



## Running Report

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### Editor's Notes

Firstly, thanks to everyone who replied to the questionnaire that was sent out with the subs request; yes I know it was while ago. Wendy's article that follows gives details of how we are addressing the points that were raised.

Talking of subs, if you've not yet paid, please either pay via Rachel right away or please let us know if you are not continuing your membership.

Membership figures are on the increase and hopefully with the warmer weather and lighter evenings here we should see a few more people out on Tuesdays and Thursdays.

Competition is pretty healthy too at the moment. We secured second place in the Cross Country series behind an extremely strong combined Hastings team. Road races are seeing more Heathfield Road Runners present too. We have a couple of interesting races coming up in May: Hailsham 10 on the 14th and Horsham 10k one week later. These two races are very useful to run if you want to build a good SGP score.

Once again this year, the ladies seem to be setting the pace, unfortunately, the guys appear to have got off to a slow start.

Now the clocks have moved forward and we are back on the lanes for the summer, the ever popular Time Trial returns on the first Tuesday of the month. As ever, this provides a great monitor of fitness during the summer.

Thanks to our contributors, I promise the next edition will not take so long.

Graham

### HRR Questionnaires.

Wendy Fox

Thank you everybody who responded to our questionnaire, there were some very pertinent points made.

Overall there was a resounding appreciation of the friendliness of the club and the variety of runs that are on offer. Many members were appreciative of the support that they receive from the club in terms of motivating them to run!

The committee collated the main issues and debated how these could be resolved.

#### • Request for more training.

- 1 Speed training sessions continue on Tuesdays and will be introduced on Mondays as demand dictates.
- 2 Details of training on Tuesdays will be announced in the Newsletter.
- 3 Track sessions started 18th March at Lewes leisure centre and will be ongoing. Cost £2.50. Dates will be on noticeboard and advised by email; be ready to run at 9am.

#### • Request for information on stretching

- 1 Rosemary has kindly agreed to help

#### • Request for longer runs

- 1 Saturdays are planned on a regular basis now. Thanks to Tom.

#### • Search for younger runners

- 1 Things are gathering pace. Graham received hopeful email from Wealden regarding coaching course, a few members have shown an interest in taking this. The rugby club have also expressed an interest in some of their young members joining us. Club will pay for training.

*(Update: we need volunteer(s) to take this up, there are courses available to anyone interested who should contact*

*a committee member for further details — ed).*

#### • Suggestion that club take on orienteering events.

1. Members interested in these events will need to see Tom who has experience.
2. It could be a summer event with a social aspect thrown in (rather like HASH events. It was entered onto Summer events diary.

#### • Request for up to date contact list and introduction of new/old members

1. Graham to do new contact list
2. Julie has written 'New Members Information' leaflet.
3. We must all try and remember to introduce ourselves on busy nights, especially Mondays.

### Speed Training

As Wendy has already mentioned, a few comments came back from the questionnaire about speed training. Seems a few of you actually want more of this; I couldn't believe it either.

Alongside the usual Tuesday speed session there is another option too on occasional Saturday mornings. This session is specifically about improving running speed — for all distances. These sessions can be tailored to your own ability and ambition.

It is a very effective way to develop both physically and mentally into a faster runner. The sessions will be run according to demand and details will be on the noticeboard and circulated by email.

On the subject of speed training, one questionnaire response made ideal newsletter material. It came from Cedric who kindly agreed to having it reproduced here.

For some reason I was thinking about your questionnaire and I thought that the biggest thing I actually got out of joining HRR was speed training.

Without going into my whole life history, when I started in secondary school and joined the XC team I read all the books and used to do quite a bit of interval training between lamp posts etc. When I moved to the grammar school they had no running teams and it wasn't until university that I got going again. This was as an orienteer & fell runner and I did lots of steady running.

In orienteering you run on your own mainly and for some reason always happy to admit that you are stupid and got lost but not that you are slow, so you never know how you compare. In fell running, and I only did long events, it's just endurance.

I kept this up on & off for the next 20 years.

When I joined HRR I started doing fast evening sessions, I remember Tom really pushing me at times, plus some interval training plus lots and lots of races.

Result: not only did my short road times get reasonable but it had a big effect on things like the 7 sisters. Pre HRR my best was around 4 hours in my 30's, within a short time of joining the club I was down to 3' 07" and can still manage 3'29" at 50.

Obviously, it depends on why you joined HRR. If it is just general fitness or social then fine, but if you want to improve don't just run round the interval sessions at a steady pace but really push the hard bits. Yes it will be horrid, the least enjoyable type of running, but it will have a great effect. Other days should also be selected as hard runs and just as importantly other days should be steady.

Cedric

## Communications

Aside from the newsletter, things are improving. We are assisted by the increasing use of email and Alan has now got the user group up and running. The group's website includes a very useful calendar facility. Alan has already inserted most of the relevant races, and any member can put events on to the calendar for all to see. Users are also able to upload pictures which could turn out to be very interesting indeed.

The group's message service will be increasingly used for notices and announcements. The newsletter archive will be removed from the club's open access site and placed on the members' site as it is password protected. It is also far easier and more reliable to keep an up-to-date record of everyone's email address on a site like this. If you've not yet registered, contact Alan the site moderator to register: (alan@anderton508.fsnet.co.uk).

## Where Have All The Men Gone?

We ladies from Heathfield Road Runners would like to know

Where did all our male members go

Monday and Wednesday, runners there are many

Tuesday and Thursday, hardly any

Have we done anything to offend

Did we drive you round the bend

I know on occasions we will chatter and talk

Even stop running and have a walk

Also on being told how many laps to do

Sometimes we manage only one or two

But without you men

we ladies would not be driven

So please come back, all is forgiven

Thanks to Rachel for that.

So come on guys, how many times do you need asking?

## Sussex Grand Prix

### ... and road running ramblings

Firstly, congratulations to our 3 Sussex Grand Prix prize winners from the 2005 series. Cedric was 11th vet and 19th overall. Julia was 3rd vet, 2nd V3 and 6th overall. Rosie was 5th vet, 2nd V2 and 8th overall.

As a club, we finished 11th out of 21. The men a poor 12th, the ladies 8th and vet teams were respectively 10th and 5th.

The list following shows where our runners finished individually.

### Top 10 Men SGP 2005

Pos		best 8	events
19	Cedric Clemerson	3841	9
49	Graham Chapman	3611	10
73	Barry Hemsley	3327	10
101	Jerry Price	2873	7
142	Jim Scott	2082	5
152	Alan Anderton	1926	5
200	Jamie Coppock	1444	3
206	James Cox	1421	3
216	Dave Harlow	1361	3
242	David French	1217	3

### Top 10 Ladies

6	Julia D'Albiac	3903	12
8	Rosie Blatch	3878	10
51	Beverley Renmant	3393	7
55	Julie Price	3096	8
57	Claire Symes	3080	8
81	Sarah Clark	2377	5
89	Karen Anderton	2166	5
141	Wendy Fox	1340	3
179	Tessa Schooling	959	2
189	Alma England	928	2

As mentioned earlier, the ladies have again started much better than the men.

I really don't know what has happened to our men over recent years. No doubt, generally, there seems to be more and more runners that are reluctant to run on the road. Many nowadays seem almost scared to run on the road, worried by a perceived increased risk of impact injury. Is this fear really so valid?

I read an article recently by a physiotherapist emphasising the fact that running on hard surfaces is actually rather beneficial in building strength in bones and joints. This was echoed in a recent newspaper article about the

decline in milk consumption. It stated that impact bearing exercise is far more important for building strong bones than calcium intake. i.e. the body adapts to the stresses inflicted upon it to protect itself. Is this not the basis for training, per se? The overload and rebuild principal. We push ourselves hard in training to develop our muscles and cardio system often with little thought to the bits that hold it all together. Is it any wonder that runners who spend most of their time training on soft ground break down after a few miles on the road? Maybe it's time to ask if the soft surface cake has been over-egged just a little.

## Results

### Brighton Half, 19 Feb 2006

		Rating
100	Cedric Clemerson	1.26.51 683
445	Bev Renmant	1.37.32 571
469	Keith Harrison	1.38.07 549
932	Julia D'Albiac	1.45.45 575
1496	Tessa Schooling	1.53.54 550
2075	Rachel Riley	2.01.22 360
2337	Julie Price	2.07.39 279
2660	Wendy Fox	2.15.24 286
2932	Claire Symes	2.27.08 112

Chip times shown

### Hastings Half, 12 Mar 2006

119	Cedric Clemerson	1.25.33 699
365	Graham Chapman	1.33.37 518
428	Paul Daniels	1.35.06 456
450	Douglas Andrews	1.34.37 443
533	Keith Harrison	1.37.06 569
661	Dave Harlow	1.39.41 520
929	David French	1.43.47 339

1076 Sarah Clark	1.46.34	437
1372 Tessa Schooling	1.50.34	597
1915 Alan Anderton	1.58.14	303
1968 Niki Marr	1.58.53	332
2084 Rachel Riley	1.59.56	379
2200 Julie Price	2.02.11	330
2267 Alma England	2.03.46	321
2733 Claire Symes	2.15.48	186
2772 Wendy Fox	2.17.03	280
2926 Karen Anderton	2.25.01	326

Chip times, official positions shown

### **Worthing 20, 2 Apr 2006**

155 Keith Harrison	2.35.20	535
376 Tessa Schooling	3.01.22	529
431 Karen Anderton	3.09.21	529
468 Julie Price	3.16.48	295
541 Alan Anderton	3.32.32	165
553 Claire Symes	3.37.39	159
567 Alma England	3.45.38	168

### **London Marathon, 23 Apr 06**

3356 Paul Daniels	3.20.51	440
521 f Bev Renmant	3.28.47	543
7542 f Niki Marr	5.16.46	102

### **Canterbury 10 Mile**

Apologies to Belinda who gave me the following ages ago.

#### **29<sup>th</sup> Jan 2006**

My sister Nicola asked me if I would like to run this race ..... my usual response would be NO but this was a run with a difference. Her club were encouraging their members to run this race in memory of a young lady called Emma who died in November from CJD. The plan was to raise money for St Catherine's Hospice in Crawley who looked after her so well. Her parents, who I met at the run, are hoping to buy some equipment with the money.

So I decided it seemed like a good idea and it would be nice to run and spend some time with my sister. It was cold and icy under foot but a lovely run. I expected it to be all on the road but some of it was on tracks taking in some very pretty little villages. It was great to meet the girls Nicola runs with. There were 50 runners in all from her club and we all had Emma's picture on our backs. It was an emotional morning and I can't begin to think how her parents were feeling.

Barry Roydon 53.31 Winner  
Katie Ann Mackenzie 1.04.02, 1st Lady  
Nicola and Belinda 1.24.56

I would like to thank everyone who sponsored me I am very glad I ran and raised some money for the Hospice. Emma was 28 when she died and had been married only a short time.

Belinda

### **Brighton Half Marathon**

It has been several years since I last raced at Brighton, and I remember the BHM as being a fairly small affair — with no spectators. Well it is now a very large affair but still with very few spectators, but this might have been largely due to the poor weather.

This was the first time that we had been 'chipped' for a race, and as it took us over a minute to pass the start line it was appreciated. The first section of the race is new and is on closed roads around The Lanes, before returning to the Promenade and down to Hove. I think it was on this section when Cedric hurtled by me — he must have forgotten to set his alarm clock.

Turning back at Hove it was suddenly a very different race as we were now running directly into a bitter wind and driving rain, one of the memories I will take away from the race is hundreds of plastic cups from the drinks station clattering across the course. Being small I just found the largest possible runner going my way to shelter behind, but regrettably he took objection to this tactic so the following miles were a series of fartleks as he tried to shake me off.

Passing the Start/Finish we joined the 'old' route down the footpath to Rottingdean and here we were really exposed to the weather. I was desperately trying to find a large runner complete with umbrella but it was just a case of hanging on until the turnaround after mile 10.

The relief of having the wind behind us was tempered by the next couple of miles being on the grass/mud, caution was needed here as I saw several nasty falls. The final dash in from the Marina to the finish was almost pleasant with a return to the tarmac and that wind and rain behind us.

I do not believe that I have ever been so cold following a race, and it seemed a long trek back to sanctuary of our car. I have since found out that I was infected with Shingles which gives me a cast iron excuse for a poor time, but also means that I will have to miss the Eastbourne Half Marathon.

I believe that most of us from the club had poor times due to the poor weather (and Shingles), apart from Beverley and she obviously must relish these sort of conditions. Hopefully see you at the Hastings Half Marathon.

Keith (& Tessa)

### **South Downs Way Relay**

#### **Saturday, June 3**

Back to 3 teams for us this year: A, B and Ladies. Still some uncertainties about who will be running on the day, but this is quite normal with just 4 weeks to go.

This is a major event for the club involving nearly half the membership in one way or another. If anyone else would like to offer support to our teams as they pass through the various checkpoints, details will be on the noticeboard.

Part of the conditions of entry dictate that each club must provide marshals for a checkpoint. Ours is at the end of Leg 3 where the SDW crosses the A26 to Newhaven. Thanks are due in advance to Cathy, Sue and Faye who are taking this on. I'm sure they'd welcome supporters on the day. So if you'd like to pay them a visit they'll be there from 7.15am to 10.30am.

### **Midsummer 10k**

#### **June 25 2006**

Belinda has been working hard behind the scenes preparing for our annual race at Cross in Hand. As ever, we shall be stretched on the day so if you can offer suitable inducements to friends and family to help on the day then this will be very much appreciated. We want to put out a good team of runners on the day, but don't forget our rule: if you'd like to run then bring someone to marshal for you or at least offer some help before the event.

I'm secretly hopeful that our ladies can come away with a prize on the day.

### **Future Events**

#### **MAY**

- 14 Hailsham 10 SGP
- 21 Horsham 10k SGP
- 31 Bexhill 5k

#### **JUNE**

- 3 South Downs Way Relay
- 4 Seaford Half
- 7 Worthing 10k SGP
- 25 Heathfield Midsummer 10k SGP
- 28 Bexhill 5k

#### **JULY**

- 2 Bewl 15
- 26 Bexhill 5k SGP
- 30 Downland 30 and Jack and Jill 5

Full list of local races on our website.

*I shall be circulating a contact list of members. It will include the name, phone and email of all members. If you'd like to be excluded please let me know right away.*

