



## Running Report

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### Editor's Notes

First of all I need to get the apology out of the way, there has been a long break since the last newsletter despite my best intentions, now it is here and it is a bit brief; normal service (whatever that is) will be resumed.

June is a busy month for our running club. South Downs Way Relay at the beginning and our Midsummer 10k near the end; most of the membership being involved with one if not both.

#### **South Downs Way Relay, June 7**

Despite the new super-efficient digitising of the Relay the results have not yet materialised, but I'll not moan because all in all it is a remarkably well organised event and must be a logistical nightmare to stage. We did struggle this year to field our usual 3 teams (ladies excepted), and there was talk of withdrawing the B team at one point. If we had, we'd have missed out on one of those very rare Relay occurrences: a collection of medals — silver ones no less. It really was a team effort, Graham West recruited to HRR at very short notice only learnt his 3 legs the weekend before. When the fog descended on his first leg, we thought we'd never see him again. Alan too, stepped in at short notice and ran exceedingly well. Then there was Jim whose inclusion was in doubt until just a

few days before, his performance was extraordinary and he laid that ghost to rest in style. Recognition too and a very big thank you for Mike Heathwood — who unfortunately had to withdraw from the A team due to injury — for driving the bus. But, as with any relay, it's a team effort and everyone played their part.

The A team? I'm sure they have their own stories, but they were never going to catch the B, especially after 2 runners went walkabout (I'm not saying who).

The Ladies performed very well too and logged their quickest time for some years. Their preparation was strong and it showed.

A special thank you to Cathy Shepherd and Sue Scott for marshalling at the end of Leg 3 for the duration of the event. This position was the only 10/10 hazard rated crossing on the 100 mile route, a very responsible job and much appreciated by all who took part.

The most amusing result of the day — in fact, probably of the race's history — was achieved by the Sussex Police team (one of the favourites). First leg, first mile, runner gets lost and ends up in Eastbourne town losing half an hour.

All in all a memorable day — full results to follow.

#### **Midsummer 10k, 22 June 10am**

Marshals, Marshals. Hot on the heels of the Relay comes our 10k. As usual we need as many helpers on the day as we can possibly muster particularly for marshalling. Although it would be nice to see a good number of HRR running the race, the priority has to be ensuring the race goes smoothly by having enough marshals. This year — more than ever I think — it's vital for everyone to make an effort to offer a couple of hours in the morning to marshal. Marshals need to be on site at Cross in Hand by 9am. If you can marshal and also be available earlier then it's always useful to have some extra people around. Someone will be on site from about 6.30am.

A request for cakes goes out again too, if you can help out then please bring something along, they normally all sell.

Did I mention marshals? We need some.

#### **Barbecue**

This year we have a barbecue laid on and the bar will be open too, so a good excuse to hang around after for a natter and beer.

GRAHAM

## Seaford Half Marathon

June 7, 2003 9am

BY LOUISE SCHWEITZER

No real HRR entered for this race, not surprising after the glory of the South Downs Relay the day before, so I was unobserved, crashing round the gorse and sliding up the slippery slopes of the Downs on a beautiful sunny morning, trying to keep up with the speed walker in front. The course began on Seaford front and took about two hundred runners up to Bishopstone and across the hills to Bo Peep before descending

to Alfriston and following the Cuckmere to the foothills of Seaford Head, up and over and down again to the finish. The race was perfectly organised by the Seaford Lions Club with four water stops, limitless mars bars, digestive biscuits and a very nice large medal for the finishers. Bar chat agreed it was a smashing cross country race, one of the nicest half marathon courses in the South and worth supporting. It helps to like cows. My time? You don't really want to know, really, but if you insist, 2hrs 42.

## Coaching Corner — Testing

Graham caused me some difficulties recently by offering some support in the form of helping me to identify my goals. The first pass of this was a dismal failure when he pointed out that he could neither arrange for me to win the lottery or to have a threesome with the Mynogue sisters and requested that I focus on my sporting goals instead.

Anyway to cut a long one short, a by product of this exercise has been to introduce a testing regime to plot my progress. Being the sharing kind, as Danni & Kylie are welcome to discover, Big G and I are proposing that once a quarter we arrange to go down to the Lewes AC track on a Saturday or Sunday with you and conduct the following tests.

They are all relevant to runners and should prove a useful yardstick to measuring progress in various components of our running fitness. The tests are as follows;

- 12' Max Run (Cooper) Test (or 2 mile run test). This is a test of one's aerobic capacity. Using a simple formula we can also get a pretty good idea of your V02 Max, if you ever wanted to know it. The procedure is to run as far as you can in 12 minutes round the track and then accurately measure the distance covered.
- Standing Long Jump. This is a test of maximum anaerobic leg power. The procedure will be to do a maximum two footed jump from static position into a long jump pit. Apparently a good score is 2.50m – 3.30m.

- 25m Hopping Test, a test of leg power. We have to count the number of hops on one leg needed to cover 25m from a standing start. Then test the other leg. A good score is 15 or less.
- Press Up Test for upper body strength. Procedure; perform as many consecutive press ups as possible whilst maintaining good form. No time limit.
- Sit Up Test for measuring core stability and trunk strength. Procedure; Anchor feet, knees bent, maximum number of sit ups in 60'.
- Flexibility tests – haven't finalised what these will be am working on it – any ideas?

So if you're interested tell Graham and we'll organise the first one. In the next article I'll write some advice on what to do to improve in each of the areas so that we can all post huge improvement when we do the tests second time round.

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## Cross Country Report — We came 3rd

As predicted in the last newsletter we finished third in the league, a highly commendable effort considering we are a small club. Big thanks again to Utopia for running for us and ensuring that we managed to get a full team out for all bar one race.

As you know the league is split by gender and age and here are our top ten placers — congratulations to you all;

## Time Trial & Handicap

It wasn't my idea, but it seemed to be a good one 'Why don't we run handicaps instead of Time Trials?' So that's just what we did and it proved so popular with those that attended that it will be a feature for the 1st Tuesday each month throughout the summer. Don't worry if you've no handicap time, it's only a bit of fun and the handicap committee is very good at calculating the start times — see below!

Figures in final column are age and sex adjusted rating (higher better).

### Time Trial 6/5/03

1	Ivan Horsfall-Turner	30.50	486
2	Cedric Clemerson	31.58	541
3	Graham Chapman	34.24	392
4	Philip Skilton	34.31	522
5	Zoe Uren	36.17	423
6	Martin McIlvenny	37.27	449

### Handicap 3/6/03

Pos	Start	Finish	Time	Rat	
1	Graham	5.36	38.39	33.03	439
2	Alan	6.30	38.53	32.23	532
3	Martin	2.33	39.36	37.03	462
4	Ivan	9.10	39.43	30.33	498
5	Cedric	8.32	40.13	31.41	553
6	Phil	5.29	40.34	35.05	502

## Ladies

Senior: Patricia 5th, Fay 6th, Zoe 9th, Cathy 10th  
Female 35: Belinda 3rd  
Female 55; Penny 1st, Louise 3rd

## Men

Senior: Adrian G 2nd, Ivan 3rd  
M40: Adrian C 3rd, Graham W 6th, Peter 10th  
M50: Martin 10th  
M60: Mike 10th

The table below should be read as follows: the first column shows where you came in your age/gender category (best five races to count), the second column shows your club rating irrespective of age and gender (all six races counting), in the other columns if you have a shaded score it means that in that race you were a scoring runner for the team and had a bearing on the team result for that day. I hope I've got it all correct

Final League	Club		Race						Total
			1	2	3	4	5	6	
Position	Position		PTS.	PTS.	PTS.	PTS.	PTS.	PTS.	PTS.
SM-2	1	ADRIAN GIBBARD	182	187	187	188	191	198	1133
M40-3	2	ADRIAN CORNFORD	183	189	186	186	177	194	1115
F35-3	3	BELINDA HOLDWAY	175	162	176	182	187	192	1074
SM-3	4	IVAN HORSFAL-TURNER	180	186	189	183		195	933
F55-1	5	PENNY REA	174	163	0	170	177	190	874
SW-5	6	PATRICIA CAREY	0	149	166	164	175	182	836
SW-6	7	FAY HARLOW	161	151	163	168		183	826
M40-6	8	GRAHAM WEST	170	169	142	0	164	179	824
M40-10	9	PETER MORLEY	195	196	197	194			782
SW-9	10	ZOE WREN	185	177	0	189	191		742
M40-17	11	WAYNE COVEY	101	106	119	123	128	144	721
SW-10	12	CATHY SHEPHERD	164	152	164	167			647
SM-12	13	CHRIS SHEPHERD	148	156	165	163			632
M40-16	14	JIM SCOTT	0	0	140	145	162	178	625
M40-21	15	PAUL GOAD	126	129	0	139	151		545
F35-11	16	TINA HEATHWOOD	0	0	174	178	186		538
M50-10	17	MARTIN McILVENNY	118	0	0	121	143	149	531
F35-13	18	KIM BONSER	0	0	170	173		184	527
M50-11	19	MIKE HARLOW	120	0	126	113		158	517
M40-25	20	CEDRIC CLEMERSON	0	0	167	168	180		515
M40-28	21	DOUG MATHEWS	113	111	125	0		156	505
F55-3	22	LOUISE SCHWEITZER	0	150	0	163	176		489
SM-20	23	STUART FORDHAM	0	0	141	0	159	168	468
M40-31	24	GRAHAM CHAPMAN	162	0	0	0	139	152	453
M40-35	25	STEVE SHARPLES	106	0	150	150			406
M50-11	26	PETER WILKES	0	112	118	0		151	381
SM-29	27	JAMES COX	0	0	175	0		185	360
M40-40	28	NIGEL PARKES	0	171	0	171			342
F35-19	29	SARA ELLIS	0	155	0	0		186	341
M50-21	30	TOM OTTLEY	155	0	168	0			323
M40-43	31	MIKE HEATHWOOD	0	0	152	157			309
SM-36	32	PAUL DANIELS	133	0	0	0		160	293
M60-10	33	MIKE DARLING	131	135	0	0			266
SM-37	34	IAN KILLAIN	128	134	0	0			262
M50-26	35	STEPHEN READ	0	0	110	0	129		239
M40-55	36	CHRIS HOLDWAY	100	0	107	0			207
F35-33	37	SUE SCOTT	0	0	0	171			171
SW-24	38	DEBBIE SEALE	162	0	0	0			162
M40-62	39	ALAN STREETER	161	0	0	0			161
SM-58	40	JOE HADEN	157	0	0	0			157
M50-34	41	KEITH HARRISON	0	154	0	0			154
M40-64	42	DAVID HARLOW	0	0	151	0			151
F45-21	43	KATHY GORE	0	146	0	0			146
M40-68	44	TONY FITZGERALD	144	0	0	0			144
M50-35	45	PHILIP SKILTON	0	0	0	132			132
M60-15	46	FRANCIS SMITH					132		132
M60-17	47	BILL DICKER	105	0	0	0			105

although I know that the official scoring is not 100% accurate and I have to take these numbers from there — any errors please accept my apologies.

Footnote:

Senlac race — yes, it was a bit of a pig. It took us all about 50% longer to complete than the other races in the series and was a bit of a shock to the system. Personally speaking I didn't mind the hills (I like an excuse to walk & cheer the fast runners on) it was the camber round the edge of the fields that I found irritating. Anyway I've spoken to two other runners who also endured the hills and mud, one from Heathfield and one from Lewes AC. Both said that this was the one race they'd drop next year. My point is that if we want to improve on third place next year then Senlac is the one that we should ALL do because this is the one the other clubs will shy away from.

Paul

## Future Events

There's a few longer distance events coming up and quite a bit of interest too especially for Rottingdean Marathon (8, 15 & 26 mile options) and amazingly for the Downland Challenge. We've even got one member already entered in the Dublin Marathon flights booked too!

### JUNE

- 22 Midsummer 10k SGP

### JULY

- 6 Bewl Water 15  
www.wadhurstrunners.com
- 13 Rottingdean Marathon  
www.windmillwalk.co.uk
- 27 Downland Challenge 30

### AUGUST

- 24 Newick 10k SGP
- 24 Jog Shop 20  
www.jogshop.co.uk
- 25 Kings Head Canter 5k

### SEPTEMBER

- 7 Eastbourne Half SGP
- 14 Hellingly 10k SGP
- 21 Hove 5 SGP
- 28 Loch Ness Marathon  
www.lochnessmarathon.com

### OCTOBER

- 27 Dublin Marathon

## Hailsham Town 10

### 18 May

1	Glen Cook	57.18	
	HRR		
22	Ivan H-T	1.03.36	578
45	James Cox	1.08.45	474
61	Dave Harlow	1.10.49	555
69	Keith Harrison	1.12.13	544
111	Philip Skilton	1.17.15	511
137	Tessa Schooling	1.20.14	597
185	Clare Jones	1.28.13	322
218	Louise Schweitzer	1.40.25	385