



Hailsham Harriers

June 2007

South Downs Relay 2007

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Harriers B team of Annette Freakes, Paul Guy, Roberto Proietti, Simeon Swift, Pete Daws and Peter Plowman completed the route in under 14 hours with several members competing for the first time.

The event is quite a logistical exercise and huge thanks must go to drivers Colin Burgess and Erica Richardson. Thanks also to Mike Bugler for his crucial support.

VETS LEAGUE 2007/08

Hailsham Harriers are taking part this year in the Sussex Veterans track and field event and as this is our first year we are entering as a joint team with Eastbourne Rovers. This is a great opportunity for us to take part in the track events from 100m to 5,000m and if you wish field events, long jump, etc. I have done this before and it is great fun. The competition is a relaxed affair and not taken too seriously and all the other competitors are very friendly. All events are split into the usual vet age groups, over 40, over 50 and over 60. Please give your names to Paul (642866) or Steve (731058) if you are a male or Julie (842153) if you are female. They will also have detailed timetables. The dates are:-

Match 1 Eastbourne Wednesday 9th May
Match 2 Hastings Wednesday 30th May
Match 3 Worthing Wednesday 20th June
Match 4 Lewes Wednesday 18th July

At the opening match, in Eastbourne, the joint Hailsham and Rovers mens team was first and the women second. Mike Ovens was in great form winning the 400m. He also helped the relay team to 2nd place. Andy Payne made a brave return in a windy 1500m after injury problems ruined his winter. Julie Chicken, Andy Fessey, and Roberto all scored well in their 1500m races.

RACE FOR LIFE SUNDAY 10TH JUNE

Please give your serious consideration with helping to marshal for the Race for Life at Hampden Park on Sunday 10th June. This is a ladies only race to raise much needed funds for Cancer Research and every year we are asked to marshal. This year there are **two races**, one in the morning and one in the afternoon. If you can do both then that would be great, if not one will be fine. It's a great event but they can't do it without our support. Give your names to Paul Eccles (642866).

Just to let you know I have moved house.
My address is now 194 Coast Road, Pevensey Bay, East Sussex
BN24 6NR, marionunderdown@hotmail.com
07747 128616.
Lesley Underdown



Club Secretary

HAILSHAM 10 MILER SUNDAY 13TH MAY 2007

Despite the wind and the rain, the Hailsham Harriers managed to host another successful running event over the weekend. The High Street was closed on Sunday to hold the annual 10 mile road race which is part of the Sussex Road racing grand prix. The weather did keep some runners away as entries on the day were down. However despite this over 200 runners entered the race, which saw Daniel Anderson (Hastings AC) win in a time of 57 minutes 52 seconds. He lead from start and finished over a minute ahead of his team mate Henry Mountcastle and James Miles (Phoenix AC) came third. The runners seemed to enjoy the adverse weather conditions as the top six runners managed to complete the course in under an hour.

The women's race was won by Louise Vallier (Arena 80) in an excellent time of 63 minutes and 11 seconds, which beat the in-form Sussex cross country champion Gill Wheeler (Hailsham Harriers) by over a minute. However Gill must have found great solace in the fact she lead her team mates to such a convincing victory in the team event. The performances from Gill, Samantha Alvarez and Fiona Bugler beat the strong teams from Brighton & Hove City AC and Horsham Joggers.

In the men's team event, despite having most of their runners available through having to marshal the Harriers team of Andy Fessey, Mike Ovens, Simeon Swift and Bill Fraser managed a respectable fourth place. The men's team event was won by Phoenix AC and Horsham Joggers and Seaford Striders were 2nd and 3rd.

The Harriers results in full were:- 18.Andy Fessey (64.18) 20.Gill Wheeler (64.40) 31.Samantha Alvarez (67.25) 39.Mike Ovens (69.22) 40.Fiona Bugler (69.47) 56.Simeon Swift (72.19) 62.Bill Fraser (73.05) 82.Neil Gausden (75.53) 86.Julia Toby (76.13) 89.Stephen Webb (67.03)

An event like this takes a lot of time and effort. Special thanks must go to Margaret Winton, Peter Horscroft, Norman Harris and Colin Burgess for their organisation of the event. Thanks must go to all the marshals, many of whom were club members who gave up their chance of running in the race to help make it such a success.

Harriers Track Championships kicks off with the 5000 meters

Hailsham Harriers introduced their 2007 track championships and participants were greeted with cold and wet conditions at the Battle Road Sports College track.

This did however provide a softer grass surface for the 12 and a half laps and the race was combined with men and ladies running together.

Andy Ruffell who had recovered from his excellent London Marathon run lead the field out and was never headed although both Dave Tyler and Alan Streeter made Andy work for his win.

In the ladies event Annette Feakes produced a great run chased home by Maria Hillman.

Results are as follows:

1st	Andy Ruffell	18 mins 55secs
2nd	Dave Tyler	19mins 44secs
3rd	Alan Streeter	19mins 55secs
4th	Jamie (Guest)	20mins 36secs
5th	Steve Gilkes	21mins 48secs
6th	Annette Feakes	22mins 45secs
7th	John Taylor	23mins 25secs
8th	Norman Harris	23mins 48secs
9th	Maria Hillman	24mins 28secs
10th	Julie Chicken	25mins 19secs
11th	Sue Cooper	26mins 17secs
12th	Maggie Pratt	27mins 18secs
13th	Alyson Smith	27mins 43secs
14th	Lesley Delea	30mins 26secs
15th	Eleanor Ruffell	38mins 17secs



Horsham 10k

The Horsham 10k took place at the weekend in superb running conditions. A field of 200 runners contested the popular event organised by Horsham Round Table. The event was won by Henry Mountcastle ,who has dominated the Sussex Grand Prix this year, in 34 mins.

Hailsham Harriers were delighted to see an excellent return to form for Steve Avery who has just returned from a period of training in South Africa. He ran superbly to finish in 36 mins.

Samantha Alvarez was Harriers first lady home(40.23) . She was third in the women's race and also won her age group.

Harriers men ran really well and narrowly missed out on the team prize.The team was as follows; Paul Eccles (37.24), Paul Payne (38.08), Andy Fesey (38.13), Dave Tyler (38.46) , Simeon Swift (42.36), Steven Webb (43.54). Lesley Underdown also competed for the ladies.

Several Harriers competed at the **Bexhill 5k**. Paul Payne was 8th , Andy Fessey 10th and Samantha Alvarez 14th and second in the womens race. Also competing were Bill Fraser, Stephen Webb, Fiona Bugler,Annette Feakes,John Taylor,Sandy Fessey,Lesley Delea ,Carol Humphrey ,and in the junior race, Josie Fessey

Harriers Round Two to Avery and Bugler

Hailsham Harriers held the second of their club championships the 3000 metres at the Battle Road College track. Following his earlier win in the 5000 metres in form Andy Ruffell was expected to make the pace and this he did but he had close company from Steve Avery who has just returned from training in South Africa and Mike Ovens who unfortunately missed the the last round.

The race proved to be a cracker with Avery seizing his moment with about 100 meters to go with a win over Ruffell by 1 second in 10mins 36secs. Ovens kept the pressure on in 3rd in 10mins 53sec.

The ladies race held within the above provided Fiona Bugler with a win in 11mins 56sec chased home by Annette Feakes the winner of the last round in 12mins 51secs.

Results are as follows:

1st Steve Avery	10mins 36secs
2nd Andy Ruffell	10mins 37secs
3rd Mike Ovens	10mins 53 secs
4th Dave Tyler	11mins 16 secs
5th Jamie Tyler	11mins 25secs
6th Alan Streeter	11mins 33secs
7th Fiona Bugler	11mins 56secs First Lady
8th Annette Feakes	12mins 51secs Second Lady
9th John Taylor	12mins 55secs
10th Bob Garrard	13mins 13secs
11th Norman Harris	13mins 39secs
12th Julie Chicken	14mins 09secs Third Lady
13th Ray Verrall	14mins 27secs
14th Sue Cooper	14mins 40secs
15th Maggie Pratt	15mins 43 secs
16th Janet Jeffries	16mins 35secs
17th Lesley Delea	17mins 05secs
18th Eleanor Ruffell	23mins 06secs

The leading positions after two rounds are as follows:

Men

1st Andy Ruffell
39points
2nd Dave Tyler
36points
3rd Alan Streeter
33points

Ladies

1st Annette Feakes 39points
2nd Julie Chicken
36points
3rd Sue Cooper
34points

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