

# Heathfield Road Runners



## Running Report

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### Editor's Notes

Just in case you thought you'd been forgotten, this is the first newsletter of 2003. I've tried very hard to get this out before the Cross Country at Crowhurst and if I succeed it might be at the expense of less than perfect grammar and the odd spelling mistake.

### Subscriptions

And you thought you'd been let off the hook. We've made a slight revision to the renewal system but the subs stay the same. The main change reflects the need to update the information the we hold on our members. You will see from the enclosed form that we ask for some additional info too; it should be self explanatory. Please, could everyone fill in this form.

### E-mail Addresses

It seems the world and his wife have e-mail now and it does provide a really useful way of contacting members quickly and cheaply. The list we have is growing but I'm sure there are many more out there who we don't know about. There is a space on the form for yours if you have one; please use it, even if you think we already have it. Newsletters will be sent in electronic form to those who can receive them, let me know if you'd prefer a paper copy.

Please complete and return the form now, or at least as soon as you can. It does save a lot of time for the person who chases them up.

Subs are £20 individual or £30 family membership.

GRAHAM

### South Downs Way Relay

Good news. As you may or may not know, there was some uncertainty as to whether the event was to continue. The organisers have decided to keep it going with the requirement that each club must offer to carry out risk assessment and marshalling for at least one check-point. This sounds simple but does mean that we need even more people to be involved. Firstly we need some runners, A, B and Ladies'

teams and drivers. Secondly, we need some people who don't mind spending some time on the Downs on Saturday 7 June — probably at Bo-Peep or Itford Farm. If you'd like to be involved then let me know right away

### Midsummer 10k

Another date to put in your diary is Sunday 22 June, as usual we'll need all the help we can get.

### Rottingdean Marathon

You'll like this one! I did this for the first time last year and was VERY IMPRESSED with the event — as you will be too. I'm assuming from the outset that you will all want to do it. Last year just about the entire Utopia club turned out and then there was just Barbara and me from our club. No navigational skills required either since there are coloured markers the whole way. Paths are all good, so no whinging possible there either. There's a choice of three distances 8 miles, 15 miles or 26 miles and you can run or walk or both. It's quite a big event too with several hundred walkers and runners about evenly split. You can even take your dog or, for all I know, maybe hire one for the day. Checkpoints are numerous and fully stocked. The last main checkpoint at Kingston is truly wonderful with endless food and drink, including Harvey's!

So make a date in your diary now for JULY 13th. It will only cost you £8.50 on the day. I can't think of any possible excuse (but no doubt we'll be hearing some) for not taking part in this one. You can start when you like within reason and you'll have to time yourself although there is a proper finish funnel which makes the whole event seem low-key. Just for fun we could start in groups with the aim of all arriving at Kingston at about the same time and then meet up again at the finish.

For more information see the website [www.windmillwalk.co.uk](http://www.windmillwalk.co.uk).

TOM

## Cross Country

Well, 4 races down and we're in 3rd place. Looking at the team points position below I think that second place is now out of our reach and in fact I'm more nervous about Senlac Arrows taking 3rd spot off us.

The next race is on March 2 at Senlac (anybody know how to get there? (see below — ed)) on Arrows home territory, so please can we have our usual big turn out. I think that this is the last race of the season although Chris did say that Plumpton may be run on March 9th — any news Chris? (Chris says it's on — ed).

As you can see on the individual tables below we've had an amazing 47 people compete for the club this season and 41 of us have had at least 1 scoring run so far. Below is the team score board for you to ponder and below that is the individual members table of points.

See you all on March 2nd — Paul.

### Directions for Crowhurst

*Courtesy of Chris*

Go into Battle, thru' the High Street, past the Abbey until you reach a mini-roundabout. Go right, down the hill and past the railway station turnoff on your left. Proceed in an orderly manner up the hill and round the bend (some will find this easier than others). You are now in a small almost non-existent hamlet called Telham. To your left will be seen a public house called the Black Horse. If you get that far you have missed a turning on the right, almost opposite the pub. This turning is also the entrance into Crowhurst Caravan Park, under an archway. Go into the caravan park and you will see signs and be directed where to park.

I assume from the O/S map, that the course will be undulating fields and woodland, and the weather suggests a soft going but not too wet.

My best wishes to you all and I hope that you all do very well !!

Regards

CHRIS

	HAIL	LEW	HEAT	SEN	HR	HAC	A80	CROW	EAST	SEA
POINTS	7	8	11	14	21	23	31	31	32	40
POSITION	1	2	3	4	5	6	7	7	9	10

	Club Position	Race	1	2	3	4	5	Total
			PTS.	PTS.	PTS.	PTS.	PTS.	PTS.
1	PETER MORLEY		195	196	197	194		782
2	ADRIAN CORNFORD		183	189	186	186		744
3	ADRIAN GIBBARD		182	187	187	188		744
4	IVAN HORSFAL-TURNER		180	186	189	183		738
5	BELINDA HOLDWAY		175	162	176	182		695
6	CATHY SHEPHERD		164	152	164	167		647
7	FAY HARLOW		161	151	163	168		643
8	CHRIS SHEPHERD		148	156	165	163		632
9	ZOE WREN		185	177	0	189		551
10	PENNY REA		174	163	0	170		507
11	PATRICIA CAREY		0	149	166	164		479
12	WAYNE COVEY		101	106	119	123		449
13	STEVE SHARPLES		106	0	150	150		406
14	PAUL GOAD		126	129	0	139		394
15	MIKE HARLOW		120	0	126	113		359
16	TINA HEATHWOOD		0	0	174	178		352
17	DOUG MATHEWS		113	111	125	0		349
18	KIM BONSER		0	0	170	173		343
19	NIGEL PARKES		0	171	0	171		342
20	GRAHAM WEST		170	169	0	0		339
21	CEDRIC CLEMERSON		0	0	167	168		335
22	TOM OTTLEY		155	0	168	0		323
23	LOUISE SCHWEITZER		0	150	0	163		313
24	MIKE HEATHWOOD		0	0	152	157		309
25	JIM SCOTT		0	0	140	145		285
26	MIKE DARLING		131	135	0	0		266
27	IAN KILLAIN		128	134	0	0		262
28	MARTIN McILVENNY		118	0	0	121		239
29	PETER WILKES		0	112	118	0		230
30	CHRIS HOLDWAY		100	0	107	0		207
31	JAMES COX		0	0	175	0		175
32	SUE SCOTT		0	0	0	171		171
33	DEBBIE SEALE		162	0	0	0		162
34	GRAHAM CHAPMAN		162	0	0	0		162
35	ALAN STREETER		161	0	0	0		161
36	JOE HADEN		157	0	0	0		157
37	SARA ELLIS		0	155	0	0		155
38	KEITH HARRISON		0	154	0	0		154
39	DAVID HARLOW		0	0	151	0		151
40	KATHY GORE		0	146	0	0		146
41	TONY FITZGERALD		144	0	0	0		144
42	GRAHAM WEST		0	0	142	0		142
43	STUART FORDHAM		0	0	141	0		141
44	PAUL DANIELS		133	0	0	0		133
45	PHILIP SKILTON		0	0	0	132		132
46	STEPHEN READ		0	0	110	0		110
47	BILL DICKER		105	0	0	0		105

## The Hastings XC

DOUG MATHEWS

Sunday 19th at Seddlescombe/Pestalozzi (or is that P\*ssed-a-lot-see) gave the usual sense of achievement.

Chris Holdaway had rung round on Saturday evening to rally the troops, so I guessed that race numbers might be low due to injuries? Having set off from Brighton in my old "chugmobile" (50 mph max) and not having been to Seddlescombe before I arrived at 10.30 a.m. With the grounds full up (of course, being so keen everyone arrives at least 1 hour before the race), I was directed up the lane to park. Half a mile later and I was parked, so my warm up was the run to the registration desk, which was in a warm and steamy changing area. Chris's rally-call must have worked, since a full compliment of Heathfield/Utopia runners were present with one or 2 notable exceptions. I registered and quickly went outside to stay acclimatised.

Having been suffering with "sore shins" I joined other Heathfield runners for 10 minutes pre-race stretching. After heavy rain the night before and rain all morning, the rain miraculously stopped in time for the start of the race. The usual hazardous collection of mud baths, mud slides, brooks and ponds

were there - I bet Paula Radcliffe doesn't run in such conditions. The XC maxim "for every downhill there is an uphill" proved more than true with a long downhill run after the initial start. The uphill section was there at the end of each lap, and having suffered on lap 1, it was quite a mental obstacle for the next two laps.

Why is it for us 40 minute-plus runners that at the start there are a lot of fit runners standing around and talking, and the same lot of runners are still there standing and talking when we finish? Are we being conned in some way? Having joined the Heathfield "encourage the later finishers party", I suddenly realised that the runners finishing 2 minutes after I had finished were runners whom I had accompanied on previous XCs. Must have had a good run then - 2 minutes faster than usual?

DOUG

## Chichester 10k

Full of anticipation for my first ever 10k race, my HRR t-shirt was well ironed. I anticipated a finish of 47 so I decided to line up in the pre-start line-up in the 45-50 minute group. Bumped into Frank Smith — a true veteran in his 70s who was proudly wearing his HRR t-shirt.

Frank explained that he was back to running from 2 major ops, and was on his way back to full fitness. He didn't look a day over 50 and upon checking with Paul Goad after the race it turns out that Frank is an ex Scots Guard/paratrooper!! and an inspiration to us all having won V70 prizemoney.

When the gun went for the start of the race I realised that a lot of 50 minute plus runners had put themselves too high up the running order and the start was a bit too slow for my liking. With so many runners in front and difficulties in overtaking I decided to stick with the medium pace and try to pick

up the pace later on. Why is it that if you start off a bit slow it can be difficult to pick up later? Is it my lack of experience?

Got a bit of a shock at 4k when I saw a chap in the womb position laying at the kerbside being attended by a marshal. Had not seen any collapses in any of my 7/8 previous XC or road races. And I got a further shock at 8k when there was a runner flat out on his back being attended by two St John's ambulance crew!!

At 5k I got called at 24.40 which was a bit of a shock as I was expecting 23.30 max. Decided to put on a bit more effort for the final 5k and managed to get home in about 47.54 — a personal best!! Frank came home in 51.01 which for a 70 year old must put him in the V70 prizemoney.

The commemorative mug for each finisher will sit proudly at work as a reminder of my virgin 10 day.

DOUG

## Food For Thought

Paul Goad

*I wrote the following article for the newsletter just before last year's Beachy Head Marathon but decided at the last minute not to publish it because as the race was so close I thought some of you may try out it's recommendations during the race not having tested them.*

*The reason for publishing it now is that it allows you to test what I say in your build up training to see what suits your body.*

If you've trained hard for the Beachy Head marathon and carefully thought out your eating & drinking strategies for during and just before the race then please ignore the following. If you haven't given it a moments thought then the following may help a little on race day.

### **Firstly, a few givens;**

- Hydration — a 2% drop in body weight due to sweating will lead to a loss of performance,

up to 20%. Drinking 150-250ml every 15 minutes will keep you hydrated.

- Energy — the human body can store enough glycogen to fuel the body through vigorous activity for around 2' 20" to 2' 40". After that, if you haven't topped on the run, you'll hit the 'wall' and your body will look elsewhere for fuel which will be your fat supplies. If you haven't got a long background in distance running this change from glycogen to fat is a painful and unpleasant experience.

How can we make sure we don't fall foul of dehydration and energy levels dropping, I hear you cry?

### **Hydration Do's & Don'ts.**

Don't go on a bender the night before — save it for the Pilot after the race.

Do drink regularly on waking the morning of the race and make sure you have about 250ml of water about

15 mins before the race ( I find 4 good gulps is about 250ml).

Some people say no caffeine but I've raced well in the past on trail races lasting in excess of three hours having had a couple of black coffees in the morning. My suggestion would be if you normally drink tea and coffee every day of the week then one or two won't hurt, if you're not a tea or coffee person then don't start now.

Do buy a water bottle belt system now capable of holding between 600ml and 1,400ml of water depending on how fast you are. Here's why; I estimate that on an even paced run on this course you will hit the four check points at the following %s of your total race time. CP1 – 32% of time gone, CP2 – 44%, CP3 – 60% and CP4 – 88%. The longest gap between drinks is from the start to CP1. If you're going to take 6 hours to do the course then it'll take you 115' to get to CP1, if you're going to burn round in 3.5 hours then it'll take you 67'. The

six hour person drinking 200ml every 15 minutes will need to carry 1,400ml over the start line and have consumed it all by the time you reach the top of the Long Man. Then you can fill your bottles up again and have a drink at the check point.

Using the %s above and your estimated race time you can work out how much water you need to be able to carry.

Something I also use which I am NOT recommending is I carry sachets of Diarohlyte (yep, what you take when you've got the trots). I have one of these every hour to help replace lost salts and minerals. You should try this in training before using it in a race, that way you can spot any nasty side effects and it won't spoil your race day.

### **Energy Pre-Race**

Three days prior to the race consume as much high carbohydrate food as you can handle. I also use a carbohydrate drink to supplement my intake however, again, you should practise the use of this in training. I use Leppin's Carbolode which works well for me, Graham Chapman uses High5 which has very unpleasant effects on my system (yes, I need the diarohlyte if I take High5). However High5 works

well for Graham which is why you should try these products in training first.

The other benefit of using a carb drink is that it helps keep your fluid levels up to.

### **Energy During the Race**

I use a gel from Leppin called Squeezy. You take one sachet 15 minutes before the race and then two an hour, one on 15' past the hour and one on 15' to. That gives me a routine of 15' past the hour 250ml of water and a Squeezy, 15' past the hour 250ml of water, 15' to the hour 250ml of water and a Squeezy, on the hour 250ml of diarohlyte — now you see why I carry so much water.

Footnote: I worked out the system described above from bitter experience. I did my one and only road marathon in 1996 when I hit 'the wall' badly, ruining months of hard training. In 1998 I did 'The Grizzly', again I hit the wall badly, pushed on and was pretty ill for six weeks afterwards. I then did my research, tested the system above and during 1999 and 2000 completed 5 long trail runs which I thoroughly enjoyed and didn't 'bonk' out once.

PAUL

## **Sussex Grand Prix**

The 2000 series certainly wasn't supported by HRR as well as in the past. There were however, a few members competing throughout the year and some of them picked up prizes. Congratulations to:

Ivan HT	5th Senior
Peter Morley	5th Vet
Mike Darling	2nd V5
Tessa Schooling	10th Vet 2nd V4

## **Future Events**

### **MARCH**

- 2 XC Crowhurst Park
- 9 XC Plumpton College
- 16 Hastings Half SGP
- 23 Worthing 20 SGP
- 29 Sussex Road Relays

### **APRIL**

- 13 London Marathon
- 21 Lewes Easter Monday

### **MAY**

- 4 Horsham 10k SGP
- 18 Hailsham 10 SGP

### **JUNE**

- 7 South Downs Way Relay
- 11 Worthing 10k SGP
- 22 Midsummer 10k SGP

### **JULY**

- 13 Rottingdean Marathon August
- 25 Newick 10k SGP

### **SEPTEMBER**

- 7 Eastbourne Half
- 14 Hellingly 10k SGP
- 21 Hove 5 SGP