

# Heathfield Road Runners



## Running Report

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19 JANUARY 2004

### Editor's Notes

Welcome to the first report of 2004. Again lots to get through from a variety of sources; great stuff — keep it coming.

### Chairman's Report

I hope everyone had a good Christmas, not too much over indulgence in the food and drink department (I'm excluded!)

Progress against our 6 objectives so far this season has been quite good:

#### **Mixed Training runs - B+**

Regularly getting 2 or 3 women on the Tuesday training run, would be nice to see some on Thursday. The mixed run on Saturday is proving to be exceptionally popular with an average of 10 or more runners, for instance last Saturday 6 women and 8 men did a very sociable 9 miler over at Ashdown Forest. Thanks must go to Mike Harlow and Tom Ottley for organising and leading the Saturday runs. If any of you haven't been on them yet please contact Mike or Tom, the more the merrier.

#### **Juniors at Cross Country - A**

Great turnout and results by our juniors at all of the races so far. We now need to maintain the standard for the last 2 races!

#### **Articles in monthly newsletter - C-**

Same old names keep appearing, would be nice if some of the newer members put pen to paper and shared their thoughts on the club, training or a recent run.

#### **SGP Turnout**

The first event of the season Chichester

isn't for a couple of weeks yet, but given the amount of people in training currently it bodes very well for a good turnout.

#### **Cross country - A**

We have had 2 more fantastic cross countries which are covered in detail in the cross country report, suffice it to say the organisation of our run was virtually flawless, and having 26 HRR and 13 Utopia runners at Abbots Wood must be a record for the club.

#### **5 New members - B**

Given that we are in the middle of renewal of subscriptions this month it's a little difficult to tell but we do have a couple of prospective members running with the club right now who may well become members very shortly.

I look forward to seeing you all at our Christmas do on the 23rd.

Happy New Year

JIM

#### **London Marathon**

Congratulations to Julie Price and Adrian Gibbard who received club places to run at London.

#### **New Year Party**

##### **Friday 23 January Rugby Club 8pm**

Food will be served at 8.30pm so make sure you arrive before it's all gone — hungry people those runners.

It's nearly sold out so get your tickets while you can from Renee, Belinda, Graham or Jim.

### Training

#### **Mondays**

RENEE BRYANT

I would like to take this as an opportunity to welcome all of the new runners who have recently joined us on Mondays; there are now up to 15 regular runners on Mondays, which is great! Hopefully most of our new runners have now also signed up as club members.

Since we have so many new runners, we would like to invite one of the more experienced club runners to come on the first Monday of each month to have an external input for our training. Last time Chris came and did some stretching with us; we all enjoy the relatively 'easy' pace of the Monday runs, but it's nice to try different training methods to improve our fitness to maintain our interest. I think this will also help to keep everyone in touch with everything else that goes on in the club. So, if you want the opportunity to get us lost in Heathfield, do a bit of 'Fartlek', or any other ideas you have give me a call! (01435 863566).

#### **Tuesdays**

Our speed or 'quality' session continues on Tuesdays. We have 4 different sessions that will rotate during the month as they have before, outlined below:

1st. Pairs Relay, approx 700mtr circuit.

2nd. Os. At least 6 x 1k (approx) laps in alternating directions at own speed, working hard up the hills.

3rd. Opposing Laps. This is where we team up with a partner of similar standard and race 1km laps in opposite directions, applying a handicap as appropriate.

4th. Group fartlek or pyramid session. We did this in the summer and there's no reason why it shouldn't work around the town. One rule: at the end of each effort everyone must run back to, and beyond, the last runner.

Any comment, suggestions (but please, no moaning) to Graham or Nigel.

### **Thursdays**

Steady run of 7-10 miles, with a no-stop strategy. The route is planned to keep everyone in a group or two, regardless of standard. Those who want to run off ahead have plenty of opportunity to add sections or turn back and retrace.

### **Injured or Unfit?**

CHRIS HOLDWAY

I trained hard over a period of time, to complete an event which needed good preparation and a higher level of fitness than I possessed before I started. During that time, I increased my mileage steadily and pushed myself harder than I had ever done before. I competed in that event, but since then I have been unable to train at the same level and I have become less motivated and have trained without enthusiasm.

Does this sound familiar?

Are you one of those people who used to run more than you do now, and are looking for some way to re-discover the enjoyment of training and competing. Do you find it difficult to get out there on your own or to find the time to go out for run, even if just for fun?

Well, maybe there is an answer.

As many of you know, I had a very good first six months of last year, when I was running every other day, was healthy and injury-free and was looking forward to the challenges of the South Downs Way Relay and the 30 miler endurance race. However, everything went pear-shaped when I picked up an injury and I had personal problems with work. Since then, I have not trained regularly, nor have I been able to devote much time to any serious recreational running due to other commitments.

Now, I am determined to change all that and I have set myself some goals that I believe I can achieve. These goals all

revolve around my preferred method of training, which is running off-road and in the daylight. Many of the club membership manage to train during the week, but this usually involves running on the roads, during the dark evenings. This does not suit those of us who are either returning from injury or who feel that running in the dark on an unforgiving surface, probably hinders recovery or even contributes to further problems.

So, who wants to join me in some gentle cross-country, running across the local fields and pathways around Heathfield? Perhaps after you have dropped off the kids at school, or if you work shifts, before or after you start work or maybe you have a day off during the week or are studying or working from home. Come with me during a weekday, morning or afternoon, Monday to Friday, distances and courses are variable to suit.

Whatever your circumstances, you are welcome to join me, but remember, this is NOT for the serious runner who wants to put in some extra training. This is aimed at those people who cannot run regularly, who feel embarrassed that they may be holding others back or who may be new to running and want to improve, and that includes kids and non-members.

Please give me a call on 01435-865913 or 07967-674546.

### **South Downs Way Relay Saturday 5 June 2004**

This year Ivan is coordinating the A & B teams. He will provide further details next month. In the meantime, if you'd like a chance to run this spectacular event then let him know.

### **South Downs Relay — Ladies**

It is about this time that we start thinking about the relay, and if anyone is interested please contact me. Mike Harlow has offered his help again (bless him). Poor Zoe is still having problems with her knee, get better soon Zoe, we need you.

For those of you that are not familiar with the run you need to be able to run about 18 miles in total, over the South Downs, divided into three legs. Don't be put off by this as we can work up to it! For those of you that don't feel this is for you, come along for the training.

The views are spectacular and the company.... need I say any more.

BELINDA

### **Heathfield 10K**

**Sunday 27<sup>th</sup> June 2004.**

"Without our race the club would not be able to survive"

As I am sure you all know I have offered to be the co-ordinator for our 10K race this year. We have a really solid group of people who come along every year and do their bit....for which I am very grateful. There is always something to do, to help to make the race as successful as possible. I would like to get organised early this year and have started asking people for their help. It is essential that the whole club pull together and before we put out any runners we **must** make sure that the race is run safely.

So if you would like to run then please provide a marshal.

I will be at the Christmas do with my clipboard!!

BELINDA

### **Subscriptions**

Most of the subs are now in, but there are some stragglers. Send them in right away to save time and cost of reminders.

### **Sussex County AAA Vet XC Championships**

**Pestalozzi Village,  
December 13<sup>th</sup> 2003**

I would never normally dare enter a proper county championships but my eye was caught by the Veteran Women over 55 category and I rather hoped there might not be much in the way of competition. HRR were well represented in the recent Cross Country at Pestalozzi and did well despite driving rain and thick mud : at least I knew where I would be running.

Saturday morning dawned cold and grey with a light breeze — by noon, rain sleeted in windy sheets across a thunderous sky. Good news, as I thought even fewer elderly ladies might feel inclined to squeeze into small lycra shorts and charge about in the woods.

Six veteran categories were represented: men over 40, 50 & 60 with an 8k course, and women over 35, 45 & 55 who were to run 5.3k. Of the 22 men 60+, five were aged 70 and over. Fifty four men ran at 50+. Most local clubs fielded several

teams and individual runners, with the majority coming from the host club, Hastings Runners. For some reason, I was the only red vest.

There was the customary camaraderie at the start, but with a feeling that this mattered more than usual, a feeling aided by the tense waiting for results in the sodden changing room afterwards. I stayed upright but never knew my actual time and couldn't recognize any competitor through the gale and the murk (let alone the poor marshals who looked like members of Scott's last expedition to the North Pole). I didn't think I could have been placed and steam-dripped home. But a small packet arrived a few days later from John Linfield Hon Sec. of the SCAA. It contained a bronze medal. I had come third in my category. I actually think there were only three of us... but I'm not sure and if any of you knows different, please keep mum.

LOUISE SCHWEITZER

Congratulations to Louise, a County Medal is pretty rare for HRR.

## **Cross Country**

BY JIM SCOTT

### ***Cross in Hand, 21st Dec***

From a team perspective we did very well finishing in 3rd place 9 points above Senlac! We had 27 runners in all 17 HRR and 10 Utopia. Well done to every member of the team.

There were some very good individual performances:

#### ***Juniors***

11 runners took part, 7 from Heathfield. Ben Holdway had a fantastic run, winning the race with second place well behind.

It was great to see so many Heathfield juniors let's hope we can keep it up.

#### ***Senior race***

It looks like Ivan and Adrian are going to have a right Ding Dong this year, in the first race Ivan finished 2 places ahead of Adrian, however on Sunday Adrian finished in 13th place, 3 places ahead of Ivan!

Chairman's male runner on the day goes to Jamie Coppock who improved from scoring HRR SM 5th to HRR SM 3rd in Sundays race taking a few notable scalps along the way.

Chairman's female runner of the day goes to Belinda Holdway who was our

first lady home, as she was in the first race. The probability of anyone taking the trophy off her for best HRR Xcountry female is now very slim — well done Belinda.

By the way I felt very proud to be a HRR on the day, I thought the event was incredibly well organised, led by Chris Holdway our race director. The organisation before, during, and afterwards went like clockwork; a special thank you to all the helpers on the day especially from all the HRR runners on the day.

### ***Abbots Wood XC Report & overall positions after 3 races***

Well as most of the club already now we had a fantastic turnout at Abbots Wood XC 23 HRR & 13 Utopia runners. Overall we came 3<sup>rd</sup> a measly 6 points behind Senlac with Lewes in first position.

#### ***Juniors***

2 HRR runners took part out of a field of 13. The race was won by Simon Powell 14 of ETC in a time of 6.47 with Matthew Rethy 11 of HRR in 2<sup>nd</sup> place in a time of 7.05 and Vaughan Morrison 15 of HRR in 4<sup>th</sup> place in a time of 7.12. It is also worth mentioning that Ben Holdaway decided to run in the senior race with his dad (poor dad) and had a very good run. Given that the next race is at Plumpton over a very flat course it would be good to try and get 5 or 6 HRR juniors to run.

#### ***Senior Race***

Weather was kind, course was flattish but very muddy, turnout was largest so far. I had a very bad race walking some of the course all down to a skiing injury sustained a couple of days beforehand. Adrian and Ivan continued their tussle at the front with Adrian 12th just beating Ivan 15<sup>th</sup> again, but with 2 races to go it is still all to play for.

Chairman's female runner of the day goes to Julie D'Albiac who took part in her first cross country race (doesn't like mud or running flat courses!) and finished 3<sup>rd</sup> in her category.

Chairman's male runner of the day goes to Tom Ottley who finished in 37<sup>th</sup> place 2<sup>nd</sup> in his category.

### ***Positions Overall***

#### ***Team***

Lewes are in first with 6 points, Hailsham second with 7 points, we are in 3<sup>rd</sup> place with 8 points and Senlac 4<sup>th</sup> with 9 points. Thing to keep in mind is that the next event at Plumpton on the 1<sup>st</sup>

February is organised by Lewes, and the last event at Crowhurst is organised by Senlac. We definitely still stand a very good chance of getting second place overall as long as we continue to turn up in the numbers we did at Abbots Wood

### ***Individual Pos. after 3 races***

See table over for everyone's position. I have highlighted below some of the outstanding ones.

Fay Harlow 3rd SW

Wendy Fox 4th place F45

Louise Schwietzer 1st F55

Adrian Gibbard 4th SM (568 points)

Ivan Horsfall Turner 5th SM (564 points)

Mike Darling 4th M60

Please can as many of you as possible turn out for Plumpton on the 1st February. Race starts at 11am, with the junior race at 10.30. If anyone needs a lift please let me know, also it would be great if you could contact me on 01435 863932/07713 504983 or jascott@cisco.com to let me know whether you are racing or not.

## **Winter Time Trial Handicap**

MIKE HEATHWOOD

Sunday 25 January sees the start of a series of monthly time trial runs around the scenic and gently undulating lanes of Waldron and Cross in Hand, (4.7miles). How much more attractive can I make this? Well we intend to start at 11-30am so you can all have your usual fried breakfast in plenty of time and the start will be at Waldron village making the Back Lane section a breeze! In theory, being a handicap run, we should all cross the finish line together. As an extra incentive for some the pub will be open on arrival back to Waldron. These handicap runs have proved great fun during the summer and I hope will add a little variation and sharpness to your winter training programmes.

Race 1: Sunday January 25  
Waldron Rec 11.30am

More dates to follow. Look forward to seeing you there.

MIKE

## **Club Kit**

Kit has now been ordered, if you need some and Cathy does not know about it then let her know right away.

## Future Events

### FEBRUARY

- 1 XC 4 Plumpton
- 8 Chichester 10k SGP
- 22 Beacon Half, Brighton SGP
- 29 Eastbourne Half SGP

### MARCH

- 7 XC 5 Crowhurst Park
- 14 Hastings Half SGP
- 28 Worthing 20m SGP

### APRIL

- 12 Lewes Easter Monday 10k

### MAY

- 16 Hailsham Town Ten SGP
- 26 Bexhill Seafront 5k (Wednesday)

### JUNE

- 6 Seaford Half
- 9 Worthing 10k SGP
- 27 Heathfield Midsummer 10k SGP
- 30 Bexhill Seafront 5k

### JULY

- 25 Downland 30m & 5m
- 28 Bexhill Seafront 5k

### AUGUST

- 25 Bexhill Seafront 5k

### SEPT

- 19 Hove Prom 5m SGP
- 26 Bexhill Seafront 5k

### OCTOBER

- 3 Lewes 10

## Cross Country Current individual positions after 3 races

### Men

POS	NAME	CAT	R1	R2	R3	TOT
4	ADRIAN GIBBARD	SM	189	189	190	568
5	IVAN HORSFAL-TURNER	SM	191	186	187	564
10	JAMIE COPPOCK	SM	166	172	180	518
22	JAMES COX	SM		169	153	322
24	CHRIS SHEPHERD	SM		153	158	311
30	PAUL DANIELS	SM	141	135		276
44	JASON JANKOVIC	SM		162		162
51	IAN KILLAIN	SM	148			148
10	GRAHAM CHAPMAN	M40	156	157	162	475
21	ALAN STREETER	M40	183	170		353
31	JIM SCOTT	M40	136		104	240
33	JERRY PRICE	M40		118	113	231
38	CEDRIC CLEMERSON	M40	180			180
40	NIGEL PARKES	M40		143	157	300
44	DOUG MATHEWS	M40	134			134
54	CHRIS HOLDWAY	M40			112	112
7	TOM OTTLEY	M50		147	166	313
11	MARTIN McILVENNY	M50	128		123	251
17	MIKE HARLOW	M50	122		102	224
19	STEPHEN READ	M50		112	105	217
4	MIKE DARLING	M60		137	142	279

### Ladies

3	FAY HARLOW	SW	174	174	167	515
7	CLAIRE JONES	SW		179	174	353
14	DEBBIE SEALE	SW			165	165
9	BELINDA HOLDWAY	F35	177	182	183	542
16	CATHY SHEPHERD	F35	159		166	325
23	SUE SCOTT	F35			171	171
25	RACHAEL RILEY	F35	164			164
28	JULIE PRICE	F35	157			157
4	WENDY FOX	F45	165	171	163	499
13	JULIA D'ALBIAC BREWIN	F45			188	188
1	LOUISE SCHWEITZER	F55	158	167	161	486

### Team

CAT	A80	CR/WD	EAS/SE	HAIL	HAC/66	HR	HEA/UT	LEW	SEN
SM1	91	120	2	8	1	41	11	17	3
SM2	92	120	95	9	6	71	14	26	19
SM3	120	120	105	28	97	77	21	31	20
SM4	120	120	112	29	114	79	24	33	35
SM5	120	120	117	30	120	101	45	38	48
SM6	120	120	120	62	120	102	47	59	55
M401	23	18	10	25	22	42	15	5	4
M402	37	120	12	120	43	49	32	13	7
M403	90	120	88	120	56	67	40	16	73
M501	63	120	78	120	39	27	36	52	120
SW1	100	120	94	34	120	68	104	58	51
SW2	110	120	118	120	120	87	106	85	74
SW3	120	120	119	120	120	96	107	120	86
F351	66	120	82	72	120	46	89	44	50
F451	60	120	108	120	115	69	80	120	120
TOT	1332	1698	1260	1017	1213	1022	771	717	765
POS	8	9	7	4	6	5	3	1	2
NSM1				83		111	53	65	64
NSM2						113	54	70	81
NSM3						116	57	75	98
NSM4							61	76	103
NSW1						99	109		93
P.POS	17	17	12	3	14	10	5	5	7
TOT	25	26	19	7	20	15	8	6	9
F.POS	8	9	6	2	7	5	3	1	4

## SGP Presentation Evening

Tessa receives her award on **Wednesday 28th January** at the Jack and Jill public house at Clayton.

Join us there and make a bit of noise for HRR.