

# Black n' Reds

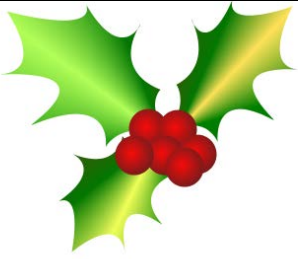


Hailsham Harrier's Update    Nov & Dec 2011



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**Judges walks on water**



## Judges needs Hailsham Harriers home at Plumpton Cross Country

The second league meeting of the Brooks Sussex County Cross Country was held at Plumpton College and this year the ground although muddy provided firmer ground but there was a bite to the wind particularly later in the afternoon. Competition in this league is tough and Harriers men's are fighting to maintain their position in Division 1 with Gary Judges leading by example with a great fifteenth place (34m27s) which also saw him 3rd vet overall in the race which was won by Ben Tickner from Brighton Phoenix AC in 30m06s. Support for Gary was provided by consistent Matt Dowle 52nd (37m15s) with Steve Avery 86th (40m46s) Andy Ruffell 90th (40m59s) Colin Burgess 129th (45m16s) and Roberto Proietti 139th (48m35s) all scoring points to maintain the club in the top flight.

Meanwhile in the ladies race at the same event but over a shorter course Harriers came home in a great 2nd place in their Division 2 tussle with Chichester

and Phoenix and after the 2 rounds they are currently in 3rd place with two further rounds still to come during 2012. The race was won by Brighton's Arena 80 Julie Briggs in 20m31s

Harriers ladies was lead by a superb 6th place from Sam Alvarez quickly returning to her best with 22m11s and 4th vet and support was provided by Louise Taylor 29th (24m47s) Julie Chicken 42nd (25m50s) Jade Harding 43rd (25m54s) Jane Barlow 67th (28m38s) and Maria Stewart 68th (29m02s) giving the team 77points.

The next two rounds of this competition will be held during early 2012 at Bexhill and Lancing but before this the Sussex Cross Country Championship meeting will be held at Stanmer Park Brighton.



## Ben Warren heads Harriers home in the Brighton sunshine

This years Brighton 10k Road Race attracted a massive entry of 2700 runners and the organisers were also hosting the Sussex 10k Championships within the event and also the concluding round of the season's five race Sussex AA Challenge series. Hailsham Harriers had fourteen of their runners competing and early morning fog lifted to provide ideal conditions with some sunshine. The course along the seafront from Madeira Drive to the Peace Statute at the Hove end of the city and the return provided competitors with an ideal opportunity for personal best times on the flat course however the existing men's and ladies course records were not broken this year.

The overall winner was Ben Whitby from the Windsor and Slough club in 33m08s with the ladies race won by Polish International Agnieszka Ciolek in 33m30s.

The Harriers squad had some excellent performances with Ben Warren leading home in 24th place from Gary Judges 44th and 5th vet, Stuart Sorrell 58th, Barry Andrews 74th and Adi Elliott 82nd. In the ladies combined race Emma Richards had another great run to finish eighth lady with 125th overall and provisional championship results show that Emma could be awarded the Sussex title as a Crawley runner in front had a Surrey county residential qualification. Sam Alvarez also had a good return to form with 3rd lady vet and 151st overall and Fiona Bugler 7th lady vet. Positions and times were as follows:

24th Ben Warren 33m08s, 44th Gary Judges 34m31s, 58th Stuart Sorrell 35m16s, 74th Barry Andrews 36m07s, 82nd Adi Elliott 36m29s, 125th and 8th lady Emma Richards 38m00s, 151st and 3rd vet Sam Alvarez 39m01s, 194th Mike Ovens 40m02s, 198th Ciaran Bregazzi 40m06s, 209th and 7th vet Fiona Bugler 40m25s, 239th David Mercer 40m56s, 341st Bill Fraser 42m47s, 394th Howard Wright 43m30s, 1274th Donna Hinton 53m53s.

In the Sussex AA 10k Challenge series the final results saw Sam Alvarez the overall ladies winner and Gary Judges placed 3rd in the mens. The team awards saw a great win for Harriers men's with 123points beating Horsham Joggers and the Ladies finished second with 104points to Brighton's Arena 80 club.

## Harrier's downland success at Warren Hill

The second round of the East Sussex Cross Country League was held at Warren Hill and hosted by Seaford Striders with two short readings of remembrance and a 2 minute silence held before the proceedings. The 5 mile downland course started and finished at the car park above Eastbourne and took in a westward downhill track towards Cornish Farm with a return east



on a long climb back to the side of the Beachy Head road and the last half mile leaving the climb to provide the 156 competitors with a faster run to the finish. Harriers held an initial lead after the first round at Whitbread Hollow and for above race the club fielded 29 competitors with some superb performances by individuals including Stuart Sorrell 4th, Lee Ashworth 7th, Adi Elliott 9th and Barry Andrews 11th and Matt Dowle 12th. The race was won by Ross Skelton from Hastings AC with a fine run in 26m18s. In the Ladies event held within the same race Emma Richards won with 16th overall and Sam Alvarez 2nd with 20th overall. In all the Harriers really packed the middle order in their quest for points but at the time of going to press the team scores and league tables were not yet published however Harriers are hoping to have maintained their standing at the top of the league. Positions and times were as follows: 4th Stuart Sorrell 27m58s, 7th Lee Ashworth 28m44s, 9th Adi Elliott 29m42s, 11th Barry Andrews 29m49s, 12th Matt Dowle 29m55s, 15th Marc Townsend 31m26s, 16th and 1st Lady Emma Richards 31m28s, 20th and 2nd Lady and 1st vet Sam Alvarez 32m06s, 27th Mike Ovens 32m59s, 30th Dale Martin 33m06s, 32nd Andrew Rothwell 33m11s, 34th and 4th Lady Jo Curran 33m14s, 36th Steve Gillett 33m30s, 46th Richard Lawson 34m15s, 48th Olivia Webb 34m19s, 52nd Andy Payne 34m38s, 53rd Martin Bell 34m41s, 70th Louise Taylor 36m19s, 71st Annette Feakes 36m23s, 95th Julie Chicken 38m35s, 107th John Taylor 40m47s, 109th Norman Harris 41m05s, 113th Stephen Webb 41m27s, 121st Felicity Webster 42m08s, 122nd Sean Webster 42m08s, 124th Jane Barlow 42m34s, 129th Geoff Depper 43m30s, 130th Louise Ogle 43m40s, 131st Maria Stewart 43m40s.

## Sam takes Gold & Judges takes Silver at Crowborough

The Crowborough 10k Road Race celebrated its belated 25th Anniversary and over 300 competitors participated on this challenging 2 lap course. This takes in a visit through the stream which runs over a country lane (or an alternative foot bridge for those who did not wish to get their feet wet) followed by a steep climb for each of the laps. Last years snowfalls during December prevented the race from going ahead even with an alternative date proposed so the organisers Crowborough Runners with the Lions brought their race date forward and were pleased about this year's conditions and runners were out to gain additional points towards the Sussex Grand Prix series. Fourteen Hailsham Harriers provided a strong



input to the race and Gary Judges after his amazing Great South Run the week before followed up with a great second place overall (and first vet) to Brighton Arena 80s Timmy Gedin who won in 35m05s. Gary who was only 55secs down on the winner had excellent support from Adrian (Adi) Elliott in 5th and Matt Dowle 10th and the Harriers men's team finished second with 62points from the winners Seaford Striders. Sam Alvarez continued her impressive return from injury with a win in the ladies race and 17th overall beating Arena's Caroline Wood by 12secs. Harriers positions and times were as follows: 2nd Gary Judges 36m00s, 5th Adi Elliott 37m23s, 10th Matt Dowle 38m51s, 17th Sam Alvarez (First Lady) 41m16s, 45th Alan Thornton 44m00s, 54th Bill Fraser 44m44s, 65th Louise Taylor 45m30s, 85th Kevin (Dave) Tyler 47m09s, 98th Don Currie 47m59s, 168th Roberto Proietti 52m35s, 172nd Lucy Wright 52m38s, 222nd Peter Drake 55m48s, 313th Barbara Cordner 1h13m33s, 314th Janet Perez 1h13m33s.

## Harriers win Ladies Team gold at Sussex 1/2 Marathon Championship

This year's championship was incorporated in the popular Barns Green 1/2 Marathon near Horsham where over 1400 runners competed on a figure of eight loop through surrounding villages. The course although undulating is traffic free as the village is effectively cut off for the duration of the event and although the previous two years the organisers and competitors were met with wet weather this year it provided only sporadic light drizzle which assisted runners to keep cool in the mild temperatures.

Hailsham Harriers had twelve competing and the unluckiest of them was undoubtedly Andy Ruffell who stormed through at 6 miles and looked to be on for a finish in around 1hr 27m but had to pull out with a leg injury. This left Dave Mercer to hold the honours and he came home in 144th place but the success of the day was the ladies who were lead by Louise Taylor 4th, Annette Feakes 12th and Sue Cooper 17th Sussex places to claim the team gold in the Sussex AA Championship incorporated in this event and a magnificent achievement to fend off a strong Horsham Joggers and Brighton & Hove City AC teams. Other Harriers also had some good results which also saw them scoring valuable points for the seasons Sussex Road Race Grand Prix series. Positions and race times were as follows; 144th Dave Mercer 1hr32m19s, 190th Louise Taylor (and second Vet Lady) 1hr35m17s, 192nd Paul Standen-Payne 1hr35m22s, 325th Annette Feakes 1hr41m50s, 401st Sue Cooper 1hr44m08s, 510th John Taylor 1hr47m47s, 606th Roberto Proietti 1hr51m31s, 990th Sandra Fowlie 2hr03m58s, 1106th Richard Tickner 2hr08m21s, 1216th Maria Stewart 2hr15m33s, 1307th Fran Doe 2hr23m40s.

Meanwhile a contingent had travelled to Portsmouth to participate in the BUPA Great South Run a 10mile race in Portsmouth which was also televised by Meridian. This event provided an opportunity for thousands of runners to take part in a classic distance which is now very rare in the racing calendar. The race was won by Kenyon Leonard Koman in 46m18s and the ladies winner Asselefech Mergia from Ethiopia. Eight Harriers took part and first home with a brilliant

run despite a head win along the coast at Southsea was Gary Judges in 65th place. Places and chip times were as follows: 65th Gary Judges 57m40s, 3683rd Nick Clennett 1hr24m56s, 4177th Mark Hinton 1hr26m18s, 5114th Peter Drake 1hr28m42s, 5732nd Donna Hinton 1h30m20s, 6337th Karen Breeze 1hr31m 57s, 8398th Martin Ballan 1hr37m39s, 10245th Sandy Hamblyn 1hr42m46s.

## CROSS COUNTRY FIXTURES 2011 – 2012

### East Sussex Sunday Cross Country League

The East Sussex Sunday Cross Country League consists of nine teams compiled from 12 clubs (three teams are made up from two clubs). Each season five or six cross country events are organised each of approximately five miles. The season runs from October to March, Events are approximately once a month usually with three before Christmas and three after. Courses vary from open downland to very muddy woodland courses (proper cross country). All abilities are welcome.

Events for 2011/12 season

<b>18 Dec 2011</b>	<b>Firle Beacon</b>	<b>NEW DATE &amp; New course</b>
<b>8 Jan 2012</b>	<b>Pett Village Hall, Pett.</b>	<b>1 lap course: fields and woods. Suitable for spikes.</b>
<b>26 Jan 2012</b>	<b>Ashdown Forest</b>	<b>New 2 lap course this year start at King Standing, hilly, can be muddy. Suitable for spikes.</b>
<b>12 Feb 2012</b>	<b>Snape Wood, Wadhurst</b>	<b>New course this season</b>

**Remember: if you have registered for all races in advance, you need to re-use the same number at each race. Please remember to bring it with you. Those registering on the day will be given a new number for each race.**

***The Harriers are leading the team category but we badly need a lady 55+ years, can you think of anybody?***

The main race is at 11am. All events include a junior race (Age 8 to 16 on day of race) at 10.30 am which is about 1.5 to 2 miles

If you have not pre-entered all races before the start of the season (£12.50 for all 6 races) you can enter on the day for £3.00 (plus additional charge of £2 for insurance if you are not a member of an England Athletics affiliated club). There is no charge for juniors if they are members of an affiliated club: charge of £2 for insurance if you are not a member of an England Athletics affiliated club. If you are entering on the day it is recommended you arrive at least 30 minutes before the start of the race.

## Bexhill Poppy 1/2 marathon

A contingent of Harriers took part in the Bexhill Poppy 1/2 marathon and in warm conditions on the fast 4 lap seafront course required plenty of water to be taken on board. The race was won by Chichesters James Baker in 1hr 13m01s and the six Harriers all did very well with Alan Thornton leading them home in 46th in 1h33m53s with Mark Fox 57th in 1h35m39s. Other results were Sarah Huntley 237th 1h54m33s, Lucy Wright 275th 1h59m14s, 401st Richard Tickner 2h08m49s, and Helen Tickner 504th 2h24m59s.

## Phoenix Peston Park Races

The Brighton Phoenix Peston Park Races provided a special One Mile race sponsored by the Friday Ad and Fiona Bugler had a great run to finish as third lady, first vet and 21st overall in 5m58s with Bill Fraser 24th with 6m14s thus setting a M55 club record.

## Forthcoming Cross Country Events

Sat 10<sup>th</sup> December SEAA Inter Counties + Masters Championships  
Lloyd Park, Croydon

Sat 7<sup>th</sup> January Main Sussex XC Championships (u13, 15, 17, 20, Sen)  
Stanmer Park, Brighton

(Sun 8<sup>th</sup> January \* Reserve date for Championships if Brighton & Hove are drawn at home in FA Cup)

Sat 14<sup>th</sup> January Brooks Sussex XC League (3) Bexhill

Sat 21<sup>st</sup> January Sussex Masters XC Champs (M40, 50, 60, W35, 45, 55)  
Lancing Manor (pm)

Sat 28<sup>th</sup> January South of England XC Championships  
Stanmer Park, Brighton

Sat 18<sup>th</sup> February Brooks Sussex League (4)  
Lancing Manor

Sat 25<sup>th</sup> February English National XC Championships  
Parliament Hill, London



# *Turkey Trot*

*13th December*

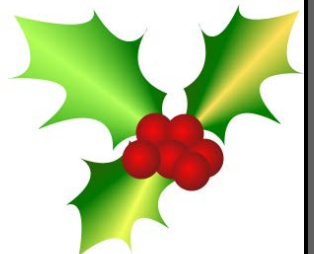
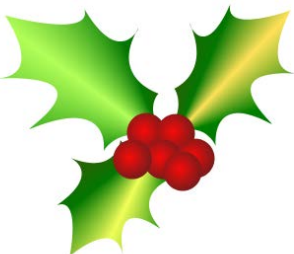
## **THREE MILE CLUB RACE**

*Fun for all 6.45 for 7.00 p.m.*

*only £1*

**FROM SUMMERHEATH HALL  
GREAT PRIZES ON OFFER IN THIS  
QUALITY HANDICAPPED EVENT  
RAFFLE AND FOOD AFTERWARDS AS  
WELL**

**PLEASE BRING SOMETHING ALONG  
FOR THE BUFFET**



# BOXING DAY JOG

Club fun event

Roughly three mile run

Estimate your own time (no watches allowed!)

10.00 for 10.30a.m. start

from Summerheath Hall, to burn off some of  
that Turkey from the day before



## 1066 COUNTRY WALK BOOK PUBLISHED SOON

For the first time the historic 32 mile Walk from Pevensey to Rye via Battle is broken down into 6 separate stages; in addition there are a further 6 circular walks making a total of 12 in all! Naturally all the routes are perfectly runnable as the book is written by Hastings Runners Nick Brown.



The book is packed with superb photos, great sketch maps and fascinating snippets of local history; and will be recommended by the 1066 Tourist Board. Check out the enclosed photos of the Brede Valley at Winchelsea; Pevensey Levels and Snaylham. So if you are still looking for that “special” Xmas present, or simply want to treat yourself, then look no further! You can order a signed copy direct from me at the bargain price of £10.99 plus £1.00 postage. Free local delivery within Hastings & Battle area. Please contact Nick on 07918 907265 or email <mailto:frostymooserules@gmail.com>

# Hastings Alliance

*Saving the Combe Valley*



**One of the most tranquil areas in the South East, Combe Haven Valley, is threatened by the proposed Bexhill-Hastings Link Road (BHLR).**

The Hastings Alliance, a group representing the views of several national and local organisations as well as concerned individuals, is opposed to the construction of the Bexhill-Hastings Link Road.

Promoted by East Sussex County Council, this road would run from the A259 in Bexhill to the B2092 Queensway in Hastings and ruin this exceptionally beautiful valley and countryside on the edge of Hastings and Bexhill.

The chosen route passes within metres of the Combe Haven Site of Special Scientific Interest (SSSI), designated as one of the nation's most important wildlife sites, and severely damage the important biodiversity of this region. The noise and visual intrusion of this road would have a devastating effect on the whole of the Combe Haven Valley, which, according to East Sussex East Sussex, outside of Areas of Outstanding Natural Beauty. It is set within a high-quality landscape of historic and wildlife interest and contains peaceful and remote countryside.

**<http://hastingsalliance.com>**