



Tempo Monthly Newsletter

February Edition 2016

What a fantastic way to start the year, an interview with the man who recently beat Mo Farah in the Great Edinburgh Cross Country... Mr. Garrett Heath.



1. What made you first get into running?

My family – both of my parents are really active between biking, Nordic skiing, hiking, and generally just being active outdoors, so we spent a lot of our summers taking family camping trips around the Midwest and to the mountains in Colorado. Those vacations are still some of my fondest memories, and the adventures we had on them are really what initially created my passion for running and being active.

Eastbourne's Specialist Running shop

2. What is your biggest/ proudest achievement to date?

As cliché as it is, breaking 4 minutes in the mile is probably the one that still sticks out the most to me. I had always (only half jokingly) told myself that if I ever broke 4 I would quit running because there would be nothing else to accomplish. Obviously, I haven't quit running, and there is much more that I'd like to accomplish, including making an Olympic Team this year. It also happened within an hour or so of my brother winning the US Junior Cross Country title in Boulder that same day, so that helped make it a particularly memorable day for the both of us.

3. What are your aims and goals next year/ season?

The Olympic Trials and making that Olympic Team is the main focus of this year. In preparation for that though, I'd like to make that Indoor World Team in Portland and really rip a fast 5k on the track outdoors. I think my PR there is a little soft compared to the people I'd like to be competing with on the US and World scene when it comes time for championship racing and big summer races.

4. What motivates you to get up early in the morning and train?

Coffee. I go to bed at night already looking forward to sitting and drinking my cup of coffee in the morning at the kitchen table while I peruse the internet and let me body wake up before heading out to run. Beyond that, the thought of making that Olympic Team is always in the back of my mind driving me to be better, but really as far as getting out the door everyday, it really comes down to having a great team setup in Seattle with the Beasts and just genuinely loving to run and be outdoors. Even if I wasn't a professional athlete, I'd still be looking to get outside for some activity everyday.

5. What food is your guilty pleasure?

Chocolate, and more specifically chocolate chip pancakes. Although, I'm not sure I ever really feel guilty about eating them.

6. If you could stay injury free and have an excellent 6 months training, what time do you think you could do for a 5k run?

Well, I've had solid training and been pretty much injury free for about 3 years now, so I guess I would probably say my current PR – 13:16. That being said, I do think a lot of fast times come down to being in the right race and fit at the right time. I don't think I really got a chance to maximize my fitness (PR-wise anyway) last year, so I would say 13:00 would be my expectation if I hit a good race at the end of 6 months of great training.

7. Who is your role model or inspires you and why?

My brother, Elliott, who trains in Portland with the Bowerman Track Club. He's younger by 3 years, but I think he's as much of my role model as I am his. He's always the one that I've been able to turn to for advice and look to for guidance if things aren't going well.

8. Have you ever suffered an embarrassing moment during a race/ training?

Occasionally when I'm really grinding out a longer race, I have problems with spit clearing my face, so I've had a lot of races where it looks like I may be foaming. It's only exaggerated when I've got a full beard going. Makes for a lot of embarrassing post race pictures if nothing else.

9. If you could race against anyone who would it be (can be anyone) and why?

Usain Bolt, in a 600m indoor race. He's the fastest man in the world, but I think at 600m, I've got at least a fighting chance to take him down. I also like having it indoors for a few reasons – being shorter than him the tight corners work in my favour, I love the atmosphere indoors when the crowd is packed close to the track, and because the 600m is more of an indoor distance to run anyway.

10. What is the best bit of running advice you have ever been given...and could pass on to others?

Training smart beats training hard. You've gotta listen to your body and not just follow the numbers or chase what the competition is doing.

Many thanks to Garrett for his time and we wish him all the best in his quest get to the Olympics summer.

Running for Dreamland

Dreamland Mission Hospital in Kenya has been a focus of Brewers Decorator Centres Company's commitment in communities since 2012. On a recent visit to see the developments of the hospital and lend a hand completing various decorating, tiling and carpentry tasks in the hospital, two members of the Brewers team decided they wanted to do more!



Being surrounded by the amazing work the hospital achieve in such challenging conditions and seeing the operations and life changing impacts first hand, Nicky Pysden and Gary Skinner were inspired to continue their support of Dreamland when they returned to the UK.

It dawned on Gary, (a Polegate Plodder) whilst running the dusty tracks in Kenya that running a half marathon would be a rather apt way of raising funds for the hospital.

An enthusiastic Nicky (who runs with a little known group called the South Downs Gazelles) agreed to help put a team of Brewers runners together which as it stands is now a group of 12 ready to take on the Hastings Half Marathon in March!

Situated at the foot of mount Elgon, the hospital really does change the lives of those who are lucky enough to make it through the doors. It is no mean feat to get to the hospital, the roads are mainly dirt tracks and the modes of transport are limited to foot, push bike or if they're lucky motorbike taxis. They travel tens of kilometres to get their sick children and family members to Dreamland for corrective surgery on club foot and other limb deformities, cleft repair surgeries, cataracts and more.

The funds raised by the Brewers team at the Hastings Half Marathon will help develop the facilities at Dreamland and enable them to reach and improve the lives of even more patients.

Visit the Just Giving page to help keep Dreamland operating and support the Brewers team www.justgiving.com/BrewersRunHastings! Thank you.

Fry Reigns Supreme



Is it Wonderwoman, is it superwoman, no it's Sue Fry!

Sue Fry of Hailsham Harriers has been striking gold again by winning the Sussex Masters Cross Country Championships in January (we will have to update our wall of fame with all her new accolades). Sue Fry took the title ahead of Emma Rollings of Lewes and Katherine O'Hara of Arena 80. Liz Lumber of Hailsham Harriers took the V45 title to add to her list of titles. The dynamic duo have been cementing their status as two of the top runners in the Sussex region and look to have a promising year ahead of them.



Liz and Sue...Masters Champions

What's coming up...

Run Wednesdays XC2 – 7th February 9am

Part of a series of enjoyable XC events being organized by Danny Garbett. For more info: danny.garbett@yahoo.co.uk or 07988607732

Chichester 10k – February 7th

The popular 10k race for those looking to put a benchmark down for the season

Worthing Half Marathon – February 14th

One of the first half marathon's of the season, held 2 weeks prior to the Brighton Half

Brighton Half marathon – February 28th

A sold out event with over 13,000 runners taking part and it's also being started by legendary athlete Sally Gunnell.

Tri Tempo...the new triathlon club in



Tri Tempo is a new friendly, triathlon training club for like minded individuals looking to train in social groups, across the three disciplines. The club has been started by experienced triathletes who wanted to add structure and a social element to their training. So far, the training schedule includes a Turbo (indoor cycling, turbo trainer required to take part) session at St Mary's Hampden Park Church on Monday's usually at 7pm (cost £3). A "quality" or interval run set on Tuesday's which is free and is held at 6:30pm meeting at the Wish Tower. At the weekends there are a couple of options with group rides typically held on Saturday and Sunday. The Sunday social ride starts at the Wish Tower usually meeting at 7:45am for a longer ride. On Sunday, there is also a swim session, meeting at the Sovereign Centre. For more information, have a look at the facebook page: <https://www.facebook.com/groups/1516606238632413/>

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