



Hailsham Harriers

February 2007

SUSSEX X-C CHAMPIONSHIPS LANCING



Gill takes County title

This year's Sussex Cross Country championships were held at Lancing on the 6th January.

The muddy conditions and hilly course suited the athletes with stamina.

In the senior women's race Chichester's Linda Spencer shot away from the start determined to transfer her fine road form to a very slippery and tough cross-country course.

A hiccup at one of the marshalling points sent the runners up to the longer dewpond lap first instead of the hill lap and this seemed to disturb Spencer more than her rivals.

With a cool head Hailsham's Gill Wheeler (Pictured) took advantage of the disturbance and eased to the head of the field and gradually stretched her initial advantage to nearly 100 yards by the finish to clock 25:25. This victory clearly sets Gill at the forefront of women's distance running in the county.

Samantha Alvarez was 10th with Fiona Bugler a creditable 17th. Maria Hillman, Julie Chicken, Jane Barlow and Sue Cooper all ran strongly.

In the men's race it was a clear win for Olly Freeman running for Bodyworks.

Hailsham's athletes were once again led home by Andy Fessey who came through very late to overhaul Paul Eccles and Paul Payne. Paul Harris, Steve Avery and Andy Ruffell weren't far behind. Steve Delia kept going through the harsh conditions. In the junior boys under 15's race Aaron Capon and Jago Leckie finished 12th and 14th respectively in a very competitive field.

Attention now switches to the next round of the County X-C league at Stanmer Park



Christmas Pudding Dash

A number of Harriers entered a new event over the Christmas period (Saturday 23rd Dec) The Christmas Pudding Dash at Ashburnham Place near Battle.

This was two laps on an undulating course with a mixture of off road tracks with a woodland climb but included a downhill fast road section giving a distance of 5 miles however due to conditions on the day part of the course had to be amended and therefore shortened.

Good fun and all finishers were teated to mulled wine and mince pies.

There was also a childrens race and a separate fun run over 1 lap of the main course for those who wanted a shorter distance.

The event was organised by Nice Work who arrange hospitality events including running trips abroad.

This was the first opportunity I had to view Ashburnham Pace which is a centre of religious studies and conferences and the grounds with three lakes provided some excellent views.

The course was tough particularly in the wood climbs but the entry swelled by 100 on the day saw 237 finishers.

First Harrier home was Gill Wheeler in 8th place overall and 1st lady in 27mins 57secs after a battle with Meredith Pannett from Tonbridge AC in 28mins 09secs

Other placings were	Ian Weston	40th	in 32mins 30secs
	John Taylor	50th	33mins 36secs
	Norman Harris	83rd	36mins 22secs
	Jane Barlow	87th	36mins 28secs
	Judy Colbran	96th	37mins 31secs
	Sue Cooper	133rd	41mins 05secs
	Fran Doe	197th	47mins 36secs

In the team awards Harriers finished 1st Ladies and 4th Men
The main race was won by Michael Beckett from Team Southampton from Henry Mountcastle Hastings AC.

HAILSHAM HARRIERS GROVE HILL MILE 21st January 2007

1	Andy Fessey	5.27
2	Dave Coulsdon	5.32
3	Andy Ruffell	5.40
4	Samantha Alvarez	5.54
5	Dave Tyler	5.58
6	Brian Winn	6.29
7	Geoff Depper	6.45
8=	John Taylor	6.47
8=	Alan Streeter	6.47
10	Alfredo Noya Lamas	7.22
11	Julie Chicken	7.44

Andy Fessey narrowly won this years Grove Hill Mile race by just 5 seconds. With competitors going off at 10 second intervals Fessey was able to keep clubmates Dave Coulson and Andy Ruffell in his sights and ,despite a last minute sprint, was able to secure victory in the event. Samantha Alvarez was first lady with Dave Coulson and Julie Chicken picking up the vets prizes. The race was excellently organized by Paul Eccles.

Stanmer Park

(3rd East Sussex Sunday League X-Country)

It's three out of three for Gill

Only a week after being crowned county X-Country champion Gill Wheeler made it 3 wins out of 3 in the County league.

The mud was clingier this week there was a little fine rain helped by a sou-wester and the runners had a stiff climb up through the woods so the course was rather tough. Perfect for cross-country racing.

Hailsham's Gill Wheeler goes from strength to strength. After the first 1km lap it looked that the previous weekend's Under 20 champion, Brighton & Hove's Florence Ray was going to challenge her supremacy but it was not to be.

Wheeler used her strength to pull clear on the climb through the woods and County Masters champion Caroline Hoyte (Arena 80) also squeezed past Ray.

The Hailsham runner's winning margin was reduced from the half-minute from last week to just eleven seconds but she appeared quite comfortable as she swept over the finishing line.

Hoyte looks to be returning to true form to take second place while Ray finished third, but ten seconds closer to Wheeler than a week earlier.

The final race at Lancing in six weeks time could be very interesting.

Harriers women's team ran strongly with both Samantha Alvarez and Fiona Bulger finishing in the top 10 runners. Maria Hillman and Julie Chicken enjoyed a mid pack tussle with Julie just coming out on top this time.

In the men's race Paul Payne ran extremely confidently from the gun to lead Harriers home.

HAILSHAM HARRIERS AWARDS EVENING

Saturday 3rd March 2007.

Another year hard training it is time to celebrate both the efforts and achievements of your fellow runners and I am looking forward to see as many as possible at this evening of celebration.

It is being held once again at The Chatsworth Hotel only this time the evening will be in the main Devonshire Restaurant overlooking the seafront. The time of this great event will be 6.30 pm for 7.00 pm.

The entertainment will be provided by the Alexander James Road show, Disco/Karaoke which I am sure will be enjoyed by all.

Please complete the form on the website with your choice together with a cheque for £22.00 made payable to Hailsham Harriers. Please bring a raffle prize

Sussex Grand Prix champions

Hailsham Harriers have been crowned Sussex Grand Prix champions. Runners are awarded points over the year for taking part in all the major Sussex races and this year it is Harriers who are the overall winners.

Starting right back in January Harriers men and women have run really consistently and have managed an excellent turn out at all the major races. There have been some notable individual performances.

Samantha Alvarez has won the women's vets title with Fiona Bulger coming 4th. Karen Bowler was first in the V5 category.

Bill Fraser amazingly managed to compete in all 17 races over the year and was 2nd in the V3 category. John Taylor took the V6 category. Highest scorer for the men was Paul Payne.

The rest of the team who completed at least 8 events were Sandra Butters, Marion Underdown, Andy Fessey, Michael Ovens, Brian Winn, Roberto Proietti, Stephen Webb, Norman Harris and Allen Grant.

Harriers will now need to defend their title with the new season beginning in February at Chichester.

**If you want anything
put onto the website,
newsletter or local
press**

Contact Andy

on 01323 729656

andyfessey@hotmail.com

CLUB KIT

**Club kit can now be
purchased from Andy
Ruffell on club nights**

Reminder

Please remember to
send all new club
records to Geoff

Depper

geoff.depper@hailsham-harriers.org.uk

**PLEASE HELP – WE NEED MARSHALS
Eastbourne Half Marathon**

Sunday February 25th 2007

Volunteering would entail coming to a short evening pre race meeting and then giving up the Sunday morning, ideally between 9.30 – 1.30.

But even if you cannot commit to do the whole time, you still may be able to help us.

If you can volunteer, please email Rupert at run@ashprint.co.uk (Tel 01323 734645) with your name, email and contact number.



