



Running Report

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12 MARCH 05



Chairman's Report

We won, we won! What a stupendous achievement 'Cross Country champions of East Sussex'. I am incredibly exited about going to the national finals as I look on it as a once in a lifetime experience. I hope to see as many of you there as possible. See more details in cross country report.

On a slightly alarming note we are quite worried about membership this year. Annual subs are due 1st January, we have approx 60 members and so far 20 people have paid. Membership is £20 pp or £30 for a family. Last year the club bought every member a new vest (cost £15 each), paid for the coach to the XC finals at Nottingham and the disco at the AGM. Sounds like value for money to me. This year we are paying for the coach to Nottingham as well as other plans I will go into separately. Please can everyone ensure they pay subs by end March to any member of the committee.

On another even more alarming note what has happened to all the men at the club. On 2 separate Tuesdays recently we had more women than men out training. For anyone who hasn't ran on a Tuesday night it is a fantastic training night organised by Graham who has come up with a great training schedule which adapts for all levels.

Also so far this year there has been 2 SGP events, a 10k at Chichester 5 HRR women and 2 HRR men, Brighton half marathon 7 HRR women and 5 HRR men. For those not aware you need 5 women to make a team in SGP — well done the ladies and 10 men make a man's team. Can we have some more men running SGP please. BTW very well

done to Cedric who finished 1st in M50 at Brighton.

We are keen to have an awards ceremony and knees up to celebrate our success at the XC. Renee has looked into several venues and the favourite appears to be East Sussex National GC near Uckfield. The plan would be to invite Utopia along also. Given the amount of upcoming races including the marathon we have provisionally gone for May 7th to have the event. It is a dinner and dance costing c£25 per person. We need approx 50 people to keep the costs down so I would appreciate it if you could let Renee or a member of the committee know whether you are interested ASAP.

South Downs Way Relay Saturday 4 June 2005

IVAN HORSFALL-TURNER

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 and Winchester. Whilst not running you are driven at breakneck speeds in decidedly dodgy mini buses 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 24th March at the latest with the ladies team being co-ordinated by Belinda.

As well as runners we are in need of 3 minibus drivers (...no chaps you can't all volunteer to drive the ladies!), one more minibus and some marshals for the change over at Itford Farm. Targets this year are for the A team to beat 11 hours (I think it is over 10 years since we last did this), the B Team to achieve medals again and the Ladies have quite a target to beat after their great run last year.

IVAN

Relay & Midsummer 10k

Heathfield 10K Sunday 26 June

BELINDA HOLDWAY

As you all know the 10K race is very important to the survival of The Club. It enables us to have funds to pay the rugby clubhouse rent and subsidise events throughout the year.

June may seem a long way away to you but believe me it will come quickly and preparations for the race have been going on for some time (mostly in my

head!). I was thrilled with the help you all gave me last year and it resulted in a very successful race. I would like to do the same this year.

I think it would be great to try and put out a team this year. As ever, the safety of the race is my number one priority so if you are doing the Sussex Grand Prix events and would like to run (Heathfield is always good for points) now is the time to ask family and friends over for the weekend to watch you run and help with marshalling. To save me ringing you all (our phone bill is already somewhat stretched with two teenagers in the house!), next time you see me let me know if you are available and what you are able to do to help.

The 10K is always a lot of hard work BUT it is enjoyable and fingers crossed for a sunny day.

South Downs Relay

Are any of you girls interested in the relay this year?

Come and have a chat with me, we need six for the team BUT it is always essential to have reserves so come and train on the downs with us and enjoy the countryside. You may be called on to get up at four in the morning!!!!!!! for a day on the downs.

Cross Country

JIM SCOTT

We finished 1st in the Sussex Cross Country League with 6 points, Lewes 2nd with 12 points and HAC 3rd with 16 points. It was a fantastic team effort across the season, coming 2nd once and 1st 4 times culminating in the lowest team score ever for a XC at Abbots Wood.

We also had some superb individual results packing runners into the top ten in most categories including 6 people in top 3 places:

Rosemarie Blatch 3rd in F35
 Jamie Coppock finished 3rd in SM
 Adrian Cornford finished 1st in M40
 Dave Harlow finished 2nd M50
 Alan Streeter finished 3rd M50
 Mike Darling finished 3rd M60

See table for details of where everyone finished

We plan to have an awards event for which we will be sending our further information shortly.

As winners of the East Sussex League we now have the honour of representing

the county at the national finals in a week's time on Sunday the 20th March in Nottingham. The club will pick up the cost of the coach which will leave the entry fee £3.50 per person and refreshments. I urgently need to know who is running on the day and also need to know if any one is bringing supporters. We can enter as many runners as we like as long as they have completed 2 races in the league. They will also consider exceptions due to

injury or race cancellation. Given we had our last race cancelled if anyone who has completed 1 race would like to run in the final please let me know ASAP and I will apply for an exception.

I need to know immediately if you are planning on coming to the final. Please drop me a return e-mail or phone with a yes or a no and whether you are bringing any supporters.

Cross Country 2004/5 Final Positions; best 4 from 5 counted.

	Pos		R1	R2	R3	R4	R5	Total
SM	3	Jamie Coppock		194	194	189	193	770
	4	Adrian Gibbard	189	190	193		192	764
	5	James Cox	188	186	190		188	752
	6	Ivan Horsfall-Turner	[174]	184	188	184	189	745
	7	Jason Jankovic	181	177		180	186	724
	12	Ian Killian	158	171	163	[151]	163	655
	23	Matt Langley	146		161	162		469
	36	Matthew Ely	183			158		341
	39	Vaughan Morrison	120		101			221
	51	David Holdway			177			177
65	Paul Daniels	139					139	
M40	6	Cedric Clemerson		175	175	179	178	707
	10	Chris Shepherd	164	[160]	172	176	174	686
	14	Graham Chapman	160	156	[150]	157	157	630
	20	Paul Ridgen		165		165	169	499
	35	Nigel Parkes		142		149		291
	38	Jim Scott				123	148	271
	44	Jerry Price		116		109		225
	58	Chris Holdway		135				135
M50	2	David Harlow	147		156	159	160	622
	3	Alan Streeter	153		155	152	161	621
	17	Tom Ottley	150			147	156	453
	33	Brian Riley	84	93		99		276
	36	Phil Skilton			119	118		237
	51	Martin McIlvenney			100			100
	52	Jeff Atherton		100				100
	57	Stephen Read	89					89
58	Mike Harlow	87					87	
M60	3	Mike Darling	103	128	131		142	504
SW	4	Zoe Dumsday	191	194	188		193	766
	8	Clare Jones	167	184	178			529
	11	Ruth Abrahams	171	163		155		489
	15	Sarah Clark				176	187	363
	18	Faye Harlow	168				173	341
	23	Alison Holdway			194			194
F35	3	Rosemarie Blatch	188	190	191		192	761
	4	Beverley Renmant	182	188	186	187		743
	9	Belinda Holdway	184	180		178		542
	10	Cathy Shepherd	160	165			171	496
	15	Julie Price		164			168	332
	28	Alma England					166	166
29	Rachael Riley	164					164	
F45	6	Wendy Fox	166	167	[159]	162	172	667
	9	Julia D'Albiac-Brewin			176	180	180	536
	16	Sue Scott			164	164		328
F55	6	Louise Schweitzer	158	168	155	157		638

Handicaps 23 Jan 05

Support for the handicaps has been somewhat disappointing, not helped by the busy fixture list. So this race was the last one of the series and we'll get back to them on Tuesdays once the clocks go forward.

The times from Jamie and Jason were surprisingly quick given that they had warmed up for nearly 16 miles!

	start	finish	time
Matt	17.29	50.24	32.55
Jason	20.36	50.31	29.55
Jim	15.11	51.10	35.59
Jamie	22.36	51.40	29.04
Graham	19.29	52.45	33.16

Sussex GP Update

Two races gone so far this year and a big one this weekend at Hastings. Well done to those who have managed to get off the mark. This is a much better start than last year and bodes well for the rest of the season.

True to form, the SGP website (www.sussexgp.co.uk) has not been updated for three months. Hopefully, in the next newsletter I'll be able to show how everyone is doing.

After Hastings we have Worthing 20 which unfortunately clashes with the XC final. Then a short break either side of London Marathon and then a nice little 10k at Horsham on May 8 and a 10 miler at Hailsham on the 15th. Both of these races are great for points and should be considered vital for those wishing to build their best total.

There has been quite a lot of number swapping so far this year. Strictly speaking, anyone who runs with someone else's number should advise the race organisers *before* the event. Up to now, I have been able to clear it with the SGP but this may not continue. All it takes is a phone call or a visit to the race desk; unfortunately, the message is not always acted on but it should help. If you swap numbers, do let me know as well so I can advise the SGP and make sure you get your points.

Future Events

Brecon Beacons Fell Race, 3/09/05

News about this one, not surprisingly comes from Cedric. It sounds really tempting for those who have 'enjoyed' the Beachy Head Marathon or anyone else who fancies trying one of the less harrowing fell races.

Cedric assures me that although it is quite hilly (slightly more total ascent than the BHM), it is still 'very runnable'. It's shorter than BHM too at around 19 miles. Some sense of direction would be useful and to quote Cedric 'not a lot in the way of refreshment points either — but they only slow you down anyway'. Best news of all: entry fee £4.

MARCH

- 13 Hastings Half SGP
- 20 Worthing 20 SGP
- 20 XC Finals, Notts

APRIL

- 10 Paris Marathon
- 17 London Marathon

MAY

- 8 Horsham 10k
- 15 Hailsham Town Ten SGP

If you ever notice that your name is missing from a race result (as happened to Rosie at Chichester) then let me know right away; this applies to SGP points tallies too — when they appear! Also ensure that you enter as a Heathfield Road Runner as it helps me find our runners in the results (4000 expected at Hastings).

Chichester 10k 6/2/05

Pos		tim	rating
**	Rosemarie Blatch	45.20??	
56	Julia D'B	45.38	611
405	Jim Scott	46.44	376
234	Sue Scott	54.59	366
283	Julie Price	56.54	276

** Rosie's time awaiting confirmation, but she finished just ahead of Julia.

Fantastic run from Julia confirming that she has put her injury sustained at London last year well behind her.

Brighton Half 20/02/05

61	Jamie Coppock	1.23.24	594
62	Cedric Clemerson	1.23.27	729
188	Graham Chapman	1.30.39	543
624	Bev Renmant	1.42.26	364
632	Rosemarie Blatch	1.42.41	532
639	Julia D'B	1.42.45	601
654	Jim Scott	1.43.09	390
760	Jerry Price	1.45.09	423
1537	Sue Scott	2.00.17	390
1538	Wendy Fox	2.00.24	403
1611	Alma England	2.02.03	203
1618	Julie Price	2.02.16	317

Star of the show was Cedric placing 1st in his category in a very competitive race, whilst also giving Jamie quite a shock. Well do too to Julie, running PB by a good margin.

With the use of electronic chip timing becoming increasingly common, there is bound to be some discussion about which time is taken as official. Jim might be the only one to notice that I have chosen to use the chip time as opposed to the gun time. So bare in mind that a sprint finish might not always be enough to guarantee victory.

JUNE

- 8 Worthing 10k SGP
- 26 Heathfield Midsummer 10k SGP

JULY

- Bexhill 5k SGP TBC

AUGUST

- 28 Will Page 10k Newick SGP

SEPTEMBER

- 3 Brecon Beacons Fell Race
- 11 Hellingly 10k SGP
- 18 Hove Prom 5 SGP

OCTOBER

- 2 Lewes 10 SGP
- 16 Jog Shop jog
- 30 Barns Green Half SGP

NOVEMBER

- 13 Phoenix Races SGP
- 20 Brighton 10k
- 27 Crowborough SGP TBC

Goals for 2005

Following on from the achievements of 2004, we have goals for 2005. I've only added names to those who made it obvious they wanted it so. Some of the others are quite easy to guess, others not — and there's maybe one who could be subjected to blackmail!!

The 'goals' request went out via email, so if you're not online and would like to add to the list, let me know; there's more room on the page and I can always write smaller. I'll reprint the list in a month or two and hopefully there will be some more and maybe some more ticks to add too.

*Run a fell race.
Sub 3.10 marathon.
Sub 30 handicap.
See an HRR team of 5 ladies & 10 men complete 8 SGP races.
Graham Chapman*

To run a half marathon in less than two hours.

*I want to start and, more specifically, finish the Sussex Stride 50 mile event this August 27th /28th. Anyone wanting to join me would be very welcome.
Tom Ottley*

My main goal for 2005 is to better my marathon PB by at least one minute, (and to still look human in the 'finishers photo' they insist on sending just when you're beginning to forget the pain!)

*Run under 3.45 marathon
Mick Darling*

I have 2 small goals to get round London on my own in a good time (1st marathon without Jerry) and in general to try and run faster and not just 'get round'... so not much pressure then..

*My goals for this year, is to see the British Grand Prix and Final.
To help get Run The World Sport Aid going again (last ran in '85).
And to continue to be a pain in the ----- if that means getting things done.*

*To keep in front of the ladies, although, on second thoughts, keeping them in front might be preferable.
Philip Skilton*

To take part in 5 sprint triathlons this year, ending in September with the Seaford Olympic Triathlon, improving my times on last year.

*Put more effort into training, do some Tuesday sessions.
Contribute more to newsletter (this is my first ever effort!!).
Most important of all run sub 2 hour half marathon.
Sue Scott*

*2.55 at London.
Jamie Coppock*

*Run 8 SGP events.
A new PB for a 10k road race.
Half Marathon in 1.35
Run 30 miles per week on average.
Get to a decent racing weight (1.5 Stones lighter than I was on January 1st) before May 1st.
Make the South Downs way relay team, currently 4th substitute by my reckoning.*

*✓ Run on a track — never done this before . I'm hoping it will help me with my PB for a 10k.
Jim Scott*

*Personal: Sub 3hrs at Paris.
Sub 3 and half hours at Beachy Head.
Finish in top 2 of combined HRR/Utopia team at the Nottingham Final race.
Club: Win Cross Country League, Beat at least one team at Nottingham.
Finish the South Down Relay in under 11 hours (I am sure it is possible this year!).*

*Would like to FINISH London marathon before the 95 year old Sikh.
Would like to find new Club members for HRR and encourage marvellous friendship and support that I've been lucky enough to share.
Would like to run faster than Penny Rea who is five years older and if she weren't so nice, I would tie up her shoe laces!*

To spend as much time as possible running BEHIND Zoe!!