

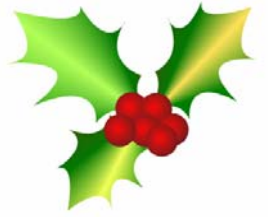
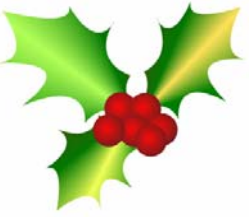
Black n' Reds



Hailsham Harrier's Monthly Update

December 2010





Harriers Christmas Club Events

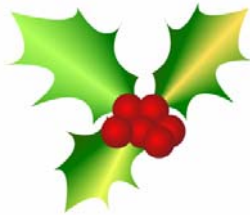


16th December Turkey Trot

2 Mile handicap race (fancy dress optional)

Bring food and drink for afterwards

Summerheath hall 7pm.

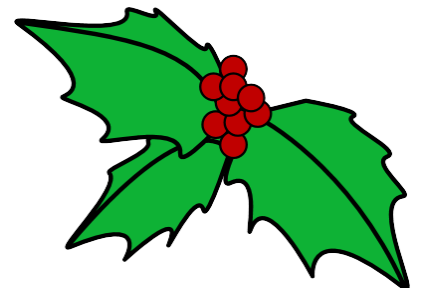
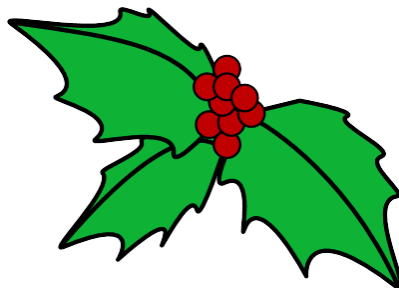
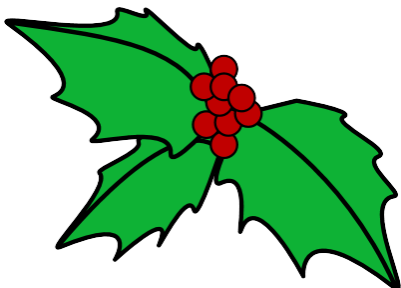


Boxing Day Jog

10.00 – 10.30am

Summerheath Hall

Organized by Andy Ruffell



Richards heads Harriers Ladies at Sussex Cross Country

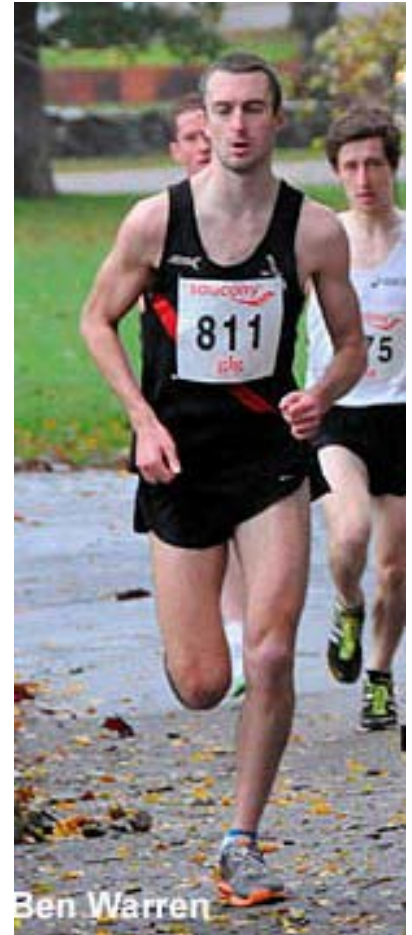
The second Sussex County Cross Country League races were held at Plumpton College and although early snow had fallen in other areas of Sussex it had not yet reached the venue although the wind was bitterly cold. Hailsham Harriers were missing some of their runners particularly in the ladies race due to injuries and other commitments but Emma Richards continued her great form on the country with an excellent third place after tracking the winner Arena 80s Julie Briggs and Crawleys Abigail Ashbee-Simmonds but as Abigail was in the under 17 race run in conjunction with the main race this saw Emma awarded 2nd Lady. Good support was provided by Harriers Julie Chicken 59th in 26,33s and Jane Barlow 65th in 27m08s. The ladies finished in 8th place on this occasion with 216 points and will need a strengthened squad in the next round to climb the table. In the men's race Harriers had 5 runners competing and they all had good performances lead by Paul Eccles in 41st place in 36m21s. Holding very close attendance was Steve Delea 46th with 36m36s followed by Neil Pysden 52nd (37m08s) Steve Gillett 58th (37m53s) and Don Currie 81st in 40m13s from a field of 130. In the team position Harriers were 7th with 418 points. The race was won by Chichester Runners James Baker who came through strong taking early leaders Matt Bristow from Brighton & Hove and Chris Johnson Crawley.



Warren leads Harriers at Brighton

Ben Warren continued to hold his form at the recent Brighton 10k Road Race held on the promenade from Maderia Drive towards Hove and return.

A field of 2500 runners containing quality internationals headed out with good weather conditions although the field was troubled a little with a head wind on the return leg. 12 Hailsham Harriers had good runs with Ben joining the race leading group although gaps appeared as the race progressed but he held on well to finish 15th overall in a swift time of 31m52s. The race winner Sean Connelly was timed at an excellent 29m19s with the first lady home Louise Damen from Winchester & District AC in 33m14s. Second Harrier home but on this occasion running for Bodyworks was Stuart Sorrell who showed his promise with 34m45s. Fiona Bugler had a great run to finish 20th lady overall and 4th in her vet category with a time of 39m44s. Paul Standen-Payne and Andy Ruffell also had good runs to finish well under the 38mins.



Harriers positions and chip times were as follows: 15th Ben Warren 31m50s, 99th Paul Standen-Payne 36m59s, 120th Andy Ruffell 37m47s, 201st and 20th Lady Fiona Bugler 39m37s, 230th Mike Ovens 39m59s, 336th Juliette Sukoco 41m50s, 797th Peter Drake 48m20s, 1166th Ian Pusey 50m52s, 1227th Donna Hinton 51m42s, 1407th Andy Stevens 52m39s, 1484th Martin Ballan 54m17s, 2088th Cheryl Drake 62m46s.

The event formed the 5th and final round of the Sussex AA Challenge which had been held throughout the summer in Sussex races and with the best 4 scores to count the Harriers men's team finish in top spot with 157 points from runners up Brighton Phoenix. In the Ladies challenge Harriers were runners up to the Brighton Arena 80 club concluding a successful season within this competition.

Wheeler turns the tables in second round of the Warren Hill Cross Country

The second round of the East Sussex Sunday Cross Country League meetings was held in ideal weather conditions with a dry surface and cool winds at Warren Hill on the downs above Eastbourne. A circular course of approx 4 and 1/2 miles provided grass downland tracks towards Cornish Farm but the return route saw runners having to deal with a long incline which tested their stamina. This event attracted a good quality field of 172 and Hailsham Harriers had an excellent 18 runners competing against other clubs. The early leaders were chased hard by Stuart Sorrell, Matt Dowle and Adrian Elliott and not far behind a further group included eventual ladies winner Gill Wheeler, with Neil Pysden , Emma Richards, Andy Ruffell and Steve Gillett with the others having their own challenges within the field. At the line Eastbourne Rovers Chris Dodd was the overall winner with a 5 second advantage over Hastings A Cs Ross Skelton with the leading Harriers Stuart Sorrell in 8th, Matt Dowle 11th and Adrian Elliott 14th.



Gill Wheeler reversed her previous race second placing at Whitbread Hollow with the win by 18seconds from Emma Richards.

Harriers positions and times were as follows: 8th Stuart Sorrell 28m22s, 11th Matt Dowle 29m13s, 14th Adrian Elliott 29m32s, 27th and First Lady Gill Wheeler 31m11s, 30th Neil Pysden 31m27s, 31st and Second Lady Emma Richards 31m29s, 32nd Andy Ruffell 31m31s, 33rd Steve Gillett 31m44s, 46th Mike Ovens 32m59s, 64th Juliette Sukoco 34m25s, 71st Jamie Ayres 35m00s, 84th Matt Daly 36m25s, 93rd Ben Martin 36m58s, 117th Brian Winn 39m56s, 123rd Nicola Jepson 40m33s, 137th Beth Hall 42m04s, 138th Dan Tuppin 42m05s, 156th Dave Stracey 46m35s.

Sports Reports By Norman Harris

Forthcoming Events



December 17th Crowborough 10k

Sussex County Cross Country events 2010/11

Dec 11th	SEAA Masters & Inter Counties Champs	Biggleswade
Dec 19th	Sussex Masters XC Champs	Denne Park, Horsham
Jan 8th	Brooks - Sussex XC Champs	Stanmer Park
Jan 15th	Brooks - Sussex XC League - Race 3	Bexhill Downs
Jan 29th	South of England Area Champs	Parliament Hills
Feb 12th	Brooks - Sussex XC League - Race 4	Lancing



East Sussex Sunday Cross Country League [\(website\)](#)

Pett, near Hastings (beside Village Hall) **2nd January 2011** with same registration and start times as above

Ashdown Forest (between Crowborough and Hartfield) **23rd January 2011**
Registration and start as above

Abbots Wood, Arlington (near Hailsham) **30th January 2011** with same registration and start times as above

Cross-in-Hand (near Heathfield) **13th March 2011** with registration and start as above plus prizes afterwards

Help is required at Warren Hill, so please let **Brian Winn** know on 07765-216990 if you are willing to volunteer.



South Downs Relay 2010

If you would like to run in the South Downs Relay on the 04/04/2011, you are required to register your interest with Club Captains Andy Ruffell or Felicity Webster by the 16/12/2010.

Please complete the form below and send to Andy or Flick by the above date.

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I _____ would like to compete in the SDR on 04/06/2011

I would like to represent the _____-Team.

E mail address _____

Mobile Number _____

Signed

Andy Ruffell artheruffs@googlemail.com

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