

Heathfield News

The Newsletter for Heathfield Road Runners

October 2001



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EDITORS COMMENT

Well it was great to see everyone at our recent Cross Country event last month. Despite the, less than outstanding, performance from yours truly. The weather was certainly an improvement on last year. It was a great way to recover from my OU exam the day before. These cross country races certainly make a change from running in the road. The Crowborough 10k, in December is my next target, firstly to support the clubs bid for a good club turn out at this SGP event. And al so to bury the memory of that Cross Country performance. When I do retire it won't be after coming last!!

THE AGM FRIDAY 28TH SEPTEMBER 2001

On Friday the 28th the club held it's AGM at the Cross in Hand. For those who could not attend, some of the main points covered were:

- The need to work hard at recruiting new members. We have lost a few this year and they have not been replaced. This effects the clubs finances. So if you can help in any way, please do.
- Unfortunately, the club membership fee has had to be increased from £15 to £20 per year. This issue was discussed and the club voted in favour of the increase.
- The club also has a new chairperson. Ivan has taken over from Belinda, who has done a great job for the club in her time in charge. In her departing speech, Belinda thanked everyone for their support during her time at the helm. I would like to take this opportunity to say thank you to Belinda on behalf of the club and to welcome Ivan, I'm sure he will do a fine job.
- Trophies were awarded. A photograph was taken of those trophy winners who were present, and it will hopefully appear in next months issue.

There was also a mention for a local character, Bill Bailey, who died recently at 87. Although I did not know of him myself, he was a well known runner around Heathfield.

I would like to thank Louise for her words of support recently. They made a real difference.

Lastly at the risk of sounding like a nag. Please let me have your contributions for **your** newsletter, just a few words will do!! And don't forget our great new website www.heathfieldroadrunners.com

VOICE FROM THE CHAIR

I'd like to start by thanking Belinda for all the hard work she has done over the last two years as chairman. A very hard act to follow!

One of the issues that we spent sometime discussing at the recent AGM and the subsequent committee meeting was that of membership numbers. We are a small club and that certainly is a major factor in the friendly atmosphere which I know many runners from larger clubs are envious of. However, after a period of reasonable growth, particularly in the ladies section, overall membership numbers have declined from 52 a year ago to just over 40 now. We are now in danger of becoming too small a club. This fall in membership has been very evident with much lower club turnouts at races and on training nights. It is also very evident in the clubs subscription income which were no longer meeting the costs of clubhouse hire and was a major factor in the decision approved at the AGM to increase the subscription fees to £20.

So what can be done to reverse this decline in membership? We have decided that over the next few months we will run a weekly advert in the Friday Ad as well as placing some posters at key sights within the town. It is hoped that we will

be able to get race results in the local newspapers to help raise the profile of the club. But we ALL have a part to play. Over the coming months, particularly when the London marathon acceptances go out, we will all see and possibly even know lots of additional runners around Heathfield all of whom should be potential recruits.

As mentioned above race turnouts, particularly in the Grand Prix, have on the whole been pretty poor of late, with Hove being a low point with just myself and Peter (yes, I know it's not a very inspiring course!). Whilst I know not everyone enjoys races I suspect the vast majority of the club are more than happy to race it's simply that we have got out of the habit of turning up in numbers of late. We know we can get a good number of runners out as Chris manages to prove for each Cross Country race. I'd like to think that we could achieve similar numbers for the Grand Prix events. So as a warmup for next years Grand Prix lets all make a concerted effort to run the Crowborough 10k on Sunday 2nd December.

Lastly, the best of luck to everyone taking part in the Seven Sisters Marathon.

Ivan

RACE THE TRAIN

As reported in the last Newsletter I took part in the Race the Train event at Tywyn (Wales) on 19th August. The excuse was that I had to pick up Robert and Andrew who had been spending a week with my mother approximately an hour south of Tywyn.

The event is meant to be 14 plus miles off road on a tough (hilly) out and back course following the line of the Talylyn Mountain railway. On entering I had therefore booked tickets for my mother and the boys to watch my epic struggle from the comfort of the train. However, the re-emergence of Foot and Mouth in the Breacon Beacons forced a change of route only days before the event and the race became a 15 plus road race which although it started at the same time as the train followed a completely different and considerably flatter route. The train ride I am told was

spectacular and the fact that they could only see the runners for the opening and closing few minutes didn't seem to reduce the enthusiasm of my "supporters".

At 1.34.37 I beat the train by over 10 minutes and no there weren't any leaves on the line, speed restrictions, points failures etc. I won fair and square. However, would I have beaten the Train over the proper course? I don't know. Whilst the course would have been a mile shorter the terrain would have been a lot harder and involved much more climbing than the road course. I guess I'll have to try again to know for sure!

Ivan

Great performance Ivan. I've taken part in this event myself, it is a tough but enjoyable race.. Certainly one to recommend Ed.

HEATHFIELD ROAD RUNNERS PRIZE WINNERS 2001

Here is the list of this years trophy winners:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Most improved runner Female • Most improved runner Male • Best performance of year Female • Best performance of year Male • SGP events Leading Female • SGP events Male • SGP leading veteran Female • SGP leading veteran Male • Cross-Country Leading Female • Cross-Country Leading Male • Most promising new Runner Female • Most promising New runner Male • Junior award • Club Member of the Year • Chairman's Trophy | <p>Patricia Carey
 Keith Harrison
 Tessa Schooling
 Mike Darling
 Belinda Holdway
 Ivan Horsfield- Turner
 Tessa Schooling
 Peter Morley
 Belinda Holdway
 Ivan Horsfield-Turner
 Louise Schweitzer
 Paul Daniels
 Joseph Cullen
 Mike Harlow
 Tina Heathwood</p> |
|--|---|

Congratulations to all of you. There should be a photo of those prize winners present in the next issue.



COFFEE BREAK CORNER

Here's another of those word puzzles. Remember I want the Nine letter word and as many smaller words as you can find. The nine letter is relevant to this months issue.

M	H	L
D	A	L
R	S	A

NEXT ISSUE

The deadline for articles for the next issue is Sunday 11 November why not drop me a line?

I see Currys have had to close their Afghanistan branch



Why's that?

They have a Tellyban!!



CROSS COUNTRY 2001/2

The new Cross - Country season began early this year as Heathfield hosted the first race of the new campaign. The race details are as follows:

The winning team were Lewes, with Heathfield in third.

First man home was David Robinson from Lewes AC. In a time of 29. 04.

Heathfield performances were as follows:

Peter Morley	31.05
Ivan	31.12
Adrian	31.21
Alan	33.46
Mike Heathwood	36.24
Tom	36.55
Paul	37.35
Keith	39.35
Nigel	41.48
Graham	42.45
Peter	43.49
Belinda	45.58
Debbie	48.06
Rennee	48.26
Sara	49.19
Louise	52.51
Wayne	53.08
Lee	57.02 good grief!!

FIXTURE LIST

THE 2001/2 CROSS-COUNTRY FIXTURE LIST

NOVEMBER 4 TH	WHITBREAD HOLLOW
DECEMBER 12 TH	WARREN HILL
JANUARY 20 TH	SALTDEAN
FEBRUARY 2 ND	PESTELOZZI
MARCH 24 TH	PLUMPTON COLLEGE

* * *

AFTER THE RACE I RECEIVED THE FOLLOWING PIECE FROM LOUISE :

Last year's Cross - Country race took place in rain, mud and freezing cold weather. September 23rd 2001 was nearly a nice day, the 300 plus runners were clearly not going to mind whatever happened underfoot.

It was my first Cross- Country, but not the first time I had raced off-road. As an occasional Quarry for the Coakham Bloodhounds, I do mud, ditches, ploughed fields and kale (really horrible); we swim rivers, climb trees (small ones) and scramble through hedges, which is extremely good fun, if tough on skin, clothes and hair. (we never lose hounds for long . I carry biscuits in my bra to save me from being licked to death).

So 5 miles through the woods sounded possible but I always forget about the boy wonders who streak ahead and lap us dawdlers, as they

finish in half an hour or so. Two laps, well- marshaled- Tessa at the bottom of one hill, and my husband at the top of another - no possibility of good chats as we all hurtled over rutted tracks and dodged tree branches and breath came with difficulty up certain sections. Debbie started with me, but whizzed ahead as did Belinda and Rennee - Heathfield Ladies are an impressive bunch. I'm not telling my time, but I wasn't last and I had a lovely day. A big thank you to Chris who organized the whole affair beautifully and congratulations to all the winners.

Louise Schweitzer

Thanks for that Louise. Compared to mine, your time was terrific!! Ed.

Why not try your hand at writing a report? It can be about anything you like!!

SUSSEX GRAND PRIX RESULTS

Hellingly 10k 9.9.2001

Men			
Winner	Husseyin Ibrahim	Brighton & Hove	34.18
Heathfield Runners	Peter Morley		36.18
	Ivan		37.13
	Mike Heathwood		41.56
	Malcolm Love		43.23
	Keith Harrison		44.10
Ladies			
Winner	Karen Bowler	Hailsham	40.27
Heathfield	Tessa		47.25
	Tina		55.42
	Sue Scott		57.07
	Belinda		57.08
	Patricia		1.00.21
	Louise Schweitzer		1.00.41

HOVE PROM 5MILE RACE 16.9.2001

Winner	Darrell Smith	Crowborough	25.34
	Peter Morley		28.31
	Ivan		29.13

LEWES DOWNLAND 10 7.10.2001

Winner			
	Ivan		62.31
	Adrian		62.47
	Tom		73.43
	Keith		78.43
	Tessa		90.13

Sussex Grand Prix

Results have been very slow to materialise this year but now I am assured that the organisation is back on track. The website is now up-to-date at www.sussexgp.co.uk. So, at last, I can bring you news of how we, as a club, are doing. The table shows how the members who make up our teams have been scoring throughout the year (Lewes results not included). How does one become a member of the team? Simply, we all are, and the top ten men and top five ladies will be counted. As you can see, getting on the list is not hard this year.

I cannot pretend that this is a good year for us in the Grand Prix; with a few notable exceptions we have just not been competing. With 3 events left this year, at best, we will only have 4 men and 2 ladies who can complete their required 8 events; we need 10 and 5 respectively. This is a sorry state indeed, but I must hold up my own hand having only run one race this year. Three years ago, our men finished third. Today they are currently lying in 15th position. For the first time since we joined the Grand Prix, the ladies are achieving more than the men; the ladies are in 11th. The Club stands 13th overall.

I mentioned there are notable exceptions. Most obvious is Tessa who, as can be seen from the table, is going from strength to strength. Ivan continues to fly the flag, and if Pete can stay clear of injury and poor marshalling he will run Ivan very close to the wire.

I'd like to think next year will be different. Although it sounds contradictory, racing is not all about competition; much fun and personal satisfaction can be had at these events. As a club, we seem to have lost the habit of road racing. We *are* a road running club, and, as such, fielding runners at races is very much something we *should* be doing.

Next year, the season kicks off with Hastings 10k, an ideal venue to reenergise our campaign: it starts and finishes on an all weather track, it attracts quality runners, boasts a challenging and interesting course, has supporting junior races and is very well organised. I would like to see 20 Heathfield Road Runners there. But before that we shall have a practice run, to remind ourselves how rewarding and enjoyable racing is. Crowborough 10k is on December 2. There will be no PBs there (probably), but all of your Committee members have pledged to compete with Gloria providing much needed support. It is a good opportunity to have a get-together afterwards too, maybe at the Cross in Hand before retuning home. Of course, you don't have to wait until December to get those racing shoes on. For those not doing the Sisters (and for some idiots that are) there is Barns Green Half the day after. Later on we have Phoenix Races on November 11 and Brighton & Hove 10k a week after. Lets see if we can finish the season with a flourish and come out fighting next year.

Graham

Looking closely at this table, as the season draws to a close, it's going to be very close between our top 3 men and ladies. I think the ladies could end up with more points than the men and achieve better positions. We shall see.

	Hastings 10k	Chich 10k	B&H half	Hastings half	Wotthing 20	Seaford 10k	Hailsham 10	Wotthing 10k	Heath 10k	Will Page 10k	Hellingly 10k	Hove 5	Lewes 10	B/Green half	Phoenix 7.3&3.8k	B&H 10k	Crow 10k	Best 8	Posn
Ivan Horsfall-Turner			493	492	495		478		488		485	490	?					3421	36
Keith Harrison			383	375		433	432		434	442	416		?					2915	66
Mike Heathwood	446		463	461	481		459		447									2757	78
Peter Morley	481			489					489		492	493	?					2444	103
Malcolm Love	426			396			422				425							1669	164
Mike Darling			429				440											869	263
Philip Skilton				344			407											751	305
Dave Harlow				460														460	382
Cedric Clemerson									450									450	391
Graham Chapman	416																	416	436
Ladies																			
Tessa Schooling			476	474	479	486	484			490	493		?					3382	22
Tina Heathwood	458		474	464	480		465				469							2810	39
Belinda Holdway	475			472	479						463							1889	77
Louise Schweitzer						444			458		452							1354	110
Patricia Carey									456		453							909	139

UPCOMING RACE FIXTURES

October 27 th	7 Sisters Marathon
October 28 th	Barns Green Half Marathon
November 4 th	Whitbread Hollow X-Country
November 11 th	Phoenix Races
November 18 th	Brighton&Hove 10k
December 2 nd	Crowborough 10k
December 9 th	Mince Pie 10 Peacehaven
December 16 th	Warren Hill X- Country