



## Running Report

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13 SEPTEMBER 2004

### Editor's Notes

Is it really 2 months since the last newsletter? Has the best part of the summer really gone by? Maybe I blinked and missed it, I do hope some of you managed to find some sunshine and hot weather; there certainly wasn't much in Sussex. As I write this though, we have just had one of the nicest weekends of the year. Not an Indian Summer, it's too early, so I'm told. I think what we have goes by the name of an 'Old Wives' Summer'. Apparently, the first two weeks of September offer a 90% chance of warm and fine weather.

Maybe it will continue until the end of October when the majority of the club membership are supposed to be taking part in the Beachy Head Marathon. Anyone who has done it before knows what is involved; a mere 26 miles over some of the best hills the south east has to offer. It is a gruelling event to be sure, but tremendously rewarding nonetheless. Not surprisingly, running such a course is made much less painful by getting in some specific training. Keep your ears to the ground over the coming weeks because there will be opportunities to sample some of the delightful course.

Talking of specific training, there is a nice little race September 19, the Eridge Park 10. It's billed as an ideal tester before the Cross Country season and with 1475ft of climb in 10 miles, — mile for mile — it presents a profile to match the Beachy Head Marathon.

Graham

### Chairman's Report

Welcome back from the summer holidays. Its now time to hone those bodies for the winter season! The good news is that most of the club have something to aim for, 'Beachy Head Marathon' on 23rd October which should put us in great shape for the Cross Country Season starting on the 17th October (see separate running report for all the details).

For all of those feeling a little bit old and weary hopefully the Summer Olympics should have got you motivated again. Having a local runner Kelly Holmes winning 2 gold medals in the twilight of her career is a tremendous achievement.

We had some great individual race performances during the summer season both in local events and in the wilds of Wales, London, Yorkshire and Scotland, hopefully we will have articles in the newsletter telling us all about them!

Numbers were down during the weekday training evenings but we still had significant numbers for the Cross Country runs at the weekend. Now that holidays are finished and the kids are back at school it would be great to see more people out training during the week. With runs taking place Monday, Tuesday, Wednesday and Thursday evening there is no excuse for us all not to get out at least 1 evening a week.

I look forward to seeing you all on Friday 8th October at the Cross in Hand Rugby Club 7.30 for 8.00 for the AGM/Social which includes prize giving, song and dance and light buffet! No charge

but we will be having a raffle. Donations for raffle would be greatly appreciated please pass them to a committee member.

**HEATHFIELD ROAD RUNNERS**  
**AGM FRIDAY 8TH OCT**  
**HEATHFIELD RUGBY CLUB**  
**7.30 FOR A PROMPT 8PM START**  
**An evening of Music Dance**  
**and Celebration.**

The meeting is planned to finish at 9pm to make way for merriment.

Light bites provided.

Free of charge; raffle donations very welcome!!

**URGENT. Please return your trophies to Chris Holdway right away.**

You should have a voting form with this newsletter, if not then let me know and I'll send you one. There are spaces to nominate Committee members and also for voting for Club Member of the Year.

As from the last committee meeting *all* committee members stood down. So if you would like to become part of the HRR organisational team then get someone to nominate you and send your form in right away — this applies to outgoing committee members who wish to restand.

### There's Always One!

Actually, more than one — but not many. If you've not paid for your Beachy Head Marathon place yet, please, let Chris have £16 without delay.

## **The Cheviot 2000 Fell Race** JERRY PRICE

The 16th annual event took place on Saturday 19th June in Northumbria. It is an event run by Northumbria Police for emergency and armed services and one which participants look forward to either eagerly (if they've never done it before or the weather looks OK) or with some trepidation (after all, it's around 24 miles of Northumbrian fells, Northumbrian bogs and 13 peaks of over 2000 feet!).

It is a team event, with teams normally of 3 people, but 2 or 4 are allowed — and each member of the team *must* finish. Over the years I've seen many teams pull or pulled out at one of the 12 checkpoints and competitors being lifted off the mountains by helicopter or driven away — so it's not for the unfit or faint-hearted!

There's a big difference in the sorts of people who run these type of events. Although you must take quite a list of kit with you (first aid, survival bags, warm clothes, food and drink, whistles, torch, etc) some of the more experienced and regular fell runners have this down to an art — the smallest of rucksacks,

cheapest and smallest of items — which singles them out. Then there's the newbies who carry double everything (just in case) and wear enough gear for an assault of the Matterhorn. And finally the 'tweenies' like me who have done it a few times but are not confident enough to strip down to fell running shoes and a Mars Bar!

The route takes you from the Harthope Valley straight up the Cheviot itself, then across a number of peaks, a few valleys, some of the Pennine Way and even into Scotland! The scenery is stunning (if the weather allows you to see — which is why at least one team member needs orienteering skills) but the ground can be tough. A good deal of parts of the route is extremely boggy and the conditions from the previous winter and especially the couple of weeks before can make a huge difference to your cleanliness at the end. Belay that — you'll be filthy anyway, but the degree varies! Wonderful place names en route sum up the journey — Long Crag, Windy Gyle (believe me, it was this time!), Butt Roads (eh?), High Bleakhope and my favourite, Bloodybush Edge.

105 teams finished out of a field of 128. I went up with a party of 12 and we put

in 4 teams — a 2, two 3s and a 4 — and stay in the Youth Hostel in Wooler. Time varies according to conditions. The record of 4hrs 42mins stood since 1991 (when you consider that 10 or 11 hours is not unusual, that is incredible!) until this year when a team from 13 Regt of the Royal Light Cavalry smashed it in an extraordinary time of 4hrs 35mins. Then we discovered they had been up there for 4 weeks (yes, really!) training beforehand. How can I get a job like that, please? Even the SAS team took 6hrs 22mins.

I ran in the team of two with a colleague who's ex-forces and pretty fit and we romped home in 7hrs 2mins — knocking 75mins off my previous best time — thanks mainly to the HRR training. We reckoned that with a team of 2 there's less to go wrong! The weather was awful, though — 3hrs of torrential rain and driving winds half way through. Frankly, it wasn't worth putting waterproofs on because when you're wet, you're wet and it will only weigh you down anyway. But I did need help getting gloves on my frozen, swollen hands at one point. Honestly, it really is great fun!

Oh, the beer tastes superb afterwards!

## **London Triathlon**

### **1st August '04**

It was back in January that Louise asked me to circulate an email about the London Triathlon, for some reason she had arranged a few guaranteed entries for the Club. As usual, I did what I was told although I didn't think that anyone would be daft enough to show any interest. Amazingly, out of the ether came a reply from Clare saying please reserve a couple of places for her and her friend Matt (he did Plumpton XC for us).

I'm not sure of the exact sequence of events after this, but there was certainly some arm-twisting between Ivan and myself (more of this later) and we too decided to enter. I didn't think much more about it, probably because, deep down, I never thought I'd actually do it.

**The Training.** My running training in the spring was virtually non-existent, average weekly mileage was less than 6 during May and June although I did occasionally get out for some enjoyable cycling with Martin and Ian.

I guess it was about mid June when I realised I had to decide either to do some training or not bother with the

Triathlon; the latter being the preferred option. I asked Ivan what he was doing hoping he'd give me the excuse to drop out, e.g. 'no I don't fancy it either'. However, like me, he'd had a pretty lousy year and annoyingly saw the triathlon as a salvage exercise. He even sounded quite keen — how could I back out now? Unfortunately, as many of you know, Ivan's athletic year was to take a dramatic downturn just a few weeks later when a cycle incident resulted in a fractured arm rendering the triathlon — and much else besides — impossible.

On July 2, I went to Crowborough to swim for the first time in nearly 18 months. Well, at least I could still swim, albeit with lots of coughing and spluttering, and I was glad the pool was only 25 mtrs long. There ensued a highly intensive swimming regime totalling 4 visits to the pool and culminating in a dip in the ocean to try out a borrowed wetsuit. This excursion was one week before the event and involved me thrashing about in the very murky, very rough English Channel. I chose Cooden because unlike Bexhill, there were no red flags flying (no flag poles either!). I swam for 30 minutes and travelled about

300mtrs; it was enough to tell me what I needed to know.

The bike training had been a little more rigorous, and the highpoint, quite literally, was a trip out to Ditchling Beacon one rainy Sunday morning. Running training almost reached the dizzy heights of 20 miles a week during July. A finely honed triathlete I certainly was not. This fact manifested itself very plainly in a nightmare just days before the event and nearly caused a change of heart. There was no backing out now though, not since I'd mastered the art of running without socks in shoes laced with elastic.

**Race day.** So, race weekend dawned and it was off to the Excel Centre in Docklands to rack the bike and register. I was not a complete triathlon novice, I had done a couple of Sprint events at Heathfield a few years ago, but this was a different kettle of fish. At Heathfield I had to rack my bike amongst 150 others, here there were 8000. The transition and finish area is huge, over 30,000 square metres and nearly a quarter of a mile long, — that's one big room. After having my bike checked I was asked to rack it according to my race number

that was stuck somewhere on the racks. I wheeled my bike over to the racks and the first number I looked at was my own; that was easy! Moreover, it would make finding my bike, with a woolly head after the swim, pretty easy too.

My start time was 9am and I got there pretty early on Sunday, there was a lot to think about. We train hard to run just a few seconds faster and yet minutes can be lost in transition. The swim-to-bike change takes longest; the wetsuit, hat and goggles must come off, then run 200mtrs to the bike (hopefully you'll find it), helmet on, shades on, gloves on, number belt on, mouthful of Coke (to kill the dock-water bugs), 2 Jaffa Cakes in gob, pick up cycle shoes, grab bike, run to exit, shoes on and away you go. I managed it in 4 minutes — the winner did it in less than two (but his bike was closer to the dockside than mine)!

So there I was at 8.50am with 300 others getting into the Victoria Dock, I don't think I've ever been in water 30ft deep before, let alone been asked to swim nearly a mile in one hit! But, my mind was not concerned with such trivialities. I'd heard it said that big triathlon starts are a bit mad and how true it is. It's no place for etiquette or politeness — it's simply a free-for-all. After about 400mtrs though it calms down a bit,

and I found that I was quite enjoying it. I was worried about going off course (no clean water and tiled floor in this dock) but it's pretty easy to stay with the pack, a cursory head-up occasionally to see when the turning buoys are coming is all that is needed. Before I knew it the swim was ending, but getting out of the water was much harder than I anticipated. Through transition fairly smoothly and out on the bike, head down all the way to Tower Bridge and back, twice. It's a pretty flat route and fantastically well marked out, although one or two people missed the sharp turn into Excel at the end of the second lap losing valuable seconds. It made me smile a bit — spend £3000 on a tri bike and don't bother to read the road signs.

I managed to rack my bike in the wrong place and nearly put someone else's trainers on. Thankfully, Kate was within earshot to put me right. I then proceeded to run off in the wrong direction, the brain had really gone by that stage! Exiting the building I caught sight of the race clock: 10.56, with a sound 10k I should be comfortably inside my 3-hour target.

I felt good on the run and picked up lots of places, only being passed by one person on the first lap. There was some satisfaction to be had overtaking some of the flash triathlon types (it's the ultimate poseurs sport), me wearing my trusty HRR vest. I was tiring towards the end, but all that evaporated when I saw the race clock. Exhaustion turned to ecstasy, 2.40 was a long way inside what I could have hoped for.

During my running days I have experienced some memorable feelings, but this ranks with the highest. It was far from a spectacular time, but given the training I'd done and the lack of achievement this year, it made me very, very happy.

Without doubt, the London Triathlon is a great event. It's the biggest in the world, and like the big marathons you can compete on the same stage as world champions. But, there is much more to it than that, it's a 2-day sensory overload and it's not hard to see why the sport is growing so rapidly. If you have any triathlon aspirations, however small, you simply have to do this event.

	Swim 1.5k	Trans 1	Bike 40k	Trans 2	Run 10k	Tot
Graham	30.57	4.47	1.17.47	3.12	43.52	2.40.34
Clare	34.06	5.40	1.33.03	3.14	55.58	3.12.00
Matt	22.55	4.59	1.21.04	3.14	50.06	2.42.16

## Cross Country JIM SCOTT

We had a fantastic Winter cross country season last year which will be celebrated at our AGM Social event on October 8th at the Rugby club Cross in Hand 7.30 for 8.00 pm.

This year's cross country season kicks off on October 17th at Pestallozi. Chris Holdway and I went along to the East Sussex cross country league AGM when the following fixtures list was decided:

All Sunday 11am	
17/10/04	Pestallozi (Hast. Runners)
19/12/04	Plumpton (Lewes AC)
2/01/05	Cross in Hand (HRR)
16/01/05	Whitbread Hollow (Eastbrne Rov.)
30/01/05	Abbotswood (Hailsham Harriers)
6/03/05	Crowhurst Park (Senlac Arrows)
20/03/05	Bramcote Park/Notts (Nat. Finals)

Please put all the above dates in your diaries ASAP especially the 20/3/05 because we are planning to be there!

Couple of other key points decided at the AGM. Race entry costs are going up to £2.50 per person and cost of league affiliation from £10 per club to £25 per club as the league managed to lose £260 last year mainly due to cost of St John's

Ambulance and increased venue costs. The age limit for entry has been lowered to 15 years on day of race but the runner must be a club member. Please can we encourage any 15/16 year olds we know to come along and have some fun!

Under AOB we brought up what a cock-up getting the race result proved to be at Crowhurst Park, if you remember we all waited around for a couple of hours and only found out a week later we had won. The good news is we have offered to help with some technology this year which should speed up the process. Also brought up what a poor job Lewes had done at Plumpton by giving lots of people the same numbers which meant we only got a 90% accurate result after 6 weeks of 'I think I finished in this position so you must have finished in that position'.

We have lots of experienced cross country runners in the club, such as Mike Harlow, Tom Ottley, Belinda Holdway and Chris Shepherd who are very willing to help with training, give advice suggest training runs etc please don't be afraid to ask. Belinda is going to help ensure we have a full ladies

team at each event and I am looking for someone to do the same with the men, please contact me if you can help out.

We have an excellent chance of winning the cross country league this season. If we show the same level of commitment as last season, and encourage our newer members to come and race we will win and no matter what happens we will have lots of fun!

## Sussex GP Update

Results have not been updated since the last newsletter — and that was over 2 months ago.

Races come thick and fast now starting with Hellingly on Sunday 12. In fact there are still 7 races to go this season, so plenty of opportunity to tot-up your total to the necessary 8. We have great depth in the men's team, and the ladies team has the potential to help us to a dramatic improvement next year.

## A Recap on Ratings

If you take a look at the race results (excluding XC) you will see 3 figures in the final column. This is our own unique

Club rating. It is calculated according to age, sex, and hilliness of the course, and remains consistent regardless of race distance. Some time ago, we devised a way of evaluating performances so that we can always compare our own race results against those of other people and also our own previous form — no matter how old we get!

It's as accurate as we could possibly make it and I would even go as far as to

## Bexhill Seafront Races

You may recall reading Keith and Tessa's short piece about these races. It is a great series. I did think after the strong showing at the second race that it would have been better supported by the club, but I guess summer holidays understandably drew people away. Anyway, results for all four 5ks below. There is a 10k at the end of September for anyone who's looking for a pb on the supposedly fast and flat course.

Date	Name	Time	Rating
26/5/04			
30	Keith Harrison	20.53	522
54	Tessa Schooling	23.49	542
30/6/04			
25	Graham Chapman	21.13	416
28	Keith Harrison	21.29	488
44	Tessa Schooling	23.33	558
55	Clare Jones	25.02	315
62	Sue Scott	25.29	382
74	Rachel Riley	27.40	269
75	Brian Riley	27.45	216
78	Wendy Fox	28.13	286
96	Karen Anderton	32.19	242
28/7/04			
30	Graham Chapman	20.25	461
39	Keith Harrison	21.08	509
67	Tessa Schooling	23.48	545
25/8/04			
6	Jamie Coppock	18.19	545
23	Graham Chapman	19.48	498
33	Keith Harrison	21.00	517
51	Tessa Schooling	23.00	590
73	Clare Jones	25.02	315

Julie with her new personal trainer



say that it is a more reliable comparison method than the age graded results that we occasionally receive with race results. The rating is a useful gauge of how we are performing at various distances too. E.G. you might find that your ratings are higher at longer distances and this might indicate that you could respond quite well to speed work in order to cut your shorter distance times. Keep an eye on the rating figures and see who the stars of the club are.

## Jog Shop Jog 29/8/04

A small HRR showing at this perfect Beachy Head Marathon warm-up. I think those who did it were pleased they went — even if they didn't necessarily say so. Ian ran with the onset of a nasty bug and Nigel was, to be honest, rather short of miles. Cedric however ran an outstanding race, taking a prize for 14th position in what is a very competitive event. Well done to Bev too who ran extremely well, hopefully we'll see more of you soon!

14	Cedric Clemerson	2.31.49	722
56	Graham Chapman	2.57.43	448
133	Ian Killian	3.26.17	261
158	Bev Renmant	3.36.36	
186	Nigel Parkes	3.51.17	212

Incidentally, Cedric has been honing his hill-running talents with plenty of training on the mountains and fell races around the UK, including an impressive 3rd place and 1st vet at a the recent Brecon Beacons fell race. Only 19 miles but with 30% more climbing than the BHM. Now you know how he does it!!

## Future Events

### SEPT

- 12 Hellingly 10k
- 19 Eridge Park 10, Trail Challenge
- 19 Hove Prom 5m SGP
- 26 Bexhill Seafront 10k
- 26 Dieppe 10k

### OCTOBER

- 3 Lewes 10 SGP
- 17 XC 1. Pestallozzi
- 23 Beachy Head Marathon
- 31 Barns Green Half. SGP

### NOVEMBER

- 14 Bexhill Half
- 14 Phoenix Races. SGP
- 21 Brighton 10k. SGP
- 28 Crowborough 10k. SGP

### DECEMBER

- 19 XC 2. Plumpton

## Handicaps

This week has been something of a record breaker for the club handicap. No fewer than 27 times logged at two handicaps on Monday and Tuesday. The Tuesday mob knew what was in store but some of the Monday runners got a surprising first taste of the handicap. The summer handicaps have now ended for this year but we will be running them on some Sundays during the autumn and winter. Good news is that the winter course starts and finishes at Waldron making that run up Back Lane somewhat less painful! Keep your eye on the Future Events and see if you can improve your time or rating in the coming months.

Date	Start	Finish	Time	Rating	
6/7/04					
1	Jim	4.56	38.01	33.05	445
2	Cedric	8.46	38.40	29.54	640
3	Martin	1.57	40.13	38.16	437
4	Wendy	-1.42	41.53	43.35	323
5	Phil	5.20	42.25	37.05	447
6	Graham	8.34	44.40	36.06	347
	Mike H	5.32	DNF		
3/8/04					
1	Jamie	10.06	38.55	28.49	566
2	Keith	6.00	39.36	33.36	517
3	Mike H	1.57	40.29	38.32	380
4	Martin	1.57	40.31	38.34	428
5	Cedric	10.06	40.48	30.42	606
6	Graham	8.34	41.06	32.32	467
7	Emmy	0.00	42.30	42.30	
8	Bob*	0.00	49.02	49.02	
6/9/04					
1	Clare	10.00	50.00	40.00	317
2	Ruth	9.00	50.05	41.05	289
3	Julie	8.00	50.10	42.10	292
4	Frank	8.00	50.19	42.19	478
5	Faye	9.00	50.50	41.50	270
6	Rachel	10.00	51.30	41.30	336
7	Jerry	15.00	51.40	36.40	382
8	Karen	0.00	51.45	51.45	243
9	Renee	9.00	52.00	43.00	357
10	Wendy	10.00	52.50	42.50	342
11	Brian	8.00	53.15	45.15	200
12	Nigel	20.00	53.30	33.30	479
13	Alan	9.00	57.00	48.00	
14	Debbie	9.00	57.20	48.20	136
7/9/04					
1	Terry *	14.00	45.00	31.00	est time
2	Ivan	15.00	48.39	33.39	393
3	Graham	17.28	48.45	31.17	514
4	Ian	15.35	49.06	33.31	406
5	Bob *	1.00	49.12	48.12	
6	Martin	11.57	49.21	37.24	465
7	Mike D	12.26	49.53	37.27	514
8	Cedric	20.06	50.18	30.12	629
9	Paul D	16.00	50.19	34.19	367
10	Rachel	8.30	50.25	41.55	325
11	Matt	19.00	51.31	32.31	419
12	Wendy	8.18	51.44	43.26	328
13	Philip	15.20	52.06	36.46	459

\*= guest