

# HAILSHAM HARRIERS



## The Friendly Running Club

Newsletter September 2009

Dear Members,

Firstly on behalf of all Harriers I'd like to thank Fiona for the excellent work she has done as editor over the past year.

It's been a busy summer and we have had many highs as a Club and some great performances as individuals. The Veteran men keep winning those relays and at Herstmonceux they made it 3 in a row, with Steve Delea the star performer in all three. Keep up the good work Steve. The Ladies won the Sussex Vets Track League and will be representing the club at Ashford on Sunday 6<sup>th</sup> Sept. Club records have been falling by the bucket load, In fact 25 records have been set or broken since June. Well done to everyone. All those with outstanding claims, you know who you are, contact Geoff Depper to have them registered. With autumn and winter fast approaching the Harriers needs to maintain their challenge in the Cross Country leagues, dates are listed in the forthcoming events section. You can email me with all your running news at [davidecoulson@hotmail.com](mailto:davidecoulson@hotmail.com). Have a great month!

Ed

### Special Free Event

The Hailsham Harriers 25<sup>th</sup> Anniversary Birthday Party  
Friday 25<sup>th</sup> September 2009  
At Tally Ho Function Room  
Old Town  
Eastbourne  
7.00 till Late

Finger Buffet and Music from DJ Doug

Members and Former Members and Partners all welcome  
Free Event. RSVP To *Lesley Underdown*  
194 Coast Road, Pevensey Bay BN24 6NR

## "Chrystie and Alvarez Overall Track Champs"

The Hailsham Harriers summer track grand prix series has concluded with the overall titles being awarded to Rob Chrystie and Sam Alvarez. The best six scores from seven races held since early May involved distances ranging from 5k to 100metres and in the men's events Rob dominated from the start and won six races outright with his only defeat being in the 1mile where Gary Judges lead him home. This was a brilliant performance with 120points a worthy and popular winner. In the Ladies events which covered the same number of races and distances Sam won four races and came second in two and third in one, again a tremendous effort with 118points although in the 400,200 and 100metres Jane Barlow, Amanda Bowden and Julie Chicken provided fine competition to takes points from Sam.

The series has been a great success with 19 men and 11 ladies from the club together with a number of guest runners participating and ably organised by Colin Burgess with Sue Cooper, Eleanor Ruffell and others assisting with start and finish timing. The overall scoring and positions were as follows:

Men 1st Rob Chrystie 120points, 2nd Gary Judges 113, 3rd Dave Coulson 104, 4th Paul Payne 102, 5th Paul Leary 100, 6th Don Currie 85, 7th Bill Fraser 74, 8th Norman Harris 73, 9th Rory Laker 48, 10th John Taylor 41, 11th Andy Ruffell 30, 12th Jamie Tyler 28, 12th Brian Winn 28, 14th Ashley Rutland 21, 15th Steve Gillett 16, 16th Steve Delea 14, 16th Hanif Rajwani 14, 18th Graham Hollands 13, 19th Dale Martin 12.

Ladies 1st Sam Alvarez 118points, 2nd Annette Feakes 104, 3rd Julie Chicken 101, 4th Amanda Bowden 100, 5th Lesley Delea 98, 6th Jane Barlow 93, 7th Lesley Underdown 83, 8th Suzy Standen 65, 9th Frances Delves 30, 10th Maria Stewart 28, 11th Emma Richards 19, 12th Esther Dunn 15.



Sam



Rob

*Words by Norman Harris  
Pics Dave Coulson*

## Track Season Concludes

The clubs track season competitions drew to a close with two events an invitation mile, open to those who had not previously been awarded a medal from the championships and a Paarlauf Relay event which comprised teams of two runners each competing over a 200metre distance the a jog recovery and total running time set by the organisers at 20 minutes.

The winners were the two runners who complete the furthest overall distance based on 400metre laps of the track.

In the mile event 5 competed and a strong run from guest Andy Payne gave the others a hard chase but all were able to finish in under 7mins

The results were as follows;

1st Andy Payne 5m42s, 2nd Bill Fraser 6m25s, 3rd Clint Edwardson 6m31s,  
4th Norman Harris 6m52.7s, 5th Peter Drake 6m53s.

The Paarlauf Relay then followed with 4 of the mile finishers teaming up with others to provide 6 teams. The overall winners were in form Steve Delea well supported by Jane Barlow but they were made continually aware of the Annette Feakes and Don Currie pairing who were only 900metres down at the finish.

1st Steve Delea/Jane Barlow 6400metres, 2nd Annette Feakes/Don Currie 6310metres, 3rd Jamie Tyler/Clint Edwardson 6270metres, 4th Steve Gillett/Sue Cooper, 5th Norman Harris/Bill Fraser, 6th Andy Payne/Sandra Fowlie.

*Words by Norman Harris*



Tyler's change over  
At the Hastings AC  
summer relays

*pic Dale Martin*

## Hastings AC Relays

A glorious evening of very warm weather brought out the best in all the athletes attending the Hastings AC hosted relays on the track at William Parker. The relay consisted of 4 x1.25mile legs followed by a 5<sup>th</sup> leg where the whole team ran another 1.25 mile leg and had to finish together. Turnout was good, despite being bang in the middle of holiday season and the dedication and effort displayed was, as usual, outstanding by all teams as the following results reveal. Congratulations to all who participated

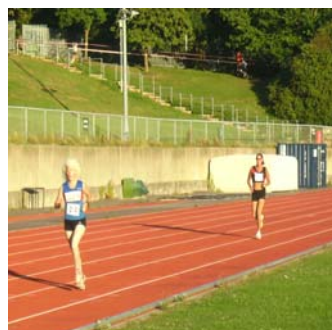
The Harriers Veteran men's teams finished in 1<sup>st</sup> place in the veterans category and 3<sup>rd</sup> place overall, the team consisted of Andy Payne, Steve Delea, Andy Fessey and Paul Eccles and they finished in 36m36s The Men's team consisted of Dave Coulson, Dave Tyler, Jamie Tyler and Paul Payne and finished 6<sup>th</sup> place overall in 37m33s. In the ladies event the 2 Harriers teams finished 11th and 23rd overall with the A team comprising Sam Alvarez, Jane Barlow, Emma Richards and Jo Curran finishing in 41m57s placing them 2nd to Hastings with the B team Julie Chicken, Lesley Underdown, Frances Delves and Suzy Standen finishing in 50m22s. Aaron Capon, Jago Leckie and Brian Winn also competed. Jago's team winning the under-17 team prize in 37:36.

Fastest Harrier of the evening was Aaron Capon 6.49

Fastest Lady was Sam Alvarez 7:14

Other Times were: Paul Payne 7:01  
Dave Coulson 7:06  
Steve Delea 7.09  
Andy Fessey 7:11  
Andy Payne 7:14  
Sam Alvarez 7:14  
Paul Eccles 7:21  
Jamie Tyler 7:22  
Jago Leckie 7:38

Emma Richards 7:53  
Dave Tyler 8:01  
Jo Curran 8:23  
Julie Chicken 8:53  
Frances Delves 8:55  
Jane Barlow 9:00  
Brian Winn 9:16  
Lesley Underdown 11:30



*Pics Dale Martin*

## Herstmonceux Relays

The Castle relays always are well represented and this year was no exception as 32 teams contested the tough 1.5 mile undulating course. Conditions were blustery but didn't effect the times. Hastings AC provided the winning teams in the Men's and Ladies categories, both set new records the men by 1 sec 28:44 and the ladies by 27 secs 34:18.

Hailsham Harriers Vets team continued their winning ways recording an excellent time of 33:17 to finish 1<sup>st</sup> in the vets category 5<sup>th</sup> overall. The Men's A team finished 4<sup>th</sup> in 32:28. Next in were the Ladies A team in 35:33 9<sup>th</sup>, Men's B team were in 35:48 10<sup>th</sup>, Ladies B team 38:51 14<sup>th</sup> and Ladies Vets 44:05 19<sup>th</sup>.

Fastest Harrier of the evening was Paul Payne in 7:41

<b>A W</b>	8:27	9:05	9:22	8:39	35:33	Gill Wheeler	Fiona Bulger	Jo Curran	Sam Alvarez
<b>A M</b>	7:41	8:30	8:18	7:59	32:28	Paul Payne	Andy Ruffell	Jago Leckie	Aaron Caron
<b>B M</b>	8:44	9:20	9:05	8:39	35:48	Don Currie	James Shrubbs	Dave Tyler	Jamie Tyler
<b>VW</b>	10:26	13:27	10:35	9:37	44:05	Frances Delves	Lesley Underdown	Jane Barlow	Julie Chicken
<b>VM</b>	8:20	8:14	8:24	8:19	33:17	Dave Coulson	Steve Delea	Andy Fessey	Paul Eccles
<b>B W</b>	8:55	10:01	10:00	9:55	38:51	Emma Richards	Suzy Standen	Felicity Webster	Annette Feakes



## Rye Summer Classic Series - August 14th 2009

10 0:17:40 PAYNE, Paul SM	35 0:19:48 SHANTA, Sam VM3
16 0:18:20 ECCLES, Paul VM3	52 0:20:48 FRASER, Bill VM4
18 0:18:28 FESSEY, Andy VM2	55 0:20:53 WEBB, Stephen SM
21 0:18:40 ALVAREZ, Sam VW1	65 0:21:31 STANDEN, Suzanne SW
22 0:18:47 SWIFT, Simeon SM	118 0:25:36 BALLAN, Martin VM2

## Newick Will Page 10k Sunday 30 August 2009

Thirteen Harriers took part in the Newick 10k Road Race, part of the Sussex Grand Prix series and early light rain abated to provide good racing conditions on this undulating course. Paul Payne lead Harriers home in 9th place while Sam Alvarez won the ladies event and 16th overall. Harrier placings from a field of 211 runners were as follows:

9 <sup>th</sup>	0:37:41 Paul PAYNE SM
13 <sup>th</sup>	0:38:02 Gary JUDGES M40
16 <sup>th</sup>	0:38:29 Sam ALVAREZ W35
17 <sup>th</sup>	0:38:46 Rob CHRYSTIE SM
25 <sup>th</sup>	0:40:21 Simeon SWIFT SM
27 <sup>th</sup>	0:40:29 Steve DELEA M40
32 <sup>nd</sup>	0:40:43 Don CURRIE M40
45 <sup>th</sup>	0:42:50 Sam SHANTA M50
91 <sup>st</sup>	0:46:36 Norman HARRIS M60
120 <sup>th</sup>	0:49:01 Suzy STANDEN SW
127 <sup>th</sup>	0:49:53 John TAYLOR M70
132 <sup>nd</sup>	0:50:06 Graham HOLLANDS SM
182 <sup>nd</sup>	0:56:50 Donna HINTON W35



On the Monday The Kings Head Canter held their annual run over a 5k course finishing in East Hoathly. Five Harriers competed with the leading place by only one second awarded to Ciaron Bregazzi in 18m57s from Andy Ruffell 18m58s. Other placings and times were 28th Steve Avery 19m44s, 76th Frances Delves 22m54s and 207th Abi Penfold 33m56s from 223 finishers.

## Other 5K's

Frances Delves ran in the 5k at Seaford, there was a 5k, 10k and half marathon. She was first lady overall and was chuffed to finish first. Her time was a pb of 22m09s .

Bill Fraser clocked 21m03s to finish 33rd out of 174 29th August in the 98th race of the Hove Park, Park Run series. The event is held every Saturday morning at 9am but register online first to be able to compete, free of charge and in all future races. The organiser is keen to make the 100th race on September 12th memorable, so what better way to warm up for Hellingly the next day than taking part in this fun event?

*Thanks for all contributions this newsletter; Norman Harris, Frances Delves, Bill Fraser, Dale Martin, Peccles, Lesley Underdown*

## Forthcoming Events

### September Events

- 10<sup>th</sup> 6 in the park Hove 5k series
- 12<sup>th</sup> Great Forest 10k
- 13<sup>th</sup> John Faulds Hellingly 10k SGP event
- 18<sup>th</sup> Rye summer series 5K
- 20<sup>th</sup> Brooks Hove 10K SGP event
- 27<sup>th</sup> Bexhill seafront 10k

## AGM

Friday, 2nd October 2009 - 7.30pm

Hailsham Lagoon Centre

*All are welcome*

### 2009/2010 Cross Country Sussex League Dates

- 3<sup>rd</sup> October Sussex XC relays Goodwood (One for the Vet men relay squad!)
- 24<sup>th</sup> October Sussex League (1) Goodwood
- 28<sup>th</sup> November Sussex League (2) Plumpton
- 6<sup>th</sup> December Vets/Masters Champs at Denne Park, Horsham

2010

2<sup>nd</sup> January

9<sup>th</sup> January

23<sup>rd</sup> January

20<sup>th</sup> February

Main Championships

Sussex League (3)

Sussex Schools

Sussex League (4)

Stanmer Park,

Little Common,

Stanmer Park,

Lancing Manor



## More Parties To Attend

Hello All, I am having a party to celebrate my 32<sup>nd</sup> Birthday ...(still not a Vet!!!)

It shall also be my Twin Sister's birthday (Kelly), so a joint party.

I would love it if you can come along to join in the celebrations.

**Date:** Saturday 19<sup>th</sup> September

**Time:** 8pm – Till Late

**Address:** Sunridge,  
Flat 2,  
14 Dittons Road,  
Eastbourne,  
BN21 1DW

Bring a bottle

Hope to see you there

**PLEASE RSVP - ASAP**, so I have rough idea of numbers for food !!

Mobile : 0781 5681 266

Jo Curran

