



Running Report

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24 JUNE 2004

**Don't Forget
Midsummer 10k this
Sunday 27th.
We need all the help we
can get!
Marshals on site by 9am
Thanks**

Editor's Notes

A large chunk of this month's newsletter is understandably devoted to the Relay, but there is also quite a lot of varied content too. In particular some events that are coming up the near future including our own 10k race, and a summer evening relay that we are hosting at Buxted Park. These informal relays are great fun and all the better if a good number of us participate. There was a practice last week at Cuckfield where a small Heathfield contingent managed to secure a second place in the Ladies' race. We are hoping for a sea of red at Buxted Park on the 21 July; put it in your diaries now.

I've been out of action lately, but am now looking forward to joining the fold again on Tuesdays and Thursdays. Someone else who has been absent for too long is Julia who you may know suffered a very nasty stress fracture whilst running London. It was nice to see Julia in the pub last week and hear about her planned return to running at the Kings Head Canter at the end of August. It's been a very long and frustrating recuperation for her and it would be nice if we could join together in numbers at this sociable local race to welcome her back.

Graham

Chairman's Report

It's been a little while since our last Newsletter which is partly my fault for taking so long to write a chairman's report, but also has something to do with a lack of input from the membership!! I will be nagging you all about this individually as I know there is a lot going on but there appears to be a reluctance to put pen to paper which I find strange for such a 'Gregarious' lot!!

Main highlights for me this time has to be South Downs Relay and at last an article about the club in the Courier Newspaper. For those of you who didn't see it Louise sent in some copy about our participation in the SD Relay. Well done Louise. As an aside Jerry Price's picture (wearing running gear) was on the front page of the Courier. However it was a police event so it wasn't HRR running gear. Such a shame!

The SD Relay was a fantastic day. The Ladies team, Men's A and B teams all performing extremely well. The men's B team led by non running team captain Graham Chapman finished second, after battling all day with Henfield Joggers we finally beat them by 7 minutes, great team effort. We had some ups and downs with Paul Rigden getting injured on his first leg for the A team, luckily Ivan and Graham (Old Crocks) did a leg each which meant the A team finished the race. Latest is Paul is a lot better and will be back training next week. Special thanks to the marshals Cathy Shepherd and Julie Price, our minibus drivers Steve Read, Jerry Price, Chris

Holdway, Mike Heathwood and a special special thanks to Mike Harlow who must have ran at least a marathon on the day helping out the ladies team. The SD Relay would not have been successful without lots of planning and organising which starts 4 months before the actual event. A big thank you to Belinda Holdway and Ivan Horsfall Turner who organised the teams.

Finally I look forward to seeing all of you and your friends, family, neighbours etc at our 10k on June 27th. It should be a great day.

Jim

South Downs Way Relay Saturday June 5

Obviously, this is a huge event for the club and I make no apology for the amount of space given to it this month. Zoe has kindly penned a report and I couldn't let my day with the B-Team pass without comment. Those that have done the Relay will realise what a fantastic day it is and those that haven't, read on and take inspiration, because next year's event is the 20th anniversary and the organisers have promised something special.

A Team

Ivan, like me, was not running this year but chose to go along as a non-running captain and said that it was an absolute pleasure to be involved. Ivan even managed a run during the day, in completely inappropriate clothing. He thought that 3 people in

the A-Team deserved special mention:

Paul: whilst hugely disappointed to have become injured on his first leg, was great company throughout the day and continued to support the team.

James: who consistently beat his target times.

Steve: couldn't do the event without him. He says he has been involved in probably 15 of the 19 relays so far and claims that if he gets to 20 then he will deserve 'promotion' to the ladies bus!

I'd like to add that Jamie ran exceptionally well and comparing his time on his final leg with the results from last year, was within 15 seconds of the quickest time of the day. Outstanding for anyone especially a newbie.

Ladies Team, Report from Zoe

SOUTH DOWN WAY RELAY — MY EXPERIENCE

If you are planning a summer event then I would have it on same day as the South Down Way (SDW) relay. Every year that I have taken part; we have been bathed in glorious sunshine. I have almost come to expect a spectacular sunrise at the top of Beachy Head as we head off towards Winchester with one hundred miles of running ahead of us.

This year the team consisted mostly of SDW relay old hands (Belinda, Renee, Tina, Tessa and myself) but we also had two relay virgins (Sue and Wendy), who after getting up before 4am were probably regretting ever agreeing to take part. As in previous years we also took with us a support crew, not quite the physios and masseurs that other teams seemed to have, but still necessities for us. This year we were accompanied by Chris Holdway, Mike Harlow and Mike Heathwood who were either driving, time keeping (not always accurately but who cares about seconds anyway?) or running companions/bullies. For Mike Heathwood it was the only way he could spend his wedding anniversary with his wife!

Having been injured for six months, and starting back running in late March, I was very aware that this year was going to be the biggest challenge for me so far. With the aid of training advice from Graham, as well as following (almost) to the letter his

training schedule, I have spent the last few months tentatively building up my times and distances to see me through the day. There were times, whilst in the consultant's waiting room, that I thought I would never get there. During training I agonised about giving up my place, but after having a good 10k in Horsham and also not being one to give up on a challenge, I got there.

The day got under way surrounded by the most amazing sunrise, and our early morning start of 5.30 almost seemed worth it. I ran leg 2, so after Tina got the team underway and finished her first leg joint first, I already felt under pressure to maintain our strong start. For those of you, who have wanted me to be less chatty whilst struggling up hills, will find great amusement from my experience of my first leg. I am not quite sure how I was running against a man so early on in the day, but I was. Anyway he didn't know the way, so whilst being a gentleman and opening and closing all the gates for me as I guided him, he wanted to talk - constantly! Apparently he was taking the first leg easy, and seemed to have an abundance of energy to talk about running, the weather, how fit he was, where he was from, the event, running clubs..... After getting out a few gasps as words and lots of gesticulating I managed to give him directions from Alfriston, and he sped off much to my relief. He must have helped me along in some way, as I came 4 minutes inside my expected time.

This year, as in all previous years, it was my second leg that proved the most challenging, both mentally and physically. At points I almost phoned the minibus so they could rescue me from my misery. It was on this leg, that I noticed my relative lack of fitness, and while I wanted to push on, I didn't have the stamina normally gained from putting in those longer runs. After being told by two walkers that I was supposed to be running and giving myself a good talking to (I am hoping it wasn't out loud), I got myself back into a rhythm and amazed myself by knocking 4.5 minutes off of my estimated time.

The final leg after that seemed relatively uneventful. Despite two Hailsham Harriers storming past me, I think I was willed on by the

knowledge it was nearly all over. My old injury gave me a few twinges, as if warning me that I was pushing it. I even managed to pass another team, which at this late stage is quite unusual for the ladies team.

If you get the chance to take part in future years, TAKE IT. To me it is the best running event of the running calendar. Personally I particularly enjoy the team participation, especially as I can find running too solitary at times. In the relay I love the fact that you are all working together to achieve the best result, both by trying to meet your individual times as well as supporting team members through their gruelling last metres of each leg. Be warned it is hard work, and I openly admit that I agonise while running each leg, as well as, constantly question myself as to why I am taking part at all. Somehow though, on finishing, it all seems an immensely enjoyable experience.

Coincidentally if you are planning a wedding or outdoor summer event in 2005, then the SDW relay will be held on 4th June.

B Team

I ran in the 1994 Relay and apart from foot and mouth year when the event was cancelled, I had run every year since. I was a rather disappointed to be out of the race this year due to injury and my initial thought was to be somewhere else other than the Downs on June 5th. Fortunately, I came to my senses and decided to go along for the ride with the B-Team.

Atmosphere on the B-Team bus is rather different from that of the A. This difference is hard to define exactly and whilst it would be unfair to say that the B-Team is any less competitive, it is certainly a more laid-back affair. It's usually a bit noisier than the A-Team too, although that is largely dependent on which bus Malcolm is travelling. Alas, no Malcolm this year, but at least we all saved on earplugs.

The B-Team very nearly didn't start at all, having been plundered by the A due to ill-timed injuries. Thankfully, for the second year running, Graham West, from our friends at Utopia, stepped into the breach at short notice to leave us just one man short. Belinda used her secret powers of persuasion on brother-in-law David to secure another runner and amazingly he

came with a much-needed minibus too, this was quite a spectacular result — even for Belinda.

For those not familiar with the Relay, it is an 18-stage race involving 48 teams of 6 runners, each running 3 legs each, ranging from just under 4 miles to very nearly 9. The whole route — starting at Eastbourne and ending at Winchester — is just sprint short of 100 miles and takes between 10 and 16 hours depending on which bus you catch. The race is started handicap-fashion with the faster teams setting off later. The race is extremely demanding for each runner who must run 3 tough cross country races in day. Often, those new to the event will ask how much effort to put into the first run, the typical answer — ‘it’s a race’ — is always confirmed after seeing the first runner finishing. It always amazes me how the body, driven to exhaustion, can apparently recover within a couple of hours to do the same thing again — not once, but twice. Doing this, and especially being amongst others who also do it is one of the magical ingredients that makes the day so special.

The B-Team started at 7am with 6 other teams; only one of which was also a B-Team (Henfield Joggers). Of the other 6 B-Teams, 5 had set off already and Hailsham were due off half an hour after us. We knew that to claim one of the 2 B-Team medals we’d have to beat Henfield. In all

fairness, Hailsham have such depth in their team that, barring a navigational error, they’d reel us in by the end.

Mike got us off to a solid start and Graham West ran well to keep us in contention with the green of Henfield. Next up was Jim, whose competitiveness is by now legendary; he has more spirit in his body than Gordon Ramsay has money in his swear box. When Jim finishes with a pale face you know he’s tried pretty hard. ‘Great run Jim, but did anyone remind you, it’s another 12 miles to the bar?’

Dave, dependable as ever, maintained the form and by the time Chris’ brother David arrived at Ditchling, Henfield were over a minute back. At the end of leg 6 it looked like the Chris of old as he completed a storming leg to push Henfield even further behind.

Six legs down, everybody had run once and Henfield were about 4 minutes adrift. We could see that we were catching both Brighton Hash and Victory B teams so Henfield were the main concern.

They weren’t going to take it lying down though, and after 16 legs, 10 1/2 hours, 84 miles and lots of positional leapfrog, amazingly there was only about 20 seconds in it. Everyone had run extremely hard to keep it going and now it was up to David and Chris to finish the job. David, who was only placed in the team the weekend before

admitted he was not entirely familiar with the monstrous 8.8-mile leg 17.

But what of the A-Team?

Earlier, I had spoken to Ivan on the A-Team bus, who informed me that sadly Paul had turned his ankle badly on leg 6 and would probably be unable to continue. Ivan asked me somewhat ominously if I had my running shoes. I thought not a lot more of it until I saw the A-Team at the end of leg 12; Ivan was running. I knew that Ivan was in worse shape than me with regards to injury and when I was asked to run the final leg I knew they were serious. I also knew I could hardly refuse.

At the final change-over I put on an A-Team number as the B-Team waited anxiously for David to appear. I felt sure that if he kept on the right track he’d be in front of Henfield.

David came into view and handed the baton to Chris for the final charge. Henfield came in next and such was the gap now that I felt confident that Chris would not let them pass. I wanted to be in two places at the same time, but the B-Team had to leave me behind to finish the race with the A, and I had to do a bit of running before I’d discover the outcome.

My first run in over a month and I was rustier than Mike Darling’s Viagra tin. But, I made it to the finish — eventually. After that short run I really appreciated our substitute runners because I knew that there was absolutely no way I could have run further, I think Ivan was of similar opinion about himself too.

Like Relays before, it was a day of mixed fortune. The ladies had run remarkably well. The B-team ran six minutes quicker than last year and had the silver medal by the same margin. But everyone felt for Paul; someone who has improved tremendously over the short time he’s been with us and has added vitality, competition and humour to our training runs.

On the way home in the bus, Paul said he would go back up on that hill, find the rock he trod on and break it up with a hammer. Steve summed up his luck by adding ‘Yeah, and a bit will fly off and hit you in the eye!’

I’d like to echo Jim’s earlier thanks to the non-runners who all help to make the day possible.

Leg	Ladies	B Team	A Team
1 Beachy Head	Tina.....36.11	Mike D.....34.24	James27.58
2 Jevington Church	Zoe..... 51.04	Graham W.....46.35	Adrian 42.07
3 Bo Peep	Tessa37.02	Jim30.50	Alan.....29.06
4 Itford Farm	Renee73.13	Dave55.00	Jamie51.37
5 Housedean Farm	Wendy 51.16	David..... 38.18	Tom.....39.53
6 Ditchling Beacon	Belinda.....43.12	Chris S36.07	Paul.....38.11
7 Saddlescombe	Tina..... 43.34	Mike D40.57	James 33.22
8 River Adur	Zoe..... 55.32	Graham W.....49.23	Adrian 46.21
9 Washington	Tessa 38.32	Jim33.49	Alan.....31.31
10 Springhead Hill	Belinda..... 29.37	Dave26.21	Jamie 23.54
11 Houghton	Renee 59.51	David..... 47.00	Tom 44.00
12 Littleton Farm	Wendy 51.15	Chris S36.27	Ivan 36.40
13 Hillbarn	Tina.....65.17	Mike D.....59.57	James 49.20
14 Harting Down	Zoe..... 32.42	Graham W..... 27.06	Adrian 26.57
15 QE Country Park	Tessa 51.26	Jim 46.13	Alan..... 44.51
16 HMS Mercury	Renee 40.20	Dave28.54	Jamie26.10
17 Old Winchester Hill	Belinda..... 75.08	David.....66.33	Tom67.56
18 Holding Farm	Wendy 53.43	Chris S39.40	Graham C..... 42.35
	14.48.55	12.23.30	11.42.29

Hastings Half PS

It might have been back in March but it's still worth mentioning that Tessa (the one who's no longer running competitively) picked up 3rd in her category in the County Championship — I wonder what she'd have done if she'd tried.

Bexhill Seafont

Bexhill running club is hosting a total of six races this year: four 5K races, one 10K and a half marathon, which is brilliant effort for a small club.

We have enjoyed their 10K races for the past two years so we thought we would try the first of the 5Ks, these are held on Wednesday evening. It was very well organised and you can enter on-line, then just turn up collect your number and run. The course is dead flat and is a 'there and back' — twice! There is no prize giving afterwards, results are displayed on Bexhill's website. We hope to do all the remaining races including the new half marathon in November.

Keith & Tessa

Welsh 1000m

While half the club was involved in the South Downs Way Relay, Cedric was flying the Heathfield flag in the Welsh mountains. When he told me he couldn't do the Relay because he was doing the Welsh 1000 mtrs, I thought it was a long way to go to run 1k. Of course there was a little more to it than that. 1000mtrs is the height of the mountains he had to run up and down(3 of them I think), no wonder he's not slowed down by the Seven Sisters! Cedric managed a remarkable 5th overall and 2nd Vet — not bad for a Southerner.

Sussex GP Update

At last we have some up to date results from the Sussex Grand Prix. When we reach the end of the season — after Crowborough 10k in November — it will be our best placed 10 men and 5 ladies that determine the Club's overall position. Ideally we need at least this number to have completed 8 events each (including 2 longer than 10k). In the past, the men have managed it, achieving a very creditable 3rd place back in 1997. But, look at the figures opposite, with 9 races still to go the ladies team is looking a lot healthier than the men.

Summer Relay

Buxted Park, Wed, July 21

Teams of 4, racing legs of about 1.5 miles around Buxted Park. Great fun and a good work-out. How many teams can we muster? Meet at the club at 6.30 or go straight to Buxted Park Hotel for a 7pm start.

BBQ at Jim & Sue's

Saturday 17 July from 3pm

Jim and Sue have kindly offered to host a get together for all Club members, kids as well. Bring your own food and drink, Jim will cook your food for you (if you ask him nicely) and if you don't keep hold of your beer he might deal with that too.

Training in the Sun?

38 complete strangers booked in for this five day intensive coaching 'holiday' in a resort complex on Majorca. Advertised by the London Triathlon as a ideal way of knowing what you're in for, the trip was organised and arranged by Bucks Fizz Travel who specialise in sports holidays and whose representatives turned out to be Iron Men, Running Women and Triathlon cyclists.

Reicke and I are booked for the London Triathlon as a team — I swim, he cycles and I run — so we shared training sessions. One look around our fellow athletes made me realise we needed to fill in the forms about our age and ability extraordinarily truthfully: most of them were the age of our children, but they were very nice! Each morning began with a 5k road run, followed by drills, taken by

Sarah Coope, many times women's European Triathlon Champion. Cycling and swimming shared the afternoon, coached by Glen Cook, national Triathlete champion — and Sarah's husband. Video film of our efforts was shown, analysed and dissected in the evening.

It was fantastic fun — or would have been, if the sun had shone. Sadly, the weather was terrible and we ran round a sports track in pouring rain with squelching trainers and dripping kit. Sarah and Glen come from Eastbourne and we all rather wondered why we'd left it. But our spirits were high and we ate and drank like fighting cocks in a comfortable and spacious resort. The food was plentiful and good, the facilities, including spa pools, gym, indoor/outdoor pool, leisure pool, cycle hire shop, etc, were top notch and the all-in costs, including Easyjet from Gatwick seemed extremely reasonable. Highly recommended as a way of having an entertaining holiday with a difference — and as a way of making some very fit new friends.

Louise Schweitzer.

Seaford Half

The second Seaford Half Marathon took place on Sunday 6th June around a glorious scenic course on the Downs above Newhaven, Bishopstone, Bo-Peep and Alfriston.

About 200 runners took part in the event organised by NPS Lions Club, supported by a few dozen walkers and several dogs. Heathfield, recovering from SDR were conspicuous by their absence which meant that elderly lady Heathfield vet Louise could be unobserved scabbling up Seaford Head on all fours — she did make a mean sprint finish, completing the course in 2hrs. 25 mins. Course record is 1hr. 27 which was unbeaten yesterday, despite near-perfect running conditions. And every runner who felt like marching over a pebble beach, could hurl themselves into the sea afterwards..... only competition there came from a D-Day re-enactment by local lifeboatmen. Good fun, all of it.

Louise

	Pos	Pts	Races
Ruth Abrahams	9	2256	5
Julie Price	11	2247	5
Julia D'Albiac Brewin	26	1913	4
Rachel Riley	78	949	2
Wendy Fox	94	908	2
Jerry Price	34	1996	5
Jamie Coppock	78	1404	3
Nigel Parkes	151	914	2
Dave Harlow	157	898	2
Graham Chapman	181	852	2
Brian Riley	187	826	2
Frank Smith	222	679	2
Ivan Horsfall-Turner	255	480	1
Paul Daniels	342	395	1
Jim Scott	356	382	1

Supper at Louise's

With so many of the club entered in the Beachy Head Marathon, Louise thought it would be nice to arrange a get together for a debrief, she has very kindly invited everyone for supper at her house at 6pm.

Cakes for 10k

As usual we will be relying on our members to pitch up and help on the day. Marshalling is our biggest challenge so please bring some help if you can. Lots of other things need doing too and Sue has asked for a cake appeal to be made. The cake stall is quite a nice little money-spinner on the day so if you can donate a cake it will be much appreciated; call Sue for further info.

Club Kit

Everyone should now have a new running vest, courtesy of your generous committee. Anyone who's not yet received one, or who would like to order further items should contact Cathy.

We now have a supplier for crop-tops that are made to order, again contact Cathy.

Future Events

Dieppe 10k

26 September 2004

On the noticeboard there has been information about this but until now there's not been many names put on the sheet. Utopia runners have raced here before and by all accounts have had a good time. Because of the ferry timings, an overnight stop in Dieppe is required, but the race is right in the town near the terminal so a car is not necessary. We reckon it will cost about £50 including transport, basic accommodation and entry, plus food and dare I say it — drink. If you are interested, put your name on the board ASAP and we'll keep you informed.

Jog Shop Jog

Special feature for this one, and here's why. At the last count we had an entry of over 30 for the Beachy Head Marathon. Anyone who has done the BHM before will know how demanding the course is. So what is the best way to get ready for such an event? Well there will be a few training runs on the Downs during the preceding weeks, you can be sure of that, but, for a real taster, the Jog Shop Jog is unmatched. It's billed as 'a shade over 20' and whilst the first 5 and last 5 miles are nothing too daunting, the middle section provides some of the most spectacular running we can hope to find in the south.

During the race you will encounter such features as the North Face, the Yellow Brick Road, the Big W, and the seemingly never-ending Snake. These names might not mean much now, but for those who know them, they have acquired almost mythical status. It's not an easy race for sure, it makes similar demands, both physical and mental as the BHM, and that's why you need to do it.

Unfortunately, it does clash with the Grand Prix race at Newick, but for anyone who wants some decent training then Brighton is the place to be on August 29.

JUNE

- 27 Heathfield Midsummer 10k SGP
- 30 Bexhill Seafront 5k

JULY

- 4 Bewl 15
- 4 Southdown 10 miler
- 21 HRR Buxted Park Relay 7pm
- 25 Downland 30m & 5m, Clayton
- 28 Bexhill Seafront 5k

AUGUST

- 25 Bexhill Seafront 5k
- 29 Will Page 10k Newick. SGP
- 29 Jog Shop Jog

SEPT

- 12 Hellingly 10k
- 19 Hove Prom 5m SGP
- 26 Bexhill Seafront 10k
- 26 Deippe 10k

OCTOBER

- 3 Lewes 10
- 23 Beachy Head Marathon
- 31 Barns Green Half. SGP

NOVEMBER

- 14 Bexhill Half
- 14 Phoenix Races. SGP
- 21 Brighton 10k. SGP
- 28 Crowborough 10k. SGP