



Running Report

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5 MARCH 2004

Editor's Notes

I don't recall ever having such a variety as this month. We've got it all, from free lunches to stiletto heels; make sure you read it all otherwise you might miss out.

Member's List

A new (and long-overdue) list of members' contact details will be sent out shortly. If you'd rather your phone number was not included then please let me know.

Chairman's Report

February has been a very busy month for the club with lots of good news and a little bad news. The bad news is in regards to the Plumpton cross country, Lewes managed to make a 'pigs ear' out of doing the results, several runners were missing completely including Mike Darling and they issued 20 sets of the same numbers which meant every club had to get back to the results co-ordinator telling them where they thought their effected runners finished. The net effect was that we finished 3rd which is where we probably would have finished anyway as we were missing both Adrians. However, a number of our runners are placed in finishing positions they did not finish in. As a result of the above we requested the race be declared void which was put to the vote. 2 clubs voted in favour of declaring it void, 8 not in favour and 1 abstention. The result stands.

It has been a great month for training with significant increase in the number of people training regularly on Monday,

Tuesday, Wednesday and Saturday. We are now averaging 10 people per session, up from 6 per session last season, which is fantastic. The fact that we have had as many ladies as men on several Tuesday, Thursday, and Saturday sessions recently has been great. Our thanks must go to Nigel, Graham, Renee, Tom and Mike who have put together a great monthly training schedule with lots of variety. Given that we now have training sessions 5 days a week there is no excuse not to be able to make at least 1 of the weekly session. Come on you laggards!!

Membership is 90% but, as we all know, that final 10% can be the toughest. Given that we are now 2 months into the year, I would ask the 5 members with outstanding subs to please send them to Chris Holdway along with your membership forms ASAP. It is very important as your committee are cooking up some 'ideas for members'. I shall be ringing round this weekend to get to 100%.

Some great SGP races have been held in February with good turnout from HRR. I shall leave it to others who raced to tell us more about it. I didn't race as I am injured (sulking).

Finally looking forward to seeing everyone at Crowhurst Park next Sunday 7th March for final Xcountry of the season. Please bring a change of clothes as they will be having the prize giving for teams and individuals afterwards with a few drinks and snacks. I'm sure we would like to have a celebratory drink before thinking about how we are going to improve for next season!

Plumpton Xcountry

Well, as you will already have read from the chairman's report Plumpton was a bit of a debacle as far as the results were concerned however 3rd was a very credible performance with some excellent performances by lots of individuals.

From the junior perspective it was a little disappointing (several didn't come due to clashes with football matches) with only one HRR runner out; Vaughan Morrison who finished 4th out of 25 which was a great result.

Best HRR male on the day has to go to Jamie Coppock who again has made vast improvement. Jamie finished in 16th 3 places behind Ivan.

Best HRR Lady on the day goes to Sue Scott who has steadily improved with every race and was our 3rd lady home picking up valuable points.

As you will see from the attached results we are in 3rd place behind Lewes and Hailsham with Senlac in 4th with 2 points between each team. To get up to second now is a very tough call not just down to how well we do but also dependent on how well the teams around us perform. However given it's the last race of the season it would be nice to go out in a blaze of glory. I look forward to seeing as many of you there as possible.

JIM

South Downs Way Relay

5th June 2004

The South Downs Relay is for many HRR one of the highlights of the year. Let me explain for newer members The event involves joining 5 other HRR members for a day's adventure between Eastbourne to Winchester. Whilst not running, you are driven at breakneck speeds in decidedly dodgy minibuses between the 18 checkpoints on the route. So if you can cope with the travel sickness, the company of your fellow HRR members and their increasing 'fragrance' throughout the day you're made of the 'right stuff' for the South Downs Relay. The run is broken up into 18 legs with each team member running 3 times during the day (an extended interval session with 3 hour breaks!). The length of the legs vary with the shortest set totalling 13.7 miles and the longest set 19.8 miles, careful attention should therefore be paid to any conversations regarding which legs you are going to be allocated!

Navigation - apparently it's possible to get lost on route! It is therefore vital that the route is well learnt before the day and initial team selection therefore needs to happen before the end of March in order that practice runs can be arranged. We have 3 teams entered, an A, B and ladies. Any men wishing to run should let me know by 21st March at the latest with the ladies team being co-ordinated by Belinda.

IVAN

New Kit

Our new kit will be with us very soon and it will be nice to have as many people as possible modelling it at future races.

To this end, your very kind committee have decided to offer a new running vest to all members free of charge. As you might imagine, there are conditions attached: to qualify, you must be a fully paid-up member by Sunday 14 March; that's the day of Hastings Half Marathon.

Easter Egg Treasure Hunt

Easter Monday, April 12 we shall be having an Easter Egg Hunt around the locale. Bring the family, we'll probably end up at a pub. Further details to follow or contact Renee for more info.

An Offer Too Good To Refuse

On Sunday May 2 we have the Horsham 10k; a nice little 2-lap race.

Here's the deal. Enter the race and together with your nice new free vest you will receive free transport and free lunch on the way home afterwards (location yet to be decided) courtesy of your favourite running club.

It's part of the drive to increase our attendance at Grand Prix Races. If you've not raced before then take this opportunity to give it a go. Entry forms are on the noticeboard.

Stop Wearing the Stiletto's Guys

Your cross dressing days are over chaps, well you can still do the other stuff, but give the shoes a rest if you suffer from calf muscle injuries (Cedric what have you been up to??). I must admit I get more than my own fair share of calf muscle problems but I only wear high heels for height advantage reasons ... you understand.

According to an article in Runner's World, calf muscle injuries are often caused by the height of your shoe heels. Running shoes with lower heel heights are more stable but they force your calf to work harder when your foot pushes off the ground. Apparently, women (and men) who frequently wear high heels are prone to tighter calves and should stick to running shoes with conventional heel heights.

Another potential problem for calves is the relationship between the rearfoot and forefoot firmness in the midsole. If the rearfoot is too soft compared with the forefoot, the heel will sink with each running step, putting extra strain on the calves. The easiest solution to this problem is to put a heel insert in your shoe.

Well I think this is all far too scientific and there's a much easier solution ... you gurlies stick to your flatties, then us assorted shorties don't have to wear high heels and then, hey presto, a club devoid of calf muscle injuries. Deal ???

NIGEL

Don't Get Bored With Your Board

The undoubted management skills of our new supremo, Mr Scott, have led him to delegate responsibility for our

noticeboard to me, first big mistake and possibly sackable. Anyway in an attempt to save his bacon I will give it my best shot. There are race entry forms on there (please use them) but the board can be used for anything that you think might be useful for your fellow members, this could be your Mum's recipe for Spaghetti Bolognese or Mike Darling's guide on how many pints of Guinness to drink the night before a big race. Please either put it on yourself or give it to me and I'll try not to lose it.

NIGEL

All Aboard For Dieppe

Bonjour mes amis. That's your lot and it's probably wrong. Another fatal piece of delegation means that I am looking after 'Special Events' which apparently has nothing to do with my cats birthday or the annual cleaning of my bathroom. No, it's your chance to run on the wrong side of the road in a black beret.

We have decided to change 'events' to 'event' in an effort to get as many members to participate as possible. We are suggesting Dieppe because it would be a fairly major outing without it being too far away. Utopia have a club outing to this event ... we wouldn't want to be out-done by them, would we??

I can't tell you too much about the run at this stage other than it's a 10k and it's likely to be in early September, this is just an early warning to keep some time free in your diaries, providing you are interested of course. I will keep you posted as and when more details become available. Au Revoir.

NIGEL

Public Relations

As part of the drive to increase the profile of the club we shall be making regular submissions to the local press. In the main this will be race results. It is particularly difficult for one person to collate all our runner's times, so we (or rather Ivan, as he is going to be doing it) will need to be advised of your times right after the race.

Hastings is the next race on the calendar (apart from XC). So for anyone who is doing it (or any other race) make sure Ivan has your time soon after.

Tunbridge Wells Half

As part of our resolve to keep away from the Sussex Grand Prix circuit this year, we are looking out some of the local races that we have always missed. The first of these was the Tunbridge Wells Half Marathon which we ran Sunday 15th February.

It is a pleasant course and extremely well marshalled, starting at Southborough and looping out via Penshurst, Fordcombe and Langton Green to return back into Tunbridge Wells. We had all been warned of a hill at Fordcombe, and it is a big one — about 1-mile in total. But the final miles of the race are mostly downhill.

Our grand plan was to run together in a very easy 2-hours, but paranoia over that hill meant we ran the first half a bit quickly and we ended up finishing in 1hr 53min.

KEITH & TESSA

XC Relay 14 March

Anyone not doing Hastings might be interested in this. It is a 5k relay near Framfield. Each leg is 1k on and off-road. Teams can be from 1-5 people.

Mike Harlow has already formed one team, but you'll have to act quick to get another together; entry form and more details on noticeboard.

Coaching Volunteers

Like any running club we do suffer our fair share of injuries. We also are in the enviable position of attracting new members. Both these facts have exposed a need to provide a new service to the membership.

This service will involve the provision of training advice including a structured training schedule if required. We are not sure the exact details of how this will be introduced which leads me on to the next point. Within our membership we have a vast amount of experience, from running up and down mountains to marathons and longer endurance events. We also have people that can help with runner's nutrition and motivation.

We'll be forming a coaching group that can provide the respective needs of members of the club. If you'd like to be involved then let me know. No formal qualifications are needed, just a feeling that you have experience or knowledge that you can pass on to others.

Plumpton XC, 1/02/04

The Floodier the Muddier!

After torrential rain and wind for 24 hours before the race, Plumpton XC was bound to be 'Heavy Going' as they say in horse racing circles. Having been given short shrift with 'The Wetter the Better' the last time the English Channel was moved to the hills of East Sussex, I assumed that the race would go ahead regardless of conditions. Upon arrival at Plumpton AC (I did not realise that AC meant Agricultural College) there were plenty of the usual old horses around, with the red racing silks of Heathfield in abundance. Amazingly, it had stopped raining! Like most of us, I'm not used running XC in dry weather, so I was a bit nervous.

At the starting siren, the mud began to take its toll. Pretty soon I realised that 'The Wetter the Better' had become 'The Floodier the Muddier'. I now know how that guy felt doing the London Marathon in a divers suit with lead boots. My running shoes soon became caked, and like everyone else my size 10s soon became double the size platforms in no time at all. Having given away my secret of a fast start, it seems that most Heathfield Runners went off quick, so I did not get my usual encouragement when being overtaken. The finish line was the usual welcome sight and it seems that Heathfield had coped brilliantly as usual. But just what was that funny smell? It seems that Plumpton mud is tinged with the smell of chemical fertiliser? Washing out my shoes after the race did not get rid of the smell, and it was with me for the rest of the day.

After the race, I overheard another runner say that his wife was in hospital having a baby. Like the Plumpton mud, his wife had been having fertilisation treatment. He had phoned the hospital on the way to the race to be told that he was the father of twins — but with more on the way. Whilst queuing for registration, he phoned again to be told that he had four children — but there were still more on the way. Just before the race, he rang to find out that he had seven children (a world record) but more on the way. After the race, being a bit tired, he phoned but dialled the wrong number, and got the Sussex County Indoor Cricket League. 'How many' he asked. 'Sixty five all out', was the reply, 'and the last one was a duck!??'

DOUG MATTHEWS

Sussex AAA Road Relays

Sat April 10

I don't think we've ever done this before but it must be about time we did.

Takes place at Horsham, details on the board. Renee will organise a ladies team and Ivan (he'll shoot me for this) might be persuaded to do the same for the men. Ladies team consists of 3, men 6; laps are 2 miles.

Sussex Grand Prix

Chichester 10k 8/2/04

Pos			Rating
95	Jamie Coppock	0.37.59	571
524	Jerry Price	0.49.15	
678	Frank Smith	0.54.59	491
63(f)	Julia DB	0.45.35	601
223	Ruth Abrahams	0.54.55	
295	Julie Price	0.58.20	244

Beacon Half, 22/2/04

65	Jamie Coppock	1.24.15	581
146	Nigel Parkes	1.28.41	617
242	Graham Chapman	1.32.39	508
562	Julia DB	1.42.28	593
1364	Renee Bryant	2.02.48	391
1496	Jerry Price	2.09.39	
1497	Julie Price	2.09.40	249
1512	Ruth Abrahams	2.10.00	
1552	Frank Smith	2.12.33	403

Apologies for the missing ratings, I didn't have required dates of birth at time of printing.

Eastbourne Half

Those that did Eastbourne were cursing by the time they'd completed the usual 13.1 miles. That's because they hadn't finished. It was quite clear to those who have experienced half marathons before that this race was over-distance. Nevertheless, it was well supported and should have most of the teething troubles sorted out for next time. Be warned though, it has a very demanding first couple of miles and a nasty sting in the tail. Results are not yet finalised, although it's worth mentioning that Adrian ran an exceptional 82.53 in 19th place.

Winter Time Trial Handicap

26/01/04

1	Belinda Holdway	0.36.48	447
2	Philip Skilton	0.36.48	452
3	Nigel Parkes	0.31.03	569
4	Jamie Coppock	0.28.43	570
5	Graham Chapman	0.31.38	495
6	Jason Jankovic	0.30.56	guest
7	Mike Heathwood	0.36.05	356

15/02/04

Jamie Coppock	0.27.42	618
Nigel Parkes	0.30.15	603
Graham Chapman	0.31.26	504
Alan Streeter	0.32.08	549
Julia D'Albiac Brewin	0.34.52	585
Philip Skilton	0.34.54	516
Sue Scott	0.39.29	414
Cathy Shepherd	0.42.21	311

A good turn out for the second handicap of the year. Cathy earning a well deserved prize for first place. Exceptional run from Jamie put him almost within a minute of Ivan's course record; he'd improved a minute from the previous month. It was a good performance from all, illustrated by the fact that I ran inside my handicap time and finished last!!

Future Events

MARCH

- 7 XC 5 Crowhurst Park
- 14 Hastings Half SGP
- 21 Handicap 3. (provisional date)
- 28 Worthing 20m SGP

APRIL

- 12 Lewes Easter Monday 10k
- 18 London Marathon

MAY

- 2 Horsham 10k SGP
- 2 Three Forts Marathon
- 16 Hailsham Town Ten SGP
- 26 Bexhill Seafont 5k (Wednesday)

JUNE

- 5 SDW Relay
- 6 Seaford Half
- 9 Worthing 10k SGP
- 27 Heathfield Midsummer 10k SGP
- 30 Bexhill Seafont 5k

JULY

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

AUGUST

- 25 Bexhill Seafont 5k

SEPT

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

OCTOBER

- 3 Lewes 10

Plumpton XC Results

As previously mentioned by Jim, these results are a bit hit and miss.

13	Ivan HT	32-08
16	Jamie Coppock	33-10
44	James Cox	35-52
49	Tom Ottley	36-13
51	Nigel Parkes	36-23
57	Jason Jankovic	36-53
60	Graham Chapman	37-15
64	Paul Ridgen	37-58
75	Mike Darling	39-34
76	Paul Daniels	40-06
79	Ian Killain	40-17
82	Jim Scott	40-32
86	Martin Mcilvenny	40-51
94	Matt Langley	41-36
107	Doug Mathews	43-11
110	Belinda Holdway	43-34
117	Jerry Price	44-36
125	Claire Jones	46-45
133	Stephen Read	48-31
138	Sue Scott	49-31
145	Faye Harlow	51-27
146	Mike Harlow	51-27
147	Renee Bryant	51-53
148	Wendy Fox	52-31
151	Rachael Riley	52-54
152	Ruth Abrahams	53-10

Below are the team results from Plumpton with current team standings at the end.

CAT	Arena	Crow	East	Hail	Hast AC	HR	Heath	Lewes	Sen
SM1	116	116	4	11	2	36	12	1	5
SM2	116	116	87	17	3	74	14	23	20
SM3	116	116	111	18	13	86	25	29	22
SM4	116	116	114	58	56	91	41	30	35
SM5	116	116	116	65	109	95	49	32	43
SM6	116	116	116	73	116	97	53	33	44
M401	42	24	8	7	19	60	37	6	81
M402	84	116	9	64	21	62	47	15	89
M403	90	116	85	78	52	70	55	16	115
M501	39	116	79	28	49	26	45	10	72
SW1	116	116	116	40	116	71	98	48	75
SW2	116	116	116	116	116	93	105	76	77
SW3	116	116	116	116	116	96	106	92	83
F351	68	27	102	82	116	61	88	31	63
F451	69	116	99	103	116	80	112	113	116
TOT	1436	1559	1278	876	1020	1098	887	555	940
POS	8	9	7	2	5	6	3	1	4
NSM1				104		101	57	34	46
NSM2						108	59	38	90
NSM3						110	66	51	116
NSM4							67	54	
NSW1						100	107		94
P.POS	25	26	19	7	20	15	8	6	9
TOT	33	35	26	9	25	21	11	7	13
F.POS	8	9	7	2	6	5	3	1	4