

HEATHFIELD NEWS

The Heathfield Runners Newsletter

Issue 8

June 2001

Tel 01342 311590 e-mail HRRNEWS@leerousell.co.uk

EDITORS COMMENT

Well you may have noticed that it's been a while since the last newsletter. My time has been taken up with Open University study, amongst other things. The good news is that yours truly has been back running. Those wonderful people at MAFF have allowed the reopening of local footpaths giving me back one of my routes.

My other motivation is stopping my six pack from becoming a party seven. I also watched and enjoyed the London Marathon with my usual, envious, green face. I would like to congratulate all those who completed it this year. I spoke to Belinda shortly after the race and her obvious sense of achievement had me reaching for my shoes. I now some people object to the hype connected to the event but it is still unique, in my opinion, in its ability to inspire and delight. I have included two accounts from that day. It is very difficult to retire when the urge to run just once more is still there.

All being well I shall be marshalling at the 10k, if I can remember where it is.

VOICE FROM THE CHAIR

10K 17TH JUNE.

Thanks to everyone who has helped with the 10K so far. All seems to be running to plan. Cakes for the cake stall are always well received.

We always need more marshals, if we have forgotten to ask you and you can help, please ring Graham.

I am sure you will remember **Neville Kelvey-Brown**. He, Denise and the children moved up to Catterick last year to be near some of the countryside they have always loved. Unfortunately, he has had an accident when he fell 600 ft down a mountain! Denise tells us that he has badly hurt his leg but otherwise is O.K. We sent him a card wishing him a speedy recovery. Get better soon Neville.

If anyone is interested in the Ladies Run For Life in Brighton on 1st July please ring Tina. We are hoping to enter a sizeable team.

SUMMER BARBEQUE

Gina and Mick have kindly offered their garden for us to have a summer barbeque.

Sunday 8th JULY

Bring booze and food and come and enjoy the fun.
R.S.V.P. Belinda 865913.

Heathfield Road Runners Website

We now have our very own website:
www.heathfieldroadrunners.com

What would you like to see on it? Although it is on-line now, there's still a bit of work to do on it. Use the 'further info' e-mail link to send your suggestions.

Summer Relays

Just heard about these. I think we should get together as many teams as possible. These competitions are great fun and great for club morale. And although the distance is short, they are very good training. I'll be doing my best to rally the troops but you can help me by calling Graham 01435 862486 if you fancy it. All Wednesday evenings as follows:

Wednesday 4th July:

"The Road to Nowhere Relay" hosted by Hailsham Harriers starting at 7.00pm on "The Road to Nowhere" off Willingdon Drive, Eastbourne.
4 people per team.

Wednesday 11th July:

"Brighton Summer Hot Trot Relay" hosted by Brighton & Hove Athletic Club starting at 7.00pm from Dukes Mound, Brighton Marina, 4 people per team, run over 5 legs, last leg to be run by all four members.

Wednesday 18th July:

"Hastings Relays" hosted by Hastings Runners starting at 7.00pm from the Grove School, Darwell close, off Harleyshute Road, St Leonards-on-Sea, 4 people per team as last year.

Belinda's London Marathon 2001

It is difficult to put down on paper what will always be one of the most memorable days of my life.

The coach was brilliant, it was great travelling with everyone and the loo was a god send.

As we stood at the Red Start knowing that the training was in our legs, it was only 26.2 miles to that all important medal. It seemed forever waiting to go then we started to walk. Tina and I started in pen 5 and it only took us 4 mins to get over the line. Tessa had popped off to the loo and sadly we didn't see her again, the amount of people had to be seen to be believed it is a miracle that anyone found anyone! At this point I must say thanks to Sue Steed (and the good old N.H.S.!) for the space blankets, they kept us warm and ready to run. We ran the first mile in just under 9 mins although it felt faster!

The carnival atmosphere was amazing and we seemed to get to the Cutty Sark in no time. We caught sight of Chris S and Ben at 7 miles. Cathy, my Chris and Anna were there somewhere but with all the people it was difficult to pick them out. Between 8 and 9 miles sadly Tina and I lost each other.

Tower Bridge seemed a long time coming but as I crossed I heard Sue, Renee and Carly screaming at me. It was just the lift I needed to take me on to the next part of the race. I had been checking my times and everything was going to plan and I felt O.K. The Docklands is always said to be the most difficult and the most empty, but not this year. Bands and D.J's played loud music and the spectators were brilliant. I had written my name on my T-shirt the day before (it was then I wished my name was Sue or Ann!!) and every few mins I heard someone shouting my name. Chris and co. (as they shall be named from now on!) were at 14 miles and Ben true to form was on top of a six foot wall jumping up and down shouting "MUM" I called to him not to fall off and to be careful much to the amusement of my fellow runners.

It seemed to take no time at all to see Chris and Co. again at 21 miles, still on track for a sub four. I could see Chris beginning to look worried as his time last year was 3hours 58 mins and 7 seconds!

Only joking, I don't think he really cared as long as I made it in one piece!

I knew by this time, that I could run no faster, so I stopped looking at my watch and just concentrated on putting one foot in front of the other.

My Mum and Dad were due to be at 23 miles. They had been so focused on looking for me that when Mum saw me she frightened my Dad and surrounding spectators as she screamed as she never has screamed before "BELINDA." I just heard her and turned round and waved at them. I have spectated 3 times at the London Marathon and it wasn't until this moment that I realised how important it is to have your friends and family helping you and I ran the last 3 miles for them. I felt emotional at many places in the race and have tears in my eyes as I write this and try and remember every step.

I knew the two Sues were going to be somewhere in the last 3 miles and although I didn't see them I knew they were there and that was enough.

The last two miles, I have to say, seemed to be longest miles ever and then suddenly there was the finish. I couldn't believe my eyes I had actually done it. On the clock was 3 hrs 58 mins and I have no idea of the seconds it really didn't matter. My watch said 3hrs 54 mins 29 seconds. I had done what I set out to do and I still can't believe it. It seems like a dream!

All I wanted to do now was get to Chris and the children.

I found H and Chris hadn't made it back yet but there was Mick tucking in to his second beer. He asked me if I would like a drink! All I needed was a cuddle and he obliged, bless him! The next hour was not one to be talked about.

Thank you Chris S, I would have ended up on a stretcher if it wasn't for you!! I think anyone that runs the marathon is a star. I was heard to say that having a baby was easier! Thank you to everyone who helped me and ran with me and supported me; too numerous to mention but you know who you are.

I was so lucky it all went right for me on the day.

It was one of the best days of my life.

Belinda.

P.S. Love and Thanks to Chris and Co!

Have you got any stories to tell? I hear there are some of you going off to run in Stockholm. Why not let us all know what it was like. All runners gain inspiration from the enthusiasm of other runners, why not share your experiences with every club member?

This is what YOUR newsletter is for!! I can only edit what I'm given. So even if it's only a few words, why not give it a go?

So keen was I to have another go at the London Marathon I chose a charity place and then wondered which was going to be harder, the training or finding sponsorship!!!

Training went pretty well according to plan, longer week day runs and even longer weekend runs. Many thanks here to Keith who ran the longer distances with no intention of doing the marathon. Also to Belinda, Tina, Cathy H (who kindly cycled alongside and kept me chatting so I did not run too fast for me!) Chris H, Frank, Sue Scott and Rene who I joined at different times for longer runs. Also everyone else who offered words of encouragement. As with other Marathon runners I ran Brighton and Hastings Half Marathons and the Worthing 20, so I hoped I would hold it together for the Big Day!

Meanwhile, the number of people who helped me with sponsorship amazed me. I wondered what sort of response I would get for my chosen charity "The Mental Health Foundation" as people are often a bit afraid of the words "mental illness". I must say a huge "thank you" to everyone in the club who sponsored me. I won't embarrass people by particular mentions they know who they are but I know I won't embarrass Belinda!! "I'll take that for you" she said and she was gone returning a few weeks later with a very healthy collection for the charity so "thank you" Belinda.

Back to The Marathon and horror of horrors I feel ill the day before. Everything ached!! Headache, backache, shoulder ache I just couldn't be ill. So early to bed and I begin to fear the worst, will I be OK in just a few hours time? "Don't worry," says Keith "no one will blame you if you are not well" Oh I know all this but I am being sponsored and I have trained I must do it!! So at midnight I take 2 Anadin Extra as I know they get rid of migraine type headaches I get with

noisy difficult teenagers, like the "Kevins" at work. WARNING, these contain caffeine and I am very wide awake and ready to run the marathon at 1a.m.!!! Unable to sleep I lie there thinking about if I should run or not and planning lessons for my return to work on Monday the day after.

Well I am up at 5a.m. I think I am ok so lets go. Thanks to Mike D and Belinda for organising the coach, such luxury. We arrive safely and join the thousands heading for their respective starts. Tina, Belinda and I to the red start. Mike H and Mike D to a speedier start!! Having dumped our kit and dressed in very fetching orange bin liners, we are off to our pens. Everyone who likes to run should experience London once in his or her running career, as it is such a carnival atmosphere. Bands and crowds willing you on even when the body starts to protest at 20 miles or so. We were so lucky with the weather, as we had expected rain, we had sunshine!

It was good to finish and stagger along to gather my medal, goody bag and sandwich. Even better to regain my kit bag off the lorry and the brain cell could just about cope with looking for "H" for Heathfield in the repatriation area. Yes, there was Mike D again refuelling with liquid, no not water!!!

So I did it at around 4hours (my time) 30 minutes faster than last year, almost the same as 10 years ago, so I am pleased. I don't think I will do London again as it is a very crowded race and I don't believe I could do better. Also my sponsorship has been so good I don't feel I could repeat that.

Many congratulations to all fellow Heathfield Marathon runners we had a great day didn't we! Good luck to you Stockholm Marathoners I hope you have as good a time as we did!!!

Tessa.

**OUCH!! Coming to a computer near
you very soon**

JOGGERSNIPPLE.COM

FOR THOSE WHO SWEAT BLOOD !!

TIME TRIALS

1st May 2001

The first Time Trial got underway with a very unconvincing, apathetic jog out of the car park.

Alan, who had run the Marathon just over a week before, insisted that he didn't want a watch because he'd not be first back (sore legs). Of course he was first back and failed to record a time. Mr Darling's effort was reasonable considering his extraordinary Marathon and so too was Ian's; he had already run 9 miles. But, the rest of us, we were uniformly unimpressive. Plenty of improvement to come over the summer months one would hope.

pos		time	rating
1	Alan	not timed	
2	Nigel	32.33	439
3	Cedric	33.08	478
4	Mike D	33.30	614
5	Graham	33.48	398
6	Ian	33.53	372
7	Philip	35.16	474
8	Martin	38.30	396

SOUTH DOWNS WAY RELAY

It should come as no surprise that this year's event has been cancelled due to Foot and Mouth. It is a shame as the ladies had assembled a team that could have done very well; let's hope they can put themselves in a similar position next year.

I expect that the Downs will be open again soon and even without the Relay it would be nice to organize some runs up there. There is one specific training session I have in mind that could be done on a Tuesday or Thursday evening. It involves parking at Birling Gap and running West for about 3 miles then turning around and running back to the pub. I can assure you that it is not as boring as it sounds. It would be nice to get a big group together, if you're interested let me know.

Graham

COFFEE BREAK CORNER

So did you do last time, Gloria managed 52 words from the last puzzle, did anyone beat that? The nine letter word was of course NUTRITION. Here's this months.

I	L	A
N	P	O
T	E	T

TIME TRIAL

5 JUNE 2001

	time	rating
Ivan	29.11	549
Alan	29.42	626
Ian	32.04	435
Graham	32.45	435
Cedric	33.12	476
Phil	37.55	390
Tom	37.55	374

Well done to Alan, first time for him under 30 mins. Nothing to shout about apart from that; weekend marathons at Stockholm and somewhere in Norfolk ensuring at least 4 took it easy. Good luck to Phil, Ian, Mike H and Tom, hopefully you'll read all about their experiences next newsletter.

Graham

SOME THERAPY

There was a visit to the club from , young sports therapist Samantha last month. Those who attended her talk at the Cross In Hand found her very interesting, especially Mike Darling I hear. I hope she didn't rub anyone up the wrong way. She has asked me to place this advert in this months Newsletter.

Sports Therapy available locally for treatment of old and new injuries.

Pre and post event massage exercise advise and rehab work.

Also relaxing body massage and Indian Head massage

FULLY INSURED HOME VISITS

TELEPHONE SAMANTHA

HOME 01435 830410

MOBILE 07887 888036