



Running Report

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17 MAY 05



Editors Notes

3rd at Hailsham 10 Mile for Heathfield Ladies

I've waited a long time to write a headline like that and it gave me great pleasure sending the info to the local rag too. It's been a long time coming and hopefully there'll be more success leading to the conclusion of the 2005 Sussex Grand Prix series. I think the ladies are heading for their best SGP result ever — by a very long way. Further details inside.

Chairman's Report

Well here we are nearly half way through the year. We have had a fantastic year thus far. A couple of months ago we raced in the XC finals at Nottingham where we did extremely well (see separate report) we have taken part in several SGP road races with ever increasing numbers of HRR runners taking part and had a fantastic showing at the London marathon and the Paris Marathon!

Up coming events are our 20th Anniversary Summer Ball in June (see separate article), SD Relay on June 4th, Worthing 10k on the 8th and our own 10K on June 26th. I am really looking forward to seeing lots of you at these events (chairman will be taking part in most of them hence already feeling holier than everybody!!). We are especially looking for people to support Belinda in our 10k and if we have sufficient numbers it would be great to get a full team out on the day. If the event is half as successful as last year I will be very happy.

In terms of membership we are nearly there. Still waiting for 6 people to pay up, would appreciate it if you haven't paid and don't intend to please let me know. I promise not to explain to you what a bad decision that is given what a sociable and successful running club we are and by the way you will also get fat. If any one has any potential new members who need help making that final commitment, i.e. paying money then please let me know as I am very good at helping people over the line!

Louise Schweitzer is retiring as club secretary as she is moving house to Brighton, we wish her well and thank her for the fantastic job she has done as club secretary for several years. Luckily for the club, Wendy Fox has kindly stepped into the breach and is our new secretary forthwith.

I will be retiring as club Chairman and committee member at this year's AGM later in the year hence now is a good time for people to start thinking about having a go as our next chairman. We also are looking to increase the number of committee members from 6 to 8 so if you are interested in 'doing your bit' please let me know and I will happily provide more details on pay and conditions!

I look forward to seeing all at the summer Ball.

Jim

Anniversary Ball

It is our 20th Anniversary as a club and we are going to have a summer party to celebrate!

Great you say but for those of you who aren't hooked we are also going to celebrate our success along with Utopia at the XC both at the County and national level 'Bite my arm off for tickets' I hear you say!!!!

Details

Party 11th June 7.30 pm

The Old Barn, Stonebridge Lane, Blackboys (info is on the ticket). Disco & Buffet, bring your own drinks. Tickets £15 each, everyone welcome to bring family/friends (as long as they pay)

Taxi home provided (cheaper rate) if required, cars can be left over night. Don't forget to book taxi.

Tickets are now on sale from committee members. We need to know numbers ASAP in order to have the right amount of food. Please can people contact Renee or Rachel to let them know if they are buying tickets.

New Member

Congratulations to Paul Daniels and family who have a new addition, Edward, born 16 May.

Spring Marathons

As usual the marathon painted very different pictures for those that ran it. I was reminded that a huge amount of emotion can be packed into just one morning and 26 miles.

I'd left it some 6 years since my last, but I'll not leave it that long again. The marathon, as ever, is a fascinating event. Well done to everyone who completed.

Paris

10 April

Those with good memories might recall a picture I printed of the Eiffel Tower in last November's newsletter. It depicted a Tower made of jelly or something of similar physical properties and was supposed to illustrate how running a marathon can play havoc with one's senses.

In Paris, after the race, I argued with Ivan saying that I'd not run past the most famous European landmark — not even a wobbly one. Of course, he was right, I had run right by it, but I'd not seen it. So much for the attraction of running marathons in beautiful locations; the fact obviously escaped me, for the second half at least.

It was, nevertheless a fantastic, if slightly rushed weekend. Paris is a wonderful place to be. One image that will remain with me for a long time is of thousands of people walking in the road at L' Arc de Triomphe before the start and the road still open to traffic! That was about 20 minutes before the off whilst I was having the familiar 'lamb to slaughter' feeling. It turned out to be not so bad and although my result wasn't quite what I was looking for 3 weeks prior, I came away pretty satisfied.

Like London, it is a fantastically well organised event and, with 30,000 running, a spectacle of similar proportions.

I am very appreciative of the support offered by Kate, Ivan and Ann. This appreciation bordered on total admiration when the 3 of them joined me for breakfast on the morning of the race at 7am (I was the only one running!) This was after a 3am start the previous day. Why they chose to follow a race when the whole of Paris beckoned, I don't know, but I'm glad and thankful that they did.

I was very much in need of support after the event. It amazes me that after

running for 26 miles, the body suddenly becomes incapable of even walking. I'd forgotten what running a road marathon is like.

The Paris Marathon comes highly recommended: it's a good course, well organised and is logistically simple for an overseas race. Next time, I think I'll plan an extra day or two for the occasion; we were only on French soil for about 30 hours. But, we still managed to do the Eiffel Tower, sample good food and coffee and I for one came away wanting more of the same — albeit with a little less than 3hrs 18 spent actually running.

Anyone fancy it next year?

Graham

London

17 April

Thoughts from The Back

Louise

First, a big thank you to Heathfield for my marathon ticket.

I would NEVER have done it without Renee's prompting and the hundreds of miles run together over the Downs with Julie, Renee and Daisy the dog (who is now suffering withdrawal symptoms)

My time was 5.24 and I had a ball. It was a 26 mile street party, enlivened by the thousands of cheering supporters who roared with approval at my long-term companions, Elvis Presley, Austin Powers and Scooby Doo. We tried not to dance in time to brass bands, reggae groups, bagpipes and pub stereo systems loud enough to crack our ear drums: we managed not to stop at the Starbucks just outside the 18m gantry. Best was the feeling that the foot soldiers were taking part in an international sporting event; worst was the difficulty of running over banana skins, water bottles, jelly babies, squashed orange slices, plastic bags and sticky Lucozade energy packs. I loved reading all the T shirt messages — 'I'm Hot and Sweaty For The Terence Higgins Trust' or 'Save People — Rhinos Don't Need it' and then 'Save Rhinos' on the inevitable rhinoceros who actually and finally beat me on the last stretch down the Mall. Someone ran naked — from behind, at least — and I never caught up to see the exciting news from the front. But I imagine he would have particularly enjoyed galloping through the car wash.

I cannot begin to admire enough those

runners who we glimpsed at Tower Bridge after two and a half hours turning LEFT. They had just 4m to go: we turned right and faced another 10. Martian men and women sprinted away towards the Embankment, and times between 3 and 4 hours: among them I guess would be Jamie, Beverley, Dave Harlow and Julie not long after. Never mind, said Mr. Happy, we'll get the T-shirt. And no one beats Paula.

London Marathon

Bev

I enjoyed my whole weekend, which started with lunch at the Thistle Tower Hotel; courtesy of Runner's World. I was a bit star struck — Benita Johnson was at the next table — Paul Tergat across the room!!!! Paula was in the foyer as we left to have photos taken in front of Tower Bridge, and Khalid Kannouchi chatted to Zachary in the lift. We bumped into Sonja O'Sullivan at dinner ... you get the picture!!

Sunday started out badly! I crashed into things, dropped things, was late to breakfast, put my water bottle in my kit bag without a lid; not looking good!! However, as I boarded the coach to get to the start I felt very calm — all I had to do was run! Five visits to the loo later I was standing at the start behind the RW 8 min/mile pacer, cold and needing another wee! No time for that — we were off!

The first mile felt very easy but I was alarmed to see that we went through in 7 mins 29. I continued with the pacer thinking that he'd slow down, he did, but not enough. The pace still felt very easy but I wanted to ease back; I was torn between following the pacer and being left completely to my own devices. I stuck with it and we reached 5 miles more than 2 mins ahead of schedule. I began to worry but didn't panic, and the next mile was slower, around 8 mins. It was getting very hot now! I passed Alec, Zac and Co at 9 miles, roasting now and desperate for the loo. When we were still 2 mins ahead at 10 miles I decided to stop for the loo and lose the pacers. I reached half way still over 2 mins ahead of schedule and tried to slow myself down. I reached 16 miles without knowing and I think it was about here that I passed Mike Darling? Now I was beginning to tire and was really worried that I'd blown it. It was VERY hot. By 18 miles I was digging deep. Alec & Co were at mile 19 and I was really very appreciative of their support at

that point. I stopped very briefly to pick up a gel and carried on, but I struggled until about 23 miles. I think I may have slowed a bit here. By now I had spotted a woman I met on a training camp — also aiming for 3.30 — so I used her as an unofficial pacer. (We passed the RW pacer at 23 miles, still carrying his stick but with no-one following!). I had to walk out a cramp briefly but then forced myself to keep on going and still managed that mile in 8 mins. I was beginning to feel better again. By 24 miles I realised that 3.30 was still in my grasp (I don't think I had really believed that it was until that point) and just put my head down. My legs were really hurting, as they do, but everything else was still ok. I spotted an old rival and overtook her, another confidence boost. 7.26 for mile 24-25, I focused on Big Ben, Birdcage Walk went on for an eternity.

Alec & Co were screaming when I reached the top of The Mall, but I couldn't bear to look at my watch or the clock. I punched the air as I crossed the line because I'd promised that I would (my finish photo's are always a bit lame!) and kept my hands from obscuring my number. I didn't look at my watch until I'd left the mat — 3.30 and 39 secs..... no way?!?!?

I didn't actually believe that I'd done it, not until I checked the website this morning. My chip time was actually 3.30 and 34 secs!! I really don't care about being 34 seconds over, and I'm pretty sure I can go a bit faster than that. But not today!!!

London Marathon Results

	10k	20k	half	30k	40k	finish
Adrian Gibbard	0:42:30	1:26:05	1:30:46	2:09:52	2:56:19	3:06:25
Jamie Coppock	0:41:48	1:23:46	1:28:21	2:06:40	2:57:35	3:10:21
Bev Renmant	0:48:10	1:38:17	1:43:41	2:28:05	3:19:20	3:30:34
Dave Harlow	0:45:51	1:33:40	1:38:57	2:23:30	3:25:58	3:39:30
Mike Darling	0:47:08	1:37:30	1:43:07	2:30:57	3:33:35	3:47:38
Julie Price	0:58:43	2:01:46	2:08:35	3:08:28	4:19:56	4:35:01
Alma England	0:58:52	2:04:01	2:11:23	3:28:09	4:55:51	5:12:57
Louise Schweitzer	1:09:37	2:23:14	2:31:19	3:40:54	5:05:27	5:24:21

Cross Country Report

Time just seems to fly by it is now a couple of months since we took part in the national cross country. We finished 9th of 22 teams (if you include teams who took part in the Plate race) a fantastic achievement which we will have to try and beat next year. Everybody raced brilliantly on the day, Ivan got injured which meant he couldn't run in the Paris marathon (sorry Ivan).

I would like to thank everyone who took part on the day which was long but extremely rewarding and also those who couldn't make it on the day but without whose contribution we would never have made it.

I am retiring as cross country co-ordinator hence we are looking for someone to take the job on next year. It is quite a rewarding job given the quality of the team we have which lasts 5/6 months starting in Late October/early November. Main activity is communication of up coming events and race results. There is a small amount of ringing around just before a race to make sure some people haven't forgotten and there is the co-ordination of our own race. Please have a word with me if you are interested and I will go into the detail. Finally a big thank you to all the people who helped me out over the last 2 years whilst I did the role especially Chris and Belinda without whom we would never have had the successes we had.

Cross Country Final, Notts.

March 20

Julia DB

Sunday 26th March 6.00am, the alarm went off. What is happening, it's Sunday. Then I remembered the Cross Country Finals: We are off to Nottingham!

I had been quite excited until I went down with a flu virus the Tuesday before. For 5 days I slept, sweated, coughed, wheezed and shivered, willing myself to be better

by Saturday. I had trouble running a bath, how on earth was I going to run 5.5 miles?! But I was committed, so lets do it (Anyway, Rosie would be rubbish without me to thrash!)

So, onto the coach Sunday morning with the A team, 4 hours later (including a Full English Breakfast at the Motorway station), we arrived. There we sat with our arms folded until our turn to run (Well the Ladies did anyway, whilst the men sensibly warmed up!) 1.30pm arrived and we lined up for team photo, then jostled to the front of the start line: We were off. Well, everyone but me: After 4 minutes I was coughing, wheezing, wreck,: 'Give up the Woodbines girl!' some nice person shouted, 'This is not a sight-seeing tour' another encouraging soul added.

Rosie, Jim, Graham etc were mere specks in the distance. "I'm buggered" I conceded. But loath to give up I struggled around what I thought was a very, very tough course. Never so glad was I to see the finish. I was not quite last but almost.

All I would like to say is: Don't run with flu/chest infection/tummy full of Full English Breakfast! But hats off to my fellow runners who should all be very proud of themselves and were all great company on the coach.

Special mention to 'Rocket Fuel Rosie' who is an inspiration. Roll on next year when I can quite happily say no to this event!

CX Final Results

1 A Taylor, St Edmunds Pacers 35.08

HRR/Utopia

38	Adrian Cornford	39.34
46	Adrian Gibbard	40.08
79	Lee Siggs	43.43
86	Graham Chapman	44.18
87	Graham West	44.31
94	Alan Streeter	46.09
96	Dave Harlow	46.27
115	Jim Scott	49.16
123	Mike Darling	51.37

Ladies

1 B. Eburne, Hinckley 41.56

HRR/Utopia

25	Rosemarie Blatch	48.58
35	Sarah Clark	52.02
38	Belinda Holdway	54.24
40	Julia DB	55.53
45	Sue Scott	57.47
46	Penny Rae	59.05
47	Rachel Riley	60.48

Sussex Grand Prix

There have been 4 races since the last newsletter: Hastings Half, Worthing 20, Horsham 10k and Hailsham 10 Mile. As previously mentioned the ladies did remarkable well at Hailsham, securing 3rd team place and Bev took the V1 prize.

I'd like to be able to update you with how everyone is doing in the Grand Prix as well as the Men's and Ladies' teams situation. However, the results co-ordinator for the SGP has been unable to produce ongoing results so far. I have produced a table below showing who has competed in the races so far. Remember, your best 8 races score (including 2 of 10 miles or more) and our best 10 men and 5 ladies will form our team total at the end of the year. Check the future events to see what races are left. If you've run a race and it's not shown below, let me know and I'll look into it. Eleven races to go, so opportunity to be part of the team even if you're not on the list yet. There are a few conspicuous absentees on the table who will make a real difference to our result, you know who you are, let's see you out racing!

Next SGP race is Worthing 10k. It's probably the fastest 10k in the series. A bit of a challenge for those running the Relay as it is on the Wednesday evening after (although I ran my 10k pb there).

Hopefully, I'll be able to insert some points into the table below soon — but don't hold your breaths!

	Races	6/2/05	20/2/05	13/3/05	20/3/05	8/5/05
	Run	Chich 10k	B&H Half	Hast Half	Worth 20	Horsh 10k
Julia DB	4	✓	✓		✓	✓
Rosie Blatch	4	✓	✓	✓		✓
Bev Renmant	3		✓	✓	✓	
Cedric Clemerson	3		✓	✓	✓	
Jamie Coppock	3		✓	✓	✓	
Jim Scott	3	✓	✓			✓
Julie Price	3	✓	✓			✓
Alma England	2		✓			✓
Graham Chapman	2		✓	✓		
Jerry Price	2				✓	✓
Wendy Fox	2		✓			✓
Sue Scott	2	✓	✓			
Alan Anderton	1					✓
Brian Riley	1					✓
Dave Harlow	1			✓		
Ian Killian	1			✓		
Ivan HT	1			✓		
James Cox	1			✓		
Karen Anderton	1					✓
Martin McIlvenny	1			✓		
Paul Rigden	1			✓		
Philip Skilton	1			✓		
Rachel Riley	1					✓

Worthing 20, 20/3/05

37 Cedric	2.11.38	717
52 Jamie	2.14.38	553
216 Bev	2.41.17	492
519 Jerry	3.21.39	211
520 Julie	3.21.39	263

Exceptional rating from Cedric and a County Silver medal in M50.

Hailsham Results, 15/5/05

47 Dave	1.09.09	606
86 Jim	1.15.30	419
91 Bev	1.16.54	500
121 Julia DB	1.19.44	559
135 Rosemarie	1.22.18	453
172 Jerry	1.28.02	305
201 Julie	1.35.55	272
206 Wendy	1.38.49	308

Well done to Bev, 1st Lady V1.

Handicaps/Time Trials

Racing returns to Tuesday evenings once a month in the form of the much-enjoyed Handicap or Time Trial. It's back to the traditional start and finish point for the summer, i.e. a pleasant finish up Back Lane as opposed to the softer Waldron finish.

First 2 results below.

Time Trial 5/4/05

	Time	Rat
1 Jamie	28.48	566
2 Cedric	30.24	626
3 Graham	31.17	519
4 Paul R	32.15	483
5 Jim	33.34	434
6 Philip	35.34	505
7 Rosemarie	36.12	481
8 Martin	41.18	358
9 Rachel	42.43	311

Time Trial 3/5/05

1 Cedric	31.44	569
2 Nigel	33.28	486
3 Jim	34.37	400
4 Jamie	34.51	341
5 Zoe	34.56	467
6 Mike D	37.05	536
7 Philip	37.12	452
8 Rachel	45.38	245
9 Wendy	47.30	243

Future Events

JUNE

- 4 South Downs Relay
- 8 Worthing 10k SGP
- 26 Heathfield Midsummer 10k SGP

JULY

- Bexhill 5k SGP TBC
- 23 International Snowdon Race 10m

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 SGP
- 27 Crowborough SGP TBC