



Hailsham Harriers

January 2008

Sam takes second at Sussex Vets Championships

Appalling weather conditions made this years Sussex Vets X-Country championships a real test. The course, already testing, was waterlogged in places and led to times being a couple of minutes slower than previous years.

In the Over 35 Women's race Hailsham's Samantha Alvarez, who has been showing nifty form over the roads, strove to contain Arena 80's Julie Briggs but to no avail. By half-distance Julie had established her domination and she stretched this lead all the way to the finish clocking 26:20 for the 3.85-mile course. Samantha was a comfortable second in 27:34 .Maria Hillman and Julie Chicken made up the rest of the team.

The Over 40 men were the final race and what had been a muddy course before the Over 35 women had opened the afternoon's racing had been turned into a slippery quagmire in many places.

This however did not seem to deter Andy Fessey, Dave Coulson and Andy Payne who represented the club well. In the over 50's it was up to Norman Harris to fly the club colours.



Sam and Julie in action at the Sussex vets



The start of the men's over 40 sussex vets race

Grand Prix Latest News

Events out:-

Worthing 20

Hailsham 10

Events in:-

Eastbourne Half Marathon

Bewl Water 15

All other events are the same as last year with Chichester 10k in October not February.

The heavens landed on Crowborough

A contingent of Harriers braved the stormy conditions thrown at them at the Crowborough 10k held on 2 December and all credit must go to the Crowborough Runners for their organisation preceding and during the event.

The wind and rain still did not prevent 364 competitors finishing the race with fortunately the river over Palesgate Lane not too deep or fast flowing allowing runners to use this rather than the slippery and slower route over the footbridge.

For those who have not tackled this before the route is of 2 laps with a downhill start but a ferocious climb after the river.

The mens race was won by in form Henry Mountcastle Hastings AC in 35mins 11secs with the first lady home (and 18th overall) Ruth Briggs from Tunbridge Wells Runners in 40mins 23secs.

Harriers who braved the conditions recorded good times and were as follows: 29th (2nd lady) Sam Alvarez 41m09s, 39th Paul Payne 41m52s, 43rd Roy Mellor 42m58s, 52nd Dave Coulson 43m35s, 93rd Sam Shanta 47m08s, 133rd Norman Harris 49m46s.

Help Needed

On 27.1.08 we are responsible for putting on the fourth race (either in Abbots Wood or at Warren Hill) and names of helpers on the day are needed as soon as possible. If volunteers come forward in great numbers, the event will go ahead in Abbots Wood but if numbers are not sufficient, the race will have to go ahead at Warren Hill. Please let Brian Winn know as soon as possible if you are willing to help out.

**A
happy
new
year to
all of
our
readers**



HAILSHAM HARRIERS TURKEY TROT RESULTS 2007

| Name | Time | Handicap | Real Time |
|------------------|-------|----------|-----------|
| Norman Harris | 19.39 | 0.30 | 19.09 |
| Don Currie | 20.12 | 4 | 1.12 |
| Jo Curran | 20.16 | 4 | 16.16 |
| Colin Burgess | 20.26 | 3 | 17.26 |
| Andy Fessey | 20.29 | 5.30 | 14.59 |
| Andy Ruffell | 20.47 | 5 | 15.47 |
| Jamie Tyler | 20.52 | 4 | 16.52 |
| Gill Wheeler | 20.55 | 5 | 15.55 |
| Bill Fraser | 21.06 | 4 | 17.06 |
| Sue Cooper | 21.33 | 0.30 | 21.03 |
| Julie Chicken | 21.39 | 1.30 | 20.09 |
| Gauthier Dupuy | 21.40 | 3 | 18.40 |
| Louise Ogle | 21.48 | 2.30 | 19.18 |
| Doug Chant | 21.49 | 2.30 | 19.19 |
| Simon Vieweg | 21.49 | 2.30 | 19.19 |
| Lesley Underdown | 23.10 | 0 | 23.10 |
| Maggi Pratt | 23.11 | 0 | 23.11 |
| Hanif Rajwani | 24.36 | 1.30 | 23.06 |

Congratulations to Norman Harris who was this year's winner of the Turkey Trot.

Many thanks to Paul Eccles for organising the event

Fastest Man on the night: Andy Fessey 14.59

Fastest Lady on the night: Gill Wheeler 15.55

Course record: Paul Stacey 12.39 (December 1996)

Thanks to timekeepers: Pete Daws & Dave Coulson



THE ANNUAL AWARDS EVENING

FRIDAY 4TH APRIL 2008

DETAILS TO FOLLOW

IN THE NEW YEAR

HAILSHAM HARRIERS ARE PROUD TO PRESENT

THE GROVE HILL MILE

SUNDAY 30th March 2008

START AT 9AM PROMPT

REGISTER FROM 8.30AM ONWARDS

Meet at the junction of New Road and Park Road, Hellingly

ENTRY FEE £1

PRIZES FOR WINNERS AND FOR VETERAN AGE GROUPS

(Note: Training run after the event around Hellingly 10k course)

For further information contact Paul Eccles on 642866
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