

# Heathfield Road Runners



## Running Report

Editorial: Graham Chapman 01435 862486, e-mail: grahamchapman@uk2.net www.heathfieldroadrunners.com

**London Marathon**  
**Cross Country**  
**Great North Run**  
**BH Marathon**

**Handicap**  
**SGP Update**  
**Future Events**  
**AGM Minutes**



10 NOVEMBER 2004

### Editor's Notes

I've just watched one of those sporting occasions that will no doubt be included in one of the 'best' lists that seem to be popping up on TV at an ever increasing rate. Anyone who saw Paula Ratcliffe win the New York Marathon will probably remember it for quite some time. Regardless of where you stand on her Athens performances, to come back and beat one of the greatest assembled fields in marathon history is an outstanding achievement. In a race that is so influenced by state of mind as well as physical condition, we can learn a lot from our Paula.

Most of us who have been running for any more than a few months will know to a varying degree how hard it can be to get back on course after disappointment. In an event where mental toughness is vital, to see someone excel after loading themselves with ammunition for failure just 11 weeks prior, is heartening to us all. Mere mortals like us will never experience failing on such a grand and public scale. Nevertheless, we can — and often do — suffer our own setbacks, usually by way of injury or illness, that can seem just as great. Paula Ratcliffe clearly showed us that the road back not only exists, but it can also lead us to very sweet success.

### Chairman's Report

Welcome to the 04/05 season for HRR. We had a fantastic AGM on the 8<sup>th</sup> October with approx 30 attendees (the free meal and music worked- thank you Renee and Louise) and lots of prizes

handed out (see minutes of AGM attached). We elected a new committee and said goodbye to Graham Chapman, Chris Holdway and Mike Heathwood who stood down after years of sterling work on behalf of the club for which we thank them. The good news is that although they are no longer on the committee they are continuing to help out. Our new committee is: Louise Schweitzer - Secretary, Renee Bryant - Ladies Rep & Social, Rachel Riley - Treasurer, Ivan Horsfall-Turner - SDWR co-ordinator, Nigel Parks - Special Events and myself as chairman. Meetings are first Tuesday of the month in the Cross in Hand pub for an 8.15pm start. Any member is very welcome to come along to a committee meeting we are always looking for feedback, new ideas or someone to buy the drinks!

The winter cross-country season has started again with our first race at Pestalozzi on the 17<sup>th</sup> October, see full report below. Only thing I would like to say as chairman is what a stunning turnout, 29 HRR and 10 Utopia, its going to be a very full coach (see AGM minutes!).

I as well as 25 other HRR members took part in this year's Beachy Head marathon on 23<sup>rd</sup> October – what a turnout. For those few who trained but didn't make the start line our commiserations. I would also like to thank Tom Ottley and Mike Harlow for helping quite a few of us with the training although they definitely need help with distance judgement! Also

Chris and Cathy Shepherd who were a big help to lots of us on the day. On a personal note I was very happy to finish even though I was 10 minutes behind Sue!

Have a good season.

Jim

### London Marathon

Anyone who entered for next year's race should find out soon if they are in or rejected (yet again!!!). If you want a chance to win a place through the club draw then let Louise know of your misery as soon as you hear.

My cheque's not been cashed yet so sod 'em, I'm off to Paris the week before.

I hear the view of the Eiffel Tower is nice from the finish of the marathon..



### Cross Country

JIM SCOTT

### Pestalozzi, 17 October

Twenty five HRR and 10 Utopia runners plus supporters turned up at Pestalozzi, what a fantastic turnout in a field of 188. We finishing 3<sup>rd</sup>, 15 points behind Senlec, a further 8 points behind the winners Lewes, with Hailsham in fourth 6 points behind us. As per the last 3 or 4 years this looks like it is going to be

a very competitive, fun and exciting season between these 4 teams.

There were some outstanding individual runs across the board which may have something to do with most of us doing cross country training for the marathon the following week. Paul Daniels' children Ellie and Ollie did us proud in the junior race finishing 16<sup>th</sup> and 19<sup>th</sup> respectively running in a strong field with juniors much older than them. The ladies had a big turnout: 11 runners with Bev Renmant and Rosemarie Blatch taking part for the first time. Rosemarie had a particularly good race finishing 13<sup>th</sup> lady overall and our first F35 coming 6<sup>th</sup> in that category. Best HRR Lady on the day goes to Zoe Dumsday who told me 2 weeks beforehand that she was still recovering from an injury and was very doubtful to take part, Zoe finished 10<sup>th</sup> lady overall and 4<sup>th</sup> SW. I can't wait to see what she does when she is not injured.

For the men it was a slightly mixed bag with Paul Rigden twisting his ankle on the second lap after looking a very strong contender for a top 20 finish, he is getting better and I'm sure he will be back to fight another day, hopefully Plumpton. We had Brian Riley out for his first race for the club, Brian smiled the whole way round obviously it was far too easy! A sterling performance from Adrian Gibbard, yet again coming in as top HRR in 13<sup>th</sup> place. However, I have to say well done to Adrian Cornford from Utopia (for those not aware Utopia partner with us for the Xcountry races as we are both small clubs — cheer them on!) who finished 2 places and 14 seconds ahead of Adrian (more training required please Adrian we can't have that!). Best HRR male on the day has to go to James Cox who finished in 14<sup>th</sup> place, 1 second behind Adrian punching well above his normal weight, GO James!

Next race is Sunday December 19<sup>th</sup> at Plumpton College hosted by Lewes AC. We finished in 3<sup>rd</sup> place at Plumpton last year missing both Adrian Gibbard and Adrian Cornford. I have high hopes that if we can get the same team out as we did at Pestalozzi, plus a couple more who were missing we can definitely do better than 3<sup>rd</sup>.

I shall send out details of how to get there nearer the time for those who haven't been before. If anyone isn't available on that date please can they let me know ASAP otherwise I look forward to seeing you all at Plumpton.

13	Adrian Gibbard	32-56
14	James Cox	32-57
19	Matthew Ely	33-50
21	Jason Jankovic	33-53
29	Ivan Horsfall-Turner	34-28
40	Chris Shepherd	34-59
44	Graham Chapman	35-42
46	Ian Killian	35-49
53	Alan Streeter	36-22
56	Tom Ottley	36-31
59	David Harlow	36-48
60	Matt Langley	36-52
68	Paul Daniels	37-20
86	Zoe Dumsday	39-37
97	Vaughan Morrison	40-44
98	Rosemarie Blatch	40-57
117	Mike Darling	42-31
121	Belinda Holdway	42-50
128	Beverley Renmant	43-54
143	Stephen Read	45-52
148	Ruth Abrahams	46-15
151	Fay Harlow	46-56
152	Claire Jones	46-57
153	Wendy Fox	47-10
154	Mike Harlow	47-10
157	Rachel Riley	47-57
162	Brian Riley	49-16
163	Cathy Shepherd	49-19
166	Louise Schweitzer	51-19

## **Great North Run**

### **26th September 2004**

#### **RACHEL RILEY**

I entered the Great North Run in December 2003, I could not get in last year as I had entered too late. Wendy did some voluntary work for a charity in the summer which had places for the run through sponsorship. So it was nice to have company at the run.

We decided to travel up north on Saturday morning. Wendy tried to find us accommodation in Newcastle where the run was, but had no luck, so we stayed in Durham at the University in the halls of residence. On Saturday we checked into our rooms, then had a look around Durham and went to the Cathedral. We were being collected the next morning from the university at 7.15 am by coach to go to Newcastle for the run which started at 10.45am. So we decided to give the night clubbing a miss as we had such an early start and was in bed by 9.30pm.

We arrived in Newcastle the next morning at around 8.30am, so once we had put our bags on the baggage bus we had a long wait for the run to start. We were both feeling cold, when I saw someone in a Scooby Doo costume, I remarked to Wendy that I wish I was

Scooby Doo, so I could feel warm, although a few minutes into the race I was glad I was not.

Around 40 thousand runners took part, The Great North Run is the worlds biggest half marathon. Julie's personal trainer, Kelly Holmes started the race and apparently Wendy and I ran past her (she was standing on a raised area past the start line) but neither of us saw her, because believe it or not we were talking. It took 15 minutes to get over the start line and there was a fly over from the Red Arrows. We could not start running until mile 3 and then through out the whole race we had to weave around other runners, so it was not a run for your personal best. The route was pretty flat and actually quite boring, because apart from running over a bridge in Newcastle and along the sea front in South Shields at the end, it was all on a duel carriage way. Thousands of spectators lined the route, and lots of different bands were playing as well as a Scotsman playing the bag pipes . The Red Arrows did a spectacular display at the end of the race in South Shields, which they started a couple of minutes after I had finished.

Wendy and I collected our bags from the baggage bus, then went straight to the train station for our long journey home.

## **Beachy Head Marathon**

### **23 October**

What a day it was. Conditions were not quite ideal, but they were better than the forecast suggested. By the way, if anyone wants to see the weather forecast from Friday evening, I still have it on tape for some reason. The wind was rather gusty but thankfully in the right direction for the final stages over Beachy Head, and the ground had got decidedly sloshy in places compared to two weeks before.

I think the conditions affected the times a little, although nobody told Stuart Mills this; he managed to win by 15 minutes which is an extraordinary margin.

We had 26 starters and consequently a variety of stories and experiences. Ian's race was one of the more uncomfortable and you can read why below.

The evening was rounded off nicely at Louise's where a few of us recollected the pains and pleasures of the morning. Gina Darling wanted me to put in the following words, which I am sure a few of us would want to echo.

*Mick and I, along I am sure with the others who attended, would like to give a special vote of thanks to Louise and Reicke for their generosity in providing such a fantastic spread on the evening of the Beachy Head Marathon. Especially after Louise had completed the run as well.*

*Not forgetting the piano playing and singing that accompanied the tea and coffee.*

Gina Darling.

... and more thanks from Louise:

*Renee arrived at our home on Saturday evening BEHIND an enormous table centre piece: one of her really beautiful flower arrangements which I understand was a thankyou from all who came for supper here after the South Downs Marathon.*

*It was a wonderful and unexpected present, and far too generous for piles of lamb chops and sausages! Please pass on our thanks to all concerned for such a lovely gesture. With hugs to all, from Louise x.*

1	Stuart Mills	2.58
HRR		
11	Cedric Clemerson	3.30
48	Graham Chapman	3.48
70	Tom Ottley	3.58
131	Ivan H-T	4.13
148	Paul Daniels	4.17
162	Dave Harlow	4.21
286	Belinda Holdway	4.44
287	Chris Holdway	4.44
318	Mike Harlow	4.49
385	Mike Darling	4.58
390	Martin McIlvenny	4.58
409	Ian Killian	5.02
442	Keith Harrison	5.09
443	Tessa Schooling	5.09
495	Sue Scott	5.21
504	Wendy Fox	5.23
506	Rachel Riley	5.23
519	Faye Thomas	5.26
526	Jim Scott	5.28
533	Ruth Abrahams + Brim	5.30
539	Julie Price	5.31
540	Jerry Price	5.31½
596	Renee Bryant	5.47
	Louise Schweitzer	6.10

### **The Beachy Head Bumble, Stumble and Hobble ...**

IAN KILLIAN

I had been looking forward to the BHM for a while. Training had gone well with no major problems and I had shed over a stone in weight. I was confident of finishing in less than 4 hours (disasters aside) and was even hoping to improve on my PB. I had also decided to raise money for Natalie's school and had almost £1500 riding on my success.

The weather forecast in the week leading up to the marathon didn't look too promising but at least they were promising us a southwest gale to help push us up and over Beachy Head at the end.

The day dawned dull & blustery but at least it wasn't raining. My first comment when Graham picked me up was that it was going to be a case of mind over matter — little did I know how true that would be for me!

My tactic for the day was to **bumble** along until reaching Bo Peep. I had long decided that heroics in the first half of the run only led to extreme fatigue and suffering over the last 6 miles. From Bo Peep it was planned to dig in and try to maintain the pace to the end and, if all went well, to run a quicker second half.

Well, I bumbled along quiet happily until about 3 miles into the run when I decided to imitate Mr Rigden's ankle twisting antics. I was just starting the descent into Jevington (Paul Daniels had just come flying by me), still on the narrow footpath, when I went over on my left ankle. I felt a popping sensation and it started to swell above my shoe immediately. So that was the **stumble** taken care of. I limped to the end of the path (didn't fancy been flattened by the weight of runners behind me if I stopped in the path) and pulled over to have a feel. Didn't feel good!

Then the mind games started — Mr Sensible voice said 'Stop running now because if you go over on it again then things will really look bad'. Mr Stubborn Sod voice then reminded me 'You have got all that sponsorship depending on your finish'. Guess who won! So, then I started the 23 mile **hobble**. Hobbling downhill was quite uncomfortable but going uphill wasn't too bad. Having said that, about half way up the climb to the Long Man, the pain was getting worse. So, there I was, hobbling up the hill and on the mobile to Rose-Ann requesting bandages and Ibuprofen.

The descent off the Long Man was absolute agony and I was almost hopping down there. Graham did warn us in his last newsletter that we would want to cry somewhere between Birling Gap and the end — believe me, I wanted to cry long before that! Much to my relief, there was an ambulance at the feed station before Alfriston so I hobbled my way into the queue.

Sitting in the ambulance having my

ankle iced was quite amusing. The old boy just ahead of me on the treatment list had obviously decided that he would go quicker if he rolled down the hill. Unfortunately, the flint ensured that he developed a string of about half a dozen welts on his forearm which were the size of grapes. A few others had tried horizontal running as well and came in with a variety of grazes to hands and elbows. There were also the usual blister problems — one guy had blisters on the back of his heels almost 2 inches across. The most amusing was a lady who requested some Imodium — more a case of 'the runs' than running. Obviously been trained by Darling! The wicked ambulance man wouldn't give her any Imodium!! Said he didn't have any loo roll either. So, ankle iced & strapped, I asked the kindly ambulance man for some Ibuprofen — his reply, 'Sorry mate, they're prescription only and if you need painkillers you shouldn't be running.' Talk about stating the obvious! He did offer me paracetamol though. I took them but did think to myself that they would be as much good as pi..ing against the wind.

After about 20 minutes in the ambulance I proceeded to hobble on my way. I was determined not to walk as that would have done my head in. The strapping did help as it gave me more confidence and also seemed to help reduce the pain. On my merry way I went and met Rose-Ann at Bo Peep where I gratefully sank a couple of Ibuprofen tablets (only a double dose) and put my running longs on as I was starting to get cold.

Halfway came and went in 2.40 and after the Ibuprofen kicked in life wasn't too bad. Downhill running was still painful but I have no memories of a headwind. The only wind I remember is the gale pushing me up Beachy Head. As my right leg was doing all the work, especially on the downhill sections, my right quadriceps started to cramp after 20 miles. I had to stop and stretch it out every half a mile or so but it actually cramped less when I was jogging than when walking. So, head down and keep hobbling.

So, after just over 5 hours I hobbled back down Beachy Head and over the finishing line. Positive points? I didn't feel particularly tired when I completed the run and subsequently had no stiffness to speak of — I didn't feel as if I had run a marathon. It was also the first time I have managed to run the second half of the marathon quicker than the

first — that was one goal achieved!

Negative side? A knackered ankle that now, a week later, is still slightly swollen and quite uncomfortable with a green and yellow foot as an added extra.

Lesson learned? Never offer to raise sponsorship if you are hoping to do a good run — it always puts the kiss of death on a good time. Believe me; it has happened to me more than once!

IAN

PS: For those of you looking for a another South Downs marathon you might like to check out the Three Forts Marathon run from Worthing on 1st May 2005. It has a total climb of 3701ft over 26 miles. Check out [www.1250.org.uk/threefortsmarathon](http://www.1250.org.uk/threefortsmarathon) for more info.

## Handicaps

7/11/04

A reasonable turnout of 10 for the first of the Sunday Handicaps saw a new course record set for the Waldron start. Jamie's time was 41 seconds outside Ivan's record set from the clubhouse back in 1997. Jason did well to become only the 3rd person to run under 30 minutes this year.

There were other notable runs too: Julia ran well just back from a long injury lay-off, Kristina first time round beating dad's estimation by nearly 7 minutes and Rosemarie who clocked a quick time on her first outing.

Next Handicap is on the 5th December, 10am at Waldron Rec.

There is a handicap trophy somewhere. It's not been awarded for a few years. If anyone knows where it is then perhaps you could let me know because there will be prize at the end of the 6-race series for the runner with most points from 4 races.

Pos	start	fin	time	pts	rat
1	Jamie	21.11	48.35	27.24	25 633
2	Ian	16.29	50.08	33.39	24 402
3	Graham	18.43	50.22	31.39	23 501
4	Alan	18.59	52.14	33.15	22 513
5	Philip	13.14	56.24	43.10	21 285
6	Julia	5.00	42.53	37.53	20 487
6	Kristina	0.00	43.10	43.10	20 239
6	Rosie	12.00	48.11	36.11	20 478
6	Jason	20.00	49.24	29.24	20 540
6	Sue	10.00	49.42	39.42	20 415

All without qualifying time from last 6 months were given =6th

## Sussex GP Update

At long last the SGP results have been updated and very interesting reading they are too. Details below are after 13 races (up to and inc Lewes 10).

### Top 10 Men

	pts	o/a pos
Jerry Price	1996	119
Jamie Coppock	1885	128
Nigel Parkes	1330	179
Dave Harlow	899	249
Graham Chapman	853	270
Brian Riley	826	280
Jim Scott	820	281
Keith Harrison	796	292
Frank Smith	679	329
Ivan Horsfall-Turner	481	372

### Top 5 Ladies

Ruth Abrahams	3173	36
Julie Price	2247	56
Julia D'Albiac Brewin	1913	66
Rachel Riley	1395	89
Tessa Schooling	958	121

Out of the 21 clubs that compete in the SGP, HRR men languish in a very sorry looking 18th, while the ladies are in a more healthy 12th.

There was a time, not so long ago, that Heathfield Road Runners were quite a force in the SGP; the men even achieved an amazing 3rd place in 1997. What's really exciting is that back then our male runners were not that much greater than our current crop. Additionally, our current ladies section is easily on a par, if not better, than it was then too. So why is it that the Heathfield Road Runners SGP results of 2004 are but a shadow of their late 90's equivalent?

It's simple, and it is just a case of being 'in it to win it'. We've done it in the Cross Country league and there is absolutely no reason why we cannot do it in Road Running too. I'd really like to see us achieving our competitive potential — we are, after all, a 'sports' club.

So here's the deal. I am looking for at least 5 ladies (as if one is not enough) and 10 men who will agree to run 8 SGP races or more during 2005. They will form the core of our SGP assault next year (it's only 2 months away). And what do I offer in return? Well, apart from prizes, riches, fame and fortune beyond your wildest dreams, you will get excitement, encouragement, and motivation by the bucket load. I'll also keep you informed and advised of your individual progress as well as that of the team. And, who knows — you might even enjoy it just a little bit too.

You will see from the Future Events section below that the first event is in February at Chichester. Granted, it's a long way to go to run 6 miles but it's a good fast course and a nice place to spend some time after too.

I'll be asking around during November to see who fancies taking on the challenge. Chichester is a popular race and has a rigidly enforced entry limit so we need to get organised quite soon. I'll ensure that entry forms are available as soon as possible.

## Bexhill 10k

26 September

Pos		time	rating
17	Matt Ely	40.50	480
21	Graham Chapman	41.54	500
47	Philip Skilton	47.00	502
57	Tessa Schooling	48.20	601

## Lewes 10

3rd October

LOUISE SCHWEITZER

On a truly horrible wet, windy and grey morning, hundreds of runners descended on Lewes racecourse for the start of the annual Downland Ten. Billed as a 'scenic route', October 3rd failed miserably to live up to its description, but the cheerful party of French runners from Blois were undaunted: c'est le temps Anglais, ne'est ce pas?

As always, I start at the back where is no danger I shall be overtaken by anyone and so I never saw Cedric complete in a stunning 1.09.12 secs, nor Nigel finish with a swift 1.20.54. Ruth Abrahams put in a creditable 1.45.50 and your Hon. Sec. was quite pleased with 1.53.14. The hilly course was firm underfoot on the ridges towards Blackcap, but the valley floors were thick mud, overhung with treacherous tree branches. Webbed feet would have helped. No medals, which seemed a pity after all that effort, but a digital photographer dutifully captured every one of us: I found my own image but my mother definitely wouldn't like it: I doubt she would recognise it was me. Good fun — would do it again. More Heathfield here, please!

## Future Events

### NOVEMBER

- 14 Bexhill Half
- 14 Phoenix Races. SGP
- 21 Brighton 10k. SGP
- 28 Crowborough 10k. SGP

### DECEMBER

- 5 Handicap 2. Waldron 10am
- 12 Mince Pie 10, Peacehaven
- 19 XC 2. Plumpton

### JANUARY

- 2 XC 3. Cross in Hand
- 16 XC 4. Whitbred Hollow
- 30 XC 5. Abbots Wood

### FEBRUARY

- 6 Chichester 10k SGP
- 20 Sussex Beacon Brighton Half SGP
- 27 Eastbourne Half

### MARCH

- 5 XC 6. Crowhurst Park (what joy!!)
- 13 Hastings Half SGP
- 20 Worthing 20 SGP
- 20 XC Finals, Notts

### APRIL

- 10 Paris Marathon
- 17 London Marathon

## HRR AGM

### *Rugby Club, Cross in Hand, Friday 8th October 2004. 7.30 pm.*

1. Apologies for absence: Ian Killian, Nigel Parkes (doing the Chicago Marathon), Martin McIlvenny and Graham Chapman.

2. Minutes of 2003 AGM were passed as correct by Chris Shepherd.

3. Chairman's Report. (Someone bet the Chairman that he couldn't get the business bit of the AGM over in 30 minutes so Jim accelerated...)

Jim said his aims on becoming Chairman were to see:

- more members
- better attendance for the SGP
- more mixed training runs
- junior XC

He felt progress had been made on all four counts: membership was up to nearly 60, the XC results were fantastic and mixed training was happening. SGP needed a push.

Jim thanked Chris Holdway very much for his work with the juniors. Another big thankyou was given to Graham Chapman for the Newsletter.

An area where Jim would like to see improvement is press coverage and communication: we get fantastic results but nobody sees it. Some cheer from the press photo of the Club massed Marathon entry for Beachy Head in the Gazette.

Highlights of the year were:

- The Christmas social party — particular thanks to Renee
- Cross Country, and a particular thankyou to Chris Holdway
- Nottingham Xcountry and place for Club.
- South Downs Relay: huge thanks for all concerned to make this so successful.
- Our own 10k. Thankyou, Belinda.
- Buxted Park Relay.

4. Treasurer's Report. Chris outlined finances: Club made profit from 10K but spent money on new kit and Nottingham bus. SDR may need sponsorship in future.

Detailed report (with thanks to Chris' father who audited figures) available from Chris on request, but the good news is that the Club is essentially solvent. Need to keep membership up, and revenue in. Acceptance of report proposed by Julie Price, seconded by Chris Shepherd.

5. Ladies Report. Renee said the year had been fantastic, with 8 new women members and a good number of regular runners on Monday nights in particular. She had a really positive feeling about the Club. (something shared by us all, I think). Time trials, mixed runs and handicaps had all been regularly attended.

6. Election of Committee. The current Committee had stood down and offered themselves for re-election. No new nominations were received but present officers were voted in again, with the exception of Chris Holdway, retiring Treasurer. Rachel Riley has most kindly agreed to take Chris' place. Jim warmly thanked retiring Committee members Mike Heathwood and Graham Chapman (after 12 years, but he says he won't be far!) and Cathy Shepherd for struggling with all our kit for so long.

7. AOB — time was running out and I think Jim would have shot anyone with an AOB suggestion, so there wasn't one. The Chairman ended on a triumphant note for 2005 — more members, more mixed training runs, more publicity and COACH LOADS OF HRR everywhere!

8. Awards — after a beer break, these were presented by the Chairman as follows:

	<b>Men</b>	<b>Ladies</b>
Sussex Grand Prix	Keith Harrison	Tessa Schooling
SGP Vet	Keith	Tessa (longer mantelpieces needed...)
Cross Country	Adrian Gibbard	Belinda Holdway
XC Junior		Vaughan Morrison
Most Improved	Jamie Copock	Rachel Riley
Most Promising	Paul Rigden	Ruth Abrahams
Best Performance	Cedric — Jog Shop Jog	Belinda — BH Marathon.
Club Member of the Year	Belinda	
Chairman's Cup	Tom Ottley and Mike Harlow	

### STOP PRESS

In preparation for next month's Cross Country, the chemist in Heathfield has offered to formulate a special drink that they promise will help us intimidate the opposition.

The pharmacist stated that the drink (made from Optrex and Viagra) will not make anyone run faster but they will certainly look hard.