

Hailsham

Harriers

Newsletter July
2009



**WELCOME TO
YOUR NEWSLETTER**

Dear Members

Another hot month... And Hailsham have been hot, hot, hot - soaring to success.

June 6th was a great day for all those involved in the club and running the South Downs Way Relay. We came away with the winning Ladies team prize, second overall, AND the winning B-team prize.

Special thanks to Norman Harris. He's not only written most of this month's

newsletter, he's also taken on the role of press man, and has been busy sending out reports to the local papers, as well as running some blistering times (and in blistering heat, too!)...

Thanks also for all the pics. Don't forget to check the Gallery online.

Fiona Bugler



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South Downs Way Relay 2009

Well done to the three Harriers Teams, the supporters,
drivers and marshalls

A team 2nd overall

Gary Judges, Steve Avery, Paul Eccles, Paul Payne,
Rob Chrystie and Andy Ruffell

Ladies team 1st in section



Sam Alvarez, Annette Feakes, Lesley Delea, Gill
Wheeler, Jo Curran and Fiona Bugler (club record via
Exceat)

B team 1st in section

Jamie Tyler, Dave Coulson, Don Currie, Simeon Swift,
Dave Tyler and Steve Delea

Hailsham Harriers Triumph in 100mile South Downs Way Relay - Report By Norman Harris

Hailsham Harriers entered three teams an A Mens team a B Mens team and a Ladies team in this event which takes part on the downland from the top of Beachy Head on tracks and paths through to the outskirts of Winchester. The weather was favourable with the wind in a following easterly direction and dry ground except for some wooded shaded areas on route.

Runners formed teams of six with each competitor having to run three legs of the 18 mapped out and a batten is carried by the runner to hand over at each checkpoint. This event requires speed endurance knowledge of the route and teamwork to ensure that runners give it their best and the Harriers teams provided excellent results.

The A team comprising Gary Judges, Steve Avery, Paul Eccles, Paul Payne, Rob Christie and Andy Ruffell came home 2nd overall to Steyning AC in 11hrs 09mins 08sec only 21min 21sec down on the winners. The B team comprising Jamie Tyler, Dave Coulson, Don Currie, Simeon Swift, Dave Tyler and Steve Delea won their category in 12hrs 02m 30sec leading Phoenix AC Brighton by 10m14s. The Ladies team comprising

Sam Alvarez, Annette Feakes, Lesley Delea, Gill Wheeler, Jo Curran and Fiona Bugler provided sweet revenge against Steyning after being runners up last year and their winning time was 12hrs 24m 11sec a margin of only 1m 36s over the 100 mile distance. A brilliant effort by all runners from a field of 45 teams.





The winning women's team: L to R Annette Feakes, Lesley Delea, Jo Curran, Colin (the driver), Fiona Bugler, Gill Wheeler (hidden), Sam Alvarez



Lady's Man - Colin Burgess, Club Chairman



Dave Coulson finishing a leg



Simeon and Don - ready for changeover

**Jo Curran – takes
the women's team to
victory on the glory
leg - no wonder
she's smiling**



Steve and Jamie on walkabout



Don and Jamie



Lesely Delea – a brilliant finish to Leg 16

Race for life, Sunday June 7th 2009

What a team – Hailsham Volunteers at Race For Life

Rob, Paul, Julie, Colin, Andy and Eleanor





The Pied Piper – Brian Winn directs the girls on Race For Life

Well done to the Hailsham team, who turned out in force to support this great event. Colin Burgess, our chairman had driven the Hailsham Ladies Team over 200 miles, from 5am til past midnight the day before!



And they're off...

The Club Champs...



Rob Christie – if you gonna eat it, take the wrapper off!

CLUB CHAMPS – 1 MILE

<u>Race 1</u>			
Position	Name	Age Group	Time
1st	Paul Richards	Male Guest	6mins 36 secs
2nd	Norman Harris	Vet Man	6 mins 48 secs
3rd	Julie Chicken	Vet Lady	6 mins 54 secs
4th	Louise Taylor	Lady Guest	7 mins 01 sec
5th	Amanda Bowden	Vet Lady	7 mins 33 secs
6th	Maria Stewart	Vet Lady	7 mins 35 secs
7th	Lesley Underdown	Vet Lady	8 mins 47 secs
<u>Race 2</u>			
1st	Sam Alvarez	Vet Lady	5 mins 47 secs
2nd	Emma Richards	Senior Lady	5 mins 56 secs
3rd	Bill Fraser	Vet Man	6 mins 09 secs
4th	Graham Hollands	Senior Man	6 mins 12 secs
5th	Annette Feaks	Senior Lady	6 mins 13 secs
6th	Jane Barlow	Vet Lady	6 mins 19 secs
7th	Lesley Delea	Vet Lady	6 mins 27 secs

8th	John Taylor	Vet Man	7 mins 12 secs
<u>Race</u> <u>3</u>			
1st	Gary Judges	Vet Man	5 mins 07 secs
2nd	Rob Chrystie	Senior Man	5 mins 20 secs
3rd	Paul Payne	Senior Man	5 mins 21 secs
4th	Paul Leary	Vet Man	5 mins 27 secs
5th	Don Currie	Vet Man	5 mins 48 secs
6th	Rory Laker	Senior Man	5 mins 52 secs

Report by Norman Harris -

The third round provided exciting performances from three races with 21 competitors. Overall the fastest runner on the evening was Gary Judges in 5m07s who closed the gap on series leader Rob Christie 5m20s with Paul Payne again in third place in 5m21s. Gary's initial blistering pace in taking the lead could not be matched by the other two and Rob was unable to get close to use his finishing kick for the line. In the second race Sam Alvarez 5m47s lead out but a scintillating run from Emma Richards 5m56s who finished runner up ensured that Sam had to work hard for her victory. In race three Julie Chicken lead in the initial stages with the later charge coming from Norman Harris and a guest Paul Richards. On the last lap both Paul and Norman managed to

forge through and they finished in that order over the line.

After three rounds the top six points scores are as follows;

Mens 1st Rob Christie 59; 2nd Gary Judges 58; 3rd Paul Payne 54; 4th Paul Leary 51points; 5th Bill Fraser 39; 6th Norman Harris 34.

Ladies 1st Sam Alvarez 60; 2nd Annette Feakes 56; 3rd Lesley Delea 52; 4th Jane Barlow 34; 5th Julie Chicken 31; Amanda Bowden 30.

CLUB CHAMPS – 800m

Chrystie and Judges continue to dominate Harriers Championships –

Report by Norman Harris

The fastest race brought together Rob Chrystie and Gary Judges with their season long battle for the title. In the previous round Gary held the winning spot but Rob responded in this race with an excellent run to win by one second in 2m20s. Gary held off a determined challenge with a 2m21s from Dave Coulson in third place. In race two Don Currie held off a determined challenge from Jane Barlow to win in 2m39s and in the third race Suzanne Standen won in 3m02s.

The overall positions from the three races were as follows:

Mens 1st, Rob Chrystie, 2m20s, 2nd Gary Judges, 2m21s, 3rd Dave Coulson 2m23s, 4th Paul Payne 2m28s, 5th Paul Leary 2m28s, 6th Andy Ruffell 2m31s, 7th Don Currie 2m39s, 8th Paul Richards (guest) 2m42s, 9th Bill Fraser 2m59s, 10th Norman Harris 3m12s, 11th John Taylor 3m28s, 12th Matt Roberts (guest) 3m42s.

Ladies 1st Sam Alvarez 2m37s, 2nd Jane Barlow 2m40s, 3rd Lesley Delea 3m01s, 4th Suzanne Standen 3m02s, 5th Julie Chicken 3m06s, 6th Louise Taylor (guest) 3m08s, 7th Amanda Bowden 3m 12s, 8th Germain Bennetts (guest)3m13s 9th Lesley Underdown 4m16s.

Places after four rounds are as follows:

Men

1 Rob Chrystie 79pts

2 Gary Judges 77pts

3 Paul Payne 71pts

4 Paul Leary 67pts

5 Bill Fraser 52pts

6 Dave Coulson 49pts

7 Norman Harris 46pts

8 Don Currie 43pts

9 John Taylor 41pts

10 Rory Laker 29pts

Ladies

1 Sam Alvarez 80pts

2 Lesley Delea 70pts

3 Annette Feakes 56pts

4 Jane Barlow 53pts

5 Julie Chicken 47pts

6 Amanda Bowden 45pts

7 Lesley Underdown 40 pts

8 Maria Stewart 28pts

9 Emma Richards 19pts

10 Frances Delves and Suzanne Standen 17pts



HAILSHAM HARRIERS

Invite you to the CASTLE RELAYS

In the grounds of Herstmonceux Castle (by kind permission)

Wednesday 26th August 2009

Starting at 7.00pm prompt

Approximately 1.5 mile multi-terrain course

**£100 Prize Money for breaking fastest lap
record £50 for the fastest lap on the night**

Teams may be entered (as early as possible please)
on the day

Registration is from 6.00pm

Each team to consist of 4 runners and cost of entry is
£6 per team

Prizes awarded to:

1st team (Mixed teams are allowed and there is no

age limit)

1st Mens veteran team

1st Ladies team

1st Ladies veteran team

Directions: Herstmonceux Castle is situated between Windmill Hill (A271) and Wartling. If travelling from Hastings turn right at the roundabout just before Pevensey at the end of the A259 and follow signs to Wartling. If travelling from Brighton take the Polegate by-pass (on A27) and turn left at the roundabout at Pevensey. Follow signs to Wartling. **Please enter by the main East Gate.**

Harriers triumph at Heathfield 10K Road Race – report by Norman Harris

Hailsham Harriers scooped first place in the Ladies Team and second overall to Brighton & Hove AC in the open team event with 24 of their runners taking part in hot and humid conditions on hilly country roads around Heathfield Cross-in-Hand and Waldron which included a round of the Sussex AAA Club Challenge and the Sussex Road Race Grand Prix.

Competitors found some shaded sections on the course but most of the race was exposed to the relenting heat but thankfully a water station was provided by the hosts Heathfield Road Runners at around half way.

Gary Judges amazing form continued and he finished in 7th place (first Vet 1) in 37m14s to lead home from Andy Ruffell 18th and Steve Avery 22nd.



Gary 'the gold' Judges – 'I could get used to this'

Leading Lady for Harriers was Gill Wheeler in overall 25th place but 3rd Lady and first Vet 1 in 41m08s and together with Emma Richards and Lesley Delea saw them gain the team award from a host of other Sussex clubs.

All runners gave their all with 16 finishing in under 50mins a credible achievement in these conditions

from an entry of 250.

The finishing times and positions were as follows;

7th Gary Judges 37m14s
18th Andy Ruffell 39m50s
22nd Steve Avery 40m36s
25th Gill Wheeler 41m08s
35th Don Currie 42m16s
37th Rob Chrystie 42m32s
40th Steve Delea 42m52s
42nd Dave Coulson 43m01s
46th Simeon Swift 43m34s
59th Emma Richards 45m24s
63rd Sam Shanta 45m50s
73rd Bill Fraser 47m24s
82nd Lesley Delea 48m24s
91st Norman Harris 48m53s
99th John Taylor 49m47s
101st Stephen Webb 49m57s
115th Graham Hollands 51m11s
119th Paul Payne 51m37s
130th Sue Cooper 52m14s
140th Judy Colbran 53m07s
144th Allen Grant 53m51s
179th Suzanne Standen 59m23s
197th Ray Verrall 1hr03m05s
208th Leslie Underdown 1hr 05m 31s

WORTHING 10K – SUSSEX GP EVENT

WEDNESDAY June 10th 2009

Gun			Chip
38:25	Payne Paul	M	38:22
39:13	Currie Donald	M40	39:10
39:36	Tyler Jamie	M	39:33
43:00	Fraser William	M55	42:57
43:12	Feakes Annette	F	43:09
47:00	Taylor John	M65	46:47
53:23	Bowden Amanda	F35	52:59

Special well dones to Paul, Don, Jamie and Annette for running this AFTER the South Downs Relay on the previous Saturday.

PS: Special concession for Hailsham Harriers members: Two sports massages for the price of one until the end of July.

*Contact: Kate Charles, Zing therapy, 01323 412320,
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