



Hailsham Harriers

April 2008



Sam and Gill racing at Pezzalozzi X-Country

VETS LEAGUE 2008

Hailsham Harriers, the reigning champions, are again taking part this year in the Sussex Veterans track and field event and we are entering as a joint team with Eastbourne Rovers. This is a great opportunity for us to take part in the track events from 100m to 5,000m and if you wish field events, long jump, etc. The competition is a relaxed affair and not taken too seriously and all the other competitors are very friendly. All events are split into vet age groups, starting at over 35, over 50 and over 60. Please give your names to Paul (642866) if you are a male or Julie (842153) if you are female. They will also have detailed timetables. The dates are:-

- Match 1 Eastbourne Wednesday 7th May
- Match 2 Hastings Wednesday 28th May
- Match 3 Lewes Wednesday 25th June
- Match 4 Worthing Wednesday 16th July

Give it a try; you'll enjoy yourself, honestly!

Sam and Andy pick up their awards at Pezzalozzi at the final East Sussex X-country race. Well done to Brian Winn who came 3rd in his age group as well as playing a large role in organising this series.



Could I please ask you to place a note in the next newsletter to see if any club member has access to printing off our forms for this years event.

We will need at least a 1000 black and white copies and will be happy to pay for these at a copier rate.

Otherwise will have to take to a commercial printer which will be expensive.

Anybody who can help to contact me please by e mail or ring on 01323 440465 or a note to my home address 10 Falcon Way Hailsham BN27 1HY

A really big thank you to all the Harriers who turned out to marshal at the Sussex Primary Schools championships



PATIENCE-DEVONSHIRE PARK THEATRE

We all need a break from running and what better way to relax than to pop along to your local theatre and watch a thoroughly entertaining show, Gilbert & Sullivan's "PATIENCE". It is classed as a comic operetta which means it is not a full blown opera. It has lots of dialogue and has an extremely funny plot. But wait that's not all our very own club captain Paul Eccles is starring in one of the leading roles as the poet, Bunthorne. This is not to be missed, his talents on the stage are even better than his running abilities (this cannot be, I hear you cry) so get along to the box office before the tickets are sold out. Performances start on Tuesday 6th May and continue to Saturday 10th May each evening at 7.30pm with matinees on Wednesday and Saturday.

Isle of Wight

Hailsham Harriers runners Paul Eccles and Andy Fessey took part in two races on the Isle of Wight over the Easter weekend. On the Saturday the Newport to Ryde 7 mile road race was run in freezing conditions. Paul finished 5th and Andy 7th. After a days rest it was over to the West Wight 3 Hills race ,a tough 8 mile downland run. Despite running off course Paul finished 6th with Andy 20 seconds behind in 8th place.

Half Marathon news

Eastbourne

The Hailsham Harriers had an excellent turnout for the 1/2 marathon which although blessed with fine dry weather also provided a chilly wind which was particularly troublesome for runners on their return from the Sovereign Harbour to Princess Park.

Nearly 800 runners completed the course and 28 Harriers competed with a number providing fast times and some personal bests.

First Harrier home and a new member was Nick McKenzie in 19th place followed by Paul Eccles 24th and Andy Ruffell in 34th places.

First Harrier Lady and continuing on from her Brighton 1/2 marathon form was Frances Delves in 141st place (17th Lady) and chased by Annette Feakes in 174th place.

Harriers placings and race times were as follows:

19th: Nick MacKenzie 1hr27m16s; 24th: Paul Eccles 1h28m05s;
34th: Andy Ruffell 1h29m39s; 48th: Roy Meller 1hr31m27s; 55th: Gary Judges 1hr32m17s; 56th: Andy Payne 1hr33m00s; 66th: Simeon Swift 1hr33m42s; 67th: Dave Coulson 1hr33m44s; 70th: Paul Lowden 1hr34m26s; 92nd: Dave Tyler 1hr37m48s; 97th: Bill Fraser 1hr38m49s; 141st: Frances Delves 1hr42m30s; 174th: Annette Feakes 1hr44m34s; 236th Robert Garrard 1hr48m48s; 244th: James Hennessy 1hr49m06s; 259th: Ian Weston 1hr49m49s; 283rd: Geoff Depper 1hr51m31s; 295th: Norman Harris 1hr52m27s; 296th: Sue Cooper 1hr52m28s; 300th: Simon Vieweg 1hr52m43s; 359th: Darren Stoneham 1hr56m42s; 386th: Sam Osborne 1hr58m12s; 402nd: Mark Bassett 1hr58m42s; 454th: Hanif Rajwani 2hr03m08s; 626th: Sally Weston 2hr16m22s; 669th: Lesley Underdown 2h21m59s; 723rd: Valerie Tungate 2hr36m45s; 735th: Tim Dodd 2h41m38s;

Brighton

At the recent Brighton Half Marathon Sam Alvarez recorded a blistering 1.24.02. Other Harrier results: Andy Payne 1.29.17 ,Roy Meller 1.30.06, Mike Ovens 1.30.55, Fiona Bugler 1.30.55, Jamie Tyler 1.33.08 , Simeon Swift 1.38.12 , Frances Delves 1.39.40

Hastings

"Ideal racing conditions awaited Hailsham Harriers at the recent Hastings 1/2 Marathon and although a number of the clubs top runners were not able to participate the club saw 19 give it their best in the cloudy damp weather but thankfully the wind was light during the morning.

The race was won by Kenyan Kiplimo Kimutai in 1hr05m24s but he had to work hard to pass Martin Cox from Bath who lead in the early stages. Kenyon Magdalene Syombua was first Lady home in 1hr 14m20s. Of the Sussex runners the challenge was won by Daniel Anderson (8th overall) of Hastings AC in 1hr13m02s and first Lady Julie Briggs from the Brighton Arena 80 Club in 1hr25m04s.

There is always a large entry for this event and of the 4000+ entered all credit goes to the 3703 runners who finished the climbs, twists and turns of this testing 13.1 mile course.

First home for Harriers was Paul Payne followed by Gary Judges and Andy Ruffell and for the Ladies first was Fiona Bugler with Annette Feakes second and Sue Cooper third.

Harriers overall placings and race times were as follows: 74th :Paul Payne 1h23m45s; 100th: Gary Judges 1h25m18s; 133rd: Andy Ruffell 1h26m52s; 185th: Dave Coulson 1hr29m07s; 227th: Paul Lowden 1h30m25s 288th: Fiona Bugler 1h32m22s; 449th: Andy Payne 1h36m17s; 666th: Roberto Proietti 1h40m49s; 709th Andrew Vine 1h41m38s; 809th: Annette Feakes 1h43m18s; 913th: Simon Vieweg 1h44m53s; 1359th: Allen Grant 1h51m45s; 1474th: Norman Harris 1h53m26s; 1476th: Sue Cooper 1h53m27s; 1610th: Jane Barlow 1h55m28s; 1786th: Mark Bassett 1h58m02s; 2628th Lesley Underdown 2h11m59s; 3347th: Tim Dodd 2h36m01s; 3370th: Carol Humphrey 2h37m27s;"

A Message from Brian Winn

On 2nd March 2008, the East Sussex Sunday Cross Country season came to an end at the Pestalozzi Children's Village in Sedlescombe. However, it was disappointing to see only 72 runners taking part in the main event.

Obviously, the clash with the Eastbourne Half Marathon on the same day had impacted badly on the turnout. The League will make strenuous efforts to ensure that this does not happen again next year. The event is always very well organised and the array of homemade cakes afterwards has to be seen to be believed!

Gill Wheeler was first Harrier home in 7th place, closely followed by Sam Alvarez in 8th place and even more closely followed by Andy Fessey in 9th place. Now, that is what I call "good grouping"! Unfortunately, there was a huge gap before the next Harrier home in 41st place who was me Brian Winn. I have been carrying an injury now for nearly 2 years (Piriformis Syndrome) and it just doesn't want to go away but, at least, I am still able to run albeit very slowly.

So, where were all the other Harriers? They couldn't all have been at the Eastbourne Half Marathon - perhaps they were out with their Mums - it being Mothers Day! The question is:- has the competition gone stale? Are you all fed up with running on the Ashdown Forest, at Whitbread Hollow, Warren Hill, Abbots Wood, Cross-in-Hand and Pestalozzi?

If you are, please let me know and the League will try to come up with alternative fixtures for next season. Please give me some "feed back" between now and the A.G.M. which isn't until September, so you've got plenty of time.

It won't surprise anyone to learn that we finished this season 7th out of 9 clubs - which is our lowest ever placing! The League's very impressive team trophy hasn't had Hailsham Harriers engraved on it for quite some time now and to me this is a tragedy

RACE FOR LIFE SUNDAY 8TH JUNE

Please give your serious consideration with helping to marshal for the Race for Life at Hampden Park on Sunday 10th June. This is a ladies only race to raise much needed funds for Cancer Research and every year we are asked to marshal. This year there are again two races, one in the morning and one in the afternoon. If you can do both then that would be great, if not one will be fine. It's a great event but they can't do it without our support. Give your names to Paul Eccles (642866).