



Hailsham Harriers

March 2008

Hailsham's newest recruit?



No, your eyes are not deceiving you, that is Mo Farah, Britain's leading male distance runner, proudly sporting a Harriers vest.

Club coach Steve Avery, currently working and training in South Africa, met up with Mo who kindly agreed to pose for a photo.

Cross Country League at Cross in Hand



ATTENTION ALL MUDLARKS!!

THE SIXTH AND LAST (LOCALLY) EAST SUSSEX SUNDAY CROSS COUNTRY LEAGUE FIXTURE TAKES PLACE AT THE PESTALOZZI VILLAGE IN SEDLESCOMBE, NEAR BATTLE ON 2ND MARCH 2008. UNFORTUNATELY, THIS CLASHES WITH THE EASTBOURNE HALF MARATHON - BUT FOR THOSE WHO WOULD RATHER RUN FIVE (APPROXIMATELY) MILES, DO PLEASE NOTE THE MAIN EVENT STARTS AT 11.00 A.M. WITH REGISTRATION ON THE DAY ONLY £2.50 WHILST THE JUNIOR RACE STARTS 30 MINUTES EARLIER AND THESE UNDER 15'S TAKE PART FREE OF CHARGE. SEE YOU ALL THERE THEN JUST OFF THE HASTINGS/LONDON A21

Plumpton Sussex Cross Country



A strong harriers team competed in the last round of the Sussex X-Country league with both the mens and womens teams preserving their league 1 status. Samantha Alvarez came 3rd in a top class field and missed out on the over 35's title by 1 point. Louise Ogle, Julie Chicken and Marion Underdown all secured 6th place in league 1 for the club. In the men's race Gary Judges led the team home. He was closely followed by Paul Eccles and Paul Payne. Ben Warren jogged round to support the club having set a new course record at the Brighton 5K time trial (15mins 12secs!) earlier that day. Andy Fessey, Dave Coulson and Colin Burgess completed the team. In the Under 15's Aaron Capon and Jago Leckie both finished in the first 15.

Dear Member

HAILSHAM HARRIERS AWARDS EVENING

Friday 4th April 2008.

Another year hard training it is time to celebrate both the efforts and achievements of your fellow runners and I am looking forward to see 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 2007.

Please complete the attached form with your choice together with a cheque at a reduced rate of £20.00 made payable to Hailsham Harriers. Please bring a raffle prize.

Yours in sport

Lesley

Friday 4th April 2008
7.00pm for 7.30pm Start
PLEASE BRING A RAFFLE PRIZE

MENU

£20.00 Per person cheques payable to **Hailsham Harriers**
Tick desired options

<i>Name</i>	
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Starters

- Crowned Gala Melon served with Parma Ham*

- Pork & Green Peppercorn Pate served with Plum & Apple Chutney*

- Warm Bacon, Leek & Stilton Tart*

Main Coarse

- Roast Sirloin of Beef served with Courgette Tartlet & Horseradish Jus*

- Baked Supreme of Chicken wrapped in Bacon served with a Cranberry & Port Sauce*

- Spinach & Mascarpone Lasagne*

- All served with seasonal Vegetables & Roast Potatoes*

Dessert

- Vanilla Cheesecake served with Seasonal Fruits*

- Fresh Cream filled Profiteroles served with a rich Chocolate Sauce*

- Selection of English & Continental Cheeses & Biscuits*

- Coffee and Mints*

Please Complete one menu per person and return along with payment to

Lesley Underdown 194 Coast Road, Pevensey Bay, East Sussex

