

Bridlington Road Runners and Haywards Heath Harriers

Go head-to-head
24 to 26 July 2020



Head to Head: The clubs

Bridlington



35,000

Lawrence of Arabia based in
Bridlington during the war

1983

Mike Hurd

Yellow and black

The Yellow and Blacks

Population

Famous for

Club founded

Club legend

Club colours

Club nickname

Haywards Heath



34,000

A train line to London!

1966

~~Daley Thompson~~ Paul Cousins

Maroon with two white hoops

The Beetroot Army

Head to Head #1

Bridlington Road Runners

Tom Mullen



Half marathon (or XC!)

For goodness shake

Nike Vaporfly Next%

Local Boy - Stereophonics

Adrienne yoga for runners

Haywards Heath Harriers

Russ Mullen



5K

Huel Black (Vanilla)

Altra Keyanta

Immigrant Song, Led Zeppelin

Shavasana

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #2

Bridlington Road Runners

Mollie Holehouse



5km

Protein Shake / Smoothie

Sketchers Razor 3

All or Nothing, Athena Cage

Random yoga cool down videos!

Haywards Heath Harriers

Lydia Levy



None!

Favourite distance
Favourite post-run snack
Race day shoe
Pre-race song
Favourite post-run stretch

Anything with peanut butter
Boston 8 or New Balance 1500
I am wondering if I need one!
Calf and hamstring (if I remember)

Head to Head #3

Bridlington Road Runners

Sam Adams



10km

Lucozade Sport Orange

Brooks Adrenaline GTS

Anything by Faithless

Yoga with Adriene on Youtube

Haywards Heath Harriers

Hannah Gibson



Half marathon

Huel pancakes (vanilla)

New Balance 1500

High Hopes, Panic! At the Disco

The Pigeon

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #4

Bridlington Road Runners

Nicola Fowler



10km

Tiffin and Coffee

Nike Flyease

N/a

Quads!

Haywards Heath Harriers

Mark Green



Half marathon

Favourite post-run snack

Protein shake/peanut butter+jam bagel

Race day shoe

Hoka Rincon

Pre-race song

Club Foot, Kasabian

Favourite post-run stretch

Anything glute related

Head to Head #5

Bridlington Road Runners

Miriam Ireland



5km or 10km

Chocolates and Cake

Saucony

Whatever is on the radio!

Cool down jog counts right?

Haywards Heath Harriers

Sarah King



5km

Banana frijj milkshake

Brooks (not sure what they are!)

No songs, but the occasional mantra!

IT band

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #6

Bridlington Road Runners

Kerry Whitehead



10K

Flapjack

Saucony

American Idiot, Green Day

Hamstring stretch everytime!

Haywards Heath Harriers

Carys Hind



10km

Cake or brownie

Asics GT 2000

Run to the Hills, Iron Maiden

Yoga with Adrienne

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #7

Bridlington Road Runners

Emma Artley



Anything XC
Chocolate Milk
Nike Zoom Pegasus
Anything with a good beat
The only stretch I do is for my wine glass!

Haywards Heath Harriers

Kim Lo



Favourite distance
Favourite post-run snack
Race day shoe
Pre-race song
Favourite post-run stretch

10 miles or Half marathon
Wine
Hoka Carbon X
Independence Day, The Shires
Need to do more!

Head to Head #8

Bridlington Road Runners

Heidi Baker



10km and above

Banana

Whatever I've been training in

Waking the Demon, Bullet for my Valentine

One using my stairs

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Gemma Morgan



10km

Chocolate milkshake and marmite on toast

Brooks GTS 19

Running up that hill, Kate Bush

Hamstring

Head to Head #9

Bridlington Road Runners

Cathy Wood



Marathon

Anything!

Asics GT 2000

Raw, Katy Perry

Reach down to stroke my dog

Haywards Heath Harriers

Josh Franks



Favourite distance

1 mile

Favourite post-run snack

Bowl of cereal

Race day shoe

Nike React Infinity

Pre-race song

Big for your boots, Stormzy

Favourite post-run stretch

N/a (it's an oxymoron)

Head to Head #10

Bridlington Road Runners

Dom Webster



10km

Chocolate / cake / dried mango

Brooks

Any Dolly song

None - useless with those!

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

James Moffat



10km

Greasy cheese burger

Brooks Ghost

Something from my youth (loud!)

Love a calf stretch

Head to Head #11

Bridlington Road Runners

Jenny Chambers



10km

Chocolate Flapjack

Brooks Ravenna

Eye of the tiger

Yoga with Adriene

Haywards Heath Harriers

Siobhan Amer



Long not short

Crisps and Yazoo banana milkshake

Brooks

None

Piriformis

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #12

Bridlington Road Runners

Justine Sutcliffe



10km

Flapjack

Mizuno Wave

None

Pigeon Pose

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Shelagh Robinson



50 miles!

Latte and cake

Brooks Adrenaline GTS

Break My Stride, Matthew Wilder

Standing Forward Fold

Head to Head #13

Bridlington Road Runners

Caroline MacFarlane



5km

Porridge

On Cloud Stratus

When I Kissed the Teacher

Hamstring

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Lins Blain



Anything ending at a pub

Cake and a glass of milk

Nike Free

I Ran (Flock of Seagulls)

Runners lunge (hip flexor)

Head to Head #14

Bridlington Road Runners

Elizabeth Ingle



10km

Almonds and Sultanas

Aside

Right Here Right Now, Fat Boy Slim

Tend to forget!

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Tim Hicks



Half marathon (with a 3000ft mountain!)

Date balls

Salomon Speedcross

Beautiful Day, U2

Quads (on one leg)

Head to Head #15

Bridlington Road Runners

Patricia Bielby



Haywards Heath Harriers

Marion Hemsworth



?	Favourite distance	10 mile of Half marathon
?	Favourite post-run snack	Latte
?	Race day shoe	Always Asics
?	Pre-race song	Power of Love, Huey Lewis
?	Favourite post-run stretch	Any hip flexor

Head to Head #16

Bridlington Road Runners

Josh Taylor



Haywards Heath Harriers

James Collins



?	Favourite distance	5km
?	Favourite post-run snack	More oats!
?	Race day shoe	Adidas Boston Boost
?	Pre-race song	Ghosts 'n' Stuff, deadmau5
?	Favourite post-run stretch	Inner thigh

Head to Head #17

Bridlington Road Runners

Ben Edwards



5km

Scone

Brooks Ghost

Anything on my Spotify playlist

Err yeah don't really do them! 0.5 mile cool down?

Haywards Heath Harriers

James Smyth



5km

Bacon sandwich

Nike Zoomfly

Africa by Toto

We are supposed to stretch?

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #18

Bridlington Road Runners

Scott Hargreaves



10km

Jaffa Cakes

Asics GT1000

Thunder, Imagine Dragons

Thigh Stretch

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Ben Gibson



Half marathon

Huel shake (coffee)

New Balance 1400

Anything from Hamilton!

The Pigeon

Head to Head #19

Bridlington Road Runners

Adam Dyas



?

?

?

?

?

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Phil Payne



10 miles (XC)

Haribo

Asics GT-7s

Levels by Avicii

Hamstring and calf

Head to Head #20

Bridlington Road Runners

Sam Alexander



Half Marathon
Pint of Vimto
Nike Vaporfly Next %
Trophies, Young Money

Sleeping counts right?

Haywards Heath Harriers

Matt King



Favourite distance
Favourite post-run snack
Race day shoe
Pre-race song

Favourite post-run stretch

Still deciding
Friij sugary milk
Adidas Boston Boost
We're not gonna make it, Presidents of
the United States of America

The pint glass reach

Head to Head #21

Bridlington Road Runners

Glenn Walker



Haywards Heath Harriers

Greg Hilton



?	Favourite distance	Marathon
?	Favourite post-run snack	The Vegan Chilli
?	Race day shoe	Asics Nimbus 20s
?	Pre-race song	Crucial Velocity, Clutch
?	Favourite post-run stretch	IT band

Head to Head #22

Bridlington Road Runners

James Briggs



5km

Scone

Asics Supernova

Anaesthetist, Enter Shikari

Downward Dog

Haywards Heath Harriers

Matt Cook



Marathon

Favourite distance

Favourite post-run snack Anything (vegan) I can get my hands on

Race day shoe

Nike 4%

Pre-race song

Anything by Five Finger Death Punch!

Favourite post-run stretch

Lower back

Head to Head #23

Bridlington Road Runners

Adam Thomas



5km or 10km

Bananas and Chocolate

New Balance Fuel Cell

The Pretender, Foo Fighters

Stretch?

Haywards Heath Harriers

Pete Francis



Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Half marathon

Coffee & cake

Asics Kayanos

N/a (I prefer to find inner zen!)

Opening the fridge for a beer

Head to Head #24

Bridlington Road Runners

Jof Pearson



5 miles

Belvita Biscuits

Cheap Nikes!

R1 Dance Anthems

Err?

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Sim Wishlade



5km

Custard doughnut

Nike React Miler

The Journey by Low:R

Hamstrings!

Head to Head #25

Bridlington Road Runners

Nick Craggs



10km

Beer

Anything I got on offer!

Spotify running playlist

Don't worry about this

Haywards Heath Harriers

Ben Duncan



10 miles

Beer

Nike Vaporfly Next%

Anything by Mumford and Sons

Calf stretch

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #26

Bridlington Road Runners

Nick Jordan



10k-Half Marathon

Anything I can get my hands on

Nike Zoom

Amazon Gym playlist

Stretching for post run snacks

Haywards Heath Harriers

Andy Hind



10km

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

IPA or a nice peanut butter stout

ON Cloudflow

I Can Climb Mountains, Hell is For Heroes

Quads and Hamstring

Head to Head #27

Bridlington Road Runners

John Nolan



Any - as long as I am running!

Fruit and Greek Yoghurt

Whatever I own on the day!

Stine Grove - Empire of Love

Nah - just a steady run

Haywards Heath Harriers

Chris Faulkner



Favourite distance

10km

Favourite post-run snack

Guinness (a meal in a glass)

Race day shoe

Saucony Iso Ride 2

Pre-race song

Lose Yourself, Eminem

Favourite post-run stretch

Arm out over the bar

Head to Head #28

Bridlington Road Runners

Alan Feldberg



Marathon

Chocolate

Asic Gel - Cumulus

Stockton Gala Days, 10,000

Maniacs (if I had to choose)

My what?

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Simon Robinson



5km (short attention, terrible pacing!)

Homemade flapjack

Saucony Triumph

Friday Night Comedy podcast

For a beer

Head to Head #29

Bridlington Road Runners

Allan MacFarlane



10km

Cake

Saucony Triumph ISO

The Seven Seas of Rhye - Queen

I don't!

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Haywards Heath Harriers

Julian Boyer



Half marathon

Cadburys Bournville dark choc

Mizuno Wave Inspire 15

Whats Up, 4 Non Blondes

IT band

Head to Head #30

Bridlington Road Runners

Martin Hutchinson



Half Marathon

Alpen

Next%

Thin Lizzy, Cold Sweat

What the \$%@& is a stretch?

Haywards Heath Harriers

Tim Miller



Half marathon

Tek Cocoa Oat Protein Flapjack

Inov-8 Terraultra or Altra Escalant

Libertango Yo-Yo Ma

Pigeon pose

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #31

Bridlington Road Runners

Graham Lonsdale



10km

Pint of Lager

361 Spinject

One Day Like This, Elbow

Gentle jog to cool down

Haywards Heath Harriers

Ian Dumbrell



100m

Chicken Dhansak/Pilau Rice/Sag Aloo/Peshwari
Naan

Hokas/Asics

CREEP by Radiohead

Heel Lifts (Achilles like a string bag)

Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

Head to Head #32

Bridlington Road Runners

Stephen Eblet



Haywards Heath Harriers

Paul Cousins

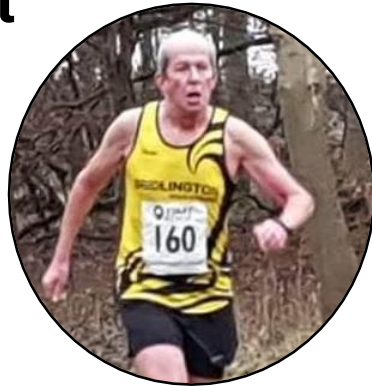


?	Favourite distance	3k Steeplechase
?	Favourite post-run snack	Flapjacks
?	Race day shoe	I don't have a favourite
?	Pre-race song	Up the beetroots!
?	Favourite post-run stretch	Hamstring

Head to Head #33

Bridlington Road Runners

Martin McPheat



Half Marathon

Snickers and Coke

Nike Pegasus

Kate Bush, Running up that Hill

A walk to the chippy

Haywards Heath Harriers

Mark Sykes



Favourite distance

10km

Favourite post-run snack

Harveys (pint of)

Race day shoe

Brooks GT

Pre-race song

Bat out of Hell, Meatloaf

Favourite post-run stretch Right fore-arm 90 degree upward flex with 1.25lb of weight

Head to Head #34

Bridlington Road Runners

Bob Eyre



10km

Cup of Tea and Cake

360 Sensation 3

Keep on Running

Too old to stretch

Haywards Heath Harriers

Richard Bates



Favourite distance

Favourite post-run snack

Race day shoe

Pre-race song

Favourite post-run stretch

After 40-years

of running,

I still do not

have answers to

these questions!