

Events in Sussex Grand Prix in 2006

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



Harriers Juniors

Harriers Juniors ran at the Haywards Heath Open Track evening at the new K2 track at Crawley on the 27th April and put in some great runs Hayley Page was the first to race in the 100m coming 3rd in a time of 14.4secs . She had no time to rest as she was on the track again and ran the 200m against girls who had not previously raced and was 6th in 30.07secs.

Malissa Ruffell and Madelyne Bridgewater ran the 600m this race set of at a great pace

but our girls just sat there with the pace and with 300m to go made there move Malissa pushed hard and moved into 2nd and sprinted after the leader and nearly caught her on the line. At 300m Maddy was in 6th but with her friend pushing hard in front she also responded and by 100m she was up to 4th and was closing down on the girl who had led through to 400m but couldn't quite catch her and finished 4th. Malissa time 1min 57sec, Maddy 2min 1sec. Jago Leckie ran the 800m again a fast race . With Jago up against 3 runner from Phoenix, The four of them broke away from the rest by 400m and by 600m it was down to 3 with Jago in 3rd at 200m one Phoenix runner had pulled clear with the other following Jago would not give up and 25m to go was level and came in 2nd. In a time of 2min 33secs. Also at the same meeting some of our senior raced Julie Chicken ran the mile and was 4th but was the 1st Veteran and collected a gold medal. In a time of 6min 40sec. Rob Hodson also ran the mile and was 5th in a time of 4min 59sec . The last race of the evening was the men's 800m were Ben Streeter pulled out after 600m with a tight hamstring. Hayley Page also ran the 100m at Crawley on Easter Sunday and was 6th overall from the 2 heats of 8 runners and had to compete against girls 2 years her senior.

Doug Chant Will be stepping down as Honorary Club Secretary in September after 6 years. If anybody would like the position speak to Doug or any of the Executive Members before Septembers AGM



NEWSLETTER

MAY 2006

URGENT

Help needed for the Hailsham 10

Can you help Marshall

Margaret and her team need help with marshalling on Sunday 14th May

There are various jobs required.

To help with Water Stations, Marshall Key points around the coarse and Help at the Start and Finish area.

Remember without volunteers races would not go ahead so if your not running please support the club and help.

Contact Margaret Winton on 638675

Email margaretwinton@tiscali.co.uk

Or Colin Burgess on 769232

Email crburgess@online.net

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

SUMMER 2006
CLUB TRACK CHAMPIONSHIPS AND GRAND PRIX.

11th MAY 5000
 25TH May 3000
 8th June 1 mile
 22nd June 800m
 6th July 400m
 20th July 200m
 3rd Aug 100m

Registration between 7.00 – 7.15pm. 1 pound to enter and everybody ready for the earliest possible start, especially for the 5000m and 3000m please .

The best 6 scores count from 7 events.

Come and join us at the Hailsham Community Collage track this summer .. Why not try for a track P.B. or just enjoy some friendly rivalry. Good training, gets you off the tarmac! Strengthen your legs on the grass. Please come along and support one of the clubs long-standing events and if you 're not running your help would always be appreciated.

N.B. Footie fans. There are no events that clash with England matches!

PLEASE PLEASE SUPPORT THESE CLUB

EVENTS!

Mark Wells

Worthing 20mile

Sam Alvarez just misses out on Sussex Title

Sam Alvarez led The Worthing 20 for nineteen and a half miles of the 4 lap race. Sam who has been training hard had led from the start but on the forth lap Julie Briggs from Arena 80 had started to close Sam down and on the finishing straight managed to catch Sam to beat her by 26 seconds. Sam was still very pleased with her performance and pick up the Sussex AAA Silver medal in a time of 2 hours 13 minutes 53 seconds.

Only a few Harriers ran as the race is normally run as a pre London training race but as only a few harriers were in London harriers only had 3 runners at Worthing.

Bill Fraser was 93rd in 2hrs 26min 14secs,
 Norman Harris 314th in 2hr 53min 41sec.



Results for Harriers

Overall Pos		Finish	10k	Half
3521st	Pete Daws	3:22:07	10k 44:14	Half 1:35:10
4804th	Paul Harris	3:30:05	41:55	1:29:51
6218th	Marc Seatter	3:38:11	46:45	1:38:50
6966th	Robert Proietti	3:41:58	47:57	1:43:51
14128th	Jim Hennessey	4:10:38	54:28	1:54:57
17697th	Neil Gausden	4:24:35	57:48	2:00:44
29115th	Marion Underdown	5:27:59	1:04:42	2:18:56

Sussex Road Relays

Harriers sent 3 teams to the Road relays

Senior men's team were 7th and Ben Warren ran the 3rd fastest time of the day. Paul Payne led off and his time 11min 39sec , Ben Warren 9:51, Andy Ruffell 12:15, Bill Fraser 12.06, Paul Harris 11:54, Rob Hodson 11:47 , overall time 69min 32sec They were 7th out of 21 teams.

They Veterans Men's Team were 4th and was led off by Andy Payne In a time of 11min 32sec, Andy Fessey 11:38, Dave Coulson 12,10, Paul Eccles 11:21, overall time 46min 41sec. They were 4th out of 12 teams.

They ladies running in the Veteran Over 40 race and were 7th overall In a time of 46mins 33sec. Jane Barlow 14min 38sec, Marion Underdown 17:12, Julie Chicken 14:43.

