

## THE GRIM

SUNDAY 5<sup>TH</sup> DECEMBER

Instead of joining you all on the Grove Hill Mile – four intrepid travellers consisting of Tony and Elaine Allsop, Sue ? and myself (Fran), plus one baggage handler/camera man - Norman Litchfield Harris braved the journey up north (no passports needed) to Aldershot to take part in THE GRIM. As long as your bought a change of clothes and a smile those were the only mandatory items that were essential for this run.

This cross country run of 8 miles took in a multi terrain course consisting of undulating tracks, boulders, small muddy lakes, many muddy puddles and various other water features that would have done Charlie Dimmock proud. And all of these can be seen in and around the Army assault/ training course. Approx 1500 to 2000 on the start line on this sunny Sunday morning and all their to have a good time and to raise money for various charities.

I must add that I cannot go anywhere without seeing some one I know, and yes I found that someone from Eastbourne D.G.H with whom I worked with a few years ago. Rob McGregor is his name and he is more akin to climbing glaciers than muddy tracks so this run should be a walk in the park for him.

Anyway back to the un.

Off we go SPLISH, SPLASH, SPLOSH, with OOH'S AND AUGH'S punctuating the other expletives that were gushing forth from peoples mouths together with the water from runners charging through the many puddles. Many of the words are unrepeatable and some not found in the Oxford English Dictionary and if they are they many well be X rated.

Tony and I found ourselves in front of Elaine and Sue although they were never very far behind us.

"Into the Valley of Death" etc from The Charge of the Light Brigade came to mind as we snaked our way through the undulating course – down banks into knee deep pools, up and through rocky gullies. We pressed on over cattle grids and came to the water station where we were served Vitell water with a hint of orange very tasty and very much needed.

The water was very cold and wet and it was on one of these navigational experiences that I found myself in front of Tony who lost his footing and the only structure that he could get hold of to prevent him self from falling face down in the mud was.....

"Yes" you've guessed it ...."my bum". He was not satisfied with one trip but it was repeated further into the run and with a complete female stranger. She did have a smile on her face after wards though. After a few apologies I said that this was definitely going in the magazine plus wait till I tell Elaine!!

Into the ravine now christened Death Valley where we were overtaken by a Henfield Runner and where we all had to be mountain goats to traverse a very narrow path with drops of about 10feet either side. I think the camo netting came next and guess what our camera man was there waiting for the all action action shot for the mag.

Wading through knee deep water pulling very wet and heavy netting over your head was not a pretty sight, but we got through OK.

The best was left till last consisting of a crater about 50 metre long and wide with thigh deep murky water which had to be waded through and then out on a steep incline to the finish which was about another 50 metres. I did have enough to sprint to the end but some were not so lucky.

One girl with whom a helped ran out of steam near the finish and was not at all well. Tony ran on to get a marshal and I stayed with her till he arrived. I did check at the end of the race and she was OK, but she did say she had had a cold – bad move to run a course like this when you are not 100%.

Sue and Elaine did fantastic although Elaine was feeling the cold at the end.

A fantastic day, good course, good marshalling, fantastic T shirt.

We finished the day off with a pic-nic of sausage rolls, hot coffee, and mince pies.

Will be back next year and hope to see a few more Harriers their too. Team entries are accepted.

Julie you have got to do this one.

There is a Webb sight but contact Tony Allsop if you want the sight address.

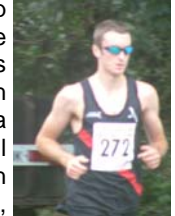
Fran Doe



# NEWSLETTER JANUARY 2005

## Secretary's Scribbles

Ben Warren won the cross country at Stanmer Park Brighton after coming second at the first Race at Goodwood. Ben took it steady on the first lap of this tough hilly 5 mile course but on the second lap he made a surge on the first hill and broke clear of his rivals to win easily in a time of 28 min 17 secs. Paul Eccles was pleased with his 25th place after suffering with sore legs in his previous races in a time of 32.18. Other Harriers were 37th Andy Feesey 33.18, 39th Paul Harris 33.40, 43rd Steve Avery 34.19, 47th Chris Howarth 34.47, 74th Sam Shanta 37.14 82nd Alan Streeter 38.08, 87th Colin Burgess 38.35, 90th Doug Chant 38.45, 100th Phil Coomber 39.47.



In the women's race Sam Alvarez came 10th despite being sent along with two of fellow competitors the wrong way. She battled back on the 3 mile course with a time of 23mins 50secs. Nina Twornicki who was running her first ever cross country was 57th in 40.14, other ladies, 28th Julie Chicken, 43rd Maria Hillman, 53rd Fran Doe.

The Juniors were all debutants. In the Under 13 Girls Milisa Ruffell was 29th. In the Under 13 Boys which was a very tight race between the boys Daniel Bond was 23rd, Sam Wieg 24th, James Toft 26th, Jago Leckie 27th, Edward Hall 31st..

## Secretary's Wife's Scribbings

What a relief and pleasant feeling that I competed and completed the Grovehill mile on Sunday 5<sup>th</sup> December in 8.32 minutes, which happens to be a personal best in a race for me! (Thanks to my husband, Dug's training schedule). It's the first time I've done this and was a bit nerve-racking as I was the first one off with no handicap. Knowing that all the others would be chasing me, I was determined not to look back, but forward. I felt I started well, but after a quarter of a mile as the road started to ascend, I felt myself slow down, and my breathing become more ragged. So I tried to regulate my breath with my running pace/step. Getting near to the top of the hill, I saw two figures ahead and thought they were Dug and Mark so I started to speed up, thinking I was near the finish line, but unfortunately not. I pressed on and as I got to the top of the hill I could finally see Dug and Mark about 60 metres away. With a great feeling of relief, I burst into a sprint and hoping that no body would pass me, I crossed the finish line first with the others in hot pursuit! It was a good feeling running back DOWN the hill and chatting with the others. I sat down and rested for five minutes with Dug and Mark congratulating me, waiting for the results to come back.

## Annual Awards Dinner Dance

On a different note, I am organising the annual dinner dance, which will be held on the 5<sup>th</sup> March 2005 at the Chatsworth Hotel with LIVE music being provided by JAZZ BIRD of the Lambrettas fame. I did look at many different venues, but found the Chatsworth could not be beaten on menu choice and price. Please could you forward your menu choices and payment by 28<sup>th</sup> February 2005? As a raffle prize, I'm offering my services, 2 hours of ironing, plus there's a chance of winning two HOME MADE Banoffi Pies, that's if anyone's interested!

## SEE MENU ENCLOSED FOR THE ANNUAL AWARDS DINNER AND DANCE

Full report of the Jungle Marathon and other articles are on [www.hailsham-harriers.org.uk](http://www.hailsham-harriers.org.uk)

Newsletter Content (to be included the latest I need anything is the Last Thursday of the month before)

Any results you have please help me to keep other members informed, if you would like anything to appear in the newsletter, tell me. I can be contacted on 01323 505869, or e-mail [geoff.depper@hailsham-harriers.org.uk](mailto:geoff.depper@hailsham-harriers.org.uk) 17 Frenchgate Close, Eastbourne BN22 9EX. *I will be at club nights only every other week with the kit.*

**THE JUNGLE MARATHON 2004 CHRIS HOWARTH** (see [www.junglemarathon.com](http://www.junglemarathon.com) –Ed. You could be forgiven for thinking it is a single marathon (26.2 miles) through the jungle it was in fact a self – sufficient foot race covering 200 km in 6 stages over 7 days.



The jungle marathon took place between the 14<sup>th</sup> and 26<sup>th</sup> September. A couple of days travelling, which culminated in a 9 hour boat trip down the Amazon river to base camp wasn't ideal preparation, but it was hugely beneficial to have a days rest at base camp on the 17<sup>th</sup> before beginning the race on the 18<sup>th</sup>. The boat trip provided a fantastic opportunity to view the dense. Once at base camp each runner found a hammock and organised their equipment. I thought, I am going to be in it for the next 7 days covering 200 km, this could be tough!!

The following day, the 17<sup>th</sup>, was a rest day at base camp. Along with enough food for the week competitors had to carry basic medical kit, the clothes they wanted and some mandatory pieces of equipment such as a compass, knife, head torch and emergency hammock. Each competitor also carried 2.5 litres of water carrying capacity. Water was provided approximately every 6 – 10 km along the route.

The race began on the 18<sup>th</sup>. An early 6 am start as it was to be everyday of the race. Along with us UK runners were runners from America, Taiwan, Korea, Sweden, Germany, Israel, Ireland, Canada, New Zealand, Italy, Spain, South Africa, Denmark, France and of course Brazil. We entered the jungle, my first experience of the jungle was upon me so quickly I didn't really have time to take it in. I had never encountered swamp before and I now never want to again. It was the toughest terrain I have ever tried to run through. In fact running was virtually impossible at times!!

I established a routine which I would follow after each stage for the rest of the week. I took on water as soon as I finished, then went into the river to wash myself and my clothes. It felt good lying in the water after a long hot stage. Being constantly hot and sweating made it difficult to try and relax and sleep but everyone soon became used to it. As night fell I organised my equipment for the next day and ate my evening dried meal, it tasted surprisingly good, I was pretty happy with it.

On the 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> we completed stages 2, 3 and 4, covering distances of 24km, 27km and 21km respectively. Each stage challenged and tested each runner every step of the way. I discovered that the jungle didn't just contain a single type terrain on the trails that we were running. We were presented with ever changing conditions.

I received some e-mails from friends and family back home, so I would lie in my hammock reading them. It was great to read peoples support and encouragement. This was, of course, the good addition. The bad, was the fact that by know I had developed serious cuts around my ankles.

I knew the next day was stage 5, 86 km non-stop day and night! In terms of the race, stage 5 was undoubtedly the crucial one. I was currently in 17<sup>th</sup> overall after 4 stages and I felt with a strong result on stage 5 I could move in to the top ten. Stage 5 was immensely challenging and demanding both physically and mentally, but, without question, hugely rewarding in many ways.

We woke up at about 3.30am on the 22<sup>nd</sup> with the stars and moon still bright in the sky. Just like stage 4 the day before we began with a 200m river crossing. I had built up a friendship with Ray from Canada and we had agreed to run the stage (5) together and pull each other through. Joining me and Ray were also two guys from Italy and Spain called Axel and Sergio respectively. I remember smiling because it was like the start of a joke, "there was an Englishman, Canadian, Italian and Spaniard running through the jungle.....".

The following day, the 23<sup>rd</sup>, was a rest day until the final stage (6) on the 24<sup>th</sup>. my ankles hold out?! I wasn't looking forward to the final stage tomorrow! The consolation, however, was of course, that it was the final stage and I just had to finish.

The final day, the 24<sup>th</sup>, each runner organised their equipment and lined up on the start line for the final 24km of the 200km. I became aware of how much lighter my rucksack was compared to the early stages. My stomach and ankles were no better, didn't really expect them to be!! I felt tired and my legs felt somewhat fatigued as I was preparing in the morning. I crossed the finish line (the final finish line!!) and the emotion is very difficult to describe. I was so happy to have completed (survived) the race. I was ecstatic with my overall finishing position of 14<sup>th</sup> in a total time of 42 hours 4 min. We took a very short journey back to the hotel in Alter De Chao and it was the nicest feeling to get showered and lie on a bed.

I would recommend the jungle marathon to anyone who is looking for a serious challenge and wants to test themselves in a tough unforgiving environment, in a race which is physically and mentally demanding in so many ways. I certainly enjoyed it, even when it got tough and I thought I wasn't!! It's all part of the challenge and the fun!! And I would do it again (in a few years!!!).



## Turkey Trot

JUNIORS	Lapse Time	Handicap	Actual Time
1. Leon	9.58	1	8.58
2. Maddie	10.04	1	9.04
3. Ed	10.09	2.1	7.59
4. Melissa	10.11	1.3	8.41
5. Jago	10.2	1.3	8.5
6. Aaron	10.28	2.1	8.18
7. Charlotte	12.34	0	12.34
SENIORS			
1. Julie Chicken	20.34	2	18.34
2. Gaurtia	21.09	5	16.09
3. Graham Pelling	21.14	5	16.14
4. Norman Harris	21.29	2	19.29
5. Allen Grant	21.42	5	16.42
6. Geoff Depper	21.54	5	16.54
7. Ben Streeter	21.59	5	16.59
8. Samantha Alvarez	22.11	6.5	15.41
9. Andy Ruffell	22.15	6.5	15.45
10. Brian Winn	22.36	5	17.36
11. Jessica Ross	22.37	5	17.37
12. Pete Plowman	22.39	5	17.39
13. Maggi Pratt	23.09	1.5	21.39
14. Alan Streeter	23.16	6.5	16.46
15. Andy Payne	23.44	8.5	15.14
16. Bill Fraser	23.5	8.5	15.2
17. Gill Wheeler	23.56	8.5	15.26
18. Tony Alsop	24	3	21
19. Terry Winchester	24.01	3	21.01
20. Chris Howarth	24.35	10	14.35
21. Andy Fessey	24.36	10	14.36
22. Andy Purnell	24.56	2	22.56
23. Nina Twornicki	24.57	0	24.57
24. Sue Cooper	25.1	1.5	23.4
25. Janet Packard	25.13	1.5	23.43
26. Elaine Alsop	25.18	1.5	23.48
27. Cathy Brown	26.2	0	26.2

### Fastest lap times:

Men	2004 times	2003 times	
14.35	Chris Howarth	14.55	Steve Avery
14.36	Andy Fessey	15.01	Bill Fraser
15.14	Andy Payne	15.38	Brian Winn
Ladies			
15.26	Gill Wheeler	15.56	Gill Wheeler
15.41	Samantha Alvarez	18.43	Julie Chicken
17.37	Jessica Ross	20.44	Maggi Pratt

(Note: Course record set in December 1996 by Paul Stacey 12.39)

## Grove Hill Mile

Name	Overall Time	Minus Time	Actual Time	Overall Position	Start Position	Finishing Position
Chris Howarth	9.51	4.3	5.21	1st	11th	9th
Paul Eccles	10.03	4.4	5.23	2 <sup>nd</sup> /1 <sup>st</sup> Vet	12th	16th
Bill Fraser	9.54	4.1	5.44	3 <sup>rd</sup> /2 <sup>nd</sup> Vet	9th	11th
Andy Ruffell	9.55	4	5.55	4 <sup>th</sup>	8 <sup>th</sup>	12th
Sam Alvarez	9.56	4	5.56	5 <sup>th</sup> /1 <sup>st</sup> Lady	8th	14th
Don Currie	9.34	3.3	6.04	6 <sup>th</sup> /3 <sup>rd</sup> Vet	6th	4th
Alan Grant	9.46	3.4	6.06	7th	7th	7th
Marc Seater	9.36	3.3	6.06	7th	6th	5th
Rosie Uphill	10.06	4	6.06	7 <sup>th</sup> /2 <sup>nd</sup> Lady	8th	17th
Brian Winn	10.08	4	6.08	10 <sup>th</sup>	8th	18th
Geoff Depper	10.14	4	6.14	11 <sup>th</sup>	8th	20th
Alan Streeter	9.55	3.4	6.15	12 <sup>th</sup>	7th	13th
Steve Avery	10.37	4.2	6.17	13 <sup>th</sup>	10th	22nd
Colin Burgess	9.5	3.3	6.2	14 <sup>th</sup>	6th	8th
Steve Tucker	10.02	3.4	6.22	15 <sup>th</sup>	7th	15th
Jessica Ross	9.37	3	6.37	16 <sup>th</sup> /3 <sup>rd</sup> Lady	5th	6th
Tom O'Shea	10.11	3.3	6.41	17 <sup>th</sup>	6th	19th
Peter Plowman	10.2	3.3	6.5	18 <sup>th</sup>	6th	21st
Roger Woodward	9.3	2.3	7	19 <sup>th</sup>	3rd	3rd
Julie Chicken	9.53	2.4	7.13	20 <sup>th</sup>	4th	10th
Maggi Pratt	9.16	1	8.16	21 <sup>st</sup>	2nd	2nd
Sue Chant 8.32	0	8.32	22 <sup>nd</sup>	1st	1st	

## Julie's Boxing Day Jog

	Estimated Time	Difference	Actual Time
Bill Fraser	14.59	-7	14.52
Don	16.35	-1.33	15.02
Sam Alvarez	16.15	-1.1	15.05
Alan Streeter	16.3	-1.13	15.17
Mark Seater	18.2	-2.4	15.4
Chris Howarth	16.58	-47	16.12
Steve Avery	16.59	-47	16.12
Gaurtia	20	-3.45	16.15
Mick Coupe	17	-29	16.31
Colin Burgess	17.08	-32	16.36
Graham Pelling	19.45	-3.08	16.37
Geoff Depper	18	-1.2	16.4
Peter Plowman	18.25	-1.33	16.52
Roberto Proietti	22	-4.27	17.33
Frances Delves	20.3	-1.17	19.13
Norman Harris	21	-1.4	19.2
Andy Purnell	24	-3.49	20.11
Brian Winn	19.47	1.14	21.01
Jackie Grant	23.3	-2.29	21.01
Nina Twornicki	25.27	-1.1	23.06

Harriers Veterans came away from the Sussex Veterans Cross Country Championships with a Bronze medal in both the Ladies Individual and Team events. Sam Alvarez led the race on the early stages on this tough technical course at Denne Park Horsham. Three ladies broke clear to contest the medals, Sam finished 3rd and with the help of Julie Chicken 12th and Jane Barlow 15th

The Men's Team of Paul Eccles 6th, Guy Johnson 11th, Andy Fessey 14th, Steve Avery 20th took Bronze in the Over 40's Race. In the same race Hailsham B team of Andy Payne 25th, Doug Chant 36th, Sam Shanta 37th, Neil Gausden 49th came 9th. In the over 50's race Brian Winn 15th, Colin Burgess 24th, Roberto Proietti 35th, Norman Harris 39th, Alfredo Lamas 45th, came 10th in the team awards. In over 60's race Peter Plowman was 5th.

Ben Warren continued his good form in coming 2nd in the Inter Counties Championship in Suffolk.

### Craig Ivey was 5th in the Commonwealth Youth Games Bendigo, Victoria

Men 3000 Metre:  
1. Tshamano Setone, Rsa, 8:21.30; 2. Isaac Mboyaza, Rsa, 8:21.73; 3. Haydon McLaren, Nzl, 8:34.25; 4. David McNeil, Aus, 8:42.01; 5. Craig Ivey, Eng, 8:50.16; 6. Adam Iddris, Gha, 9:05.37.