



Running Report

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Editor's Notes

It's been a while since the last newsletter; amazingly no contributions for two months!

Never mind, plenty of results to catch up with and with the Cross Country dates announced, plenty of races to tempt you with too.

Talking of future events, don't forget London Marathon applications must be in by 21st October.

It has been a fantastic couple of months for some HRR who have been out racing. Recent success even includes a crop of category wins and County medals too, read on to get the full info.

Graham

PS, I don't usually do product recommendations. However, I did promise a favourable mention for the kind chap at Asics Customer Service who dealt with some faulty footwear in double quick time; shame they can't do anything about the legs though.

HRR AGM

Rugby Club, Cross in Hand Friday 14th October, 8pm. Food and bar provided.

Got any suggestions? Things you'd like to see over the next 12 months? Comments to make about the club?

It's also our annual prize giving, so come along and join in the fun, and who knows, you might even get a job.

Chairman's Report

So after 2 years in the chair I am writing my last Chairman's report. As you all know we are having our AGM at the rugby club at 8pm on the 14th October, I look forward to seeing as many of you there as possible. Along with the normal short AGM agenda and prize giving we are planning on handing out the Xcountry cup and individual medals. Following the AGM we are going to have a safari supper which gives us all a chance to have a good gossip. Thus far we are still outstanding finding a new chairman and a couple of committee members, please contact me on 07713 504983 if you are interested/want more details. If you haven't sent back your nomination forms yet please do so ASAP.

In case I don't see you at the AGM I would like to thank you for all the support over the last 2 years.

Jim

Beachy Head Marathon

There are still 8 members who have not paid for their Beachy Head Marathon places. Could those (I don't which to name and shame) who have not yet paid send the money to me or give it to a committee member. The fee is £17.

Rachel Riley

Winter Training

As from now, the Monday session meets at Coop car park until sometime in March.

Future Events

OCTOBER

- 16 Jog Shop Jog
- 23 XC 1. Venue to be confirmed
- 29 Beachy Head Marathon
- 30 Barns Green Half SGP

NOVEMBER

- 6 XC 2. Ashdown Forest
- 13 Phoenix Races SGP
- 20 Brighton 10k SGP
- 20 Bexhill Beach Buster

DECEMBER

- 4 Crowborough SGP
- 11 Mince Pie 10m, Peacehaven
- 18 XC 3. Warren Hill

JANUARY '06

- 22 XC 4. Cross in Hand

FEBRUARY

- 5 Chichester 10k SGP
- 12 XC 5. Abbots Wood
- 19 Beacon Half, Brighton SGP
- 26 Goodwood Gallop 10m SGP?
- 26 XC 6. Pestalozzi, Hastings

MARCH

- 12 Hastings Half SGP

APRIL

- 2 Worthing 20 SGP
- 9 Paris Marathon
- 23 London Marathon

Comprehensive events calendar for our area can be found via the link on our website.

Sussex Grand Prix

It is rather disappointing that the SGP website and results have not been updated since May this year, making it hard to tell how we are doing both individually and as a club.

With 4 races still to go, I suspect the Ladies are going to have their best year ever. Five ladies need to have done 8 races or more. The attached table shows that both Rosie and Julia are already home and dry; hopefully 3 more can manage it too. The ladies vet league looks very promising at this stage as only 3 are required to score.

But, what can we say about the men? Newcomers, Barry and David are setting a brilliant example and so too is Cedric, but it is now impossible for the men to produce a full team of 10. Maybe next year?

Overall, a mixed bag for the club, but there are some individuals who are doing very well and I'm expecting at least a medal or two to come our way at the presentation in January.

Let me know of any inaccuracies on the table; it has been a bit tricky to compile.

SGP Results

Bexhill 5k, 27 July 2005

SGP status ensured there was a more competitive field than usual, so 3 very good category results.

			Rating	
40	Cedric Clemerson	19.06	622	2nd in cat
53	Graham Chapman	19.58	495	
81	Nigel Parkes	21.27	459	
88	Keith Harrison	21.51	478	
89	Julia D'Albiac	21.55	594	2nd in cat
101	Sarah Clark	22.31	432	
106	Rosemarie Blatch	22.56	462	
119	Tessa Schooling	23.26	578	1st in cat
127	Barry Hemsley	23.50	282	
161	Alan Anderton	25.35	273	
195	Claire Symes	29.51	147	
196	Karen Anderton	29.56	339	

Hellingly 10k, 11 Sept

For those not aware, this was the County Championship 10k for 2005 and it did cause a little bit of controversy.

Cedric, who had a brilliant run should have walked off with the M50 County Gold with a margin of over 3 minutes. But, he was disqualified for not wearing club colours. Amazing, considering it was plain to see that he was indeed in a HRR vest, with photographic evidence in support. It will be interesting to see what the UKA official's explanation is.

Rosie did however win a Bronze, so well done to her. It wasn't clear why Julia didn't get a County medal until we realised that she had used a universal entry form which had no declaration box to tick. Shame, it would have been Gold — Rosie wasn't complaining though!

27	Cedric Clemerson	39.06	680	1st in cat
62	Graham Chapman	43.27	472	
92	Julia D'Albiac	46.35	601	
112	Rosemarie Blatch	48.00	492	
136	Barry Hemsley	50.03	299	
146	David French	50.27	257	
230	Claire Symes	61.33	192	

Hove 5, 18 Sept

70	Graham Chapman	32.58	509
126	Julia D'Albiac	35.21	642
171	Barry Hemsley	37.46	335

Lewes Downland 10 Mile, 2 October

20	James Cox	1.06.35	551	
28	Cedric Clemerson	1.07.29	671	1st in cat
87	Graham Chapman	1.16.10	446	
168	Rosemarie Blatch	1.27.36	418	
171	David French	1.27.48	242	
183	Barry Hemsley	1.29.59	250	

Other Results

Bexhill 5k, 31 August 2005

21	Cedric Clemerson	19.13	615	1st in cat
28	Graham Chapman	20.22	472	
43	Keith Harrison	21.30	498	
54	Julia D'Albiac	22.35	556	1st in cat
56	Barry Hemsley	22.48	328	
67	Tessa Schooling	23.36	571	1st in cat
74	David French	23.52	249	
118	Alan Anderton	28.46	163	
122	Claire Symes	29.20	162	
135	Karen Anderton	31.10	297	2nd in cat

Bexhill 10k, 25 September

9	Cedric Clemerson	40.35	622	1st in cat
22	Graham Chapman	44.13	446	
43	Julia D'Albiac	47.26	570	1st in cat
66	Tessa Schooling	49.27	588	1st in cat
67	Keith Harrison	49.27	405	
80	Barry Hemsley	50.55	276	
140	Claire Symes	60.47	183	
157	Karen Anderton	65.35	307	3rd in cat

Handicap and Time Trial

1	Cedric Clemerson	30.07	642
2	Graham Chapman	31.51	499
3	Zoe Dumsday	34.06	496
4	Tim Skilton	34.58	338
5	Nigel Parkes	35.03	434
6	Philip Skilton	35.36	508
7	Mike Darling	35.52	582
8	Barry Hemsley	38.26	273
9	David French	41.15	176
10	Rachel Riley	43.45	289
11	Wendy Fox	44.16	317
12	Stefanie Scott	45.25	191
13	Sue Scott	47.20	237
14	Claire Symes	47.20	154

Handicap, 6 September

This was the first handicap since January. Well done to Claire who took nearly 3 minutes off her time. Special mention also to David for another huge improvement.

1	Claire Symes	44.50	204
2	David French	39.05	226
3	Barry Hemsley	37.15	307
4	Cedric Clemerson	30.07	643
5	Zoe Dumsday	34.08	495
6	Philip Skilton	35.08	526
7	Graham Chapman	32.31	474
8	Julia D'Albiac	36.54	529
9	Rosemarie Blatch	37.34	442
10	Wendy Fox	49.34	206