

Club Kit can be purchased from Tom O'Shea on a Tuesday club night  
Or contact him on 844431

### **New Coaches**

If anybody would like to train as athletics coach we are looking for Volunteers. Harriers will pay for the course all you have to do is assist our coaches on club nights. If you are interested contact Julie Chicken, Colin Burgess or Steve Avery.

If you want entry forms for races they can be found in the Red book available on club nights. Or you can down load them from [www.sussexraces.co.uk](http://www.sussexraces.co.uk)

### **Stepping down and Thank you**

**Julie Chicken is stepping down organising the Julie's Boxing Day Jog and also her involvement in the Hellingly 10k.**

**Jane Barlow is coming off the Executive Committee but stays in charge of the Hellingly 10k.**

**Mark Wells is Stepping down from the Club Championship after organising it for past 2 years.**



**Beachy Head Marathon** are looking for help with marshalling if anybody from Harriers would like to Help contact Nicola Williams on 01323 502907 or email [nicola@williams2001.ndo.co.uk](mailto:nicola@williams2001.ndo.co.uk)



## **NEWSLETTER October 2006**

**Webmaster Andy Fessey**

**If you want anything put onto the site Contact Andy  
on 01323 729656**

**Email**

**[andyfessey@hotmail.com](mailto:andyfessey@hotmail.com)**

Its that time of year to renew your Subs. Letters are on the way to you all to remind you that the Subs for the season 2006/07 are due on the 1st September 2006. Seniors are £15 and Juniors are £3 made payable to Hailsham Harriers and forwarded to Andy Ruffell (treasurer) at 24 Percival Road Eastbourne BN22 9JL

### **Hellingly 10k**

**A big thank you to the Jane Barlow Race Secretary and her team Julie Chicken, Norman Harris & Brian Winn. Also to Peter Horscroft for providing the results and entries. Thanks to all of you who gave up your time and places in the race to either marshal or provide refreshments to the runners**

### **Stepping Down**

Doug Chant is Stepping down as Honorary Secretary after doing the job for the past 6 years. He is also giving up organising the Grove Hill Mile, Annual Dinner Awards, Press secretary, Club Magazine.

He will continue to represent the club at the Sussex AAA and as the Sussex Team Road Manager. He hopes to return to the committee after a year's break

### **Herstmonceux Relay**

Ben Warren put on a successful Relay which was well attended the results are on the web site

Club Championships  
INVITATION MILE 2006.  
1st Lesley Underdown 8.32 mile

HARRIERS PARLAUF 2006.  
1st Ben Streeter & Julia Toby 5350m.  
2nd Brian Winn & Alan Streeter 5100m.  
3rd Steve Delea & Julie Chicken 5000m  
4th Dave Coulson & Lesley Underdown 4950m  
5th Phil Coomber & Norman Harris 4750m



## Sussex AAA Cross Country League Dates for Season 2006/07

**Race 1 Saturday 14<sup>th</sup> October Goodwood  
Racecourse**

**Race 2 Saturday 2<sup>nd</sup> December Bexhill**

**Race 3 Saturday 13<sup>th</sup> January Stanmer Park**

**Race 4 Saturday 3<sup>rd</sup> March Lancing**

We need 10 runners in these events as the A Team is in Division One and the B Team is in Division 2

We need 6 for the A Team and 4 for the B Team and 3 for the Veteran Team and 4 for the Ladies to score  
We have now been joined in Division 1  
by Eastbourne Rovers and Seaford Striders

**County Championship Saturday 6<sup>th</sup> January 2007  
Lancing**

**Masters Championship (Veterans) 10<sup>th</sup> December  
2006 Denne Park Horsham**

**See your Team Captain  
Gill Wheeler or Steve Avery  
Please race we need your support**

### Hadrian's Wall

Peter Daws and Roberto Proietti completed the 84 miles end to end in bad weather conditions. Paul Eccles had to pull out half way with a knee injury. Steve Avery was unable to run due to calf injury but drove and looked after the others. Paul Eccles is going to return to the wall in October to complete it.

### Events in Sussex Grand Prix in 2006

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

**Club vest must be worn to score in these events**

**You need to complete 8 races and 2 of them need to long ones to score.**

**To check you results and positions go [www.sussexgp.co.uk](http://www.sussexgp.co.uk)**

#### Arundel 10k 27th August

102nd Mick Haffenden 46:48, 281st Alfredo Noya Lamas 54:14.

#### Bexhill 5k Results 30th August

11th Andy Fessey 18.04, 18th Bill Fraser 18.26, 21st Rosalie Uphill 18.41,  
22nd Dave Coulson 18.50, 25th Mike Ovens 19.12, 45th Fiona Bugler 20.36,  
48th Jim Hennessey 20.51, 55th Steve Webb 21.14, 65th Karen Bowler 21.52,  
84th Maja Dawson 23.00, 114th Tim Bowler, 25.00, 117th Sandy Fessey 25.19,  
137th Janet Jeffries 27.25, 153rd Lesley Delea 30.16, 161st Gordon Taylor 31.25,  
168th Cathy Sexton 35.00, 169th Carol Humphrey 35.01.  
JUNIOR 2K 3rd Johann Fessey 9.04. JUNIOR 1K 15th Josie Fessey 4.45.

#### Sussex AAA 3000M Championships 3rd September Crawley

1st Ben Warren 8.51

#### Rocking Horse 8K 2nd September Hove

15th Karen Bowler 34.05, 28th Tim Bowler 40.19

#### John Faulds Hellingly 10k

10th Paul Payne 37:31, 16th Andy Fessey 38:49, 19th Bill Fraser 39:31,  
20th Gill Wheeler 39:34, 34th Mike Ovens 41:32, 53rd Fiona Bugler 43:41,  
72nd John Taylor 45:10, 77th Karen Bowler 45:23, 83rd Steve Delea 46:16,  
85th Roberto Proietti 46:32, 110th Neil Gausden 48:52, 124th Steve Webb 49:43,  
168th Tony Alsop 53:57, 178th Sandra Butters 55:03, 208th Hanif Rajwani 59:00,  
210th Alyson Smith 59:03, 212th Laura Morrow 59:33, 223rd Sandra Fowlie 61:01,  
225th Lesley Underdown 61:03, 265th Abi Penfold 81:10.

Ladies Team 1st Gill Wheeler, Fiona Bugler, Karen Bowler.

Men's Team 2nd Paul Payne, Andy Fessey, Bill Fraser, Mike Ovens.

#### Phoenix Mile 16th September

M40 1st Dave Coulson 5:02, 6th Andy Payne 5:25.

#### Hove 5 17th September

14th Paul Payne 29:23, 18th Andy Fessey 30:04, 25th Bill Fraser 30:51,  
46th Samantha Alvarez 32:00, 73rd John Taylor 35:13, 131st Norman Harris 39:01,  
155th Maja Dawson 41:31, 198th Tony Alsop 47:49, 199th Sue Cooper 48:04, 201st  
Fran Doe 48:31.