

# Black n' Reds



Hailsham Harrier's Monthly Update    May 2011



Marathon journey for Karen Breese

After nine weeks and 156 miles, Eastbourne runner Karen Breese has finally had a chance to unlace her trainers, and despite the gruelling schedule, she admits she loved every minute.

Karen, who owns Checkers Barbers in Seaside Road, set herself a mammoth charity challenge less than three months ago, to run six half-marathons and three marathons in just nine weeks to raise money for WRAS.

Karen's pinnacle came last Sunday when she completed the London Marathon. "It was fantastic," she said, "it was the most incredible race I have ever done, I totally loved it. I have enjoyed the whole nine weeks.

"The crowds are amazing it was like running through Mardi Gras, for 26 miles!"

Karen, who is a member of Hailsham Harriers, kicked off her challenge with the Brighton half marathon in February.

A week later at the Tunbridge Wells half marathon it was very inspirational for Karen to meet double Olympic gold medallist Dame Kelly Holmes and Elite British distance runner Liz Yelling.

Just seven days later she was back in Eastbourne for another 13.1 miles and then it was over to Lydd half-marathon followed by the hilly seafront half at Hastings.

The final half was at Paddock Wood where she was featured on BBC South East today.

By then she had already clocked up 78 racing miles in six weeks, enough to make most people trade their trainers for an extended spell on the sofa, but Karen still had 78 more to complete.

And for her, there's no real secret to getting round those courses. She said, "a lot of training and determination. I enjoy the challenge of long distance running and it was pleasure to run these races for WRAS who do an amazing job for our wildlife in need."

In March she ran the Sussex Marathon, an undulating course in the countryside near Battle then it was back across to the other side of the county.

She clocked a time of 4:35 in the Brighton Marathon and all that was left then was London. After five years of trying to secure a place, Karen admitted it was fulfilling a dream and thanked Hailsham Harriers for her London place.

"A lot of thank yous from me, to all the team at WRAS, to my staff at Checkers, because I couldn't have done it without them."

Karen was back in action on May 1 at the Three Fort Marathon, Worthing a challenging hilly 27.2 mile course across the Sussex countryside, she finished in 5:57:07.

Karen added, "We never really know what we can achieve until we really push ourselves. I have loved every minute and look forward to the next one in Worthing."

**To donate to the WRAS visit: [www.justgiving.com/kazwras](http://www.justgiving.com/kazwras)**

## The Heat of London's Marathon

Following the hot temperatures at the previous weeks Brighton Marathon runners also had to suffer hot and humid conditions for this years London Marathon. Eight Hailsham Harriers had been accepted for the event and all finished although their expected times were down because of the conditions having trained through our cold winter this however did not concern the leading Kenyans Emanuel Mutai in the men's and Mary Keitany the winner of the ladies who finished in 2h04m40s and 2h19m19s respectively. Matthew Dowle was leading Harrier and had a recent excellent run at the Worthing 20 in preparation for the marathon but the heat meant pace adjustments in the second half but he still competed the course in 3h15m. Next home was Annette Feakes who despite feeling unwell with a throat infection came home in a good 3h50m. Only 7mins behind was Matthew Daly and just missing out of the 4hrs Hanif Rajwani. Karen Breese's amazing charity challenge on behalf of the East Sussex WRAS of 6 1/2 marathons followed by 3 full marathons each weekend continued and she certainly deserves a well earned rest now and another Harrier taking on his first marathon was Martin Ballan who was raising support for the Help for Heroes Charity.

Positions and times were as follows; 2315 Matt Dowle 3h15m35s, 7203 Annette Feakes 3h50m58s, 8546 Matt Daly 3h57m02s, 10733 Hanif Rajwani 4h06m50s, 13674 Allen Grant 4h19m43s, 15268 Peter Drake 4h25m55s, 21276 Martin Ballan 4h50m24s, 21648 Karen Breese 4h51m52s *Norman*

## Steve Delea's surge on the Milland Hill gains victory

Hailsham Harriers held its annual club road race on the Milland course which took in 3 circuits of the Harmers Hay estate and included the hill at the east end just before the finish. This provided a 2.6 mile distance and a competitive field saw the early leaders Steve Delea and Matthew Dowle (the latter still recovering from the London Marathon) head out and these two had a neck to neck battle until the last 150 metres on that hill when Steve managed to power away and win by 6 seconds. Jamie Tyler had a good run chasing the leading pair for third place and held off a challenge from Steve Gillett with all other men finishing in under 16mins. In the ladies race it was Olivia Webb who triumphed by 20s from a fast starting Jane Barlow with Julie Chicken third. [Positions and times were as follows](#) Men 1st Steve Delea 12m27s, 2nd Matt Dowle 12m33s, 3rd Jamie Tyler 13m23s, 4th Steve Gillett 13m39s, 5th Mark Fox 13m49s, 6th Bill Fraser 14m35s, 7th Howard Wright 15m23s, 8th Alan Nicholson (guest) 15m55s. Ladies 1st Olivia Webb 16m05s, 2nd Jane Barlow 16m25s, 3rd Julie Chicken 16m58s. *Norman*

## Silver for Sorrell at Royal 5k run in Bexhill

As part of the Royal Wedding celebrations 140 runners took part in a race on the Bexhill promenade organised by TL sport events and four Harriers took part with Stuart Sorrell leading them home in a superb second place in 16m45s to the winner Hastings ACs Joshua Varney only 26sec in arrears. Bill Fraser also had a great run to finish in 17th overall in 20m37s. Others were Jane Barlow 40th and 8th lady in 23m33s and Helen Tickner 67th in 27m01s. Earlier Harriers had entered a Ladies team in the competitive annual Sussex Road Relay Championships held at Christ's Hospital School near Horsham. The team of Juliette Sukoco, Suzy Standen Payne and Jane Barlow performed very well to run times of 13m36s, 15m07s and 15m10s respectively giving a combined total time of 43m53s which saw them awarded 12th place.

The third event was the annual Lewes 10k hosted by the Lewes AC and a massive field of 535 runners completed the course, which was a mixture of road and tracks. Three Harriers took part and first home was busy Bill Fraser with a good run to finish in 118th in 46m 49s followed by Juliette Sukoco 144th and 19th Lady in 47m 21s and Olivia Webb 177th and 25th Lady in 48m49s.

The final event was the tough off road 3 Forts Marathon Challenge which includes Devils Dyke, Chanctonbury and Cissbury Rings on the South Downs and fortunately the weather conditions were good with a cool wind. Up for the challenge was Mark Fox who had recently competed in the Sussex Marathon and he had another good run on this undulating course with 39th place in 4h09m50s. *Norman*

## Sam Alvarez reigns supreme at Horsham

Eight Harriers also competed in the Horsham 10k Sussex Grand Prix road race. The course was over 2 laps of undulating country lanes and an off road section and 359 runners finished this combined organised Horsham Lions and Joggers event. The star was Sam Alvarez who headed all Harriers home and won the Ladies race with 26th place overall in a great time for this course of 39m52s. Good runs from Louise Taylor and Graham Hollands who finished in 45m and Olivia Webbs first GP event saw her finish in 47m, 3 places behind club mate Lesley Delea.

Positions and Times were as follows; 26th Sam Alvarez (First Lady) 39m52s, 86th Louise Taylor 45m10s, 95th Graham Hollands 45m38s, 124th Lesley Delea 47m05s, 127th Olivia Webb 47m21s, 197th John Taylor 51m14s, 262nd Rob Chrystie 55m15s, 317th Fran Doe 61m05s. *Norman*

## Gary Judges to perfection

The first of the Hailsham Harriers club evening championship events the 5000metres was held at the Hailsham Community College track and 23 runners competed the twelve and a half laps with good weather conditions for racing. From the gun Gary Judges made his mark and lead the pack out with Matt Dowle, Steve Delea and Paul Eccles in pursuit. Emma Richards also mixed it with a chasing group containing Andy Ruffell and Steve Gillett. A great run from Gary who had a 35sec victory over Matt with Steve only a further 9secs down in third. Emma won the ladies race to score maximum points but in second and 11th overall came Olivia Webb with an excellent run in her first track season and a good battle between Jane Barlow and Julie Chicken saw Jane take third spot by only 2 secs. Positions and times were as follows; 1st Gary Judges 17m14s, 2nd Matt Dowle 17m49s, 3rd Steve Delea 17m58s, 4th Paul Eccles 18m15s, 5th Emma Richards (1st Lady) 18m58s, 6th Andy Ruffell 19m08s, 7th Steve Gillett 19m17s, 8th Jamie Tyler 19m25s, 9th Dale Martin 19m50s, 10th Bill Fraser 21m55s, 11th Olivia Webb (2nd Lady) 22m14s, 12th Alan Nicholson 22m22s, 13th Graham Pelling 22m29s, 14th Paul Bishop 23m10s, 15th Mathew Breeds 23m26s, 16th Ray Barrett 23m52s, 17th Jane Barlow (3rd Lady) 24m12s, 18th Julie Chicken (4th Lady) 24m14s, 19th Laura Jordan (5th Lady) 25m37s, 20th Sandra Fowlie (6th Lady) 26m31s, 21st Helen Tickner (7th Lady) 27m28s, 22nd Maria Stewart (8th Lady) 27m42s, 23rd Amanda Bowden Guest 27m46s.

*Norman*



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

# Club Grand Prix & Track Championships 2011

**Races are now on Tuesday Nights**



**3000 Metres 17th May**

**Mile/ 1500 31st May**

**800 Metres 14th June**

**400 Metres 28th June**

**200 Metres 12th July**

**100 Metres 26th July**

**The best 6 scores from 7 races count for GP points**

**Venue Battle Road School**

**Registration between 7.00-7.15pm**

**Entry Only £1.00  
On the evening**

**Please support these Club events its all good training**

**Try and beat last years time & set a PB.**

**Enjoy racing against your club mates**

# Sussex Masters Track & Field League 2011

MATCH 2 EASTBOURNE WEDNESDAY 1 June 2011

Track					Field			
18.30	2000m walk	M&W	35	50				
					18.30	Hammer	M	35
					50			
					18.30	Shot	W	35
					60			50
19.00	100m	M	35	50	60			
19.20	100m	W	35	50	60			
						19.20	High Jump	M
						50		35
						19.20	Triple Jump	W
						50		35
						19.20	Hammer	W
						50		35
						19.45	Javelin M	35
					60			50
19.40	400m	M	35	50				
19.50	400m	W	35	50				
						20.00	High Jump	W
						50		35
						20.00	Triple Jump	M
						50		35
20.10	1500m	M	35	50				
20.25	1500m	W	35	50				
20.35	4x100m		M					
20.45	4x100m		W					

## MATCH 3 LEWES WEDNESDAY 29 June 2011

### Track

18.40 2000m walk M&W 35 50

19.05 800m M 35 50

19.15 800m W 35 50

19.25 200m M 35 50 60

19.35 200m W 35 50 60

19.45 3000m M 35 50  
50

20.00 5000m W 35 50

20.30 4x200m M

20.45 4x200m W

### Field

18.30 Discus M 35 50  
60

18.30 Shot W 35 50

19.00 Triple Jump M 35 50

19.00 Pole Vault M&W 35 50

50 19.20 Discus W 35  
60

19.35 Javelin M 35 50

19.50 Long Jump W 35

**Interested contact Andy Ruffell, Felicity or Julie Chicken**

## MATCH 4 LEWES MONDAY 25 July 2011

### Track

### Field

						18.30	Hammer	W	35	50	
						60					
18.50	100m		M	35	50						
						19.00	Triple Jump	W	35		
						50					
						19.00	High Jump	M	35		
						50					
19.10	100m		W	35	50						
19.25	1500m		M	35	50	60					
						19.25	Javelin	W	35		
						50					
						19.25	Hammer	M	35	50	
						60					
19.40	1500m		W	35	50	60	19.40	Long Jump	M		
35	50										
19.50	400m		M	35	50						
20.00	400m		W	35	50						
						20.00	Shot	M	35		
						50					
						20.00	High Jump	W	35		
						50					
20.10	5000m		M	35	50						
20.40	Medley Relay	M	(200/200/400/800)								
20.50	Medley Relay	W	(200/200/400/800)								

**Interested contact Andy Ruffell, Felicity or Julie Chicken**

The logo for the 'Race for Life 2011' event. It features two overlapping hearts on the left: a larger pink one in the background and a smaller blue one in the foreground. To the right of the hearts, the words 'Race for Life' are written in a pink, cursive font. Further to the right, the year '2011' is written in a bold, pink, sans-serif font.

*Race for Life* 2011

Hello everyone.

I have been asked to organize the marshals for the race for life this year in Paul Eccles absence. I firmly believe this is the most meaningful event we get involved in annually and hope we can do the club and runners in general proud by turning up and helping.

I ask for marshals for Sunday June 5th. Marshals are required from 9.15 in the morning and from 13.00 in the afternoon. If you could do either or both I would like you to commit and let me know as soon as possible.

I can be contacted by replying to this e-mail ([colinburgess@tiscali.co.uk](mailto:colinburgess@tiscali.co.uk) or on 01323769232.

I urge you to help and please please let me know A.S.A.P.

Cheers - Chairman, Colin

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