

Black n' Reds



Hailsham Harrier's Update September 2011



Jane Barlow walks the walk to gold

Championship Track Gold to Jane Barlow at Ashford

Following the Sussex Vets Track & Field league meetings held throughout the summer the Joint Hailsham Harriers & Eastbourne Rovers team qualified for the Regional finals as Champions and represented Sussex at the League Final which were held at the Julie Rose Athletics Track at Ashford. Harriers strength in the running and walking events was complimented by Rovers experience in many of the field events and the men's and ladies team finished in 8th and 7th places respectively a good achievement against some of the South's leading clubs including Blackheath & Bromley, Herne Hill Harriers, Enfield & Haringey, Epsom & Ewell, Oxford City, Cambridge Harriers and Southampton.

A regional championship 2k Race Walk was held and a superb win was obtained by Jane Barlow with 11m57.7s

In the competitive men's track events Dave Coulson competed in the 100m in 14.7s and 200metres with 29.1s. Dave followed this up with fine runs in the 400m 62.6s and 800m in 2m20.9s and 1.35m in the high jump. In the B 400m race Dave Mercer ran 65s with Dale Martin in the corresponding 800m with 3m08.1s, also gaining points in the 100m and the 200m. Andy Ruffell ran a good 1500m in 5m18.3s with Dave Mercer taking 4th in the B event with 5m01.0s. Dave then took on the 3000m with 11m22.2s and Andy the B race with 11m26.5s. The 2k race walk saw Andy Ruffell finish with 14m43.2s. In the 4 x 100m relay the squad made up of Dave Coulson, Dale Martin, Andy Ruffell and Dave Mercer obtained 60.7s and set a new club Vets record.

The men's over 50category saw Brian Slaughter run the 100m in 14.1s to place 6th and Paul Eccles the 400m competed with 71.4s. Brian then took on the 800m with a good 5th place in 2m23.9s and Paul turned his attention to the 1500m (4th in 4m56.1s) and the 3000m with 5th in 10.47.5s. The 2k race walk had Dale Martin gaining a fine 3rd place in 11m29.0s. Brian Slaughter's scoring potential came in to the Pole Vault 1st in 3.00m, 2nd in the Long Jump with 4.92m, 1st with the Shot Putt with 10.13m, 1st in the Discus with 34.99m and 1st in the Hammer with 31.56m giving the men's team a total of 91points. In the ladies events there were great performances from the team starting with Jane Barlow who gained 2nd in the 100m with 15.2s and 4th in the 200m with 32.0s. In the B races Olivia came 4th in the 100m with 15.6s and a time of 32.8s in the 200m.

Juliette Sukoco ran the 400m with 2m41.8s and Julie Chicken took on the B race with 2m58.0s. In the 1500m Annette Feakes ran in 5m31.5s and the B race saw Juliette obtain 5m51.3s. Annette then ran the 3000m with 12m03.5s and Karen Bowler the B race in 12m48.5s.

Olivia Webb placed 3rd in the High Jump 1.15m and Gaby Olman 4th in the Pole Vault with 1.90m In the long Jump Di Farmer obtained 3.18m and Juliette Sukoco scored 6.06m in the Triple Jump. Jane Barlow obtained 5.78m in the Shot Putt with Liz Brandon 11.59m in the Discus. Di Farmer then obtained 11.20m for

the Hammer and 9.80m in the Javelin. In the Ladies over 50 Lesley Underdown scored good points in the 100m with 17.7s and 200m with 46.8s. Then Di Farmer's busy day continued with the 400m in 81.6, 800m in 2m59.8s, 1500m 3rd in 6m02.0s and 3000m 2nd with 12m56.0s. Julie Chicken then took on the 2k Race Walk with a fine 2nd place in 13m29.8s. In the over 50 field events Lesley Underdown took 2.28m for the Long Jump Di Farmer 7.14m in the Triple Jump and Angela Morgan 7.81m for the Shot and 17.23m in the Discus followed by 30.58m in the Hammer and concluded with 16.51m with the Javelin. In the ladies over 60 Karen Bowler ran a good 100m for 3rd in 18.3s and 400m 2nd in 84.1s with a 1500m 2nd in 6m05.5s. Liz Branden obtained 6.29m with the Shot and 20.47m with Hammer to conclude the days competition with the Ladies scoring 158.5points

Credit goes to all those athletes from both clubs who participated in all these events which all contributed to the final scoring.



Herstmonceux Castle Relay

Hailsham Harriers organised their annual team relay with kind permission from Herstmonceux Castle to use their grounds and five clubs sent teams to compete on a multi-terrain course of 1.5 miles. Each team comprised of four runners whose individual race times were collated with the winners being the fastest time from the team totals. Hastings AC with a strong squad took both the



mens and ladies awards in 29m18s and 36m22s respectively but Harriers had a great showing by taking the silver in the mens and bronze in the ladies event. The Harriers mens A team was represented by Lee Ashworth 7m34s, Paul Standen-Payne 8m33s, Ade Elliott 7m73s, Stuart Sorrell 7m30s, with a race total of 31m30s. Harriers B team ran to an excellent 3rd place with Paul Eccles 8m16s, Andy Ruffell 8m42s, Dave Coulson 8m52s, Dave Mercer 8m23s total 34m30s. In the ladies event the bronze team were Juliette Sukoco 8m59s, Karen Bowler 10.04s, Olivia Webb 8m57s, Annette Feakes 9m19s total 38m19s and the ladies B team gained a good 5th place with Suzy Standen-Payne 10m02s, Jade Harding 9m47s, Julie Chicken 10m41s, Jane Barlow 10m21s total 40m01s.

A number of other races have seen Harriers competing including the recent Rye Summer Classic 5K series where Paul Standen-Payne came 26th in 19m20s, Bill Fraser 36th in 20m04s, Juliette Sukoco 41st and 1st Lady in 20m16s and Suzy Standen-Payne 8th in 22m54s.

Two races were held in Seaford the first being a downland marathon through to Alfriston and Firle and Mark Fox had a great run to finish 23rd in 4h15m10s. At the other event which included a 1/2 marathon and 10K Fiona Bugler ran an excellent 4th lady in the half with 1h33m16s and in the

10K Karen Bowler came 2nd lady with 44m44s and Lucy Wright 9th lady in 52m18s. The Henfield 1/2 Marathon also saw a great run by Lee Ashworth to gain 4th place with 1h23m39s.



Harriers Bank Holiday success

Harriers competed in two Road Race events over the holiday period the first being the Will Page Newick 10k and the following day the annual Kings Head Canter 5k at East Hoathly. In the Newick event the weather held for a dry race and temperatures were warm with only a light breeze. Fifteen Harriers took part in this Sussex Grand Prix event with 190 finishers and Paul Standen-Payne saw the squad home first in 32nd place with Bill Fraser 35th and Louise Taylor 45th overall (6th Lady). Positions and times: 32nd Paul Standen-Payne 43m05s, 35th Bill Fraser 43m25s, 45th Louise Taylor 43m59s, 50th Karen Bowler 44m35s, 51st Olivia Webb 44m45s, 73rd Paul Richards 47m27s, 89th Sue Cooper 49m01s, 107th Norman Harris 51m19s, 108th Mark Hinton 51m24s, 111th John Taylor 51m51s, 132nd Peter Drake 54m54s, 134th Maria Stewart 55m22s, 148th Donna Hinton 57m55s, 156th Karen Breese 58m31s, 174th Fran Doe 62m04s.

At the Kings Head race the course consisted of country lanes between Chiddingly and East Hoathly and within the 255 finishers fifteen Harriers competed with Paul Eccles heading home in 10th place and hot on his heels were Dave Mercer 16th and Ciaran Bregazzi 17th all well within 19minutes.

Positions and times: 10th Paul Eccles 18m33s, 16th Dave Mercer 18m54s, 17th Ciaran Bregazzi 18m57s, 36th Howard Wright 20m13s, 37th Bill Fraser 20m14s, 41st Juliette Sukoco 20m31s, 47th Annette Feakes 20m49s, 55th Karen Bowler 21m19s, 56th Don Currie 21m32s, 103rd Mark Bowler 23m34s, 157th Maria Stewart 26m12s, 174th Tim Bowler 27m29s, 193rd Karen Breese 28m39s, 247th Alan Hide 36m13s, 248th Pat Hide 36m14s.

Harriers Team Winners and silver for Lee Ashworth at Hellingly 10k

Hailsham Harriers hosted their 27th John Faulds Hellingly 10k road race on Sunday which also formed part of the Sussex Road Race Grand Prix series and early rain fortunately cleared away to provide the 200 runners with generally good conditions although certain areas were holding water or damp particularly with the country lanes. The race was won by Daniel Anderson Hastings AC (runner up last year) in a great time of 33m26s and in the early stages Lee Ashworth from Harriers was in Daniel's slipstream but became detached on the climb between the 2k and 3k distance on the road to Cowbeeck but held his second place from club mate Gary Judges in third. In the Team event these two together with Paul Eccles and David Mercer won the gold with 27points from Wadhurst Runners and a Harriers B team third with 88points. In the ladies event Harriers Jo Curran took the ladies race win and 27th overall and her club mates Juliette Sukoco and Olivia Webb picked up the gold with 7points and a clean sweep was the Harriers Ladies B team with 34points winning the silver with Karen Bowler, Louise Taylor and Lesley Delea and Seaford Striders Ladies third.

A total of 31 Harriers participated with excellent results as follows: 2nd Lee Ashworth 35m52s, 3rd Gary Judges 36m09s, 9th Paul Eccles 39m04s, 13th David Mercer 40m23s, 17th Steve Avery 40m49s, 21st Andy Ruffell 41m29s, 22nd Paul Standen-Payne 41m51s, 27th (First Lady) Jo Curran 42m11s, 29th Dave Coulson 42m38s, 34th Bill Fraser 43m37s, 37th (2nd Lady) Juliette Sukoco 43m49s, 42nd (4th Lady) Olivia Webb 44m14s, 48th (5th Lady) Karen Bowler 44m34s, 49th Martin Bell 44m48s, 54th Louise Taylor 45m20s, 87th John Taylor 49m55s, 89th Nick Clennett 50m19s, 105th Lesley Delea 51m56s, 112th Lucy Wright 52m57s, 122nd Richard Tickner 53m43s, 123rd Peter Drake 53m51s, 136th Ray Verall 56m18s, 139th Sandra Fowlie 56m27s, 142nd George Curd 56m52s, 143rd Donna Hinton 57m10s, 154th Karen Breese 58m30s, 168th Esther Dunn 1h00m58s, 181st Lesley Underdown 1h05m09s, 186th Jane Jeater 1h06m50s, 191st Barbara Cordner 1h17m29s, 192nd Janet Perez 1h17m30s.



Louise Taylor 10th lady at Hove Prom

A small contingent of Hailsham Harriers took part in the recent Battle 10K which provided a tough undulating course through the town and 328 runners completed the event.

The race was won by Daniel Anderson from Hastings AC but Harriers Howard Wright returned to racing with a great run to finish in 23rd place in 24m04s and Bill Fraser who has competed in many races during the summer also had a good run with 30th place and 42m49s. Others competing were Martin Bell 54th in 45m42s and Esther Dunn in 232nd with 59m27s.

The Hove Prom 10k was organised by Brighton's Arena 80 club and hosted a round of the Sussex Grand Prix. The good weather and course provided the 214 runners with a flat fast circuit and Bill Fraser took advantage with another good run to finish in 41st place and Louise Taylor another Hailsham runner who has provided competitive times throughout the season was first lady Harrier home in 72nd place overall and 10th lady with 44m24s. Other Harriers positions and times were as follows: 126th Roberto Proietti 49m40s, 132nd John Taylor 49m55s, 133rd Lesley Delea 49m59s, 202nd Fran Doe 60m40s.



Hellingly 10k



Position+ Team Name	Leg	Name	Individual Times	Finishing Times
1st Hastings AC-A	A	Ross Skelton	5.59	5.59
	B	Kris Everett	6.12	12.11
	C	Dan Russell	6.12	18.23
	D	Max Thomas	6.14	24.27
Overall Time				31.13
2nd Hastings AC- B	A	Jamie Larkin	6.30	6.30
	B	James Climpson	6.28	12.58
	C	Ryan Higgs	7.04	20.02
	D	Sean P Harding	7.42	29.45
Overall Time				34.26
3rd Hailsham Harriers	A	Dave Coulson	7.16	7.16
	B	Dave Mercer	7.07	14.23
MaleVets Team1st	C	Paul Eccles	7.12	21.35
	D	Gary Judges	6.36	28.11
Overall Time				35.39

Hastings Track Relay 2011

SGP 2011

14	October	2nd	Lewis Downland 10m
15	October	30th	Barns Green Half
16	November	13th	Phonenix Park Races
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 7th 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 7th 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 1st October * Goodwood XC Relays inc Sussex Championships
Goodwood Racecourse

Sun 9th October Haywards Heath Open XC Races
Hickstead

Sat 22nd October Brooks Sussex XC League (1)
Goodwood Racecourse

Sat 26th November Brooks Sussex XC League (2)
Plumpton

Sat 10th December SEAA Inter Counties + Masters Championships
Lloyd Park, Croydon

Sat 7th January Main Sussex XC Championships (u13, 15, 17, 20,
Sen) Stanmer Park, Brighton

(Sun 8th January * Reserve date for Championships if Brighton & Hove are
drawn at home in FA Cup)

Sat 14th January Brooks Sussex XC League (3) Little
Common, Bexhill

Sat 21st January Sussex Masters XC Champs (M40, 50, 60, W35, 45, 55)
Lancing Manor (pm)

Sat 28th January South of England XC Championships
Stanmer Park, Brighton

Sat 18th February Brooks Sussex League (4)
Lancing Manor

Sat 25th 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

16 Oct 2011	Whitbread Hollow, Eastbourne	3 laps undulating usually dry underfoot. Suitable for spikes.
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.