

# Hailsham Harriers

newsletter September 2008



**WELCOME TO YOUR NEWSLETTER**

**Dear Members**

First of all, I'm very sorry for the delay in getting this month's newsletter out to you all. I blame you all for racing so much! But I promise to stick to deadlines in future and hope you'll send me plenty of material for the newsletter. Email me at [fionabugler@hailsham-harriers.org.uk](mailto:fionabugler@hailsham-harriers.org.uk) with all your running news, gossip, race reports, births, marriages... you name it, I'm interested to hear about it. And pictures, pictures, pictures, please...

Geoff's done a great job on tidying up and re-vamping the website – so keep an eye on it for up to date news. Many thanks to Norman, who's written a number of reports for this issue.... Have a great month!

ps - sorry that this newsletter isn't in the usual format. I'm working on that!

**Fiona Bugler**



## **BBQ PICS**

### **SUMMER BBQ – AUGUST 8TH 2008**



**Lesely's wonder diet – just let the food slide off your plate!**



**Brian's still smiling after his smacker!**



**More please....?**

## Ovens takes the Harriers Track mens Championship by one point

### CLUB CHAMPS – SUMMER 2008

Harriers recently held event seven of the Club Grand Prix Championship, the 100m race, (best six overall events to score towards the Grand Prix Championship). There were two races, both with exciting finishes despite earlier rain which had dampened the grass surface.

In race one Mike Ovens was absent but any advantage which Dave Coulson wanted was thwarted by an in-form Rory Laker who stormed down the distance in 12.9, with Dave a close second place and Jamie Tyler third.

In race two which included the leading ladies, Geoff Depper marked a welcome return to racing with a smooth run in 15.1 for his win, with Julie Chicken just easing out series leader Sam Alvarez for second place in 15.5.

#### **Report by Norman Harris**

#### **100metre placings and times were as follows:**

##### **Race One:**

- 1, Rory Laker 12.90s
- 2, Dave Coulson 13.5s
- 3, Jamie Tyler 14.68s
- 4, Peter Drake 14.76
- 5, Steve Gillett 15.57

##### **Race Two:**

- 1, Geoff Depper 15.1
- 2, Julie Chicken 15.5
- 3, Sam Alvarez 15.6
- 4, Norman Harris 17.38
- 5, Annette Feakes 17.82

The final championship positions from the series saw Mike Ovens win by one point from Dave Coulson with joint 3rd place to Steve Gillett and Jamie Tyler who consistently battled with each other throughout. Sam Alvarez dropped only one point throughout the series and won the ladies title from Annette Feakes silver and Julie Chicken bronze positions.

#### **The final Club championship placings are as follows:**

##### **Men**

- 1st Mike Ovens 114 points
- 2nd Dave Coulson 113 points
- Joint 3rd Steve Gillett and Jamie Tyler 101points
- 5th Norman Harris 84 points
- 6th Rory Laker 58 points
- 7th Bill Fraser 46 points
- 8th Peter Drake 44 points
- 9th Steve Delea 43 points
- 10th Andy Fessey 40 points
- 11th Andy Ruffell 38points
- 12th Roberto Proietti 37 points
- 13th Geoff Depper 16 points

**Ladies**

- 1st Sam Alvarez 119 points
- 2nd Annette Feakes 112 points
- 3rd Julie Chicken 109 points
- 4th Lesley Delea 105 points
- 5th Sandra Fowlie, 61 points
- 6th Jane Barlow, 36 points
- 7th Amanda Bowden, 19points
- 8th Sue Cooper, 15 points

## The Summer 5ks

*A round up, by Fiona Bugler*

### Sam's flying...Bill's brilliant

#### **Rye 5k, August 22nd**

Is there any stopping her...? A summer on the track has reaped rewards for top Hailsham lady, Sam, well done on another win at the Rye 5k in a time of 18:16 and 11th place. Brilliant Bill started off his three race weekend well, with 19:18, and 16th place.

### Gill's a winner



#### **The King's Head Canter, August 25th 2008, Bank Holiday Monday**

I could see a beautiful line of black and red (ahead of me) at the Kings Head Canter on Bank Holiday Monday. Gill, led the women to victory, with a fantastic time of 18:47 – no mean feat on an undulating 5k course. The rest of the team stuck close together, as the results below show. Special mention to Bill Fraser, who competed in the Rye 5k, The Newick 10k, and the King's Head Canter – all in one weekend. Must have had a few extra swigs of Viper, there, Bill! On the subject of swiging, I don't think I can recall seeing a group of people form such an orderly queue in a pub before (you get a free oj/lemonade, pint, or whatever you fancy at the King's Head when this friendly event is done).

#### **Hailsham Results:**

12 0:18:28 AVERY, Steve Hailsham Harriers M43 74.59 161  
14 0:18:40 ECCLES, Paul Hailsham Harriers M49 77.21 119  
15 0:18:47 WHEELER, Gill Hailsham Harriers M35 69.32 73  
16 0:18:58 RUFFELL, Andrew Hailsham Harriers M37 69.60 163  
20 0:19:24 OVENS, Mike Hailsham Harriers M45 72.05 180  
24 0:19:56 FRASER, Bill Hailsham Harriers M56 76.61 26  
29 0:20:43 BUGLER, Fiona Hailsham Harriers F40 72.95 179  
78 0:24:10 OGLE, Louise Hailsham Harriers F50 68.20 162  
There were 198 finishers

## Hot day for Harriers

### **Bexhill 5k, July 30th 2008**

Remember that phenomenon we call summer? Well, it happened on July 30th 2008 – oh, and it was humid too! But did that stop the Harriers... Well, read on...

Jamie Tyler ran under19 – his improvement continues.

Sam came second in an amazing time of 18:41.

Frances Devles and Bill Fraser, both came first in their age categories, the very competitive mid 50s.

18 Harriers turned out – well done to you all.

### **Hailsham results:**

- 1 (23) #179 Gary Judges Hailsham Harriers 17:45.01 MV40/3**
- 2 (28) #210 Steve Avery Hailsham Harriers 17:51.00 MV43/4
- 3 (30) #27 Paul Payne Hailsham Harriers 18:06.00 M33/13
- 4 (32) #197 Andy Ruffell Hailsham Harriers 18:17.00 M37/14
- 5 (33) #196 Andrew Fessey Hailsham Harriers 18:17.01 MSV45/4
- 6 (38) #241 Sam Alvarez Hailsham Harriers 18:41.00 FV38/2**
- 7 (40) #95 David Coulson Hailsham Harriers 18:42.01 MV43/6
- 8 (42) #292 Mike Ovens Hailsham Harriers 18:48.00 MSV45/6
- 9 (46) #129 Jamie Tyler Hailsham Harriers 18:59.00 M36/17**
- 10 (50) #149 Bill Fraser Hailsham Harriers 19:10.00 MSV56/1**
- 11 (72) #284 Stephen Webb Hailsham Harriers 20:14.00 M26/21
- 12 (92) #32 Annette Feakes Hailsham Harriers 21:12.00 F32/8
- 13 (113) #170 Roberto Proietti Hailsham Harriers 21:57.00 MSV58/7
- 14 (130) #49 Frances Delves Hailsham Harriers 22:49.00 FSV56/1**
- 15 (141) #167 Geoff Depper Hailsham Harriers 23:23.00 MSV54/11
- 16 (235) #93 Marian Underdown Hailsham Harriers 28:26.00 FSV51/3**
- 17 (240) #15 Carol Humphrey Hailsham Harriers 28:55.00 FSV49/13
- 18 (252) #240 Lorraine Harris Hailsham Harriers 30:33.00 F30/24

## Trial it out

### **BHTT, every Saturday**

The Brighton and Hove Time Trial runs every Saturday morning at 9am in Hove Park. It's free, it's fun, and it's a great training session. Find out more at [www.parkrun.com](http://www.parkrun.com). They always need marshalls, so if you can help, please do.

Fiona, Mike and Bill were all pleased with their times over the summer, Bill clocked up 19:03 and an age grading of 81:36, a record age grading and fantastic time. Mike ran a 18:58 and Fiona bang on 20:00.

## Steve shines for Harriers and pbs for the girls

### Newick 10k, August 24th 2008

Fourteen Hailsham Harriers competed in the Will Page Newick 10k road race which is a round of the Sussex Road Race Grand Prix. Drizzle made the road surface slippery but provided welcome freshness for the runners and there were some excellent performances.

Leading Harrier in 14th place was Steve Avery who won the battle with Sam Alvarez 15th and 2nd lady, Gary Judges 16th and Paul Payne in 20th and all were well under the 40minute mark. Other notable performances were provided by **Frances Delves** and **Lesley Delea** with Lesley providing another pb at 48m 36s.

#### **Hailsham results:**

14th	Steve Avery	38.24	
15th	Sam Alvarez	38.49	
16th	Gary Judges	38.53	
20th	Paul Payne	39.17	
36th	Dave Coulson	41.15	
40th	Simeon Swift	41.35	
46th	Bill Fraser		41.52
59th	Steve Gillett	43.38	
79th	Frances Delves	46.17	
82nd	Norman Harris	46.44	
104th	Lesley Deleah	48.36	
126th	John Taylor	50.23	
157th	Sue Cooper	54.26	
194th	Marion Underdown	1.00.31	

**Report by Norman Harris**

## Sign up for the Hellingly 10k Road Race

**All runners are invited to enter this years 24th running of the John Faulds Hellingly 10k Road Race being organised by Hailsham Harriers on Sunday 14 September starting at 10.30am in Station Road Hellingly.**

**RACE HQ:** Hellingly Village Hall opposite the local Primary School with car parking in the adjacent field recently used by the Festival of Transport.

**COURSE:** as last year with the start in Station Road adjacent to the bridge over the cuckoo trail and the finish will be "off road" near to the hall. The single loop course includes undulating roads and lanes within Hellingly, Magham Down and Cowbeech.

**ENTRIES:** available on the day before 10.00am subject to the maximum of 300 not being reached but

participants are advised to arrive in good time to allow them to be at the start which is approx 1/2 kilometre from HQ and designated parking (ideal as your warm up).

**ENTRY FEE:** for those entering on the day £10.00, with a medal awarded to all finishers and category prizes which also includes a prize for the first non athletic team. A donation will also be made to a local charity.

More details of the event and the club are available on our website [www.hailsham-harriers.org.uk](http://www.hailsham-harriers.org.uk) but if you have any specific queries please e mail [harris413@btinternet.com](mailto:harris413@btinternet.com). Although the race forms part of the Sussex Road Racing Grand Prix series the Harriers very much welcomes fun runners and unattached runners to take part. Look forward to meeting you on the day.

**From Norman Harris**

## Hailsham Harriers complete their track season with the Paarlauf

The Harriers provided two events to complete their track competition. The first was an **invitation mile** which saw just three runners taking part as others were preparing themselves for the team **paarfauf relay** which is a race comprising teams of two over a one lap 400metre circuit with each runner competing 200metres as fast as they can then tagging their partner who completes the second half of the lap whilst the first runner crosses the centre to run again.

The competitors are not aware at the outset of the allocated time set by the starter but this year were running for approx 22mins with a 1 minute whistle blown to let them know that the event is finishing.

At the final whistle the winners were the team which has covered the greatest distance over the above time and the lead team were **Rory Laker/ Julie Chicken who covered 6,350 metres** closely chased by Annette Feakes/Peter Drake 6,300 metres with Steve Gillett/Sue Cooper third only 50metres behind at 6,200metres

An exciting event which tests the ability of all runners over short distances but their endurance over a longer period of time.

Placings for both events and times for the 1 mile were as follows:

The Mile: 1, Norman Harris 7m01s; 2, Alfredo Noya Lamas 7m38s; 3, Cheryl Drake 8m05s

Paarlauf

- 1, Rory Laker/Julie Chicken 6,350metres;
- 2, Annette Feakes/Peter Drake 6,00metres;
- 3, Steve Gillett/Sue Cooper 6,200metres;
- 4, Jamie Tyler/Alfredo Noya Lamas;
- 5, Dave Coulson/Mags McMillan;
- 6, Andy Ruffell/Ray Verrall;
- 7, Norman Harris/Frances Delves;"

**Report by Norman Harris**

## Harriers conquer the Castle

### Hertsmonceux Relays, Wednesday 20th August 2008

Well done to the VETS – male and female – two wins and a great Hailsham turnout on a grey August night. Notable performances: Sam Alvarez, who ran twice and still managed to achieve the fastest woman's time of the night on the last leg!

MV A	32:59: 00	1 st V	08:27:00, Andy Payne	08:09:00, Andy Fessey	00:08:04, Dave Coulson	00:08:19, Paul Eccles
M A	33:14: 00		08:11:00, Jago Leckie	08:05:00, Paul Payne	00:08:27, Jamie Tyler	00:08:31, Ciaran Breezzi
M B	34:45: 00		08:36:00, Steve Gillet	09:13:00, Brian Slaughter	00:08:24, Andy Ruffell	00:08:32, Mike Ovens
WV A	35:03: 00	1 st V	09:07:00, Fiona Bugler	09:06:00, Rosalie Uphill	00:08:35, Gill Wheeler	00:08:15, Sam Alvarez
W B	39:55: 00		09:47:00, Annette Feakes	10:39:00, Louise Ogle	00:10:17, Francis Delves	00:09:12, Jo Curran
WV B	42:13: 00		09:08:00, Sam Alvarez	12:47:00, Lesley Underdown	00:10:43, Julie Chicken	00:09:35, Di Farmer

## DECADES OF THE DOWNS

Well done to Annette Feakes on completing a 62 mile walkover the South Downs. The team made up of four women each representing a decade (20s, 30s, 40s, 50s), called themselves the Decade Dames. They completed the challenge in 22 hours 40 (non stop, no time for sleeping!) The trek was in aid of Oxfam and the Gurkha Welfare Trust and as a team they have pledged to raise £1,500. Sponsorship is easy, visit Annette's page at: [www.justgiving.com/decadedames](http://www.justgiving.com/decadedames) or sponsor her in person at the club.

## **Hailsham Vets Mens Team at the Hastings Relays**

### **6th August 2008, William Parker School**

Hailsham Harriers were represented at the Hastings AC relays with a team comprising of Dave Coulson, Steve Gillett, Jamie Tyler, and Andy Ruffell. It was a lovely summer evening, perfect for fast running. The format was a weakest link relay, meaning all the runners had to run one individual leg before having to complete the final fifth leg, running as a team with the finishing time taken on the last team member to cross the line.

Dave Coulson ran an excellent first leg in a time of 6:49, putting us in a tight challenge for the Vets prize with Hastings AC. The second leg was run strongly by Steve Gillett, in 7:40. Steve handed to Jamie, 7:13 - putting us in the lead. The final leg was run by Andy Ruffell in 7:16. A small lead maintained. At this point the team ran together in the final fifth leg, crossing the line in a time of 7:45, to ensure victory.

By Andy Ruffell

**3 originals...can you spot three current members in this Harriers snap**



***See you next month....***