



# Hailsham Harriers

May 2007

## London Marathon

"Harriers sweat in the London Marathon"

Hailsham Harriers had 9 of their runners entered in the recent Flora London Marathon and despite the hot and humid conditions unseasonable for April which affected race times all finished the course greatly assisted by the tremendous noise and excitement from the vast crowds of spectators all round the 26.2 miles.

Results are as follows:

Paul Harris	3hrs 04mins 09 secs
Andrew Ruffell	3hrs 20mins 54 secs
Julia Toby	3hrs 50mins 42 secs
Simeon Swift	3hrs 54mins 38 secs
Roberto Proietti	4hrs 09mins 27 secs
Allen Grant	4hrs 29mins 49secs
Sue Cooper	4hrs 33mins 22 secs
Karen Bowler	4hrs 35mins 59 secs
Norman Harris	4hrs 46mins 27 secs



## Milland Road Race

On the evening of 26 April Harriers held their annual Milland Road Race on the Harmers Hay estate an undulating course of 3 laps providing the unusual distance of 2.6miles.

There was a cold wind to contend with but participants soon warmed up with the initial lead being disputed between Andy Fessey and Mike Ovens with Andy coming out the overall winner. Fiona Bugler won the ladies race (4th overall)

Placings and times were as follows:

Andy Fessey	12mins 48secs
Mike Ovens	13mins 28secs
Alan Streeter	13mins 53secs
Fiona Bugler	14mins 14secs
Steve Gilkes	15mins 06secs
Roberto Proietti	16mins 28secs
Alyson Smith	18mins 43secs
Johann Fessey	22mins 04secs

### **VETS LEAGUE 2007/08**

Hailsham Harriers are taking part this year in the Sussex Veterans track and field event and as this is our first year we are entering as a joint team with Eastbourne Rovers. This is a great opportunity for us to take part in the track events from 100m to 5,000m and if you wish field events, long jump, etc. I have done this before and it is great fun. The competition is a relaxed affair and not taken too seriously and all the other competitors are very friendly. All events are split into the usual vet age groups, over 40, over 50 and over 60. Please give your names to Paul (642866) or Steve (731058) if you are a male or Julie (842153) if you are female. They will also have detailed timetables. The dates are:-

Match 1 Eastbourne Wednesday 9<sup>th</sup> May  
Match 2 Hastings Wednesday 30<sup>th</sup> May  
Match 3 Worthing Wednesday 20<sup>th</sup> June  
Match 4 Lewes Wednesday 18<sup>th</sup> July

Give it a try; you'll enjoy yourself, honestly!

### **RACE FOR LIFE SUNDAY 10<sup>TH</sup> JUNE**

Please give your serious consideration with helping to marshal for the Race for Life at Hampden Park on Sunday 10<sup>th</sup> June. This is a ladies only race to raise much needed funds for Cancer Research and every year we are asked to marshal. This year there are **two races**, one in the morning and one in the afternoon. If you can do both then that would be great, if not one will be fine. It's a great event but they can't do it without our support. Give your names to Paul Eccles (642866).

### **PIRATES OF PENZANCE-DEVONSHIRE PARK THEATRE**

We all need a break from running and what better way to relax than to pop along to your local theatre and watch a thoroughly entertaining show, Gilbert & Sullivan's "Pirates of Penzance". It is classed as a comic operetta which means it is not a full blown opera. It has lots of dialogue and has an extremely funny plot. But wait that's not all our very own vice captain Paul Eccles is starring in one of the leading roles as the pirate king. This is not to be missed, his talents on the stage are even better than his running abilities (this cannot be, I hear you cry) so get along to the box office before the tickets are sold out. Performances start on Tuesday 8<sup>th</sup> May and continue to Saturday 12<sup>th</sup> May each evening at 7.30pm with matinees on Wednesday and Saturday.

## The Worthing 20 mile road race

"The Worthing 20 mile road race incorporating the Sussex Road Running Championships took place on Sunday 1 April on a 4 lap flat course which was also considered to be an ideal test for those competing in this years London Marathon later this month.

Hailsham Harriers had 12 of their runners competing with weather conditions early on as overcast with a cold easterly wind driving off the sea at Goring Gap.

With this distance runners look to obtain consistency throughout the race and this was aided by official clock times through the laps at 5,10 and 15 miles and at the finish.

The race was won by Nick Baker of Denmead Runners in 1hr 56mins 23secs with Paul Bleach of the City of Portsmouth AC chasing him home in 1hr 57mins 44secs and the ladies race combined in the above saw Georgia McNicol from Winchster & District AC finish in overall 38th place in a time of 2hrs16mins 24secs with Zoe Pike second lady from Hercules Wimbledon (47th overall) in 2hrs17mins46secs.

There were 631 finishers in this energy draining endurance event.

Harriers recorded some excellent times as follows:

### Finish Position

62	Paul Eccles	2hrs 20mins 56secs
77	Andrew Ruffell	2hrs 23mins 31secs
114	John Taylor	2hrs 31mins 19secs
118	Neil Gausden	2hrs 31mins 58secs
121	William Frazer	2hrs 32mins 45secs
161	Peter Plowman	2hrs 38mins 35secs
244	Simeon Swift	2hrs 47mins 36secs
260	Roberto Proietti	2hrs 49mins 12secs
352	Norman Harris	2hrs 59mins 05secs
354	Sue Cooper	2hrs 59mins 06secs"



## Hastings 5 Miler



A great run from Gill who won this Grand Prix event. Well done to Claire Scott and Margaret Winton who also had good runs

## HASTINGS HALF MARATHON

Mike and Fiona were the first husband and wife team at Hastings half Marathon. Gill W, Fiona B, Julia T and Annette F were 3rd UK ladies team, Gill was 5th female overall! Paul Payne also had a good run and was first harrier home.





