



25TH MAY 08

Editors Notes

Lots of results to catch up on for this newsletter, it's good to see a few more people out racing and enjoying themselves.

A busy time ahead, June is always hectic for the club, with the South Downs Way Relay at the beginning of the month and our own 10k race near the end.

Below is an interesting piece from our Chairman, Jerry. If you can, take a moment to respond to it via our forum.

From the Chairman

I've been speaking to several members in the past weeks about how they feel various aspects of the club are functioning. Generally, people are pretty well satisfied but, as in all organisations, clubs and groups I've ever been involved in, there are always gripes and internal politics! This always happens when a mix of people get together for a common purpose — naturally everyone works in different ways and their own expectations are shaped by their own psychological profile (I could go on here for hours...!).

However, I think it would be timely to ask everyone to reflect on a few things:

- 1) Why do I run?
- 2) What do you expect from your club and how do you think you fit into it and use it?
- 3) Do you take part in everything you can — from the formal running evenings to the social events to

supporting our own races — the 10k and cross-country amongst other things?

- 4) Do you ever think 'what can I give back?' When we started with the club, I'm sure that individually we were all supported by other members. This could have been just fitting in and getting to know other members or in terms of improving our own running. And so, how can YOU help to give something back to other newer members?

Do the more experienced runners ever think about turning up on a Monday night, for example, and helping out? We have a mix of abilities on Mondays and several members have done sterling work over the years helping out by taking smaller groups out for shorter, slower runs to improve them.

Also, if others came along they could share experiences (recent races, up-and-coming events, etc) to encourage others for a few minutes before we start and after we finish. This 'social' time is important for newer members to get acclimatised to the wide world of running! So much better than just turning up, running and then going before everyone finishes, don't you think...?

I keep on about it, but Monday night IS NOT womens' night — it is for everyone! And conversely, regular Monday runners are welcome on Tuesdays and Thursdays — especially when time trial night is on. So much better to have a good crowd... so why don't the Monday crowd think about coming along and supporting other nights?

We all have our regular commitments and, with the world as it is, the pressures of modern living are immense so it is easy to understand why some nights are better than others for different people. The format of 3 nights a week and informal runs is, to me, better than many clubs which have just one night a week to meet. The downside is, of course, that members tend to stick to the one(s) that suits them and there's less of a chance to all meet together.

So think about how you can share your time and skills to support others. We all started somewhere and, after all, we ARE a club with common aims. The more we pool our skills so they can be shared, the stronger we'll become.

Jerry

It would be useful and interesting for the committee (or any other members) to read your views prompted by this. We do have a club forum (at www.heathfieldroadrunners.com/phpBB3). Take a couple of minutes to visit and let us know what you think.

Tuesday training

Well, we've now moved back on to the lanes for the summer and the Tuesday training schedule is shown below. This is not set in stone and so if anyone has any alternative session ideas for consideration, let me know.

1st Tues -- Time Trial

This is the standard route we've been running for at least the last 15 years or so. Four and three quarter miles via Waldron.

2nd -- Brittenden Lane

Usually 4 reps of a 1000 mtr, slightly

hilly circuit with a recovery of around 3 mins for the faster runners.

3rd -- Ragged Dogs

A nice little circuit of just about a mile, taken at a nice leisurely pace, except for a 600m hill as fast as you can 4 times.

4th -- Pyramid session.

This is a route of about 5 miles with fast efforts of 1, 2, 3, 4, 4, 3, 2, 1 minutes with the same recovery time as each rep.

After each rep all runners rejoin the back of the group to start the next one together.

London Marathon

For the first time in many years I went up to London this year to watch.

As I made my way around various points on the course, I was reminded what enjoyment can be had by not running it. It was almost perfect conditions for running apart from some cold and blustery showers. However, this didn't seem to dampen the spirits of the supporters who had turned out in huge numbers to make this the unique event that it is.

When I returned there was one thing that puzzled me.

Our membership now stands at an all-time high, and an accepted entry to the London Marathon is more elusive than it has ever been. So why did we only have 3 members who put themselves forward into the draw for the 2 club places?

Anyway, well done to those who ran and completed what is always a very tough race.

Club results at London

pos		time	rate
2188	Adrian Gibbard	3.13.38	496
200(f)	Bev Renmant	3.21.32	609
4878(f)	Niki Marr	4.37.25	233
5570(f)	Wendy Fox	4.44.57	301

HRR Midsummer 10k

As most of you know, our annual 10k takes place on Sunday 22nd June. As usual we need lots of help, particularly for marshalling. Please try and keep the morning free and if you can persuade any family or friends to come along too then that would be extremely helpful.

Sussex Grand Prix

SGP continues to be running in a state of disarray, at least as far as the results are concerned, so I cannot update you with individuals' points tallies.

Nevertheless there are some race results to catch up with since the last newsletter, they are shown below together with the performance ranking — some of which are quite outstanding.

Brighton Half, 17 Feb

Cold and a bit breezy, but some good times and a good club turnout.

101	Cedric Clemerson	1.25.35	727
220	Graham Chapman	1.29.37	584
262	Bev Renmant	1.30.47	688
688	Keith Harrison	1.38.28	566
1175	Jim Scott	1.47.08	370
1176	Jerry Price	1.47.09	428
1305	Tessa Schooling	1.46.37	666
1364	Graham Dann	1.47.52	313
1664	Howard Eaton	1.53.26	379
2084	Niki Marr	1.57.06	358
2196	Julie Price	2.00.43	354
2902	Wendy Fox	2.06.49	375
3342	Alma England	2.19.32	212
3554	Sarah Prickett	2.30.55	5
3555	Karen Anderton	2.30.56	302

Eastbourne Half

25	Cedric Clemerson	1.28.26	691
30	Adrian Gibbard	1.29.08	552
132	Keith Harrison	1.41.44	535
279	Tessa Schooling	1.51.16	618
340	Jerry Price	1.55.12	356
442	Maria Howell	2.01.52	396
452	Graham Dann	2.03.06	190
453	Niki Marr	2.03.06	314
481	Julie Price	2.04.27	329
592	Ken Howell	2.12.59	180

Hastings Half, 16 March

The usual Sisyphean effort needed up Queensway didn't seem to deter our members; 20 runners from Heathfield — just like the old days!

52	James Cox	1.21.32	648
121	Cedric Clemerson	1.26.19	722
281	Graham Chapman	1.32.11	555
290	Bev Renmant	1.32.23	672
658	Dave Harlow	1.40.41	529
683	Keith Harrison	1.41.13	539
1017	Graham Dann	1.46.37	330
1032	Rowan Baker	1.46.57	308

1057	Guy Stockwell	1.47.23	304
1171	Tessa Schooling	1.49.10	642
1378	Jerry Price	1.52.02	384
1813	Niki Marr	1.58.20	353
2276	Martin McIlvenny	2.05.18	369
2324	Julie Price	2.06.10	314
2333	Wendy Fox	2.06.21	386
2424	John Moore	2.08.00	177
2556	Alma England	2.10.31	282
3142	Naomi Laddiman	2.25.50	149
3143	Olivia Trimbee	2.25.51	184
3346	Karen Anderton	2.35.51	275

Hastings 5, 27 April

Can you believe it? Some people actually cut short their honeymoon to do this!!

56	Graham Chapman	0.32.13	561
67	Cedric Clemerson	0.32.44	615
92	Bev Chapman	0.34.12	600
109	Keith Harrison	0.34.54	562
126	Dave Harlow	0.36.07	502
143	Mark Boyes	0.37.08	383
169	Tessa Schooling	0.38.45	627
343	Karen Anderton	0.50.35	358

Horsham 10k, 11 May

A warm one — 2nd place runner was a very pedestrian 36 mins. Nice to see Mark out racing again and Sam.

103	Bev Chapman	45.12	
110	Dave Harlow	45.30	
173	Mark Boyes	48.27	
322	Sam Reeves	57.37	

Other results

Lydd Half, 9 March

The return of an old club favourite. I'm sure the results got messed up here somehow.

20	Bev Renmant	1.29.28	699
23	Graham Chapman	1.30.31	562

Paddock Wood Half, 30 March

Well done Naomi, running a big pb.

177	Graham Chapman	1.29.56	571
201	Bev Renmant	1.31.44	664
1312	Alma England	2.08.20	287
1494	Naomi Laddiman	2.21.37	164
1567	Sarah Hall	2.31.10	109

Cross Country

It seems a long while ago now, but we did pick up 3 individual prizes from the 2007/8 winter series together with a 2nd place overall behind a pretty invincible Hastings AC, and in front of strong competition from Lewes and Crowborough.

Prize winners:

James Cox	2nd Senior Men
Martin McIlvenny	1st M60
Bev Renmant	3rd F35

MDS and more idiocy

So what is the Marathon des Sables?

Well, it is spending a nice few days on some sand in the sunshine.

Sounds lovely, except there's the prospect of negotiating 245km across some of the toughest terrain you could find to race across -- the Sahara Desert.

Some of you may have followed Rosie's progress online over the 5 stages. She did herself and the club proud and completed the race, she was also 6th British lady. I'm not sure anyone who has not been there can really understand what an extraordinary achievement this is -- well done Rosie.

Whilst on the subject of such madness, Claire has been training for the Grand Union Canal Race, and while I write this she is tackling the little jaunt of just 145 miles. So what is her training schedule? Well, there was the 'sprint' at the London Marathon, then a 'middle distance' 50 miler along the Thames Path, the Town2Tring and Tring2Town (2 40 milers, on successive days), the 30-mile Moonlight Challenge, and the 3-Forts Marathon.

If you'd like to sponsor Claire visit www.justgiving.co.uk/claiesgucr

Thanks

Bev and I have recently returned from a lovely week's break after our wedding. We had a lovely surprise on the day from members of the running club and would both like to pass on our thanks to everyone who contributed to our gift.

Beachy Head Marathon

Entry procedure for this year's race is different to usual. You can now enter online via the Runner's World website.

Future events

JUNE

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

JULY

- 6 Bewl 15 SGP
- 27 Downland 30 & Jack & Jill 5

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
- 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.