

HAILSHAM HARRIERS ANNUAL AWARDS DINNER

The Chatsworth Hotel

(Saturday) 4th March 2006

7.00pm for 7.30pm Start

PLEASE BRING A RAFFLE PRIZE

£25.50 Per person cheques payable to Hailsham Harriers

MENU

Tick desired options

Starters

Fanned Honey Dew Melon with Exotic Fruits

Pork & Green Peppercorn Pate served with Plum & Apple Sauce

Carrot & Coriander Soup

Main Course

Escalope of Turkey laid on a bed of Wild Rice and served with Mustard Wholegrain Sauce

Roasted Leg of Lamb served with a Redcurrant Jelly Tartlet and Mint Gravy

Poached Salmon Supreme with Dill Hollandaise Sauce

Green Peepers stuffed with Broccoli & Brie with cream sauce (Vegetarian option)

Dessert

Rich Chocolate Truffle Torte

Raspberry & Pistachio Crème Tart Served with Clotted Cream

Strawberry Sable (sable biscuit, strawberry cream & fresh strawberries)

Coffee and Mints

Please Complete one menu per person and return along with payment to Sue Chant 51 Broad Road Eastbourne BN20 9QT. Tel 488802

Live Music by Jez Bird
Plus other entertainment



NEWSLETTER
February 2006

Annual Awards Dinner Dance

4th March 2006

Chatsworth Hotel

Entertainment by Jez Bird

See menu Choices

Contact Sue Chant on 01323 488802

Please can we have your menu choices as soon as possible as we need to inform the Chatsworth of numbers.

Please support the club and award winners

This evening is put on for you

New member wins Grove Hill Mile

Dave Coulson who has just joined the club in his first outing for the club won the annual uphill club event. Dave's time was 5mins 49 secs, 2nd Andy Ruffell 5mins 55secs, 3rd Bill Fraser 6mins, 4th Alen Grant 6mins 10secs, 5th Tom O'Shea 6mins 22sec, 6th Steve Tucker 6mins 25secs, 7th Geoff Depper 6mins 34secs, 8th Jane Barlow 7mins 12secs, 9th Maggi Pratt 8mins 3secs. I would like to thank Colin Burgess and Mark Wells who took over arranging this event at short notice after Doug Chant had to pull out after braking his ribs skiing.

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.

If you want entry forms for races they can be found in the Red book available on club nights.

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

Brooks Sussex Cross Country Championships Lancing 7th January 2006

Club Captains had worked hard to get entries in before Christmas for the Sussex Championships and were rewarded by a great team and individual performances.

Ben Warren became the first Senior Men's runner from the club to win the Senior Sussex Cross Country Championship Title on a tough hilly 7 1/2 mile course. Harriers have won gold in junior and ladies categories but this was the first time in the very tough senior event. It was the way that Ben won it with a clear convincing run which left classy athletes in his wake. Ben's former Harrier team mate Olly Freeman tried to go with him along with Louis Jones of Crawley and Commonwealth Games hopeful Joel Kidger, but none of them could match the powerful running of Ben. By half way Ben had opened a 30 second lead, Ben continued to push hard and maintained his lead to collect the gold in a time of 41.28. Ben is also leading the Sussex AAA League Cross Country Title which he is the defending champion. The men's team were 7th overall but were hit by colds and illness. Paul Eccles 33rd 49.06, Paul Payne 38th 49.45, Paul Harris 43rd 50.23, Steve Avery 51st 51.27, Andy Ruffell 68th 53.46.

In the Senior Women's 4 mile race Gill Wheeler who has been outstanding on the road this year transferred her form onto the cross country with her best run on mud to date and pushed the defending champion Julia Downes all the way to collect a well deserved Silver medal. Julia Downes got a good start so Gill had to chase her down and found she was catching on the uphill stretches but couldn't get her and was beaten into 2nd place by just 12 seconds. Gill's time was 24.33. Gill the team captain was pleased with her teams performance. Charlotte Saunders in her first title race for the club had a strong run to come 15th in a time of 26.46, but was personally disappointed with her run. Also Julia Toby who is improving at every race was 29th 28.36. There was a very hard battle between three team mates 42nd Louise Ogle 31.28, 44th Maria Hillman 31.44, and 45th Jane Barlow 31.45, 59th Sandra Butters 34.29, 65th Marion Underdown 39.15.

Samantha Alvarez and Julie Chicken had to pull out due to heavy colds, Sam started the race but felt awful and had to stop much to her disappointment as training had been going well. Hailsham Ladies A team were 4th and the B team were 11th. In the under 13 girls 2 mile race Melissa Ruffell again ran well to come 10th. In the under 13 boy's 2 mile there was a battle between team mates with Aaron Capon 10th 12.16 and Jago Leckie 11th 12.24.

Brooks Sussex AAA Cross Country League race 3 Stanmer Park Brighton 14th January 2006

Ben Warren after winning the Sussex County Cross Country Title was on form again in winning at Stanmer Park Ben who had won the 1st League race at Goodwood was carrying injury in the 2nd race at Bexhill so took it easy to come 3rd. But Ben was back at his best and cruised to an easy victory which looks like he retains his Sussex league title as well as being county champion. Hailsham Men's team are lying 3rd overall. The results are 1st Ben Warren 24.42, 27th Paul Eccles 28.49, 37th Paul; Payne 29.26, 39th Rob Hodson 29.29, 41st Paul Harris 29.39, 51st Andy Payne 30.20, 53rd Steve Avery 30.22, 68th Andy Ruffell 31.14, 124th John Taylor 36.11. Gill Wheeler continued her good form with a solid run to come 4th after picking up the county Silver medal the previous week. Samantha Alvarez also had a great run to come 7th after having a cold which forced her to drop out of county championships. 4th Gill Wheeler 18.30, 7th Sam Alvarez 19.16, 48th Louise Ogle 23.23, 50th Jane Barlow 23.46, 54th Maria Hillman 24.04, 60th Julie Chicken 24.49, 74th Maggi Pratt 29.00, 76th Marion Underdown 29.19. Aaron Capon had his best race to date in the under 13 boys to come 4th in a time of 12.15 to put the team into 3rd place. Jago Leckie was 9th 12.42, and Ryan Elsbury 27th 14.03. Melissa Ruffell again ran a strong race to come 5th.

East Sussex Cross Country Results

Abbots Wood 23 Oct 2005 3rd Chris Howarth 36.18, 4th Paul Payne 36.46, 5th Gill Wheeler 36.53, 9th Paul Harris 37.01, 14th Michael Coupe 37.28, 23rd Rosie Uphill 37.53, 25th Paul Eccles 37.59, 28th Alen Grant 38.33, 30th Andy Payne 38.41, 73rd Jim Hennessey 43.54, 84th Julie Chicken 45.15, 85th Nick Parsons 45.44,

Ashdown Forest 6th November 2005 do not have results

Warren Hill 18th December 2005 2nd Todd Leckie 26.15, 9th Paul Payne 28.24, 14th Gill Wheeler 29.35, 15th Rob Hodson 29.48, 20th Andy Payne 30.18, 27th Sam Alvarez 30.52, 30th Michael Coupe 31.07, 101st Julie Chicken 37.27, 152nd Tim Bowler 46.00.

Whitbread Hollow 22nd January 2006 2nd Todd Leckie 27.43, 11th Gill Wheeler 31.13, 16th Andy Payne 31.51, 23rd Sam Alvarez 32.42, 29th Charlotte Saunders 33.50, 42nd Steve Delea 35.14, 100th Maria Hillman 42.15, 103rd Nick Parsons 42.44, 119th Annette Feakes 45.48, 131st Marion Underdown 48.31.

Next East Sussex X-Country 12th February 2006 Cross in Hand 26th February 2006 Pestalozzi all races start 11am see Brian Winn

Sussex Grand Prix

Sussex Grand Prix results 2005

Men's

7th Paul Eccles
12th Paul Payne
16th Andy Fessey
20th Michael Coupe
31st Brian Winn
31st Marc Seater
36th Doug Chant
39th Allen Grant
40th Bill Fraser
54th Roberto Proietti
61st John Taylor
68th Neil Gausden
74th Norman Harris
90th Tony Alsop
103rd Steve Avery
125th Andy Ruffell
134th Steve Tucker
196th Guy Johnston
199th Paul Harris
211th Mick Haffenden
214th Andy Payne
219th Steve Delea
228th Pete Plowman
229th Geoff Depper
237th Colin Burgess
247th Nick Parsons
262nd Colin Neale
270th Ben Warren
283rd Gauthier Dupay
300th Tom O'Shea
351st Craig Stephens
355th Brian Stevens
361st Jim Hennessey
407th Chris Howarth
415th Chris Jeffries
418th Chris Pullinger

**Hailsham Harriers
4th overall**

419th Dave Tyler
426th Pete Daws
430th Don Currie
438th Sam Shanta
473rd Alan Streeter
539th Terry Pownall
551st Terry Winchester
591st Barnaby Brown
598th Andy Purnell
603rd Ray Verrall
605th Martin Curcher
633rd Tim Dodd

Men's Team 2nd

Men's Vet Team 2nd

Ladies SGP

1st Sam Alvarez
26th Maria Hillman
43rd Sue Cooper
46th Elaine Alsop
65th Louise Ogle
66th Julia Toby
71st Marion Underdown
78th Charlotte Saunders
93rd Gill Wheeler
101st Jane Barlow
115th Maggi Pratt
118th Fran Doe
119th Cathy Brown
148th Carol Humphrey
165th Karen Bowler
178th Julie Chicken
224th Margaret Winton
265th Sandra Butters
270th Alyson Page
283rd Sue Chant
354th Nina Twonicki

Ladies Team 7th

Ladies Vet Team 9th

Events in SGP in 2006

5th February Chichester 10k
19th February Sussex Beacon 1/2 Marathon
12th March Hastings 1/2 Marathon
2nd April Worthing 20 Mile
14th May Hailsham Town 10 Mile
21st May Horsham 10k
7th June Worthing 10k
25th June Heathfield 10k
26th July Bexhill 5k
27th August Newick Will Page 10k
10th September Hellingly 10k
17th September Hove 5 Mile
1st October Lewes Downland 10 Mile
29th October Barns Green 1/2 Marathon
12th November Phoenix Park Races
19th October Brighton 10k
3rd December Crowborough 10k

2005 Was a disappointing year for us in the results of SGP. It's the first time in years that we have not won any team trophies. It was a shame that only one award winner turned up at the presentation. Lets get the Red and Black Out and win back our title as the best Road Runners in Sussex. Doug

Martin Bulger from Seaford is writing a book on marathon running. It is a chance for marathon runners to tell their stories—what made them start running and why the marathon. He is also looking for race reviews, photos, poems and anecdotes in fact anything associated with running marathons. Hopefully, this should create a unique insight into what makes marathons special and should uncover some of the mystique and passion that surrounds them. Contact Martin Bulger 27 Lexden Drive, Seaford, East Sussex BN25 3BD. Money raised by the book will be denoted to Cystic Fibrosis.

**This is the last race in the series we need everybody to
turn out.**

Sussex AAA Brooks Sussex Cross Country League Fixture

Saturday 4th March 2006 Race 4 Lancing Manor Sports Centre Lancing

Time table

Under 13 Girls 3km 12.30 (3km,1.8miles)

Under 13 Boys 3km 12.45 (3km,1.8miles)

Under 15 Girls 4km 13.00 (4km,2.5miles)

Under 15 Boys 4.5km 13.20 (4.5km,2.8miles)

Under 17 Men 5km 13.40 (5km,3miles)

Under 17, U20, Senior, Veteran Women 5km 14.05 (5km,3miles)

Under 20, Senior, Veteran Men 8km 14.35 (8km,5miles)

We are in Division One and we need 6 men to score and 3 women to score.

It does not matter what ability you are, just come and get muddy.

Tel. Peccles on 01323 642866 Gill on 01323 728269