



Black n' Reds

Hailsham Harrier's Monthly Update March 2011



Brighton Belles

Todd's and Sam's amazing performances at Brighton 1/2 Marathon

The first of the major spring 1/2 marathons was held at Brighton with a modified fast course which started and finished at Maderia Drive and took in parts of the city and seafront. The weather although cloudy was ideal with only a light wind and a record number of 5,500 finishers made this event a true spectacle. 10 Hailsham Harriers took part with a number gaining personal best times for this distance of 13.1 miles and were lead home by Todd Leckie who proved that he has great endurance in addition to pace with a magnificent 4th place overall in 1hr 10m22s less than 4 minutes behind the winner David Wardle from Woodford Green and Essex ladies in 1hr06m12s. In the Ladies race it was a great return to form by Sam Alvarez who finished as third lady and first vet in 1hr 24m49s in the event won by Fiona Powell from Brighton & Hove City AC in 1hr 20m57s.

Next home in the competitive men's race was Matthew Dowle in 49th and Neil Pysden in 113th places both showing their endurance gained from recent cross country races. The in form Sue Cooper, pictured L on the front cover, lowered the Ladies Club V50 record in a super quick time of 1hr 43m 25s.

Harriers positions and electronic chip times were as follows; 4th Todd Leckie 1hr 06m12s, 49th Matthew Dowle 1hr 21m26s, 88th Sam Alvarez (3rd Lady) 1hr24m49s, 113th Neil Pysden 1hr25m40s, 718th Graham Hollands 1hr 37m44s, 1265th Sue Cooper 1hr 43m25s, 1969th Peter Drake 1hr50m49s, 2476th Sandra Fowlie 1hr55m09s, 2572nd Karen Breese 1hr56m04s, 3498th Martin Ballan 2h00m28s.

Front Cover L-R Sue Cooper, Karen Breese and Sandra Fowlie

Norman



Annual Awards 2010

Most Improved Senior/Vet, **Emma Richards**
Others Considered – Sue Cooper and Jo Curran

Club Runner (John Faulds Memorial Trophy), **Juilette Sukoco**
Others Considered – Don Currie, Annette Feakes and Felicity Webster

Most Promising Newcomer, **Matt Dowle**
Others Considered – Adrian Elliott, Stuart Sorrell and Neil Pysden

Derek Wells Trophy Best Athletic Performance. **Todd Leckie** for XC
Sussex Champs and Chichester 10K 31.31

Others Considered - Men's B Team for SDR winning two years in a row, Emma Richards for Beachy Head Marathon

The Carol Russell Trophy (fastest lady 10k), **Gill Wheeler** 37.48
Chichester 10K

Men's Track Grand Prix	1 st	Don Currie	109
	2 nd	Sam Shanta	105
	3 rd	Shaun Webster	104

Women's Track Grand Prix	1 st	Sam Alvarez	120
	2 nd	Felicity Webster	115
	3 rd	Lesley Delea	110

Hellingly 10k 1st Harrier 2010 **Gary Judges**

Most Improved Hellingly 10k 2010 **Donna Hinton** -1.48 mins

Runners Runner (Clifford Lowen Trophy) **Andy Ruffell**



Ben is crowned as 2011 County Cross Country Champion

The fourth and final league meeting of the Sussex AA County Cross Country Season was held at Lancing Manor and Hailsham Harriers Ben Warren continued his great cross country form with another win from his main challenger James Baker of Chichester Runners. This race over an approx 5 mile course saw 103 competitors tackling some testing hills and Ben was content to track James out in the early stages but then took the lead before halfway and was a clear winner by 17secs in a time of 28m04s. This win saw Ben awarded the Sussex County title for the third time initially in 2006 and then last year an amazing achievement from a quality field. After his disappointment in the Sussex Masters Paul Eccles took silver in the Individual O50 vet category. In all Harriers had 15 of their runners competing in the men's and ladies Division 1 races. Supporting Ben in an excellent 14th place overall and first O 40 vet was Gary Judges another very consistent performer throughout the season. Team back up was then lead by Stuart Sorrell in 19th with Adrian Elliott in 33rd place and four others also gained places in the top 50 which saw the team finish 3rd on the day with 151 points and 4th in the final table with 978 points. In the Ladies race which included the under 17s and a field of 76 runners it was Emma Richards returning from an injury who lead the Harriers home in overall 7th place ,2nd in the Individual Senior Ladies, with a fine time of 20m 41s from the winner Caroline Hoyte Brighton Arena 80. Great support was provided by Jo Curran 20th and Juliette Sukoco 27th , 3rd in the Individual O35, to see the team home in 6th place overall.

Harriers positions and times were as follows: Men 1st Ben Warren 28m04s, 14th Gary Judges 30m28s, 19th Stuart Sorrell 31m16s, 33rd Adrian Elliott 32m57s, 40th Rob Chrystie 33m32s, 44th Paul Leary 33m47s, 46th Neil Pysden 34m14s, 48th Andy Ruffell 34m28s, 62nd Dale Martin 36m21s, 78th Mark Gilbert 38m36s. Ladies 7th Emma Richards 20m41s, 20th Jo Curran 21m29s, 27th Juliette Sukoco 22m03s, 62nd Julie Chicken 25m35s, 63rd Jane Barlow 25m36s

Norman

Judges heads Harriers home at Eastbourne Half Marathon

Thirty Hailsham Harriers participated in the Eastbourne Half Marathon which was held in cold windy but dry conditions on mainly a seafront course with the start and finish in the grounds of Princess Park. A record entry of over 1200 lined up for the mass start and runners found early conditions to their liking with a tail wind heading east to the pier and wish tower then inland to Meads, with its tricky steep climb on the Beach Head Road. The course then does a switchback down Upper Dukes Drive to Holywell and the promenade all with a challenging head wind to the Sovereign Harbour then a return along the seafront to the finish. The race provided another fine win by James Baker of Chichester Runners in 1hr14m18s from Daniel Anderson Hastings AC and Mike Cummings Herne Hill Harriers but Gary Judges was the first Hailsham runner home in an excellent 8th place only 5m18s down on the winners time. Great support came from Rob Chrystie 25th, Steve Delea 32nd and Andy Ruffell 42nd with many others obtaining personal best times and for some it was their first race at this distance. In the combined Ladies event Sam Alvarez had a great run to finish 3rd (and 58th overall) in the race won by Yvette Grice Bodyworks XTC in 1hr25m24s and second place Victoria Mallinson from London's Wimbledon Windmilers club.

Harriers positions and electronic chip times were as follows: 8th Gary Judges 1hr19m36s, 25th Rob Chrystie 1hr24m56s, 32nd Steve Delea 1hr 25m21s, 42nd Andy Ruffell 1hr 27m09s, 58th Sam Alvarez 1hr28m55s, 95th Neil Pysden 1hr33m46s, 179th Peter Dawes 1hr 38m46s, 202nd Lesley Delea 1hr40m29s, 217th Matthew Daley 1hr41m28s, 226th Louise Taylor 1hr41m29s, 232nd Allen Grant 1hr41m58s, 304th Simeon Swift 1hr45m31s, 337th Emily Ayres 1hr46m29s, 344th Julie Honess (Running Inn) 1hr46m55s, 356th Mark Fox 1hr47m13s, 363rd Norman Harris 1hr48m12s, 479th Andrew Stevens 1hr52m56s, 504th Geoff Depper 1hr54m25s, 521st Huw Jones 1hr54m29s, 530th Hanif Rajwani 1hr55m25s, 539th Peter Drake 1hr55m42s, 561st Steve Love 1hr56m37s, 566th Robert Farrow 1hr55m31s, 627th Tracey Maloney 1hr57m53s, 695th Donna Hinton 2hr01m51s, 706th Martin Ballan 2hr01m43s, 742nd Karen Breese 2hr04m17s, 844th Laura Jordan 2hr09m08s, 914th Fran Doe 2hr15m26s, 958th Zoe Dale 2hr19m01s, 1047th Tim Dodd 2hr32m32s.

Norman

Harriers win Silver at Cross Country League Final

The sixth and final round of the East Sussex Cross Country League was held on an undulating and muddy course at Cross-in-Hand near Heathfield. 15 Hailsham Harriers took on the approx 5 mile course with the knowledge that a good team performance would keep their challenge in their quest for the title which has been fought out during the season with Lewes AC. In the final scoring both clubs tied for first place overall but the title was awarded to Lewes as they were found to have a superior individual scoring but Hailsham did themselves proud with Crowborough Runners in third place.

In this race which was won by Dave Bradford Lewes in 32m39s the club scored well with eleven of the runners finishing in the top 30 places headed by Stuart Sorrell in 4th, Adrian Elliott 8th and Matt Dowle 14th. In the ladies event Gill Wheeler gained a maximum score in her brilliant win and 15th overall and her team mates took the next 3 places with Emma Richards, Sam Alvarez and Jo Curran all adding to the points tally. Harriers positions and times were as follows: 4th Stuart Sorrell 33m35s, 8th Adrian Elliott 35m35s, 14th Matt Dowle 37m24s, 15th and 1st lady Gill Wheeler 37m32s, 17th and 2nd Lady Emma Richards 38m31s, 19th Barry Andrews 38m40s, 21st Sam Alvarez and 3rd Lady 38m59s, 22nd Dale Martin 39m04s, 23rd Steve Gillett 39m14s, 25th Andy Ruffell 39m54s, 28th and 4th Lady Jo Curran 40m17s, 39th Dave Coulson 43m09s, 54th Ben Martin 45m53s, 74th Brian Winn 50m17s, 100th Lesley Underdown 72m54s.

In the overall league placings 9 Harriers collected individual awards as follows: Men O/40 3rd Steve Gillett 725pts, O/50 3rd Dale Martin

712pts, Ladies Overall 1st Gill Wheeler 800pts, 2nd Emma Richards 798pts, 3rd Sam Alvarez 793pts, Senior lady 1st Emma Richards, 2nd Jo Curran 785pts, Lady O/35 1st Gill Wheeler, 2nd Sam Alvarez.

Norman

Forthcoming Events



1	February	6th	Chichester 10k
2	March	6th	Eastbourne Half
3	March	20th	Hastings Half
4	March	27th	Worthing 20m
5	May	8th	Horsham 10k
6	May	15th	Hastings 5m
7	June	8th	Worthing 10k
8	June	26th	Heathfield 10k
9	July	3rd	Bewl 15m
10	July	27th	Bexhill 5k
11	August	28th	Will Page Newick 10k
12	September	11th	John Faulds Hellingly 10k
13	September	18th	Hove Prom 10k
14	October	2nd	Lewis Downland 10m
15	October	30th	Barns Green Half
16	November	13th	Phonenix Park Races
17	November	20th	Brighton 10k
18	December	4th	Crowborough 10k