



Running Report

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Subs Due
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Sussex Grand Prix
London Marathon Draw

10 JANUARY 2005



Plumpton College 19 Dec 2004

Mud. That's the word most associated with Plumpton and this day it was no different. Not content with loads of water, someone thought it would be good to plough a field or two, thanks very much to whoever did that. But that didn't dampen the spirits of our runners; the combined efforts of HRR & Utopia were rewarded with a first place.

Performances of the day go to Ian, who ran so hard he saw his breakfast again at the finish and Zoe, who — with a double hangover — miraculously managed not to do likewise. Fantastic run from Louise too.

7	Jamie Coppock	31-52
11	Adrian Gibbard	32-54
15	James Cox	33-13
17	Ivan Horsfal-Turner	33-31
24	Jason Jankovic	34-16
26	Cedric Clemerson	34-25
30	Ian Killian	35-10
36	Paul Ridgen	35-30
43	Chris Shepherd	35-52
47	Graham Chapman	36-30
65	Nigel Parkes	38-15
74	Chris Holdway	39-21
81	Mike Darling	40-21
85	Zoe Dumsday	41-00
93	Rosemarie Blatch	42-22
99	Jerry Price	43-19
102	Beverly Renmant	43-23
112	Claire Jones	44-55
120	Belinda Holdway	46-03
127	Jeff Atherton	47-46
144	Louise Schweitzer	52-04
145	Wendy Fox	52-10
147	Cathy Shepherd	52-26
148	Brian Riley	52-28
149	Julie Price	52-41
150	Ruth Abrahams	52-43

Editor's Notes

Shortly before Christmas, I sent a special request to all our email listed members

The request, quite simply, was for a few words relating to achievement or success gained through running with Heathfield Road Runners during 2004. All the responses are enclosed here and they nicely sum up why we run and why in particular we run with HRR.

Thanks for your input, it must break the record for the most contributors to one edition of the newsletter.

Happy New Year, I hope 2005 brings more of the same.

GRAHAM

Subs 2005

Subs are now due and should be sent to Chris Holdway at 8 Cuckoo Drive Heathfield TN21 8AR. Subs remain the same at £20 single and £30 family.

New Year Party

This year's party will be at the Six Bells in Chiddingfold on 22 Jan. Meeting promptly at 7pm to get table for food. Should be a band there so a lively night is promised.

Midsummer 10k

Race date for 2005 has now been set to 26th June.

Chairman's Report

2004, a very successful year for HRR, some highlights:

We have significantly increased our membership

We have more members running regularly than ever before

We have more training sessions per week, with more people attending the training sessions

We have become a very competitive cross country club

We have had some outstanding individual achievements at all levels

We got some great press in the later part of the year

We had a fantastically successful 10k road race in June

I would like to thank everyone on the committee and in the club who have helped to make this such a successful year for the club

Happy New Year to everyone.

JIM

Cross Country

Two events since last newsletter. Our usual Cross Country reporter, Jim, was not present, but he asked me to provide a few words and — after a brief discussion — name the runners of the day.

Warren Hill 2 Jan 2005

Big thank you to Chris Holdway for organising this event, an awful lot of hard work went into it, I know for a fact that even though the 'Swan' looked very serene underneath the legs were going like crazy. We had a lot of helpers on the day all of whom put in a big effort to make this successful — thank you

To win the race by such a massive margin, 174, points is an extraordinary achievement which means we scored heavily in every category — well done everyone.

Some particular highlights for me:

Zoe, Graham and Ian turning up with lousy colds and still running a great race. Ivan continuing to make great strides back to form, getting closer to a top 10 finish. Julia d'Albiac Brewin taking part in her first Xcountry this season. Adrian Gibbard thrashed Adrian Cornford and gave Jamie a serious scare finishing right on his shoulder!

So, after 3 races we are in joint first place with Lewes on 5 points, Senlac are third with 12 points with 3 races to go. Unless we blow up in the next 3 races we are guaranteed a place at the National Finals at Nottingham in March. I believe this year we have a great opportunity to win the Sussex Xcountry league which we have never done before. All we need to do is make sure we all turn up and run to the best of our ability for the next 3 races and we will win! The good news is we came first in spite of missing Paul, Jason and Matt at Warren Hill, all of whom are potential top 20 finishers. The bad news is we are missing Zoe and Rosemary for the next race on 16th January at Whitbread Hollow. If anyone else can't attend on 16th please can they let me know ASAP. I look forward to seeing you all on the 16th to see if we can make it 3 in a row!

9	29.37	Jamie Coppock
10	29.41	Adrian Gibbard
13	30.18	James Cox
16	30.33	Ivan Horsfall-Turner
28	31.52	David Holdway
30	31.56	Cedric Clemerson
34	32.18	Chris Shepherd
43	33.14	Ian Killian
50	33.41	Dave Harlow
51	33.49	Alan Streeter
58	34.22	Graham Chapman
64	34.59	Alison Holdway
82	36.32	Rosemarie Blatch
84	36.59	Mike Darling
94	37.42	Zoe Dumsday

98	38.09	Bev Renmant
102	38.36	Phil Skilton
121	39.50	Clare Jones
128	40.37	Julia D'Albiac-Brewin
130	40.48	Vaughan Morrison
136	42.00	Martin McIlvinney
145	43.48	Sue Scott
153	45.24	Wendy Fox
160	48.31	Louise Schweitzer

Handicaps

5/12/04

Not a huge turn out, but nobody knew there was chocolate up for grabs for the winner. Well done to Rosemarie for taking the spoils.

Pos	start	fin	time	pts	rat	
1	Graham	18.43	49.14	30.31	25	548
2	Rosie	13.49	49.39	35.50	24	490
3	Jim	15.00	49.49	34.49	23	390
4	Ben			35.12	22	331
4	Chris H			35.22	22	403

Next race on January 23rd.

Sussex GP Update

Results from the 2004 season have been finalised. Well done to Phoenix AC who retained their title.

The Heathfield teams looked like this.

Men

	Pos	Best 8 Score	Races run
Jerry	103	3102	8
Jamie	137	2364	5
Nigel	228	1335	3
Jim	246	1224	3
Dave	305	901	2
Graham	324	859	2
Brian	332	826	2
Keith	344	801	2
Martin	361	775	2
Frank	401	690	2

Ladies

Ruth	35	3687	10
Julie	69	2643	6
Julia	75	2373	5
Rachel	120	1397	3
Tessa	128	1355	3

Well done to those above especially Jerry and Ruth.

It is interesting to note that the men from the winning team, Phoenix, scored an average of 447 per race; a figure that is well within HRR. Their ladies averaged 482, which would not be impossible for us to match either.

With some firm commitment given already by some of our members for 2005 it's going to be interesting to see what we can achieve.

Future Events

JANUARY

- 16 XC 4. Whitbread Hollow
- 30 XC 5. Abbots Wood

FEBRUARY

- 6 Chichester 10k SGP
- 20 Sussex Beacon Brighton Half SGP
- 27 Eastbourne Half Cancelled
- 27 Goodwood Gallop SGP

MARCH

- 5 XC 6. Crowhurst Park (what joy!!)
- 13 Hastings Half SGP
- 20 Worthing 20 SGP
- 20 XC Finals, Notts

APRIL

- 10 Paris Marathon
- 17 London Marathon

MAY

- 15 Hailsham Town Ten SGP

JUNE

- 8 Worthing 10k SGP
- 26 Heathfield Midsummer 10k SGP

JULY

- Bexhill 5k SGP TBC

AUGUST

- 28 Will Page 10k Newick SGP

SEPTEMBER

- 11 Hellingly 10k SGP
- 18 Hove Prom 5 SGP

OCTOBER

- 2 Lewes 10 SGP
- 30 Barns Green Half SGP

NOVEMBER

- 13 Phoenix Races SGP
- 20 Brighton 10k
- 27 Crowborough SGP TBC

OCTOBER

- 16 Jog Shop Jog

London Marathon

At the Committee meeting on 21st December the draw was made for the 2 club places. The lucky winners were Louise Schweitzer and Dave Harlow; good luck to them in their training.

Additionally, we have a celebrity in out midst who missed out on the main ballot but subsequently gained a place as part of the Runner's World Dream Team. There's only 5 of them and Bev has now been kitted out in Adidas gear including shoes with her name on! You'll be able to follow Bev's progress in the magazine, starting with the February edition on sale during January.

Why Did we Run with HRR in 2004?

Made great new friends, developed lots of confidence in myself, success in the Sussex Grand Prix, completing first marathon. Running has made a real positive impact to my life this year. Thanks everyone for your friendship and support.

Being introduced to the club soon after moving to the area, and meeting some great runners, who have hopefully help improve my own running during this time.

I would NEVER have attempted the Beachy Head Marathon (twice) without the HRR even if they are the only friends I have who know that 6hrs 5 mins isn't world beating stuff when my husband thinks it is!!!!

I have got my confidence back (in spite of some setbacks) and am happy to go out for a 20mile training run when needed, something I couldn't say a year ago.

After 6 years at the club I did my first ever marathon this year, 'Beachy Head' It will be at least 6 years before the next one!

Remaining foolhardy enough to attempt something new and seemingly daft, and then discovering that swimming a mile in a London dock is actually quite good fun.

If it hadn't been for joining the club and participating in the training, I would never had knocked 1.25hrs off my previous best time for the fell race in June. The time was actually nearly 3hrs faster than my first effort several years ago and even though the weather was completely crap my partner and I managed to keep going at a pace I would never have contemplated.

Next year we will break the 7hr barrier!

For me, doing London was pretty incredible. I had been very unwell for the previous 5 yrs (even being medically retired from the police) — so to finish it at all — let alone in under 5 hours was overwhelming for me one of the best days of my life — after my wedding of course!

Well, I have managed two 5km races and the Brighton 10k and yes I am the person who can now run up Ghyll Rd without stopping.

The joy of a relaxing run on The Downs away from it all then a place to rest and enjoy a huge mug of coffee and a bacon sandwich!!!!

After a six year lay off, I didn't think I'd be in the South Downs Relay again.

Just happy to be running again on a regular basis.

I wouldn't have met Jamie, Matt and Jason and would therefore feel younger and faster.

I wouldn't have mistaken Zoe for one of Becky's friends thus proving that dementia has finally set in.

I wouldn't have done the Jog Sop 20 which proves that the dementia has progressed rapidly.

Finally, I wouldn't have had so much washing to do.

Plucking up the courage to join the club — harder than you might imagine, but made easier by the fact that you are a very welcoming bunch!

Its not an achievement, but we, that is Paul Larkins and myself, will be organising the British Road Running Grand Prix, with acknowledgement of UKA.

Watching Paul Rigden slowly walk chest-deep into the River Rother one very hot day in the summer, completely oblivious that he had his mobile phone in his bum bag!

I would never, ever have dreamt I could run 1 mile 26 times in October on Beachy Head! My first marathon!

When it's freezing cold, dark and all you really want to do is sit down and rest, something stops you and before you know it you're out the door and on the way to the club. It's kind of hard to describe, but there's just not so many things in life as powerful as that. It's humbling to be able to train with such a great group of people.