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Voice from the Chair

Coming round to the AGM again so soon. It's good to see the ladies doing well in the Sussex Grand Prix (see later report). It's also refreshing to learn about people's experiences via contributions to the newsletter, keep them coming.

I'm looking forward to the cross country series and hoping many of you will join me over the coming weeks. If you can cope with running around the town in the dark — and most of you can — then fresh country air and crisp mornings will be more like a walk in the park.

Bev

Editor's Notes

Back in the town then, after what seems like a very short summer.

Plenty of activity at the moment as you will read in these pages. I'll publicise the training evening schedules after the AGM when the subject is going to be discussed.

Enjoy the dark evenings, I realised the other day, it's only 5 months before we move the clocks forwards.

Graham

Monday night training

I wanted to shift the focus on what our sessions mean to our runners — look what plopped into my mail box.

Here's a story

Jacky Patching

It all started in 2006 when I was selected to go on ITV 'this Morning'. It was regarding a challenge they were doing and after loads of filming and doing silly things I was one of 30 picked from 20,000 to go through. The challenge was the marathon and I did not get to do it as they thought my kids were too young (only months old) to leave.

This got me off my backside and I was then determined to do it myself and start running. So off I trotted and was it hard!! 2 or 3 miles seemed to go on forever.

I got better and was well into doing 10k's and races for charity.

Long story short (thank god you say). Come February this year and I was rushed into hospital at some silly time of the night very ill. After many horrible tests and hospital visits I was still too ill to even walk, let alone run, so that was it I thought it was time to give up any running.

Then in June my London bupa 10,000 number came through, 2 weeks before the race. I had to do it!!! I could not even get up Mutton Hall Hill, but off I went to the city. I did it in 1hr 5mins, not great I know but I did it and that meant so much to me.

I realised I needed motivation and help if I was to continue as I had lost all faith that I could run again. So I joined you lot, the HRR.

From then on, all I have done is improve. Everyone on a Monday was just so positive for me and helped me along. As I got even better I started going Thursdays too and I love it!! I now run twice a week with the club and 2 or 3 times on my own/with friends.

I knocked 5 mins off the Heathfield 10k, then another min on the next one.

I am training for the Barns Green half and today went with Nikki and Chantelle and did 10 miles and felt so good I could have just kept going.

Silly story I know but it all boils down to you lot really.

I have made some fab mates (you know who you are) and well, Bev has just been great with a training plan for me. I am still hoping to do the marathon, but just

30 OCTOBER 09

had my rejection letter so will now try a club place, if not then there is always next year.

So, it took a while to get to this point, and I hope I haven't sent you to sleep, but the whole point of this story is to say a major THANK YOU to you all. My life has been turned around this year thanks to all your kindness and help and I guess this was a easy way to say it .

Well I will sign off for now and see you all soon.

Jacky

... and what about this one too.

A few lines for the Newsletter

Amanda Grindall

I joined the Club in October last year. Ian (Bell) promised me that the club was friendly and he was right! Although I have not made as many club runs as I had intended, the draw of being part of something is there and brings me back.

As a beginner I have had two firsts which would not have happened without the encouragement of my fellow runners. I did my first 10K at Newick. It was a lonely experience near the back! Several club members were there and cheered me on. I really appreciated that. So much so that I have now entered the Brighton 10k and hope, with the help of a plan from Bev, to be far speedier.

I have gone on to do my first Triathlon too. I could not have imagined having the stamina without the strength that running has given me. It was just a short distance, the Uckfield Tri-a-Tri but I really was surprised to find that I was the winning lady (and a vet at that), so I can't leave it at that. Thank you all.

Amanda

2009- 2010 Sussex Cross Country Season

Jim Scott

Joy unbounded — It is that time of year again when I get to stir you all up into a frenzy of excitement and perspiration about the 2009/10 XC season.

Don't despair though this season starts quite late, 22nd November so there is still lots of time to get out into the countryside and remind your 'well honed bodies and minds' about the fun of racing XC.

Before we get into this season let's have a brief recap on how we finished up last season. We finished second overall behind Lewes and ahead of Hastings AC. Out of the 5 races we had two 3rd places, two 2nd places and 1 win. Interestingly our 3rd place finishes were the first 2 races.

Our outstanding individual performers for the season are as follows:

Bev Chapman finished 3rd lady overall and 2nd in V35.

Graham Chapman finished 3rd in V40.

Chris Wheeler finished 3rd in V60

The new season

Firstly I will be reaching out to as many of you as possible over the next 4 weeks to discuss your XC training schedules and race preparedness.

I have also been scouting throughout the off season for new talent and have identified a few real gems. The good news is 1 or 2 have been asking to be considered for participation into 'probably the best team in the league' — Carlsberg eat your heart out!

The race dates (please put them in your diary ASAP) are as follows:

There are 6 races in the XC series:

<http://www.eastsussexcrosscountry.co.uk/events>

22 Nov '09

Whitbread Hollow, Eastbourne
3 laps undulating, usually dry.

13 Dec '09

Warren Hill, Nr Beachy Head
1 lap, usually dry, downhill at start then back up the hill.

24 Jan '10

Ashdown Forest
3 laps, hilly, can be muddy.

In terms of our objectives for this season, I would like to propose the following:

Win 3 races including our own.

Have a full squad out for every race; we fell short twice last season.

Have individual category top 3 finishers in 5 categories

Get some 'youth' out doing XC

XC Rules

As a reminder and for the 'Newbies' the scoring points system for the XC's is as follows:

There are 15 runners in a team and the lowest team points total wins, i.e. if you finished first you score 1 point for your team and if you finish in 60th you score 60 points for the team.

HRR as a small club join up with Utopia from Uckfield in order to compete with the bigger clubs from Lewes, Hastings etc. Several other clubs also do this.

Scoring Runners

Changed for this season.

15 runners per team as follows:

5 senior men 17 yrs on race day up to 40.

3 men 40-50

1 man 50+

1 man 60+

2 senior Women

1 women 35+

1 women 45+

1 woman 55+

Keep in mind is that an older runner can score in a younger category if you don't have enough runners in that category, e.g. a woman over 35 can score in the senior woman category. It does not work the other way round, i.e. a younger person can't score in an older category.

14 Feb '10

Cross In Hand, Heathfield
2 laps hilly, fairly muddy.

28 Feb '10

Plumpton College
Can be muddy.

14 Mar '10

Pestolozzi Village, Nr Battle
3 laps hilly, can be very muddy.

The last point to be aware of is if a team doesn't have a full complement of 15 runners on the day e.g. say Hastings turn out with 10 men but only 2 women then the 12 runners will score as normal but the 3 missing runners will incur penalty points as if they had finished behind the last scorer in the race. This is something that has always served Heathfield well in the past in that we normally have a full team plus a few extra which give more points to the teams who may have several great runners but not a full team. The bottom line is that the XC is a team event, you may have the best 3 or 4 runners in the county but if you haven't got a team with strength in depth that is prepared to turn up at each event, then you will not win the Sussex XC Series.

Also on top of the team award there are individual awards in each of the age categories V40, V50, V60, V65 men and V35, V45, V55, V60 ladies. To win the individual awards you have to run at least 5 events as the winners are decided based on your best finishing position in 5 out of 6 races.

If anyone has any queries feel free to call me on 01435 863932 or 07713 504983. Also if anyone knows anyone who may be interested in joining us for the XC events please encourage them.

Jim Scott

Sussex Grand Prix

Well I must admit I was a little surprised. Last week I got a sneaky preview of the accumulated results from the first 11 races. The surprise? Our ladies occupying 2nd place out of the 20 Sussex clubs that compete in the series. Of course the guys are nowhere, but this is great news.

The ladies team, their overall positions and points look like this:

1	3962	Beverley Chapman
4	3707	Alma England
19	2695	Nikki Marr
35	2256	Julie Price
49	1831	Sharon Saunders

And the men:

7	3791	Cedric Clemerson
30	3196	Graham Chapman
56	2451	Jeremy Price
62	2330	Mark Boyes
120	1273	Keith Harrison
121	1270	Rowan Baker
151	982	James Cox
193	888	Mick Elms
255	641	Alan Anderton
302	455	David Harlow

These tallies will change quite markedly once we get up-to-date with the following 4 races. After Barns Green half on Sunday 1st Nov there are 3 races remaining in this year's season.

Here are results from recent SGP races.

Bexhill 5k, July 29

51	Mark Boyes	20.25	513
52	Cedric Clemerson	20.27	596
74	Bev Chapman	21.18	581
75	Graham Chapman	21.19	468
168	Jerry Price	24.57	350
184	Howard Eaton	26.00	321
191	Alma England	26.21	352
237	Lisa Alston	29.04	255
270	Debbie Curtis	35.37	5

Newick 10k, August 30

15	James Cox	38.11	625
36	Cedric Clemerson	41.27	668
53	Bev Chapman	43.19	649
56	Graham Chapman	43.26	528
63	Andrew Elms	44.28	410
107	Mick Elms	47.58	513
155	Alma England	53.07	418
170	Sharon Saunders	54.56	408
209	Amanda Grindall	1.03.33	253

Hellingly 10k, September 13

20	James Cox	37.38	621
42	Cedric Clemerson	40.38	672
63	Mark Boyes	42.24	529
72	Bev Chapman	42.43	646
76	Graham Chapman	42.55	521
85	Mike Heathwood	43.54	508
142	Tina Heathwood	50.05	486
193	Jacky Patching	57.12	245

Hove 10k, September 20

70	Mark Boyes	40.45	563
194	Sharon Saunders	53.08	413
239	Gill Boorman	64.15	154

Lewes Downland 10, Oct 4

12	James Cox	1.05.16	605
37	Cedric Clemerson	1.10.40	653
138	Mick Elms	1.23.17	476

Other race news

Jog Shop Jog, October 11

A good showing from HRR at this little jaunt on the Downs. Great warm-up for BHM albeit a little close for full recovery.

Some very good performances: Cedric achieving a very high rating and a prize too, Mark running an exceptional time, Bev picking up 4th lady prize, Maria and Julie running good times too.

14	Cedric Clemerson	2.36.51	736
19	Mark Boyes	2.45.36	570
39	Bev Chapman	2.52.47	642
41	Graham Chapman	2.54.21	513
138	Maria Howell	3.50.52	358
139	Julie Price	3.50.52	315

Beachy Head Mara, Oct 24

Managing to stay on the right side of the cliff was quite an achievement; visibility very poor on the tops. The heavy, soggy ground made the times a bit slower than normal.

26	Cedric Clemerson	3.40.00	712
86	Graham Chapman	4.00.00	516
766	Maria Howell	5.44.00	279
767	Julie Price	5.44.00	238

Other finishers not shown in results were: Claire Symes, Alma England, John Moore (Jay), Naomi Laddiman, Olivia Trimbee,

Kings Head Canter, 31 Aug

Quite surprised at the low HRR turn out at this race. It's one of the most friendly, informal races we have easy access to, and a free beer afterwards.

46	Bev Chapman	0.20.45	624
52	Graham Chapman	0.20.59	494

Brighton Park Run 5k, Sep 26

These are great races and offer a very relaxed introduction to racing. They are held each week on Saturday at 9am. Best of all they are free to enter, just register online and turn up.

23	Graham Chapman	0.20.14	534
29	Bev Chapman	0.20.33	632

As ever, Alma's been busy on the marathon circuit running the Lee Valley Marathon in September in a PB by 20 minutes. Shortly after she ran the Palma Marathon in Mallorca (one week before BHM), in another 10 min PB of 4.31. Meanwhile Mark Boyes ran the New Forest marathon in September, in 3.24.

Not running, but swimming

Jane Dey

I successfully completed the Great North Swim (a mile of Lake Windermere) on 13 September in just over 40 minutes. OK, maybe not as impressive as the elite swimmers, (the first elite woman was Nadine Pastor in 18:14), but I was thrilled, and I enjoyed every minute. Perfect conditions, beautiful surroundings and a very well organised event. I even had the privilege of being started by Rebecca Adlington, my swimming heroine. I'd recommend this to swimmers of all abilities, especially if you fancy a weekend in the Lakes. Be warned, though, open water training is advisable as there were people to whom the whole thing was obviously a shock and who struggled. I certainly wouldn't want to be in the lake for over an hour, even in a wet suit! More information on the Great North Swim website.

Spectacular Alpine Destinations

When Cedric submitted this to me he said only put it in if you think people aren't fed up with reading mountain stories. Well, when I read it, I was again reminded that many of us take our fitness for granted. Furthermore, we often complain that we ran a minute slower here or there, forgetting the fact that we have abilities and opportunities that the vast majority of the population simply do not have.

I have always thought that at some stage I would like to compete in some of the Alpine races with their spectacular scenery and world renown, then last year I suddenly realised that having hit my mid fifties if I didn't get on with it now I never would and so last autumn ran the Jungfrau alpine marathon. The scenery, the organisation and the atmosphere was fantastic and so this year I have run the three alpine marathons that make up the alpine marathon cup, the LGT Lichtenstein, the Zermatt and the Jungfrau plus the K78 event from Davos.

At this stage almost all of you that have read this far will be thinking it might be interesting to read about (or not!), but you could never run up the Alps. But, anyone who has contemplated the Beachy Head marathon would be fine on an alpine marathon, much slower its true, due to the climb, just like everyone else in the race. If not convinced by the full marathon all of the events also have shorter races. The Davos event for

instance has 8 different events from easy 11km to the 78 km full alpine race for the keen — all in the same stunning scenery.

Alpine marathons + Mountain Marathon cup

The three marathons follow a similar format with a fairly level first few kilometres, mainly on tarmac or good tracks, followed by the main climb, on alpine paths, the total climb/descent being LGT +1870m/-720m, Zermatt +1944m/-444m and Jungfrau +1829m/-305m.

They all have many refreshment points, with large variety of drinks, usually bananas, buns and sometimes gels. There are crowds of supporters, peaking in the villages but near any road, they were even out in the terrible weather of the LGT.

The organisation on all three was fantastic. Kit transported to the finish, where there were showers (in tents – lots room & hot water), food and drink, medals, finishers technical T-shirts all in the most fantastic scenery with views of the Matterhorn (Zermatt) or Monch, Eiger, & Jungfrau from Kleine Scheidegg (Jungfrau). Transport back to the start, either with coaches laid on (LGT) or with free use of the alpine railway system which gave great views and you could really appreciate just how steep the terrain was (just in case you hadn't noticed). The train ride under the north face of the Eiger on the way down after the Jungfrau was brilliant.

For the record I managed:

LGT (Lichtenstein) – 4 hrs 11 min 9th out of 107 M50 & 84th out of 755 overall.

Zermatt – 4 hrs 18 min 9th out of 151 in M50 & 79th out of 1092 overall.

Jungfrau – 4hrs 9 min M50 20th / 521 & 301st / 4130 overall.

Mountain Marathon cup

5th M50/44 and 20th/146 male

Davos Alpine Mountain Marathon K78 + trail week

78.5 km +/-2260 m

Rather than organise this trip myself I went with a company called 2:09, the one that partners Runners World magazine. The company is run by Mike Gratton, who won the London marathon in 1983 in 2 hrs 09 mins thus the company name, and although he is now twice the person he was he still leads the trips and runs in the events, even if only the C11 in this case.

2:09 have now been organising this week for 22 years, with the accommodation always at the Hotel Bunda which was superb with great accommodation, food and a manager who runs in the events. Activities include morning runs around the lake with brief swim in snow fed waters, walks each day many over the courses themselves making use of the free buses and lifts and always visiting cafes with great food. Not surprisingly many clients returning each year, from young to late 60's & taking part in all the races, 11km race, a 21.1 km Nordic walk, a 21.1 km race, a 30.7 km race, a 42.2 km easier race and a 42.2 km less easy race plus the 78 km race for the keen, plus a 0.5 km for kids — all in the same stunning scenery. Some start away and run to the stadium, some start from the stadium and finish elsewhere, or in the case of the K78, stadium to stadium. Start times also vary from 8am to 4pm, I was back at the hotel in time to see and cheer our runners in the C11 as they went by. The organisation went like clockwork. All in all it was a brilliant week; I have booked for next year already. It is equally suitable for individuals, couples or families with 35 people with 2:09 this year.

For the record I managed:

7 hrs 46 min (the previous fastest 2:09 had recorded for any client in any age group over last 22 years was 8 hrs 15 min), 4th M50 out of 130, 78th out of 1022 overall.

Cedric

Future events

NOVEMBER

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

DECEMBER

- 6 Mince Pie 10
- 13 XC 2, Warren Hill
- 19 Xmas Pud Dash, Ashburnham

JANUARY

- 9 XC 3, Ashdown Forest

FEBRUARY

- 7 Chichester 10k SGP?
- 14 XC 4, Cross in Hand
- 21 Beacon Half, Brighton, SGP
- 28 XC 5, Plumpton College

MARCH

- 14 XC 6, Pestalozzi
- 21 Hastings Half, SGP
- 28 Worthing 20, SGP

APRIL

- 18 Brighton Marathon
- 25 London Marathon

MAY

- 16 Hastings 5, SGP

Club colours must be worn for all cross country races and Sussex Grand Prix races. Get your kit off Julie.