



Hailsham Harriers

May 2008

London Marathon

Andy Ruffell's day at the London Marathon

Having decided to stay in London for the weekend the day started with an alarm call at 6.30am, (something my wife was less than impressed by). There was an instant realisation that although today was a day out in London with the prospect of seeing The London Eye , Big Ben and Canary Wharf etc this was no day for sightseeing it was the culmination of several months training, I was as they say staring straight down at the last 26.2 miles of my training.

With a mixture of excitement and anticipation I made the short trip to the tube station the final destination being Blackheath where I was met with the sight of many other people carrying their unmistakable Marathon kit bags. We all bonded together boarding cramped and crowded trains with a mixture of trepidation and excitement at the day ahead of us.

So to the start glancing round at the thousands of faces lining up next to me, exchanging watery smiles with one another the field starts to move the Marathon has begun what a great feeling, all of the nerves disappear this is what I came to do!

The support and noise coming from the many thousand of people stood at the roadside many offering jelly babies and other treats for the runners is never anything short of moving and inspirational.

As the miles clicked passed the clouds bubbled in the sky and after about 10 miles the heavens opened with a cold rain that lasted for the next 6 to 7 miles but the runners and the crowds were undaunted.

Moving in to the last 6 miles is always a good feeling with a hint of nervousness at what they might hold, today was to be a good day as Big Ben got closer I am nearly there!! Across Parliament Square in to Birdcage Walk I can feel myself getting quicker I have no idea where that came from. Finally in to the Mall another injection of something approaching speed across the line in a time of 3 hours 25 minutes what a feeling passing along the finish funnel I receive my finishers medal you just can't help being proud. Along to the baggage lorries to get my kit bag back (it always seems much heavier than when I put it on in the morning). I am now realising how knackered I actually am.

Finally round to Horseguards Parade to reunite with my family what a fantastic feeling, and the opportunity to raid the goody bag for food.

Congratulations to the other Harriers to run Simeon Swift 3hr 30min, Frances Delves 3hr 44 min and Roberto Proietti 4hr 37min.

Thank you to the people of London and congratulations to everyone who ran and finished.

Andy Ruffell

Club Grand Prix and Track Championships 2008

5000 metres	8th May
3000 metres	22 th May
1 Mile/1500 metres	5 th June
800 metres	19 th June
400 metres	3 rd July
200 metres	17 th July
100 metres	31 st July

Venue Battle Road School Track.

Registration between 7-00 and 7-15 p.m. for earliest possible start. £1-00 per event

The best 6 scores to count for Grand Prix points.

Please support these club events its all good training. Try and beat last years time or set a new P.B. or just come and enjoy competing against your club mates.

Harriers run in hop picking county

Three Hailsham Harriers took part in the recent 19th Paddock Wood half marathon which was held on a flat course through some of Kent's lovely countryside lanes. Weather conditions with a little light rain but no wind favoured the runners early on and although there was a heavy shower later this did not deter the 1625 finishers in this well organised event.

Harriers race times were Roy Meller 111th place in 1hr 26m12s, Norman Harris 814th in 1hr 50m 06s and Sue Cooper 815th in 1hr 50m 07s (pb).

Harriers Awards Night

Hailsham Harriers enjoyed their annual awards night at the Chatsworth hotel. The evening was expertly organised by club chairman Lesley Underdown and hosted by Paul Eccles.

Among the nights winners were Julie Chicken who won the Clifford Lowen Trophy (the runner's runner award)

The most improved senior runner of the last year was Paul Payne. Trier of the year was Lesley Delea. The most promising newcomer was Jamie Tyler. The Derek Wells trophy for the best athletic performance award was won by Todd Leckie.

The Carol Russell Trophy is presented each year to the lady who runs the fastest 10k and this was Gill Wheeler .

The trophies for the track grand prix event which we held in the summer of 2007 were as follows:

Ladies: 3rd Sue Cooper 103 2nd Annette Feakes 115 1st Julie Chicken 116 points

Mens: 3rd Dave Tyler 104 2nd Andy Ruffell 106 1st Mike Ovens 117 points

The next two awards were connected with the John Faulds Hellingly 10k. The first award for the most improved time at this event compared to the previous year was won by Fiona Bugler. The first Harrier to cross the line and become our 10k champion was Andy Fessey



MILLAND RACE 2008



Jamie and Bill take an early lead

HARRIERS SUCCESS AT HASTINGS 5

Hailsham Harriers enjoyed a hugely successful outing at the Hastings 5 miler at the weekend. Gill Wheeler set a new course record as she stormed to a clear victory in the ladies race. Gill started quickly but was overtaken in the middle of the race. She gritted her teeth to take back the lead and to go on and set a new record by 5 seconds, winning in 30 mins 23 seconds. Harriers ladies team of Gill, Sam Alvarez and Fiona Bugler also took first place. There were victories in the age group prizes as well; Fiona Bugler (V1) Frances Delves (V4) and Bill Fraser (male V4).

It was great to see a return to racing, after serious illness, for John Taylor.

First across the line for Harriers was Gary Judges with a superb 29 mins 24 secs. Next came Paul Payne and Andy Fessey who combined to come third in the men's team race. Also running were Roy Meller, and Graham Hollands. New members Peter and Cheryl Drake were in fine form also.

