

**RACE FOR LIFE 2005  
HAMPDEN PARK, EASTBOURNE  
5<sup>TH</sup> JUNE**

The Race for Life will be taking part in Hampden Park again on Sunday 5<sup>th</sup> June. We have again been asked to set out the course and provide marshals. If anyone would like to help would they please give me their names as soon as possible. This is a good opportunity to recruit new members! My phone numbers are 642866 (home) and 639661 (work).

**Peccles**

**www.hailsham-harriers.org.uk**

**SUMMER 2005  
CLUB TRACK CHAMPIONSHIPS  
AND GRAND PRIX.**



Ladies 200 metres 2004

- 12th MAY - 5000m
- 26th MAY - 3000m
- 9th JUNE - 1 MILE
- 23rd JUNE - 800m
- 7th JULY - 400m
- 21st JULY - 200m
- 4th AUG - 100m



Mens 200 metres 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  
MAY 2005**

**London Marathon 2005  
Sunday, 17th April 2005**



On the day that Paula Radcliffe set a new record for a women in a marathon, the only Harrier to achieve a personal best was Julia Toby in 3hr 45mins which was a huge improvement on her 4hr 20mins in last years marathon. On a day which was hot and not suited for marathon running. The first Harrier home was Peter Daws in 3hrs just missing out on a Sub 3hr marathon.



I was not satisfied with my time of 3hr 45mins and suffered in the heat. First time marathon Runners Andy Ruffell 3hr 44min, Tom O'Shea 4hr 18mins, Craig Stevens 5hr 4mins all suffered with the heat. Other Harriers were Bill Fraser 3hr 56min, Adrian Mingay 3hr 56min, Allen Grant 4hr 1min, Roberto Prioetti 4hr 18min, Maggi Pratt 4hr 32min, Martin Curcher 5hr 15min, Jannet Parkard 6hr 19min.

Ray Verrall and Peter Plowman had to pull out due to injury.

Doug Chant



**Hailsham Town 10  
Sunday 15<sup>th</sup> May 10.40 a.m.  
Your Club Needs you**

**Please, Please, volunteer to marshal**

**Contact Colin Burgess 01323 769232 or  
e-mail [crburgess@lineon.net](mailto:crburgess@lineon.net)**

## CRAWLEY TRACK MEETING – 28/5/2005

Five juniors had their first track outing (600 metres). The two girls times were Melissa 2.09.3 (8th) and Maddi 2.11.8 (9th). The three boys times were Aaron 2.02.7 (4th), Ed 2.08.2 (10th) and Jago 2.11.5 (13th).

Julie also had her first track outing for over five years winning the age group while coming second in her mile race in a time of 6.30.8.



*To Hailsham Harriers*

*I would like to thank every one of you for presenting me the Trier of the Year award.*

*I would also like to take this opportunity to thank you for all your help and support during the last few years. It really has made a difference to me.*

*Thank you again and I wish all of you the best of luck for the future.*

*Sam Shanta*



Start of the 2004 Hailsham Ten

## Events in the Sussex Road Racing Grand Prix 2005

Chichester 10K – 6<sup>th</sup> February  
Brighton Half Marathon – 20<sup>th</sup> February  
Hastings Half Marathon – 13<sup>th</sup> March  
Worthing 20 Mile – 20<sup>th</sup> March  
Horsham 10K – 8<sup>th</sup> May  
**Hailsham 10 Mile – 15<sup>th</sup> May**  
Worthing 10K – 8<sup>th</sup> June  
Heathfield 10K – 26<sup>th</sup> June  
Newick 10K – 28<sup>th</sup> August

**Hellingly 10K – 11<sup>th</sup> September**  
Hove Prom 5 Miler – 18<sup>th</sup> September  
Lewes Downland 10 Miler – 2<sup>nd</sup> October  
Barns Green Half Marathon – 30<sup>th</sup> October  
Phoenix Park races – 13<sup>th</sup> November  
3K Ladies, 7K Men  
Brighton 10K – 20<sup>th</sup> November  
Crowborough 10K – 27<sup>th</sup> November  
(to be confirmed)  
Plus Possible 5K at Bexhill in July

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.

*FULL LIST OF EVENTS IN SUSSEX CAN BE FOUND ON THE  
WORLD WIDE WEB VIA OUR USEFUL LINKS PAGE ON*

[www.hailsham-harriers.org.uk](http://www.hailsham-harriers.org.uk)

or [www.sussexraces.co.uk](http://www.sussexraces.co.uk)

## SOUTH DOWNS RELAY, SATURDAY 4<sup>TH</sup> JUNE 2005

LEG	FROM	TO	MILES	A Team	B Team
1	Beachy Head	Jevington Church	4	Steve Avery	Mick Coupe
2	Jevington Church	Bo Peep	5.5	Chris Howarth	Andy Fessey
3	Bo Peep	Itford Farm	5	Pete Norris	Sam Alvarez
4	Itford Farm	A27	7	Paul Eccles	Paul Harris
5	A27	Ditchling Beacon	5.5	Pete Daws	Andy Payne
6	Ditchling Beacon	Seddlescombe	5	Steve Avery	Doug Chant
7	Seddlescombe	A283 Lay-By	5	Ben Warren	Mick Coupe
8	A283 Lay-by	Washington Church	7.5	Chris Howarth	Andy Fessey
9	Washington Church	Springhead Hill	4	Pete Norris	Sam Alvarez
10	Springhead Hill	Houghton Lane	4	Pete Daws	Paul Harris
11	Houghton Lane A285	Littleton Farm	5	Ben Warren	Andy Payne
12	A285 Littleton Farm	A286 Hill Barn	5.5	Steve Avery	Doug Chant
13	A286 Hill Barn	Harting Hill	7	Paul Eccles	Mick Coupe
14	Harting Hill	Q Elizabeth Park	4.5	Chris Howarth	Andy Fessey
15	Q Elizabeth Park	HMS Mercury	5.5	Pete Daws	Sam Alvarez
16	HMS Mercury	Winchester Hill	4	Paul Eccles	Paul Harris
17	Winchester Hill	Holding Farm	8	Ben Warren	Andy Payne
18	Holding Farm	Chillcomb	6	Pete Norris	Doug Chant

Here are the South Downs Relay teams for this year. Please note that if you want to change your legs please negotiate with the other team members. We have picked the teams from those who are available but you can swop the legs around if you wish. If you require maps to learn the legs in advance please ask.

Steve Avery & Paul Eccles

### 2004 times

LEG	FROM	TO	Miles	Name	Time	Name	Time
				<b>A TEAM</b>	<b>B TEAM</b>		
1	Beachy Head	Jevington Church	4	Dave Tyler	28.00	Mick Coupe	29.10
2	Jevington Church	Bo Peep	5.5	Steve Avery	42.19	Graham Pelling	44.23
3	Bo Peep	Itford Farm	5	Chris Howarth	27.05	Geoff Depper	30.56
4	Itford Farm	A27	7	Pete Daws	50.52	Paul Harris	49.28
5	A27	Ditchling Beacon	5.5	Ben Warren	31.59	Pete Plowman	39.19
6	Ditchling Beacon	Seddlescombe	5	Paul Eccles	32.11	Colin Burgess	49.28
7	Seddlescombe	A283 Lay-By	5	Dave Tyler	32.17	Mick Coupe	36.40
8	A283 Lay-by	Washington Church	7.5	Steve Avery	44.32	Graham Pelling	46.25
9	Washington Church	Springhead Hill	4	Chris Howarth	28.48	Geoff Depper	33.52
10	Springhead Hill	Houghton Lane	4	Pete Daws	24.26	Paul Harris	24.10
11	Houghton Lane	A285 Littleton Farm	5	Ben Warren	34.26	Pete Plowman	43.06
12	A285 Littleton Farm	A286 Hill Barn	5.5	Paul Eccles	34.29	Colin Burgess	39.21
13	A286 Hill Barn	Harting Hill	7	Dave Tyler	46.36	Mick Coupe	52.20
14	Harting Hill	Q Elizabeth Park	4.5	Steve Avery	25.28	Graham Pelling	26.56
15	Q Elizabeth Park	HMS Mercury	5.5	Chris Howarth	38.11	Geoff Depper	44.49
16	HMS Mercury	Winchester Hill	4	Pete Daws	25.35	Paul Harris	24.47
17	Winchester Hill	Holding Farm	8	Ben Warren	49.17	Pete Plowman	65.23
18	Holding Farm	Chillcomb	6	Paul Eccles	34.46	Colin Burgess	41.28
					10.31.17	12.02.39	

Pictures of teams for 2003 (A and B) (A team with driver finished) (B team with driver at the start)

