



## Running Report

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1 NOVEMBER 2002

### Editor's Notes

I was keen to get this edition out before the first Cross Country race because at the recent AGM it was clear that we do value the competition side of the Club. Both off-road and road races/series still hold an interest for many of us. A timely reminder then, that Sunday's event is the first of the new season, and as such, an opportunity to get off to a good start. With the assistance of Utopia Runners we really are in a position to compete with the best in the league. But we do have to be there! Starts 11am Ashdown Forest.

The new committee sits for the first time next week, and a full appraisal of the AGM is therefore more appropriate at a later date.

I'm interested to know how many of us are on-line. E-mail is a fantastic way to distribute information at short notice and it really is under used by the club. I have a list of a dozen names or so but I'd like to compile a more definitive list so that we can all use it. Please let me know your e-mail address and I will ensure that a list is kept up to date and circulated to everyone. Contact me either on graham.chapman@virgin.net or use the info link on the web site at [www.heathfieldroadrunners.com](http://www.heathfieldroadrunners.com). That brings me nicely on to the subject of the website. Obviously it has suffered from neglect recently and this must change. It needs a bit of a re-hash so that the labour demands can be met, so please, suggestions of how you'd like it to be used are needed. If anyone wants to look after a particular section i.e. results, then that would be a great help.

Reflective bibs are back on for another six months and that signals a time to get creative with the training sessions. This will be addressed at the committee meeting next week; if you've got any views about what we do in training then please share them and they will be discussed. In the meantime, assume that the usual arrangement of interval/hill work on Tuesdays and steadier run on Thursdays will apply.

I'm looking forward to the winter running round the town. If we can get out and do it, winter training has a marked effect on us. It's also an opportunity to make the most of those dark hours that cause so many 'normal' people to moan about our climate. Fools.

Here's to an exciting few months ahead.

Graham

### Beachy Head Marathon

Was that a windy day or was that windy day? Fortunately the wind was in the right direction, and once recovered from the first half battering, the last 10 miles were rather pleasant; an altogether unique marathon experience.

Official results only up to 5hrs

1	Stuart Mills	2.59
HRR		
20	Adrian Gibbard	3.41
21	Cedric Clemerson	3.41
33	Graham Chapman	3.48
62	Tom Ottley	4.00
115	James Cox	4.17
145	Malcolm Love	4.25
168	Mike Harlow	4.31
220	Dave Harlow	4.44
224	Martin McIlvenny	4.45
	Tessa Schooling	5.02
	Keith Harrison	5.02

I heard the most emphatic announcement of 'never again' from James who looked decidedly unimpressed at he crossed the line; it was a very bold marathon debut.

A major event for the Club, as aside from those listed above I do believe that we had at least 7 others who took the opportunity to take a more leisurely approach.

Well done to everyone who completed, and thanks to those supporters on route and at the finish.

## Cross Country

Over the years, I've received copy for this newsletter in various ways: handwritten, typed, e-mail, dictation, on disk. But this was the first mobile text message. It came courtesy of Paul Goad in 4 linked messages (all new to me). I think I've managed to unscramble it:

. Paul Any problems or last minute panics, my mobile is 07889 07642 and Graham's is 07074 948948

Looking forward to seeing all of you girls and boys Sunday Cross Country, 1st League Race November 3rd, Ashdown Forest. The first race is next Sunday and it looks like we're going to have a good turn out. The race starts at 11. We'll be meeting at Cross in Hand for anybody wanting to share the drive up, ready to leave at 9.45.

Glad that's clear, thank goodness for modern technology.

There might well be a brief call at a pub on the way back if we can manage it.

**If anyone has spare vest or T-shirt, please bring it along with you as we have some runners who need to borrow, thanks.**

## Results and Ratings

### *Hellingly 10k 8 September*

7	Peter Morley	0.35.09	753
18	Ivan H-T	0.37.28	600
51	James Cox	0.40.51	488
65	Graham Chapman	0.41.52	494
86	Keith Harrison	0.43.16	542
119	Mike Darling	0.45.44	601
133	Philip Skilton	0.46.53	491
146	Tessa Schooling	0.47.50	598

### *Lewes 10 6 October*

28	Peter Morley	1.07.21	578
53	James Cox	1.11.06	452
86	Alan Streeter	1.14.13	504
141	Keith Harrison	1.18.29	454
217	Tessa Schooling	1.28.12	487

Full Sussex Grand Prix round up next issue.

## Future Events

### OCTOBER

- 6 Lewes Downland 10 SGP
- 13 Haywards Heath Open XC
- 26 Beachy Head Marathon
- 27 Barns Green Half SGP to be confirmed
- 28 Dublin Marathon

### NOVEMBER

- 3 XC Ashdown Forest
- 10 Phoenix Races 3.8k & 7.3k, Brighton SGP
- 17 Brighton 10k SGP
- 24 XC Cross in Hand (changed)

### DECEMBER

- 1 Crowborough 10k SGP
- 8 Mince Pie 10 Mile Peacehaven
- 29 XC Plumpton College