



# Hailsham Harriers

June 2008

## Hailsham feel the heat at Horsham.

Hailsham Harriers sent a strong team to the Horsham 10k at the weekend. The temperatures soared at the start time of 11 am and it soon became clear that conditions would be difficult late in the race. In the 27 degree heat pacing sensibly and taking on water became very important. Times were around 1-2 mins slower than usual. 500 runners took part.

The ladies race was won by Hailsham's Gill Wheeler who continued her steady improvement. Pushing hard at the start Gill kept her form well to finish in under 40 mins.

Steve Avery, who has been running in South Africa recently, was acclimatised to the conditions and led Harriers home. Gary Judges ran superbly but pushed himself to the limit and suffered heat stroke at the finish line. Andy Fessey just managed to hold off Gill Wheeler. Just seconds behind came Samantha Alvarez.

Running well as a Vet 3 (over 50's) was Bill Fraser. He was followed in by Norman Harris, Ian Weston and John Taylor.

## Fessey triumphs at Harriers 5000 metres Championship

Hailsham Harriers have commenced their summer training at the College Sports Track and recently held their 5000 metres race in glorious evening sunshine.

The track conditions were difficult and not responsive for fast times but nevertheless an exciting race saw Andy Fessey take command as he did in the previous Milland Road Race. The pack led by Dave Coulson, new member Steve Gillett, evergreen Bill Fraser, Mike Ovens and Jamie Tyler all chased hard and provided a close battle over the 12 and 1/2 laps.

Sam Alvarez mixed it with the men to win the Ladies Race and Annette Feakes continued with her good form in gaining second place.

Placings and times were as follows: 1st: Andy Fessey (and 1st Vet) 18m59s; 2nd: Dave Coulson 19m19s; 3rd: Steve Gillett 19m34s; 4th: Bill Fraser 19m42s; 5th: Mike Ovens 19m51s; 6th: Jamie Tyler (1st Senior Man) 19m55s; 7th Sam Alvarez (1st Lady and Vet) 20m02s; 8th: Steve Delea 20m56s; 9th: Annette Feakes (1st Sen Lady) 21m47s; 10th: Norman Harris 23m00s 11th: Jane Barlow 23m16s; 12th: Lesley Delea 24m18s; 13th: Roberto Proietti 24m39s; 14th: Julie Chicken 24m54s; 15th: Sandra Fowlie 26m31s;

## Club 3000m result

1st	Andy Fessey	Vet Man	10mins 47secs
2nd	Mike Ovens	Vet Man	10mins 51secs
3rd	Dave Coulson	Vet Man	10mins 52secs
4th	Andy Ruffels	Senior Man	10mins 54secs
5th	Steve Gillet	Vet Man	10mins 59secs
6th	Jamie Tyler	Senior Man	11mins 01secs
7th	Sam Alvarez	Vet Lady	11mins 13secs
8th	Bill Fraser	Vet Man	11mins 20secs
9th	Steve Delea	Vet Man	11mins 42secs
10th	Annette Feaks	Senior Lady	12mins 26secs
11th	Jane Barlow	Vet Lady	13mins 22secs
12th	Peter Drake	Vet Man	13mins 28secs
13th	Roberto Proietti	Vet Man	13mins 33secs
14th	Lesley Delea	Vet Lady	13mins 49secs
15th	Julie Chicken	Vet Lady	13mins 52secs
16th	Sue Cooper	Vet Lady	14mins 23secs
17th	Sandra Fowlie	Vet Lady	15mins 35secs

### **MARSHALS NEEDED FOR RACE FOR LIFE 2008**

This year's event takes place on Sunday 8<sup>th</sup> June. (Yes I know, the day after the South Downs Relay!) This is a very worthwhile cause and without us the ladies taking part would not be able to raise the funds necessary to fight breast cancer. There are two races, morning and afternoon, let me know if you can marshal one, or even better both!

We also need a lead runner, male or female to lead the ladies round the course, any volunteers?

Paul Eccles



Dave Coulson strides out at the Hastings Track and field meeting.

Harriers joined forces with Eastbourne Rovers to completely dominate the recent meeting. Visit [Sussex races](#) for results