

Hailsham Ten - Sunday, 15th May, 2005 - 10.40am – Keep this date free.

Helpers/marshals are always needed for any run to be a success and safe.
Put something back into your sport, remember the races you enter.

2005 MILLAND ROAD RACE

3 LAPS = 2.1 MILES

THURSDAY 28TH APRIL

AT 7.00PM

ENTER ON THE NIGHT FROM 6.45pm 1 POUND TO ENTER

SUMMER 2005 CLUB TRACK CHAMPIONSHIPS AND GRAND PRIX.

12th MAY - 5000m

26th MAY - 3000m

9th JUNE - 1 MILE

23rd JUNE - 800m

7th JULY - 400m

21st JULY - 200m

4th AUG - 100m



Ladies 800 metres medals 2004



Mens 800 metres medals 2004

Registration between 7.00 – 7.15pm. 1 pound to enter and everybody ready for the earliest possible start, especially for the 5000m and 3000m please. The best 6 scores count from 7 events.

Come and join us at the Hailsham Community College track this summer. Why not try for a track PB or just enjoy some friendly rivalry.

Good training, gets you off the tarmac! Strengthen your legs on the grass. Please come along and support one of the clubs long-standing events and if you're not running your help would always be appreciated.

PLEASE PLEASE SUPPORT THESE CLUB EVENTS!

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
17 Frenchgate Close, Eastbourne BN22 9EX. *I will be at club nights only every other week with the kit.*



NEWSLETTER APRIL 2005

Awards and Dinner 2005

Saturday, 5th March 2005

What a good evening at the Chatsworth Hotel Eastbourne. Sue and Doug Chant again organised the whole evening to a very high standard. After drinks in the bar we were seated in the Sovereign Room. The evening started with Vice President Paul Eccles welcoming everyone, then relaying Derek Wells' (the President) good wishes and his apologies for being unable to attend due to ill health. We enjoyed a very good meal then Paul gave a speech which included the prize giving for the preceding year. (See Paul's speech on the website)

After the prize giving there was dancing, and entertainment provided by Jez Bird (he used to be in the Lam-brettas). He provided live music which included the hit song Poison Ivy from his Lamrettas days interspersed with the latest disco music. As the night went on Jez got a number of Harriers to sing, Sue Chant and Sam Alvarez, followed by Paul, Chris Howarth and Steve Avery then Doug Chant got in on the action.

Thanks again to Sue and Doug for again organising a very good evening.



Above Sam Alvarez (Ladies Captain) presents Awards to Doug with Runners Runner, Maria with most improved, Marc with most promising newcomer and Chris with best athletic performance for coming first Brit in the Jungle marathon in Brazil in 14th place. Sam Shanta was trier of the year, Gill Wheeler, ran the fastest 10k for a lady, Ben Warren first harrier in the Hellingly 10k (33.14) while Maggi Pratt improved her time the most in the same race by over eight minutes. Melissa Ruffell was awarded the coaches Junior ward. The Club Grand Prix awards were presented:- Ladies – 3rd Samantha Alvarez (99pts), 2nd Erica Richardson (100), 1st Julie Chicken (114), Men – 3rd Steve Avery (84pts), 2nd Dave Tyler (100), 1st Paul Eccles. (114). The Turkey Trot trophy won by Julie Chicken was also awarded.

HARRIERS AT HASTINGS 2005

Pictures and information by Bob Cripps

Position Time Name

1 1:04:10 MOGAKA, Fred
 82 1:20:25 JOHNSTON, Guy
 95 1:21:48 ECCLES, Paul
 133 1:24:24 AVERY, Steve
 139 1:24:45 WHEELER, Gill
 157 1:25:38 FESSEY, Andrew
 164 1:26:02 SAUNDERS, Charlotte
 185 1:26:55 ALVAREZ, Samantha Sara
 255 1:29:54 CHANT, Doug
 275 1:30:46 PAYNE, Paul
 303 1:31:27 WINN, Brian
 367 1:33:15 FRASER, William
 387 1:33:55 GRANT, Allen
 388 1:33:55 PLOWMAN, Peter
 440 1:35:03 TUCKER, Steve
 505 1:36:44 BURGESS, Colin
 557 1:38:05 PROIETTI, Roberto Francis
 559 1:38:06 BOWLER, Karen
 716 1:41:08 TAYLOR, John
 813 1:43:07 OGLE, Louise
 816 1:43:11 GAUSDEN, Neil
 1135 1:48:24 MINGAY, Adrian
 1138 1:48:25 HENNESSY, Jim
 1153 1:48:36 STEPHENS, Craig
 1183 1:49:01 BROWN, Barnaby
 1241 1:50:04 BARLOW, Jane
 1445 1:53:08 CURCHER, Martin
 1729 1:57:17 HILLMAN, Maria
 2377 2:08:10 NEALE, Colin
 2435 2:09:19 PRATT, Maggi
 2813 2:17:59 ALSOP, Tony
 2814 2:17:59 HARRIS, Norman
 2966 2:23:08 COOPER, Sue
 3139 2:31:34 ALSOP, Elaine
 3239 2:38:04 TWORNICKI, Nina
 3240 2:38:05 BROWN, Cathy
 3314 2:45:40 DODD, Tim



Events in the Sussex Road Racing Grand Prix 2005

Chichester 10K – 6th February
 Brighton Half Marathon – 20th February
 Hastings Half Marathon – 13th March
 Worthing 20 Mile – 20th March
 Horsham 10K – 8th May
Hailsham 10 Mile – 5th May
 Worthing 10K – 8th June
 Heathfield 10K – 26th June
 Newick 10K – 28th August

Hellingly 10K – 11th September
 Hove Prom 5 Miler – 18th September
 Lewes Downland 10 Miler – 2nd October
 Barns Green Half Marathon – 30th October
 Phoenix Park races – 13th November
 3K Ladies, 7K Men
 Brighton 10K – 20th November
 Crowborough 10K – 27th November
 (to be confirmed)

Best of eight races score, at least two scoring races must be long races (10 miles plus) senior and veteran five year age categories for men and ladies. Lots of individual and team prizes.

THE EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE 2004/05 REPORT

The 2004/2005 East Sussex Sunday Cross Country League ended with a bit of an anti climax as the last race in the grounds of Crowhurst Park, near Battle was called off owing to the snowy conditions. The decision to cancel the fixture was apparently taken




by the owner of the land and not Senlac Arrows (who were supposed to be putting it on) but, it meant that the Season ended after five events rather than the planned six. In the team category, our club came fourth (out of nine) the winners being Heathfield/Utopia but our Sam Alvarez easily won the ladies competition with a perfect score of 800 points.

It is worth explaining again how the scoring is calculated.

The points system starts with a maximum of 20 for first place and a total is taken from the individual's best performance after four events enabling a runner to either miss a race or not score in the case of 'a bad run' Mick Coupe came second and Andy Fessey came third in their age category (men over 40). Mick was just 3 points behind the first placed man who he would have beaten had it not been for a lost shoe in the last race.

In the competition, there are four keenly fought ladies and men's categories. Entries on the day are £2.50 per runner, in accordance with the cost of taking part in the Saturday cross country. The Sunday fixtures however have the ladies and men running at the same time and always starting at 11 o'clock in the morning. The trophies are well worth competing for and the prizes for this season (just ended) will now be given at the first fixture of the 205/2006 in October.

Heathfield/Utopia will be traveling to Nottingham on 20th March to take part in the Grand Final. Those who have the opinion that the standard in a Sunday is not as high as it is on a Saturday should go and watch this very last race of the Cross Country season. Believe me, some of the runners you would see are seriously quick!


Brian Winn

Below Harriers in action at Abbots Wood

