

Secretary's Scribbles

Dear Members At last the weather has got warmer and the club championships are in full swing. There have been some great races and some very close finishes. The joke has been since Mark took over putting on the championships that it always rains on Thursdays but the last two races have been held in perfect conditions.

As it seems to be summer we are putting on the Annual Summer Barbeque on the 5th August at Hellingly Rugby Club. So bring the family and friends along for the usual games, food and drinks. See Julie.

I would like to thank every body that either helped or took part in the race for life it was a great day and good to put something back into what we enjoy.

After the race had finished I met a very brave lady Jeanie Sowerby who is a Hailsham Harrier and is suffering from cancer of the bone marrow. She could not take part but came to watch and hopes to take part next year. Jeanie who is 71 has run 33 Marathons 15 London's and others worldwide. She ran the 1st Marathon of this Millennium in New Zealand 1/1/00. But 2 years ago she lined up to do the London Marathon and had to walk and jog it, as she felt unwell, after having tests she was diagnosed with cancer. The specialist who saw her ask her "I here you've done the London Marathon!" Yes I have Jeanie replied 15 of them. In that case we will give you treatment we normally only give to people under the age of 60. Jeanie has responded well to the treatment and has a great sense of humour. She asked me if I could take some running kit up to the track. And asked if any of our ladies would like which I have done so. I think this alone should inspire us to help at this event and to keep running. We all moan when we have slight niggles but in the long term it is doing us a lot of good. Thanks Jeanie we hope to see you running next year. Dug

Race for Life - Eastbourne - 2005

Many Harriers turned out to support the Cancer Research run for women only. There were not many Harriers running but those that were there seemed to be really enjoying the occasion. It is good to see such a mass participation event with so many 'just doing it' to help others.

Harriers I noticed were Jane, Margaret, Maggi, Lesley, where I was marshalling (just after 1K) it was very hard to pick anybody out. I do know that Let Burgress, Clare Daws, Angela Shanta and Eleanor Ruffell ran while their hubbies did their bit.

Paul Eccles had been in touch with the organisers and arranged for the Harriers to mark the course out then provide the bulk of the marshalls. Paul met me, Colin, Andy Ruffell and Doug at 7am some four hours before the start, (we needed those four hours) to set up the course. we were later joined by Steve Avery, Roberto, Pete Daws, Ray, Gordon Taylor, Brian Winn, Sam Shanta, Allen Grant, Sam Alvarez, Sue Chant, Maria, Louise, and Julia Toby. We had the course dismantled in a very quick time. Well done to all who turned out and put something back and represented the Harriers well. PS if I missed anybody, please blame me. Geoff Depper



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 JULY 2005

South Downs Relay - 2005

To journey along the South Downs Way is to step back in time and journey along an ancient route, once populated by the Neolithic people, the Celtic settlers and the Saxons. For athletes, the South Downs 100-mile relay is therefore a unique, highly demanding experience, not to be missed.

The relay is an annual event and this year took place on Saturday 4th June. The idea is for each team of six members to run along the South Downs Way following the Countryside Commission's acorn way marks starting at Beachy Head and finishing near Winchester at Chilcomb Sports Grounds. There are 18 legs so each member of the team gets to run three legs and averages 16-18 miles during the day. While one member is running a mini bus takes the other runners to the next leg. This year there were 37 teams entered mainly from Hampshire and Sussex, but also coming from as far afield as West London. The local clubs taking part were, Hailsham Harriers, Brighton & Hove AC, Heathfield Road Runners, Crowborough Runners, Haywards Heath Harriers, Phoenix AC (Brighton) and Steyning AC. The start was staggered and teams were set off every half hour from 6.00am through to 9.00am.

Each year the Hailsham Harriers enter two teams, and competition for places is fierce, as the race is so popular amongst the members. The Hailsham club has always occupied the top places in recent years and training had been intense in the months leading up to the race. Each member had taken the trouble of practicing each leg, as there are marshalls only at the end of each leg mainly for safety reasons (it is not uncommon therefore for runners to take the wrong route and waste valuable time).

The Hailsham Harriers A team were set off at the 9.00am slot accompanied by Ranelagh Harriers (from Richmond) and Stubbington Green (from Fareham) the latter being the winners of the competition for the last two years. Although Stubbington were clear at the end of the first leg down into Jevington, Chris Howarth regained the lead for Hailsham at the end of the second leg two miles past Alfriston. This set the tone for the rest of the day; these two clubs who were neck and neck throughout overtook the rest of the teams who had started earlier. It was not until the penultimate leg, only a few miles from Winchester, that Stubbington established a two minute lead and kept this to the end. Hailsham Harriers A team finished the race in a marvelous time of 10 hours 25 minutes (a new club record). The whole team ran to the best of their ability, but huge credit most go the highly talented Ben Warren (the 2005 Sussex County gold medal winner), who continuously was a thorn in the side of his rivals with his swift pace, and never say die attitude.

The Harriers B team ran a great race and were delighted to win their category for the third year in a row. The performance of the day came from the Harriers women's captain, Samantha Alvarez who ran leg 15 (which included the notorious Butser Hill) in a very quick time beating almost all the times during the day ran by both men and women!

Paul Eccles



SUMMER 2005 CLUB TRACK CHAMPIONSHIPS AND GRAND PRIX

3000 Metres

Pos	Name	Age Group	Time
1st	Don Currie	Vet	10.48
2 nd	Paul Harris	Sen.Man	10.50
3rd	Sam Alvarez	Vet.Lady	11.06
4th	Andy Ruffell	Sen.Man	11.14
5th	Bill Fraser	Vet	11.22
6th	Ben Streeter	Sen.Man	11.32
7th	Phil Coomber	Vet	11.48
8th	Steve Delea	Sen.Man	12.28
9th	Julia Toby	Vet.Lady	13.14
10th	Ray Verrall	Vet	13.29
11th	Julie Chicken	Vet.Lady	13.33
12th	Maria Hillman	Sen.Lady	13.47
13th	Norman Harris	Vet	13.51
14th	Kerrie Allaway	Sen.Lady	15.29
15th	Jacqui Grant	Vet.Lady	15.56
16th	Lesley Underdown	Vet.Lady	17.19



5000 Metres Medalists

Mile First Race

Pos	Name	Age Group	Time
1st	Andy Payne	Vet	5.03
2 nd	Paul Eccles	Vet	5.06
3rd	Don Currie	Vet	5.21
4th	Ben Streeter	Sen.Man	5.28
5th	Andy Ruffell	Sen.Man	5.35
6th	Sam Alvarez	Vet.Lady	5.38
7th	Phil Coomber	Vet	5.42
8th	Allen Grant	Sen.Man	5.45
9th	Bill Fraser	Vet.	5.53
10th	Tom O'Shea	Sen.Man	6.12
11th	Craig Stevens	Sen.Man	6.20

Mile Second Race

Pos	Name	Age Group	Time
1st	Steve Delea	Sen.Man	6.02
2 nd	Jane Barlow	Vet.Lady	6.10
3rd	Ray Verrall	Vet	6.36
4th	Julie Chicken	Vet.Lady	6.37
5th	Julia Toby	Vet.Lady	6.37
6th	Norman Harris	Vet	6.52
7th	Maria Hillman	Sen.Lady	6.54
8th	Maggi Pratt	Vet.Lady	7.39
9th	Collette Stean	Vet.Lady	7.47
10th	Jacqui Grant	Vet.Lady	8.21
11th	Lesley Underdown	Vet.Lady	8.34

An apology to Allen Grant for classing him as a veteran a little early. In haste, to get results out quickly, I missed his bronze medal. Ben Streeter (39secs), Julie Chicken, (17secs) and Sam Alvarez (14secs) improvement on 2004 times. **Mark**

7th JULY - 400m

21st JULY - 200m

4th AUG - 100m

Junior 1500 metres

Name	Age Group	Time
Alex	U17 boy	5.44
Aaron	U13 boy	5.57
Jago	U13 boy	6.02
Melissa	U13 girl	6.25
Maddie	U13 girl	6.42
Hayley	U15 girl	7.30

Please support your club events

TRAINING FOR JULY

Date	Session	Recovery	Venue
05/07/05	4 x 1mile	2.5 mins A group 3mins others	School
07/07/05	400 Metres Club Championships	After race training	School
12/07/05	2x800 3x600 3x400 3x200	2(8) 1.30(6) 1(4) 0.30(2)	School
14/07/05	300 metres x 6 x 2 sets	100 metres walk + 1 lap between sets	School
19/07/05	35 mins Paarlaf	Built in	School
21/07/05	200 Metres Club Championships	After race training	School
26/07/05	4 6 8 10 8 6 4 pyramid	1 min 4/6 0.90 6/8 0.90 8/10 2 10	School
28/07/05	600 metres x 690secs	A group 2mins all others	School

The 9th European Veterans Athletics Championships 12th - 15th May 2005

held at Vila Real de Santo Antonio, the Algarve, Portugal

About three months ago Roberto told me was off to Portugal in May to take part in a few races out there I was envious. So I sought the permission of my partner and to my astonishment she said 'you can go too if you want!' so, the question was where's my passport and had it run out? Shortly afterwards, this odd couple (Bog and I) became three (Sal Alvarez), then four (Karen Bowler) and eventually rising to five (Allen Grant). Furthermore, it was discovered John Taylor was already going. So there were six Hailsham Harriers all in search of sand, sunshine and Sangria!



Sam in her GB kit

However, on the first day of the competition the original five of us were all languishing at Gatwick from 6am before the seriously delayed flight finally took to the skies. By the time this very tiresome bunch of Harriers arrived at Faro Airport, the opening ceremony had started 940k down the road) and when we actually reached the resort, we were all ready for sleep in the very clean and modern apartment Sam had booked. also, we wanted to be as recovered as possible (from the previous day's travelling) for a 9.30am start for the 10K plus we needed time to register and collect our race numbers.

Bang on time the gun goes and we're off jostling for position with Portuguese, Dutch, Swedes, Irish, Swiss, French, Spanish Austrians Italians Germans, Russians, plus men and women from other countries too. The course was supposed to be fast and flat by virtue of lack of hills but very boring also the weather was hot with not much of a cooling breeze. So there's not much else I can say but to report my finishing time of 39 minutes 34 seconds, closely followed Sam, Bob, Al Karen and John.

The next day saw the five intrepid Harriers line up at the half marathon start at 9am. the course was a two lapper intended again supposed to be fast and flat but with only 24 hours having elapsed since the last race, I for one, was feeling a little jaded. So, to cut a long story short Sam finished ahead of me this time in 1 hour 29 coping with cobble-stones better than I who was 50 seconds behind followed by Karen who ran exceptionally well beating Bob, Al and John.

On the final day, the organiser separated the men from the women with cross-country relays over 2k course - one lap for the ladies, 2 laps for the blokes. The terrain was a little more up and down the previous road races but no mud, which we are used to in this country. Nevertheless, Sam ran well handling over a comfortable lead to an English girl who it transpired was not a runner at all but a race walker drafted into the team in the absence of anyone else. Regrettably, the lead was lost but it didn't matter as in this particular age group there was slight deficiency in numbers.

In the men's race I had been asked to run the last leg and Roberto had been asked to run the first leg but unfortunately we were not in the same team. Nevertheless, we both ran strongly and didn't let our team-mates down who were other blokes from other clubs from this fine country of ours. Which basically sums up what this competition is all about - representing your country with pride and mixing with the like, people who vowed to meet again in two year's time when the European Veterans Championships are held next in 2007 in Germany.

Sam's medal tally was:-

Gold in the team category for the 10K
Gold in the team category for the X/C
Silver in the team category for the half
Bronze in the 10K (individual category)
Bronze in the half (individual category)
Silver in the team category for the half
Silver in the team category for the X/C
Bronze in the team category for the 10K

Karen's medal tally was:-

First Great Britain in her age category in the 10K and half
Silver in the team category for the 10K
Second Great Britain in his age category
First Great Britain in his age category for the 10K
7th in the team category for the X/C
29th overall in age category in the half
37th overall in age category in the 10k
4th in the team category for the X/C
18th overall in age category in the half
20th overall in age category in the 10K

Also
John's medal tally was

Also
Al's achievements were:-
Also
Bob's achievements were:-

I (Brian) achieved:-

**CLUB BBQ
FRIDAY
5th AUGUST
AT
HELLINGLY
RUGBY CLUB
FOR ALL THE
FAMILY**