



Hailsham Harriers Ladies Win The Southdown's Relay

Hailsham Harriers took part in one of the hardest races in the south the prestigious Southdown's Relay, which took place on the 3rd June. Running clubs are invited to take part and 46 teams were selected.

This year Harriers were invited to put in 3 teams. The Race from Beachy Head to Winchester Rugby Club a distance of 100 miles along the Southdown's way.

Six runners per team have to run 3 legs a total of 18 legs in this long distance relay race. Harriers have won it on many occasions in the A team, B team and Veterans categories and hold the Veterans record for the event.

But this year for the first time we were able to put in a Ladies Team of Gill Wheeler, Charlotte Saunders, Samantha Alvarez, Louise Ogle, Maria Hillman and Rosalie Uphill.

In their first ever race they ran away with the Ladies Team prize and covered the distance in 12 hours 28 minutes, that was eight minutes faster than the nearest rivals Arena 80 who have dominated the ladies race for years. Colin Burgess who drove the team and Gill Wheeler the team captain were delighted with team who ran their hearts out in very hot testing conditions.

Gill Wheeler on leg 17 ran faster than the Hailsham's men's team and then handed over to Charlotte Saunders who bought Harriers team home on the glory leg 18 to a great victory. The ladies were reduced to tears as they collected their trophies.

Hailsham Men had mixed fortunes the A team were missing Ben Warren who helped them to 2nd last year but all the members ran well to come 6th, in a time of 11 hours 56 minutes. The A team were Andy Ruffell, Rob Hodson, Chris Howarth, Allen Grant, Paul Harris and Graham Pelling.

The Men's Veterans Team were considered one of the favourites for the Veterans title but had bad luck when one of their runners was knocked down by a dog and they lost time to their rivals. Paul Eccles and Andy Fessey kept them in the hunt for medals but despite the team's best efforts had to settle for 4th in a time of 12 hours 3 minutes the team were Roberto Proietti, Andy Fessey, Michael Coupe, Peter Daws, Paul Eccles and Doug Chant.

Worthing 10k 7th June

27th Paul Payne 37:13, 40th Bill Fraser 38:07, 59th Michael Ovens 38:55, 61st Samantha Alvarez 38:57, 153rd Fiona Bugler 43:00, 164th John Taylor 43:21, 187th Steve Webb 44:06, 192nd Julia Toby 44:06, 336th Sandra Butters 49:12, 454th Maggi Pratt 54:21,

Bexhill 5k 31st May

4th Todd Leckie 16:30, 14th Paul Payne 17:43, 17th Andy Eaton 17:57, 20th Andy Payne 18:13, 21st Andy Fessey 18:16, 23rd Dave Coulson 18:26, 24th Bill Fraser 18:27, 28th Samantha Alvarez 18:51, 44th Brian Winn 19:45, 85th John Taylor 21:59, 114th Hannah Rimmington 23:38, 132nd Roberto Proietti 24:27, 145th Johan Fessey 25:13, 149th Sandy Fessey 25:21, 203rd Margaret Winton 31:46, 206th Carol Humphrey 32:02,

Seaford Half Marathon

35th Michael Ovens 1:42:56, 68th Fiona Bulger 1:50:49, 250th Lesley Underdown 2:23:41

Race for Life

Letter from Carly Gibbs Race 4 Life Organiser to Paul Eccles

Just wanted to say a massive thank you to you and all Hailsham Harriers at the race for life. You controlled and set up the course so well and made the event run smoothly. I would be grateful if you could thank very much all the course marshalls and Gill Wheeler for me. Thanks again hope you enjoyed it.

Regards Carly Gibbs Race 4 Life



Please note if you want anything put into the club news letter send a email to dugchant@hotmail.co.uk Let me have your email addresses so I can forward any harrier news onto you. Doug Chant.

NEWSLETTER JULY 2006

New Webmaster

Andy Fessey is now doing our Website

If you want anything put onto the site

Contact Andy on 01323 729656

Email andyfessey@hotmail.com

Harriers Summer BBQ Friday 4th August 2006 At Hellingly Rugby Club

from 5:30pm onwards

Family Evening Kids Welcome

BBQ provided.

Bring snack food and puddings

Games for all the family

Contact Julie Chicken

**Notice Hailsham Harriers AGM is on 29th September 2006 at Hailsham Lagoon
Nomination and Renewal forms will sent out in August.**

Clifford Lowen

Clifford Lowen took part in the Special Olympic Games on the 31st May
Clifford Won Gold in the 50metres

If you want entry forms for races they can be found in the Red book available on club nights.

**Club Kit can be purchased from Tom O'Shea on a Tuesday club night
Or contact him on 844431**

SOUTH DOWNS RELAY 2006
(Dedicated to Rob Hodson)

For our new members let me explain what this is all about. It's a journey along an ancient route once used by the Celtic settlers and the Saxons starting at Beachy Head and finishing 100 miles later near Winchester. The idea is for each team of six members to run along the South Downs Way following the Countryside Commission's acorn way marks. There are 18 legs so each member of the team has to run three legs and averages 16-18 miles during the day. While one member is running a vehicle takes the other runners to the next leg. This year there were 46 teams entered mainly from Hampshire and Sussex. The start was staggered and teams were set off every half hour from 6.00am to 9.30am.

Each year the Hailsham Harriers normally enter two teams but this year we were permitted to enter three teams and decided to run a men's A team, a men's veteran team and for the first time a Ladies team. The ladies event was the closest of the three categories which has been won by Arena 80 for all the years I can remember.

The performance of the Harriers was outstanding and their time of 12 hours and 28 minutes beat Arena by 7.5 minutes and a mention must go to the third place team Steyning AC (12.38). All the ladies had to be at their best and they were! Mention must go to Charlotte Saunders who was not only given the hardest leg to run (the notorious leg 13) but also legs 4 and the final leg 18 making a total mileage of 21 miles in the day. But I believe the race was won in the months leading up to the event due to the leadership of our shrewd ladies captain who started planning the victory back in January. The key was to have the stronger runners doing the stronger legs particularly at the latter stages and the plan worked with spectacular results. These ladies were very organised and focused and all their preparation of practising each leg (not just once) worked so well. Well done ladies.

Our veteran's team can feel immensely proud. They started the day with the Phoenix vets at 8.00am and they were head to head with this team all day. Andy Fessey had a very good leg 2 from Jevington to Bo Peep to give us the lead, but the Phoenix club came back only for Paul Eccles to run the fastest time of the day (for any competitor) on leg 5 to give Hailsham a sizable lead. But disasters were waiting just around the corner (literally) and on leg 6 an irresponsible dog owner managed to trip Doug to give him an injury which would hamper the rest of his performance. It also became clear that Mick Coupe was not at all well and it was Pete Daws who saved the day by swapping his legs so that Pete did leg 13 (yes that one again) only after just doing leg 10. We were 5.5 minutes behind Phoenix at the end of leg 16 but Paul pulled them back with some a sterling effort and in the end we finished in a respectable time of 12 hours and 6 minutes.

Over the last three years the A team have put in some excellent performances culminating in a club record last year of 10 hours 25 minutes. A conscious decision was made this year to introduce new members to the relay in preparation for the future and as a result only Chris Howarth remained from the all conquering A team of 2005.

Despite this the A team were the fastest Harriers team of the day with a time of 11 hours 56 minutes.

Chris had a good leg 8 and the ever improving virgin, Andy Ruffell had some very good times.

But the last mention must go to our dear friend Rob Hodson who jetted off to Australia just two days after the relay. Rob has been with the Harriers since he was a junior back in 1988 and he has run many a good race for the club and this was sadly his last. Rob you may not have won any medals but I hope you have lots of memories to treasure from this great day. In true Harriers spirit, you gave your very best right up to the very end and this is how we will remember you.

Paul Eccles

P.S. Many thanks to Brian and Alfredo who marshalled at Jevington. The race couldn't have happened without you.

Events in Sussex Grand Prix in 2006

- 26th July Bexhill 5k
- 27th August Newick Will Page 10k
- 10th September Hellingly 10k**
- 17th September Hove 5 Mile
- 1st October Lewes Downland 10 Mile
- 29th October Barns Green 1/2 Marathon
- 12th November Phoenix Park Races
- 19th October Brighton 10k
- 3rd December Crowborough 10k



SUMMER 2006
CLUB TRACK CHAMPIONSHIPS AND GRAND PRIX.

- 6th July 400m
- 20th July 200m
- 3rd Aug 100m

Registration between 7.00 – 7.15 pm. 1 pound to enter and everybody ready for the earliest possible start, please . The best 6 scores count from 7 events.

Come and join us at the Hailsham Community Collage track this summer .. Why not try for a track P.B. or just enjoy some friendly rivalry. Good training, gets you off the tarmac! Strengthen your legs on the grass. Please come along and support one of the clubs long-standing events and if you 're not running your help would always be appreciated. N.B. Footie fans. There are no events that clash with England matches!

PLEASE PLEASE SUPPORT THESE CLUB EVENTS!

Mark Wells

Club Championships 2006 3000m

Pos	Name	Age Group	Time
1st	Sam Alvarez	Vet. Lady	11.25
2 nd	Julia Toby	Vet. Lady	12.33
3rd	Jane Barlow	Vet. Lady	13.23
4th	Hannah Rimmington	U17 girl	13.25
5th	Julie Chicken	Vet. Lady	14.10
6th	Sandra Butters	Vet. Lady	14.20
7th	Naomi Payne	Girl (Guest)	14.41
8th	Leslev Underdown	Vet. Lady	16.06
9th	Elenor Ruffell	Sen. Lady	22.57

Pos	Name	Age Group	Time
1st	Rob Hodson	Sen.Man	10.35
2 nd	Andy Payne	Vet	10.42
3rd	Andy Ruffell	Sen.Man	10.47
4th	Dave Coulson	Vet	11.13
5th	Mike Ovens	Vet	11.17
6th	Bill Fraser	Vet	11.19
7th	Steve Delea	Vet	11.32
8th	Billy Payne	Boy (Guest)	11.42
9th	Ben Streeter	Sen.Man	11.45
10th	Brian Winn	Vet.	11.47
11th	Phil Coomber	Vet	12.05
12th	Tom O'shea	Sen.Man	12.06
13th	Colin Burgess	Vet	12.33
14th	John Taylor	Vet	13.09
15th	Alan Streeter	Vet	13.25
16th	Norman Harris	Vet	13.43
17th	Alfie Noya-Lamas	Vet	14.12

Championships 2006 1 Mile

Pos	Name	Age Group	Time
1st	Sam Alvarez	Vet. Lady	5.46
2nd	Jane Barlow	Vet. Lady	6.07
3rd	Julia Toby	Vet. Lady	6.10
4th	Fiona Bugler	Vet. Lady	6.26
5th	Hannah Rimmington	U17 girl	6.39
6th	Julie Chicken	Vet. Lady	6.46
7th	Sandra Butters	Vet. Lady	7.12
8th	Sue Cooper	Vet. Lady	7.44
9th	Leslev Underdown	Vet. Lady	7.52
10th	Abi Penfold (guest)	Vet. Lady	10.51
11th	Elenor Ruffell	Sen. Lady	11.27

Pos	Name	Age Group	Time
1st	Sam Stutchbury	Sen.Man	5.09
2 nd	Andy Payne	Vet	5.10
3rd	Dave Coulson	Vet	5.10
4th	Andy Ruffell	Sen.Man	5.25
5th	Mike Ovens	Vet	5.33
6th	Steve Delea	Vet	5.41
7th	Billy Payne	Boy (Guest)	5.47
8th	Ben Streeter	Sen.Man	5.50
9th	Alan Streeter	Vet	6.06
10th	Colin Burgess	Vet	6.16
11th	John Taylor	Vet	6.40
12th	Ray Verrall	Vet	7.14

Club Championship Juniors 800m

Under 15 Boys, Aaron Capon 2:42, Jago Leckie 2:43, Under 13 Girls Melissa Ruffell 2:51