

Black n' Reds



Hailsham Harrier's Update August 2011



Victorious Vets on their way to the Final

Sussex Vets Track League July 25th Lewes

Eastbourne Rovers & Hailsham Harriers Men's Team

100m M35 Grant Stirling 2nd 12.5
100m M50 Dale Martin 4th 18.9
400m M35 Dave Coulson 4th 61.5
400m M35b Steve Avery 3rd 68.0
400m M50 Paul Eccles 2nd 73.5
1500m M35A Barry Andrews 3rd 4.46.5
1500m M35B Dave Coulson 1st 4.57.4
1500m M50 Dale Martin 3rd 5.31.0
5000m M35A Paul Standen-Payne 4th 19.56.2
5000m M35 B Dale Martin 2nd 20.14.8
5000m M50 Paul Eccles 1st 18.06
HJ M35 Grant Stirling 2nd 1.60m
HJ M50 Ian Turner 3rd 1.20m
Hammer M35 Grant Stirling 2nd 18.17m
Hammer M50 Ian Turner 4th 17.88m
Hammer M60 Bob Sumison 3rd 22.33m
Shot M35 Grant Stirling 3rd 8.91m
Shot M50 Ian Turner 1st 8.68m
LJ M35 Grant Stirling 1st 5.79m
LJ M50 Ian Turner 3rd 3.69m
Medley Relay 100, 200, 400.800:
Graham Hogg, Grant Stirling, Dave Coulson, Barry Andrews 1st 4.16.7

Match Result

1st Eastbourne and Hailsham 116 pts
2nd Crawley 101 pts

Final Table	Scoring points				Total
	11-May-11	1-Jun-11	29-Jun-11	25-Jul-11	
Eastbourne & Hailsham	113	109	138	116	476
Crawley	99	105	114	101	419
Hastings AC	70	79	29	51	229
Brighton & Hove	48	61	45.5	73	227.5
Worthing & Steyning	52	58	39	69	218
HaywardsHeath & Lewes		38	72	44	154
Arena 80	17	26	7	11	61

Eastbourne Rovers & Hailsham Harriers Ladies Team

100m W35 Juliette Sukoco 3rd 16.1
100m W35b Julie Chicken 1st 17.5
100m W50 Sue Keen 2nd 16.5
400m W35 Olivia Webb 2nd 73.8
400m W35b Di Farmer 2nd 81.0
400m W50 Julie Chicken 1st 75.2
1500m W35A Juliette Sukoco 2nd 5.35
1500m W35B Olivia Webb 1st 5.45.3
1500m W50 Di Farmer 3rd 6.10.5
Javelin W35 Marianne Elder 1st 32.48m
Javelin W50 Angela Morgan 1st 13.51m
Hammer W35 Marianne Elder 2nd 12.45m
Hammer W50 Angela Morgan 1st 28.01m
Hammer W60 Liz Brandon 1st 21.03m
TJ W35 Marianne Elder 1st 7.82m
TJ W50 Di Farmer 1st 6.79m
HJ W35 Olivia Webb 2nd 1.2m
HJ W50 Julie Chicken 2nd 1.0m
Medley Relay 100m, 200m, 400m, 800m
Julie Chicken, Olivia Webb, Di Farmer, Juliette Sukoco 2nd 5.22.6

Match

1st Eastbourne & Hailsham 97 points
2nd Haywards Heath & Lewis 76 points

Final Table	Scoring points				Total
	11-May-11	1-Jun-11	29-Jun-11	25-Jul-11	
Eastbourne & Hailsham	114	121.5	106	97	438.5
Haywards Heath & Lewes	42	94.5	87	76	299.5
Crawley	72		75	59	206
Brighton & Hove	37	58	24	64	183
Hastings		25	25	26	76
Worthing & Steyning		20	15	9	44

Judges first home at the Bewl Water multi-terrain race

Hailsham Harriers had thirteen runners competing in the 12th year of the Bewl 15 mile multi-terrain race, which formed a scoring round of the Sussex Grand Prix series.

The event ably organised by Wadhurst Runners took in an undulating circular scenic route around the Bewl reservoir, which included tracks, fields and a hilly section of country lanes, which tested the competitors particularly at the later stages of the race with their tired legs. The day was hot and the course only provided shade in parts of the wooded areas and runners therefore to be particularly aware of dehydration issues but the organisation at the drinks and sponge stations enabled competitors to take adequate precautions. Gary Judges form over a variety of distances this season continued with an excellent 7th place overall only 4m59s down on the winner Darren McNeely from London Serpentine RC in a field of over 630 runners. Gary was ably supported by Steve Avery (70th) and with Jo Curran (9th Lady), David Mercer, Mark Fox and Louise Ann Taylor all finishing in well under 2 hours this provided the team with some great points. Olivia Webb also had a good run with her first over this distance, as did newcomer Alan Nicholson.

Positions and chip times were as follows: 7th Gary Judges 1h34m56s, 70th Steve Avery 1h50m57s, 86th Jo Curran 1h53m40s, 93rd David Mercer 1h53m52s, 125th Mark Fox 1h58m06s, 126th Louise Ann Taylor 1h58m06s, 228th Olivia Webb 2h08m11s, 382nd Roberto Proietti 2n25m05s, 447th Alan Nicholson 2h31m28s, 452nd Steve Love 2h31m41s, 465th Richard Tickner 2h33m48s, 483rd Hanif Rajwani 2h37m12s, 559th Karen Breese 2h51m29s.

Hugh Jones masters the sprint

Hailsham Harriers held the 6th round of their club track championships with four races over 200metres. Twenty Two competitors took part and the races were seeded with the times then allocated to the overall scores towards the championships and with only one round to go and the best 6 scores of the 7 rounds to count each point gained is leading towards an exciting climax to the competition. In the first race five ladies with some leading contenders lined up and from the bend Olivia Webb and Julie Chicken sped out with Olivia taking a great win and 19 points with the second fastest ladies time during the evening. In race two a mixed race saw Paul Leary storm out and hold on to a good time of 29secs but eyes were on the battle between ladies series leader Emma Richards and Jane Barlow with Jane making a terrific start and just holding on to the line for maximum points with Emma closing with each stride however when the results were checked Olivia had split them time wise to gain the precious extra point. In race three Matt Dowle took advantage of Gary Judges absence and won a competitive race and 16 points from Dave Coulson and Allen Grant. In the final race of the evening the fastest on paper did not disappoint with a great race from Hugh Jones who managed to hold off a quick Stuart Sorrell with Neil Pysden and Dave Mercer also breathing down their necks. Hugh's time was a great 26.15s on a bumpy grass surface.

Race positions and times were as follows;

Race One: 1 Olivia Webb 31.28s, 2 Julie Chicken 33.99s, 3 Kelly Tattam 34.68s, 4 Maria Stewart 37.37s, 5 Sandra Fowlie 39.01s.

Race Two: 1 Paul Leary 29.48s, 2 Jane Barlow 31.01s, 3 Nick Clennett 31.19s, 4 Emma Richards 31.32s, 5 Jo Curran 34.74s.

Race Three: 1 Matt Dowle 28.46s, 2 Dave Coulson 28.61s, 3 Allen Grant 29.01s 4 Bob Semark 29.57s, 5 Steve Gillett 30.02s, 6 Paul Eccles 31.31s.

Race Four: 1 Huw Jones 26.15s, 2 Stuart Sorrell 26.56s, 3 Neil Pysden 27.14s, 4 Dave Mercer 27.96s, 5 Ray Barrett 29.18s, 6 Adi Elliott 31.22s.

Meanwhile the club has also held its annual Grove Hill Mile, which is a measured uphill course on the road from Station Road/New Road junction Hellingly to Blackstock Farm. The event is held as a time trial where runners are sent off at 10 sec intervals based on the organisers handicap and the finishing time is adjusted to give all runners their actual time on the mile. A quality field saw Matt Southam finish as quickest of the day closely followed by Neil Pysden and Dave Mercer in third. Olivia Webb took the ladies award.

Positions and times were as follows: 1 Matt Southam 5m35s, 2 Neil Pysden 5m43s, 3 Dave Mercer 5m46s, 4 Andy Ruffell 5m48s, 5 Steve Gillett 5m54s, 6 Steve Avery 5m59s, 7 Bill Fraser 6m20s, 8 George Curd (guest) 6m23s, 9 Olivia Webb (first lady) 6m31s, 10 Ian Pusey 6m40s, 11 Julie Chicken 7m31s.

Richards takes double wins at the Phoenix in Brighton and at Bexhill

Hailsham Harriers have continued the road race season with some excellent results at the Phoenix Brighton 10k and Bexhill 5k races. The Phoenix is a new race replacing the previous Preston Park event with the start and finish being held on the Hove Promenade over a flat course taking in parts of the Brighton Marathon route through Shoreham Harbour and the power station. An excellent field of over 360 took part with the winner Dean Lacy from Cambridge Harriers recording a fast 30m24s. Nine harriers competed and a great return to form saw Paul Eccles first home for the club in 35th place in 37m 31s with Emma Richards tracking Paul for 36th and only 6 seconds in arrears to win the ladies race. There was great support for Grand Prix points from the others with Ciaran Bregazzi and Steve Avery finishing well under the 40min mark.

Positions and times were as follows: 35th Paul Eccles 37m31s, 36th (first lady) Emma Richards 37m37s, 51st Ciaran Bregazzi 38m54s, 58th Steve Avery 39m22s, 103rd Bill Fraser 42m31s, 124th Louise Taylor 43m35s, 147th Olivia Webb 44m48s, 210th John Taylor 48m42s, 320th Fran Doe 58m17s.

The series moved on to Bexhill where runners were put through their paces with a short 5k run along the promenade but with a climb at Galley Hill.

Over 230 runners took part and Harriers fielded thirteen with their first five running under 20minutes. Matt Dowle has had a good season and his form continued by being first home in 11th place with 17m53s but he had a shadow with Adi Elliott only one place and one second behind at the line. Emma Richards had another great race with 16th overall and another ladies race win and Dave Mercer showed good speed over this distance with 18m35s for 19th place.

Positions and times were as follows: 11th Matt Dowle 17m53s, 12th Adi Elliott 17m54s, 16th (first lady) Emma Richards 18m26s, 19th Dave Mercer 18m35s, 33rd Paul Standen-Payne 19m33s, 49th Bill Fraser 20m20s, 55th Juliette Sukoco 20m43s, 62nd Louise Taylor 21m01s, 65th Olivia Webb 21m13s, 74th Paul Richards 21m37s, 96th Ian Pusey 22m38s, 128th John Taylor 24m13s, 142nd Roberto Proietti 25m25s.

Judges and Richards are the 2011 Club Track Champions

The final round of the seven race series at Hailsham Community College track saw three exciting races over the 100metre sprint distance with the best six race points counting towards the overall championship. Men's current leader Gary Judges was out to prove that he could master a wide range of distances but Emma Richards was absent so there was an opportunity for other ladies to close the gap. The grass track was rather bumpy due to the lack of moisture but all competitors gave a great effort with some credible times. In race one Julie Chicken powered out from the start and with a strong measured run at 16.20secs held out Maria Stewart with Helen Tickner third, Sandra Fowlie fourth and Bill Fraser fifth. Race two saw Gary Judges up against two new members Bob Semark and Martin Bell with Olivia Webb also seeded into this race. Gary had a blistering run for 13.50secs but Bob made him work hard for the victory with Martin third and Olivia fourth but her time of 15secs gave her the fastest ladies time of the evening. Sisters Kelly Tattam and Jo Curran also gave Olivia a hard race for the other positions. In race three Huw Jones who had won the 200 metres two weeks ago was eager to do the sprint double and from the line he gave a fine exhibition of power to win in the fastest time of the night with 12.56secs which earned him the king of the sprints. He was pushed hard by Dave Mercer, followed by the pack of Allen Grant, Matt Dowle and Steve Gillett who all gained valuable points towards the championship.

Positions and times were as follows: Race one 1st Julie Chicken 16.20s, 2nd Maria Stewart 17.08s, 3rd Helen Tickner 17.20s, 4th Sandra Fowlie 18.53s, 5th Bill Fraser 18.90s. Race Two 1st Gary Judges 13.50s, 2nd Bob Semark 13.90s, 3rd Martin Bell 14.47s, 4th Olivia Webb 15.00s, 5th Kelly Tattam 16.55s, 6th Jo Curran 16.70s. Race three 1st Huw Jones 12.56s, 2nd Dave Mercer 13.60s, 3rd Allen Grant 14.10s, 4th Matt Dowle 14.36s, and 5th Steve Gillett 15.00s.

The championship results were announced with the best six points scores to count and the top six were as follows:

Men 1st Gary Judges 118, 2nd Matt Dowle 106, 3rd Steve Gillett 87, 4th Dave Mercer 65, 5th Bill Fraser 63, 6th Andy Ruffell 61.

Ladies 1st Emma Richards 117, 2nd Olivia Webb 110, 3rd Jane Barlow 108, 4th Jo Curran 103, 5th Julie Chicken 97, 6th Kelly Tattam 95.



<http://www.parkrun.org.uk/brighton/news>

Three exceptional age grade records, by Harriers at the Brighton park run. Karen Bowler produced an amazing run to slice one and a half minutes from an already good WV60-64 record with 20.51 With an age grading of 94% she ranks second nationally to former Olympic 4th placer Sheila Carey's 95.34% set on the flat Brueton Park course. Bill Fraser improving with each run age grading 80.03% with 19.52 on 20th August. John Taylor hacked lumps off the VM70-74 record, he improved his own record by 44secs to a highly respectable 23.14 age grading 77.7%.

Forthcoming Events



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

HELLINGLY 10K - NOT RUNNING?

The 10K is only 2 weeks away and we need lots of marshalls and cakes!!

Please make contact with Annette

(07813 731321) annette@david1972.freeserve.co.uk

if you're not running and able to help out from 9am

The Annual General Meeting (AGM)

will take place on

Friday 30th September 2011

at

Union Corner Hall, Hailsham

Hawks Road, Hailsham, [BN27 1ND](#)

at

7.30 pm