

Hailsham Harriers

Newsletter April 2009



WELCOME TO YOUR NEWSLETTER

Dear Members

If you're training for a marathon the last month will have been tough! Now it's time to wind down and carb up... enjoy it and good luck to all of you... Please, please, let me know if you do your best (or worst) time. Or if you improve on age grading (want to know what I'm talking about - read on...). But it's not just PBs I want to hear about, email me with your experiences, training tips, funny stories.

Have a great month

PS: A great new event is happening today on the South Downs - runner versus big cat. The legendry big cat of the Downs was captured last month and has been training hard. Meeting at 1130am at Whitbread Hollow, April 1st for this fantastic new event!

Fiona Bugler



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Race Reports

Pestolozzi ESXCL 5 of 5





7	GILL WHEELER	33.05
11	SAMANTHA ALVAREZ	34.26
19	DAVE TYLER	36.18
51	BRIAN WINN	41.26
70	JOHN TAYLOR	43.43

The East Sussex Cross Country league drew to a close with some great results for Hailsham women. It was a bright but cold day, taking in three laps, across the swamp at the top, down the long grassy hill then up through the woods.

Ashely Williams and David Bradford both of Lewes took the first two places followed by James Climpson of Hastings.

For the ladies Gill Wheeler was the winner, followed by Sam Alvarez both of Hailsham Harriers, Stacy Clusker of Hastings AC was third.

Overall, Sam was victor, taking the title once again. In second place was senior woman Stacy Clusker of Hastings AC and in third place was Beverly Chapman of Heathfield Runners.

In the mens' race there was a tie on points between David Bradford (Lewes AC: SM) and James Climpson (Hastings AC: SM). David Bradford however was ahead of James Climpson in more races and was therefore awarded first place. Andrew Masters (Lewes AC SM) was third.

Lewes AC were first team followed Heathfield/Utopia and Hastings AC.

Hastings Half Marathon

What a lot of Hailsham Runners, almost 30, a brilliant turn out – with 20 running under two hours... Well done to you all. It was a hot day, which was a shock to the system after the cold days of winter. Record crowds turned out in the sunshine, and some great times were run. Well done Gary Judges, first Hailsham Runner in and continuing to improve. Excellent running by Sam, fifth lady overall in a very high profile race, and second Sussex lady – drinks on Sam at the Awards night as I hear she won some decent prize money, too! Norman and Sue, the dynamic duo showed they were on form for London, and there was brilliant running by Andy Ruffell, and Rob Chrystie (great to see Rob back on form after Eastbourne). Well done to John Taylor – consistently performing at a high age grading (almost 74%).

Results and age grading

1:22:23 JUDGES, Gary Hailsham Harriers M1 74.79%

1:24:24 ALVAREZ, Samantha Hailsham Harriers Ladies (18-39) 80.08%

1:25:51 RUFFELL, Andrew Hailsham Harriers Men (18-39) 70.27%

1:26:14 CHRYSTIE, Rob Hailsham Harriers Men (18-39) 69.17%

1:31:13 GILLETT, Steve Hailsham Harriers M2 70.60%

1:31:57 LOWDEN, Paul Hailsham Harriers M3 71.69%

1:32:03 MARTIN, Dale Hailsham Harriers M2 70.50%

1:32:51 OVENS, Mike Hailsham Harriers M2 68.84%

1:35:58 COULSON, David Hailsham Harriers M1 65.13%

1:38:58 RICHARDS, Emma Hailsham Harriers Ladies (18-39) 66.49%

1:43:01 DELEA, Stephen Hailsham Harriers M1 60.23%

1:44:52 LEEMING, John Hailsham Harriers M3 63.89%

1:45:07 DELEA, Lesley Hailsham Harriers FM1 67.00%

1:45:17 DRAKE, Peter Hailsham Harriers M2 61.64%

1:47:05 TAYLOR, John Hailsham Harriers M6 73.72%

1:49:12 HOLLANDS, Graham Hailsham Harriers Men (18-39) 54.62% 3782 1116

1:49:24 HARRIS, Norman Hailsham Harriers M5 66.95% 1487 1132

1:49:27 COOPER, Sue Hailsham Harriers FM2 67.23% 1489 1133

1:54:28 GRANT, Allen Hailsham Harriers M1 54.60% 3196 1471

1:57:01 PAYNE, Paul Hailsham Harriers Men (18-39) 50.97% 581 1636

2:06:42 DRAKE, Cheryl Hailsham Harriers FM2 56.55% 204 2301

2:23:06 VERRALL, Ray Hailsham Harriers M3 46.43% 2331 3099

2:27:47 STANDEN, Suzanne Hailsham Harriers Ladies (18-39) 44.52% 623 3245

2:30:19 UNDERDOWN, Marion Hailsham Harriers FM3 50.34% 2707 3321

2:32:29 DOE, Frances Hailsham Harriers FM4 52.13% 2064 3360

2:34:28 DODD, Tim Hailsham Harriers M2 41.07% 155 3408

2:52:30 HUMPHREY, Carol Hailsham Harriers FM3 43.04% 788 3629

3:00:25 BAKER, William Hailsham Harriers M3 37.76% 544 3696

Mel's Milers 10k, Christ's Hospital, March 29th 2009

This report was taken from Mel's Milers' website

2009 saw the most runners yet taking part in our annual 10k race, with over 300 entries. The 258 finishers took advantage of the good course conditions to record some fast times. The overall winner was James Buchanan of Croydon Harriers who set a new course record of 33 minutes 45 seconds, beating three times previous winner Pete O'Connell of Horsham Joggers into second place. Third place went to Joachim Wolf with Mats Gedin (Arena80) and Rob Watts (Dulwich Runners) not far behind.



The ladies featured strongly **with Gill Wheeler of Hailsham Harriers also setting a new ladies record of 38 minutes 39 seconds, and 11th overall.** Not far behind was Camilla Neale of Steyning AC with a time of 39 minutes 24 seconds, and Sally Musson of Tonbridge AC came in third with 40 minutes 45 seconds which was particularly impressive given her age category of VW55.

FORTHCOMING EVENTS

South Downs Way, June 6th 2009: Training Update

It's been going well... if you want to join Steve and the gang, check out where they're going this week by logging onto the forum. There's a link from the Hailsham Website, or you can go to www.therunninginn.com , forum, Events, [South Downs Way - Hailsham Harriers](#).

HAILSHAM HARRIERS ARE PROUD TO PRESENT

THE GROVE HILL

MILE

SUNDAY 24th MAY 2009

ENTRY FEE ONLY £1

MEET AT THE JUNCTION OF NEW ROAD AND PARK ROAD

START AT 9.00AM PROMPT

REGISTER FROM 8.30AM ONWARDS

PRIZES FOR WINNERS AND FOR VETERAN AGE GROUPS

(Only one prize per winner)

(Note: Training run after the event around the Hellingly 10k course)

**FOR FURTHER INFORMATION CONTACT PAUL ECCLES ON 642866 or 07853 192
608**

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

Club Grand Prix and Track Championships 2009

5000 metres	7th May
3000 metres	21th May
1 Mile/1500 metres	4th June
800 metres	18th June
400 metres	2rd July
200 metres	16th July
100 metres	30th July

Venue Battle Road School Track.

Registration between 7-00 and 7-15 p.m. for earliest possible start. £1-00 per event

The best six scores to count for Grand Prix points.

Please support these club events its all good training. Try and beat last years time or set a new P.B. or just come and enjoy competing against your club mates.

OTHER EVENTS:

April 5th

- Worthing 20 miles – good pre marathon race, and a Sussex GP point scorer
- Paddock Wood Half marathon – flat and fast

April 11th: EASTER SATURDAY

- Christ hospital relays Horsham 11th April. 12noon and it is roughly 2 miles (teams already selected)

April 13th: EASTER MONDAY

- Mike and I are running an informal 5k time trial on the seafront. Meet at Hollywell, we aim to start at 9am. Call 01323 720640, or email Fiona for more information.
- Lewes 10k: 1115 am, starting and finishing at Leisure Centre athletics track

For more information on future races check www.sussexraces.co.uk, or www.runnersworld.co.uk.

What is age grading?

Here's an extract from one of my favourite sites, www.runningforfitness.org, which explains it all, and has some handy tools for target age graded times – (see below for an explanation of age grading)

Age grading is a way to adjust an athlete's performance according to age and gender. The age-grading tables were developed by the World Association of Veteran Athletes, the world governing body for track and field, long distance running and race walking for veteran athletes. The tables were first published in 1989.

The tables work by recording the world record performance for each age at each distance, for men and women. Where necessary, the world record performances are estimated.

For example, the world record for a 53 year old woman running a 10km is 35:01. So if a 53 year old woman finishes a 10km in 45:18, she has an age-graded performance of 77.3% (which is 35:01 divided by 45:18). The wide availability of age-grading tables has allowed older runners to compete on even terms with younger generations. In many running clubs today, the age-graded champion earns as much, if not more, recognition as the outright (non-age adjusted) winner of the event.



What is age-grading used for?

Age grading can be used to compare performances across different ages and sexes; track your own performance over time; identify your best events; set goals for current and future years; and identify your best ever performance.

You can also [use age-grading to predict your race performance](#). Essentially, this equivalent to assuming that as the distance increases, your average speed will go down, in proportion to the speed of world records at those distances. This seems a surprisingly accurate assumption for many runners, provided they train for the distances concerned.

Competing with your male partner – or whippersnapper kid?

Take a look at [marathonguide.com](http://www.marathonguide.com) for a handy tool that will give you age/gender comparisons... <http://www.marathonguide.com/fitnesscalcs/ageequivalent.cfm>. Can give you a boost if you've been overtaken by a 19 year old on the finish line!

And finally

To the Chairman of Hailsham Harriers

Please accept this as my notice of resignation.

I think what happened at the Lancing cross country, was the final straw. I don't think I can put in all the effort anymore as I don't think runners want to compete as much as they used to especially in the top class events such as the Sussex League, which I can understand its there decision. I always want us to win and be successful and not just run for fun! I think also I have had enough of racing. I've been running with such a passion for 14 years with the Harriers and don't think I have much more to give. I will still run of course, I would never give up that! I am going to miss my time at the Harriers as I have enjoyed it immensely. I won't be joining another club because there is no better club than Hailsham Harriers.

Paul Eccles

It is with great regret that I have had to accept Paul's resignation as a member of the Harriers. I promise I have tried very hard to get him to change his mind and did not accept until forced to by Paul himself. He has explained his reasons and has no animosity towards the Club. Without doubt Paul has been the biggest influence on the club for the last ten years. He has been a top competitor, committee member, secretary, and latterly Vice President. He has worked in the back - ground in many other organisational positions. I am proud to say we are personal friends and will remain so. The Hailsham Harriers are less of a Club through his leaving. It is my wish that Paul may one day rejoin the Club. The door will always remain open.

Colin Burgess Chairman