



Running Report

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Editors Notes

Not a lot for me to say here this time; I've had lots of submissions, so thanks a lot to those who have taken the trouble to write. You have a very happy editor.

Monday nights

JERRY PRICE

Once again, the subject of Monday night runs has come up. We have been through a number of 'trials' over the past couple of years attempting to 'formalise' it in several different ways but have come up against some opposition for the following reasons:

- 1) it is viewed as more of a 'beginners' night and therefore should be kept social so that new members and those who don't run on other nights can get to see each other more. Any attempt to split the runners into two or more groups could jeopardise this more 'social' aspect.
- 2) the set-up has worked fine for a long time – i.e. 'if it ain't broke, don't fix it' – and some members are keen to retain the status quo on the grounds that change causes ructions.

Last year, Alma offered to set up a separate run for the newer and slower runners and this proved successful for a short while but seemed to create some strong feelings amongst a few members. Prior to that, we tried to make every 4th Monday a 'circuits' night to improve stamina and speed. That seemed to fizzle out, too.

I've had another request from a regular Monday runner:-

'A couple of us from the Monday runs were wondering if in the next newsletter you could include an idea we have had for the Monday's run?'

We would like to have more structure to this

evening and were wondering if we could steal your Tuesday ideas for Monday, but at a slightly 'lower' level.

The ideas going around at the moment are:

- *to run a short circuit about town and then sprints up and down Green Lane, say 4 times, initially*
- *to do circuits, perhaps around HKS and Marshlands Lane*
- *do a slower but longer run, we were thinking of running the whole of the town and then doing a smaller loop down Station Road and back up Ghyll Road (again) and back to the Co-op*
- *We like the idea of a time trial but not the running on our own so if anyone can think of any ideas around this*

This is as far as we have got with suggestions, but would like to put this forward for other views and further ideas.'

Well, there it is and I throw it open to comments. Clearly, this relates to winter running but I would assume the principles would remain the same for the lighter evenings, but modifying the routes around the lanes.

Please let me have your views, you Monday people. My own view is that these ideas are sound and I am all for introducing some changes along these lines but recognise that we want to keep members and find a balance between furthering our own objectives as a running club to improve standards but maintain the 'fun' aspect for new members and those who don't want to go all out to break the 4 minute mile barrier!

Remember, though – some Monday runners can't, for a whole host of commitments, make other nights, so we need to find a way of improving those who want to do so without splitting people into factions! And many Monday runners have been with us for a long time, so it is incumbent on the club to

find a way to accommodate ways to improve them.

Any comments and/or suggestions would be welcomed.

Tuesday training

Pleasing to see more people coming along on Tuesdays, especially more ladies. The Tuesday time trial is also proving popular. We've run it twice now, it's a fraction over 5k and a great way to check out how the fitness is going (or how much over-eating took place during Christmas). Next one is on Tuesday 5th Feb.

On the results below you will see the return of the popular 'ranking' figure. This is a measure of performance, taking into account age, sex, and difficulty of the course.

| | | | ranking |
|---------|------------------|-------|---------|
| 4/12/07 | | | |
| 1 | Doug Andrews | 21.55 | 403 |
| 2 | Graham Chapman | 22.13 | 459 |
| 3 | Guy Stockwell | 22.52 | 355 |
| 4 | James Cooley | 24.08 | 299 |
| 5 | Mick Elms | 24.16 | 455 |
| 6 | Philip Skilton | 25.25 | 449 |
| 7 | Mike Harlow | 26.25 | 379 |
| 8 | Martin McIlvenny | 28.51 | 334 |
| 8/1/08 | | | |
| 1 | Cedric Clemerson | 21.33 | 570 |
| 2 | Graham Chapman | 21.46 | 484 |
| 3 | Doug Andrews | 22.25 | 378 |
| 4 | James Cooley | 24.07 | 299 |
| 5 | Rowan | 24.16 | 293 |
| 6 | Mick Elms | 24.31 | 444 |
| 7 | Howard Eaton | 26.32 | 333 |
| 8 | Philip Skilton | 27.01 | 379 |
| 9 | Jerry Price | 27.03 | 300 |
| 10 | Mike Harlow | 27.34 | 333 |
| 11 | Martin McIlvenny | 28.59 | 330 |
| 12 | Chris Holdway | 29.06 | 206 |

Track sessions

It's been a while, but we've recommenced the track session; now at Eastbourne. We had the first one on Sunday 20th Jan and the next one will be on the 3rd Feb. We have the track

for an hour from 10am. If you need the whole hour for the session then you can warm up beforehand, but an hour should be ample for a good session, warm-up and cool-down. On the 3rd Feb, we'll be doing mile repeats and this is great for anyone training for a spring marathon. If you'd prefer to do shorter intervals, e.g. 400m or 800m then we can offer guidance on speed and quantity depending on your level. Those who attend regularly will see not only their track times tumbling but also their longer road-race times coming down too. We plan to keep this as regular as possible — every 2 or 3 weeks on a Sunday morning — depending on the race calendar.

South Downs Way Relay

A and B teams

JIM SCOTT

Our objective for this year's SDWR is to make up for our poor showing last year. We are aiming for the A team to finish in the top 5 and the B team to finish 1st in their category.

For those of you not aware the SDWR takes place on June 7th. It is a 100 mile relay race for teams of 6 run mostly on the South Downs Way between Eastbourne and Winchester. There are a maximum of 50 teams allowed to take part and for several years HRR has been allowed to enter an A team, a B team and a ladies' team. For more details see www.southdownsrelay.co.uk.

HRR has lots of history with this event. We were one of the original teams when this event took place 23 years ago and have taken part ever since. The ladies have made significant progress in this event going from almost the back of the pack to the middle of the pack in the last few years. Our A team has a best finish of 3rd overall and our B team has finished first in its category once and 2nd several times. The club also has a number of individuals who have held records for best relay leg times.

However, last year the A and B teams hit a bump in the road. For the first time ever the A team failed to finish and the B team didn't do very well either. None of this is down to the runners on the day (some of them only found out they were running the day before the event and had to run their legs with a map so they didn't get lost). Mostly it was down to runners getting injured before the race, bad start times and no one person responsible for organising

and co-ordinating the myriad of tasks that need to be done to get 2 teams of 6 to the peak of their form, to the start line and then along with team captains keep them motivated through a gruelling 100 mile race.

This year I am taking on the challenge of organising the A and B teams. In 23 years of competing in this event, only once have we started the race with the 12 runners we thought would run 3 months before the race. The reality is that the team will change (mainly due to injuries) 2 months, 1 month, 2 weeks and 1 week before the race.

In order to have any chance of meeting our objectives we therefore need a pool of 24 runners. This means that every runner in HRR is a candidate to be running in this year's SDWR. To that end I would like to know ASAP if you are available to run for the club in the SDWR on 7th June.

The good news is that as a club we take our cross country running quite seriously — hence our involvement in the Sussex XC league, which is perfect training for the SDWR. Once the XC league finishes we will then start training for the SDWR. I will provide information on the training schedule in the February newsletter. In the meantime, if anyone has any questions please don't hesitate to contact me, my mobile number is 07713 504983 and my email is jascott@cisco.com.

The last thought I will leave you with is that the relay is not just about being a very fast runner. It is equally important to know your legs and have the stamina to complete all 3. The best analogy would be 'The tortoise and the hare'. The reason HRR has been successful at this event in the past is that the teams have comprised good, steady runners (not really fast) who learnt their legs, did lots of training so they had plenty of stamina and ran their hearts out on the day!

SDWR Ladies' Team

BEV RENMANT

The ladies' aim for this year's South Downs Way Relay is to build on our performance of recent years (unlike the A and B teams who are getting slower), whilst enjoying ourselves.

We'd rather not set our sights on becoming 'tortoises', rather 'hares' that are well prepared. Unlike the A and B teams we've not had the difficulty of getting a team to the start line, but perhaps that's luck rather than

judgement. So, this year we'd like to know who's available for selection into this elite group of female athletes. If we have plenty of interest then we shall ensure we have enough for reserves or even be able to supply runners for the A or B team if they run into problems (at a cost of course).

Last year we were 7th in 14.40, in 2006 we ran 14.18. There's no reason why we can't put together a ladies' team that would inch closer to that 14hr target.

As Jim states, it is vital to be familiar with the legs that you are running before the day, so a bit of commitment is required. We get together for numerous training and familiarisation runs during the spring and knowing your route makes for a more enjoyable (and faster) run on the day.

More info or questions to either Belinda 01435 865913 or myself 01435 812829.

Other runs

CEDRIC CLEMERSON

In the November newsletter there was a comment that it was hoped newsletters would now be back to a more regular publication, which is great, but presumably it will be easier if people send articles in and so I have written the following.

As you get more and more ancient it becomes clear that however much you train you can only look forward to getting slower, so the point of training is ...um?

So to spark a bit of enthusiasm I have completed a couple of 'different' runs recently, the Gatcliffe marathon and the Polar Night half marathon.

Gatcliffe marathon.

This was not actually a marathon but an event organised by the Long Distance Walkers association in November. Contrary to the name, they aim at runners as well as walkers, they were the people who used to organise the Seven Sisters marathon and their events are great for something slightly different to the normal 10k.

The Gatcliffe starts from Edenbridge and has three different nominal lengths of 20km, 35km and 50km, they have completely different routes every year, and this year's 35km I did was actually 39km (about 24 miles). You can start when you like over quite a window, but the controls are only open for certain periods, it's a bit easy to get ahead of

yourself and arrive before they are officially open, though this did not seem to matter. The first surprise is the route description, it is language all of its own e.g TL then XGA then XST then FL means turn left, cross gate, cross stile then fork left, but it worked very well.

The people at the controls are all very friendly but not really aiming for speed, at the halfway it took over 5 minutes to get a cold cup of tea, and results don't seem to have been published on the web site yet. The route itself twists about all over the place through some very nice countryside. Best to treat it as a very enjoyable training event with route and refreshments laid on with lots to eat at the finish, and you do get an attractive certificate on completion.

I was a bit over 4 hours on the 39km course and heard that Rosie completed the 20km course.

Update. Results now available, and show Cedric completed in 4.18, and Rosie in 2.13. Naturally, both Cedric and Rosie were first home in their events.

Polar Night Half Marathon

I always find the winter hard going, all the dark and cold, and I thought it would be a good idea to go somewhere warm and sunny, so it was a bit of a surprise to find I had entered the Polar Night Half Marathon which takes place in Tromso, northern Norway, 300km inside the arctic circle and closer to the north pole than to Heathfield.

Having entered, I spent quite awhile panicking, it was the bit in the details that said, 'we recommend the runners to wear spikes under their running shoes'. I ended up buying off road shoes with metal bits in the studs and some clip on wire things for normal trainers. As it was I did not need any, there was less snow than expected. The event takes place at 3pm (+1 hour on UK) by which time it was dark and I was ready for bed. The start was in the middle of the main pedestrian street and was a big affair, very well organised. They had a team doing a big warm up to music, which most people ignored.

I was unsure what to wear and had done a short run in the morning to try and decide, it was pretty cold, -5C, and a strong wind, some snow and ice on paths but generally clear. To start with I over dressed, but in the end wore two layers on top, not my wool HH but the thin one plus an Adidas stretchy top, leggings + hat and gloves. From the start

my biggest problem was my nose, it was bunged up with the cold and soon felt like an icicle and it took a few miles to thaw out.

The drivers are very good at all times in stopping at the numerous zebra crossings, it can be a bit awkward when walking around and not sure where you are going to find the traffic has stopped because you were near a zebra crossing and you were busy ignoring them! For the race the roads were not closed but any time you came to a junction the dozens of marshals stopped the traffic with no problems, though most of the run was on wide footpaths.

I had decided not to drink much in the race, I seldom do anyway, and thought the cold water would just lead to me choking. I did take a drink at the halfway only to find it was frozen solid, when I licked the ice it fell out and the little water left in the bottom poured onto my shoes — didn't try that again.

The details had said that they would only mark 5km points, but as you could not see your watch it made little difference, so you had no idea what speed you were doing until you finished. The turning point was on a deserted road near the airport covered in ice, getting around the bollard was done very carefully.

At the finish it was not a thin space blanket they put around you but a very thick blanket, and you needed it as you soon froze. The prize giving, for both the half marathon and the 10k which ran at the same time, was in a very posh hotel with quite a bit of local entertainment, and almost all in English, followed by a meal at the hotel for those who wanted.

The organization was superb from entry and registration right through to the end. The 113 entries for the half marathon came from 12 countries Norway, UK, France, Swiss, Brazil, US, Austria, Tanzania, Germany, Portugal, Sweden and Ireland with the UK having the biggest non-Norwegian entry of 27. The 10k while having more entries, 160, was primarily Norwegian — after all if you travel all that way you may as well suffer as much as possible!

I managed 92 minutes 07 secs which was 16th of 113 finishers and the fastest of the 24 UK runners, so not bad for someone just turning 53.

It was a very enjoyable event and I would quite like to try the summer marathon so I could actually see the

countryside, but am a bit put off by the travel, it was a bit trying coming back.

River runs

KEITH AND TESSA

These runs formed the base for our Beachy Head Marathon training, and are all mostly off-road and very scenic. In the course of 'our' year we have seen the Naked Rambler (honest — nothing but a smile) on the SDW at Firlie, attacked by a mad cow (beware cows with calves), and to top the end of the year — sighted a seal in the River Cuckmere!

All runs can start at Bo-Peep, or if you fancy lunch after — Seaford is a great place with a 'cheap as chips' café in the Salts Playing Fields. The 15-miler requires some knowledge of the Seaford Half Marathon. All distances measured on my sat-nav thingy.

15-miler

From Bo-BEEP Car Park head West along South Downs Way (the sea will be on your left — if you are map dyslexic), past Firlie aeriels and continue on down to the main road, crossing the road by the new foot bridge at Itford Farm. Continue over the railway line at Southease station and turn left at the River Ouse. Note you must be on the left-hand side of the river as you head south to Newhaven.

The river bank path is generally good (in summer) but a little over-grown for a short stretch at Piddinghoe. Follow the bank until the end just short of Newhaven (you will see giant lollypops warning of underground cables); at this point follow the public footpath over the style and a short stretch through the undergrowth before crossing the railway line and emerging on a small industrial estate.

Turn right down the short industrial estate road, cross (with care) the A26 main road, and turn left along the pavement. You should be passing Paradise Park on your right. After several hundred yards turn right and take the blind alley behind the terraced houses (if you go too far you simply make a right turn at the next road junction) at the end of the alley turn right along Avis Road. If you run down the left-hand side there are pavements and grassy areas, continue to end — about 1-mile.

At the end you will find a rather daunting roundabout on the A259 Newhaven to Seaford road, cross the road and head towards Seaford (A259)

on the right-hand pavement. After a short distance take the cycle way that parallels the main road to Seaford. About half-way to Seaford you will pass through a car park for the tide mills and this is the turning point for the 18.5 and 21-mile runs, but for this distance carry straight on to Seaford. Turn left across the Main Road and follow Bishopstone Road, continue along start of Seaford Half Marathon and back to Bo-Peep.

18.5-miler

Follow the 15-mile course until the car park at the tide mills and turn right (to the sea!), cross over the railway line and through the tide mills (stopping to read the local history on display boards). Turn left along the track and follow to Seaford promenade, continue along the prom to the far end (we buy iced Coke in the summer). Follow path up Seaford Head (you might want to walk this bit) and follow cliff path for a short distance. As you pass the last of the golf course take the path on the left, and head directly inland. After several hundred yards you will join a good concrete road and turn right down to Seaford Head car park. At the car park turn left down the (concrete) road, and at the bottom as the road sweeps left carry straight on along the track — from here on just keep heading north! The track ends at a road junction cross straight over and into the estate road opposite, follow for 100-metres and as the road bears around to the right carry straight on along the footpath. Follow to the end and cross with care the main Seaford to Alfriston road, carrying straight on again pick up the path opposite. This climbs up through the fields eventually joining with the BHM route, follow the main path which will eventually bring you all the way back up to Bo-Peep.

21-miler

As the 18.5 miler but as you come over Seaford Head continue along the cliff path to Cuckmere Haven, pass to the left of the coastguards cottages and straight over the main track, passing the small war memorial and straight on to the gate. Passing through follow the good grassy path, (this parallels the Cuckmere river, but is far better than the river bank path). Always keeping the river on your right follow to the end and emerge at the Golden Galleon car park, cross over the river here and continue your run inland on the right-hand bank. Carry on past the bridge at Litlington and back to Alfriston, crossing the river into the village and follow the South Downs Way up (and up and up) to Bo-Peep.

Cross Country

Cross Country league is very delicately poised with HRR occupying a joint 2nd position after our great performance at Warren Hill. Results on website.

Sussex Grand Prix

Final results

We were 9th out of the 21 competing clubs. Our men were a very disappointing 12th, the ladies 6th and probably their highest placing ever so well done to them. Come on guys, the ladies will want to be forming their own club soon if we don't do a little better.

Presentation evening

Evening of Wednesday 30th January, 8pm at the Jack & Jill pub, Clayton. We have 2 prize-winners this year: Bev was 5th Vet and 3rd V1; Tessa was 2nd V5. Well done to them, it would be nice to see a few HRR there on the night.

Brighton Half

Reminder of the discount code for this year's race in February: it's H128.

More results

Aside from the SGP and Cross Country races, there has been some HRR activity elsewhere too.

Just before Christmas I attended the Christmas Pudding Dash at Ashburnham. What a great little 5 mile race this is, set in the lovely grounds of Ashburnham Place. Mulled wine and mince pies were freely available for all runners (after the race) and there was really a very nice friendly atmosphere.

We had quite a good turn out. Well done to Bev who picked up a bottle for 1st in cat, and unlucky for Cedric who deserved one for his 3rd vet placing.

| | | |
|-----|------------------|--------|
| 12 | Cedric Clemerson | 33.57 |
| 38 | Bev Renmant | 36.53 |
| 79 | Jeremy Price | 41.59 |
| 139 | Julie Price | 47.41 |
| 144 | Maria Howel | 48.231 |
| 150 | Wendy Fox | 49.16 |
| 158 | Rachel Riley | 50.07 |
| 168 | Julie Wheeler | 52.06 |
| 178 | Chris Wheeler | 53.27 |
| 201 | Gill Boorman | 57.14 |

Anyone who knows Claire already knows she's barmy and is regularly off running ridiculous distances. Last week she did the Thames Towpath Ultra. I think most of you will agree that 50 miles in 11.59.58 is pretty good going, well done Claire.

HRR Forum

We now have a forum set up online. It's a great place to ask or give advice and for general running or HRR chat. It's like having a constantly changing newsletter where everyone can contribute and benefit without having to wait for a monthly publication (or rely on the editor!). To date, 30 members have registered — about half the membership. You can access it to register from our main website.

Future events

JANUARY

27 Cross Country 4, Abbots Wood

FEBRUARY

10 Cross Country 5, Cross in Hand
17 Brighton Half SGP

MARCH

2 Cross Country 6, Pestalozzi
2 Eastbourne Half SGP
9 South Coast Half, 10k, 5k. Seaford
16 Hastings Half SGP
24 Lewes 10k

APRIL

13 London Marathon
19 TBA
27 Hastings 5 SGP

MAY

11 Horsham 10k SGP

JUNE

1 Seaford Half
7 South Downs Way Relay
22 HRR Midsummer 10k SGP

JULY

6 Bewl 15 SGP

AUGUST

15 Olympic Games
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

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.