

Black n' Reds



Hailsham Harrier's Monthly Update April 2011



Gary Judges Hastings Half Marathon

Superb Sam's Win at Sussex Marathon Festival

Sam Alvarez has returned to stunning form with a win at the inaugural Sussex Marathon Festival based at Battle. The course was tough with a number of challenging climbs and included a part second lap towards Ashburnham to provide the full distance and over 320 finished the challenge. Sams pace gave her the ladies win in a chip time of 3hr12m56s and 10th overall in the race won by Hastings ACs James Mountford in 2hr 55m42s and therefore only 17mins down on the winner an incredible achievement by Sam on this tough Marathon course. Other Hailsham Harriers competing were 71st Mark Fox 3hr47m41s, 203rd Graham Hollands 4hr31m16s and Karen Breese 4hr53m39s.

Two other Harriers took part at Paddock Wood Helen and Richard Tickner and had good runs in 2hr09m05s, and 2hr11m10s respectively. In the recent 20 mile road race at Worthing which formed part of the Sussex Grand Prix Series and held over 4 laps of a flat course Matt Dowle had an outstanding run to finish 20th in 2hr12m37s in the race won by Steven Way from Bournemouth AC.



Fiona leads Harriers home in Brighton's Marathon

Over 8,000 runners lined up at the start of this year's race which was set off by Steve Cram. Weather conditions even at 9am were hot with no wind to keep competitors cool but the leading pack consisting of two Kenyans and an Ethiopian and containing one of England's current best marathoners Dan Robinson headed around Preston Park and into Brighton City centre before heading east through Kemptown and joining the seafront with an inland loop to Ovingdean village and the outskirts of Rottingdean. The course then took runners back west towards Brighton pier, then Hove and inland to Portslade then a return to Hove and west again towards Shoreham power station. The course then returned east back to Hove and the finish in Madiera Drive. The heat was relenting which caused many competitors added distress but the organisers had arranged many drink and first aid stations to assist. The crowds were estimated in excess of 80,000 and their support together with live music created a wonderful atmosphere to the event, which was won by Kenyan Philemon Kiproboit in 2h16m06s with his compatriot Richard Bott Rotich 25s in arrears. Ethiopian Anbessa Tolossa was third in 2h16m52s with Dan Robinson fourth. In the ladies race Alison Dixon was first in 2h34m50s, which also gave her 9th overall.

12 Harriers had spent all winter training hard in cold conditions and the unexpected hot temperature was going to create an additional challenge but all finished. The outstanding performance of the day was produced by Fiona Bugler who with Mike Ovens had trained together and worked hard in the race with an experienced early group of runners and Fiona was rewarded with 3h16m13s with Mike one second down at the finishing line. This gave them 184th and 185th in a field of 7782 finishers. Fiona's half way split of 1h34m08s proved to be a good judgment call in preparing for the second half of the run. Sue Cooper's race was thrown into difficulties when a calf muscle required attention but she was able to continue and finish under the 4hr mark. Karen Breese continued her mammoth charity challenge having already completed six 1/2 marathons this year and one full marathon and in Brighton ran a good time of 4h35m with her final challenge being the London Marathon.

Harriers times and positions were as follows: 184th (16th Lady) Fiona Bugler 3h16m13s, 185th Mike Ovens 3h16m14s, 1811th Sue Cooper 3h59m39s, 2116th Jamie Tyler 3h55m58s, 2193rd Graham Hollands 4h04m38s, 2398th Allen Grant 4h09m35s, 3181st Norman Harris 4h23m27s, 3845th Donna Hinton 4h31m31s, 4105th Mark Hinton 4h35m45s, 4516th Karen Breese 4h35m45s, 4867th Sandra Fowlie 4h40m31s, 5933rd Fran Doe 5h02m44s.

Judges leads Harriers home at Hastings

The 27th Hastings Half Marathon was held in wonderfully sunny weather with temperatures not too hot and no wind. The event organised by Hastings Lions attracted a massive field with 3778 competitors completing the race this year and once again it was the Kenyons who dominated both the men's and ladies race. The overall winner was Gordon Mugi in 1hr08m00s who lead for most of the way and kept out a challenge from Ethiopian Seyoum Nigusieto. In the ladies race a battle ensued with Kenyon Rebbi Koech holding off Lucy McAllister (Bristol and West) to win by 37 sec in 1hr15m13s

Hailsham Harriers had 31 of their runners competing and Gary Judges maintained his excellent form with a great run finishing in 27th place with a time of 1hr17m24s. Seven other Harriers all achieved marvelous times under the 90minute mark which is a great effort on this testing course which sees a challenging climb up Harley Shute Road early on then the infamous Queensway climb between 3 and 5miles however apart from some further short hills in the old Hastings area much of the course is then flat or some downhill with a finish on the promenade back to St Leonards. Andy Ruffell had a great race in 88th very close to Harriers first Lady Emma Richards 8th lady and 90th overall and Sam Alvarez 10th lady in 118th overall and in between these two was Neil Pysden in 111th and a chasing was Matt Dowle in 125th place. Dale Martins great form over the cross country gave him 141st ahead of Fiona Bugler (16th Lady) in 172nd and top 200 placings also for David Mercer 188th and Jo Curran (19th Lady) and 197th. Harrier's positions and chip times were as follows;

27th Gary Judges 1h17m24s, 88th Andy Ruffell 1h25m33s, 90th Emma Richards 1h25m40s, 111th Neil Pydsen 1h27m03s, 118th Sam Alvarez 1h27m38s, 125th Matt Dowle 1h27m55s, 141st Dale Martin 1h28m23s, 172nd Fiona Bugler 1h29m58s, 188th David Mercer 1h30m35s, 197th Jo Curran 1h30m47s, 315th Mark Fox 1h34m31s, 431st Annette Feakes 1h38m04s, 471st Lesley Delea 1h38m48s, 492nd Allen Grant 1h38m54s, 554th Graham Hollands 1hr40m21s, 983rd Emily Ayres 1h48m16s, 1096th Peter Drake 1h49m50s, 1103rd Juliette Sukoco 1h48m17s, 1236th Hanif Rajwani 1h51m30s, 1244th Roberto Proietti 1h52m01s, 1307th Tracey Maloney 1h51m54s, 1533rd Steve Love 1h56m09s, 1718th John Taylor 1h56m46s, 1769th Laura Jordan 1h59m44s, 1968th Alan Clarke 2h00m40s, 2043rd Karen Breese 2h02m42s, 2574th Richard Tickner 2h12m09s, 2577th Kay Shore 2h13m01s, 2694th Fran Doe 2h14m48s, 2711th Helen Tickner 2h15m02s, 3346th Lesley Underdown 2h40m02s.



The annual Club road race on the Harmers Hay estate an undulating course
of 3 Laps providing the unusual distance of 2.6miles

ENTRY FEE ONLY £1

MEET AT THE LAMPOST (WHERE WE FINISH THE HILL REPS!)

START AT 7.15 PM PROMPT

REGISTER FROM 6.45 PM ONWARDS

PRIZES FOR WINNERS AND FOR VETERAN AGE GROUPS

**FOR FURTHER INFORMATION CONTACT PAUL ECCLES ON 642866 or
07853 192 608
pauleccles@price.co.uk**

(Guests are more than welcome but not eligible for prizes)

Club Grand Prix & Track Championships 2011

Races are now on Tuesday Nights

5000 Metres 3rd May

3000 Metres 17th May

Mile/ 1500 31st May

800 Metres 14th June

400 Metres 28th June

200 Metres 12th July

100 Metres 26th July

The best 6 scores from 7 races count for GP points

Venue Battle Road School

Registration between 7.00-7.15pm

**Entry Only £1.00
On the evening**

Please support these Club events its all good training

Try and beat last years time & set a PB.

Enjoy racing against your club mates

Sussex Masters Track & Field League 2011

MATCH 1 EASTBOURNE WEDNESDAY 11 May 2011

Track					Field				
					18.30	Discus	M	35	
					50				
					18.30	Long Jump	M	35	
					50	60			
18.50	200m	M	35	50					
					18.50	Pole Vault	M&W	35	
					50				
19.05	200m	W	35	50					
					19.15	Javelin	W	35	
					50				
19.20	800m	M	35	50	60				
					19.20	Long Jump	W	35	
					50	60			
19.30	800m	W	35	50	60	19.35	Shot	M	
35	50								
19.40	3000m	M	35	50					
20.00	3000m	W	35	50					
					20.00	Discus	W	35	
					50				
20.25	4x400m	M							
20.40	4x400m	W							

Interested contact Andy Ruffell, Felicity or Julie Chicken

MATCH 2 EASTBOURNE WEDNESDAY 1 June 2011

Track					Field			
18.30	2000m walk	M&W	35	50				
					18.30	Hammer	M	35
					50			
					18.30	Shot	W	35
					60			50
19.00	100m	M	35	50	60			
19.20	100m	W	35	50	60			
					19.20	High Jump	M	35
					50			
					19.20	Triple Jump	W	35
					50			
					19.20	Hammer	W	35
					50			
					19.45	Javelin M	35	50
				60				
19.40	400m	M	35	50				
19.50	400m	W	35	50				
					20.00	High Jump	W	35
					50			
					20.00	Triple Jump	M	35
					50			
20.10	1500m	M	35	50				
20.25	1500m	W	35	50				
20.35	4x100m		M					
20.45	4x100m		W					

Interested contact Andy Ruffell, Felicity or Julie Chicken

MATCH 3 LEWES WEDNESDAY 29 June 2011

Track

18.40 2000m walk M&W 35 50

19.05 800m M 35 50

19.15 800m W 35 50

19.25 200m M 35 50 60

19.35 200m W 35 50 60

19.45 3000m M 35 50
50

20.00 5000m W 35 50

20.30 4x200m M

20.45 4x200m W

Field

18.30 Discus M 35 50
60

18.30 Shot W 35 50

19.00 Triple Jump M 35 50

19.00 Pole Vault M&W 35 50

50 19.20 Discus W 35
60

19.35 Javelin M 35 50

19.50 Long Jump W 35

Interested contact [Andy Ruffell](#), [Felicity](#) or [Julie Chicken](#)

MATCH 4 LEWES MONDAY 25 July 2011

Track

18.50	100m	M	35	50	
19.10	100m	W	35	50	
19.25	1500m	M	35	50	60
19.40	1500m	W	35	50	60
	35		50		
19.50	400m	M	35	50	
20.00	400m	W	35	50	
20.10	5000m	M	35	50	
20.40	Medley Relay M (200/200/400/800)				
20.50	Medley Relay W (200/200/400/800)				

Field

18.30	Hammer	W	35	50	60
19.00	Triple Jump	W	35	50	
19.00	High Jump	M	35	50	
19.25	Javelin	W	35	50	
19.25	Hammer	M	35	50	60
19.40	Long Jump	M			
20.00	Shot	M	35	50	
20.00	High Jump	W	35	50	

Interested contact Andy Ruffell, Felicity or Julie Chicken

The logo features the letters 'SGP' in a stylized, bold, blue font with a yellow outline, set within a dark blue oval shape that has a yellow border. To the right of this graphic, the year '2011' is written in a large, bold, blue font.

1	February	6th	Chichester 10k
2	March	6th	Eastbourne Half
3	March	20th	Hastings Half
4	March	27th	Worthing 20m
5	May	8th	Horsham 10k
6	May	15th	Hastings 5m
7	June	8th	Worthing 10k
8	June	26th	Heathfield 10k
9	July	3rd	Bewl 15m
10	July	27th	Bexhill 5k
11	August	28th	Will Page Newick 10k
12	September	11th	John Faulds Hellingly 10k
13	September	18th	Hove Prom 10k
14	October	2nd	Lewis Downland 10m
15	October	30th	Barns Green Half
16	November	13th	Phonenix Park Races
17	November	20th	Brighton 10k
18	December	4th	Crowborough 10k