

Heathfield Road Runners



Running Report

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1 OCTOBER 2002

Editor's Notes

If ever we needed a good head-count at our AGM then it must be now. It is going to be very easy to attend, here are some reasons.

- It follows a friendly and sociable training session with a challenge*.
- There will be free sandwiches available.
- There are beer, wine, and soft drinks available (not free).
- Children are welcome.
- Awards will be made to our outstanding runners.
- The future of our Club will be shaped.
- The Club needs to hear your comments, ideas and views.
- There will be an optional curry afterwards.

*The Challenge.

How many people can we get out for a run? Half the Club? That's 21 people. Everybody runs together from start to finish. Those that want to include some quality training can skip up some of the hills or run some fast loops, but we must remain as a group. Meet at 6.30, we'll start running at 6.45 prompt and be back by 7.30. Time enough to get ready for the meeting.

Tuesday 8th October 8pm Cross in Hand Public House

GRAHAM

Beachy Head Marathon

Less than one month to go. Here's a list of our entry. Lots of money still to come in, please make sure that the treasurer has your entry of £15, why not bring it along on the evening of the AGM?

Renee Bryant	Pat Carey	Graham Chapman	Cedric Clemerson
James Cox	Mike Darling	Adrian Gibbard	Paul Goad
Dave Harlow	Mike Harlow	Keith Harrison	Chris Holdway
Belinda Holdway	Ivan H-T	Malcolm Love	Martin Mc
Tom Ottley	Barbara Ottley	J Parker	Tessa Schooling
Jim Scott	Sue Scott	Debbie Seale	Chris Shepherd
Faye Thomas			

Results and Ratings

A bit thin this month as you can see. Apologies for not getting hold of results from Hellingly 10k and Hove 5; hopefully next month (anybody got copies?) We had a very mediocre turn-out at the traditionally well-supported Hellingly 10k, although we did see another astounding run from Pete. Without the confusion at the start he would have been home in under 35 mins.

Did anyone run at Hove? Hopefully, during the AGM we will gauge the desire for competition.

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 Saltdean Football Club

DECEMBER

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

We Could Qualify for the X Country Sunday League National Final!

by Paul Goad

Sorry to be alarmist but the above statement is true, we just need ALL of us to commit to as many of this season's league races as possible. If we get a good club turnout for each race we could come first or second in the league which would qualify us for a place in the national final so all of you PLEASE PUT THE DATES IN YOUR DIARY NOW.

Do you know how the scoring for the races work? I was unsure but found out that it works this way; Fifteen runners to score, 10 fellahs & 5 ladies. However it's a very ageist scoring system as of the 10 blokes 6 score as Senior Males (i.e. under 40), 3 as Vets (i.e. over 40) and 1 must be over 50. For the ladies 3 need to be senior women (under 35), 1 over 35 and 1 over 45. This is the mix we need to get maximum scoring points per race. Below is a breakdown by membership & sex and age. You know who you are so if you are one of the men over 50 or women over 35 talk to each other and make sure that at least one of you is running each race.

Category	Number Per Race	Number in Club
Men Under 40	6	7
Men 40 to 50	3	10
Men Over 50	1	10
Ladies Under 35	3	3
Ladies 35 to 45	1	9
Ladies Over 45	1	3

Coaching Corner

by Paul Goad

Cross Country Tactics

It is said that there are no tactics in cross-country racing. This is not quite true. The distance for the Sunday X Country league is around 8k. This distance is predominantly aerobic (you breathe in the same amount of oxygen as expended – nearly). If you go off too fast you will incur an oxygen debt and lose ground rapidly in the latter stages of the race. There is nothing worse than being passed by numerous runners over the last part of a cross-country race.

However, don't worry if like me you're a bit of a donkey. Firstly, even if you are outside our first 15 the way the scoring works is every other club runner that you beat on the day scores a point less. Secondly, even if you're an old donkey like me (i.e. over 40) you can still score points – last season I couldn't beat our first 3 vets but because numbers were low I was scored as a senior male. (At work I'd boast saying I'd run so well I was scoring in the age group below the one I was really in).

So there you are, as clear as mud isn't it? Basically if we all run in every race (particularly the ladies and oldies) then we can challenge for the league. Seriously folks, we do have some very good runners scoring good points at the top of the race, Ivan, Pete, Adrian etc, it just needs the rest of us to support them, gets our heads down and mop up some valuable points lower down the field.

Let's all give it a go, make sure we do the three races before year end and see where we are in the league then.

See you on the start line on November 3 – Ashdown Forest is lovely in the autumn.

Races

1	Nov 3	Ashdown Forest
2	Nov 24	Saltdean
3	Dec 29	Plumpton College
4	Jan 19	Sedlescombe
5	Feb 2	Whitbread Hollow
6	Mar 2	Crowhurst Park

It is a good idea to calculate the winning time for the distance beforehand. For men, calculate 6mins/mile, and 7mins/mile for women. Remember that cross-country is much slower and harder than road racing. Thus a 5 mile course finishing time is calculated at 30 minutes for the male winner and 35 minutes for the ladies winner.

Ask yourself what is the state of your fitness? If you run two or three times a week it is unlikely that you will be as fit as someone who trains four or six times a week. For each stage of fitness – your fitness, there is a strategy.

- **Very unfit** Run well within yourself for three-quarters of the allocated time duration. For men, this will be for about 23-24 minutes. Then, start trying to overtake the runner in front, and when you've passed him or her, go for the next one. Make no mistake about it, you will always pick up a few who have "blown up". It is better to finish passing, than finish continually being passed.
- **Unfit** Run well within yourself for half the allocated duration 15-16 mins, then start overtaking.
- **Fit** Run well within yourself for a quarter of the allocated time, 8 mins, and then start moving through the field.
- **Very fit** Go out with the leaders and hang on. Cultivate a fast last 1k by making the last 1k of your training runs always fast.

The above strategy was practised by Frank Horwill in the 1960 National Cross Country Championship. Over the last 3 miles of the 9 mile course, his club "counter" calculated that he overtook about 250 runners. So it does work.