

Events in Sussex Grand Prix in 2006

2nd April Worthing 20 Mile
14th May Hailsham Town 10 Mile
21st May Horsham 10k
7th June Worthing 10k
25th June Heathfield 10k
26th July Bexhill 5k
27th August Newick Will Page 10k
10th September Hellingly 10k
17th September Hove 5 Mile
1st October Lewes Downland 10 Mile
29th October Barns Green 1/2 Marathon
12th November Phoenix Park Races
19th October Brighton 10k
3rd December Crowborough 10k

THE EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE SEASO2005/2006.

The Season started with Abbots Wood on 23rd October then moved to Ashdown Forest on 6th November after which "the Circus" went to Warren Hill on the 18th December, Whitbread Hollow on the 22nd January, Cross-in-Hand on the 12th February, culminating with Sedlescombe on the 26th February. Gill Wheeler took part in all but one of the races and finished with a magnificent maximum of 1,000 points! Sam Alvarez (likewise) took part in all but one of the races and finished with a superb 996 points. Consequently, both ladies easily won their respective age categories. Julie Chicken would have been in contention in her age category too but only managed to take part in four of the six, leaving her in fifth place. Todd Leckie would have easily won the Senior Man's competition if he had taken part in two more races. Andy Payne was doing very well in the Men over 40 competition but failed to take part in the last two events, which left him in seventh place. I managed to finish in second place in the over 50's (really must try harder next time) but it was very much a case of lost opportunities for everyone except Gill and Sam. In fact (correct me if I am wrong) but Hailsham Harriers finished with their worst ever placing in the Team category behind Hastings A.C., Heathfield, Lewes and Hastings Runners! It is worth reminding all those that have participated in these Sunday cross country races in the past:-(1) It only costs £2.50 to enter on the day (2) Ladies and Men run together and (3) the main event always starts at 11 a.m. Which is why I prefer these races to the Saturday ones, which tend to be in the afternoon and rightly or wrongly appear to be taken more seriously.

Brian Winn

I would like say thank you to all the members who supported myself and Sue in coming to the Dinner Dance. They are Geoff & Lyn Depper, Colin & Lett Burgess, Derek & Ann Wells, Mark Wells, Caz Coleman, Ben Warren, Lyndsay Poore, Norman & Sue Harris, Steve Avery, Louise Ogle, Paul Eccles, Ray Cook, Julie Chicken, Rob & Tina Hodson, Marion Underdown Roberto Proietti, Sian Bulpitt Paul Payne, Gill Wheeler, Andy & Eleanor Ruffell, Maria Hillman, John Stewart, Andy & Sandy Fessey, John Guthrie, Valli Morison, Steve & Alyson Page, Peter & Claire Daws, Tom & Jackie O'Shea, Allen Grant, Steve Webb, John & Elizabeth Taylor, Steve & Lesley (the fog on the Tyne) Delea. Also a big thanks to Jez Bird for great evening entertainment and to the staff at the Chatsworth for their help and service, This will be the last time myself and Sue will organise the Annual Dinner, so if anybody would like volunteer please put your name forward at the AGM. **Doug Chant.**



NEWSLETTER

April 2006

Annual Awards Dinner Dance 4th March 2006 Chatsworth Hotel



**Just an early reminder if you can help we need marshals for the
Hailsham Town 10**

If we don't get marshals the race will not go ahead

Contact Margaret Winton

Email margaret.winton@tiscali.co.uk

Or 01323638675

Many thanks

Please note if you want anything put into the club news letter send a email to dugchant@hotmail.co.uk Let me have your email addresses so I can forward any harrier news onto you. Doug Chant.

If you want entry forms for races they can be found in the Red book available on club nights.

Club Kit can be purchased from Tom O'Shea on a Tuesday club night Or contact him on 844431

My Lords, Ladies and Gentlemen and other interested parties, I am delighted and honored to welcome you to this the most prestigious of prestigious of events. I can already smell your excitement, but that's forgivable, because you have a right to be excited. Imagine your wildest dreams multiplied by my most peculiar fantasies and you will know what larks and loveliness lie ahead of us. Naturally enough, on this night of nights we requested the pleasure of the company of the A list of the athletic world, but look what we've got, the A plus, plus excellent work see me later for a gold star list, and may I say what a credit you are not only to yourselves but to the club as a whole.

So may I ask of you, that tonight you cast off your running gear and slip into the shimmering gown of celebration and enchantment. Let the tiara of joy encircle your brow and the elastic pantyhose of festivity engirdle your most intimate parts. Comb out the dandruff of despair and brush in the stardust of dreams, for this is the night, and this is the hour, the Hailsham Harriers annual awards are among us. All is in readiness, everyone is hiding their nerves with exemplary suavity, the trophies are shimmering brightly but each is longing for a home, so let us proceed.

The first award is for the most improved senior runner of the last year and the nominees are, our honorary treasurer Andy Ruffell, our honorary Scotsman Marc Scatter, our honorary regalia chief Tom O'Shea and our honorary best bit of tottie Maria Hillman. All are worthy of this accolade, but the winner is someone else, someone to whom I have been nervously looking over my shoulder at for all of last year, he seems destined for greatness and not only does he turn out regularly for the club he is a great ambassador as he always on the look out for new talent to swell our ranks. I beg you to smite your palms together until they burn, bleed and blister for the most improved senior, Paul Payne. We are now looking squarely into the eyes of the award for the Trier of the year and is so aptly named after our wonderful friend and coach, who is still so sorely missed John Faulds. Those who were considered for the award were Tony Alsop, Allen Grant, Jane Barlow and Neil Gausden. But the winner is our new ladies vice captain. A lady who is very much admired by her fellow lady runners as she turns out for ladies team with great regularity, whether it be on the road, cross-country, track or relay events. Apparently she has a bit of a reputation, for being quite a party animal, which is a side of her we might see later! But for the meantime, please applaud in the manner you yourselves would like to be applauded to celebrate the presentation of the John Faulds Memorial Trophy for Trier of the Year for the honey pots of honey pots that is Marion (but prefers to be called Lesley) Underdown.

Because we are such a popular club that attracts such a large number of new members each year, the club has an award specifically for the most promising newcomer. The nominations are Sandra Butters, Chris Pullinger, Steve Delea (which goes to prove you can support Spurs and remain popular with some of the people some of the time). The winner however is someone whose running has progressively improved since joining us in May 2005 and was unanimously voted for in this category. She cannot unfortunately be with us tonight but please give polite and respectful applause to the most promising newcomer Julia Toby.

The next award pays tribute to the best athletic performance and has been named the Derek Wells trophy after our illustrious president. There were four worthy nominations. John Taylor's consistent performances throughout the year by winning his age group in most events, the last one being today-the gold medal in the Sussex County League-and at the age of 66, this is quite remarkable. Samantha Alvarez will always get a mention in this award for such are her outstanding achievements. This year she has won again the Sussex Road Running Grand Prix individual women's title but last year saw her shine on the European stage also. At the European Veteran athletic championships in Portugal, she collected individual bronze medals in the 10k and half marathon events and also won gold and silver team medals in the same events. Gill Wheeler has been nominated for her marvelous run at the Hastings half marathon, where she was not only running for the club but also for the Sussex team. She lead the Sussex team home to a gold medal in the inter counties race and was a member of the now famous Harriers ladies team that won the bronze medal in the national AAA half marathon championships. Is there anyone that can better these performances? Well let me tell you that his performances on the County cross-country stage have been exceptional. This time last year he won the gold medal in the Sussex x-c league, a feat which he has repeated this very day. But it was his performance at the county x-c championships in January which won him this award, being the first Harrier to become the men's county x-c champion. He didn't just beat his rivals he eliminated, obliterated and destroyed them. It is said that this man doth bestride this narrow world like a colossus. Please kneel and give a welcome of incontinently euphoric proportions for one of our absolute greats, he whose forthcoming was foretold, Mr Ben Warren.

The Carol Russell Trophy is presented each year to the lady who runs the fastest 10k of the year. This year our ladies captain took the award for her zippy little number at the Brighton 10k. This was her third personal best in a row at the same event and this time she ran an epic 37.22. But I feel there more to come from Gill and who knows what time she may do this year at Brighton. But for the moment let us glow in this incandescently brilliant performance which has dumbfounded those who refuse to believe that someone who is so beautiful and so nice can also be so prodigiously talented. Please give a warm Harriers welcome to our ladies captain Gill Wheeler.

There are two awards for our junior athletes which will be given out at the next training night. Although they are not here tonight I would like to give them a brief mention. Both awards are given to two juniors in the U-13 section, which bodes well for the future. The Chris Scott Memorial trophy for the most improved junior goes to Melissa Ruffell who this year has seen her hard efforts rewarded by her earning her Sussex vest when she ran in the inter counties event in Suffolk. Other nominations for this award were Aaron Capon, Hayley Page and Madelyne Bridgewater. The senior coach's award went to Jago Leckie and Melissa was also nominated for this along with Aaron Capon again.

I would now like to present the trophies for our track grand prix event which we held in the summer of 2005.
Ladies: 3rd Maria Hillman 104 2nd Julia Toby 107 1st Julie Chicken 111 points Men's: 3rd Phil Coomber 96 2nd Andy Ruffell 102 1st Don Currie 108 points Will 2006 see another helping of chicken currie?

The next two awards are connected with our annual event the John Faulds Hellingly 10k. The first award is for the most improved time at this event compared to the previous year and there were no less than ten people who had improved times. These were (see list). But the winner improved her time by a massive 10 minutes and 57 seconds. I am delighted that she has won this award for it is a result of the long hard work she has put into her training and the effort and determination which shows in every single race she does. Her impish charm and devilish smile make her so yummy that you can't help but devour every performance she gives. Let your love cascade all over the phenomenon that is Maria Hillman.

The second award is given to the first Harrier to cross the line at the Hellingly 10k and he did this in a time of 36.00 and that was me.

It is with a heavy heart that I come to the last award of the evening. This is the Clifford Lowen Trophy for the runner's runner, the award which you yourselves vote for to reward the Harrier who in your opinion has done the most for the club. The results of the secret ballot makes interesting reading. Here are a few of the nominations, Margaret Winton, Brian Winn, Sue Chant, Colin Burgess, Gill Wheeler, Geoff Depper, Jane Barlow, and Steve Avery. But the top two with nearly half of the votes between them, were, in second place Julie Chicken and in first place with 30 % of the total votes, a unanimous decision by you all, Doug Chant. I would like to say that this is a well deserved award to someone who puts in a tremendous amount of dedicated work as club secretary. Work that a lot of us would be reluctant to do, which is just as well because I was talking to Doug the other day about the role and he said to me with great heartfelt sincerity "You know Peccles I love being club secretary and I wish I could do it for the rest of my life. I hope no one else tries to take the job from me because I would be heartbroken and my life would be so empty, so if sometime in the near future you hear me say that I don't want to do the job any more, please just ignore me".

Ladies and gentlemen, that is it. May I say on behalf of us all, a big thank you to Sue Chant and Doug for their hard work in arranging this evening. The entertainment from Jez Bird I know will be first class tonight and I bet you'll all look good on the dance floor, dancing to electro pop like a robot from 1984. Thank you for allowing me to ramble on and good night.

Gill and John win Sussex half marathon Championship

Hailsham Harriers Gill Wheeler and John Taylor won Sussex AAA. Half Marathon Titles at the Hastings Half Marathon. Gill was the 6th lady but the 1st Sussex lady and 55th overall to win the Sussex gold medal in a time of 1hr 22min 18secs. While John was 2nd over 60 home but the 1st Sussex in 520th in a time of 1hr 37min 24sec to collect gold. Charlotte Saunders just missed out on a county medal 4th Sussex lady in 140th place in a time of 1hr 26min 41secs but was rewarded along with Gill and Julia Toby who ran a personal best, to collect the silver medal in the team awards. Julia also help the Veteran ladies to win the Veteran team awards. Julia finished in 325th in a time of 1hr 32min 59secs.

Other Hailsham Harriers were 49th and 1st Harrier to finish Paul Harris 1:21:43.

55th Gill Wheeler 1:22:18. 88th Rob Hodson 1:24:20. 93rd Paul Payne 1:24:41. 140th Charlotte Saunders 1:26:41. 142nd Rosalie Uphill 1:26:46. 180th Bill Fraser 1:28:40. 190th Malcolm Hyder 1:28:51. 212th Alen Grant 1:29:25. 233rd Dave Coulsden 1:30:20. 241st Brian Winn 1:30:32. 265th Steve Tucker 1:31:18. 325th Julia Toby 1:32:59 PB. 487th Roberto Proietti 1:36:28. 520th John Taylor 1:37:24. 605th Jim Hennesey 1:38:55 PB.

651st Sam Shanta 1:39:37. 669th Geoff Depper 1:39:56. 858th Louise Ogle 1:43:14.

1236th Sandra Butters 1:49:03 PB. 1243rd Maria Hillman 1:49:09. 1604th Jane Barlow 1:54:40.

1967th Kerrie-Anne Allway 2:00:43. 2361st Marion Underdown 2:08:16. 2919th Fran Doe 2:26:28.

2925th Alan Woods 2:26:28. 3031st Elaine Alsop 2:31:27. 3032nd Norman Harris 2:31:27.

3052nd Tim Dodd 2:33:34. 3214th Carol Humphrey 2:49:02. 3215th Cathy Brown 2:49:02.

4,000 runners took part in what is considered by the running magazines to be the best half marathon in Britain.

Hailsham Harriers Annual Awards

Hailsham Harriers celebrated last year's achievements at their 21ST annual awards.

Over 50 Hailsham Harriers attend the Dinner Dance at the Chatsworth Hotel Eastbourne.

The Harriers sat down to a 3 course meal and then listened to a speech from there President Derek Wells.

Paul Eccles (Vice President) gave an entraining introduction to the award winners.

The Awards were presented by Gill Wheeler the Ladies Captain, assisted by Doug Chant

The awards went to Most Improved Senior Paul Payne.

John Faulds Trier of the Year Marion Underdown.

Most Promising Newcomer Julia Toby.

Derek Wells Trophy for Best Athletic Performance Ben Warren.

Carol Russell Trophy Gill Wheeler.

Senior Coaches Junior Award Jago Leckie.

Most Improved Junior Malissa Ruffell.

Club Track Championship 1st Don Currie, 2nd Andy Ruffell, 3rd Phil Coomber.

Ladies Track Championship 1st Julie Chicken, 2nd Julia Toby, 3rd Maria Hillman.

Hellingly 10k 1st Harrier Paul Eccles.

Most Improved Hellingly 10k Maria Hillman.

Turkey Trot Rob Hodson.

And the final award of the evening is for the runners runner which is voted by all the members went for the 2nd year to Club Secretary Doug Chant.

After the speeches and awards the members were entertained by Jez Bird from the Lamberretters fame.

Doug Chant Will be stepping down as Honorary Club Secretary in September after 6 years
If anybody would like the position speak to Doug or any of the Executive Members before September Agm

Martin Bulger from Seaford is writing a book on marathon running. It is a chance for marathon runners to tell their stories—what made them start running and why the marathon. He is also looking for race reviews, photos, poems and anecdotes in fact anything associated with running marathons. Hopefully, this should create a unique insight into what makes marathons special and should uncover some of the mystique and passion that surrounds them. Contact Martin Bulger 27 Lexden Drive, Seaford, East Sussex BN25 3BD. Money raised by the book will be denoted to Cystic Fibrosis.