

Heathfield Road Runners



Running Report

In This Issue

Evening Training Schedules
Monday Social Runs
News about Isenhurst Woods
Sussex Grand Prix Success
South Downs Way Relay
Cross Country Update
Future Events



25 FEBRUARY 2002

Editor's Notes

You may have guessed — since Lee's departure we've had no editor. This being the position, I've stepped in on a temporary basis until someone else volunteers (I can see what's going to happen).

I've said before that the newsletter is a vital link. The committee – and the members I'm sure – would like to see a regular issue so that we can at least see our results and keep track of future events. That will be my priority and my commitment, one issue a month. I'll not be hassling for copy but, of course, any input helps to make the thing and will be warmly accepted. The editor's position does remain open and it might be nice to rotate the role so that we're not too dependent on one person, i.e. me and my variable output. If *you* fancy a turn then please let me know.

GRAHAM

Voice from The Chair

It's been a busy few weeks for the club since Christmas with a New Year party and three races. Many thanks to Phil for organising the club dinner at the Cross in Hand on Friday 18th January. I'm not sure of the final headcount but it certainly seemed that the vast majority of the club attended. The cross country

races at Saltdean and Pestalozzi were both well supported which, given the conditions at each of them, can only lead one to conclude that there is a worrying masochistic streak developing within the club!

Whilst I know it is only February we need to begin to think about both the club's Midsummer 10K and the South Downs relay.

The Midsummer 10K is now scheduled for 23rd June, a minor departure from our normal 'slot' of the third Sunday in June, enforced due to another booking at the Rugby club. The staging of the 10K race is a tremendous feat for a small club such as ours, it is also essential in that the profit from the event helps to sustain our activities throughout the rest of the year. In recent years the event has taken less 'managing' with many members having established roles which they quietly and efficiently complete. This year though one of the key roles will be vacant. After many years of producing the results Tom has decided that this year he would like to run. The results service that Tom has operated in past years has been the envy of almost all other clubs with results being produced and displayed as runners finish. It will certainly be hard act to follow. Do we have any volunteers? I am told the job descrip-

tion calls for a cool head under pressure and to be technologically literate. Whilst that obviously discounts most of us, how about You? If you think you could do it, speak to Tom who I am sure will be more than happy to explain what is involved.

Once again we have three teams of six entered for the **South Downs Relay** on Saturday 1st June, an A team, a B team and a ladies team. Fielding 18 runners is no mean feat for a club of our size. The event though really is for me one of the highlights of the year from a running point of view. It will soon be time to begin to consider picking teams and allocating (and learning) legs. If you want to take part please let Graham, Tessa or myself know.

Finally, I'd like to thank Graham for stepping into the breach once more and agreeing to produce this edition of the Newsletter.

IVAN

Tuesday & Thursday Sessions

The Tuesday evening session continues to offer some high quality training and I have had more than one person mention that they'd like to know in advance what's going on. The committee discussed this

recently and decided that it's about time we put a schedule together — for Tuesdays at least. Over recent weeks the Tuesday sessions have evolved into basically 3 variations. The first, and most original, incorporates that old favourite, 'Hill Sprints' around the 'Bank Circuit'. The 4.24 mile warm-up goes via: Little London Road, Sheepsetting Lane, Ghyll Road, top end of Frenches Farm Drive, left on to Hailsham Road, right into Longview, Churchill Road, Green Lane, down Woodland Way, up Elm Way, right to Park Road, back on to Hailsham Road, Tower Street, HKS, down Mutton Hall Hill and High Street. From Barclays Bank the circuits start in an anti-clockwise direction up Cherwell Road and back via Springwood Road. The loop is just under half a mile. Run them how you wish, but it's most beneficial to push hard up the hill; there's usually a bit of competition to push you that little bit harder. Easy on the downhills to prepare for the next one. By the sixth you should be getting pretty ragged and after a short breather an easy jog back to the club will be all you need (or can) do.

Session 2 is affectionately referred to as 'Os' and takes place at Gibraltar Rise. Warm up as before, excluding the top half of the town, getting to Gibraltar Rise via The Prince of Wales and Station Road. The Os start at the bottom of Highcroft Crescent, up to Marshlands Lane, left, then left again into Gibraltar Rise. On completing one anti-clockwise 'O', turn around and run back the same way; there will usually be someone to chase and also someone chasing. This is run fast but steady, the hills adding in the interval element. Each 'O' is .45 mile. Again six is the target before a leisurely jog back.

Lastly there is the '8s' session. Warm up as usual to HKS where the '8' starts. Run down Mutton Hall Hill, left into Marshlands Lane, continuing along Highcroft Crescent all the way round to Gibraltar Rise and following a figure of eight back to HKS via Tower Street; 1.4 miles. This may be run in handicap fashion to ensure that extra bit of effort! Two or three of these is the target; it can be a long session.

The sessions will be run in rotation as follows:

1st Tuesday	Hill Sprints
2nd Tuesday	Os
3rd Tuesday	8s

The remaining Tuesdays of the month will be varied, with perhaps suggestions from participants.

Obviously there are only a few more weeks of town running before the clocks go forward and we'll be back on the lanes. However, the interval element to Tuesday training will be maintained and new routes will be published next month. No doubt, the 1st Tuesday will be the Time Trial — because we all *love* that.

Thursdays are usually steady runs and the routes will continue to be decided on the night.

Another comment that is frequently made about training nights is the late start to the run. The fact is that occasionally there are latecomers and also possibly a boiler to light or a bit of news to catch up on. The running usually gets under way at about 6.45. I know this causes some frustration for some with limited time who have turned up at 6.30 to run.

Therefore, it's probably fairer to adopt a consistent start time of 6.45 prompt with arrival at 6.30 onwards depending on personal needs.

If anyone has any comments about the training sessions then let me know.

Monday Social Runs

Granted, this was re-introduced at a difficult time: foul weather and Christmas period. But, when it works (and it has in the past), it works very well. Simply, it's just a case turning up on the first Monday of the month for a bit of a chat and a sociable run. A reminder that the next one will be **Monday 4th March**, meet at the Coop car park at 6.30; lets see if we can get a good showing.

Important News about Isenhurst Woods

Anyone that holds a permit to run in the woods near the Heathfield transmitter will know by now that their permits are not being renewed. As many of you know, our club has been very lucky to hold a group permit in recent years. Some —

me included — have used this facility regularly for some very pleasant off-road training. Unfortunately our permit will expire on April 1 2002 and we have to accept that the woods will become private property with no access for us, shame.

Any alternatives? There is some woodland very near the club behind the playing field. The area is nowhere near the size of Isenhurst but still worth investigating. If you have a favourite off-road location then let me know and I'll spread the word via these pages; there is a regular Saturday morning session that will need a new venue soon. One of my particular favourites is Dallington Forest with access from Punnetts Town. It's a huge area with lots of possible ad-ons and some extremely big hills.

There are usually unofficial training sessions taking place on Saturday and/or Sundays. The arrangements are typically made during the week before at the Club. If you don't attend evening training then you may miss out, so if you are interested then make contact with either Mike Harlow, Mike Darling, Tom or Phil; they should know what's going on.

Sussex Grand Prix

Heathfield Road Runners didn't really make an impression on the series last year; there just weren't enough of us out there. There were, however, some notable individual performances, namely: Ivan, Peter and Tessa. Ivan placed 7th overall, Peter 10th overall and 5th Vet, and Tessa a very well-earned 1st V3. Alan, although not running for Heathfield, as a member deserves mention for his 3rd V2.

For the record the men achieved 13th position and the Ladies 11th; well done to them. The teams and points earned were as follows:

Ladies

Tessa Schooling	3875
Tina Heathwood	2811
Belinda Holdway	1889
Patricia Carey	1357
Louise Schweitzer	1354

Men

Ivan Horsfall-Turner	3937
Peter Morley	3909
Keith Harrison	3443
Mike Heathwood	2760
Malcolm Love	1672

Graham Chapman	1314
Mick Darling	1299
Philip Skilton	1166
Martin McIlvenny	731
Mike Harlow	724

SGP 2002

There has been 2 races this year. As far as I know there were no HRRs at Chichester, but we had a slightly better showing at Hastings.

1	29:13	Julius Kibet, Kenya
7	32:25	Esther Kiplagat, Kenya

HRR

22	35:59	Ivan Horsfall-Turner
29	36:52	Peter Morley, Crowborough Runners
162	43:54	Keith Harrison
190	44:53	Michael Darling
359	49:38	Tessa Schooling
633	57:27	Debbie Seale
239	46:13	Louise Ollivier

South Downs Way Relay

Those with keen memories will recall that there was no Relay last year and our 3-team entry was carried forward to this year. The event takes place on Saturday 1st June and for those not familiar with the format it goes something like this:

The race starts at Eastbourne and follows the whole of the South Downs Way to Winchester, some 100 miles away. A team consists of 6 runners who are all highly trained and know the route in infinite detail. Each runner runs 3 legs of approximately 5.5 miles each as fast as they possibly can. A minibus carries the non-running runners and any supporters to each checkpoint. The day is fun, hard and the highpoint of the running calendar for many members. If you're interested in taking part then let me or Tessa know right away. We shall be starting training runs on the Downs in earnest; June may seem a long way off but there's only about a dozen weekends to prepare.

There is a **meeting on Tuesday 5 March 8.15pm** at the Cross in Hand to discuss the event and assign legs. If you are participating — or interested — in the event then please do your best to come along. We will also need 3 drivers for the minibuses so if you'd like to volunteer then let me know.

Subscriptions

A reminder for anyone who has not yet paid their subs for 2002. Could you please send payment to our treasurer right away to minimise the time required to send out further reminders. If you are not renewing then please let us know too.

Payment please to:

Gloria Rogers, 7 South Terrace,
Burwash Road, Broad Oak,
Heathfield TN21 8BE

Cross Country Update.

Just one more race to do and it looks like a good turn-out is promised from Heathfield at Plumpton on the 10th March. Results below from the last 3 races; more comprehensive results are on-line at www.heathfieldroadrunners.com

Some of the unfamiliar names belong to Utopia runners who have joined forces with us for the series.

Race 3 Warren Hill 16/12/01

	pos	time	pts
Ivan Horsfall-Turner	2	28.22	2
Peter Morley	3	29.24	3
Adrian Gibbard	7	29.56	7
Alan Streeter	19	31.54	19
Graham Chapman	28	32.36	28
Graham West	43	34.17	43
Joe Harden	48	35.10	48
Dale Millar	60	36.02	59
Mike Darling	63	36.09	62
Paul Daniels	76	37.12	74
Philip Skilton	79	37.40	77
Robin Davies	86	38.11	82
Jim Scott	87	38.13	83
Peter Wilkes	94	40.44	87
Bill Dicker	95	40.58	Ns
Belinda Holdway	106	43.57	94
Mike Harlow	107	43.58	Ns
Wayne Covey	114	46.22	Ns
Sue Scott	117	48.16	96
Fay Harlow	119	48.19	97

Race 4 Saltdean 20/01/01

Ivan Horsfall-Turner	5	33.25	5
Peter Morley	9	34.17	9
Alan Streeter	18	36.23	18
Adrian Gibbard	22	37.33	21
Graham West	40	39.53	38
David Harlow	46	40.22	44
Dale Miller	69	42.39	67
Mike Darling	70	43.00	68
Robin Davies	74	43.52	72
Louise Ollivier	77	44.13	75
Philip Skilton	84	45.39	81
Jim Scott	86	45.44	83
Bill Dicker	91	46.34	86
Martin McIlvenny	96	47.35	91
Penny Rea	107	50.39	97

Sara Ellis	119	54.27	100
Sue Scott	124	55.27	101
Fay Harlow	125	56.00	102
Debbie Seale	126	56.00	103
Mike Harlow	129	59.58	105
Patricia Carey	130	59.59	Ns

Race 5 Pestalozzi 10/02/02

Ivan Horsfall-Turner	4	32.52	4
Peter Morley	5	33.17	5
Graham West	25	38.28	25
James Cox	26	38.35	26
Tom Ottley	40	40.48	40
Graham Chapman	42	41.09	42
Mike Darling	44	41.19	44
Jim Scott	60	43.33	60
Martin McIlvenny	81	48.13	78
Mike Harlow	87	49.42	81
Fay Harlow	101	58.07	89

Future Events

MARCH

3	Thanet 20
4	Monday Evening Social Run
5	SDW Relay Meeting at the pub.
10	Plumpton Cross Country
10	Reading Half
17	Hastings Half SGP
24	Worthing 20 SGP
24	Paddock Wood Half

APRIL

14	London Marathon
----	-----------------

MAY

5	Seaford 10k SGP
5	Horsham 10k (SGP if Seaford cancelled)
19	Hailsham 10 SGP

JUNE

1	SDW Relay
12	Worthing 10k SGP (date to be confirmed)
23	Heathfield Midsummer 10k SGP

JULY

6	Trailwalker 100k date to be confirmed
---	---------------------------------------

AUGUST

17	Race the Train, Tywyn.
	Will Page 10k Newick date to be advised SGP

SEPTEMBER

8	Hellingly 10k SGP
15	Hove 5 SGP

OCTOBER

6	Lewes Downland 10 SGP
28	Barns Green Half SGP to be confirmed

NOVEMBER

10	Pheonix Races 3.8k & 7.3k, Brighton SGP
17	Brighton 10k SGP

DECEMBER

1	Crowborough 10k SGP
---	---------------------