



Hailsham Harriers

August 2008



Harriers Summer BBQ

FRIDAY 8TH AUGUST 2008

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OR SUE COOPER

HARRIERS IN ACTION AT RYE

Hailsham Harriers took a large contingent of runners over to the Rye 10k at the weekend. The event enjoyed a record entry and record number of finishers too

Sam Alvarez was in blistering form winning the ladies event and finishing 11th overall. Well done too to those who broke course records for their age category – Bill Fraser in Male Vet 4; Fiona Bugler in Lady Vet 2. The ladies team of Sam, Gill, Fiona and Louise took first place.

First Harrier was Andy Fessey who finished in 9th with Paul Eccles chasing hard just seconds behind. Steve Avery completed the men's team who finished second overall.

Simeon Smith, Mike Ovens and Andy Ruffel also competed.

You might be interested to know that Races 2 and 3 are to be held on Friday 22nd August and Friday 12th September - both of which are over a 5K distance. Those who do complete all three races will receive a free souvenir t-shirt at the September race.

This will be my last newsletter for awhile. My family and I are moving abroad. Geoff Depper has kindly offered to take back running of the website geoff.depper@hailsham-harriers.org.uk

Fiona Bugler is going to take over the newsletter and press reports fiona.bugler1@btinternet.com

Stunning run from Sam

Samantha Alvarez recorded an incredible 1h 31m 54s to win the ladies race at the Bewl water 15.

Ovens and Coulson battle it out.

Hailsham Harriers recently held their 800metres and 400metres club championship rounds on different evenings at the college and both were held in good weather but the grass track provided competitors with a hard surface for running.

In the 800metres races Dave Coulson triumphed over Mike Ovens by 3 seconds to maintain a lead in the overall championships with Steve Gillett holding off Jamie Tyler by one second for third and fourth places.

In the second race Annette Feakes met a challenge from the ever improving Lesley Delea to win this race by 2 seconds but the overall ladies winner Sam Alvarez had competed in race 1 and her time was the fastest lady of the night.

800metre placings and times were as follows:

Race One: 1, Dave Coulson 2m19s; 2, Mike Ovens 2m22s; 3, Steve Gillett 2m28s; 4, Jamie Tyler 2m29s; 5, Rory Laker (Guest) 2m35s; 6 Sam Alvarez (First Lady) 2m36s;

Race Two: 1, Annette Feakes 2m58s; 2, Lesley Delea 3m00s; 3, Julie Chicken 3m09s; 4, Norman Harris 3m10s; 5, Amanda Bowden (Guest) 3m22s; 6, Sandra Fowlie 3m38s;

The 400metre races produced a reversal of the above as Mike Ovens stormed to a win but he was determinedly pursued by new member Rory Laker who finished just over a second down at the line and who had passed Dave Coulson in the process. In the second race Sam Alvarez continued her winning ways but the improving Julie Chicken chased hard and held off Annette Feakes by one second. Lesley Delea gave another fine performance for 4th place with Amanda Bowden in her slipstream at the finish.

400metre placings and times were as follows:

Race One: 1, Mike Ovens 59.2s; 2, Rory Laker 1m 0.7s; 3, Dave Coulson 1m1s; 4, Steve Gillett 1m6s; 5, Jamie Tyler 1m7s; 6, Norman Harris 1m25s;

Race Two: 1, Sam Alvarez 1m9s; 2, Julie Chicken 1m17s; 3, Annette Feakes 1m18s; 4, Lesley Delea 1m21s; 5 Amanda Bowden (Guest) 1m21.7s; 6, Sandra Fowlie 1m33s;

The Club Championship placings after 5 events are as follows:

Men 1st: Dave Coulson 94points; Mike Ovens 94points; 3rd, Steve Gillett 86points; 4th, Jamie Tyler 81points; 5th, Norman Harris 57points; 6th, Bill Fraser 46points; 7th, Steve Delea 43points; 8th, Andy Fessey 40points; 9th, Roberto Proietti 37points; 10th, Rory Laker 19points; 11th, Andy Ruffell 17points; 12th, Peter Drake 12points;

Ladies 1st: Samantha Alvarez 100points; 2nd, Annette Feakes 95points; 3rd, Lesley Delea 87points; 4th, Julie Chicken 85points; 5th, Sandra Fowlie 61points; 6th, Jane Barlow 36points; 7th, Sue Cooper 15points.



Marshalls needed. Please contact
Ben Warren
bw21@sussex.ac.uk

HAILSHAM HARRIERS

Invite you to the

CASTLE RELAYS

In the grounds of Herstmonceux Castle (by kind permission)

Wednesday 20th August 2008

Starting at 7.00pm prompt

Approximately 1.5 mile multi-terrain course

£200 Total Prize Money for breaking of Individual and Team records

Teams may be entered (as early as possible please) on the day

Registration is from 6.00pm

Each team to consist of 4 runners and cost of entry is £6 per team

Prizes awarded to:

1st team (Mixed teams are allowed and there is no age limit)

1st Mens veteran team

1st Ladies team

1st Ladies veteran team

Directions: Herstmonceux Castle is situated between Windmill Hill (A271) and Wartling. If travelling from Hastings turn right at the roundabout just before Pevensy at the end of the A259 and follow signs to Wartling. If travelling from Brighton take the Polegate by-pass (on A27) and turn left at the roundabout at Pevensy. Follow signs to Wartling. **Please enter by the main East Gate.**

