

Heathfield Road Runners



Running Report

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

In This Issue

Summer Relays

Training

London Marathon

Beachy Head Marathon

Race News

Cross Country

Future Events

15 OCTOBER 2003



Editor's Notes

I think sadly that the fantastic summer is finally going. Many of us are going to find it hard taking to the dark streets again in freezing rain and gales. Nevertheless, there is some strange pleasure to be gained from running in such conditions whilst everyone else moans about the weather. And, what about the fun to be had splashing through the mud and puddles — can't wait.

Talk of mud brings me nicely on to Cross Country. Jim is the new XC coordinator and he takes over at a time when we — together with our friends at Utopia — are looking pretty good as the new season approaches. Check the dates out in Jim's article, put them in the diary and look forward to some of the best events of the winter.

AGM

A little later than usual, the AGM is scheduled for Friday Nov 7 at 7pm at Waldron Village Hall (Sheepsetting Lane, Heathfield). Once again, there will be food laid on (bring your own beer) and the option of a run before if anyone fancies it.

Prizes will be awarded at the AGM so please return trophies to Chris or Belinda now so they can be engraved.

You will find enclosed a Committee nomination form. If you'd like to become involved with the running of the Club then why not give it a go. Make sure your proposal and second get to Louise before 24 October (proposals must also be received for current members of the Committee).

Summer Relays

Back in August we had the second of the Summer Relays, this time at Herstmonceux. It was a huge turn-out with 47 teams taking part, some of which were very useful. We managed 3 teams as below, unfortunately none got near the winning time of 29.37 from Hailsham Harriers, including a record-breaking 6.42 from Ben Warren (not bad for 1.5 miles).

Heathfield A 15th

Cedric	8.41
Graham	9.07
Chris S	8.49
Alan	8.59
	35.36

Mixed 35th

Sue	11.43
Mick D	10.42
Belinda	10.23
Clare	10.14
	43.02

C 42nd

Julie	12.33
Ben	10.11
Val	12.37
Chris H	10.30
	45.51

Performance of the evening was from young Ben Holdway who gave some of the senior runners something to think about, not least his mum and dad! Chris Shepherd also had people talking.

Thanks to Louise and Reicke for hosting a nice get-together afterwards.

Training Sessions

Attendances are much better now for the Tuesday and Thursday sessions. We are now running around the town until the spring, but that won't alter the schedule too much. Tuesdays will still provide a speed or quality session involving hills or intervals with the advantage that in the confines of the town it's easier for everyone to stay together. Thursday will retain it's steady run of between 7 and 10 miles with short cuts or long detours as desired.

Monday session now meeting at Coop car park.

London Marathon

Entries close on 24 October; forms available from many sports shops.

Beachy Head Marathon

Not long to go now. I'm breaking all the rules, frantically trying to cram my training into the last 5 weeks — I wonder what will happen.

Although many of us do this race, we never really get together at the end; the wide spread of finishing times probably the reason. We thought we'd correct this and attempt a get-together in the evening, probably a meal in the Cross in Hand. As there will not be a newsletter before the day, details will go by word of mouth and email so make sure you keep your ear to the ground if interested.

There some spare marathon places, if you'd like a go then let me know.

Cross Country

BY JIM SCOTT

Welcome To 2003/4 XC Season

I am this season's chief whip cracker making sure we put out a full team + some if at all possible.

I know this has been said many times before but it is still worth saying again— The more Heathfield Runners who turn out, the greater our chance of winning. Hailsham, Lewes, Crowborough and Senlac have some excellent runners but sometimes lack strength in depth especially when it comes to the lady runners. If they don't put out a full team they will incur points for the number of runners they are short e.g if 120 people ran and Hailsham were short 3 runners then each of the 3 runners they were short would score 121 points. The way we can increase our chance is by having extra runners running, i.e. given the above example if we managed to get

an extra 5 runners out on that day so that 125 runners ran then the 3 Hailsham runners would score 126 points each that is an extra 15 points which could be the difference between 2nd and 3rd!

Fixture list as follows:

2.11.03 Pestalozzi – This should be a great race for us given that we have a number of marathon runners who will have completed races a week beforehand who will be looking for quick times over a 5m easy course!

21.12.03 Cross in Hand – Good race for points as a lot of runners will be full of Christmas cheer hence may miss this race. If you cannot run please come and help thereby releasing others who would like to run.

4.1.04 Abbots Wood (or Warren Hill)

25.1.04 – Date set aside if any other Sunday becomes impossible.

1.2.04 Plumpton

15.2.04 Alternative date for Plumpton in case of clash with college fixture.

7.3.04 Crowhurst Park (to be made slightly less arduous)

I would ask people to call me or e-mail (01435 863932/07713 504983/jascott@cisco.com) on Friday evenings before the race to let me know if they are coming or not. If numbers are looking bad I shall ring people Saturday morning to offer bribes/lifts etc to see if we can get a team out.

The last few years under Chris Holdaway's guidance have been very successful for our cross country teams. I am very hopeful given the strength in depth we now have with our lady runners, plus a couple of new male runners that we should do equally well this year.

PS: Whenever possible it would also be nice to put out some junior runners.

Race News

Lots to catch up on since last time. Still not a huge presence of Heathfield runners at races, but things are generally improving.

Newick 10k SGP 24/8/03

Pos	time	rating
48 Alan Streeter	42.34	575
55 Graham Chapman	43.47	468
63 Keith Harrison	44.36	534
105 Tessa Schooling	49.22	591

Kings Head 5k 25/8/03

31 Alan Streeter	19.15	627
48 Graham Chapman	20.24	478
81 Paul Goad	22.30	379
185 Kristina Skilton	32.36	
186 Philip Skilton	32.36	119

Hellingly 10k SGP 14/9/03

26 Ivan Horsfall-Turner	38.34	570
46 Alan Streeter	40.07	633
74 Graham Chapman	42.45	476
83 Nigel Parkes	43.20	508
101 Keith Harrison	44.44	509
143 Mike Darling	47.40	561
149 Tessa Schooling	48.14	601
162 Philip Skilton	49.07	446
179 Belinda Holdway	50.15	417
210 Chris Holdway	53.26	262
264 Cathy Shepherd	59.53	248
270 Julie Price	60.17	217
280 Louise Schweitzer	64.20	320

Hove 5k SGP 21/9/03

67 Nigel Parkes	32.54	545
-----------------	-------	-----

Bexhill 10k 28/9/03

19 Keith Harrison	44.10	517
1 (f) Tessa Schooling	48.11	592
13(f) Louise Schweitzer	61.40	357

Very well done to Tessa picking up 1st in category, 1st Lady Vet and — most impressive of all — 1st Lady. Look at her ratings in the other races too, they are definitely out of the top drawer.

Well done also Louise, 3rd in category.

Lewes 10 SGP 5/10/03

18 Adrian Gibbard	64.29	595
26 Ivan Horsfall-Turner	65.24	582
38 Cedric Clemerson	67.03	658
59 James Cox	70.10	485
80 Nigel Parkes	72.28	539
122 Keith Harrison	76.37	510
135 Graham Chapman	77.43	408
226 Tessa Schooling	88.52	507

A pretty good turn-out, especially at the sharp end. Well done Keith who had a splendid run. Also James, who's not been on the scene lately, but obviously has been training on the quiet.

Sussex Grand Prix

Things are improving and I'd like it to continue next year. Remember we need 10 men and 5 ladies to run at least 8 races during the year. We can seriously improve our placing during 2004; our ladies could be fielding their strongest team ever! Website www.sussexgp.co.uk is now updated and includes results up to Hove 5.

Club Handicap

2 September

	start	finish	time	rating
1 Clare	-0.05	36.06	36.11	426
2 Doug	-0.05	37.01	37.06	364
3 Alan	7.37	37.41	30.04	632
4 Zoe	3.43	38.32	34.49	470
5 Cedric	9.10	38.45	29.35	646
6 Mike Hth	6.30	39.11	32.41	467
7 Graham	7.40	39.22	31.42	489
8 Mike D	4.32	39.35	35.03	586
9 Phil	5.29	40.24	34.55	510

Last race of the summer saw an astounding improvement from Clare.

Lookout for the return of the Sunday Handicap races during the winter.

Future Events

OCTOBER

- 25 Beachy Head Marathon
- 26 Barns Green Half SGP
- 27 Dublin Marathon

NOVEMBER

- 9 Phoenix Races Brighton SGP
- 16 Brighton 10k SGP
- 30 Crowborough 10k SGP
www.crowboroughrunners.org.uk

DECEMBER

- 7 Peacehaven Mince Pie 10
www.seafordstriders.org.uk