill Cross Country

January

13 Hastings 10k SGP

20 Saltdean Cross Country

February

3 Chichester 10k SGP

10 Pestalozzi Cross Country

March

10 Plumpton Cross Country

17 Hastings Half SGP

April

7 Paris Marathon

14 London Marathon

CHRISTMAS PARTY

This years Christmas party will be a sit down meal at The Cross in Hand Pub on Friday January the 18th 2002. At 8pm.

SUSSEX GRAND PRIX

At the time of writing, the SGP results were being finalised, so you will have to wait till the next Newsletter to find out how we all did.

BARNS GREEN HALF 28 OCTOBER

Not a huge turn out, due in main to the Seven Sisters the day before. However, I do believe we had 4 runners there, Alan Streeter, Pete Morley, Patricia Carey and Debbie Seale. Alan, first-claim for Hailsham, ran an absolute blinder! Hopefully we can get him on our side for next year. Well done to the girls too.

35	Alan	1.23.43
37	Pete	1.23.51
567	Debbie	2.05.22
640	Pat	2.19.17

PHOENIX RACES 11 NOVEMBER

If ever there was a race to dent one's confidence then this is it! Three track clubs within a stone's throw and a 'sprint' distance means that these are competitive races. We've never really flooded the fields here, which is a shame, but it's quite entertaining watching the other races and for the men there is that added benefit of not being beaten by a lady! Of course Ivan doesn't often suffer with that problem. Nevertheless, a 16th place in a field of 148 illustrates the point. I failed to make the top half.

Seniors were outnumbered by the juniors in the under 9s. Joseph running well to improve dramatically on his 27 place last year.

Men (7.3k)

1st	22.00	Michael East	Newham & Essex Beagles
16	25.00	Ivan Horsfall-Turner	
83	29.50	Graham Chapman	

Boys Under 9 (0.85k)

1 st	3.29	Jonathan Ketley	Seaford Striders
5	3.53	Joseph Cullen	
17	4.53	Robert Horsfall-Turner	
20	5.30	Andrew Horsfall-Turner	

Crowborough 10k

2nd December 2001 Results:

MEN

Winner	David	Lear	Crowborough
0.35:41			
Ivan	36.58		
Peter M	37.20		
Graham	41.59		
Keith	44.16		
Mike D	46.20		
Phil	48.43		
Martin	49.41		
Mike H	50.13		
Jim S	59.05		

Ladies

1st Gillian Stevenson, Crowboro' 43:18
Tessa 50.43

Sue S 58.58

Sussex Grand Prix details up to and including Lewes 10

Pos	Name	Pts	Races
Men			
7	IvanHorsfall-Turner	3914	8
46	Keith Harrison	3341	8
91	Mike Heathwood	2757	6
115	Peter Morley	2444	5
173	Malcolm Love	1669	4
282	Mike Darkling	869	2
322	Philip Skilton	751	2

Ladies

7	Tessa Schooling	3858	8
45	Tina Heathwood	2810	6
79	Belinda Holdway	1889	4
110	LouiseSchweitzer	1354	3
142	Patricia Carey	909	2

Less than 2 races, not shown.

If anyone has run more races this year than shown then let me know ASAP.

More detailed results on website:
www.sussexgp.co.uk

TUESDAY EVENING TRAINING

It may be the cold weather or it may be the talk of competition, but whatever the reason, the Tuesday session seems to be returning to the sessions of old. There is some quality training to be had, typically taking the form of a couple of miles warm-up followed by some hill sprints or short circuit intervals. This is great for a club session, as the whole club stays together – usually at the Cherwell Road or Gibraltar Rise locations. Once there, the session can be tailored to suit individual's needs and so long as the attendance remains buoyant then there's always someone to push you that bit harder than you would do yourself in isolation.

Having said all that, there is no need to feel intimidated if all that is wanted is a steady run. The circuits are short (about half a mile) so there's plenty of company whatever speed you are running.

Graham

SOUTH DOWNS RELAY

SATURDAY 1 JUNE 2002

You may recall, that we had no Relay this year due to Cat and Mouse disease. However we do have 3 teams (A,B & Ladies) entered for next year so we'd better get our fingers out. I'd like the Club to fill these places because if we give them up we may not get them back.

There is an entry list on the board at the Clubhouse to register interest, or you can call me (Graham 01435 862486). Estimated times must be submitted to the organisers before the end of January so it will be handy for me know who is up for it well before then.

DOUBLE OR QUILTS

by **Frank Horwill**

The following was kindly submitted by Paul Goad and I'm sure it will be of particular interest to those whose training is somewhat irregular. Frank Horwill is a highly respected coach and trains many elite athletes.

Doubling or even trebling the training load can produce amazing results, but you have to follow strict rules.

Cyclists do it, swimmers do it, and, strange to say, even great Finnish runners of the past did it. What is it? Crash training. What's it about?

It is the doubling or even trebling of the training load in quantity and quality for a period of not less than two days and not more than seven days, followed by an equal number of recovery days. And does it work? Well, one very good example was the spate of shattering world records achieved by the Chinese women runners under the direction of the autocratic coach, Ma Junren.

The scientific explanation for its success revolves around one word: super-compensation. Most athletes train severely one day and have one or two days of easy training to recover. This does get results, but they are far less than putting together several days of intensive training, followed by a 75-per-cent reduction in normal training for the same period that has been crashed. By exercising strenuously for consecutive days, recovery never lasts for more than 22-23 hours, ie, the time between workouts. This results in a heightening of the training stress, and recovery, once it finally occurs, produces much-greater-than-usual training responses. These raised responses are often called super-compensation.

Apart from the obvious success of Chinese women athletes, what other evidence is there that it works? Well, the great Finnish runners of the 1970s practised a form of it on a monthly basis, eg: Week 1-severe-100m per week; Week 2-active rest-25mpw; Week 3-moderate-75mpw; Week 4 light-50mpw; Week 5-severe-125mpw, etc. It will be noted that this routine is mathematically precise. Week 2, after the severe week, is 75-per-cent less. Week 3 is 25-per-cent less. Week 4 is 50-per-cent less, and Week 5 sees a 25-per-cent increase on Week 1, with the remainder of the month pro rata. Eventually, work done in Week 1 will be doubled. This will take five months to achieve.

The eight rules

The pioneering work on crash training was done by Dr Peter Snell (double Olympic gold medallist and world record holder for 880 / mile). This was followed by the University of Western Australia giving runners a 10-day crash cycle. Then Dave Costill and his colleagues at Ball State University in America joined the research using 12 collegiate swimmers. As a result of this pioneering work, certain precise procedures and findings were indicated:

1. Crash training can boost oxygen uptake (V_{O2} max) by as much as 7 per cent a time. To get the same boost from normal training may take as long as 6-12 weeks.
2. Never crash train for more than seven days at a time.
3. Before and during crash training the carbohydrate intake should be as high as

800g a day. This can be achieved by topping up the normal intake of daily carbohydrates with a liquid carbo-loader, about 200g a day. If this is not to one's liking, rice (22.2g / oz), flour-based foods, vegetables and fruit (especially raisins, dates and currants) should be added to the normal diet. It is also recommended that a carbohydrate snack with a small amount of protein be taken within 30 minutes of ceasing training and every 30 minutes thereafter for the next two hours.

4. The anti-stress vitamins B and C should be doubled before and during crash training. Due to excessive sweat loss, potassium levels must be maintained by drinking pure orange juice with all meals.

5. A clear pattern as to the regular use of crash training should be evolved: a. A seven-day crash session not more than once a month; b. A four-day crash session not more than once every three weeks; c. A two-day or three-day crash programme not more than once a fortnight.

6. Athletes with a history of injury and/or illness should not be considered for crash training.

7. Never give crash training to an athlete unless it is fully explained and full cooperation is assured.

8. It must be stressed that for every day of crash training an equal number of recovery days MUST follow.

A case-history

Here is an example of crash training which I have used.

Gerald is a 21-year-old medical student with times of 4mins / 1,500m and 14:30 / 5km. He particularly wanted to do well in the British Universities Cross-Country Championships. His average weekly mileage was 45 miles, of which one track session a week was at 5km pace, lasting 5km in duration, eg, 5 x 1km in 2:55 with one minute recovery.

He agreed to crash training 14 days before the race for a period of seven days. His mileage was doubled to 90 miles a week. Nutritional requirements outlined earlier were emphasised. His one 5km session a week became two, well separated. To accommodate the increased work, he did a 35-minute morning run, and double that in the evenings.

On completion of the seven-day crash cycle, he had one day off, and for the remainder of the week did only 22 miles of running (half the normal routine). He had two complete days' rest before the race. In the BUSF cross-country championships he finished 10 places up on the previous year but, more to the point, he defeated five runners, three of them internationals, who had consistently beaten him all season. He was subsequently selected to run for the British Universities against an England team.

Minimising the injury risk

What about the possibility of injury? The evidence shows that injuries occur more often in those who train for long periods of

consecutive days. My own research indicates that athletes given the same training task to achieve after seven days of consecutive training, which was also given on the first day of the cycle, produced an increase in the pulse rate. Thus the same task required greater effort and was indicative of stress. As a result of these findings, the traditional day off on Friday before a race on Saturday was altered to Wednesday, and if a race took place on Saturday, there was only light training on Friday.

A further cause of injury is a sudden increase in the training load, eg, 50 miles to 100 miles per week, which continues for several weeks. The body can withstand a seven-day boost but not a seven-week one!

If coach and athlete have misgivings about crash training, they should first experiment with a two-day cycle and progress to longer ones. For instance, if an athlete does track work on Sundays, Tuesdays and Thursdays, this can be altered to double-load track work on Sunday and Monday, rest on Tuesday and half the normal load on Wednesday and Thursday.

Harry Wilson, Steve Ovet's coach, was a firm believer in crash-training weekends at Merthyr Mawr for the GB team. Three training sessions a day were done on Saturday and Sunday, most of it on the murderously steep sand dunes. It was calculated that, including the Friday night run, the total mileage for the weekend was around 50. In that period, the mid-1970s and early-1980s, British middle-distance running was at its zenith. How sad that many present-day distance runners in Britain have expressed fear on going to these crash-training weekends!

Crash training can be applied to all sports where fitness is a major factor. A simple routine for a team sport where training is done three times a week is to double the number of sessions to six one week and then do two light ones the following week, alternating on this basis for six weeks.

With the exception of the 800m, 1,000m, 1,500m and mile, British records for the other distance events are pedestrian compared to current world records. Crash training could be the way to close the gap.

The final word from me is to say

HAPPY CHRISTMAS EVERYONE !!