

Events in Sussex Grand Prix in 2006

12th March Hastings 1/2 Marathon
2nd April Worthing 20 Mile
14th May Hailsham Town 10 Mile
21st May Horsham 10k
7th June Worthing 10k
25th June Heathfield 10k
26th July Bexhill 5k
27th August Newick Will Page 10k
10th September Hellingly 10k
17th September Hove 5 Mile
1st October Lewes Downland 10 Mile
29th October Barns Green 1/2 Marathon
12th November Phoenix Park Races
19th October Brighton 10k
3rd December Crowborough 10k



Eastbourne half marathon

Many old faces tuned out to support the 2nd Eastbourne half marathon, many we have not seen in Harriers vests for a while. The weather was very cold and with a strong wind.

8 Hailsham ladies ran with Charlotte Saunders (picture) coming (4th) in the ladies race and 25th overall in a time of 1:27:39, Julia Toby was (11th) 81st 1:36:49, Rosie McDermott (24th) 144th 1:43:58, Maria Hillman (38th) 216th 1:49:55,

Charlotte Warren (50th) 270th 1:54:23, Kerie-Ann Allway (65th) 338th 1:59:40, Wendy McBride (68th) 352nd 2:00:53, Marion Underdown (94th) 411th 2:04:52.

In the men's race Paul Eccles was the 1st Harrier home in 9th in a time of 1:23:10, Andy Ruffell 23rd 1:27:29, Marc Seatter 27th 1:27:52, Allen Grant 36th 1:29:52, Steve Delea 45th 1:31:20 Bill Fraser 53rd 1:32:40, Steve Tucker 59th 1:33:46, Mick Haffenden 74th 1:36:29, Geoff Depper 91st 1:37:55, Paul Guy 99th 1:38:44, Tom O'Shea 172nd 1:46:02, Nick Sargent 272nd 1:54:55, Steve Webb 372nd 2:02:14, Terry Pownal 587th 2:37:16 and a n ex-member worth a mention Brian Cruddas 587th 3:01:40.

To all those who have booked for the Dinner Dance thank you for supporting the club and those who have been nominated and won awards.



NEWSLETTER March 2006

Annual Awards Dinner Dance

4th March 2006

Chatsworth Hotel

Entertainment by Jez Bird

See menu Choices

Contact Sue Chant on 01323 488802

Please can we have your menu choices as soon as possible as we need to inform the Chatsworth of numbers.

Please support the club and award winners

This evening is put on for you

**Your last chance to book a ticket for the
Best Harriers evening of the year.**

Just an early reminder if you can help we need marshals for the
Hailsham Town 10

If we don't get marshals the race will not go ahead

Contact Margaret Winton

Email margaret.winton@tiscali.co.uk

Or 01323638675

Many thanks

Please note if you want anything put into the club news letter send a email to dugchant@hotmail.co.uk Let me have your email addresses so I can forward any harrier news onto you. Doug Chant.

If you want entry forms for races they can be found in the Red book available on club nights.

Club Kit can be purchased from Tom O'Shea on a Tuesday club night Or contact him on 844431

East Sussex Cross Country Results Cross in Hand 11th February 2006

15th Sam Alvarez 38.39, 18th David Coulson 39.28, 19th Brian Winn 39.34,
67th Julie Chicken 50.14, 85th Marion Underdown 56.46.

Pestalozzi 26th February 2006

4th Gill Wheeler 32.55, 11th Sam Alvarez 34.35, 18th Brian Winn 36.19,
52nd Julie Chicken 43.25

Overall results for East Sussex Cross Country League are

Senior Men, 19th Todd Leckie, 22nd Paul Payne, 23rd Paul Harris,
33rd Chris Howarth, 36th Jamie Pringle, 40th Rob Hodson, 52nd Steve Delea,
58th Jim Hennessey.

Men 40, 7th Andy Payne, 24th Michael Coupe, 38th Allen Grant, 48th Andy Fessey,
51st Paul Eccles. **Men 50**, 2nd Brian Winn, 47th Tim Bowler.

Senior Ladies, 3rd Gill Wheeler, 15th Charlotte Saunders, 27th Maria Hillman,
32nd Annette Feakes, **Ladies 35**, 3rd Sam Alvarez. **Ladies 45**, 8th Julie Chicken,
17th Marion Underdown.

Beacon (Brighton half Marathon)

17 Harriers braved the cold wet /windy conditions of the Brighton half marathon
The course had been altered and I gather from those who ran, the off road section was
very slippery . There was confusion at the start due to such a large mass start.
different coloured numbers for 2 starts and also with the timing chips added to a very
mixed results. Sam Alvarez benefited with a great run and was the 2nd Harrier home
and the 4th lady and in an overall place of 77th her chip time was 1hr25min58sec,
Paul Harris was the 1st Harrier home in 66th 1:24:49, Rob Hodson who ran a lot of the
race with Sam Alvarez was 165th 1:29:56, Allen Grant 175th 1:30:11,
Brian Winn 254th 1:32:40, Bill Fraser 403rd 1:36:31, Geoff Depper 511th 1:39:07,
Roberto Proietti 518th 1:39:14, John Taylor 564th (4th in age group) 1:39:56,
Norman Harris 783rd 1:46:23, Sandra Butters 1413th 1:52:41,
Marion Underdown 2273rd 2:06:20, 2401st Maggi Pratt 2:09:10,
L Morrow 2486th 2:10:56, 2683rd Sue Cooper 2:16:21, 2850th Elaine Alsop 2:22:22,
2914th Fran Doe 2:25:39.

Other Harrier news

Todd Leckie who is concentrating on Triathlon recently ran the South of England Cross
Country Championships and the 1st time in the senior event came away in 14th place.
Ben Warren ran for Sussex University in Sterling ,Scotland in the British Universities
Cross Country Championships over a 8km course, Ben who is County Champion and
Sussex League Champion came in 20th in a very competitive field in a time of 33:48.
Ben will pick up his Gold Sussex Cross Country League Medal at Lancing on the
4th March.

Also the Men's Veteran Team should be picking up the Sussex Team Bronze.

Karen Bowler recently ran the Austin Marathon USA in cold conditions in 3hr 38mins

**This is the last race in the series we need everybody to
turn out.**

Sussex AAA Brooks Sussex Cross Country League Fixture

Saturday 4th March 2006 Race 4 Lancing Manor Sports Centre Lancing

Time table

Under 13 Girls 3km 12.30 (3km,1.8miles)

Under 13 Boys 3km 12.45 (3km,1.8miles)

Under 15 Girls 4km 13.00 (4km,2.5miles)

Under 15 Boys 4.5km 13.20 (4.5km,2.8miles)

Under 17 Men 5km 13.40 (5km,3miles)

Under 17, U20, Senior, Veteran Women 5km 14.05 (5km,3miles)

Under 20, Senior, Veteran Men 8km 14.35 (8km,5miles)

We are in Division One and we need 6 men to score and 3 women to score.

It does not matter what ability you are, just come and get muddy.

Tel. Peccles on 01323 642866 Gill on 01323 728269

Chichester 10k

AAA of England Championships, Sussex AAA Championships

Our ladies just missed out on medals in both championships

There was controversy over where the medals would go as 2 teams from other clubs were
disqualified by the race referee for not declaring ineligible runners who had transferred
from another club. Both Paul Eccles and Doug Chant who sit on the Sussex AAA road
running committee had to decide if this was the right decision and felt the teams should
not be disqualified but individual runners should be disqualified this also meant that our
ladies ended up being 4th and 10th in the team awards.

Charlotte Saunders just missed out on an individual medal by seconds in coming 4th in
the ladies Sussex results in a time of 38.16 and 21st overall.

27th Sam Alvarez 38.49, 106th Jane Barlow 46.30, 185th Sandra Butters 50.37,

239th Sue Cooper 53.47, 262nd Lesley Underdown 54.52, 430th Fran Doe 61.33,

458th Elaine Alsop 63.45, 496th Margaret Winton 68.26. I notice there are a few PB'S
by our ladies.

The men's team were suffering from a lot of absentees due illness and injuries and came
13th in the team event. 1st home was Andy Payne in a superb time of 37.22 in 94th.
With the ever improving Andy Ruffell 108th 37.53, and 110th Rob Hodson 38.01,
118th Bill Fraser 38.25, 146th Allen Grant 39.12, 177th Brian Winn 40.03,
258th Sam Shanta 42.02 nice to see you back running. 284th Jim Hennesey 42.49,
309th and 4th in his age group and Sussex AAA medal winner John Taylor 43.40,
322nd Roberto I'm injured again Proietti 43.51, 396th debutant Steve Webb 45.20,
439th Norman Harris 46.14, 533rd where have you been Alfie Lamas 48.37,
575th Neil Gausden 49.42. I hope I have not missed any body if I have let me know.

Martin Bulger from Seaford is writing a book on marathon running. It is a chance for marathon runners to
tell their stories—what made them start running and why the marathon. He is also looking for race reviews,
photos, poems and anecdotes in fact anything associated with running marathons. Hopefully, this should
create a unique insight into what makes marathons special and should uncover some of the mystique and
passion that surrounds them. Contact Martin Bulger 27 Lexden Drive, Seaford, East Sussex BN25 3BD.
Money raised by the book will be denoted to Cystic Fibrosis.