

Heathfield Road Runners



Running Report

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Editor's Notes

At last, the clocks have changed and we have a few months of running on the lanes to look forward to. The first of these was the dreaded Time Trial; results are shown within.

The ratings system returns and has been applied to all the results shown from this month onwards. The rating figure puts all performances into context regardless of age or sex. It is even adjusted according to the difficulty of the course, so you can compare your own performances and those of others. Any rating above 600 is outstanding and if you can top 700 you'll be in good company; only 3 runners in the Club have managed it, none this year. Standards of achievement correspond to the ratings as follows:

Rating	Award
800+	Elite
750	1
700	2
650	3
600	4
550	5
500	6
450	7
400	8
350	9
300	10
250	11
200	12

Top achievers so far this year are:

Ivan	699	3	Brighton Half
Pete	697	3	Hastings Half
Mike D	697	3	Brighton Half
Malcolm	622	4	Brighton Half
Tessa	606	4	Brighton Half

Check your ratings and see if you can improve them over the summer.

GRAHAM

New Tuesday Schedules

Apart from the occasional expletive, the training on Tuesdays appears to be working well and opinions indicate that we should continue with pre-planned sessions. Now the clocks have gone forward and we are back on the lanes, Tuesdays will continue to follow a quality pattern as detailed below. Refer to map on back page.

1st Tuesday: Time Trial. Love it or hate it, it is the most frequently run timed course available throughout the summer. Use it to motivate yourself, monitor fitness, or just blow the cobwebs off once a month; it's a key session and fun too. It is beneficial to warm-up around the field for a few minutes before attacking the 4.7 mile course.

2nd Tuesday: Ragged Dogs. Easy run down Back Lane to the start at the top of Whitehouse Lane. Easy

down to the bottom of Ragged Dog Lane then fast up Ragged Dog; uphill all the way. Turn left at top and recover along Back Lane to top of Whitehouse Lane and regroup. The whole circuit is a mile and the business bit i.e. the hill, is 600 mtrs. Four or five will usually be enough.

3rd Tuesday: Very Ragged Dogs.

This circuit includes a short sharp hill (220 mtrs) and a longer more gradual climb (640 mtrs). Starts from the fork in Back Lane just north of Whitehouse Lane. Take the left fork, running easy down to the eastern end of Ragged Dog Lane, turn right then fast uphill to the top, crossing over Back Lane for an easy jog down the other side to Whitehouse Lane. Turn right up the hill for a strong steady climb to the top. Four of these 2k laps will be a good session.

4th Tuesday: Great Brittenden.

Brittenden Lane can be found at Rosers Cross down Fir Grove Road where it meets Warren Lane. We ran these 1200 mtr (3/4 mile) laps a few times a couple of years ago. Run a fast lap, regroup, and then another; 4 or 5 in total.

Ideally run at these at your 5k race pace. Use the table overleaf to determine the correct 1200mtr speed based on race times at other distances:

Select your race time, the optimum 1200mtr interval times are in the last column. You can also use this table to predict your 10k potential based on Time Trial time — or vice versa.

T/Trial	5k	10k	1200s
26.00	16.14	34.12	3.54
28.00	17.30	36.50	4.12
30.00	18.44	39.27	4.30
32.00	20.00	42.05	4.48
34.00	21.14	44.43	5.06
36.00	22.29	47.21	5.24
38.00	23.44	49.58	5.42
40.00	25.00	52.36	6.00

The beauty of these sessions is that performance can be monitored throughout the summer and the training effect will be plain to see on the stopwatch. Like most things, you'll get out what you put in; work hard and watch those race times tumble. Next month's newsletter will contain a useful article about how and why interval training works.

Isenhurst Woods

A reminder that our permit has not been renewed and the woods are now out of bounds.

Any Takers For a World Challenge ??????

The Rabo Interpolis World Relay Challenge takes place annually at a place called Winschoten in Northern Holland. For anyone that knows Holland this is near to Gronigen for any one that doesn't, Gronigen is a very nice place to visit. The race is usually run on the first Saturday in September and whilst I am awaiting confirmation I expect it to be on Saturday the 7th.

I have run it before and it's a great event — in fact its two events in one. Some complete nutcases enter the individual 100km race, this is a truly international event with runners from all over the world, it's covered by Dutch TV and is quite a big deal. The second has a greater degree of sanity about it and is simply a 10 x 10km relay. The course is a one lap loop of the town and in keeping with most things in Holland it's flat, and for some, fast. The town makes the event what it is — it really takes it to heart, the organisation and the crowd support is fantastic. Despite our anti European tendencies, a deep mistrust of Ruud Gullit and some extremely poor chicken salesmen the Dutch still like the

English and should we enter a team we would be certain of a warm welcome. Teams can be as you like them — any sex, any age — 10 people makes it easier but if you don't have 10 you can still enter — somebody just has to run extra legs.

If there is enough interest I am happy to co-ordinate travel arrangements and accommodation. I think I would be able to organise a good standard of accommodation at a reasonable price (hotels in Holland are generally cheaper than here). With regard to travel we would have four options I think — Easyjet to Amsterdam and then hire cars bus coach whatever to Gronigen which is about two hours away (sorry chaps no time for a trip to the Banana Club), through the tunnel and then a long drive north (this would take about six hours or so) there is also an overnight ferry from Felixstowe which I could look into if people are interested. Alternatively Captain Darling could hire a dinghy from Brighton marina and we could all sail there — what fun.

At this stage its just a question of whether anyone's interested — if you are we'll take it from there. Let me know either on the noticeboard at the club, ring me on 07802 257318 or e-mail me at: nigel@fourthelodge.fsnet.co.uk.

A Dutch TV commentary featuring Love and Darling would be fascinating.

NIGEL

Sussex Grand Prix

The Seaford 10k has been cancelled and we have a new event on the calendar instead.

Horsham 10k takes place on 5 May, two weeks before Hailsham 10. I've not run it and don't know much about it, but I suspect it could be quite a good one for scoring Grand Prix points.

With 4 events run, the series is well and truly underway and I think we have started this year marginally better than last. Results for both half marathons follow, I am still awaiting Worthing 20 results and so will summarise the Grand Prix points situation next month. If you cannot wait that long then check out the SGP website at www.sussexgp.co.uk.

Brighton Half 24 Feb

1	P Devoren, Phoenix	1.11.42	
HRR			
12	Ivan H-T	1.17.14	699
33	Peter Morley	1.20.51	696
237	James Cox	1.33.43	448
247	Mike Darling	1.34.05	697
251	Malcolm Love	1.34.21	622
253	Keith Harrison	1.34.23	558
484	Louise Ollivier	1.41.39	486
580	Tessa Schooling	1.44.59	606
957	Elaine Welfare	1.57.34	323

Hastings Half 17 March

30	Ivan H-T	1.18.43	680
47	Peter Morley	1.21.15	697
250	James Cox	1.32.16	472
290	Dave Harlow	1.33.20	564
367	Graham Chapman	1.36.23	452
438	Mike Darling	1.38.12	646
549	Malcolm Love	1.40.33	546
575	Paul Daniels	1.40.59	369
957	Martin McIlvenny	1.48.46	464
2102	Frank Smith	2.13.23	375
2063	Sue Scott	2.12.27	268
2064	Belinda Holdway	2.12.31	229
2075	Faye Thomas	2.12.43	207
2076	Debbie Seale	2.12.44	207
2251	Louise Schweitzer	2.19.05	335

South Downs Way Relay

There's been a few training runs on the Downs so far and plenty more to come. Although the teams are not quite finalised they will come from the following:

Ivan Horsfall-Turner, Adrian Gibbard, Dave Harlow, Jim Scott, Mike Darling, Graham Chapman Ian Killian, Paul Goad, Malcolm Love, Alan Streeter, James Cox, Nigel Parkes, Chris Holdway, Belinda Holdway, Tessa Schooling, Renee Bryant, Tina Heathwood, Alison Holdway, Debbie Seale, Faye Thomas

Most of you know what legs you are running. There have been some changes to a couple of the legs and information will be sent to all team members in the next few days. It is vital you know your legs, so if you are unsure then ask.

Time Trial

Tuesday produced a fine run from new member James who was running the course for the first time.

1	James Cox	0.30.38	489
2	Alan Streeter	0.30.49	585
3	Graham Chapman	0.32.02	467
4	Paul Daniels	0.32.16	427
5	Philip Skilton	0.35.48	465
6	Mike Darling	0.36.16	523
7	Martin McIlvenny	0.38.25	407

Cross Country Update.

With the series now complete I can report that HRR finished fourth overall, (nearly 3rd). Congratulations go to Ivan 1st Senior men, Peter 2nd Vet, and Mike Darling 3rd M60. Although I do not have Plumpton times the positions can be deduced from the table below which shows the points (200 for 1st) achieved at each of the 6 races and the total for the best 5.

Men	R1	R2	R3	R4	R5	R6	Tot
Ivan Horsfal-Turner	194	196	199	196	197	196	984
Peter Morley	195	189	198	192	196	194	975
Adrian Gibbard	193	188	194	180			755
Mike Darling		122	145	139	158	166	730
Alan Streeter	181	146	182	183			692
Jim Scott		120	124	128	145	171	688
Graham Chapman	133		174		160	177	644
Tom Ottley	161	149			162	172	644
Philip Skilton		107	132	129		157	525
Bill Dicker		104	121	124		155	504
Mike Harlow		94	117	111	130		452
Martin Mcilvenny				121	132	154	407
James Cox					175	184	359
David Harlow		161		158			319
Dale Miller			146	140			286
Paul Goad	149	113					262
Nigel Parkes	136	109					245
Mike Heathwood	168						168
Keith Harrison	148						148
Paul Daniels			134				134
Lee Rousell	119						119
Ladies							
Belinda Holdway	185	179	183				547
Debbie Seale	182	170		171			523
Fay Harlow		163	175	172			510
Sue Scott			177	173			350
Patricia Carey		162		168			330
Louise Oliver				193			193
Renee Bryant	181						181
Louise Schweitzer	175						175

Training with Goad

Frank Horwill writes — 'There is indisputable evidence that pure speed is related to very strong *ilio-psoas*, *rectus femoris* and *gluteal* muscles. The first is achieved by resistance to the foot as the knee comes up to start a stride. The second is also strengthened by this method and half squats. Gluteal muscles are also strengthened by half squats and hamstring curls. These exercises can be done at home with a partner providing resistance with hand application. Half squats can be done wearing a rucksack suitably weighted with a bag of sand or telephone directories.

There is nothing wrong with being strong. A simple and effective routine is to do a muscle fatigue saturation exercise daily.

For example:

- Day 1 Press ups to maximum. Rest 60 secs. Repeat press ups to maximum. Rest 60 secs. Repeat exercise to maximum.
- Day 2 do the same with bent-knee abdominals.
- Day 3 The same with squat thrusts.
- Day 4 Chin the bar.
- Day 5 One-legged squats onto a chair.
- Day 6 Hop 25 metres on each leg, repeat twice more with 60 secs rest in between.

Alternatively; To build up muscular endurance, do one exercise a day to maximum three times with 60secs rest after each effort e.g.

Future Events

APRIL

14 London Marathon

MAY

5 Seaford 10k SGP

5 Horsham 10k (SGP if Seaford cancelled)

19 Hailsham 10 SGP

JUNE

1 SDW Relay

12 Worthing 10k SGP (date to be confirmed)

23 Heathfield Midsummer 10k SGP

JULY

6 Trailwalker 100k date to be confirmed

AUGUST

17 Race the Train, Tywyn.

Will Page 10k Newick date to be advised SGP

SEPTEMBER

8 Hellingly 10k SGP

15 Hove 5 SGP

OCTOBER

6 Lewes Downland 10 SGP

28 Barns Green Half SGP to be confirmed

NOVEMBER

10 Phoenix Races 3.8k & 7.3k, Brighton SGP

17 Brighton 10k SGP

DECEMBER

1 Crowborough 10k SGP

Monday - Press-ups (max x 3 with 60secs rest)

Tuesday - Bent-knee abdominals

Wednesday - Hop 25m on each leg three times.

Thursday - Squat thrusts

Friday - Half squats

Saturday - Step ups with weight

Sunday - Hamstring curls with partner'

As my contribution to sports science I have now started this routine and will continue it until the SDR. I'm not quite sure how we'll measure progression, we'll just have to see how I cope in the SDR

PAUL