

Black n' Reds



Hailsham Harrier's Monthly Update

July 2010



Photographer Lesley Delea

Harriers B Team Burn Bright in Scorcher









Photos By Dave Coulson

B Team Burn Bright in Scorcher at SDR

I will start with lines written by Rudyard Kipling in his great poem 'If'

If you can force your heart nerve and sinew, to
serve your turn long after they are gone,

And so hold on when there is nothing in you,

Except the Will, which says to them; Hold on.

These lines I believe capture the entire essence of the South Downs Relay but maybe on reflection are particularly pertinent this year. At 7am on Saturday the 5th June the B team gathered at Beachy Head for the start which would be ours at 7.30 we were a team that had undergone some late changes with the Pauls Leary and Eccles cruelly suffering late injuries which forced them out of the event so the team consisted of Jamie Tyler, Dave Coulson, Pete Daws, Andy Ruffell, Cieran Breggazzi and Steve Delea.



Jamie started our day off with the buzz of expectation and excitement as well as a good amount of nerves within us all we were being driven by Roberto and Debbie who had volunteered to do all of the administration and timekeeping leaving us to just worry about the running. We were off and all was going well however we were all very conscious of the sun relentlessly warming the day up by the time I got to run leg 4 the temperature was already at a level we were concerned by. With everyone commenting on the difficulty of the conditions. Text messages were flying around between us and the A team with us also seeing the ladies team at each changeover. Following Cieran's run at leg 5 we heard the first sign of difficulty from the A team this was only to get worse by the end of leg 7 we heard the A team had been forced to withdraw cruel luck for them. This led to conversations within our team where we were 'gutted' for them sending our best wishes to them. We all felt that winning was no longer nice but essential and we really wanted to do it for the Club and the A team guys.

However things were going well for us with everyone running supremely well despite difficulties with the conditions, we did not know how we were doing in the B team

category but knew we were ahead of all the teams we started with and had not been attacked from behind.

After 2 runs everyone was feeling tired Jamie finished first completing his day with the tough leg 13 next Dave at leg 14 finishing with a sprint (no idea where he got that from) Pete Daws took on Butser hill for his last leg handing on to me who passed on to Ciaran for the longest leg of the relay 17 finally on to the team captain Steve at 18 who did a captains job in running a fabulous glory leg with us all being pleased to finish.

At the presentation we found we had won the B team category by an hour this was a victory for ourselves the A and ladies team and the club as a whole. We felt great but also shared the disappointment of the other 2 teams.

Back to Kipling and the poem 'If'

If you can meet with triumph and disaster;

And treat those two imposters the same.

This is the nature of this great event and I myself and many other can not wait until next years event when I hope luck will smile more favorably upon us.



Ruffs



"Harriers victory in the South Downs Relay"

Three Hailsham Harriers teams participated at the recent South Downs Relay which took in some of the most testing downland footpaths and tracks between Eastbourne and Winchester a distance of just under 100 miles. Each team comprised six runners over 18 legs so each runner had to run 3 legs over varying distances of between 4 and 6 miles. Weather conditions were not kind for fast running with hot sunshine so keeping hydrated and rested between legs was the order of the day. The Harriers B team comprising Ciaran Bregazzi, Dave Coulson, Steve Delea, Andy Ruffell, Jamie Tyler and Peter Daws and managed by Roberto Proietti and Debbie were victorious in their category winning in a total time of 12hrs 8mins 37secs and over an hour ahead of second place Basingstoke and Mid Hants AC a tremendous achievement. Of the other two teams the A squad suffered a painful disqualification in more ways than one as Gary Judges incurred injuries from a heavy fall early on from one of the narrow tracks. The Ladies team was running well in forth place but unfortunately on the last of the 18th legs the runner took a wrong turning off the course and regrettably this also caused a disqualification. The teams will however bounce back in 2011. *Norman.*



"Shanta current leader in Harriers track champs"

The club also held the 3rd round of its Track Championships over the mile at Hailsham Community College track and 18 competitors took part in the two races. In Race one Paul Richards a guest runner made known his intentions and lead the pack out with Peter Drake in pursuit and over the four laps Paul held his advantage by 22seconds. All eyes were then set on race two and as a number of Harriers were absent (preparing for the South Downs Relay above) it was going to be a test for Sam Alvarez to see if she could take the overall win. From the off on the first bend it was Sam who took control but with a fast Sam Shanta snapping at her heels while Don Currie a pre race favorite followed in 3rd place. Into the final lap Don who had passed Sam Shanta on the previous lap began to close down Sam and into the final 100metres a real battle ensued with Sam and Don almost neck and neck at the finish but Sam held on to win by .7 of a second.



Race positions a times were as follows; Race One 1st Paul Richards (guest) 6m10s, 2nd Peter Drake 6m32s, 3rd John Taylor 6m58s, 4th Alan Clarke 7m03s, 5th Julie Chicken 7m16s, 6th Sandra Fowlie 7m33s, 7th Jake Delea 8m16s, 8th Janet Perez 8m43s, 9th Barbara Cordner 9m03s.

Race Two 1st Sam Alvarez (and First Lady) 5m38s, 2nd Don Currie 5m38.7s, 3rd Sam Shanta 6m03s, 4th Shaun Webster 6m23s, 5th Colin Burgess 6m29s, 6th Lesley Delea 6m38s, 7th Brian Winn 6m41s, 8th Louise Taylor 6m51s, 9th Bill Fraser 7m11s.

Norman.

The fourth round of the Hailsham Harriers track championships was recently held at the Hailsham Community College track and provided 2 mixed races over 800metres. The first race saw 10 Harriers line up and from the first bend it was Brian Winn making a welcome return to racing who lead the pack out with Peter Drake heading the chase. Peter was able to close down the gap and after the 2 laps had come through to win by a margin of 9 seconds. In the second race the faster runners were generally seeded in this and again provided 10 competitors. Last years overall championship winner Rob Chrystie was included in the field for the first time this year with the likely challenge to come from Jamie Tyler and it was these two who forged ahead from the off with Rob holding on to win by 3 seconds. A chasing pack of 5 runners really had their own battles with Sam Alvarez narrowly finishing in third and first lady from Jamie Ayres, Paul Richards, Sam Shanta, and Shaun Webster with only 6 seconds between them all.

Positions and times were as follows: Race One 1st Peter Drake 2m49s, 2nd Brian Winn 2m58s, 3rd Geoff Depper 3m01s, 4th Alan Clarke 3m08s, 5th Julie Chicken 3m09s, 6th Bill Fraser 3m15s, 7th John Taylor 3m19s, 8th Sandra Fowlie 3m31s, 9th Sue Cooper 3m36s, 10th Jake Delea 3m38s. Race Two 1st Rob Chrystie 2m28s, 2nd Jamie Tyler 2m31s, 3rd Sam, Alvarez (First Lady) 2m36s, 4th Jamie Ayres 2m38s, 5th Paul Richards 2m39s, 6th Sam Shanta 2m40s, 7th Shaun Webster 2m41s, 8th Flick Webster (Second Lady) 2m47s, 9th Lesley Delea (Third Lady) 3m01s, 10th Louise Taylor 3m09s.

The points scoring from the four races to date with the best 6 of 7 race scores to count overall are as follows;

Men 1st Sam Shanta 68, 2nd Don Currie 57, 3rd Bill Fraser 50, 4th John Taylor 48, Joint 5th Alan Clarke and Shaun Webster 47, Joint 7th Gary Judges, Jake Delea, Brian Winn, and Peter Drake 40, 11th Jamie Tyler 36, 12th Colin Burgess 30, 13th Rob Chrystie 20, 14th Paul Payne 19 15th Jamie Ayres 18, 16th Paul Richards 17, 17th Simeon Swift 16. 18th Geoff Depper 12. Ladies 1st Lesley Delea 74, 2nd Sandra Fowlie 63, 3rd Sam Alvarez 60, 4th Flick Webster 58, 5th Julie Chicken 52, 6th Sue Cooper 46, 7th Louise Taylor 35, 8th Suzy Payne 17, 9th Janet Perez and Esther Dunn 15, 11th Barbara Cordner and Karen Breese 14.

Harriers held the 5th round of their summer track championships at the Hailsham Community College track This was the 400metres and was split into 3 races with the times amalgamated to provided the overall points towards the championship. In Race 1 there were 5 faster seeded runners in this race which saw an excellent start from the outside lane by Shaun Webster but with 200 metres to go runners on the inside lanes made their moves and it was fast finishing Paul Leary holding off Don Currie, Jamie Tyler, Shaun and Andy Ruffell at the line. The ladies race was next and 4 took part with Sam Alvarez really pushing the early pace from a pacy Flick Webster with Julie Chicken and series leader to date Lesley Delea hounding the front two. The race finished in that order but a great contest from all. The final race provided 6 runners and times were important to gain maximum points overall and in this Sam Shanta shot out from the start with Brian Winn and at the finish he held this with Alan Clarke managing to split Sam and Brian on the line.

Race positions and times: Race One 1st Paul Leary 1m06s, 2nd Don Currie 1m08.37s, 3rd Jamie Tyler 1m08.72s, 4th Shaun Webster 1m09.09s, 5th Andy Ruffell 1m09.47s. Race Two 1st Sam Alvarez 1m10s, 2nd Flick Webster 1m12s, 3rd Julie Chicken 1m18s, 4th Lesley Delea 1m20s. Race Three 1st Sam Shanta 1m10s, 2nd Alan Clarke 1m14s, 3rd Brian Winn 1m16s, 4th Norman Harris 1m24s, 5th Bill Fraser 1m28s, 6th Jake Delea 1m30s.

With 5 of the 7 events now held and with only the best 6 points to count there is still plenty at stake for both titles and the current position is as follows; Men 1st Sam Shanta 83, 2nd Don Currie 76, 3rd Shaun Webster 64, Joint 4th Bill Fraser and Alan Clarke 61, 6th Jamie Tyler 54, 7th Brian Winn 53, 8th Jake Delea 50, 9th John Taylor 48, Joint 10th Peter Drake and Gary Judges 40, 12th Colin Burgess 30, Joint 13th Rob Chrystie and Paul Leary 20, 15th Paul Standen-Payne 19, 16th Jamie Ayres 18, 17th Paul Richards 17, Joint 18th Simeon Swift and Andy Ruffell 16, Joint 20th Geoff Depper and Norman Harris 12, Ladies 1st Lesley Delea 91, 2nd Sam Alvarez 80, 3rd Flick Webster 77, 4th Julie Chicken 70, 5th Sandra Fowlie 63, 6th Sue Cooper 46, 7th Louise-Anne Taylor 35, 8th Suzy Standen-Payne 17, Joint 9th Esther Dunn and Janet Perez 15, Joint 11th Karen Breese and Barbara Corder 14.

Norman.

" Gold and Silver Team awards for Hailsham Harriers at the Heathfield 10k"

The Heathfield 10k road race a round of the Sussex Grand Prix and Sussex AA challenge was held on a hilly circular course through the country lanes around Cross-in-Hand and Waldron and ably organised by Heathfield Road Runners. The morning soon became hot and sticky and although a drinks station was provided at halfway runners found conditions a real challenge but despite this 308 competitors completed the course with some great results. Hailsham Harriers provided 21 runners and leading home once again was Gary Judges in overall 7th place and 2nd vet. Great support came from Paul Standen-Payne 21st, Rob Chrystie 22nd and Steve Avery 25th to award the Harriers men's team with silver. In the ladies super Sam Alvarez had a great run chasing Deirdre McDermot from Tonbridge AC to come home 2nd and 1st vet with 29th place overall with Juliette Sukoco 76th and 2nd lady vet and Lesley Delea 85th overall which gave Harriers ladies the team gold. The overall race win was by James Baker from Chichester Runners in 33m34s a great run on this demanding course.



Overall positions and times were as follows: 7th Gary Judges 36m53s, 21st Paul Standen-Payne 40m51s, 22nd Rob Chrystie 41m08s, 25th Steve Avery 41m18s, 27th Andy Ruffell 41m36s, 29th Sam Alvarez 41m49s, 38th Don Currie 42m58s, 61st Dave Coulson 45m37s, 74th Paul Richards 46m29s, 76th Juliette Sukoco 46m38s, 80th Sam Shanta 46m55s, 85th Lesley Delea 47m24s, 99th Louise Anne Taylor 48m09s, 110th Ben Martin 49m03s, 116th Bill Fraser 49m19s, 119th Flick Webster 49m37s, 143rd Judy Colbran 51m17s, 162nd John Taylor (1st vet V7) 53m02s, 171st Alan Hide 53m59s, 234th Martin Ballan 1h00m57s, 288th Lesley Underdown 1h10m05s.

Norman.

Silver at the Bewl 15

Hailsham Harriers saw 10 of their runners competing in the 11th Bewl Water 15 mile race also a Sussex Grand Prix event which included mainly off road tracks and woodland trails surrounding the picturesque reservoir on the Kent/Sussex boarder. The host organisers Wadhurst Runners also provided a teasing hilly section on country lanes between 9 and 13 miles before the off road section to the finish. This event despite its toughness and as was this year held in hot conditions sunny conditions has grown in numbers participating with over 600 finishers in the race. Thankfully the organisers laid on a number of drinks and sponge stations around the course with plenty of helpers to look after the competitors and excellent food at the finish. Gary Judges continued his fine season with a superb 18th place overall and 7th vet only 11 minutes down on the winner Richard Burgess-Gamble who finished in 1hr 27m25s. In the ladies event Sam Alvarez's outstanding run for 2nd place and 43rd overall was only 7minutes from the winner Tina Oldenshaw Paddock Wood AC in 1hr39m54s. Sam was ably supported by Emma Richards and Lesley Delea to gain a Harriers team award.



Next home for Harriers was a welcome return by Dave Coulson in 98th place and many of the others in the team ran personal bests for this testing event. Positions and times were as follows: 18th Gary Judges 1hr38m52s, 43rd Sam Alvarez 1hr46m11s, 68th Emma Richards 1hr49m50s, 98th Dave Coulson 1hr54m40s, 194th Lesley Delea 2hr05m27s, 225th Paul Lowden 2hr08m39s, 229th Paul Richards 2hr08m53s, 231st Louise-Anne Taylor 2h09m01s, 300th Flick Webster 2hr15m54s, 395th Emily Ayres 2hr26m09s.

Norman.



Sussex Vets Track & Field League Lewes 30th June 2010



The final Sussex Vets League match at Lewes had perfect conditions for the Harriers Veteran track athletes.

Unfortunately both teams failed to qualify for the SCVAC Final in September. The Men's team ran closest drawing their match but losing overall by a mere 5 points to Crawley AC.

The performances from the Harriers were excellent, with 4 club records falling. Best of all was Peccles brilliant M50 3000m in 10mins 50 secs beating the previous record by 12 seconds. There were also club records set by Julie Chicken F50 800m in 3:00:80 & F50 200m in 34:20. Sam Alvarez set a new F40 3000 in 11mins02sec.

The Harriers men set a record in the 4 x 400m relay in a time of 4mins 34.8.

Results

M35 200m Dave Coulson 29.5, F35 Julie Chicken 34.2, M35A 800m Dave Coulson 2.24.8, M35B Andy Ruffell 2:30:5, F35A Annette Feakes 2:56:7, F35B Julie Chicken 3:00:80, M35A 3000m Paul Standen-Payne 10:52:7, M35B Jamie Tyler 11:08:4, Non Scorer Don Currie 10:51, M50 Paul Eccles 10:50:4, F35A Sam Alvarez 11:06:30, Annette Feakes 12:13:5. F50 LJ Julie Chicken 3.12M
Relays 4 X 400m Men 4:34:8, Ladies 5:08:3

	Men's Team	Match 1	Match 2	Total	Match 1	Match 2	Total
1st	Crawley	8.00	7.5	15.5	136	132	268
2nd	Hailsham & Eastbourne	7.00	7.5	14.5	131	132	263

	Ladies Team	Match 1	Match 2	Total	Match 1	Match 2	Total
1st	Hastings	7.0	7.0	14	150	133	283
2nd	Hailsham & Eastbourne	6.0	6.0	12	141	113	258

THE SUSSEX ROAD RACING GRAND PRIX

& Forthcoming Events

15th July Club GP	200m
16th July	Rye 10k
28th July SGP	Bexhill 5k
29th July Club GP	100m
7th August Club	Barbeque at Horsebridge
13th August	Rye 5k
18th August	Hastings AC Relays
29th August SGP	Newick 10k
30th August	Kings Head Canter
10th Sept	Rye 5k
12th September SGP	Hellingly 10k
19 September SGP	Hove Prom 10k
3rd October SGP	Lewes Downland 10 mile
16th October SGP	Barns Green 1/2M
14th November SGP	Phoenix Races Brighton
21st November SGP	Brighton 10k

If you would like your name PRINTED on the back of your running vest then contact Karen Breese for details at karenbreese@hotmail.co.uk



Harriers Summer BBQ

FRIDAY 7TH AUGUST 2010

CONTACT SUE COOPER 01323 842286
OR ELEANOR RUFFELL 01323 509886

ON WHAT TO BRING ALONG
TO THIS GREAT SUMMER EVENT

No Bar Facilities this year so please bring your own drinks

AT HORSEBRIDGE RECREATION
GROUND 6.30 PM

Available From 14th July

14 superb routes for walkers, dog walkers and runners in the 1066 area,

famed for its stunning scenery and wealth of local history. They include the picturesque towns of Battle and Rye, the impressive castles of Bodiam and Herstmonceux, and the glorious gardens at Great Dixter in Northiam.

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Click onto the website LINKS for extensive details of local tourist offices, wildlife attractions, hotels, guesthouses, camping and caravan sites.

For each book sold, 30% of the author's profits go to St. Michael's Hospice, Hastings. Price £10.99 plus postage, but free local delivery within the Battle/Hastings area.

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Introduction

Being a keen runner, horse rider and walker, it has been a longstanding ambition of mine to compile a booklet of many of my favourite off road routes in the 1066 area. I first started exploring the countryside after moving down to Hastings from London in 1986, and am still constantly amazed by the sheer beauty and variety of scenery, which is on our doorstep.

I would like to dedicate this booklet to my mother Muriel who sadly passed away in 2009. She was an outstanding runner who won many Kent and Surrey county medals in cross-country and on the track. WWW.SPANGLEFISH.COM/1066ROUTES

Nick Brown