

Heathfield Road Runners



Running Report

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Editor's Notes

Plenty to get through this month, so without further ado, I'll wish you a merry Christmas and hand you over to our new Chairman.

Voice from the Chair

Welcome all to the new HRR 2003-4 running season from your new chairman, I expect it's going to be a cracker!

All of you should have received the minutes of the AGM for the 2002-3 season from our very efficient secretary Louise. For those of you who couldn't make it, it was a great evening, lots of prizes were handed out and everyone thanked our outgoing chairman Ivan and the committee for a great year.

I took the opportunity to say a few words at the AGM outlining where this year's committee will be focusing. The areas are: more mixed training runs, juniors at the cross country events, hearing from the membership via articles in the monthly newsletter, more runners doing SGP and cross country, and 5 new members this year. The only thing we ask from the members is to bring 1 non-member (could be a junior) each, to either: a training event, social event, or race sometime this season.

The last few weeks have been very hectic for the club, what with kicking off the cross country running season with a second place at Pestalozzi, (see separate report), the AGM, preparing for our own cross country on the 21st December, the Brighton 10K, and a significant ramp up in the number of people attending training sessions on Monday, Tuesday,

Thursday, and Saturday. More details on our training sessions will be in the next newsletter and also can be found on our website:
www.heathfieldroadrunners.com.

I would like to welcome 3 new members to the club Wendy, Rachel, and Jamie plus welcome back Julie D'Albiac. We also have several prospective members turning up for training, please let's all make them very welcome. Something I am concerned about is some of the members we haven't seen for a while, I guess through injury. For all of you we haven't seen in a while it would be really good to see you turn up for training one evening very soon if only for a chat. Some good news on this front is after a long lay off, Ian Killian is back doing some running and did really well at Pestalozzi.

Just so everyone is aware, committee meetings are held first Tuesday of the month at the Cross in Hand pub in the restaurant at 8.15pm. These meetings are open to all members with ideas, especially if it includes an offer of help!

Finally, please put Friday January 23 in your diary for our Christmas bash, details follow.

JIM SCOTT

Party Invitation

HO HO HO !! If you are looking for a perfect excuse to run badly at our Cross Country on the 21st then leg it round to Nigel's (29 Highcroft Crescent) around eightish on Saturday 20th for a Christmas/House Warming knees up. All members and carol singers welcome.
NIGEL

12 DECEMBER 2003

London Marathon

If you entered, then you've probably heard by now. Fortunately I was rejected (shame on you Mr Bedford), but if you'd like a chance to run next year then read on.

You may still be able to run using the draw for one of the Club's places. Preference will be given to those who were rejected by the ballot and who have not run the race before. If nobody meets this criteria then the draw will be open to other paid up members (even those who did not enter). Be sure to let our Secretary Louise know before 19 Dec if you'd like the chance.

New Year Party

Friday 23 January at the Rugby Club. We have a band, we have food and we are expecting around 60 revellers. £10 per head. Sounds like a night not to be missed. Bring family and friends. Tickets from Renee, Graham or Jim.

Please bring money to our cross country as tickets will be available.

Subscriptions

As part of this bumper pack you should have your subs form. Please fill it in as we do need the information on the form (even if you did it last year). And don't forget to include a cheque (payable Heathfield Road Runners) £20 individual, £30 family. Send to Chris Holdway, address on form.

News from the Lab

Studies on mice have shown that the ones that run the most have increased activity in parts of the brain that deal with craving food, drugs or sex when denied the joys of running in their wheel.

Explains a lot.

Cross Country

BY JIM SCOTT

Pestalozzi Report

As some of you may know it is very unlike me to be stuck for words but when Chris Holdway rang me the Monday after the Pestalozzi cross country and told me we finished second I was stunned. Given the fact that we were missing some very good runners male and female in various categories, I would have been very happy with a 3rd place finish. It just goes to show that when it comes to XC we have great strength in depth and on this occasion it really helped. Where other teams got penalty points for not fielding a full team we turned up with lots which made them get even more penalty points. This is going to be the key to our success this season. See results (page 4) for individual and team positions.

Just so everyone knows how it works from a team perspective (I didn't), all 5 races count and the winning team from each event gets 1 point, second team 2 points, etc. The winner at the end of the season is the team with the lowest cumulative total of team positions from the five races.

As a minimum at each race we need 5 ladies including 1 over 45, 6 senior men, 3 over 40 men, and 1 over 50 man.

Some special mentions on the day would be Eleanor aged 7 and Samantha Daniels aged 16 (Paul Daniels' children) who ran in the junior race. Given the conditions, very wet and windy, I think it was a fantastic effort, and is a challenge to all us other parents to get our children and their friends out to run at our cross country on the 21st December. Rachel Riley and Wendy Fox who just joined the club about a week before, hadn't done XC before and then had the misfortune to meet me!! They both ran brilliantly. Final special mention is Cathy Shepherd who ran with very dodgy running knees and the hangover from hell!! — True Grit. It also means that no men can use a hangover as an excuse on December 21st especially if they have just been to a house warming party the night before!

My HRR ladies run of the day would have to go to Julie Price for sheer guts and determination. The fact that she threatened to slap my legs for gently encouraging her to sprint up the last hill has nothing to do with it!

My HRR Male run of the day goes to Doug Matthews. Bottom line is he was about 4 minutes quicker than his time the previous year which is a huge improvement, mainly down to the training he put in.

Most important of all is our next XC on December 21st at Cross in Hand. We need all the help we can get beforehand and on the day. Chris Holdway is our race director and along with a nucleus of people, makes this a great event. Chris will also need lots of marshals, car parking attendants, tea and cake makers etc. The plan is to field as many runners as we can on the day. However, if you are keen to run it is very important that you bring along a helper on the day, i.e. husband, wife, relative, friends. Also please remember to try and get some juniors along to race.

The following Cross Country will be on the 18th January at Abbots wood near Hailsham.

JIM SCOTT,
CROSS COUNTRY CO-ORDINATOR

The Wetter the Better but Mind those Chickens

Pestalozzi XC 2 November '03

DOUG MATTHEWS

'I felt so sorry for the old crocks in that rain', said my wife.

'Yes,' I said, 'I wouldn't fancy sitting in an open top car from London to Brighton in that weather'.

'No, not the veteran car rally', she said, 'I was talking about your Heathfield Cross Country team!!'

It was two hours before the race at Pestalozzi that I had naively telephoned the race organiser to check whether the race was still on in view of the amount of rain that had fallen.

'The wetter the better, old chap' he said, 'it's a cross-country race'.

Setting off along the coast from Brighton, I tried to reassure myself that the contents of the English Channel would not be appearing at Seddlescombe. Of course, I was wrong. Having parked the obligatory half

mile up the lane (I suspect that only the Hastings Runners have parking within the grounds!?) I was wet well before registration. The registration room was a strange sight to behold. The entrance hall was in effect a foot bath that you get in public swimming pools before you go for a swim!? Someone had laid down a green tarpaulin, and the rain was pouring in through the open door. Fortunately the Heathfield team had taken up a decent quarter of the room and anyone sporting red colours were welcomed by a space on the floor suddenly appearing. And how many wet people can you cram into a changing room, whilst taking registration details and serving food? Fortunately the local food hygiene inspectors did not visit. I did not see the representatives from the Guinness book of records, but if this was a record attempt at 'people cramming', we were going to succeed.

During the race it seemed that all Heathfield runners went pretty fast, myself included. 'It must be that everyone wants to get back out of the

rain' I thought to myself. My strategy of a fast first lap paid off. Having settled for a place at the front of the start I was carried along to some extent by the fast pace.

Hanging on to my place for the next two laps, I was only overtaken by about 10 runners including Graham and Jim. To my great advantage, I was encouraged on my way by both Graham & Jim, who shouted 'Keep going, Doug' as they passed, and I did. I can recommend this race strategy to the middle paced runners of the club since to get ahead early of those runners who pace themselves for the whole race will result in numerous shouts of encouragement (depending on the numbers who pass). Strangely, it was not only the Heathfield Runners who shouted encouragement as they passed, or at least that was what I thought was being shouted by the other teams?

The race to get in out of the wet reminds me of the cross-country runners who were passed by a chicken running at twice their speed. The chicken turned into a farm yard, and curiosity got the

better of the runners. 'Did you see a fast running chicken come in here?' asked the runners of the farmer. 'Yes, we've got lots of them', he replied, 'we breed them specially. There is me, my wife and our young lad. We each like a leg to eat, so to save arguments we bred these three-legged chickens'

'What do they taste like?' asked the runners.

'Don't know', replied the farmer, 'Haven't caught one yet!?!?'

So for the next cross country race, watch out for those chickens.

Free Radicals

This subject cropped up the other evening and there seemed to be a little concern that running, whilst beneficial in most respects of mind and body, can contribute to premature aging. This is not without foundation: one only has to look at Mick Darling, I'm sure we all agree that he looks a little older than his 27 years should suggest.

So are free radicals the culprit? In this instance, probably not.

Free radicals, or more correctly, free oxidising radicals, are a product of the

oxygenation process. They are formed in all forms of combustion. Not only do they contribute to early aging but they are also linked to sickness such as cancer, cardiovascular disease and mental illness amongst many others. The main sources of free radicals for us come from high temperature cooking (barbecuing, frying), petrol fumes, smoking, sunlight radiation and normal body processes.

It may come as no surprise that we do have a very effective defence mechanism against these free radicals; called antioxidants. Specifically these are Vitamins A, C, E and beta-carotene.

It is said that our resistance to aging and disease is governed by the balance in our bodies between free radicals and antioxidants.

So where is the running link? Intensive exercise increases our oxygen use and so is a contributory factor in free radical production within the body. It is however, only a soldier in a large army of free radical producers.

We should, as health conscious, active individuals, be aware of the importance of increasing our antioxidant intake and

reducing our exposure to free radicals. Exercising less is not the ideal approach; the benefits derived from exercise far outweigh any gains made from reducing free radicals in this way. There are though, some very effective measures we can take to swing the balance in our favour.

- Reducing our intake of highly heated and burnt food, especially fried and barbecued food.
- Removing ourselves from polluted and smoky environments.
- Increasing our consumption of the antioxidants as below.

A comprehensive detailing of antioxidant-rich food is not possible here but basically we should look to the following foods to provide our defences.

Fresh fruit and veg especially: carrots, sweet potatoes, broccoli, watercress mangoes, melon, citrus fruit. Seeds, nuts, wheatgerm. Oily fish.

Antioxidant supplements are also available from the usual sources (speak to Philip).

So there we have it: free radicals and antioxidants quite literally in a nutshell.

Club Kit

Firstly, an apology to anyone who has been patiently waiting for their kit. As you may know we are going through the process of changing our kit. By the time you receive this newsletter the new kit should have been ordered. It is expected to be ready mid January. Obviously this does cause a bit of a problem for those without kit at the next cross country race on 21 December. So, would everyone who has any spare kit please bring it with you on the day.

Full details of available items will be sent out when they are known; they are likely to include: vest, shorts, Lycra shorts (short and long), crop tops (short and long), long training leggings, long and short sleeve t-shirts (Coolmax or similar).

Race News

Beachy Head Marathon

Yet again, a high proportion of the club entered this gruelling 26 miler. Anyone who has done this knows it's quite an achievement just to finish but there were two stars that shone brightly at this year's show. Firstly there was Cedric, who has obviously been taking drugs this year, as his return to form has been

remarkable. Ninth place in a time of 3.20 is outstanding. Secondly, there was Belinda who ran extremely well to finish in 4.30, taking a fair few scalps along the way.

1 S Mills, Brighton Uni 3.07

HRR

9	Cedric	3.20
23	Adrian	3.33
50	Ivan	3.47
73	Graham	3.55
166	Malcolm	4.19
236	Belinda	4.31
255	Mick D	4.34
298	Mike H	4.42
423	Martin	5.08
491	Sue	5.23

Louise

Patricia

Results to 6 hrs

Sussex Grand Prix

This year's season was completed at Crowborough and as suspected it's not been a vintage year for us. However, there are a couple of HRRs who have been plugging away throughout the year, largely ignored by the rest of the membership. These two people have shown more commitment to racing

than anyone in the club over the last 12 months and they really do deserve some recognition. We shall have to wait a little longer to see how Keith and Tessa have done. Presently, with 2 races still to be added to the results Keith stands at 7th position in the very competitive V3 category. Tessa, yet again has been having a remarkable year and is currently 3 points clear in 1st place in her category (12th overall). We wait to see if she's held on to the top spot. Looking at the Crowborough results, Tessa beat her closest adversary by 4 places so stands a good chance of maintaining her position.

So what about next year? I have said before that if we get our act together the we could make a huge impact on the Sussex Grand Prix league tables. Alas, Keith and Tessa have said they will be hanging up their racing shoes next year. But, — don't tell them — I have a sneaking suspicion that if we give an early statement of intent (a good turnout at Race 1, Chichester 10k for instance) then they may reconsider being part of the HRR assault on the Sussex Grand Prix for 2004.

Chichester 10k 8 February 2004

Yes I know it's a long way to go to run 6 miles, but it is the first race of the new SGP season. For those that don't fancy the drive then we shall probably have a minibus going. Hopefully a stop in the city after the race or on the way back for lunch or a beer.

The course is fairly flat and fast, especially the last 2k. It's close to the city centre so there's lots to do for non-running family/supporters. Be sure to use the enclosed form right away because the race is usually oversubscribed.

Brighton & Hove 10k, 16 Nov

1	Stuart Moran	30.52, B&H AC	
	HRR		Rating
191	Jamie Coppock	40.06	496
279	Keith Harrison	42.03	575
855	Jerry Price	58.45	
87f	Julia D'Albiac	44.58	609
94f	Tessa Schooling	45.25	668
391f	Julie Price	58.42	231

Good times here (Keith running a PB) especially from the ladies. In fact Tessa achieved the highest rating of the year for any HRR, 10pts higher than both her own run at Hastings Half and Cedric's recent display at Lewes.

Crowborough 10k, 30 Nov

1	Darrel Smith	33.21	
	HRR		
33	Ivan H-T	39.52	575
108	Keith Harrison	44.24	567
186	Julia D'Albiac	48.26	576
213	Tessa Schooling	49.33	617
258	Martin McIlvenny	51.55	452

Communication

Some of you will have received email contact introducing an email group for the club. The service provides a means for any member with internet connection to easily contact their fellow members. Additionally, it provides facilities for asking for feedback from the membership by way of polls and also has a calendar where events can be inserted and looked up by all. With the majority of the club online it will

improve communication within the club. Keep an eye on your mailbox as further invitations to join the group will be sent out soon. Alternatively, drop an email to the info link on the club's website and an invitation to join this exclusive group will be sent.

Future Events

Recent visitors to the club's website may have seen an improvement to the events page. There is now a direct link to a very efficient Sussex race list with lots of info and entry forms too. If anyone would like to add a race to our own future events list then let me know.

DECEMBER

- 20 House warming at Nigel's
- 21 XC 2 Cross in Hand

JANUARY

- 18 XC 3 Abotts Wood

FEBRUARY

- 1 XC 4 Plumpton
- 8 Chichester 10k SGP
- 22 Beacon Half, Brighton SGP
- 29 Eastbourne Half SGP

MARCH

- 7 XC 5 Crowhurst Park
- 14 Hastings Half SGP
- 28 Worthing 20m SGP

Pestalozzi XC Results

First runner back scores 1 point, 2nd 2, etc.

As can be seen each team that didn't field a full team incurred penalty points of 111. More runners (even non-scoring) means higher penalty points for incomplete teams.

CAT	ARENA	CROW WAD	EASTBN SEAFD	HAIL	HAS.AC 1066	HAST RUNNRS	HEATH UTOPIA	LEWES	SENLG
SM1	111	111	2	11	1	35	10	23	21
SM2	111	111	8	15	3	39	12	29	33
SM3	111	111	42	26	62	74	30	53	40
SM4	111	111	103	37	111	84	34	57	45
SM5	111	111	109	41	111	90	38	111	58
SM6	111	111	111	54	111	93	50	111	65
M401	49	17	7	6	14	44	16	5	4
M402	111	27	9	43	20	66	18	13	67
M403	111	111	85	51	48	71	22	24	87
M501	111	111	55	28	25	31	88	72	76
SW1	111	111	104	19	111	69	98	59	46
SW2	111	111	105	32	111	77	101	89	78
SW3	111	111	110	111	111	80	106	111	79
F351	111	36	82	111	111	63	96	47	52
F451	111	111	92	111	111	81	99	100	86
TOT	1603	1412	1024	696	1061	997	818	904	837
POS	9	8	6	1	7	5	2	4	3
NSM1				56		94	60		97
NSM2				61		95	68		
NSM3				64		102	73		
NSM4				70		108	75		
NSW1						83	107		91

1	S Jules, Hast AC	29.58
	HRR	
10	Ivan Horsfal-Turner	33-16
12	Adrian Gibbard	33-34
18	Alan Streeter	35-02
22	Cedric Clemerson	35-08
38	Jamie Coppock	36-39
50	Graham Chapman	38-23
60	Ian Killain	39-55
69	Paul Daniels	41-20
76	Jim Scott	42-23
78	Doug Mathews	42-49
92	Martin McIlvenny	45-50
102	Belinda Holdway	47-33
106	Fay Harlow	49-14
107	Mike Harlow	49-14
118	Wendy Fox	52-24
119	Rachael Riley	52-36
127	Cathy Shepherd	57-28
128	Louise Schweitzer	59-21
129	Julie Price	59-28

Juniors

6	Elenor Daniels	18.50.
7	Samantha Daniels	18.51.