



Running Report

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Editors Notes

It's nice to include lots of facts and figures in this edition, it means people have been getting out there and enjoying their running. As you will read though, there has been a general decline in running activity, especially attendance at training sessions. Is this just temporary lull? Or does it reflect a change in the reason most of our members run?

From the Chairman

A few lines from the office of the chairman:

Well, a bit to talk about that may be of interest and some which is certainly of importance.

First, I'd like to thank everyone who was in any way involved in the 10k organisation and execution. It went off brilliantly and without a hitch. If you had friends or relatives who helped out, please pass on the thanks of the committee and organisers to them. As a final accolade and just to put the cherry on the top, we've been picked as one of four races which are organised well to be a pilot next year for a special series of races to specifically target younger runners and athletes — so well done and thanks again to everyone involved!

You'll read Graham's piece about the Tuesday and Thursday running. What I'd say is that with a club of 60+ members, it's odd that we can't get more out. I know family and work commitments must come first but, after all, we're in a running CLUB so we want to encourage people to run together! I know it's summer holiday time and there's quite a few injuries at present, but if you want to improve, there's no better way than with encouragement from others. Besides, if you don't turn out to

run with the club, we can't really select you for events such as the South Downs Relay!

I'm also conscious of the fact we have several evenings of organised club runs — most clubs meet on one evening and members like it or lump it! I like our own format, even though it does dilute numbers, but if we end up with few people on some nights, we might have to look at this again, which won't suit everyone.

You should have seen my email about the various up and coming events, but if not, here's a quick summary:

- The date of this year's AGM will be Friday 31st October at the clubhouse. As it's Hallowe'en (notice pedantic correct spelling!) we'll have a bit of a social afterwards based on Halloween (for those that really don't care!) games and if you wish to dress up, feel free.
- Another date for the diary is Friday 5th September when we'll have another social. This time it's a 'race night' which for those of you who haven't been to one before involves showing a number of DVDs of horse races (fresh, unseen and sealed). You are invited to have a wager, buy or horse and generally cheer your horse on loudly. They're good fun and tickets will be £5 or £6 to include hot food. Separate circular to come on this one but get it in your diary now!
- There are just a very few of you who have not yet paid your subs and our UKA numbers and affiliation fees will be done shortly. If you want to take advantage of being affiliated and getting reduced costs in races, you MUST pay so I can confirm details on the UKA site.



5TH AUGUST 08

Committee

As you know, we have an active committee which tries to sort things out for the club. This year, Wendy will be standing down as secretary and Rachel will also be standing down as treasurer. They've both been great assets for the club and we'll be sorry to see them go from these positions after so many years of dedicated service to the club.

Before the AGM, give a bit of thought to this: being on the committee is your chance to influence the direction of the club and put something concrete back into it. So if you fancy taking on either of these roles (or indeed being chairman as I'll have done two years and will stand down if there's someone who wants to do it!) or becoming a committee member, just let me know. It's everyone's club so everyone should have a chance to be active in it other than running and committees are not there for life! They need to change so that others can take the reins and influence things in other ways. I promise, you won't offend anyone by volunteering and giving other members a break!

On the financial front, we're quite healthy at present with a good bank balance, so if you can think of ways we can usefully spend money, let me know!

May you keep running, keep healthy, keep fit and keep free from injuries!

Jerry

Tuesday training

According to one member, the time trial is 'the most important training session of the month'. Not only will it tell you your current level of fitness, it will also improve it — quite dramatically in many cases. And yet, in common with Tuesday session in general, lately, only about 5% of the membership attend. Not so long ago there were 10-15 runners on Tuesdays, enjoying the benefits a good hard work-out gives. But now it seems that most of the membership would rather not explore what they are capable of, would rather not find out how rewarding it is to take their fitness to another level.

I find it hard to believe that within our very healthy membership there is not more than a very, very small handful of people who want to improve their running. Yes, we can train on our own, and — if we know what we are doing — we'll improve. But, I reckon its more effective when done amongst others who want to do the same.

I guess there is an argument that says that if so few people turn up then we might as well stop training on a Tuesday. Is that what we want though, do we really want to be a sports club with no 'training' for its members? Surely, as a running club we must offer a time and a place for members to develop, to get advice, encouragement, and maybe a little push — an opportunity to become faster, fitter and more fulfilled runners.

I firmly believe that when we had members who were more adventurous with their running we had members who found their running far more rewarding.

Yet, if people are not attending, then we must be doing something wrong; maybe we are not giving people a good enough reason to come along. But, recently, when we asked members for feedback about the running club, there were no such comments.

So come on folks, make the most of your health, fitness and running ability — and make the most of this great little running club we have.

The sort of training we do on Tuesdays just doesn't work without a reasonable number participating. Every single member of the club is not just welcome but positively encouraged to come along and enjoy a fulfilling running session. It should be *the* session of the week, it always used to be and it can be again.

Herstmonceux Castle Relay

Wednesday 20th August

This is great fun, we used to do it every year. It comes as a bit of a surprise for runners of all standards; sprinting round a course of just 1.5 miles. Four runners per team, we should be able to enter at least a couple of teams.

Time trials and handicaps

These are the results, including the ratings, for all the summer time trial or handicap races this year

Time Trial 1st April

1	Cedric Clemerson	31.55	593
2	Graham Chapman	33.25	463
3	Nigel Parkes	35.00	460
4	James Cooley	37.30	266
5	Philip Skilton	38.44	439
6	Martin McIlvenny	43.35	334

Time Trial, 5th May

1	Jerry Price	37.50	381
2	Claire Symes	46.56	162
3	Gill Boorman	52.54	5
4	Karen Anderton	52.56	268

Time Trial, 6th May

1	Graham Chapman	31.17	545
2	Cedric Clemerson	33.06	546
3	Guy Stockwell	33.18	392
4	Chris Shepherd	33.58	429
5	Jim Scott	35.54	382
6	Jerry Price	37.36	388
7	Cathy Shepherd	40.00	411
8	Mike Harlow	40.14	370
9	Julie Price	40.52	354
10=	Sue Scott	46.15	283
10=	Belinda Holdway	46.15	239

Handicap, 3rd June

	start	end	time	rating
Chris	16.02	46.57	30.55	543
Martin	6.24	47.35	41.11	397
Cathy	10.00	49.34	39.34	424
Philip	9.24	50.03	40.39	385
Jim	14.16	50.19	36.03	377
Guy	16.42	50.4	33.58	370
Alex	16.42	52.15	35.33	321
Graham	18.43	52.17	33.34	459

Time Trial, 1st July

1	Cedric Clemerson	0.31.26	617
2	Guy Stockwell	0.35.25	325
3	Philip Skilton	0.39.29	419

Downland 30

27th July

Just one runner here this year, but the result deserves a mention, well done Cedric!

7 Cedric Clemerson 4.18

Sussex Grand Prix

Worthing 10k, 4th June

47	Cedric Clemerson	38.57	699
119	Graham Chapman	42.11	516
176	Keith Harrison	44.13	559
180	Bev Chapman	44.16	569
267	Jim Scott	47.14	383
297	Tessa Schooling	48.26	642
312	Jerry Price	48.41	408

Heathfield Midsummer 10k

22nd June

28	Cedric Clemerson	40.57	684
54	Ivan Horsfall-Turner	43.45	479
69	Ben Holdway	45.20	399
74	Bev Chapman	45.36	581
76	Keith Harrison	45.49	565
78	Guy Stockwell	46.02	381
126	Tessa Schooling	50.33	639
215	Jason Manning	60.47	112
255	Jane Dey	69.28	256

Bewl, 6th July

54	Cedric Clemerson	1.36.53	690
165	Dave Harlow	1.50.02	534
166	Keith Harrison	1.50.05	549
183	Bev Chapman	1.51.24	545
257	Jim Scott	1.56.54	382
279	Nigel Parkes	1.58.42	414
364	Tessa Schooling	2.07.09	562
372	Jerry Price	2.07.50	341
484	Julie Price	2.22.32	283

Bexhill 5k, 30 July

We only had 5 runners here, but look at those ratings, all over 500.

Positions in categories were impressive too, 5, 2, 5, 6, 2, respectively.

69	Cedric Clemerson	0.20.04	589
83	Bev Chapman	0.20.40	591
94	Keith Harrison	0.21.13	547
101	Dave Harlow	0.21.37	507
151	Tessa Schooling	0.23.41	604

South Downs Way Relay

JIM SCOTT

Overall, this year's SDWR was a real success. On the down-side the ladies withdrew from one leg due to an injury but all the other runners actually finished their particular legs. However the A & B teams had great results.

The A team finished 4th overall and the B team finished 4th in category. This is a fantastic achievement and a significant improvement on last year's results.

We also had some outstanding individual results on the day:

James Cox had the second best time on leg 7. Ben Holdway had the 5th fastest time overall for leg 6 and the best leg 6 time for a B team runner and second quickest for a B team runner on leg 12.

For a small club these results are testament not just to those who ran on the day but all those who helped out, drivers, marshal's, extra lady runners,

BBQ chef, those who trained but got injured before the event and those who arranged our event registration and minibuses. Sorry if I missed anyone out but I think you all get the point, i.e. it takes an awful lot of people to invest their time, skill and effort to get the result we have achieved — thank you.

Looking forward to next year, a couple of key points Graham and I suggest:

In the past we have picked the A team from time trial times and the B team from a level of commitment and both went on to win medals. In order to drive more competition and team spirit through training we might consider instigating 2 trial events. The idea would be for the April and May time trials to be used to decide who would be in the A and B teams. Equally this could also be used for the ladies team.

A-team runners should be picked on merit (although some allowances should be made if people genuinely cannot

make it to a TT). However, for that to be meaningful and workable, people have got to want to do it. I was slightly disappointed by the amount of people who turned out for the organised training. Thank you to those who did — it made a difference.

If we focus on motivating our runners again, then potentially we'll have medal-winning teams!

Next year we'll have largely the same runners, and hopefully some new blood too. The faster SDWR times will come from these people being fit and fast, i.e. they've got to train, not just long slogs on the Downs, but getting out there and running fast in training and racing especially.

Finally I would like to thank Sue for all her support especially for all the Saturdays I disappeared up onto the Downs for SDWR training for most of the day whilst she was left at home doing my DIY jobs. (Quite right too. Ed)

Legs	Ladies		A Team		B Team	
1	Zoe	33.51	James	28.17	Guy	33.26
2	Belinda	58.53	Adrian	43.41	Graham W	48.19
3	Tessa	39.20	Graham C	32.37	Nigel	33.45
4	Maria	66.00	Cedric	51.54	Dave	58.40
5	Julie	53.45	Paul	37.46	Ivan	41.57
6	Cathy	45.09	Chris	34.02	Ben	32.38
7	Zoe	40.08	James	34.32	Guy	40.15
8	Belinda	63.05	Adrian	48.18	Graham W	52.00
9	Tessa	41.05	Graham C	34.02	Nigel	35.20
10	Sue	32.29	Cedric	25.18	Dave	27.48
11	Maria	57.39	Paul	41.31	Ivan	46.02
12	Julie	50.42	Chris	37.14	Ben	37.50
13	Zoe	57.18	James	47.37	Guy	55.46
14	Belinda	36.31	Adrian	28.51	Graham W	30.24
15	Tessa	52.14	Graham C	43.55	Nigel	46.40
16	Maria	34.13	Cedric	27.14	Dave	26.10
17	--	dnf	Paul	63.02	Ivan	77.10
18	Julie	54.18	Chris	38.33	Ben	39.43
	--			11.38.24		12.43.53

A Team

GRAHAM CHAPMAN

Well, from my view on the A-team bus we had a great day. Special thanks to Jason for driving us around safely and to Rosie (who must have been very frustrated) for timekeeping and supporting. Although our time didn't seem exceptional (we have run a lot faster), we only just missed out on the medals. We were very nearly a vets team (just one runner with 2 years to go), and all the vets teams were behind us. We were a very creditable 4th place overall — our best ever I think.

What always surprises me on the day is the level of commitment from the team. It's not a case of just running 3 times in a day and keeping a bit in hand for each subsequent run. No, it's like 3 races in a day — as each runner finishes, it is clear that he or she has given everything for that leg and will not worry about the next one when until it comes along. If ever there is an event that shows us just what we are capable of (even more so than a marathon), then this is it. Getting out of the bus on to your feet for that last leg, let alone running, seems impossible. Maybe it's my age, but every muscle and joint is screaming that it's had enough. And yet, from somewhere, comes the ability to race again.

It's a great event for sure and I'd like to thank everyone involved — in particular those on our bus — for helping to make it so rewarding.

Overcoming adversity Ladies Relay 2008.

BEV CHAPMAN

In some ways 2008 was not the best year for the ladies' relay team, but we still had a great day and put in a good effort.

Belinda had the biggest challenge in putting together a team this year! Firstly, Sarah announced that she was pregnant. Fantastic news, but it meant that she was out of the team. Thankfully, from a limited group of ladies who indicated their interest in the relay, Maria stepped up to the challenge. Next, we learned that Tina couldn't take part this year. Disappointing, but not a disaster, as the ever-willing Tessa was there to take her place. Everyone knuckled down to training and the relay drew nearer.

Our third disappointment came with the news that Rosie Lewis, having completed the Marathon De Sables (that's another story!), had been knocked

sideways by a virus that rendered her incapable of running. We were now dangerously close to the day of the relay, but Julie Price bravely rose to the challenge. Meanwhile, I was desperately trying to ignore the fact that my Achilles problem had been getting steadily worse since my April marathon. Reduced mileage and physio hadn't worked, so I took a risk with a more radical treatment option. I took 2 weeks off running and resorted to doing a recce of my legs on my bike. There was only a slight improvement in the week leading up to the relay, and Belinda's headache got much worse. We swapped our legs around to give me fewer hills, but it was touch and go as to whether I'd be able to run or not. Belinda and I spoke the night before the relay. I would run what I could, and Cathy and Sue were waiting in the wings — just in case. It was as close as that!

Zoe started us off on the day, and did a great job as she usually does. Belinda ran my original set of legs and I think I will be indebted to her for quite some time. I am very grateful! Tessa ran splendidly, and Maria not only ran well — she managed to keep her netball team in order via her mobile phone!

Julie appeared nervous before her first leg, but I was more nervous having treated her for a back problem just 2 days before. She was fine on the day and ran really well. I wasn't able to run when it came to it. Cathy ran leg 6 in my place and Sue Scott ran leg 10. Both of them gave it their very best effort and had very respectable results. Out of necessity we'd broken the rules of the relay by including more than 6 runners in the team. Since we were disqualified anyway we agreed that I should give my ankle some extra recovery time and not run leg 17. Disappointing, but a very good decision in hindsight. In any case, it was great to make it to the finish in time to see Julie complete her last leg, and to support our 2 other teams.

There are a number of things I'll carry from this year's relay experience. Although I was upset that I couldn't run, I still felt like part of the team and found supporting the others very fulfilling. I'm sure Sarah, who organised the BBQ, and Rosie, who helped driving the A team minibus, would agree. I was also more aware of the work that goes on 'behind the scenes', and would like to thank Jerry, who drove our bus, and Chris Holdway, who took care of timekeeping, (and did more running than he'd

planned to do!).

Belinda had a nightmare task this year and I'm sure the whole team would like to thank her for organising the day. This was a year when we could've done with a plentiful supply of reserves. Not many people put themselves forward to run in the relay, despite us asking for volunteers in a newsletter. We do select the faster runners from those who are interested, because there is a strict cut-off time on the day. As with this year, however, we run the risk of losing team members through injury etc, and we need people in reserve who know the legs and that we know are keen to take part. This brings me to my final point. I can often be very critical of myself and sometimes don't enjoy my running if I feel that I'm not going well, or running to my potential. There have been times when I'd rather not try if there were a possibility that I'd fail. It would have been very easy for the relay team to admit defeat before we started this year, but we pulled together and gave it our best shot. Those who ran could be proud that they did their best, and the rest of us could feel that we'd been useful in some other way.

Future events

AUGUST

24 Newick 10k SGP

SEPTEMBER

14 Hellingly 10k SGP
21 Hove Prom 10k SGP

OCTOBER

5 Lewes Downland 10 SGP
12 Chichester 10k SGP
12 Jog Shop Jog
25 Beachy Head Marathon

NOVEMBER

2 Barns Green Half SGP
9 Phoenix Races SGP
16 Brighton 10k SGP
30 Crowborough 10k SGP

DECEMBER

14 Hastings Marathon

Club colours required for all SGP and XC races. See Julie for kit.