

# Hailsham Harriers

newsletter November 2008



**WELCOME TO YOUR NEWSLETTER**

**Dear Members**

It's time to don the tights, wooly hats and gloves, and get outdoors for some crisp, cold winter training... don't let the shorter nights put you off, you'll reap rewards in the Spring races, if you keep going now.

The cross country season has started well, and you can read reports from Goodwood, and Whitbread Hollow below. It was also the Autumn Marathon season, well done to those who took part in the Beachy Head race.

I'm interested to hear about all things running, or otherwise. Hope to catch up with some of you at the Brighton 10k and looking forward to reporting lots of November PBs...

See you next month

**Fiona Bugler**



**[fionabugler@hailsham-harriers.org.uk](mailto:fionabugler@hailsham-harriers.org.uk)**

## Race Round Up

### Barns Green, November 2nd 2008

The conditions were perfect for an Autumn Half Marathon and there were lots of happy Harriers amongst the 15 who turned up to run the 13.1 miles around Barns Green, near Horsham. This very well organised race is part of the Sussex Grand Prix and the numbers who turned out prove it's popularity, with 1283 competitors completing the course.

First Harrier (and second woman overall) was Sam Alvarez, running an amazing 1:23:20 (gun) and 1:23:18 (chip), a personal best and improvement of 2 mins 25 seconds on last year's time.

'I was absolutely over the moon,' says Sam. 'But,' she adds, 'running is a funny thing and part of me is disappointed that I didn't go under 1.23, which I might have done if I'd paced the race a little better. I did the first mile in 5.50 and was ahead of Julie Briggs for the first 6 miles! But then came the hills and that's when I started to struggle and had to start counting down from 60 - something I do to stay focused when things get tough. The last mile was hellish and if it wasn't for Keith Valentine from Horsham Joggers screaming at me to tuck in and keep going I might even have started walking!'

Well done also to Simeon Swift on running under 1:30, and Graham Hollands, Norman Harris, Roberto Proietti, Lesley Delea, and John Taylor, were all on excellent form.

Again, Lesley continues to shine, running 1.47 for her first half marathon is brilliant and just show what can be achieved with decent training, perseverance and a supportive husband!

Fiona Bugler was delighted with second V40 prize, having been paced to nine miles by her husband Mike (back after injury and having not run more than five miles for six months - the only reason she beat him!) and the Ladies team of three, Sam, Fiona and Rosalie Uphill (great to see her back racing), easily won the ladies prize, running a total 3 mins 30 faster than Steyning Ladies – our old rivals from the South Downs.

### Harriers results

1:23:20 ALVAREZ, Samantha Hailsham Harriers Senior Ladies  
1:29:51 SWIFT, Simeon Hailsham Harriers Senior Men 1:29:49  
1:30:59 BUGLER, Fiona Hailsham Harriers Vet Ladies (40-44)  
1:32:36 OVENS, Mike Hailsham Harriers Vet Men (45-49) 1:32:30  
1:33:23 UPHILL, Rosalie Hailsham Harriers Vet Ladies (40-44)  
1:36:51 FRASER, William Hailsham Harriers Vet Men (55-59) 1:36:49  
1:39:26 JUDGES, Gary Hailsham Harriers Vet Men (40-44) 1:39:14  
1:42:08 HOLLANDS, Graham John Hailsham Harriers Senior Men 1:41:35  
1:42:11 HARRIS, Norman Hailsham Harriers Vet Men (60+) 1:41:59  
1:42:16 PROIETTI, Roberto Hailsham Harriers Vet Men (55-59) 1:41:54  
1:45:55 DELVES, Frances, Hailsham Harriers Vet Ladies (55-59) 1:45:44  
1:49:27 DELEA, Lesley Hailsham Harriers Vet Ladies (40-44) 1:47:50  
1:50:32 TAYLOR, John Hailsham Harriers Vet Men (60+) 1:49:26  
1177 2:21:25 DOE, Frances Hailsham Harriers Vet Ladies (55-59) 2:19:42  
1248 2:33:37 HUMPHREY, Carol Hailsham Harriers Vet Ladies (45-49) 2:31:42

## **Beachy Head Marathon, October 25th 2008**

### **Harriers Results**

57 03:51 PAUL PAYNE HAILSHAM HARRIERS

191 04:20 ANNETTE FEAKES HAILSHAM HARRIERS

559 05:09 AMANDA BOWDEN HAILSHAM HARRIERS

560 05:09 RORY LAKER HAILSHAM HARRIERS

And well done to Hanif, who ran under the name of Michelle Partridge, in a satisfying 5:45.

It was another lovely day on the Downs for walkers and runners taking part in the Beachy Head Marathon. Five Harriers completed the course on a cold, windy, but clear day... The race is unique and there's a real sense of battling the elements when you run this one. Annette Feakes was especially pleased with her PB on this gruelling course.

## **Cross Country Round up**

### **Training...**

#### **Don't forget Steve Avery's Training on Saturday mornings**

*Sam Alvarez says: 'I would thoroughly recommend the session to anyone looking to improve their XC running. The session is very well thought out, with a good warm up, strides and then one hell of a beating on some hill reps! I've been training by myself a lot recently - in a very willy-nilly random fashion so it was nice to have some structure and some camaraderie. It reminded me why I love being a Harrier.'*

## **Goodwood, October 25th 2008, one of four,**

### **Brooks Cross Country League**



Brilliant running by our ladies team...

Once again Gill and Sam battled it out for first place with Gill claiming victory, and proving she's back on form for The Cross Country Season.

Well done to Jo Curran and Julie Chicken, also.

3	18.20	Gill	Wheeler	V35
5	18.32	Sam	Alvarez	V35
18	19.46	Jo	Curran	S
64	23.44	Julie	Chicken	V45

**The Future's Bright...** Under 13 runner Ben, ran 3k in 12:57, d 19th place; and under 17 Jago Leckie, who's keeping up the family tradition and ran a very good time of 19:16 for 5k.

**And last but not least well done to the geezers...** Excellent performances by Paul Eccles, who's proving life begins at 50, and Steve Avery showing the training on the Whitbread Hollow is paying dividends.

Men's results

36	29.49	Paul Eccles	V50
42	30.15	Steve Avery	V40
48	30.42	Rob Chrystie	S
57	31.41	David Coulson	V40
61	31.47	Andy Ruffell	S
74	32.37	Simon Swift	S
91	34.03	Stephen Delea	V40
106	36.17	Colin Burgess	V60

**East Sussex Sunday League**

**WHITBREAD HOLLOW, 19 OCT 2008**

A great start to the Sunday League on home turf at Whitbread Hollow. Paul Eccles was very pleased with a trail-blazing 31:40, followed by first woman Sam in 32:20, flying, and over three minutes ahead of second woman Stacey Clusker, from Hastings. Great to see Brian Winn back racing and judging by the smiling faces and satisfied comments at the end of the race, I can report that we were generally happy Harriers and pleased with our performances at this the first of four races in the Sunday League – Fiona.



*Brian's back*

POS	NAME	TIME	CLUB	CAT	PTS	T.CAT	T.PTS
10	PAUL ECCLES	31-40	HAIL	M40	192	M401	9
14	SAM ALVAREZ	32-20	HAIL	F35	200	F351	13
25	ROY MELLOR	34-46	HAIL	M40	178	M402	24
31	DON CURRIE	35-37	HAIL	M40	174	M403	29
36	FIONA BUGLER	36-15	HAIL	F35	198	SW1	33
39	STEPHEN DELEA	36-33	HAIL	M40	168	SM1	36

57	COLIN BURGESS	39-12	HAIL	M60	155	M501	49
74	BRIAN WINN	40-48	HAIL	M60	143	SM2	61
78	JOHN TAYLOR	41-05	HAIL	M65	140	SM3	64
86	JULIE CHICKEN	42-30	HAIL	F45	189	F451	67

### **Chichester 10k, October 12th 2008**

A Sussex Grand Prix and AAA Road Race Championship Event, Chichester is an event with some stunning times and elite performances. Winning man Russell DESSAIX-CHIN completed the course in 29:38, and Caroline Hoyte, from Arena 80 ran a super fast 33:27. Harriers results were:

PAYNE Paul Hailsham Harriers M 93 39:16  
 GILLETT Steve Hailsham Harriers M4055 41:08  
 COULSON David Hailsham Harriers M40 62 41:47  
 DRAKE Peter Hailsham Harriers M40 13846:52  
 ALVAREZ Samantha Hailsham Harriers W 19 38:24  
 DELVES Frances Hailsham Harriers W50 4 46:19  
 DRAKE Cheryl Hailsham Harriers W40 66 54:50  
 UNDERDOWN Marion Hailsham Harriers W50 31 59:28

### **Jog Shop 20, October 12th 2008**

Swift by name and getting swifter by nature... Well done to Simeon on his three hour run across the Downs at the Jog Shop 20.

3:00:26 SWIFT, Simeon Senior Men  
 3:26:37 TAYLOR , Philip Vet Men 40  
 3:30:46 HOLLANDS , Graham Senior Men

### **Lewes Downland 10 mile, Sunday 5 October 2008**

At the Great North Run the sun shone, and conditions were perfect... Not so on the South Downs on October 5th...Rain and wind made this tough race hardcore, but great fun... But did it stop the Harriers performing brilliantly? Definitely not.... And another Ladies First team prize was awarded to first placed Sam, second placed Gill and 9th placed Fiona.

Place	Time	Name	Cat	EntrantNo
14	1:08:21	PAYNE, Paul	Senior Men	1054
18	1:09:34	JUDGES, Gary	Vet Men 40	1008
19	1:09:34	ALVAREZ, Samantha	Vet Women 35	1299
22	1:10:38	WHEELER, Gill	Vet Women 35	1160

39	1:14:10	COULSON, Dave	Vet Men 40	1133
49	1:15:52	GILLETT, Steve	Vet Men 45	1063
71	1:19:18	SWIFT, Simon	Senior Men	1050
73	1:20:06	BUGLER, Fiona	Vet Women 40	2
131	1:29:20	HARRIS, Norman	Vet Men 60	1002

### **Bexhill 10k, September 28th**

Well done to the following Harriers who ran the Bexhill 10k. And a special congratulations to Bill who has claimed two age category prizes over the last month (see below).

- 1 (10) #198 Bill Fraser 40:59.00 MSV56/1
- 2 (13) #150 Roy Mellor 41:12.00 MV44/5
- 3 (55) #170 Graham Hollands 47:55.00 M20/27
- 4 (179) #11 Carol Humphrey 1:04:24.01 FSV49/6

### **Harriers on tour...**

#### **American Boy...**

#### **Autumn Breeze 10k**

*'I've just returned from winning the Shreveport, Louisiana, Autumn Breeze 10k V55 for the second year running. Over a beautiful but remarkably zig-zag course adjacent to the Red River, I was seventh overall in 40:08.9.' Bill Fraser*

#### **The Italian Job**

#### **October 12th, Roberto's Italian Marathon**



Well done to Roberto on completing the Italian Marathon, and bad luck for not qualifying for Boston... maybe next year!

### Forthcoming races

Nov 9th Phoenix Road Races - Brighton Entry Details Sussex Grand Prix  
Nov 9th Bexhill Poppy Half-Marathon Entry Details  
Nov 16th Brighton 10km Entry Details Sussex Grand Prix  
Nov 22nd Sussex XC League (2 of 4) Details Plumpton  
Nov 23rd Cuckmere House Challenge 10k Entry Details Poster  
Nov 23rd Santa Fun Run - Fontwell Entry Details  
Nov 23rd Foxtrot 5 - Shoreham Entry Details WSFRL  
Nov 30th Crowborough 10km Entry Details Sussex Grand Prix  
(last event of the Sussex GP year)

### NOTICES

BROOKS – SUSSEX MASTERS CROSS COUNTRY CHAMPIONSHIPS 2008/2009

**Sunday 7th December 2008 at Denne Park, HORSHAM (Hosted by Horsham Blue Star Harriers )**

<u>Timetable:</u>	12.15pm	Masters Women (over 35, over 45, over 55)	4 Miles (6,400m)
	1.00pm	Masters Men (over 50, over 60)	6 Miles (9,600m)
	2.00pm	Masters Men (over 40)	6 Miles (9,600m)

Team Awards: Medals will be awarded to first three teams in each category.  
Over 35 Women, Over 45 Women, Over 50 Men & Over 60 Men - 3 to score  
Over 40 Men - 4 to score

Individual Awards: Medals will be awarded to first 3 in each age group (including Over 55 Women)

Presentation of Awards for all races will take place as soon as the results are known

**Closing date for Entries: Wednesday 26th November 2008**

**Ages as at date of competition. *It should be noted that Athletes are not permitted to score in two different age groups i.e. as individuals for one age group and in the team competition for another age group.***

**Please note the closing date is 26/11/2008 any Vets interested in entering email Dave Coulson**

**davidecoulson@btinternet.com**