

## Hailsham Town 10

**A Big thank you to Margaret Winton, Ray Verrall, Peter Horsecroft  
And to everybody who helped and marshalled a successful Town 10.**

**Results** 13th Paul Eccles 61:43, 18th Andy Fessey 63:50, 21st Paul Payne 64:27,  
23rd Samantha Alvarez 64:41, 25th Bill Fraser 64:45, 28th Andy Ruffell 65:18,  
35th Dave Coulson 66:12, 52nd Graham Pelling 69:39, 61st Allen Grant 70:28,  
62nd Steve Delea 70:34, 67th Doug Chant 71:41, 80th John Taylor 73:33,  
92nd Tom O'Shea 74:35, 105th Steve Webb 76:11, 152nd Neil Gausden 83:27,  
157th Annette Feakes 83:52, 182nd Marion Underdown 89:24,

Well done to Julia Toby who completed the Halstead Marathon in Essex  
on the 14th May in a time of 3hrs 36mins

### AUSTRALIA BECKONS!

As many of you are aware, Tracey (my wife) and I are emigrating from the UK to do the fashionable thing and 'start a new life' in Australia! As I may not see everyone before we head off, I would like to take this opportunity to say goodbye to all the friends I have made within the Harriers.

I just can't believe how quickly it has come around; to us it only seems like we returned from our travels in Oz yesterday. In actual fact it was about 9 months ago, so I guess the excitement has got to us and masked the endeavours of our plans to get back there.

We are moving to a little place with a 'Big Banana' called Coffs Harbour in New South Wales. For those of you who don't know, Coffs has a number of banana plantations in the area and with Aussies priding themselves on who has the biggest...er...shrine to represent their town, a large model banana at the roadside is how travellers remember their visit here.

Don't worry, Coffs Harbour does offer more than just a tasty fruit, with plenty of amenities, few people, a huge choice of beaches, amazing scenery and sports grounds aplenty, there is definitely an appeal that caught our imagination. However, I have done a little research and it appears that they don't (are you sitting comfortably as you read this?) have a running club. I know, disgraceful isn't it? Apparently there is a youth athletics club but nothing for the seniors, so I can see I'll have a little project to begin once we are settled. Then of course, we will have to throw down the gauntlet and challenge Harriers to tour Oz and take us on!

Since originally joining the club in 1988 as a junior, I have met a lot of people through running and gained experiences and friendships that I will always treasure. Harriers was a massive part of my life as I matured (I know, I know, that's a matter of opinion!!) through my teens and into early adulthood. If anything I found that running kept me grounded as I found these years to be perhaps the hardest times of my life so far, so it was always really nice to escape and run with a range of such great and supportive people. I know one thing is for sure, the car stickers won't need changing for a very long time: 'The Friendly Running Club' is so true. As I moved around the country during my early 20's, I kept telling myself that I should return to athletics and I would search out the best local club in the areas I happened to be living. As an example, Tracey and I did briefly join The Tamar Trotters in Cornwall. As they put it, they were a drinking club with a running problem! Entertaining though they were, their welcome will never match the open arms of the Harriers and it was great to be back with you guys once again last September on our return to Sussex.

From the junior training sessions with Julie, Jim and Derek to the long Sunday runs on the Downs, I have some great memories and much appreciation to everyone who has helped me over the years. I will miss everyone here as you all make an important contribution to the club I will always call home. There really is no other club like Hailsham Harriers, keep it going!

All the best,

Rob Hodson (or as some of you still want to call me Rob Chrystie, yes I am talking about you Geoff!)

My e-mail address is [robhodson4@hotmail.co.uk](mailto:robhodson4@hotmail.co.uk) should anyone want to get in contact in the future, I always like to here from you. You are all welcome to pop in (or stay with us depending on the circumstances!), if you should be passing through in Oz too.



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

## NEWSLETTER JUNE 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](mailto:andyfessey@hotmail.com)**

### URGENT

**Help needed for the Race For Life  
Can you help Marshall**

**Paul Eccles needs help with marshalling on Sunday  
11th June 2006**

**At Eastbourne Sports Park**

**Its nice to put something back into a sport we take  
for granted and enjoy please support us**

**Contact Paul Eccles on 01323 642866**

**Email [pauleccles@hotmail.com](mailto:pauleccles@hotmail.com)**

Doug Chant Will be stepping down as Honorary Club Secretary in September after 6 years.  
If anybody would like the position speak to Doug or any of the Executive Members before  
Septembers AGM

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**

**SUMMER 2006**  
**CLUB TRACK CHAMPIONSHIPS AND GRAND PRIX.**

8th June 1 mile  
 22nd June 800m  
 6th July 400m  
 20th July 200m  
 3rd Aug 100m

Registration between 7.00 – 7.15pm. 1 pound to enter and everybody ready for the earliest possible start, especially for the 5000m and 3000m 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 5000m**

Position	Name	Age Group	Time
1st	Roy Hodson	Sen.Man	18.00
2nd	Andy Payne	Vet	18.02
3rd	Andy Ruffell	Sen.Man	18.48
4th	Dave Coulson	Vet	18.59
5th	Bill Fraser	Vet	19.06
6th	Sam Alvarez	Vet.Lady	19.10
7th	Steve Delea	Vet	19.39
8th	Phil Coomber	Vet	20.27
9th	Ben Streeter	Sen.Man	20.46
10th	Roberto Proietti	Vet.	21.14
11th	Alan Steeter	Vet	21.18
12th	Tom O'shea	Sen.Man	21.19
13th	Julia Toby	Vet.Lady	21.22
14th	Colin Burgess	Vet	22.02
15th	John Taylor	Vet	22.46
16th	Jane Barlow	Vet.Lady	23.08
17th	Norman Harris	Vet	23.25
18th	Julie Chicksen	Vet.Lady	23.39
19th	Sandra Butters	Vet.Lady	23.54
20th	Sue Cooper	Vet.Lady	25.36
21th	Lesley Underdown	Vet.Lady	26.01
22nd	Maggi Pratt	Vet.Lady	26.48
23rd	Ray Verall	Vet	27.05
24th	Elenor Ruffell	Senior Lady	40.43

**SUSSEX TRACK&FIELD**  
**CHAMPIONSHPS**  
**CRAWLEY 13TH/14TH MAY**

**2006**

Men's 1500m  
 2nd Ben Warren 3min:57sec:11.  
 Men's 3000m Steeple Chase  
 3rd Rob Hodson 11min:15sec :56  
 Men's 800m Rob Hobson DNF  
 Men's Triple Jump  
 3rd Rob Hodson 9m 80cm.



All the Best to Todd Leckie who has broken his arm while warm weather training in Spain After a training crash with his fellow club mates while Triathlon training.



How not to run a marathon. Jade Goody the D list so called Celebrity turned up to run a marathon with no training accept drinking and eating as she thought running was to hard, on top of that wrong shoes, hot pants and no sports bra. How did she managed to get to 18 miles Why can't the Press and TV feature on runners instead of brainless wannabees.

**For Sale**  
**A Pair of Addidas X-Country Spikes size 7**  
**Almost new worn once £5**  
**Tel. Dave Healey 504743**

**Horsham 10k results**

13th Paul Eccles 37:48, 17th Paul Payne 38:23, 23rd Andy Fessey 39:07,  
 31st Bill Fraser 39:51, 40th Samantha Alvarez 40:25, 62nd Brian Winn 22:15, 67th Michael Coupe 42:35, 72nd Roberto Proietti 43:05, 78th Doug Chant 43:38, 79th Allen Grant 44:04, 86th John Taylor 44:32, 90th Stephen Webb 45:14, 102nd Julia Toby46:12,  
 144th Norman Harris 48:40, 181st Sandra Butters 51:21, 206th Sue Cooper 53:47,  
 242nd Dave Stracey 57:10, 245th Marion Underdown 57:28, 261st Alfie Noya Lamas  
 59:22, 283rd Sue Chant 61:25. **Team 4th PEccles,P Payne,A Fessey.**  
**10th B Fraser,B Winn, M Coupe. 17th R Proietti, D Chant, A Grant.**  
**20th J Taylor, S Webb, N Harris. Ladies Team 3rd S Alvarez, J Toby,S Butters,**  
**11th S Cooper, M Underdown, S Chant, Prize Categories**  
**Ladies 1st Sam Alvarez. Men's Vet V6 John Taylor**

**Events in Sussex Grand Prix in 2006**

7th June Worthing 10k  
 25th June Heathfield 10k  
 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



**Pictures Horsham 10k Paul Payne, John Taylor, Roberto Proietti**