

Black n' Reds

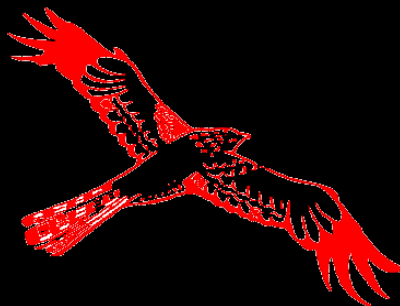
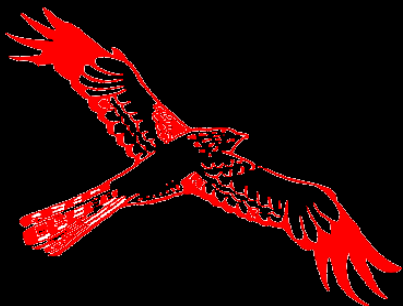


Hailsham Harrier's Monthly Update

March 2010



Cross Country and SGP Success



Captains Corner

As you all know we are now approaching the Annual Awards evening and it would be fantastic to support the achievements and efforts of all our members this year please come along and support what will be a great evening and let Lesley know as soon as possible, the Club had a very successful year last year on many levels not least of all being many new members, and it would be great to celebrate this in style. At this time there is also the opportunity to vote for your own Runners runner of the Year this I believe this to be the most important award of all as it is voted for by the members. Please complete your slip and get your vote in.



The Saturday league X-C are now over and our focus now shifts towards the Sussex Grand Prix, really starting with the Half marathon season, as always you all know I like to see many Black and Red vests at these events they make me feel happy!! So please come and support and share in the Team spirit and efforts of one another.

Also the South Downs Relay is on the horizon so those interested please get in shape. I am still looking for interest in this years SDR as we still have places available and will also need reserves please guys let me know if anyone wishes to participate if anyone has any questions please contact me by phone e-mail or have a word at club nights.

This has been a successful winter for the Club with training nights continuing to be nothing short of excellent let this continue and I for one am looking forward to lighter maybe even warmer evenings. Remember 'For yourself but For each other'

Ruffs

Lancing X/C 20/02/2010

And so the final race of the season was finally with us and we had the prospect of twice up the Dewpond Hill at Lancing (deep joy). We had had an excellent season so far and I was reminded of a famous Hailsham Harriers quote of "Don't muck it up now" (at least I think it was muck). I was feeling a little tense and nervous but was calmed by the sight of those around me Gary Judges, the trio of Pauls: Eccles, Leary and Payne, Steve Delea, John Taylor, Don Currie and Steve Avery lending vocal support. The race started tension gone now time to just run, by the way that hill doesn't get any flatter.

Gary was first back finishing in 15th place followed by Pecs in 35th Paul L in 36th Paul P in 39th Andy Ruffell 41st Steve D 45th Don Currie 51 and John Taylor 84th.

I need never have worried the Team won Div 2 and are promoted our B team champions of Div 3. Ben Warren as senior winner, Paul Eccles champion over 50's Gary Judges 3rd in the men's over 40's, in the Ladies over 35's Sam Alvarez was the runner up and in the over 40's Men's Vets team were Bronze medalists. Wow!!!

I for one was very proud and my thanks go to everyone for their efforts and the support of the Club as a whole.

A very proud

Ruffs



Brooks Sussex Cross Country League Men's 8km Lancing 20 th February 2010					
15th	30:47	Gary Judges		3 rd in O40 & Vet Team 3rd	
35th	33:31	Paul Eccles		1 st in O50 & Vet Team 3rd	
36th	33:35	Paul Leary		V40	Vet Team 3rd
39th	33:48	Paul Payne		SM	
65th	34:40	Andy Ruffle		SM	
45th	35:11	Steve Delea		V40	
51st	35:54	Don Currie		V40	
84th	42:43	John Taylor		V70	
Division 2	Match 1	Match 2	Match 3	Match 4	Position 4/4
Hailsham A	124	138	99	119	1st
Division 3	Match 1	Match 2	Match 3	Match 4	Position 4/4
Hailsham B	308	286	242	221	1st
Hailsham C	422	409	396	392	12th
Hailsham D	531	544	436	392	19th
Veteran Div	Match 1	Match 2	Match 3		Position 4/4
Hailsham A	66	41	31	36	3rd
Hailsham B	117	115	130	115	14th
Hailsham C	254	174	197	216	25th
Hailsham D	291	262	213	216	35th
Ladies 5km Bexhill 16 th January 2010					
7th	20:38	Sam Alvarez		2 nd in O35	
30th	23:13	Juliette Sukoco		V35	
38th	24:58	Julie Chicken		V45	
Division One	Match 1	Match 2	Match 3	Match 4	Position 4/4
Hailsham A	81	155	112	135	6th
Division Two	Match 1	Match 2	Match 3	Match 4	Position 4/4
Hailsham B	152	203	187	240	11th

"Harriers are placed 3rd in the 2009 Sussex Road Race Grand Prix Series"

The official results have recently been published and this has confirmed that Harriers have obtained 3rd place overall in the 2009 series with some excellent individual and team performances from our men and ladies. The outright winners were Seaford Striders with 2nd place awarded to Haywards Heath Harriers and our congratulations go to them. In the men's overall scoring which is based on our individual top ten placings Harriers came 3rd behind Seaford Striders and Horsham Joggers and for the ladies based on the top five individual placings Harriers came 4th behind Haywards Heath, Seaford and Crowborough. In the vets overall category the men came 3rd from Horsham Joggers and Seaford and the ladies 5th from Haywards Heath, Seaford, Crowborough and Heathfield. The highlight of our individual performances must go to Sam Alvarez with a magnificent 1st overall with 3995 points. What a tremendous achievement and consistency over a wide range of distance races. The other 1st place goes to our legendary John Taylor as the clear winner in the V6 category with 3453 points. Other notable individual places in age categories saw Annette Feakes 2nd and Suzy Standen 6th in the Senior Ladies. Gill Wheeler 4th, Donna Hinton 8th and Amanda Bowden 9th in V1, Sue Cooper 4th in V3 and Lesley Underdown 3rd in V4. In the men's categories notable placings were obtained by Robert Chrystie 6th in the Senior Men's, Gary Judges 4th and Dave Coulson 7th in V1, Don Currie 6th in V2, Sam Shanta 7th in V3, Bill Fraser 8th in V4 and Norman Harris 2nd in V5. In all 23 Ladies and 33 Men took part in at least one or more of the events and a well done to you all. However think what we could achieve if we could get numbers out to do 8 races (2 of which need to be more than 10 miles). We could be returned again as winners.

Harriers individual overall positions and their final best of 8 scores are as follows;

Men 9th Gary Judges 3949, 16th Robert Chrystie 3870, 24th Don Currie 3824, 35th Dave Coulson 3736, 44th Sam Shanta 3653, 49th Norman Harris 3584, 59th John Taylor 3453, 64th Graham Hollands 3430, 70th Peter Drake 3381, 77th Steve Gillett 3264.

The above were our top ten scores towards our overall 3rd place with 36144 points.

Ladies 1st Sam Alvarez 3995, 12th Annette Feakes 3911, 33rd Lesley Underdown 3591, 35th Sue Cooper 3319, 37th Gill Wheeler 2990,

The above were our top five scorers towards our overall 3rd place with 17806 points. Our combined score was therefore 53950 points.

The awards to present the trophies and prizes by the Grand Prix Organisers will be on Wednesday evening 24th March at the Jack & Jill Pub at Clayton north of Brighton so hope to see many of you there to support our award winners from the club.

Award winners from the Club are;

Men's Top Ten **All will receive Men's Team 3rd place and Club Team 3rd Place awards plus any individual awards they have won, including Men's Vet Team 3rd place**

Gary Judges, Rob Chrystie, Don Currie, Dave Coulson, Sam Shanta, Norman Harris, John Taylor, Graham Hollands, Peter Drake, Steve Gillett.

Ladies Top Five **All will receive Club Team 3rd Place awards and any individual awards they have won**

Sam Alvarez, Annette Feakes, Lesley Underdown, Sue Cooper, Gill Wheeler

Norman

" Wheeler triumphs in the mud"

Hailsham Harriers recently competed in the fourth round of the East Sussex Cross Country League held in dry but cold conditions in the woods and open ground at Cross in Hand near Heathfield. The ground was soft and muddy in places but a quality field of around 90 runners provided some exciting racing over approximately 5 miles with Gill Wheeler leading the Harriers home as First Lady and 7th overall. Sam Alvarez produced a consistent run chasing 2nd place Holly Wheeler from Hastings AC with 3rd runners up spot and 16th overall and Dave Coulson after a race long battle with Steve Gillett was first male Harrier home but only by a margin of 19 seconds with 27th and 28th places. The race was won by David Bradford of Lewes AC.

Harriers times and positions were as follows; 7th Gill Wheeler (First lady) 35m46s, 16th Sam Alvarez (Third Lady) 38m13s, 27th Dave Coulson 40m09s, 28th Steve Gillett 40m28s, 33rd Dave Tyler 41m21s, 35th Paul Carter 41m41s, 52nd Felicity Webster 45m46s, 58th Briam Winn 46m34s, 63rd Julie Chicken 47m21s, 85th Leslie Underdown 62m32s. *Norman*

Plumpton Race 5 of 6

Six brave Harriers made the trip over to Plumpton College for the Sunday cross country 5 miler. Conditions were boggy and the going heavy but Gill Wheeler made light work of the rain sodden turf to again produce an outstanding run and finish in 5th place overall. The team maintained their 3rd place with some fine runs from Sam, Emma, Felicity and the gritty determined pair Brian & John.

5	GILL WHEELER	38-38	HAIL	F35	200	F351
14	SAM ALVAREZ	42-09	HAIL	F35	199	SW1
16	EMMA RICHARDS	42-35	HAIL	SW	198	SW2
37	FELICITY WEBSTER	49-06	HAIL	SW	192	NS
43	BRIAN WINN	51-10	HAIL	M60	170	M601
53	JOHN TAYLOR	55-48	HAIL	M65	165	M501

ESSLXC PLUMPTON 28 FEB 2010 Race 5 Of 6

CAT	A80	BEX	CROW	EAST	HAIL	HAC	HR	HEAT	LEW
SM1	2	60	32	4	60	1	60	3	8
SM2	60	60	60	60	60	60	60	26	10
SM3	60	60	60	60	60	60	60	29	12
SM4	60	60	60	60	60	60	60	31	24
SM5	60	60	60	60	60	60	60	60	47
M401	11	60	23	18	60	6	55	9	7
M402	35	60	60	20	60	60	56	21	13
M403	53	60	60	60	60	60	60	27	38
M50	33	60	15	22	51	60	37	48	17
M60	36	60	60	60	41	60	50	59	42
SW1	57	60	40	60	14	30	60	52	60
SW2	60	60	60	60	16	60	60	60	60
F35	39	60	60	60	5	60	46	28	34
F45	19	60	60	43	60	60	45	49	60
F55	25	60	54	60	60	60	44	58	60
TOT	610	900	764	707	727	757	813	560	492
POS	3	9	7	4	5	6	8	2	1
P.POS	25	36	23	19	14	24	23	12	4
TOT	28	45	30	23	19	30	31	14	5
F.POS	5	9	6	4	3rd	6	8	2	1

There is one remaining fixture for the Sunday Cross Country League and it would be great to have as many Harriers as possible out to support Brian & Sam.

14Mar 2010 Pett Village Hall, Pett.
 (Note: change of location) 1 lap course: fields and woods. Suitable for spikes.

"Harriers Challenge at Chichester Priory 10k"

Sixteen Hailsham Harriers ran in the first of the 2010 season of Sussex Road Races, which took place at Chichester organised by the local Rotary Club. The course is one of the flattest 10k's which takes in the City and surrounding areas including Goodwood with a slightly downhill finish by the theatre and this race also included a round of the Sussex AA Challenge with points also awarded towards the Grand Prix. The weather which was dry but overcast was perfect for the athletes and the fast course was a magnet for elite runners within the 1500 entry. The men's race turned into a battle between two club mates Tony Lambert and Chris Powner from Winchester & District AC who finished in 29m32s and 29m45s respectively very credible times. First Harrier home but running for Harrow AC on this occasion was in form Ben Warren with a super 10th place and Gary Judges placed 34th and 5th vet. The ladies event was won by Amber Moran from the USA in 34m49s from Clare Elms Dulwich Runners AC in 35m56s but Harriers Gill Wheeler placed 8th with a great run in 37m48s with support from Emma Richards in 15th. In the team results Harriers men finished in 13th from 72 teams and the ladies 5th from 39 teams a great achievement.

Harriers positions and times were as follows; Men 10th Ben Warren (Harrow AC) 31m39s, 34th Gary Judges 34m52s, 71st Paul Eccles 37m41s, 80th Andy Ruffell 38m01s, 81st Paul Payne 38m09s, 99th Steve Avery 38m52s, Steve Delea 39m 08s, 152nd Simeon Swift 40m38s, 205th Sam Shanta 42m10s, 294th Matthew Daly 44m55s, 350th John Taylor (First O 70) 46m02s, 464th Peter Drake 48m12s, 490th Ian Pusey 48m33s, 496th Alan Hide 48m36s. Ladies 8th Gill Wheeler 37m48s, 15th Emma Richards 40m08s, 255th Cheryl Drake 54m57s. *Norman*



Sidcup 10

By Don Currie

The Sidcup 10 is a three-lap, ten-mile road race and is a key event for club runners competing in the Kent League. I first did this race in 2002 and remember the relatively warm conditions for the time of year. This time it was very different; cold and damp - there had even been a flurry of snow on the journey there.

The race H.Q. is at Chiselhurst Grammar School and it starts a short jog away from here. At 10am the race got underway and I settled into a brisk pace, completing the first mile in 6:19. The first lap went well and I established a steady and even rhythm. I was cautious about pushing too hard, as there were still 7 miles to go. The second lap was consistent, but by the third, I was beginning to tire and was struggling to maintain pace. I finished in 63:06 - not a PB, but I was very pleased and it was 3 minutes quicker than my previous time on this course. The Sidcup 10 is a fairly flat, well-organized but understated race and a great one to do for anyone that is in training for a Spring marathon.



Watford ½ Marathon

Mike and I love the Watford Half and did at the beginning of February. Mike was really pleased with 1:28 after returning from injury and I pb'd with 1:28:20.

Fiona



Ashford and District 10k Sunday 7th Feb 2010

Rising too late to make it to the Chichester 10k Lesley and I decided to take the short trip over to the Ashford & District Club for their annual 10k.

Overnight frosts gave way to a crisp sunny morning not a breath of the biting easterly wind that had nagged Sussex for the past week. After a 50 minute car journey we arrived with 10 minutes to spare, paid the entry fee pinned on our No's and off to the start.

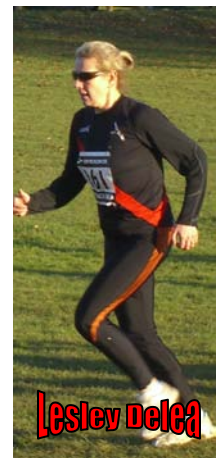
The start had a slight incline then down hill and a pleasant, mostly flat circuit on traffic free country lanes. A downhill to finish and mission accomplished, making it round in one piece that is.

It was a well organized race with a medium sized field of around 600. Being a flat course there is a potential for a PB. Alas not today though, Lesley clocked 1:00:50 and I trotted in with 43:22.

Ed

Sussex Beacon Brighton Half Sunday 21 Feb 2010

Position	Gun Time	Harrier	Age Cat	Chip Time	Age %
129	1:25:41	Sam Alvarez	Ladies 40-49	1:25:39	79.51
203	1:28:31	Rob Chrystie	Men 21-39	1:27:39	67.39
762	1:39:14	Lesley Delea	Ladies 40-49	1:39:11	71.58
1113	1:43:24	Peter Drake	Men 40-49	1:42:40	63.25
4386	2:11:30	Martin Ballen	Men 40-49	2:06:48	49.35
4772	2:14:51	Cheryl Drake	Ladies 40-49	2:12:45	53.6
5541	2:26:32	Andy Stevens	Men 21-39	2:21:42	40.71



Forthcoming Events

Training

09/03/10	1200 metres x 4 and 6	2 mins A group all others	2.5 mins	Milland
11/03/10	4 x 400 metres x 3 and 4 sets	1 min plus 1 small lap between sets		Forest View

14Mar 2010	Pett Village Hall, Pett. (Note: change of location)	1 lap course: fields and woods. Suitable for spikes.
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Sussex Grand Prix Races

March	7th	Eastbourne Half
March	21st	Hastings Half
March	28th	Worthing 20
May	9th	Horsham 10k
May	16th	Hastings 5 Mile
June	9th	Worthing 10k
June	27th	Heathfield 10k
July	4th	Bowl Water 15 Mile
July	28th	Bexhill 5k
August	29th	Newick 10k
September	12th	Hellingly 10k
September	19 th	Hove Prom 10k
October	3rd	Lewes Downland 10 mile
October	16th	Barns Green Half
November	14th	Phoenix Races Brighton
November	21st	Brighton 10k
November	28th	Crowborough 10k



ANNUAL AWARDS EVENING

**SATURDAY 10TH APRIL 2010
7:00 PM for 7:30 PM**

**CHATSWORTH HOTEL
Eastbourne Seafront**



Awards Evening - Saturday 10th April 2010

After another year of hard training and competition it is time to celebrate both the efforts and achievements of your fellow runners and I am looking forward to seeing as many as possible at this evening of celebration.

It is being held once again at The Chatsworth Hotel with the evening being in the main Devonshire Restaurant overlooking the seafront. The time of this great event will be 7.00 pm for 7.30 pm.

There will be a Disco provided all will enjoy which I am sure.

Do not forget to complete the Runner's Runner Award (Clifford Lowen Trophy) slip for the member you consider has done the most for the club during 2009. See back of Newsletter

Please complete the attached form with your choice together with a cheque for £21.00 per person, made payable to Hailsham Harriers. Please bring a raffle prize.

Yours in sport

Lesley

ANNUAL AWARDS DINNER MENU

£21.00 Per person cheques payable to Hailsham Harriers

Name

Starters

Tick desired options

Fanned Honeydew Melon with Exotic Fruits & Raspberry Coulis

Traditional Prawn & Crab Cocktail

Tomato & Basil Soup

Main Coarse

Roast Leg of Lamb served on a Bed of Parsnip Mash & Served with Rosemary Jus

Salmon Fillet Coasted in Breadcrumbs & served with a Hollandaise Sauce

Spinach & Ricotta Ravioli

All served with a selection of Seasonal Vegetables & Potatoes

Dessert

Baked White Chocolate & Raspberry Cheesecake

Fresh Cream Filled Profiteroles served with a Rich Chocolate Sauce

Cheeses & Biscuits

**Please Complete one menu per person and return along with payment to £21.00 Per person cheques payable to Hailsham Harriers
Lesley Underdown, 5 Chapel Walk, Bexhill-on-Sea, East Sussex. Tel 07747 128616**

PLEASE BRING A RAFFLE PRIZE



Kit Clearance Sale

White paper jackets – extra large only £3.50

Tracksters – medium only £9.00

Fluorescent Yellow slap bands – 50p each

Fluorescent Yellow stick on docs and dashes - £1.00

If interested please see Eleanor or Andy at club training nights or email through the Kit link on the Club Website

theruffells1@tiscali.co.uk

In stock we hold the following items:

- Fluorescent Yellow Bibs £4.75
- Red long sleeve club vests £18.50
- Team Jacket £36.00
- Club vests £12.50
- Shorts £16.25 or £12.75

All items are sold at cost.

Would you like to see additional items stocked? If so please let Eleanor know and if we have enough support for items we will try to find a supplier and stock them. We have been recently asked for example Fluorescent Yellow running jackets, long legged running tights, short sleeve t-shirts.

THE HAILSHAM HARRIERS RUNNER'S RUNNER AWARD 2009



(THE CLIFFORD LOWEN TROPHY)

Each year Harriers are invited to nominate the fellow club member they consider this year has done most for the club. The award is not necessarily concerned with athletic ability but with those who have served or promoted the club in a particularly significant manner. Please use your vote.

I nominate

_____ for the Clifford Lowen Trophy

Signed _____

Date _____

Please return this slip to Lesley Underdown (Club Secretary). 5 Chapel Walk,
Bexhill-on-Sea. TN40 2FB

Many thanks to Norman, Ruffs, Don and Fiona for your contributions to this issue of the newsletter.

Ed

Please let me have your race reports, photos and anything else you'd like to appear in the newsletter. New members if you have any photos of you in races let me have them so that we can record your efforts in the newsletter.

Send them to my email: davidecoulson@hotmail.com