

Birthday Bash 2

Paul Payne is having a party on Saturday 23rd September at the Meads Club Meads Road Eastbourne and would like to invite all Harriers to join him at 8pm.

Events in Sussex Grand Prix in 2006

10th September Hellingly 10k
17th September Hove 5 Mile
1st October Lewes Downland 10 Mile
29th October Bams 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**

Please note if you want anything put into the club news letter send a email to dugchant@hotmail.co.uk
Let me have your email addresses so I can forward any harrier news onto you.
Doug Chant.

**Webmaster Andy Fessey
If you want anything put onto
the site Contact Andy on
01323 729656
Email
andyfessey@hotmail.com**

Sussex AAA Cross Country Dates

14th October 2006 Race 1 Goodwood
2nd December 2006 Race 2 Bexhill
10th December Masters Championships (Vets) Horsham
6th January 2007 County Championships Lancing
13th January 2007 Race 3 Stanmer Park Brighton
3rd March 2007 Race 4 Lancing
These all take part on Saturdays . We are in Division 1
Please support us, see your club captains

New Coaches

If anybody would like to train as athletics coach we are looking for Volunteers. Harriers will pay for the coarse 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

Harriers to invade Hadrian's Wall. Paul Eccles, Pete Daws, Paul Guy & Steve Avery are going to run the length of Hadrian's Wall over the weekend of 1st to the 4th September. Good Luck Boys



NEWSLETTER September 2006

Notice of AGM

The AGM is on the 29th September 2006
At the Hailsham Lagoon at 7:30pm
Please try to attend this is your club

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

Please we need your support

Jane Barlow, Julie Chicken & Norman Harris

Are putting on the 10k with a new route they need as many people as possible who are not racing to give them a hand on the day. Please if you can spare the time contact Colin Burgess on 769232

Jane also asks if anybody can bake cakes and bring them along for our refreshment stand

We are running the new coarse on Thursday 7th September club night meet Hellingly Village hall at 7pm

Herstmonceux Relay

6th September 2006 7PM prompt

1.5 MILE RELAY around the castle grounds new coarse
Teams of 4 enter on the evening

Birthday Bash 1

Its our new club secretaries 50th Birthday Lesley Underdown Invites all the Harriers to her party on the 2nd September 2pm onwards at 22 Sackville Road Eastbourne 01323 500504

SUMMER 2006
CLUB TRACK CHAMPIONSHIPS AND GRAND PRIX.

Club Championships 2006 200m Club Championships 2006 100m

Position	Name	Age Group	Time	Position	Name	Age Group	Time
1st	Hayley Page	U17 Girl	29.3 secs	1st	Hayley Page	U17 Girl	13.7 secs
2nd	Sam Alvarez	Vet. Lady	30.4 secs	2nd	Jane Barlow	Vet Lady	13.8 secs
3rd	Julie Chicken	Vet. Lady	32.5 secs	3rd	Ray Verrall	Vet	14.3 secs
4th	Fiona Bugler	Vet. Lady	34.1 secs	4th	Sam Alvarez	Vet. Lady	15.3 secs
5th	Julia Toby	Vet. Lady	35.6 secs	5th	Julie Chicken	Vet. Lady	15.3 secs
6th	Sandra Butters	Vet. Lady	36.9 secs	6th	Fiona Bugler	Vet. Lady	16.3 secs

Position	Name	Age Group	Time	Position	Name	Age Group	Time
1st	Ben Streeter	Sen.Man	25.2secs	1st	Ben Streeter	Sen.Man	12.3 secs
2 nd	Mike Ovens	Vet	25.5 secs	2 nd	Nathan Streeter	Guest	12.9 secs
3rd	Dave Coulson	Vet	26.3 secs	3rd	Dave Coulson	Vet	13.9 secs
4th	Nathan Streeter	Guest	26.7 secs	4 th	Mike Ovens	Vet	14.0 secs
				5 th	Sam Stuchbury	Guest	14.1 secs
				6th	Steve Delea	Vet	14.2 secs

Position	Name	Age Group	Time	Position	Name	Age Group	Time
1st	Andy Ruffell	Sen.Man	29.3 secs	1st	Julia Toby	Vet. Lady	17.6 secs
2nd	Steve Delea	Vet	29.9 secs	2nd	Sandra Butters	Vet. Lady	17.6 secs
3rd	Alfie Noya-Lamas	Vet	33.2 secs	3rd	Lesley Underdown	Vet.Lady	18.1 secs
4th	Lesley Underdown	Vet.Lady	37.3 secs	4th	Abi Penfold	Vet.Lady	20.9 secs
5th	Lesley Delea	Vet.Lady	40.6 secs	5th	Eleanor Ruffell	Sen. Lady	23.1 secs
6th	Eleanor Ruffell	Sen. Lady	50.1 secs				

GRAND PRIX STANDINGS *Best six scores count to final total.*

Name	5000m	3000m	1mile	800m	400m	200m	100m	Total
Sam Alvarez	20	20	20	20	19	19	18	118
Jane Barlow	18	18	19	19	20	0	19	113
Julia Toby	19	19	18	17	16	16	15	105
Julie Chicken	17	16	15	16	18	18	18	103
Sandra Butters	16	15	14	15	15	15	14	90
Fiona Bugler	0	0	17	18	17	17	16	85
Lesley Underdown	14	14	12	13	14	14	13	82
Eleanor Ruffell	0	13	11	11	12	12	11	70
Sue Cooper	15	0	13	12	0	0	0	40
Hayley Page	0	0	0	0	0	20	20	40
Hannah Rimmington	0	17	16	0	0	0	0	33
Lesley Delea	0	0	0	0	13	13	0	26
Alyson Smith	0	0	0	14	0	0	0	14
Maggi Pratt	13	0	0	0	0	0	0	13
Abi Penfold	0	0	0	0	0	0	12	12
Michelle Petrie	0	0	0	10	0	0	0	10

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

Name	5000m	3000m	1mile	800m	400m	200m	100m	Total
Dave Coulson	17	17	18	19	19	18	19	110
Mike Ovens	0	16	16	20	18	19	18	107
Andy Ruffell	18	18	17	18	17	17	0	105
Ben Streeter	13	13	14	17	20	20	20	104
Steve Delea	15	14	15	15	16	16	17	94
Andy Payne	19	19	19	0	0	0	0	57
John Taylor	8	8	11	12	15	0	0	54
Ray Verrall	6	0	10	13	0	0	16	45
Colin Burgess	9	9	12	14	0	0	0	44
Phil Coomber	14	11	0	16	0	0	0	41
Rob Hodson	20	20	0	0	0	0	0	40
Bill Fraser	16	15	0	0	0	0	0	31
Alan Streeter	11	7	13	0	0	0	0	31
Alf N-Lamas	0	5	0	10	0	15	0	30
Norman Harris	7	6	0	11	0	0	0	24
Tom O'Shea	10	10	0	0	0	0	0	20
Roberto Proietti	12	0	0	0	0	0	0	12
Brian Winn	0	12	0	0	0	0	0	12

Bexhill 5k Results SGP 26th July

15th Steve Avery 17:55. 20th Paul Payne 18:13. 21st Andy Fessey 18:16.
26th Andy Ruffell 18; 26. 28th Bill Fraser 18:36. 31st Dave Coulson 18:42.
46th Samantha Alvarez 19:12. 47th Charlotte Saunders 19:18. 50th Mike Ovens 19:21.
63rd Steve Delea 19:56. 69th B Winn 20:19. 90th Jim Hennessey 21:07.
97th Fiona Bulger 21:16. 112th Steve Webb 21:39. 120th Julia Toby 22:07.
121st Karen Bowler 22:07. 142nd Maja Dawson 23:17. 167th Roberto Proietti 24:07.
170th Maria Hillman 24:10. 193rd Sandra Butters 25:07. 201st Johann Fessey 25:23.
207th Sandy Fessey 25:35. 216th Maggi Pratt 26:13. 262nd Lesley Delea 31:01.

Junior 1k 30th Josie Fessey 5:18.

Junior 2k 3rd Jago Leckie 7:02. 10th Aaron Capon 9:06.

Trailblazers 5.8 miles 6th August

20th Sue Cooper 54:06. 42nd Elaine Alsop 74:05. 49th Margaret Winton 78:56.

Midhurst 10k 13th August

20th Steve Avery 37:24. 23rd Paul Payne 38:16. 25th Bill Fraser 38:23.
Ladies race 22nd Louise Ogle 48:14. Harriers were 4th Team

Rocking Horse 5k 17th August 10th Andy Payne 18:50

Rye 5k 18th August 14th Bill Fraser 18:45. 18th Rosalie Uphill 19:10

Henfield 1/2 Marathon 95th Karen Bowler 1:46:28. 217th Tim Bowler 2:24:22

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