

Herstmonceux Castle Relays 2005

1. Hailsham Harriers A

Alex Hunt	8.43
Paul Payne	7.48
Todd Leckie	7.18
Ben Warren	6.44
	30.33

4. Utopia

John Graham	7.46
Michael Brown	8.15
Kevin Smith	9.22
Graham West	8.51
	34.14

7. Hastings Runners Mens Vets

Martin Noakes	8.40
Derek Milgate	9.40
Ian Cudmore	9.21
Gary Lancaster	9.38
	37.19

10. Phoenix Mixed Vets A

A Haig	9.28
L Halliday	10.14
J Edmonds	11.13
S Webb	10.29
	41.24

13. HHCIB.COM Vets

Rob Strudwick	9.28
Charles Pevensey	10.59
Simon Godin	10.49
Richard Wannock	10.51
	42.07

16. Hastings Run Mixed C

Terry Kitson	11.23
Janice Young	11.21
Paul Aaggard	10.14
Chris Simmons	10.31
	43.29

19. Hastings Run Mixed K

Adrian Booth	10.28
Tony Demrco	11.41
Steve Dee	11.57
Lee Miller	9.58
	44.04

22. Three Ladies & an Old Man

Jeanette Hardwicke	9.39
Tim Hardwicke	11.58
Pamela Brayford	11.48
Patience Cooper	11.00
	44.25

25. Hastings Run Mixed H

Tony Naylor	10.46
Andy Broadway	11.42
Geoff Browning	12.02
Phil Duck	10.24
	44.54

Prize Winners

1st Mens Team	Hailsham Harriers A team	30.33	1st Ladies Team	Hailsham Harriers Ladies A	38.45
1st Mens Vets	Hailsham Harriers	33.41	1st Ladies Vets	Hastings Runners Ladies	42.24

Fastest Leg Times

Men	Ben Warren	6.44	Ladies	Gill Wheeler	8.23
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Top 10 Fastest Times of the evening

1	6.44	Ben Warren (Hailsham Harriers)	2	7.18	Todd Leckie (Hailsham Harriers)
3	7.36	Dave Cooper (Hastings AC)	4	7.42	Dave Cooper (Hastings AC)-ran 2 legs!
5	7.45	Dave Walton (Hastings AC)	6	7.48	Paul Payne (Hailsham Harriers)
7	7.46	John Graham (Utopia)	8	7.54	Mark McLaughlin (Haywards Heath)
9	7.57	Paul Eccles (Hailsham Harriers)	10	8.12	Steve Avery (Hailsham Harriers)

2. Hastings AC

Dave Cooper	7.36
Dave Walton	7.45
Adam Nichols	8.25
Dave Cooper	7.42
	31.28

5. Haywards Heath Harriers A

Shaun Humphreys	10.00
Mark McLaughlin	7.54
Tom Simon	9.05
Mark Armitage	9.15
	36.14

8. Hailsham Harriers Ladies A

Gill Wheeler	8.23
Jane Barlow	9.50
Julia Toby	10.49
Rosie McDermot	9.43
	38.45

11. Phoenix Mixed Vets B

S Webb	10.10
C Webb	9.31
S Hudson	12.29
A Haig	9.29
	41.39

14. Hailsham Harriers Ladies B

Maria Hillman	10.36
Lesley Underdown	12.14
Gill Wheeler	9.13
Julie Chicken	10.16
	42.19

17. Utopia Ladies

Jenny Cantrell	9.48
Liz Wells	14.12
Helen Parsons	9.05
Jenny Cantrell	10.25
	43.30

20. Harriers Boobs & Baldies

Alyson Page	10.51
Steve Page	11.03
Sue Chant	13.03
Doug Chant	9.10
	44.07

23. Hastings Run Mixed E

Paddy Duly	9.16
Mike Foord	9.47
Brenda Boyle	15.38
Tim Jury	9.47
	44.28

26. Hastings Run Mixed F

Dave Hazell	9.45
Wilf Gaye	15.20
Sally White	10.42
Nick Neale	10.50
	46.37

3. Hailsham Harriers Vets

Paul Eccles	7.57
Steve Avery	8.12
Phil Coomber	8.38
Alan Grant	8.54
	33.41

6. Hailsham Harriers B

Marc Seatter	8.25
Steve Delea	8.51
Andy Ruffell	8.36
Ray Verrall	10.48
	36.40

9. The Old School

Michael Coupe	8.21
Ross Coupe	10.30
Craig Coupe	11.29
Nick McBride	9.10
	39.30

12. Haywards Heath Harriers B

Colin Bone	9.03
Steve Horn	11.10
Ray Smith	11.07
Shaun Humphreys	10.26
	41.46

15. Hastings Run Ladies Vets

Sally Lovell	10.17
Sarah Mazziolli	10.58
Steph Miller	9.56
Lynette Adams	11.13
	42.24

18. Hastings Run Mixed B

Annette Bosewitz	11.39
Martin Fletcher	11.1
Dave Strachan	10.43
Charlie Colbran	10.04
	43.36

21. Hastings Run Mixed I

John Alexander	10.08
Paul Cabbon	12.46
Di Nash	11.45
Andy Longbottom	9.44
	44.23

24. Hastings Run Mixed G

Morag Murray	12.18
Brian Kirkdale	9.53
Corrina Skinner	12.11
Mike Hall	10.22
	44.44

27. Hastings Run Mixed A

Dicky Ward	10.52
Wendy Clarke	12.30
Vicki Rose	15.06
Keith Kewell	11.21
	49.49



NEWSLETTER SEPTEMBER 2005

Paul's Letter published in the Herald

There are few nations where sport is such an important part of the national culture as it is in the UK. In offices and factories, shops and homes, Monday morning conversation invariably revolves around the great sporting contests of the weekend. Which is why we as a nation, are celebrating the fantastic news of the 2012 Olympics.

But our chance of success at the 2012 Olympics and Paralympics diminishes by the day as we turn ourselves into a spectator-based sporting nation, as opposed to a participating one. There has been a recent article in the local press highlighting eight Olympic hopefuls in the Hailsham Harriers ranks. The case for building an athletics track at Hailsham has never been stronger. The track facility would be a springboard for their talents and encourage other local youngsters to follow their lead.

The Hailsham Harriers were established in 1984 and since then they have pressed for a running track to be built in the area. In the summer the Harriers train on a temporary grass track at Hailsham Community College which is badly marked and in poor condition. In the winter they meet at Summerheath Hall and train on the roads of local housing estates. At present they cannot attract young athletes, due to the safety aspect of the winter arrangements. A new track would be the answer to the needs of the club. It would provide a safe environment for junior athletes and a permanent home for the club as a whole.

But there is a much wider issue to take into account. Sport is so very important. So many current concerns-obesity, truancy, teenage depression etc-are connected with the absence of the healthy sporting culture which ought to be part and parcel of a modern rounded education. Sport keeps youngsters fit and active and alleviates the pressures

Continued on next page

HELLINGLY 10K

Sunday, 11th September

Marshals are always needed to make any race safe and a success.

Please give your name to Colin Burgess to help on the day. You do not have to be a club member to help, if you know of anyone who could help with any of the many jobs please contact Colin on (01323) 769232.

If you are hoping to run on the day and intend bringing support with you please ask them to support all the runners by helping.

HARRIERS ANNUAL GENERAL MEETING

Friday, 31st September at 7.30pm

Hailsham Lagoon Leisure Centre

Its Your Club

Subs are due now, only £15 – only paid up members can vote at the AGM

SUMMER 2005 CLUB TRACK CHAMPIONSHIPS AND GRAND PRIX

200 Metres

Race 1

Position	Name	Age Group	Time
1st	Nathan Streeter	Guest	26.56
2 nd	Alex Hunt	U.17	26.94
3rd	Tom O'Shea	Sen.Man	28.18
4th	Ray Verrall	Vet	28.53
5th	Allen Grant	Sen.Man	28.91
6th	Chris Pullinger	Vet	29.47

Race 2

Position	Name	Age Group	Time
1st	Phil Coomber	Vet	28.52
2 nd	Andy Ruffell	Sen.Man	29.65
3rd	Steve Delea	Sen.Man	30.52
4th	Bill Fraser	Vet	34.01
5th	Lesley Underdown	Vet.Lady	37.31
6th	Maggi Pratt	Vet.Lady	44.24

Race 3

Position	Name	Age Group	Time
1st	Jane Barlow	Vet.Lady	29.50
2 nd	Hayley Page	U.15Girl	29.81
3rd	Julie Chicken	Vet.Lady	31.00
4th	Laura Garvican	Guest	31.47
5th	Maria Hillman	Sen.Lady	34.81
6th	Julia Toby	Vet.Lady	35.34

200 Metres

Jane Barlow O40 lady club record, Julie Chicken O45 lady club record

100 Metres

Hayley Page U15 girl club record, Jane Barlow O40 lady club record, Julie Chicken O45 lady club record

100 Metres

Race 1

Position	Name	Age Group	Time
1st	Nathan Streeter	Guest	12.96
2 nd	Alex Hunt	U.17	13.34
3rd	Ray Verrall	Vet	13.65
4th	Tom O'Shea	Sen.Man	14.00
5th	Phil Coomber	Vet	14.28
6th	Allen Grant	Sen.Man	15.06

Race 2

Position	Name	Age Group	Time
1st	Hayley Page	U.15 Girl	13.63
2 nd	Andy Ruffell	Sen.Man	14.12
3rd	Don Currie	Vet	14.56
4th	Steve Delea	Sen.Man	14.97
5th	Maria Hillman	Sen.Lady	15.72
6th	Norman Harris	Vet	16.28

Race 3

Position	Name	Age Group	Time
1st	Jane Barlow	Vet.Lady	14.02
2 nd	Julie Chicken	Vet.Lady	15.09
3rd	Julia Toby	Vet.Lady	16.65
4th	Lesley Underdown	Vet.Lady	17.43
5th	Sue Chant	Vet.Lady	18.23
6th	Maggi Pratt	Vet.Lady	19.24

SUMMER 2005 CLUB TRACK GRAND PRIX STANDINGS

Men

Name	5000m	3000m	1mile	800m	400m	200m	100m	Total
Don Currie	19	20	18	19	16	0	16	108
Andy Ruffell	18	18	16	16	15	16	18	102
Phil Coomber	16	15	15	14	12	19	17	96
Ray Verrall	12	13	9	11	15	18	20	89
Tom O'Shea	0	0	11	16	20	20	19	86
Bill Fraser	17	17	13	13	11	13	0	84
Steve Delea	15	14	12	12	13	14	15	83
Allen Grant	0	0	14	17	19	17	14	81
Norman Harris	13	12	8	10	10	0	13	66
Paul Eccles	20	0	19	20	0	0	0	59
Geoff Depper	0	0	0	18	17	0	0	35
Ben Streeter	0	16	17	0	0	0	0	33
Chris Pullinger	0	0	0	0	18	15	0	33
Andy Payne	0	0	20	0	0	0	0	20
Paul Harris	0	19	0	0	0	0	0	19
John Guthrie	14	0	0	0	0	0	0	14
Andy Purnell	11	0	0	0	0	0	0	11
Craig Stevens	0	0	10	0	0	0	0	10

Ladies

Name	5000m	3000m	1mile	800m	400m	200m	100m	Total
Julie Chicken	19	18	18	18	18	19	19	111
Julia Toby	20	19	17	16	17	17	17	107
Maria Hillman	18	17	16	17	0	18	18	104
Jane Barlow	0	0	19	19	20	20	20	98
Lesley Underdown	16	14	12	12	16	16	16	90
Maggi Pratt	17	0	15	14	15	15	14	90
Sam Alvarez	0	20	20	20	19	0	0	79
Jacqui Grant	0	15	13	13	14	0	0	55
Collette Stean	0	0	14	15	0	0	0	29
Kerrie Allaway	0	16	0	0	0	0	0	16
Sue Chant	0	0	0	0	0	0	15	15



Paul's letter continued

of exams and the attraction of the "street corner". Our youngsters need to be encouraged, not thwarted when they show an interest in sport. If today's youth are to become high achievers they will need more than good academic qualifications. An athletics track would provide a springboard for this.

The media recently has highlighted the problems of obesity and the effect this has upon our present lifestyle and our future health. The track would provide the perfect environment for all people regardless of age and ability to improve their fitness.

This country will also host the 2012 Paralympic games. The belief in the power of sport for good health led to the birth of the Paralympics. Neurologists hit on the idea of using sport to help patients, making them more active and increasing their mobility. A track would also be the perfect opportunity for disabled people in the area.

Paul Eccles – Hailsham Harriers Hon Vice President

Events in the Sussex Road Racing Grand Prix 2005

Hove Prom 5 Miler	18 th September
Lewes Downland 10 Miler	2 nd October
Barns Green Half Marathon	30 th October
Phoenix Park races	13 th November
Brighton 10K	20 th November
Crowborough 10K	4 th December