



Hailsham Harriers

November 2007

Marathon Scrapbook

Norman and Sue



Annette

Simeon



Sandy and Ian

Beachy Head Marathon

Perfect conditions for this years marathon greeted the Hailsham athletes

Chris Howarth finished an excellent 9th in 3 hours 19 mins. Paul Harris was 31st in 3h 34m. Next came Simeon Swift (4h17m), Allen Grant (4h31m), Kelvin Gray (4h 32m), Norman Harris (4h 56m) and Ian Weston (5h 32m)

For the women Annette Feakes ran an excellent 4h 34m. Then came Sue Cooper in 4h 56m. Making an impressive marathon debut was Sandy Fessey in 5h 32m.

Beachy Head Marathon with Sue Cooper and Norman Harris.

We arrived at the start line full of enthusiasm and feeling very positive with the aim of finishing in under 5hrs (the last time I ran this race I completed in 5hrs 23mins although Norm's best has been much faster).

The run started well (weather & ground conditions were ideal) & we set off at a steady pace but as we both knew, this race is anything but easy and hard times were to come. It started to get tough especially up from Alfriston and also out of Littlington when it was quite hot. We reached the halfway sign in 2hrs 25mins although Norm felt that it was over half way (some joker!). The steps at East Dean are still hard and the Sisters, well what can I say about them, the Seven Bitches was mentioned and seems more appropriate but we had to deal with them and walked/run as best we could.

We arrived at Birling Gap in 4hrs 13mins and Norm felt that under 5hrs was going to be a tall order with further climbs to come but the sign showed 22miles and I saw this as a sign that we needed to keep running where we could. After that Norm was keeping a secret eye on his watch and at the top of Beachy Head we were apparently over 4hr 45min but Norm felt that if we could pick up the pace the under 5hrs was still on and so he drove us both to the limits (he got assertive at this stage telling me he was going to nag now and that I was to run even though I would hurt like I'd never hurt before I was to carry on running and he pushed all the way to the finish) which was luckily downhill. We ran our socks off overtaking loads of weary & hurting runners and finished in 4hrs 56mins. Brilliant.

SUPER WEEKEND FOR SAM!

It was always going to be a tough weekend for the Harriers with four big meetings in one week end runners did not know which event to support. The first meeting of the Brooks Sussex Cross Country League at Goodwood on Saturday 27th October clashed with the Great South run, the Sussex Half Marathon Championships at Barns Green and the Beachy Head Marathon. However the clash of fixtures didn't worry Samantha Alvarez who turned up to both the cross country meeting and Barns Green Half Marathon and came in a fine second in both races! Her hard training schedule seems to be paying dividends as she took on tough competition and was unlucky not to have won one either if not both races.

At Goodwood Sam led the ladies team with Julie Chicken and Louise Ogle into a fifth position in Division 1. The men's team had Ben Warren and Tom Sargent, two former Sussex League gold medal winners running in their ranks. Ben was challenging for top honours and came a creditable fourth position while Tom Sargent coming back from a long lay off ran well and came 34th. The U-15 boy's race saw two Hailsham runners doing well Aaron Capon came fifth in a time of 15.15 while Jago Leckie came 10th in a time of 15.42 in what was a tight race.

Harriers results at Sussex Cross Country League (Goodwood) 27th October were:-

Men's 8km race

4. Ben Warren 25.40,34. Tom Sargent 29.17,44. Paul Eccles 30.05,60. Steve Avery 31.16,101 Colin Burgess 35.56

(Men now sixth out of 8 teams in Division one)

Women's 5km race

2. Samantha Alvarez 18.49,30. Julie Chicken 23.32,34 Louise Ogle 23.53

(Women at present fifth out of 8 teams in Division one)

Boys U-15 4.5km race

5. Aaron Capon 15.15,10. Jago Leckie 15.42

(Team sixth out of 24 teams in U-15 league)

Harriers results at Barns Green Sussex Half Marathon Championships 28th October were:-

Men

31. Paul Payne 1.27.00,37. Dave Coulson 1.28.08,121. Graham Hollands 1.46.55

Women

2. Samantha Alvarez 1.25.45,6. Fiona Bugler 1.33.16,80. Marion Underdown 2.12.44

National Championships



Todd shows his class at National 10k

Todd Leckie had a blistering run in last week's Chichester 10k with a time of 31mins 53sec. The race doubled as this year's national championships and Todd was up against some of the best runners in the country.

Beckley 10k

Both Dave Lesley and Sam Shanta took part in the above event. The results were Dave 41.22, Sam 44.16 and Lesley 56.12. Both Dave and Lesley did a PB for this season to date.

Lewes Downland 10

Meanwhile several Hailsham Harriers were competing at the Lewes Downland 10 Mile race. Conditions were ideal for the runners competing in this event over a tough mix of open and woodland tracks and fields. Early morning fog gave way to some sunshine and a light breeze. The ground was relatively dry and firm ideal for fast times and our lead runners took advantage of this. First home for Harriers was Paul Eccles in 17th place but hotly pursued by Andy Fessey 20th and Paul Harris in 21st place. In the ladies race Sam Alvarez stormed back to form with a win and 25th overall reversing placings with Ann Sinnett ((Haywards Heath Harriers) who had been successful during recent road race events.

Places and times were as follows:

17th Paul Eccles 1h 07m 31sec, 20th Andy Fessey 1h 07m 51sec, 21st Paul Harris 1h 07min 54sec, 25th (1st Lady) Sam Alvarez 1h 08min 25sec, 35th Dave Coulson 1h 10min 32sec, 58th Mike Ovens 1h 13min 31sec, 69th Simeon Swift 1h 16m 09sec, 90th Sam Shanta 1h 19m 25sec, 91st Allen Grant 1h 19m 34sec, 115th Neil Gausden 1h 23m 17sec, 137th Graham Hollands 1h 27m 47sec, 185th Sue Cooper 1h 37m 13sec, 186th Norman Harris 1h 37m 13sec.

Race for life

Dear Paul,

Hope you are well and had a lovely Summer - although it does seem so long ago now!!

Just wanted to again thank you and your team of people from your club for working so hard at the Race for Life in Eastbourne this year.

From our end, the event ran very well, especially having the two events on the same day. You may be interested to hear that we have already raised around £150,000 from the Eastbourne races which is fantastic. I hope you feel the event went well and was of benefit to your club working with us - we really couldn't have done it without you.... again!!!

I am now starting to close down all the races from this year ready to start organising next years. It is on this note that I am contacting you. I was wondering if you would be interested in working with us again next year on another Race for Life? and if so (fingers crossed!) if you would be available, provisionally on the same weekend next year for us (Sunday 8th June), again for a morning and afternoon race - hopefully this would not clash with any of your events.

Thank you again for all your previous support for this race - we really couldn't do it without you!

I look forward to hearing from you soon.

Best Wishes
Carly

A fantastic clocking of 3 hours 18 mins for Fiona Buglar at the Leicester marathon



**If you want anything
put onto the website,
newsletter or local
press**

**Contact Andy
on 01323 729656
andy.fessey@hailsham-
harriers.org.uk**

CLUB KIT

**Club kit can be
purchased from Andy
Ruffell on club nights**

