

Heathfield Road Runners



Running Report

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Editor's Notes

After the summer break our running club gets back to business. Gone, for another year, is our 10k and the South Downs Way Relay.

The focus now is the Cross Country series (unfortunately associated with winter) and the second half of the Sussex Grand Prix season. The Club's AGM also approaches (Tuesday October 8) and provides the catalyst to shake-up the Club a little.

A shake-up, is it needed? I'll stick my neck out a little here and suggest that our club has not been quite as dynamic as in previous years. Competition presence has been rather dismal and attendance at training evenings similarly low key. There are areas that I feel need to be addressed and there are also some issues that have been raised by others, for instance: what are we doing to attract new members? What are we doing to ensure that any new members have reason for staying? Are we doing enough to integrate what has effectively become two clubs (i.e. the Monday runners and the rest)? Are we doing enough to fulfil people's competitive needs? Are we offering our members effective support, coaching and motivation? Are we providing a service to our community? Is our

location the best to serve our objectives? Are we financially viable? The list goes on. In short, what is our purpose and are we achieving it? We do have a responsibility to our members and to those in the area who have an interest in the sport. Can we honestly say that we are using all the tools and talent that we collectively possess?

Every year the committee is 're-elected' almost as a formality. Some suggest that the door appears closed to others. Is this true? If so it must change. There are at least two people (who, incidentally have given sterling service) who, this year, are not wishing to be re-elected, but it must be understood that *all* positions are equally open. The AGM is an opportunity to bring in fresh people with fresh ideas. I think that now – more than ever before – we really do need to explore that opportunity.

So, what is involved in 'being on the Committee'? Briefly, there is one meeting a month when the Club's business is discussed, and objectives and plans are addressed. It is not necessarily a labour-intensive role, in fact, it can be largely delegatory, e.g. a committee member may use a small group that has talents

particularly suited to the tasks in hand. The positions on the Committee are quite flexible: whilst we must have a Chairman, a Secretary and a Treasurer, other positions can be tailored to fit. We must have at least 4 people at a meeting, so common sense dictates that the Committee contains at least five, possibly six, people. The female representation should reflect the number of female members that we have, i.e. at least two.

You may not think that you have much to offer, or that you don't want to get involved, or that you've not been 'in the club' for long enough. But, think again, you could be just what the Club needs.

The enclosed AGM notification has spaces to make nominations for the Committee. If you want to stand, or want somebody else to stand then ensure that the proposal is made, seconded and the form sent in by the date shown. I need to stress that anyone proposed must be aware and in agreement of the proposal. After the cut-off date voting forms will be sent out and the new Committee decided before the AGM.

GRAHAM

Midsummer 10k

Although it was a few weeks ago I think a vote of thanks should go to everyone (nearly the whole Club and many friends and family) who helped staging this year's race. It's not a big race and the course is rather demanding, but competitors do seem to enjoy it for some reason.

Beachy Head Marathon

This may be deemed good news or bad depending on your outlook. I have received notification that our club entry has been accepted and for the second year running we should have more than half the Club negotiating that lovely course in October.

Club Kit

Cathy has asked me to let you know that she has an order waiting to go and would like to add some items to reduce the postage costs. Contact her right away on 01435 868104 if you need anything now or in the near future. Cross Country races loom so make sure you are suitably equipped.

Results and Ratings

Someone asked me the other day about the ratings shown in the final column after the times, what do they relate to? A reminder is probably appropriate especially as Pete attained (at Will Page 10k) the highest rating ever for a HRR (albeit wearing that blue vest).

Some years ago we devised a system for performance rating using a combination of two much-used methods. The first uses the data of world records over many distances by runners of all senior and veteran ages. The second uses a surprisingly simple but accurate formula to predict race times at different distances. For good measure, we also threw in a factor that relates to the races we tend to run in this part of the country. We end up with a system that can compare the results of 20 year-old female at a flat 5k race to that of a veteran man running a marathon (and any combination in between). We can also use the figures to determine our own performance at different races, e.g. if you look at the ratings for the Jog Shop Jog you will see that they are quite low. This points to a lack of specific training for this type of event; I'm sure Nigel and Cedric won't mind me saying that. Marathon results also tend to be on the low side too, and this reflects how hard it is for most of us to train optimally for a marathon.

By the way, in 1998 when Nigel Gates set a new world record at 3k for the over 45s his rating was 964 This year, when he comfortably won our 10k his rating was 943 — and he looked fresher than anyone else as he crossed the line.

Midsummer 10k, Heathfield, June 18

Obviously, with most of the membership helping out we didn't have many taking part in what is one of the hardest 10k routes in the Grand Prix.

1	Nigel Gates	33.25, B&H	
HRR			
7	Pete Morley, (Crow)	36.31	734
8	Ivan HT	36.37	666
50	Mike Heathwood	43.21	495
67	Keith Harrison	45.26	512
89	Mike Darling	47.23	587
108	Tim Skilton	49.26	305
111	Tessa Schooling	49.55	575
161	Kim Bonser	56.36	295
182	Louise Schweitzer	61.16	407

Will Page 10k, Newick, August 25

Another spur-of-the-moment entry and rather pleasing to see some more red vests (mostly Lewes AC unfortunately). A nice little race, quite demanding course and a good one for Sussex Grand Prix points. Good to see Mike Heathwood back on the circuit and running pretty well too.

Results not yet in, but HRR times as follows.			
	Peter Morley (Crow)	35.52	749
	Graham Chapman	41.13	536
	Mike Heathwood	42.58	496
	Keith Harrison	44.30	527
	Mike Darling	45.08	642
	Tessa Schooling	48.11	612

HEATHFIELD ROAD RUNNERS

AGM

8PM TUESDAY 8TH OCTOBER
CROSS IN HAND PUBLIC HOUSE

IT'S YOUR CLUB

WHERE DO YOU WANT IT
TO GO?

*Come along at 6.30 for a
friendly run too*

No Excuses 10m, July 28

Remember I said this was quite an informal affair? Well it was so informal that the results have disappeared. Not to worry, despite the heat and challenging route I think we all had a good time. And three HRRs in the top four. A nice little event that we should keep to ourselves. Meanwhile, I'll try and persuade the organisers to offer some big prizes for next year.

Jog Shop Jog, August 18

What sort of person enters an off-road 20 miler on the day? Me for one, and Nigel too. We also saw Cedric down there, but it is *his* sort of race isn't it? Very warm, extremely hilly, but still surprising not to see any more HRRs negotiating this breathtaking course.

1	Paul Freary	2.13.14,	
Belgrave Harriers			
HRR			
36	Cedric Clemerson	2.54.32	482
44	Graham Chapman	2.58.50	396
116	Nigel Parkes	3.25.41	287

King's Head Canter, August 26

The day after Will Page, and it seemed that the same people had assembled to run this friendly, but competitive 5k. Do these people have nothing better to do on a Bank Holiday weekend?

1	Nigel Gates	15.50	
HRR			
10	Peter Morley (Crow)	17.25	702
35	Graham Chapman	19.41	515
40	Alan Streeter	19.49	578
97	Paul Goad	23.34	322

Time Trials

No time trial in July — I was told it was raining. Make of that what you will. August and September were somewhat better:

August 6

1	Ivan HT	29.45	497
2	Graham Chapman	31.15	500
3	Keith Harrison	33.31	500
4	Mike Darling	35.40	549
5	Philip Skilton	36.22	450
6	Andy Halpin	38.06	532
7	Martin McIlvenny	39.07	391

September 3

1	Mike Heathwood	30.47	532
2	Graham Chapman	30.59	510
3	Cedric Clemerson	31.58	535
4	Keith Harrison	32.44	530
5	Mike Darling	34.39	588
6	Philip Skilton	34.54	500
7	Mike Harlow	37.18	399

Coaching Corner

by Paul Goad

Run at World Record Pace – What Me?

Last time I wrote an article on training at 5k pace to help improve general running speed. The following abbreviated Frank Horwill article may inspire you to think a little differently about your own speed training — Paul.

In 1947 the sports world press was flabbergasted by a report from the Middle East. An Arab prince decided to go hunting for gazelles in a jeep. In due course they spotted a herd grazing in the distance. They approached at top speed and drew alongside the stampeding animals, when one of the prince's servants tapped him on the shoulder and pointed to what seemed to be a gazelle running on its hind legs. They moved in closer to view this extraordinary spectacle and were astounded to discover that it was not a gazelle but a young man!

The prince looked at his speedometer which was registering 30mph, twice as fast as Roger Bannister ran to break the four-minute mile! They pursued the youth until he dropped exhausted to the ground. He was immediately photographed and tied up. The picture was cabled to every news agency in the world. The lad was thin, with long black hair, no beard, completely naked and very scared (which was hardly surprising). The prince sent the boy

to a Cairo hospital where it was discovered he could not talk nor eat any food other than grass. Without his gazelle friends and not used to captivity he began to pine, refused to eat and eventually died. A sad and remarkable story.

When they took fright, he ran too

The world's athletics press began to speculate about his plight and what he might have done if they could have gotten him to run around a track. How he joined the herd was a mystery. It was agreed that he would not have survived unless he had done so already able to walk and run, say around five years of age. Any older and the herd would have been wary of him. When feeling hungry he copied their habits and diet. But, more significantly, when they took fright, he also ran with them. As the years went by, he learned not only to run with them but also of necessity to keep up with them. The Cairo doctors estimated his age at around 17 but said he would not have lasted much longer as he was showing signs of malnutrition. This is a true story and any national newspaper will have the press-cuttings filed away.

Running at world-record pace

What is the significance of this amazing occurrence? It is this: gazelles do not jog, nor do they do steady runs. They are built to run fast away from their enemies, perhaps once or twice a day to survive. They learn to do this from the day they are born.

Modern middle-distance training methods are based on the principle that athletes start running slowly and get faster. This has one obvious snag – the athlete **never** experiences what it is like to run at world-record pace; in fact, the athlete may never run at such a speed. This has a bad psychological effect the longer it continues because world-record pace is thought to be something beyond reality. But is it?

If we examine every distance-running world record, then work out the speed per 400m, then break that down into the rate per 100m, we will discover that we **can** train at world-record velocity. What's more, we can actually cover the distance in total at that speed.

For example, let's take a mile in 3:46, that is 56.5 secs per 440 yds or 28.2 per 220 yds or 14.1 per 100 yds. We might not be capable of running many 400m in 56 secs (400m is about two metres short of 440 yds) or even many 200s in 28 secs, but we can run 100m in 14 secs. If we ran 16 x 100m in 14 secs with 30 secs recovery after each, we have a mile done at the world-record pace of 3:46. When we have accomplished that, we might consider running 24 x 100m, and from there we could progress to running 150m in 21 secs, still with 30 secs rest, then eventually on to 200ms in 28 secs, 250ms in 35 secs, 300ms in 42 secs and 400ms in 56 secs.

In time (it might be years), if we train at world-record speed we will no longer fear it. In fact, we may become contemptuous of it, thinking nothing of running the first half of our specialist event at a speed that has become all too familiar. The Gazelle Boy was, after all, a human being.

Paul's comment – rather than the world mile record why not pick an obscure record that means something to you, i.e. the women's over 35 5k Sussex county record. Then break it down into it's component parts and use that as the basis for your speed training plan. As you progress and cover longer repetitions at the required speed you can easily monitor your improvement. paulgoad@aol.com

Future Events

SEPTEMBER

- 8 Hellingly 10k SGP
- 15 Hove 5 SGP
- 22 New Forest Marathon & Half

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

- 10 Phoenix Races 3.8k & 7.3k, Brighton SGP
- 17 Brighton 10k SGP

DECEMBER

- 1 Crowborough 10k SGP
 - 8 Mince Pie 10 Mile Peacehaven
-
-

2002 Time Trials

	3/4/02	8/5/02	19/6/02	7/8/02	3/9/02
Graham Chapman.....	32.02.....	30.02.....	31.36.....	31.15.....	30.59
James Cox.....	30.38.....	30.49.....	30.51.....		
Paul Daniels.....	32.16.....	32.25.....			
Mike Darling.....	36.16.....	34.24.....		35.4.....	34.39
Andy Halpin.....				38.06.....	
Mike Harlow.....			35.03.....		37.18
Keith Harrison.....			33.38.....	33.31.....	32.44
Mike Heathwood.....			31.52.....		30.47
Ivan Horsfall-Turner.....			27.36.....	29.45.....	
Ian Killian.....		32.59.....			
Martin McIlvenny.....	38.25.....	37.18.....	38.28.....	39.07.....	
Nigel Parkes.....					
Tessa Schooling.....			36.18.....		
Jim Scott.....		32.07.....			
Philip Skilton.....	35.48.....	35.29.....	35.18.....	36.22.....	34.54
Frank Smith.....		40.2.....			
Alan Streeter.....	30.49.....	29.42.....			
Cedric Clemerson.....					31.58