

Hailsham Harriers

Newsletter January 2009



WELCOME TO YOUR NEWSLETTER

Dear Members

I'm writing this at the end of 2008, after yet another busy month for racers. Some fantastic performances all round, and I'm delighted to report that we came second in the Sussex Grand Prix - let's make it a first again next year!

New Year should see us all raring to go with renewed vigour and fitness goals. Good luck to anyone about to embark on Marathon training...

Have a great New Year's Eve...Happy New Year!

See you next month

Fiona Bugler



fionabugler@hailsham-harriers.org.uk

Race Round Up

Cross Country, Sunday December 28th, Warren Hill

This was the second of five races in the East Sussex Cross Country League. The wind was biting and there were lots of 'Are we mad?' conversations being had at the start of the race. It certainly was a good way to shake off the seasonal excesses and the dreaded lurgy that's been going around.

The course is tough but very enjoyable – downhill for almost 2.5 miles, then, you guessed it – uphill for the second half. The race is just under five miles (4.71 on my Garmin). Results haven't been published at the time of writing this, but there was a good turnout of Harriers, and once again our women led, with Gill Wheeler taking first place.

Runners, I spotted included:

Men:

Paul Payne, Gary Judges, Dave Coulson, Jamie Tyler, Mike Ovens, Steve Delea, Brian Winn, John Taylor

Women:

Gill Wheeler, Fiona Bugler, Lesley Delea

The next race in the East Sussex Cross Country League is on February 1st at Ashdown Forest.

And Sam, who although she wasn't feeling well came along and braved the cold to take some pictures.

December 26th, Boxing Day Races, Preston Park



**This report was published on
www.sussexathletics.org.uk**

It was easy wins all round for the winners of the main events on a bright crisp morning at the 81st Annual Boxing Day races in Preston Park, Brighton.

In the 5.5-mile walking event Steyning newcomer Trevor Jones shook off the attentions of club mate Ian Richards before the end of the first of four laps and romped clear to win by more than two minutes in 44:40 with Ian clocking 46:54 in second place and another Steyning walker Ron Penfold taking third

place in 53:22.

In the running event, runs weren't introduced on Boxing Day until 1953, last year's winner Andrew Donno was quite happy to have **Hailsham's Ben Warren** and County veteran's cross-country champion Keith Newton for company until the half-way mark when he began to ease clear.

Andy, who had dropped out of the South of Thames the previous weekend because of a niggle, drew well clear to retain his title in 29:40 with Keith clocking 30:31 in second place and a well wrapped Ben Warren clocking 31:12 for third place, a full minute clear of fourth place Richard Airey (Brighton & Hove) who clocked 32:14.

Brighton & Hove's Katy Moore followed her victory in the South of Thames with another fine run finishing eighth overall in 33:06.

Steyning's Jo Hesketh was the second woman to finish clocking 36:18 while Julia Downes (Brighton & Hove) filled third place.

December 20th Christmas Pudding Dash, Ashburnham Place

Well done to John Taylor, who ran this five mile race, organised by Nice Work, in 40 mins dead.

December 18th, Harriers Turkey Trot

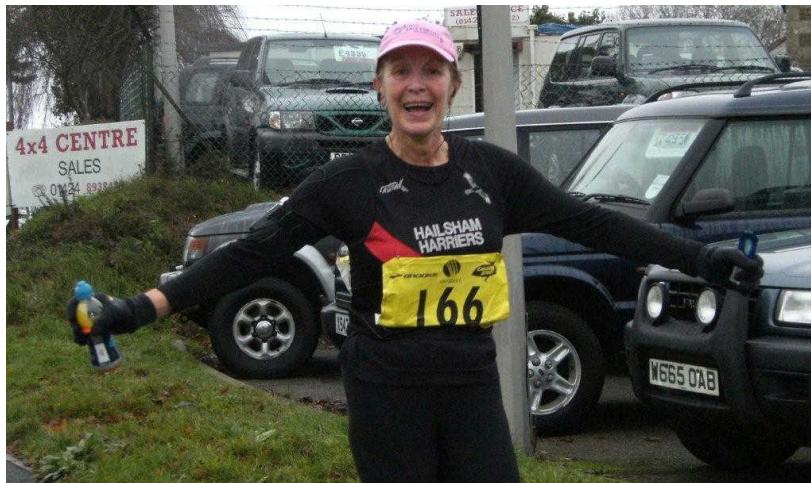
Good turnout and good weather, warmest I've know it for years! A great bird won the great bird (Jo Curran)! Rob Crystie was the fastest time of the night but Andy Ruffell and Ciaran were not far behind. Gill was the fastest lady. Spot prizes were given out by the vice captain Peccles who did a fine job of organising the event helped by his band of merry helpers, Doug Chant with the stop watch and Dave Coulson, who helped also with the times. The night would not be complete without a "Ruffle Raffle" and thanks must go to the treasurer for doing this. A great evening enjoyed by all!

By Paul Eccles

	NAME	TIME	HANDICAP	REAL TIME
1	Joanne Curran	19.38	3	16.38
2	Colin Burgess	19.49	2	17.49
3	Stevie Gillett	20.00	4	16.00
4	Lesley Delea	20.01	2	18.01
5	Annette Feakes	20.03	2.30	17.33
6	Ben Anson	20.17	2	18.17
7	Andy Ruffell	20.20	5	15.20
8	Steve Delea	20.23	4	16.23
9	Ciaran Bregazzi	20.27	5	15.27
10	Louise Ogle	20.29	1.30	18.59
11	Rob Crystie	20.44	5.30	15.14
12	Jamie Tyler	20.45	4	16.45
13	Gill Wheeler	21.05	5.30	15.35
14	Hanif	21.52	1	20.52
15	Andy Wells (Guest)	21.52	0	21.52
16	Peter Drake	22.01	2.30	19.31
17	Sue Cooper	22.25	0	22.25
18	Donna Hinton	22.31	30	22.01
19	Ray Verrall	22.51	30	22.21
20	Sandra	23.25	0	23.25
21	Cheryl Drake	23.29	0	23.29
22	Norman Harris	23.34	0	23.34

23	Helen Cutler	25.15	30	24.45
24	Lesley Underdown	25.33	1	24.33
25	Esther Dunn	25.41	1	24.41

Hastings Marathon, Sunday December 14th



RESULTS

1. 3:21:39 SEATTER, Marc Hailsham Harriers Men (18-39) 3:21:17 1420 128
- 3:21:54 JUDGES, Gary Hailsham Harriers Men (40-44) 3:20:32 1389 129
- 3:24:57 PAYNE, Paul Hailsham Harriers Men (18-39) 3:23:35 1051 157
- 3:35:47 SWIFT, Simeon Hailsham Harriers Men (18-39) 3:34:25 1390 256
- 3:40:52 LOWDEN, Paul Hailsham Harriers Men (50-54) 3:40:24 1498 300
- 3:55:20 HARRIS, Norman Hailsham Harriers Men (60-64) 3:54:37 103 455
- 3:59:59 CURRIE, Donald Hailsham Harriers Men (40-44) 3:59:34 500 525
- 4:07:45 VIEWEG, Simon Hailsham Harriers Men (18-39) 1310 608
- 4:07:51 PROIETTI, Roberto Hailsham Harriers Men (55-59) 4:07:45 686 609
- 4:09:19 GAUSDEN, Neil Hailsham Harriers Men (45-49) 4:08:11 683 622
- 4:09:27 SANDRY, Colin Hailsham Harriers Men (45-49) 4:07:56 1309 625
- 4:13:40 GRANT, Allen Hailsham Harriers Men (40-44) 4:12:15 842 675
- 4:25:13 HOLLANDS, Graham Hailsham Harriers Men (18-39) 4:24:48 1575 783
- 4:55:26 MORROW, Laura Hailsham Harriers Ladies (18-39) 4:53:31 730 1014
- 5:03:13 DOE, Frances Hailsham Harriers Ladies (55-59) 5:01:00 166 1055
- 5:45:01 DODD, Tim Hailsham Harriers Men (45-49) 5:43:09 847 1155
- 5:56:27 HUMPHREY, Carol Hailsham Harriers Ladies (45-49) 5:54:00 540 1162

Report by Norman Harris

Hailsham Harriers saw 17 of their runners competing at the Centenary Marathon organised by the Hastings Lions, an event to celebrate the previous marathon in their town in 1908.

Following dreadful weather on the Saturday, it was all smiles for the organisers and runners on the Sunday with little wind and some early fog - although quite a chill in the air.

The course took in the original towns and villages from Hastings through Battle to Catsfield, Ninfield, Sidley, Bexhill, Cooden returning along the seafront through Glyne Gap, St Leonards back to Hastings.

The course was undulating with most of the climbs in the first half of the race, then a steep climb at 17 miles as we passed the Bexhill Hospital and at 23 miles at Glyne Gap where runners were directed onto the shingle beach under the cliffs.

A number of friends and club members were also out around the course with other spectators to support the competitors which was gratefully acknowledged.

The race was won by Julian Rendall of Tonbridge AC in 2hrs 36min 51secs from the Hastings AC duo of Daniel Anderson and Henry Mountcastle.

First Harrier home was Marc Seatter now living away in Oxfordshire in 3hrs 21mins 59 secs chased hard by Gary Judges and Paul Payne who both had started at a steady pace and worked harder as the race progressed (the correct way to run a marathon).

In all six Harriers managed to come in under the 4hrs and many others were close to or achieving personal bests - and some were running their first road marathon.

December 7th The Mince Pie 10

Well done to Paul Payne who completed this gruelling course a week before a marathon in a fantastic time of 1:07:15.

December 7th Sussex Masters XC Champs



This report is from www.sussexathletics.org

Samantha Alvarez opened the racing at Sussex Masters Cross-country Championships at Denne Park, Horsham on Sunday with a convincing victory in the Women's O35 3.2km race.

The fog that was forecast to engulf Mid Sussex for most of the day luckily disappeared early and the runners were able to enjoy a bright crisp day with the going getting softer by the minute as the sun swept across the sky but there were large

areas of hardened frost

where the sun did not reach. Generally conditions were good for racing.

Reigning champion Julie Briggs from Arena 80 is injured and failed to reach the starting line but this was going to be Samantha's day.

Steyning took the Over 35 team title while Arena 80 took the Over 45 team event.

In the Men's races John Lowden, now wearing the Brighton & Hove colours retained his Over 50 9.4km title with a two-minute victory over club mate and former winner Peter Witcomb with 38:46 to 40:46 with Crawley's Tony Lintern coming through strongly at the finish to take third place in 40:55.

Crawley narrowly took the team title.

Although both the Phoenix and Crawley totalled 18 points it was Phoenix who took the title as their third scorer finished one place ahead of the third Crawley runner.

Women 035

1	26.23	Samantha Alvarez
4	29.35	Rosalie Uphill
13	32.43	Judy Colbran

Women 045

10 33.17 **Louise Ogle**
11 33.40 **Julie Chicken**

Men 060

11 47.40 **Colin Burgess**

December 6th, Worthing Running Sisters, Christmas Cracker 10k

Well done to Rosalie Uphill who is showing she's racing back to form, coming second in a time of 42:06. The race was won by Arena's Vicki Boyle in 39:39.

Sussex Grand Prix 2008

What a great year for Harriers in the Sussex Grand Prix.

Harriers took second place, beaten this year by Seaford Striders. But we certainly don't go away empty handed, and there were some notable individual and team performances.

Samantha Alvarez, once again stormed ahead to take the crown in both the open and vets league after a fantastic year of PBS and wins. Her team mate, Fiona Bugler was delighted with second place overall, and first in the V2 category. Other category winners were Bill Fraser in the V4 category, and Frances Delves in the V5 category.

Here's a round up of the results, which can be found on the website www.susxgp.co.uk.

Team Prizes

2nd Overall Club Prize
3rd Men's Open Team
3rd Men's Vets Team
1st Women's Vet Team
2nd Women's Open Team

Individual prize winners:

Mens Senior League

6th: Paul Payne (13th overall)

Mens Vets League

8th Gary Judges (14th overall)

Mens Vets Group V4

1st William Fraser (35th overall)

Ladies Vets Group V1

1st Samantha Alvarez (1st overall)

Ladies Vets Group V2

1st Fiona Bugler (2nd overall)

Ladies Vets Group V5

1st Frances Delves (11th overall)

Ladies Vet League

1st Samantha Alvarez (1st overall)

2nd Fiona Bugler (2nd overall)

10th Frances Delves (11th overall)

Forthcoming Events**Saturday 3th January 2009 at STANMER PARK, BRIGHTON
(Hosted by Brighton & Hove AC and Phoenix AC)**

Timetable	11.30am	Under 13 Girls	1.8 Miles (3,000m)
	11.45	Under 13 Boys	1.8 Miles (3,000m)
	12.00pm	Under 15 Girls	2.5 Miles (4,000m)
	12.20	Under 15 Boys	2.8 Miles (4,500m)
	12.40	Under 17 Women	3.1 Miles (5,000m)
	1.05	Under 17 Men	3.1 Miles (5,000m)
	1.30	Senior Men	7.5 Miles (12,000m)
	1.30	Under 20 Men	5.0 Miles (8,000m)
	2.25	Under 20/Senior Women	4.0 Miles (6,400m)

Other News**Obituary****Fay Boby 1933 to 2008 by Brian Winn**

A very active member of the Harriers (in the early days of the club) sadly passed away on November 28th aged 75 years. Two weeks later Frances Delves, Norman Harris and I attended the funeral at Eastbourne Crematorium where the main chapel was packed to overflowing by friends and relations. Fay was a truly lovely person and she will be very sorely missed by all who knew her. I am not sure how many London Marathons she completed in her time but there were quite a few. Also she loved taking part in the old Eastbourne Fun Runs.

Once Fay accompanied myself and Kevin Delves around the course. He and I were front and back halves of a pantomime cow whilst she was effectively our eyes dressed as a milk maid – cherished memories! So here's to Fay Bobby – she lived life to the full!

MERRY Christmas FROM ANDY FESSEY



Winter has arrived in the form of a coptic gale but it only lasts for three days. We had giant hailstones yesterday and we had an exciting drive through some flash flooding! I was very glad of our monster truck

It's a low key Xmas here. We've decorated a big pot plant. Outside the base it's not a big festival on Cyprus. There are only a few decorations up and a very frightening 15m high rotating Santa head on top of a roundabout in Limassol.

(Andy left, pictured with Andy Ruffell)

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I took part in a Christmas revue night last week which went down well. We're getting to know more people. Last night we went to a party where we rubbed shoulders with the base commander.

Johann is having the best time of all of us and we rarely see him...which suits all of us really. Josie is putting up with it all and giving us withering looks.

I neglected to put our address on the last letter:

Sandy Recknagel Fessey

Ward 4

TPMH

RAF Akoritiri

BFPO 57

The mail goes to Sandy's workplace. Don't put Cyprus on it as it goes by forces mail (normal uk rates apply)

My CRB check has just come back so I can soon become available for supply work. I'm going to do some voluntary work after the hols to get my face known. Luckily I've met quite a few teachers through the theatre club

Last week I ran for RAF Akoritiri in X-country race against other services and bases. I'm not used to running x-country in 24 degree heat. The triathlon club looks very organised so I've asked Santa for some tri-bars this year.

Josie and Sandy are coming back to Eastbourne for a week from February 11th. Sandy is getting her diploma in professional practice from Sussex University. Sandy is baking xmas biscuits with Josie as the back garden seems to be filling with water. Our dog Bella is looking mournfully out as she dreams of rabbits to chase. We had her spayed but she is back up to full speed now. She's become everyone's favourite family member. Well we hope this letter finds you in good cheer. Have a smashing Christmas and don't forget to drop us a line in the new year. Don't forget you can SKYPE us for free

Merry Christmas

Andy Sandy Johann and Josie x

And Finally...

Jo Curran would like to inform everyone of her New Address:

Flat 2, Sunridge
14 Dittons Road,
Eastbourne,
BN21 1DW
Mob : 0781 5681266

I shall be having a **House warming Party** in the **New Year**, and shall confirm a date ASAP.
All of you are invited and it would be to see you there

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Fiona Bugler Dec 28, 2008 10:40 PM