



Running Report

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Editor's Notes

I blame the Chairman.

I keep trying to write a newsletter and she keeps finding other things for me to do. I don't really dislike cleaning muddy trainers, or even polishing the trophies, but I thought it was time make a stand. So here it is, the first Running Report of 2009.

It seems that most of the info that would find a home in the newsletter finds its way out via email nowadays.

Nevertheless there are still some items that are best presented here, and one such provided the motivation to put something together — I'm sure you'll guess what it is.

From the Chair

We are now well into 2009 and the XC season is almost over. We have had some great results and I'd like to thank Jim for all that he has done to ensure that the club is well represented. Not as easy as it sounds I'm sure. Our own race went well, thanks to Chris Holdway, Jerry Price, and all of you who helped out on the day — you know who you are. The last race of the series is next Sunday — 8th March — at Pestalozzi, and we need as many of you as possible to turn up and run if we are to hold onto, or improve upon, our current 2nd place. We could still win it!

The Sussex Grand Prix presentation evening on 18th February wrapped up the 2008 series, and Brighton Beacon Half Marathon on the 22nd set the 2009 series on its way. HRR had a good turn out at Brighton and at Eastbourne, and I know that Graham is hopeful we can do well as a club in the SGP this year. Hastings is next on the Calendar — 15th March, and entries are still open if you haven't entered yet. I'm particularly keen

on seeing more women racing as I'm confident we could win a team prize.

It's good to hear that attendance at Tuesday and Thursday training nights has picked up, and Monday night continues to be well attended. We have had 2 track sessions at Lewes this year — both well attended — and they'll continue to be held on the last Wednesday of the month. Everyone is welcome to these sessions.

Additionally, look out for details of the popular Birling Gap runs — traditionally on selected Thursdays. These are good, social runs and also great for those of us doing the Beachy Head Marathon in October.

Although he was reluctant, the editor of the newsletter has kindly allowed me (I can be quite persuasive) to let you know that I will be devoting more time to sports massage and welcome new victims — prevention is much more pleasant than the cure.

It's been interesting reading the goals below — remember, if you don't know where you are running, you could end up anywhere.

Over and out,
Bev.

Goals

At the beginning of the year members were asked if there was anything they wanted to achieve during the coming year. The responses shown here — all anonymous — give a little insight into what keeps us running. Can you guess who they belong to? One of them has already been achieved, well done Ian!

We'll revisit the list as the year passes and I'd welcome some additions if you missed first time.



1ST MARCH 09

Goal for 2009? To complete a 'First Tuesday of the month time trial' without getting lost!

Just to keep running is good for us more senior folk!!!

An improvement in my overall pace ... maintain a steady pace throughout races in order to eradicate my third quarter blues ... run a competitive 10k.

Successful knee surgery, rehabilitation and if possible a new 5k pb by the end of the year (sub 26.40).

Run my first half marathon (I have entered Brighton). I want to run a half marathon sub 1.30 (maybe not my first one). A sub 40 min 10k would be nice (its been years since I done that). A few cross countries, and I want to get my triathlon times down by 10mins.

Improve my open water swimming and learn to ride a bike, with a view to entering the South Coast Triathlon (fun section) before I'm 60 — 3 years to go! Of course, I'll need to keep up my running as well. So my running goal will be to keep on running!!!

Do 8 SGP events.

A sub 40 min 10km.

A sub 4:30 Beachy Head.

Run all next season's cross country races.

A medal in the South Downs Way Relay.

Sun 60 second 400m.

Get back to full health and fitness, run the SDW Relay, and in my wildest dream run my first 100miler (in that order).

To break 4hrs at London Marathon.

Top 40 overall at BHM.

To spend as much time as possible running behind Jeremy Price.

Under 1.40 at Brighton/Hastings Half.

Do 8 SGP events.

Running all the XC's.

Run 12 track sessions.

Sub 30 Time Trial.

Sub 40 10k.

Top 35 at BHM

Sub 20 min 5k

Sub 40 min 10k

Half marathon under 87.30 mins

Improve position of last year's Grand Prix.

Run all the time trials during the summer and make improvements each time.

Sussex Grand Prix

The prize giving evening was held on the 18th Feb. Shame there weren't a few more HRR there to see our winners pick up their medals. Nevertheless, I think a good time was had by all. Although somewhat nerve racked, I felt very privileged to present our runners with their well-earned prizes.

Cedric Clemerson — 13 Vet
Keith Harrison — 3rd V4
Bev Chapman — 4th Vet, 2nd V2
Tessa Schooling — 2nd V5

Of course, the new season got under way last week at Brighton and it saw a reasonable turn out from HRR. It was huge race and a very slow start for many, so the times shown below are chip, not official, times.

Brighton Half, 22 Feb

229	Cedric Clemerson	1.29.20	678
313	Bev Chapman	1.31.20	691
384	Graham Chapman	1.33.12	543
474	Paul Williams	1.34.53	457
700	Keith Harrison	1.38.41	575
877	Rowan Baker	1.40.53	365
1705	Tessa Schooling	1.51.31	620
1707	Jerry Price	1.50.34	403
3232	Julie Price	2.06.34	313
3657	Niki Marr	2.07.53	275
3766	Alma England	2.12.45	268
4027	Alan Anderton	2.17.25	176
4037	Louise Schweitzer	2.16.51	434
4484	Stefanie Scott	2.36.01	5

Eastbourne Half, 1 March

51	Cedric Clemerson	1.31.04	662
55	Bev Chapman	1.32.00	691
94	Graham Chapman	1.35.47	518
132	Jamie Coppock	1.38.54	395
161	Rowan Baker	1.40.58	372
172	Keith Harrison	1.41.34	548
269	Mick Elms	1.47.00	488
400	Tessa Schooling	1.53.44	603
420	Jerry Price	1.54.42	370
674	Julie Price	2.09.19	298
739	Alma England	2.14.22	263

Don't be too downhearted if your time was slower than Brighton, the twists and turns in the 2nd half certainly slowed the pace, and both Bev and I measured the course as over-distance by about 300yds (at least a minute).

Congrats to Bev who looks like she's scored a maximum 500 GP pts — a first for the club, I think.

Midsummer 10k

This year our race is on Sunday 28th June. As always, it takes a lot of organising and it takes a lot of effort on the day. Please keep the morning free if you can, and, if you are someone who has one of those special jobs — either before or on the day — I think it's safe to assume that you'll be needed so let Julie know if you'll not be available.

As you know, our 10k a vital form of funding for the club, enabling us to keep the subs so remarkably low. Because it is run so efficiently, we usually manage to divert some of the income to a worthy cause. This year was very special because the donation was made close to home. Here is a response from a very grateful Olivia.

A Big Thank You

from India, Jay, Olivia and Mossie.

Thanks to everyone at Heathfield Road Runners for the fantastic sensory toys donated to India. These included a jelly fish mop, a tentacle net, a feelie spaghetti thingy and 6 absolutely stunning glittering windsocks. Most of you who know Indi will understand that she enjoys these type of sensory items, she loves to touch and feel things and as a result they also encourage her to use her hands and keep up the muscle tone in her arms. At the moment I can report that the tentacle net is her favourite though I was a bit naughty and tried to put it on her head which she was not impressed with! The glittering windsocks will come into their own once the

weather improves as I want to put them outside so they can blow in the wind and glitter in the sun. In the meantime they are being used in the sensory area and at the monthly disco! So once again a big thank you to all.



The SGP now has a new website that shows the race dates for 2009 and race results as they become available.

www.sussexgrandprix.co.uk

Many of you know that I would love to see a full team from HRR compete in the SGP this year. I think it's such a shame that we have so many members now, and yet our attendances at races (especially road races) doesn't reflect this. I know many people have other reasons to run and maybe it's me, but I think it's a bit like having a football team and not playing any matches.

The SGP was devised to encourage and reward runners who do not necessarily lead the field, and for many years it has achieved this aim. It rewards individuals and teams. As I've said before a full team means at least 10 men and 5 ladies to run 8 races during the year (including 2 or more of 10 miles or more).

I've spoken to a few people recently and have compiled a list of team 'hopefuls' as shown below. I have to admit I've been a bit presumptuous in some cases

Winter Time Trials 5.1k

4th November 08

1	Charlie Butcher	0.19.03	578
2	James Cox	0.19.09	591
3*	Ben Holdway	0.21.02	455
4	Cedric Clemerson	0.21.37	580
5	Alex Hope	0.21.53	410
6	Doug Andrews	0.22.24	389
7	Graham Chapman	0.22.36	452
8	Mark Boyes	0.22.53	430
9	Alex Scott	0.23.06	349
10	James Cooley	0.23.09	347
11	Jim Scott	0.23.50	392
12	Mick Elms	0.24.40	451
13	Philip Skilton	0.25.52	444
14	Martin McIlvenny	0.28.40	356
15	Julia D'Albiac	0.30.36	314
16	Rosemarie Blatch	0.30.36	255
17	Alan Anderton	0.32.24	135
18	Gill Boorman	0.34.13	107

* Ben took short cut.

2nd December

1	Cedric Clemerson	0.21.55	575
2	Paul Williams	0.22.35	401
3	Guy Stockwell	0.23.04	351
4	Sarah Hall	0.32.41	164
5	Gill Boorman	0.32.54	146

so let me know if you really don't want to be badgered occasionally. Also, if you are not on the list and reckon you can do the necessary then let me know — we'll have a much better chance with more fish in the pool.

Men

Alan Anderton
Rowan Baker
Mark Boyes
Charlie Butcher
Graham Chapman
Cedric Clemerson
Jamie Coppock
James Cox
Adrian Gibbard
Keith Harrison
Alex Hope
Ivan Horsfall-Turner
Ken Howell
Nigel Parkes
Jerry Price
Jim Scott
Philip Skilton
Tim Skilton
Guy Stockwell
Paul Williams

Ladies

Karen Anderton
Bev Chapman
Alma England
Maria Howell
Nikki Marr
Julie Price
Sam Reeves
Sharon Saunders
Tessa Schooling
Stef Scott
Claire Symes

6th January '09

Ice and snow.			
1	Paul Williams	0.23.00	374
2*	Cedric Clemerson	0.24.11	442
3	Jim Scott	0.25.01	339
4	Ian Bell	0.25.59	362
5	Jamie Coppock	0.27.00	194

* Cedric took 'long' cut.

10th Feb

1	Charlie Butcher	0.18.56	587
2	Matt Ely	0.21.44	417
3	Paul Williams	0.21.59	426
4	Cedric Clemerson	0.22.26	536
5	Graham Chapman	0.22.38	453
6	Jim Scott	0.22.42	450
7	Jamie Coppock	0.23.40	323
8	Nigel Parkes	0.24.32	410
9	Philip Skilton	0.24.50	496
10	Sue Scott	0.28.18	383
11	Julie Price	0.29.35	276

Another course record from Charlie.

One more in March then it's out on the lanes for the summer time trials.

Future events

Comprehensive list of forthcoming events can be found on our website, here are some highlights. Races that are not local have club interest.

MARCH

- 8 Pestalozzi XC 5
- 15 Hastings Half SGP

APRIL

- 5 Worthing 20 SGP
- 13 Lewes 10k
- 19 Hastings 5 Mile SGP
- 26 London Marathon

MAY

- 10* Horsham 10k SGP
- 17 Bognor 10k

JUNE

- 3* Worthing 10k (Wed) SGP
- 6 South Downs Way Relay
- 28 Heathfield 10k SGP

JULY

- 5 Bawl 15 SGP
- 18 Snowdon Mountain Race
- 26 Jack and Jill 5
- 26 Downland Challenge 30
- 29 Bexhill 5k (Wednesday) SGP

AUGUST

- 18 Helsinki Marathon
- 23* Will Page 10k, Newick SGP
- 31 Kings Head Canter 5k

SEPTEMBER

- 13 Hellingly 10k SGP
- 20* Hove Prom 10k SGP

OCTOBER

- 4 Lewes Downland 10 mile SGP

NOVEMBER

- 1 Barns Green Half SGP
- 8 Phoenix Races, Brighton SGP
- 8 Poppy Half, Bexhill
- 15 Brighton 10k SGP
- 29 Crowborough 10k SGP

*= date to be confirmed.