Monthy Interview – Chris Dodd
(Eastbourne Rovers AC)

1. What made you first get into running?

I have always enjoyed running, and was regularly involved in school athletics matches from the age of 11, partly down to my dislike of cricket! I ran in the very first Sport Relief Mile in 2004, and was told by a spectator that I should join a club and get into the sport properly - I joined Eastbourne Rovers soon after, and have been running with them ever since!

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

My proudest moment would probably be my first Sussex gold medal for 1500m in 2006, as it was the first time I had won anything significant in athletics, and I had both my Dad and my coach watching on to make it that little bit more special. My biggest achievement would be more recently, when I reached the final of the British Student championships 1500m in 2012, which had been a 4 year goal for me.

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

My main goal over the winter is to set a new Parkrun course record round Eastbourne; I’m aiming for 15:45 (or under!). Next track season, I want to try and get back running close to PB times over 800/1500m which I haven’t done for about 4 years.

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

I must admit most of my training is done in the evening, but I think the statement can apply equally to those long dark nights! What I really enjoy at the moment is being part of an amazing training group at Eastbourne Rovers, and I look forward to each
session for not only the training benefits, but just as much as a chance to socialise with a great bunch of people.

5. What food is your guilty pleasure?

Anything chocolatey, no contest.

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? (we ask this to all athletes)

I ran 15:03 a number of years ago, and I feel given a year and the right training, I could get down to that again, so maybe 15:30 given 6 months.

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

In races, I feel my strength is usually a fast finish, and I have always tried to emulate the feats of Kelly Holmes back in 2004 when she powered to two Olympic Medals in the final straights. More recently, I can’t look past David Rudisha when he set the 800m world record. To run completely alone at the front right from the gun takes so much belief and willpower, it was incredible to watch.

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

When I first started running, my technique was pretty awful - so much so that my coach singled me out at training and got me to practice my arm motion on the spot in front of everyone - pretty humiliating for a shy 13 year old in front of about 50 other kids!

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

I would love to race Gareth Bale over a 5K. He is an incredible athlete, and used to be a cross country runner, so it would be interesting to find out how good he is!

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

‘Enjoy the Journey’

I have had many disappointments in my running career, such as underperforming for entire seasons, or long stints of injury, and I used to often dread both racing and training. The injuries in particular put into perspective how great it feels when I can actually run, and I have learned to enjoy my training/running in general so much more. A friend recently described it as ‘enjoying the journey’. If you enjoy the process, instead of focusing too much on the end goal, not only will the hard work be more pleasurable, but also your achievements feel so much better.

Many thanks to Chris for his time and we wish him all the best in his quest to break the Eastbourne park run record.

What’s coming up…

Run2getherRun 15th November 2015

Run Wednesdays will be holding their popular running event on the 15th November. The event provides runners with a choice of distances to race across, from; 2.5k, 5k and 10k. All ages and abilities are welcome. The race starts at 9:30am starting at the bottom of the Wish Tower Slope, for more information contact Danny Garbett at danny.garbett@yahoo.co.uk or 07988607732.

Birthday Mile (in aid of Teenage Cancer Trust) 12th November

This event will be held Thursday 12 November at the Eastbourne sports park track from 6-8pm.
Run an officially timed mile in a race graded to your ability. £5 entry fee, all proceeds to the Teenage Cancer Trust. Come for the run, stay for the cake.

Words from the Organiser and Coach Andy Payne

I have been a secondary school teacher for close to thirty years, in that time I have met and come to admire and respect thousands of young people as they passed through my care. I have celebrated great successes and shared the joy that only youth can bring. I have also felt great sadness as young lives have been turned to great struggle by Cancer, I have shared terrible pain when the battle against the disease has been lost. Each year on my birthday I ask friends to join me in celebrating the lives of teenagers who fought Cancer and won and to remember those who were not victorious by running a mile to raise funds for The Teenage Cancer Trust. The charity offers real practical help and emotional support to young Cancer sufferers and their families when they need it most. You will probably never have to hold a grieving parent’s hand or explain to an anguished child that there is a chance that they could live if things go well, but you could make it possible for others to be able to do just that at just the right time! Join me at The Eastbourne Sports Park from 17:30 on Thursday November 12 and by doing just a little yourself, do so much for others. Make a £5 donation, Walk, jog or run in a mile event suitable for your ability and share a piece of my birthday cake! It's simple, it’s fun and it works! Share this with everyone that you know, bring your friends and family and be part of something bigger. I look forward to greeting friends old and new. Coach Andy Payne.

OR donate via just giving.com/Andysmile
It's even got the word smile in it!

Mince Pie Ten miler – December 6th
The race is a very popular multi-terrain event which is contested over a challenging ten mile course, and sees many entrants returning year after year for a pre Xmas work-out! The event starts at Peacehaven Leisure Centre 11am.

Enter online via RunBritain, or use this link for the Mince Pie Postal Race Entry Form 2015.

Results Round Up...

Tempo 10k October 11th

Dodd sets the pace in the Tempo 10k of Eastbourne

The 2nd edition of the Tempo 10k run took place on October 11th under sunny Eastbourne skies. The race is held on the Eastbourne seafront and incorporates two laps of the sunshine coast’s promenade. The number of entries for the event were well up on the previous year and this lead to faster times and strong performances all round.

Most notably was Eastbourne Rovers runner Chris Dodd, who took the overall title and in the process of doing so, also broke the course record. Chris completed the course and took the win in an impressive time of 34mins 8 seconds. Last year’s winner Gary Judges (Hailsham Harriers) settled for silver this year, with David Ayling (Hailsham Harries)
completing the men’s podium places. In the ladies race, Yvette Grice of Bodyworks XTC took the honours in a time of 40mins 37 seconds and in doing so also broke the female course record. Hana Kolarova claimed 2nd place, with Iria Trabazo taking 3rd.

The event supports the Eastbourne RNLI and the Special Olympics of Eastbourne. For the full results list, please visit: http://www.temposhop.co.uk

Beachy Head Marathon – October 25th

The 14th Beachy Head marathon was won this year by one of it’s legends; Stuart Mills (Uckfield Runners). Stuart has won the event on numerous occasions and rolled back the years with a fine performance. Stuart tackled the hills and mastered the descents, finishing in a time of 3hrs 8mins and 5 secs. An incredible time for such a challenging marathon course. Kieren Drane and Philip Jackson completed the men’s podium places. Notable mentions of local athletes; Greg Funnell (Optimum muscle care) 7th, Nathan Roe (Run Wednesdays) 13th, Paul McCleery (Hastings AC) 33rd. In the women’s event, Sarah Swinhoe (London Heathside) took the title in a time of 3hrs 23mins 44sec, finishing a fantastic 12th overall. Jo Singer and Anne Fidge completed the top 3. Notable mentions of local athletes; Katherine O’Hara (Arena 80) 4th, Hephzibah Toby (Uckfield Runners) 7th, Emily Hutchinson (Arena 80) 9th, Alissa Ellis (Hailsham Harriers) 10th

All about that base, ‘bout that base

Triathletes will wax lyrical about the importance of the base training phase as part of the preparation for racing the next year.

The aim of base training is to develop a runner’s aerobic potential before implementing anaerobic training in the form of interval work. Coach Arthur Lydiard understood that distance running events were primarily aerobic pursuits and that by developing the aerobic system to its maximum, his athletes would have the endurance to dominate their competition. Lydiard also believed (correctly) that more than 4 to 6 weeks of intense anaerobic training was unnecessary because after six weeks of anaerobic training, improvements reached a point of diminishing returns. Lydiard’s training methods eventually spread across the globe and influenced how coaches approached training for middle and long-distance events. Base training isn’t about just
slow running though, it’s about incorporating sessions that will develop the aerobic capacity. Typical session include fartlek and steady runs. Fartleks focus on the athlete running for anywhere between 30secs to 5mins at a sustained hard pace with a period of recovery between sets. The steady run could start at 20min and build towards the hour mark. Fartleks help improve turnover, efficiency and neuromuscular function. Steady state running improves your aerobic threshold. Long runs help build mitochondria and further capillary development, and of course, all those easy miles in-between help develop your aerobic endurance.

Source: Running Competitor

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**TEN COMMANDMENTS FOR THE RUNNER**

1. Thou shall not compare thyself to other runners. A mile is a mile.
2. Thou shall never say “I am not a runner.” If you run, you are a runner.
3. Thou shall not skimp on sleep.
4. Remember the “rest day” and keep it holy.
5. Honor thy muscles and thy “aches and pains” and do not push through an injury. Runners are not invincible.
6. Thou shall not forget to hydrate.
7. Thou shall not commit the sin of wearing cotton; especially on race day.
8. Thou shall not ignore thy shoes. Get properly fitted and check for wear often.
9. Thou shall not get stuck in a “rut,” but will vary thy running by switching up elevation, distance, and pace.
10. Thou shall not covet thy neighbor’s medals.

Thank you for reading. If you would like to submit an article or become involved in the monthly newsletter, please contact Tempo at temposhopuk@yahoo.co.uk