



Hailsham Harriers

July 2008

South Downs Relay 2008

Harriers Women in fine form

Hailsham Harriers women kept up their form in this event with an excellent second place. A slightly weakened team kept pace with eventual winners Steyning, missing out by only 6 mins over the 100 mile course.

The team comprised of Tracey Owen, Sue Cooper, Annette Feakes, Louise Ogle, Fiona Bugler and team leader Gill Wheeler. They finished in a combined time of just over 13 hours.

Harriers men also entered 2 teams. Harriers A team of Ciaran Bregazzi, Steve Avery, Paul Payne, Andy Ruffel, Andy Fessey and team leader Paul Eccles started at 9 am with the elite teams. They held on to 3rd place until late in the day when one of the team went off course.

Harriers B team were only 6 minutes behind with great runs from Jamie Tyler, Dave Tyler, Pete Daws, Steve Gillet, Paul Guy and team leader Roberto Pioriti.

Each team member had to complete 3 separate legs totaling around 18 miles.

Despite getting home from Winchester at midnight most of the teams turned up to marshal the Race for Life under the expert organisation of Paul Eccles.

Club Grand Prix

Coulson tops the table after three events

Hailsham Harriers held their 1 mile championships at the college track and Dave Coulson currently holds a slender 1 point lead over Mike Ovens who won race one by 4 seconds from Dave in second place. Both Jamie Tyler and newcomer Steve Gillett gave chase to the leaders and together with Ladies winner Sam Alvarez all finished well under 6 mins.

In the second race Steve Delea took hold of the lead and was never headed with Annette Feakes and guest runner Neil Pollard pushing each other to second and third places.

The two races were held with the results combined overall by finishing times both for the men and ladies. The evening sunshine provided ideal conditions but the grass surface was still soft after the previous rain but both races provided excitement and maximum effort from all the competitors.

Placings and times were as follows: Race One 1st: Mike Ovens 5m21s; 2nd: Dave Coulson 5m25s; 3rd: Jamie Tyler 5m38s; 4th: Steve Gillett 5m45s; 5th: Sam Alvarez (First Lady) 5m56s; 6th: Bill Fraser 6m08s; Race Two 1st: Steve Delea 6m04s; 2nd: Annette Feakes (Second Lady) 6m30s; 3rd: Neil Pollard (Guest) 6m33s; 4th: Roberto Proietti 6m43s; 5th: Lesley Delea (Third Lady) 6m49s; 6th: Norman Harris 7m02s; 7th: Julie Chicken (Fourth Lady) 7m14s;

The Club Grand Prix after three rounds is as follows:

Men 1st: Dave Coulson 56points; 2nd: Mike Ovens 55points; 3rd: Steve Gillett 51points; 4th Jamie Tyler 48points; 5th: Bill Fraser 46points; 6th: Steve Delea 43points; 7th: Andy Fessey 40points; 8th: Roberto Proietti 37points; 9th: Norman Harris 26points; 10th: Andy Ruffell 17points; 11th: Peter Drake 12points; Ladies 1st: Sam Alvarez 60points; 2nd: Annette Feakes 57points; 3rd: Lesley Delea 52points; 4th: Julie Chicken 49points; 5th: Jane Barlow 36points; 6th: Sandra Fowlie 29points; 7th: Sue Cooper 15points;



Harriers go well at Heathfield

Harriers men pulled off a great team victory at the Heathfield 10k at the weekend. The first four Harriers were Gary Judges, Andy Fessey, Paul Eccles and Paul Payne. A really strong turnout from the harriers saw many good individual performances



Worthing 10k

Another great win for Sam. Well done to Frances Delves who was first in her age group.

Results

Sam Alveraz	38.19 (first lady)
Mike Ovens	39.13
Bill Fraser	39.34
Fiona Bugler	41.15
Steve Deleah	44.00
Frances Delves	45.06 (first age cat)
John Taylor	48.26

Reminder

Please remember to send all new club records to

Geoff Depper

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Congratulations to Bill for several new recent records

South Downs memories

Anyone seen
a signpost?



I'm just
glad I
went the
right way
this year.



As some of you may have heard I am off to Australia, in September, for the next year with my family. Whilst I can probably carry on with the website and newsletter, I think it might be better if someone else took it on whilst I am away. Please contact me if you are interested.

Thanks

Andy

