



# Black n' Reds

Hailsham Harrier's Update      October 2011



## Beachy Head v Goodwood



The dilemma facing the Hailsham Harriers team was that both important events were being held on the same day and with the popular Beachy Head entries had to be accepted months before day. However the distances of 26 miles for the marathon and 5 miles for the cross country saw Harriers well represented in both events with some notable individual successes. In the Marathon which was won by Steve Nimmo of Orpington Road Runners in 3h02m28s eleven Harriers took part and leading runner home was Emma Richards who finished second lady and was only a minute down on this years winner Susie Casebourne from Teamlifestyle. This was a great achievement following Emma's recent triathlon success. Jo Curran was taking on the marathon distance for the first time and was well pleased with her 7th Lady finish in 3hrs 53m. From a timing point this downland event including the seven sisters will add approx 45 mins to a normal road marathon' projected time so Jo's run was exceptional. First man home for the club was Graham Hollands with a marvellous pb of 3hrs 54m and the others all put in fine performances. Positions and times were as follows; 35th and 2nd Lady Emma Richards 3h38m06s, 80th and 7th Lady Jo Curran 3h53m24s, 92nd Graham Hollands 3h54m59s, 267th Mark Fox

4h24m34s, 270th Sean Webster 4h24m42s, 355th Jamie Tyler 4h37m08s, 398th Steve Love 4h42m29s, 903rd Karen Breese 5h59m05s, 908th Richard Tickner 5h59m59s, 1026th Peter Plowman 6h33m29s, 1085th Elaine Harris 6h58m53s.

The first of the Saturday County Cross league races at Goodwood saw 15 Harriers competing within the men's and ladies separate events which were held in sunny weather on a firm surface. For the men it was the duo of Jago Leckie 37th (28m55s) and Aaron Capon 39th (29m02s) who competed in the incorporated U20s who lead the seniors home with strong runs and followed by Paul Eccles 67th (30m59s) Andy Ruffell 86th (32m17s) and Paul Standen-Payne in 87th (32m23s). The team was also supported by Colin Burgess 140th (37m15s) and Roberto Proietti 151st (39m05s) which saw the club finish in 8th place in Division 1 with 456 points. In the ladies race over the shorter distance the team was lead home by Sam Alvarez in 5th (19m25s) from Fiona Bugler in 16th (20m25s) and a strong middle order from Louise Taylor 31st (22m00s), Jade Harding 6th U17 and 43rd (22m17s), Julie Chicken 62nd (23m39s), Jane Barlow 72nd (24m52s), Maria Stewart 83rd (25m33s) and Fran Doe 95th (31m18s) to see the team finish in second place with 52 points from Chichester in Division 2.

The next round of this competition will be at Plumpton at the end on November.

[Harriers take early lead in Sunday Cross Country at Eastbourne](#)

Hailsham Harriers fielded 21 competitors in the first of the Sunday East Sussex Cross Country league meetings held at Whitbread Hollow near Hollywell and hosted by Eastbourne Rovers.

Conditions were perfect but warm for the three lap course over 8k at the side of Beachy Head and the laps provided some tough climbs but also compensated with some good downhill sections to provide a variety of track and grassland. Harriers had some strong runners in their team and were rewarded by a second place from Stuart Sorrell who chased the winner from the host club Mark Dooley and support up front was also provided by Barry Andrews eighth and Matt Dowle thirteenth. In the ladies event Harriers scooped the first three places with Emma Richards 16th overall, Jo Curran 24th and Sam Alvarez 27th. The whole team gave great support to each other and the cumulative points saw Harriers finish in first place with 562 points from Lewes AC with 833 points. The next round will be held at Warren Hall Eastbourne in mid November.

Positions and times were as follows: 2nd Stuart Sorrell 29m06s, 8th Barry Andrews 31m21s, 13th Matt Dowle 32m13s, 16th (First Lady) Emma Richards 32m40s, 18th Marc Townsend 33m01s, 19th Steve Delea 33m11s, 21st David Mercer 33m24s, 22nd Paul

Standen-Payne 33m38s, 23rd Andy Ruffell 33m42s, 24th (Second Lady) Jo Curran 33m46s, 27th (Third Lady) Sam Alvarez 34m11s, 33rd Dale Martin 34m38s, 55th Olivia Webb 36m23s, 74th Ian Pusey 37m53s, 77th Louise Taylor 38m00s, 103rd Julie Chicken 41m18s, 106th John Taylor 41m25s, 115th Brian Winn 42m27s, 122nd Norman Harris 43m12s, 124th Louise Ogle 43m45s, 135th Geoff Depper 45m59s.



## Alvarez returns with a win on the downs

The Lewes AC recently held their Lewes Downland 10 miles race which formed part of the Sussex Grand Prix series and eleven Hailsham Harriers competed on this tough hilly course. This comprised of tracks and fields to Blackcap and above Plumpton with a return to the south and back through woodlands and open grassland to the finish below the old horse race course. Previously

weather conditions have ranged between heavy rain and cold winds but this year the organisers were blessed with hot sunny weather but for the competitors this meant keeping well hydrated to keep cool. Over 220 competitors completed the race including a contingent from Marolles in France but for the Harriers it was sweet success for both Sam Alvarez and Gary Judges. Sam has been recovering from a foot injury which had ruled her out of many of the summer competitions but a sensational return saw her win the Ladies race and overall in 28th place a fantastic achievement. Fiona Bugler also provided great support to finish 5th Lady. Meanwhile Gary put in a superb performance to gain 7th place only 4 mins down from the overall winner John Kettle from Herne Hill Harriers who won in 1h01m03s. Lee



Ashworth tracked Gary early on and obtained a fine 17th place overall despite not having previously competed on this course. Other Harriers put in some good performances over this classic race distance and their positions and times were as follows: 7th Gary Judges 1h05m49s, 17th Lee Ashworth 1h09m38m, 28th Sam Alvarez (First Lady) 1h14m27s, 36th Dave Mercer 1h16m18s, 39th Paul Standen-Payne 1h16m37s, 50th Fiona Bugler (Fifth Lady) 1h18m23s, 83rd Olivia Webb 1h24m33m, 112th Louise Taylor 1h29m51s, 114th John Taylor 1h30m51s, 207th Suzy Standen-Payne 1h59m25s, 211th Mike Ovens 2h00m44s.

## Juliette claims the silver at Bexhill

The Bexhill Big 10k was held on their seafront and for the most part provided a fast flat course by the organisers TL Sports Events but the runners also had to tackle Gally Hill to the east of the town. Despite this a good field of 224 runners took part in great weather and 11 Hailsham Harriers provided some fast times and team points towards the Sussex AA 10k challenge series. In this team event currently Harriers men's are in 2nd place from Lewes AC and the ladies also 2nd from Brighton's Arena 80 so there is all to play for in the two later rounds at Brighton and Crowborough. In this run Paul Standen-Payne maintained good form to head home the club in 14th place with Bill Fraser 24th and in the ladies Juliette Sukoco provided a great performance with 2nd Lady from Susan Aldridge Crawley AC. Harriers positions and times were as follows: 14th Paul Standen-Payne 41m30s, 24th Bill Fraser 42m48s, 28th Andrew Yerolemou 43m09s, 38th Howard Wright 44m12s, 40th and 2nd Lady Juliette Sukoco 44m21s, 50th Martin Bell 45m25s, 108th Lucy Wright 53m02s, 116th Richard Tickner 54m34s, 149th Esther Dunn 58m01s, 168th Helen Tickner 61m19s, 186th Paul Trace 64m27s.

# 2011

17	November	20th	Brighton 10k
18	December	4th	Crowborough 10k

## ANDY PAYNE IS 50!!

Andy Payne reaches the grand old age of 50 on Monday 7<sup>th</sup> November!

To celebrate this Andy has booked the sports track at Eastbourne for this special occasion. Come along and help him celebrate and also raise funds for the **Teenage Cancer Trust**.

Come along to the track on Monday 7<sup>th</sup> November between 6pm and 8pm and run a mile. All will be timed by officials so personal bests will be on the cards!

The cost is a mere £5 but ALL proceeds go directly to the charity.

Please note that ALL abilities are welcome.

For more information ring Andy on 638335



## **SUSSEX COUNTY ATHLETICS ASSOCIATION**

### **CROSS COUNTRY FIXTURES 2011 – 2012**

Sat 26<sup>th</sup> November Brooks Sussex XC League (2)  
Plumpton

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) Little  
Common, 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

## 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

13 Nov 2011	Warren Hill Nr Beachy Head	1 lap, usually dry underfoot, downhill at start then back up the hill. Suitable for spikes
11 Dec 2011	Plumpton College	2 laps, undulating, can be muddy. Suitable for spikes
8 Jan 2012	Pett Village Hall, Pett.	1 lap course: fields and woods. Suitable for spikes.
26 Jan 2012	Ashdown Forest	New 2 lap course this year start at King Standing, hilly, can be muddy. Suitable for spikes.
12 Feb 2012	Snape Wood, Wadhurst	New course this season

**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 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.

# 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>**