



Running Report

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Editor's Notes

Again, a lot of fact and figures in this edition. It shows we are getting out there enjoying ourselves. Indeed, I think the club is on the threshold of great things; I can't remember a time when we've had such an influx of talented runners. Recent Tuesday sessions have been buzzing and it's great to see. If we convert this potential, we'll surely have a great year ahead.

It is a bit hard keeping track of all our members' exploits, so if you've been out

From the Chairman

The time has come for me to step down as chairman of the club. I've done it for 2 years now and wanted to say a big thank you to some people who have done loads in support. I wanted to, but there are far too many and someone would get the hump 'cos I missed them! You know who you are, so 'thank you'! But it's really essential that every member knows that the committee works very hard to keep the club on track (geddit?!!) but equally, it's vital that members continue to be involved, not only in events, but also in supporting club activities, whether sporting or social, so please continue to support your new chair, whoever she or he may be!

It seems unfair to single out individuals, but it would be entirely remiss not to mention Rachel and Wendy, who are stepping down as treasurer and secretary after 4 years and who have put in a lot of hard work in keeping business under wraps. Thanks, both of you, from all the members!

I hope I can continue to serve the club in another capacity (if no-one else wants to

taking part in races let me know and I'll put your stories in these pages.

As most of you no doubt know, Jerry is stepping down as chairman now and I for one am glad he's still going to be very much involved in the running of the club. He does a tremendous amount behind the scenes and he hands over the reins with the club in a very healthy position. Well done Jerry and thanks, it's been a pleasure working with you. If I have as much fun with the next chairman I'll be very happy indeed.

Graham

be secretary!) so you won't stop getting puerile and inane emails from me in the future!

Thanks for putting up with me over the last 2 years and letting me serve the club in some small capacity backed up by an able, active and supportive committee. It's been fun and we've seen some interesting time together.

Jerry

London Marathon

If you applied for next year's race you'll know by now if you got in or not. If not and you want to be entered into the club draw for places then let Jerry know right away.



31ST OCTOBER 08

Open University (Heathfield Branch) Qualification in Sports

Student: Jeremy Price

Q – Compare and contrast two races with particular reference to the changing economic scene in a post-modern entertainment society

A – In answering this question, I will take the Lewes Downland 10 (5th October) and the Jog Shop Jog (20 miles; 12th October) and entitle my thesis 'Can a race really be classed as a bitch'; subtitled 'How I overcame adversity through my Walkman'. I will also answer this in a series of positives and negatives.

Lewes Downland 10

Negatives:

- Weather. Atrocious in the extreme. Howling gale, horizontal rain and generally some of the worst conditions we've ever run in. Saw two people turning back after less than 4 miles
- Mud. Mud. Glorious mud
- Parking _ mile from HQ; start another _ mile ...
- At finish, the only memento was a cup of water. For what we did, I'd have expected at least a minor royal to genuflect and present a solid gold medal to everyone individually

Positives:

- Lots of HRR members there. Cedric, Maria and Ken, Mark. Well done!

- Was a SGP event so chalked up another notch
- We weren't marshals. What a job they had!
- It could have been longer than 10 miles
- Rain is good for the hair

Music:

This was important. If I took you through the eclectic mix of tracks and how they fitted in, it would bore the pants off you. Suffice to say, Led Zeppelin featured heavily (geddit?!!) and there were classics from Curved Air, Credence Clearwater Revival and other giveaways that I am a child of 70s music. If Stairway to Heaven had played whilst going up a hill, the device could have been ditched. But I crossed the line, sadly, with Frank and Nancy Sinatra singing 'Something Simple'. HmMMM.

Jog Shop Jog

Negatives:

- How can a race like this be so difficult? I had been warned, but did not expect this. Why? (Because you're 53, you old git. Ed.)
- Short, sharp and painful hills in places. Too many places to tempt walking
- First time I've ever 'hit the wall'. And this wasn't even a marathon!
- Hot. One doesn't expect 21° in October. Too hot!

Positives:

- Cedric came second in the vets category and done well. Really well!
- Cedric is 8 months older than me. There is still time to improve
- Julie met me at 8-miles and acted as a 'seniors' support runner to help me through it!
- Extreme sweating aids weight control
- It was a marginally better experience than having my teeth pulled out singly without anaesthesia or pushing hot pins into my own eyes

Music:

Again, the classics of the 70s overcame the pain when turned up sufficiently high. This time, the most appropriate track was Slade's 'Mama, We're All Crazy Now'. But, and I kid you not, finishing with Salt N Peppas 'Let's Talk About Sex' ... well, after that, let's not!

Do I get my diploma now?

Jerry

Triathlon

JANE DEY

For anyone interested in triathlon, I commend the South Coast Triathlon, either to watch or as a participant. The 2008 event took place at Seaford (30 & 31 August). I went to spectate on the Saturday. Brilliant weather, great location and very exciting. There are 3 levels: fun, sprint and 'classic' (Olympic length), so something for everyone. Details of this and other triathlons at www.uktriathlon.co.uk.

Another website of interest to anyone who wants to add some variety to their running is www.rawenergypursuits.co.uk. I took part (not entirely successfully) in Worthing Aquathlon earlier in our so-called summer, combining a 1k swim with a 10k run.

Sussex Grand Prix Results

Newick 10k 24 August 08

pos		time	rating
32	Cedric Clemerson	40.53	675
66	Keith Harrison	44.38	588
116	Tessa Schooling	49.29	658
152	Ken Howell	53.07	311
159	Maria Howell	54.42	418
165	Sam Reeves	55.06	308

Hellingly 10k, 14 September

53	Bev Chapman	42.49	633
61	Keith Harrison	44.04	584
80	Graham Chapman	45.35	440
104	Guy Stockwell	47.27	320
130	Tessa Schooling	49.22	639

Rye 5k, 12 September

32	Bev Chapman	20.17	617
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Hove Prom 10k, 21 September

86	Bev Chapman	42.15	633
134	Graham Chapman	45.07	438
145	Guy Stockwell	45.58	340
205	Ken Howell	51.55	305
223	Maria Howell	53.50	403

Lewes 10, 5 October

32	Cedric Clemerson	1.12.59	597
165	Jerry Price	1.38.16	251
171	Maria Howell	1.41.00	318
188	Ken Howell	1.47.07	140
196	Louise Schweitzer	1.52.05	363

Chichester 10k, 12 October

268	Bev Chapman	42.24	636
303	Graham Chapman	43.16	494
349	Mark Boyes	43.47	471
404	Guy Stockwell	45.07	365
716	Ken Howell	51.57	310
824	Maria Howell	54.08	403

Other Results

Handicaps and Time Trials

Handicap, 2 September

	start	end	time	rating
Sue	3.50	47.48	43.58	338
Bev	16.22	49.31	33.09	589
Chris S	19.42	49.33	29.51	591
Jerry	12.30	50.05	37.35	392
Martin	9.15	50.29	41.14	399
Guy	16.42	52.58	36.16	300
Cathy	3.50	46.47	42.57	335
Buddy	16.42	48.3	31.48	445
Howard	9.25	48.46	39.21	356
Jim	12.30	49.03	36.33	364
Andrew	12.30	49.22	36.52	283
James	20.00	49.29	29.29	555
Ivan	16.00	49.47	33.47	416
Philip	12.30	50.33	38.03	461
Graham	16.00	52.08	36.08	377
Ian	14.44	55.32	40.48	310

Winter TT 5k, 7 October

1	Cedric Clemerson	22.14	536
2	Graham Chapman	22.54	431
3	Guy Stockwell	23.14	338
4	Jim Scott	23.58	379
5	Nick	24.14	**
6	Nigel Parkes	25.54	342

** Nick took accidental short cut.

Jungfrau Marathon, 6 Sept

6000ft ascent!

437	Cedric Clemerson	4.28.24
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Rye 5k, 12 September

32	Bev Chapman	20.17	617
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Eridge 10, 14 September

96	Mark Boyes	1.25.32	413
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Bexhill 10k, 28 September

23	Bev Chapman	43.12	614
36	Graham Chapman	44.25	465

Great North Run, 5 October

832	Bev Chapman	1.31.45	684
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Jog Shop Jog, 12 October

12	Cedric Clemerson	2.37.09	721
140	Jerry Price	3.51.32	250

Beachy Head Marathon

17	Cedric Clemerson	3.34.00	740
63	Paul Rigden	3.51.00	558
144	Chris Shepherd	4.10.00	439
399	Guy Stockwell	4.51.00	222
478	Jerry Price	4.59.00	318
538	Tessa Schooling	5.06.00	496
539	Keith Harrison	5.06.00	321

Results only up to 6hrs.

Also completing were Alma, Paul & Claire, and Jay.

Julie also did well to complete about 23 miles on very little training and Mick unfortunately abandoned with a knee injury at about the same distance.

Cedric followed his exceptional Jog Shop performance with the highest rating the club has seen since 2002.

Cross Country

XC No1 Whitbread Hollow

19 October

9	James Cox	31-31
27	Cedric Clemerson	35-15
32	Alex Hope	35-42
35	Daniel Gilkes	35-56
37	Beverley Chapman	36-23
38	Buddy Wheatley	36-25
42	James Cooley	36-56
46	Graham West*	37-14
50	Graham Chapman	37-50
51	Douglas Andrews	37-58
53	David Harlow	38-20
54	Ivan Horsfal-turner	38-38
56	Jake Packham	39-00
60	William Blandford*	39-24
61	Jim Scot	39-34
81	Rachael Hornigold*	41-08
85	Nigel Parkes	41-58
94	Jerry Price	43-10
107	Jason Manning	47-06
108	Fleur Blandford*	47-16
116	Alma England	49-50
117	Wayne Covey*	51-30
118	Chris Wheeler	52-44
120	Emma Hyland*	58-04
121	Steve Sharples*	58-04

* Utopia Runners

Heathfield/Utopia finished 3rd

Next race:

Warren Hill, Eastbourne, 28 December

Sussex Grand Prix

Aside from race results shown earlier, we also have updated scores for our runners after 13 events (up to Lewes 10).

Currently, our club is in 9th place out of 19 clubs. The men are in 12th and the ladies are in 7th.

Men Overall

	pos	paces	best 8 pts
Cedric	12	10	3840
Keith	22	10	3614
Graham	56	6	2705
Jerry	79	6	2393
Dave	122	4	1748
Guy	125	4	1708
Ken	127	4	1678

Ladies Overall

Bev	2	10	3959
Tessa	10	10	3826
Maria	58	4	1888
Julie	65	4	1782
Niki	96	3	1352
Sam	145	2	927

Age categories

Men's vets

Cedric 5th & 2nd V3
Keith 16th & 2nd V4
Graham 50th & 7th V2
Jerry 14 V3

Ladies vets

Bev 2nd & 1st V2
Tessa 8th & 2nd V5
Maria 49th & 13 V3
Niki 13th V1
Julie 14th V2
Karen 7th V6
Louise 8th V6

Still 4 races to go so these places are likely to change quite a bit.

Next year, I'd love to see the club fulfil its potential in the Grand Prix. Most of you know what we need: the men's team will comprise our top 10 men who run 8 races in 2009, the ladies' team comprises 5. In recent years we have not managed to field a full team in either group. So, whatever standard, we need runners to complete 8 races, 2 of which must be 10 miles or more.

The new season gets under way at Brighton on 22nd February with the Beacon Half Marathon; it's a great way to start the season. A discounted entry fee is offered for Grand Prix runners; you'll need to quote the code H911 on the entry form.

Future events

NOVEMBER

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

DECEMBER

7	Mince Pie 10m Peacehaven
14	Hastings Marathon
20	Christmas Pudding Dash, Ashburnham 5m
28	XC 2 Warren Hill, Eastbourne

JANUARY

18	Plumpton Classic 7.5km
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FEBRUARY

1	XC 3, Ashdown Forest
15	XC 4 Cross in Hand
22	Beacon Half Brighton SGP

MARCH

8	XC 5 Pestalozzi
15	Hastings Half SGP

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