

Hailsham Harriers

Newsletter March 2009



WELCOME TO YOUR NEWSLETTER

Dear Members

Another month of racing and the cross country season has come to a close again. For those of you training for a marathon - you're about to enter the tough bit - so, good luck. For the South Down's Relay runners, there's lots of great off road training ahead, and for those getting ready for the track in the summer it's time to start thinking about speed!

What a lot to look forward to - have a great month

See you next month

Fiona Bugler



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RACE REPORTS

Henfiled 9, February 8th 2009

Gill takes third place

Three Hailsham runners tried out this course which is run on our fantastic South Downs – a tough test of endurance and like the Steyning Stinger, great preparation for those training for racing the South Downs Way. Of our three it was Gill who came away a prize winner, claiming third place in a competitive female race.

19	87	Gill Wheeler.	59:13	Hailsham Harriers	F	S	
106	105	Karen Bowler.	1.18:17	Hailsham Harriers	F	S	
169	106	Tim Bowler	1.44:31	Hailsham Harriers	M	S	

East Sussex Sunday Cross Country League

Two events were held in February, and The Sunday league results were impressive – even if Hailsham Runners were thin on the ground. Sam took the lead for the third time at Ashdown Forest and in the final race, Gill turned up to and got the better of Sam on this occasion. As with all cross country running, don't be frightened to take part, it's great training and helps raise the profile of the club... give it a go next year.

Ashdown Forest, February 1st 2009 ESXCL 3 of 5

6	PAUL PAYNE	34-32	HAIL	SM	195	SM1	6
12	SAMANTHA ALVAREZ	35-58	HAIL	F35	200	F351	12
21	DAVE TYLER	37-53	HAIL	SM	182	SM2	20
57	BRIAN WINN	43-34	HAIL	M60	152	M501	52
59	JULIETTE SUKOCO	43-51	HAIL	F35	193	SW1	54

February 15th 2009, Cross-In-Hand ESXCL 4 of 5

12	GILL WHEELER	HAIL	36-10	F35	200	F351	12
13	SAMANTHA ALVAREZ	HAIL	37-00	F35	199	SW1	13
25	DAVE TYLER	HAIL	39-58	SM	180	SM1	24
55	BRIAN WINN	HAIL	45-59	M60	153	M501	46
65	JOHN TAYLOR	HAIL	47-03	M65	144	M401	52



Gill and Sam

February 22nd Sussex Beacon Half-Marathon



Jamie Tyler (left) with brother Dave

It was a perfect Spring Day for the Sussex Beacon Half Marathon, and there was some excellent running from Hailsham with personal bests from Jamie Tyler, Lesley Delea and Peter Drake. Jamie Tyler's result was particularly impressive, smashing his Silverstone 2008 time of 1:32:11 by seven minutes! Lesely, who continues to improve pipped team rival Annette to the post on the gun, by 39 seconds, but on the chip Annette was just ahead by seven seconds. Excellent running by both. Sam once again shone, coming in as 5th lady in a very competitive race and an excellent time of 1:24:14 – which to put it in perspective is around 6:26 pace!

86 1:24:14 ALVAREZ, Samantha Hailsham Harriers Ladies 21-39 1:24:13 4814 86 – 5th lady

113 1:25:00 TYLER, Jamie Hailsham Harriers Men 21-39 1:24:36 2504 113

934 1:42:33 DRAKE, Peter Hailsham Harriers Men 40-49 1:40:49 369 934

1039 1:44:13 DELEA, Lesley Hailsham Harriers Ladies 40-49 1:41:30 5855 1039

1078 1:44:52 FEAKES, Annette Hailsham Harriers Ladies 21-39 1:41:23 5319 1078

1359 1:48:28 COULSON, David Hailsham Harriers Men 40-49 1:45:07 5695 1359
 1376 1:48:35 TAYLOR, John Hailsham Harriers Men 60-69 1:45:56 2366 1376
 1729 1:51:58 LEEMING, John Hailsham Harriers Men 50-59 1:44:38 5753 1729
 3400 2:10:58 DRAKE, Cheryl Hailsham Harriers Ladies 40-49 2:07:25 2870 3400
 3954 2:20:54 UNDERDOWN, Marion Hailsham Harriers Ladies 50-59 2:17:33 4758 3954

February 28th 2009 Sussex XC League (4 of 4)



Well done to those who turned out. They were Sam Alvarez, Jo Curran, Julie Chicken, Paul Payne, Rob Crystie, Steve Delea, and Steve Gillett.

Men's Results

49	32.54	298	Paul	Payne	HAI	S	
50	32.56	211	Paul	Eccles	HAI	V50	v16
68	34.20	212	Rob	Chrystie	HAI	S	
77	34.48	214	Steve	Gillet	HAI	V40	v39
85	35.40	176	Steve	Delea	HAI	V40	v47

Well done to Steve Avery and Steve Delea, who were 7th and 19th in the over 40 category after four events. Unfortunately the men's team were relegated from Division one as we didn't have enough runners.

Women's Results

3	19.43	149	Samantha	Alvarez	HAI	V35
10	20.42	210	Jo	Curran	HAI	S
51	24.53	110	Julie	Chicken	HAI	V45

There were brilliant individual performances from Gill, 1st after four fixtures, and Sam, 2nd after four fixtures in the over 35 women's category. Jo Curran has excelled at Cross Country and was selected for Sussex last month – not surprising as she came third in the senior women's category after four events. Another excellent result was from Julie Chicken who was 9th after four events. Brilliant efforts from our women and with a full team next year – we might even win it!

March 1st Eastbourne Half Marathon

Sixteen Hailsham Runners turned up for our local event, which now has over 1,000 runners. It's a Sussex GP event, so lots of good points early on in the year, too. Well done to Gary Judges, first Hailsham Man in, and excellent work from the four runners who ran Brighton the week before: Dave Coulson (returning from a serious back injury), Peter Drake, John Leeming and Marion (Lesley) Underdown who ran faster at Eastbourne, arguably slightly harder than Brighton. Well done also to Rob Chrystie who ran Lancing X-country and Eastbourne over the weekend.

9 1:22:52 JUDGES, Gary Hailsham Harriers Vet Men 40-49 1:22:46 854 9
35 1:28:23 BREGAZZI, Ciaran Hailsham Harriers Vet Men 40-49 1:28:15 129 35
61 1:32:33 BUGLER, Fiona Hailsham Harriers Vet Ladies 35-44 1:32:30 752 61
86 1:35:00 LOWDEN, Paul Hailsham Harriers Vet Men 50-59 1:34:52 14 86
146 1:40:06 CHRYSTIE, Rob Hailsham Harriers Senior Men 1:39:59 244 146
191 1:42:47 COULSON, David Hailsham Harriers Vet Men 40-49 1:42:20 1020 191
204 1:43:39 DRAKE, Peter Hailsham Harriers Vet Men 40-49 1:43:32 67 204
213 1:44:02 LEEMING, John Hailsham Harriers Vet Men 50-59 1:43:44 820 213
260 1:46:24 FRASER, William Hailsham Harriers Vet Men 50-59 1:46:15 938 260
289 1:47:35 HOLLANDS, Graham J Hailsham Harriers Senior Men 1:47:18 393 289
312 1:48:58 GRANT, Allen Hailsham Harriers Vet Men 40-49 1:48:48 552 312
315 1:49:02 DEPPER, Geoff Hailsham Harriers Vet Men 50-59 1:48:53 690 315
323 1:49:44 RUTLAND, Ashley Hailsham Harriers Senior Men 1:49:12 943 323
378 1:52:37 GARRARD, Robert Hailsham Harriers Vet Men 60+ 1:52:30 51 378
571 2:03:37 HINTON, Donna Hailsham Harriers Vet Ladies 35-44 2:02:45 62 571
594 2:04:34 RAJWANI, Hanif Hailsham Harriers Vet Men 40-49 2:04:26 958 594
776 2:19:51 UNDERDOWN, Marion Hailsham Harriers Vet Ladies 45-54 2:19:25 732 776

781 2:20:34 FOWLIE, Sandra Hailsham Harriers Vet Ladies 45-54 2:19:42 33 781



Me at Eastbourne!

March 1st Steyning Stinger Half Marathon

The Steyning Stinger is a cross-country hill run or walk through the South Downs between Worthing and Shoreham-by-Sea, inaugurated in 2002. There's a marathon and a half marathon. One Harrier turned up to race – and she won! Well done to Gill Wheeler who ran a very fast 1:32:29 on this tough course. All good South Downs Way Training.

OTHER NEWS

South Downs Way training support group!

As there are lots of us running the South Downs Way, and training can be difficult with long journeys to get to legs 10+, I've started a discussion on the Running Inn website's forum, under Events, South Downs Way – Hailsham Runners (here's the link: <http://www.therunninginn.co.uk/theforum/viewtopic.php?f=6&t=43>). Please feel free to go on there if you want to talk about training/ or arrange to meet up. Hope it's useful! Fiona

Try the track...

You might have missed out on the Cross Country Season, well why not give your speed a real boost with some track racing... yes, you can do it. Are you or have you been a sprinter, do you want to improve your middle distance times, fancy trying a 2k walk? Contact Dave Coulson if you're interested. Here's this year's timetable for the Vets events.



- Wed 6 May Eastbourne
- Wed 27 May Hastings
- Wed 8 July Worthing
- Mon 20 July Lewes
- Final: Sun 6th September

Other Vets track events are:

- Sussex Track Masters Championships Sun 5th July age groups 35 plus at Withdean Stadium
- British Masters Outdoor at Birmingham Sat/Sun 4/5th July aged 35 plus

Hailsham Annual Awards Evening... a reminder

Although, we're sure you're all planning to come, Lesley's not had many takers yet. Can you please let her know if you're coming asap. Thanks