

Black n' Reds



Hailsham Harrier's Monthly Update February 2011



Judges takes bronze at the Sussex Masters

Bronze for Gary at the Masters Cross Country Champs

The weekend saw a dilemma for Hailsham Harriers competitors, as there were races on both the Saturday and Sunday. The Sussex Masters Cross Country Championships postponed before Christmas due to snow were rearranged to be held after the Sussex Schools Championships at Lancing. In the O 40 event held over a hilly 8.7K course Gary Judges ran a great race to finish third in 32m23s from Brighton's Keith Newton (31m42s) who has gained 7 consecutive titles in this category. This was one of Gary's best performances to date and he was ably supported by Steve Avery 27th in 37m53s and Dave Coulson 33rd in 40m21s. In the O50 event Dale Martin had a good run to finish 16th in 38m41s. In the Ladies event Juliette Sukoco had a great run in the O35s gaining 5th place in 28m41s with Annette Feakes in 16th in 32m46s. In the O45 category Julie Chicken lead the Harriers home in 8th place in 33m06s with support from Jane Barlow 13th in 34m21s and Lesley Underdown 24th with 43m49s. In the Ladies combined team award Harriers placed 5th with 52points.



Dale Martin raced Sat & Sun Legend!

On the Sunday the 4th round of the East Sussex Cross Country league races was held on Ashdown Forest. Harriers fielded 10 competitors on this challenging approx 5 mile course won by Crowborough's Mike Page and there were some great individual performances from Matt Dowle in 7th Rob Chrystie 10th Neil Pysden 15th and Steve Gillett 22nd (2nd O40) but Gill Wheeler showed her dominance with this league by finishing 1st in the ladies race. A special mention goes to Dale Martin, Dave Coulson and Lesley Underdown who also ran in the Masters event the previous day.

Harriers positions and times were as follows: 7th Matthew Dowle 30m18s, 10th Rob Chrystie 31m12s, 15th Neil Pysden 31m48s, 20th Gill Wheeler and First Lady 32m43s, 22nd Steve Gillett 33m24s, 29th Dale Martin 34m20s, 38th Dave Coulson 35m38s, 47th Ben Martin 36m55s, 63rd Brian Winn 39m52s, 104th Lesley Underdown 53m27s. In the league table Harriers finished joint first with Lewes AC.

Norman

Ben bounces back at Cross Country in Bexhill

Following his defeat by fellow club mate Todd Leckie at the previous weeks championship, Hailsham Harriers Ben Warren triumphantly bounced back at the third round of the Sussex County Cross Country league meeting on the Down at Bexhill. Harriers provided 15 competitors in this 8k race over some particularly muddy terrain and Ben kept the early leader Chichester Runners James Baker in his sights then applied the pressure in the second half of the race to win by 50secs in 26m54s. The squad gave superb backing to Ben with Gary Judges 17th, Mathew Dowle 23rd and Paul Standen-Payne 25th to bring the team home in third place and 144 points from Brighton & Hove City and Worthing. In the ladies race over 5k which was won by Holly Wheeler now running for Brighton's Arena 80 it was Emma Richards continuing great form with a splendid 5th place and good support from Jo Curran 19th, and Juliette Sukoco 25th which saw the team finish in 5th place with 97points. Both teams are competing in Division 1 and these results are ensuring that the club is continuing to challenge the leaders from much larger clubs particularly those in Brighton and Crawley.



Peccles in fine form

Harriers positions and times were as follows: Men 1st Ben Warren 26m54s, 17th Gary Judges 29m35s, 23rd Matthew Dowle 30m50s, 24th Paul Standen-Payne 31m02s, 38th Paul Eccles 31m38s, 41st Scott Newman 31m56s, 42nd Neil Pysden 32m07s, 52nd Paul Leary 33m04s, 55th Andy Ruffell 33m18s, 63rd Barry Andrews 33m50s, 64th Steve Gillett 33m58s, 65th Steve Avery 34m01s, 70th Dale Martin 34m29s, 82nd Dave Coulson 36m02, 90th Don Currie 36m55s. Ladies 5th Emma Richards 19m32s, 19th Jo Curran 21m19s, 25th Juliette Sukoco 21m57s, 48th Suzy Standen-Payne 24m41s, 50th Julie Chicken 24m46s, 60th Jane Barlow 25m35s, 70th Lesley Underdown 32m48s.

Norman

Gill Triumphs at Cross Country in Abbots Wood

Hailsham Harriers hosted the 5th round of the East Sussex Cross Country league races, which was held in a muddy Abbots Wood near Arlington. The course was of two laps and the weather sunny but cold and where the sun came through the trails became very muddy in places. A good entry exceeding 100 competitors lined up and shortly after the start it became clear that the early leader Max Thomas Hastings AC meant business and produced a lead from Mike Page Crowborough who had won the previous round at Ashdown Forest. Gary Judges was once again the first of 12 Harriers in third place and these positions remained to the finish. Gary was also the first vet and he received great support from Matt Dowle 6th, Neil Pysden 7th and Adrian Elliott 8th. Meanwhile in the ladies event it was Gill Wheeler who crossed the line in first place but she was made to work hard for her victory by club mate Sam Alvarez who is returning from injury and who lead Gill in the early stages. At the finish only 16sec separated them with Steve Gillett in the sandwich for another good run.

With 1 race remaining Hailsham Harriers Team are in 1st position, A good showing at Cross in Hand is required to seal a memorable victory. As many Red & Black vests as possible.

Harriers positions and times were as follows; 3rd Gary Judges 31m32s, 6th Matthew Dowle 33m07s, 7th Neil Pysden 33m39s, 9th Adrian Elliott 33m51s, 20th and First Lady Gill Wheeler 36m04s, 21st Steve Gillett 36m09s, 22nd and Second Lady Sam Alvarez 36m20s, 24th Dale Martin 36m35s, 29th Jo Curran 37m16s, 37th Dave Coulson 38m46s, 50th Ben Martin 41m02s, 99th Lesley Underdown 57m19s.

Norman



New Hairdo Matt ?

Todd's class run at Chichester Priory

The first of the 2011 Sussex Road Race Grand Prix series was held at a windy but mainly dry 10k course at Chichester. This is the 20th Anniversary event staged by the Rotary Club which always attracts a large quality field for potential personal best times and which has previously hosted the National Championships. This year over 1600 runners completed the course which headed east to the outskirts of the Goodwood race circuit, along a windy Lavant straight and through the attractive village returning from the north with one short climb at 7k but then a helpful gentle descent over the last 2k past the Chichester Festival theatre and to the finish. A contingent of Hailsham Harriers competed and another excellent performance was produced by Todd Leckie who came 7th and the first Sussex runner home in a brilliant time of 30m25s which also claimed a Harriers club record for this distance. The event was won by Benjamin Noad from Highgate Harriers in 30m05s. Ben Warren running for Harrow AC continued good form with 20th place and Stuart Sorrell had another great run for 65th place with Adrian Elliott finishing in well under 38mins this saw the men's team placed 7th from 25 teams. In the combined ladies event International Liz Yelling (Bedford and County) produced a great performance to win in 34m04s but a number of Harrier ladies produced some good results lead by Sam Alvarez who was 4th in her class in 39m35s. Chasing Sam home were Jo Curran, Juliette Sukoco, Lesley Delea and Sue Cooper. In the ladies team positions they were placed 4th from 19 teams.



Harriers positions and chip times were as follows: 7th Todd Leckie 30m25s, 20th Ben Warren 32m45s, 65th Stuart Sorrell 35m28s, 106th Adrian Elliott 37m26s, 121st Andy Ruffell 38m03s, 132nd Paul Standen-Payne 38m33s, 159th Sam Alvarez (8th in F35) 39m33s, 177th Steve Avery 40m08s, 213th Jo Curran 41m13s, 280th Juliette Sukoco 43m03s, 353rd Matthew Daly 44m14s, 360th Huw Jones 44m00s, 406th Lesley Delea 45m14s, 570th Sue Cooper 47m31s, 588th Norman Harris 47m49s, 627th Jane Barlow 48m23s, 684th Ian Pusey 48m37s, 801st Peter Drake 50m09s, 891st John Taylor 51m46s, 944th Donna Hinton 52m02s, 1497th Cheryl Drake 104m48s.

Norman.

Todd is double Sussex Champion

Following his win at the Sussex 10k Road Racing Championships at Bexhill in the Autumn, Todd Leckie turned his attention to the 2011 Brooks Sussex Cross Country Championships last week held at Stanmer Park Brighton. This provided a head to head meeting with his Hailsham Harriers teammate Ben Warren who was aiming for a triple cross country victory performance having won the titles in 2009 and 2010. The cream of Sussex middle distance runners lined up for the main race with Todd and Ben receiving support from a further 9 Harriers in the men's event over a distance of 12k. The undulating course and ground was soft after recent rain but conditions were good as the front runners jockeyed for early positions. Ben lead the 117 runners out with Adam Clarke (Hastings AC) and Todd in close attendance with a group of Brighton & Hove runners lead by Keith Newton maintaining a challenge. In the second part of the race Todd made his break and at the line he claimed the title in 39m19s from Ben with silver only 200metres in arrears with Adam Clarke the bronze. In the men's team event Harriers gained a brilliant silver medal with 138 points only being beaten by the experienced Brighton & Hove City squad.

Harriers positions and times were as follows; 1st Todd Leckie 39m19s, 2nd Ben Warren 39m51s, 21st Stuart Sorrell 44m22s, 33rd Matthew Dowle 46m29s, 37th Paul Standen-Payne 46m45s, 44th Paul Eccles 47m58s, 49th Adrian Elliott 48m16s, 70th Andy Ruffell 50m57s, 73rd Steve Avery 51m26s, 75th Rob Christie 51m54s, 91st Dave Coulson 54m46s.

In the Ladies event held over the same course but of a shorter distance of 6.4k, Harriers fielded a team of 7 runners and it was Emma Richards who headed home in 9th place overall with 26m34s. Good support from Jo Curran (17th) and Juliette Sukoco (28th) and the others saw the Ladies placed a credible 4th place just outside of the medals from Worthing Harriers. The overall team winners were the Brighton Arena 80 club.

Harriers positions and times were as follows; 9th Emma Richards 26m34s, 17th Jo Curran 27m58s, 28th Juliette Sukoco 29m39s, 44th Suzy Standen-Payne 33m09s, 49th Julie Chicken 33m38s, 53rd Jane Barlow 34m52s, 62nd Lesley Underdown 44m12s.

Full report from Norman.

Forthcoming Events



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

Sussex County Cross Country events 2010/11



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

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

Team requires 5 x Senior Men, 3 x M 40, 1 x M50, 1 x M60

2 x Senior Ladies, 1 x F35, 1x F45, 1 xF55

HAILSHAM HARRIERS
ANNUAL AWARDS
DINNER



The Chatsworth Hotel
SATURDAY 12th March 2011
7.00pm for 7.30pm Start

see Club website for menu choices

PLEASE BRING A RAFFLE PRIZE
£21.00 Per person cheques payable in Advance to Hailsham Harriers

Send your completed menu and cheques to

Lesley Underdown, 5 Chapel Walk, Bexhill-on-Sea, East Sussex.
Tel 01424 810382 Mob 07747 128616

**THE HAILSHAM HARRIERS RUNNER'S RUNNER AWARD 2010
(THE CLIFFORD LOWEN TROPHY)**

Each year Harriers are invited to nominate the fellow club member they consider this year has done **most** for the club. The award is not necessarily concerned with athletic ability but with those who have served or promoted the club in a particularly significant manner. **Please use your vote.**

I nominate _____ for the Clifford Lowen
Trophy
Signed _____ Date _____

Please return this slip to Lesley Underdown (Club Secretary). 5 Chapel Walk, Bexhill-on-Sea, East Sussex TN40 2FB