

Black n' Reds



Hailsham Harrier's Update January 2012



Happy New Year

Ashworth leads Harriers Cross Country challenge on the downs

A change in venue for the third round of this series saw a new course being introduced by the host club Lewes AC which started close to Blackcap Farm nestled in the downs on the beacon behind Firle village. The 4.9 mile single lap course provided a number of hilly climbs which added to the cold frosty conditions but 116 competitors conquered the challenge including 22 from Hailsham Harriers who after the previous two rounds were in a strong league position.

The team provided strong scoring again being lead by Lee Ashworth in 3rd place only 34secs behind the winner Kriss Everett from Hastings AC. Superb support was provided by Adi Elliott 5th, Barry Andrews 9th Paul Eccles 13th and Dale Martin 19th. In the ladies event incorporated within this race and distance Emma Richards won and was placed 14th overall with great backing from Sam Alvarez 20th and first lady vet and Jo Curran only 2 secs behind Sam in 21st place.

Positions and times were as follows: 3rd Lee Ashworth 31m08s, 5th Adi Elliott 31m32s, 9th Barry Andrews 33m18s, 13th Paul Eccles 34m34s, 14th and First Lady Emma Richards 34m38s, 19th Dale Martin 35m29s, 20th and first vet lady Sam Alvarez 35m34s, 21st Jo Curran 35m36s, 22nd Dave Mercer 35m41s, 32nd Steve Gillett 37m39s, 41st Olivia Webb 38m39s, 43rd Dave Tyler 38m52s, 47th Martin Bell 39m56s, 54th Mark Gilbert 40m57s, 60th Louise Taylor 41m25s, 68th Julie Chicken 42m31s, 73rd Colin Burgess 43m16s, 77th Karen Bowler 43m38s, 83rd Felicity Webster 44m59s, 90th John Taylor 46m25s, 97th Jane Barlow 47m43s, 108th Brian Winn 50m43s.



Webster wins the turkey

Hailsham Harriers organised their evening open run which started in Forest View and took in a course of approx 2.6 miles through London Road, Hempstead Lane, Gleneagles, Diplocks, South Road and with the finish alongside the recreation ground in Western Road. Twenty Nine Harriers lined up for the start in Woodpecker Drive and the event held annually was based on individual time handicaps assessed on the organisers knowledge of the expected performances by the runners which should ensure a close overall finish. This worked out well with the leading competitors starting on pole who were Barbara Cordner, Susan Chewter and Eleano Ruffell. Others set off at timed intervals with the final two Lee Ashworth and Adi Elliott having the task of chasing the whole pack. At the top of South Road it was Barbara Cordner still holding a lead but she was chased down by Shaun Webster on the run to the finish who ran out as overall winner by 5secs. Richard Tickner was third to finish just a further eight seconds behind. A successful evening despite the blustery weather conditions which included a short sharp shower. Many ran personal bests for the course but the fastest man of the night was Lee Ashworth who came through to 13th in 14m51s and Lady Jo Curran 8th in 16m39s. The final results with race times (based on their handicap) were as follows:

1st Shaun Webster 20m35s, 2nd Barbara Cordner 20m40s, 3rd Richard Tickner 20m48s, Joint 4th Sandra Fowlie 20m58s, and Steve Love 20m58s, 6th Bill Fraser 21m00s, 7th Felicity (Flick) Webster 21m08s, Steve Gillett placed equal 8th with Jo Curran 21m39s, 9th Andrew Rothwell 21m48s, 10th Andrew Lillicrap 21m49s, 11th Susan Chewter 21m43s, 12th Donna Hinton 21m45s, 13th Lee Ashworth 21m51s, 14th Eleanor Ruffell 21m55s, 15th Colin Burgess 21m56s, 16th Adi Elliott 21m57s, 17th Paul Eccles 22m19s, 18th Julie Chicken 22m33s, 19th Kelly Tattam 22m40s, 20th Jane Barlow 22m47s, 21st Allen Grant 22m49s, 22nd Becky Holland 22m55s, and Sue Cooper placed 23rd with 22m53s. 24rd Liz Joiner 23m01s, 25th Bob Semark 23m07s, 26th Anita Turner 23m10s, 27th Laura Jordan 23m33s, 28th Helen Tickner 24m19s, 29th Ray Verrall 24m45s, 30th Steve Paton 26m44s.

Christmas Pudding Dash

A contingent of Harriers enjoyed the annual Christmas Pudding Dash held in the grounds of Ashburnham Place near Battle. This was an undulating course with some off road through the woods of this magnificent setting and 248 runners took part in the dash over 4+ miles which was won by Adam Clarke Hastings AC in 23m30s. Barry Andrews headed the Harriers home in 5th place with 27m50s and other positions were 60th Louise Taylor 34m30s, 90th John Taylor 37m48s, 103rd Richard Tickner 38m32s, 145th Esther Dunn 42m23s and 185th Helen Tickner 46m13s.

Mince Pie 10mile race organised by Seaford Striders with the start and finish at the Peacehaven Meridian Leisure Centre. Conditions on this multiterrain course were cold and overcast and the event was won by James Baker of Chichester Runners in 56m34s but Sam Alvarez continued with great form to lead the Harriers home in 25th place and first lady in 1hr10m45s. Very close to Sam was Dave Mercer in 32nd (1hr12m07s) with Peter Daws 113th (1h23m06s) Richard Tickner 236th (1h35m33s) and Helen Tickner 282nd (1h44m32s)

Forthcoming Events

CROSS COUNTRY FIXTURES 2011 – 2012

Sat 14th January Brooks Sussex XC League (3) Little Common,
Bexhill

Sat 21st January Sussex Masters XC Champs (M40, 50, 60, W35, 45, 55)
Lancing Manor (pm)

Sat 28th January South of England XC Championships
Stanmer Park, Brighton

Sat 18th February Brooks Sussex League (4) Lancing Manor

East Sussex Sunday Cross Country League

The East Sussex Sunday Cross Country League consists of nine teams compiled from 12 clubs (three teams are made up from two clubs). Each season five or six cross country events are organised each of approximately five miles. The season runs from October to March, Events are approximately once a month usually with three before Christmas and three after. Courses vary from open downland to very muddy woodland courses (proper cross country). All abilities are welcome.

Events for 2011/12 season

26 Jan 2012	Ashdown Forest	New 2 lap course this year start at King Standing, hilly, can be muddy. Suitable for spikes.
12 Feb 2012	Snape Wood, Wadhurst	New course this season

Remember: if you have registered for all races in advance, you need to re-use the same number at each race. Please remember to bring it with you. Those registering on the day will be given a new number for each race. If you have not pre-entered all races before the start of the season (£12.50 for all 6 races) you can enter on the day for £3.00 (plus additional charge of £2 for insurance if you are not a member of an England Athletics affiliated club)

The main race is at 11am.

1	Febraury	5th	Chichester 10k	SGP Starts Here
2	March	4th	Eastbourne Half	
3	March	18th	Worthing 20	
4	March	25th	Hastings Half	
5	May	6th	Haywards Heath 10m	
6	May	tbc	Horsham 10k	
7	May	13th	Hastings 5 Mile	
8	May	27th	Rye 10m	
9	June	6th	Worthing 10k (Wednesday)	
10	June	24th	Heathfield 10k	
11	July	1st	Bewl 15	
12	July	18th	Phoenix 10k (Wednesday)	
13	July	25th	Bexhill 5k (Wednesday)	
14	August	26th	Will Page 10k, Newick	
15	September	9th	Hellingly 10k	
16	September	16th	Hove Prom 10k	
17	September	30th	Barns Green Half	
18	October	7th	Lewes Downland 10 mile	
19	November	18th	Brighton 10k	
20	November	25th	Crowborough 10k	Finishes Here



HAILSHAM HARRIERS

Annual Awards Evening

The Chatsworth Hotel

SATURDAY, 17TH MARCH 2012

FROM 7PM

PLEASE BRING A RAFFLE PRIZE

£21.00 Per person in Advance cheques payable to Hailsham Harriers

Lesley Underdown, 5 Chapel Walk, Bexhill-on-Sea, East Sussex.

See below for menu choices

Hailsham Harriers Menu

Garlic & Herb Wild Mushrooms served with Fresh baked Focaccia Bread & chopped flat leaf Parsley

Prawn, Crab & Chive Salad with Marie Rose Sauce

Trio of Melon Pearls with Redcurrant & Red Wine Syrup

oOo

Pan Fried Chicken supreme with a Red Pepper & Chive Risotto and a Dijon Mustard Sauce

Roast Loin of Pork served with a Mushroom Cream Sauce

Baked Cod fillet served on Roasted Mediterranean Vegetables with a Creamy Fish Reduction

Vegetarian Feta & Pesto Tartlet with a Tomato Cream Sauce

All Served with Chef's Selection of Seasonal Vegetables and Potatoes

oOo

Fresh Fruit Salad served with a Lemon Sorbet

Fresh Cream Profiteroles served with a Rich Chocolate Sauce

Selection of English and Continental Cheeses and Biscuits

oOo

Fresh Filter Coffee with Petit Fours

£21.00 per person

Harriers 2011 Age Bests

Source:
Harriers Website &
Power of Ten

Track

100m	SM	Huw Jones	12.56	28	Battle Road
	M35	Matt Dowle	14.36	35	Battle Road
	M40	Gary Judges	13.50	43	Battle Road
	M45	Dave Coulson	14.00	46	Eastbourne
	M50	Dale Martin	18.50	51	Ashford
	M55	Bob Semark	13.90	56	Battle Road
	W35	Juliette Sukoco	16.01	38	Lewes
	W40	Olivia Webb	15.00	43	Battle Road
	W45	Jane Barlow	15.20	47	Ashford
	W50	Julie Chicken	16.20	51	Battle Road
	W60	Karen Bowler	18.30	61	Ashford
200m	SM	Huw Jones	26.15	28	Battle Road
	M35	Ray Barrett	29.18	38	Battle Road
	M40	Dave Mercer	27.96	43	Battle Road
	M45	Dave Coulson	28.61	46	Battle Road
	M50	Paul Eccles	31.31	52	Battle Road
	M55	Nick Clennett	31.19	56	Battle Road
	SW	Emma Richards	31.32	33	Battle Road
	W40	Olivia Webb	31.28	43	Battle Road
	W45	Jane Barlow	31.01	47	Battle Road
	W50	Julie Chicken	33.99	51	Battle Road
	W55	Marion Underdown	46.8	55	Ashford
400m	M35	Matt Dowle	64.00	35	Battle Road
	M40	Gary Judges	61.00	43	Battle Road
	M45	Dave Coulson	61.50	46	Lewes
	M50	Alan Thornton	68.00	52	Battle Road
	M55	Bill Fraser	84.00	59	Battle Road
	SW	Emma Richards	71.00	33	Battle Road
	W40	Olivia Webb	72.90	43	Ashford
	W45	Jane Barlow	70.00	47	Battle Road
	W50	Julie Chicken	80.00	51	Battle Road
	W60	Karen Bowler	84.6	61	Ashford
800m	SM	Stuart Sorrell	2.17	34	Battle Road
	M35	Sean Webster	2.46	37	Battle Road
	M40	Gary Judges	2.16.5	43	Eastbourne
	M45	Dave Coulson	2.16.5	46	Kingston
	M50	Paul Eccles	2.28	52	Battle Road
	M55	Bob Semark	2.52	56	Battle Road
	SW	Emma Richards	2.39	33	Battle Road
	W35	Juliette Sukoco	2.41	38	Ashford
	W40	Olivia Webb	2.52	43	Battle Road
	W45	Jane Barlow	2.44	47	Battle Road
	W50	Julie Chicken	2.58	51	Ashford

1500m	M35	Barry Andrews	4.46.5	38	Lewes
	M40	Dave Mercer	5.01	43	Ashford
	M45	Dave Coulson	4.57.4	46	Lewes
	M50	Paul Eccles	4.56.1	52	Ashford
	W35	Annette Feakes	5.31.3	36	Ashford
	W40	Sam Alvarez	5.16.6	41	Lewes
	W60	Karen Bowler	6.05.5	62	Ashford
Mile	SM	Adi Elliot	5.20	32	Battle Road
	M35	Matt Dowle	5.14	35	Battle Road
	M40	Gary Judges	5.00	43	Battle Road
	M45	Steve Gillet	5.36	49	Battle Road
	M50	Paul Eccles	5.24	52	Eastbourne
	M55	Bill Fraser	6.22	59	Battle Road
	M60	Graham Pelling	6.14	60	Battle Road
	SW	Emma Richards	5.31	33	Battle Road
	W40	Sam Alvarez	5.46	41	Battle Road
	W45	Jane Barlow	6.36	47	Battle Road
	W50	Julie Chicken	7.08	51	Battle Road
	W60	Karen Bowler	7.00	60	Battle Road
3000m	SM	Stuart Sorrell	9.54	34	Battle Road
	M35	Matt Dowle	10.15	35	Battle Road
	M40	Gary Judges	9.54	43	Battle Road
	M45	Steve Delea	10.21	45	Eastbourne
	M50	Paul Eccles	10.19	52	Lewes
	M55	Bill Fraser	12.29	59	Battle Road
	M60	Roberto Proietti	13.43	61	Battle Road
	SW	Emma Richards	10.56	33	Battle Road
	W35	Annette Feakes	12.03	36	Ashford
	W40	Sam Alvarez	11.11	41	Eastbourne
	W45	Lesley Delea	13.03	46	Battle Road
	W50	Julie Chicken	14.16	52	Battle Road
	W60	Karen Bowler	12.48	61	Battle Road
5000m	M35	Matt Dowle	17.49	35	Battle Road
	M40	Gary Judges	17.14	43	Battle Road
	M45	Steve Delea	17.58	45	Battle Road
	M50	Paul Eccles	18.06	52	Lewes
	M55	Bill Fraser	21.55	59	Battle Road
	M60	Graham Pelling	22.29	60	Battle Road
	SW	Emma Richards	18.58	33	Battle Road
	W35	Annette Feakes	20.58	36	Battle Road
	W40	Olivia Webb	22.14	43	Battle Road
	W45	Jane Barlow	24.12	47	Battle Road
	W50	Julie Chicken	24.14	51	Battle Road
	W60	Karen Bowler	22.16	61	Sacramento

ROAD

Mile	M55	Bill Fraser	6.14	Preston Park
	W40	Fiona Bugler	5.58	Preston Park
5 k	JM	Jago Leckie	17.26	Hove Park
	SM	Stuart Sorrell	16.47	Bexhill
	M35	Lee Ashworth	17.03	Bexhill
	M40	Dave Mercer	18.54	East Hoathly
	M45	Steve Delea	17.55	Bexhill
	M50	Paul Eccles	18.08	Bexhill
	M55	Bill Fraser	19.52	Hove Park
	M60	Tim Bowler	26.40	Hove Park
	M70	John Taylor	21.01	Hove Park
	SW	Emma Richards	18.25	Bexhill
	W35	Annette Feakes	20.49	East Hoathly
	W40	Sam Alvarez	19.25	Bexhill
	W45	Jane Barlow	23.30	Hove Park
	W60	Karen Bowler	20.15	Hove Park
	5 Mile	SM	Todd Leckie	25.16
M35		Lee Ashworth	28.33	Hastings
M40		Ciaran Bregazzi	30.14	Hastings
M45		Steve Avery	30.42	Hastings
M50		Peter Drake	38.56	Hastings
M55		Bill Fraser	33.49	Hastings
M60		Roberto Proietti	39.22	Hastings
M70		John Taylor	40.43	Hastings
SW		Emma Richards	30.39	Hastings
W35		Jukiette Sukoco	34.18	Hastings
W40		Sam Alvarez	31.13	Hastings
W45		Lesley Delea	37.39	Hastings
W55	Frances Doe	46.28	Hastings	
10k	SM	Todd Leckie	30.25	Chichester
	M35	Lee Ashworth	35.52	Hellingly
	M40	Gary Judges	34.29	Brighton
	M45	Ciaran Bregazzi	38.48	Hove
	M50	Paul Eccles	37.28	Hove
	M55	Bill Fraser	41.23	Hove
	M60	Norman Harris	47.49	Chichester
	M70	John Taylor	48.33	Hove
	SW	Emma Richards	37.35	Hove
	W35	Juliette Sukoco	43.03	Chichester
	W40	Sam Alvarez	38.56	Brighton
	W45	Fiona Bugler	40.20	Brighton
	W50	Sue Cooper	47.31	Chichester
	W60	Karen Bowler	44.34	Hellingly

10 Mile

M35	Lee Ashworth	69.38	Lewes
M40	Gary Judges	57.40	Portsmouth
M45	Richard Tickner	95.33	Peacehaven
M50	Peter Drake	88.42	Portsmouth
M55	Pete Daws	83.06	Peacehaven
M70	John Taylor	90.51	Lewes
F35	Karen Breese	91.57	Portsmouth
F40	Sam Alvarez	70.45	Peacehaven

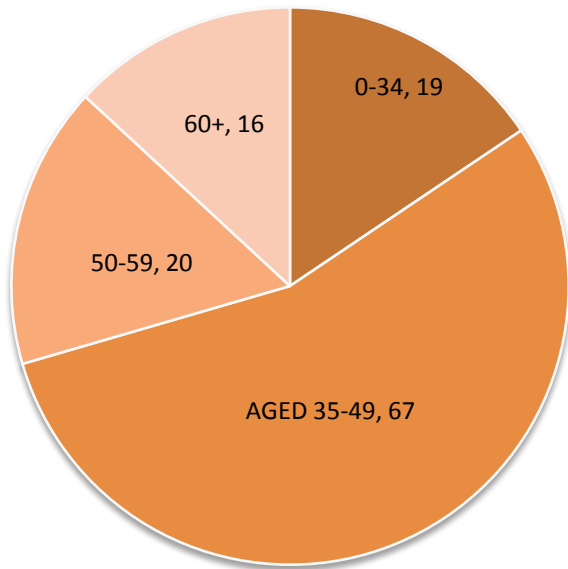
HALF MARATHON

SM	Todd Leckie	1.10.22	Brighton
M35	Matt Dowle	1.21.26	Brighton
M40	Gary Judges	1.17.24	Hastings
M45	Steve Delea	1.25.21	Eastbourne
M50	Peter Daws	1.38.48	Eastbourne
M55	Geoff Depper	1.54.25	Eastbourne
M60	Roberto Proietti	1.51.33	Barnes green
M65	Norman Harris	1.48.12	Eastbourne
M70	John Taylor	1.47.27	Barnes Green
SW	Emma Richards	1.25.40	Hastings
W35	Annette Feakes	1.41.36	Barnes Green
W40	Sam Alvarez	1.24.49	Brighton
W45	Lesley Delea	1.38.48	Hastings
W50	Sue Cooper	1.43.36	Barnes Green
W60	Fran Doe	2.23.40	Barnes Green

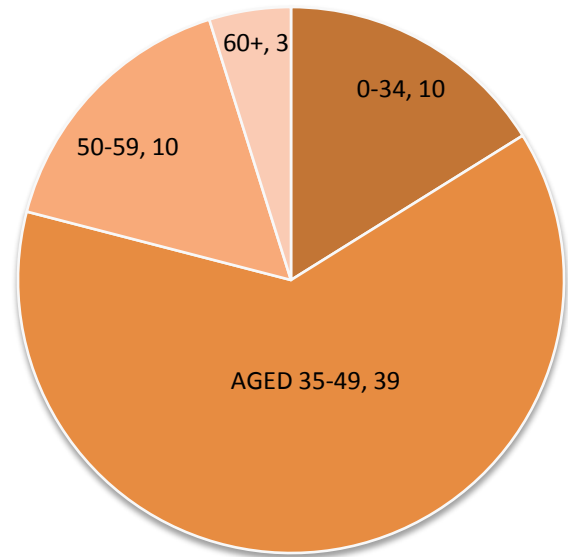
MARATHON

SM	Graham Hollands	3.54.44	Brighton
M35	Matt Dowle	3.35.35	London
M40	Mark Fox	3.47.41	Battle
M45	Mike Ovens	3.16.14	Brighton
M50	Peter Drake	4.25.55	London
M60	Norman Harris	4.23.27	Brighton
SW	Emma Richards	3.38.05	Beachy Head
W35	Annette Feakes	3.50.58	London
W40	Sam Alvarez	3.12.57	Battle
W45	Sandra Fowlie	4.40.31	Brighton
W50	Sue Cooper	3.59.39	Brighton
W60	Fran Doe	5.02.44	Brighton

Hailsham Harriers Current Club Membership for 2012



Male



Female

A reminder from our Club secretary that membership subscriptions are due for 2011/2012. Send your cheques to the address below.

A big thank you to all those members that have paid on time.

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**

Hastings Alliance

Saving the Combe Valley



One of the most tranquil areas in the South East, Combe Haven Valley, is threatened by the proposed Bexhill-Hastings Link Road (BHLR).

The Hastings Alliance, a group representing the views of several national and local organisations as well as concerned individuals, is opposed to the construction of the Bexhill-Hastings Link Road.

Promoted by East Sussex County Council, this road would run from the A259 in Bexhill to the B2092 Queensway in Hastings and ruin this exceptionally beautiful valley and countryside on the edge of Hastings and Bexhill.

The chosen route passes within metres of the Combe Haven Site of Special Scientific Interest (SSSI), designated as one of the nation's most important wildlife sites, and severely damage the important biodiversity of this region. The noise and visual intrusion of this road would have a devastating effect on the whole of the Combe Haven Valley, which, according to East Sussex East Sussex, outside of Areas of Outstanding Natural Beauty. It is set within a high-quality landscape of historic and wildlife interest and contains peaceful and remote countryside.

<http://hastingsalliance.com>