

RACE REPORTS

VENUE :- DOVER WHITE CLIFFS HALF MARATHON

DATE :- SUNDAY JULY 7TH 1991

TIME :- 11.00

WEATHER :- HOT, SUNNY AND STILL.

COMMENT :- A VERY TOUGH HILLY COURSE. (WORST FROM 4 MILES ONWARDS)

REPORT BY :- GARRY BEACONSFIELD.

AFTER BRIAN WINN PICKED ME UP WE HEADED FOR BEXHILL RD TO PICK UP TONY KEELEY AND DOUG OWEN.

ON ARRIVING I GOT OUT OF THE CAR AND BRIAN TOLD ME WHICH NUMBER HOUSE TO GO TO. I MADE MY WAY THROUGH THE GATEWAY AND AS I DID SO I SAW TWO FIGURES OF TONY AND DOUG THROUGH THE GLASS PANELLED DOOR, NEXT DOOR THAT IS. YES I WAS JUST ABOUT TO KNOCK ON THE WRONG DOOR. I SUDDENLY HAD AN IMAGE OF A 6'-6" 18 STONE MAN (OR WOMAN FOR THAT MATTER) FLATTENING MY NOSE FOR BEING GOTTEN OUT OF BED EARLY ON A SUNDAY MORNING BECAUSE OF A WRONG NUMBER.

ALL NOW BEING WELL WE SET OFF FOR DOVER.

ONE OF THE MANY DISCUSSIONS WE HAD DURING OUR JOURNEY WAS WHAT KIND OF TIMES WE WOULD LIKE TO GO FOR. TONY (AND MYSELF) WAS HOPING FOR A TIME OF 1:30 TO 1:35. DOUG THOUGHT THAT TIME COULD BE A BIT TOO FAST FOR HIM. BRIAN WHO WAS JUST GETTING OVER HIS TOE INJURY AND LACK OF TRAINING SAID '1:30 SOUNDED GOOD TO HIM, SO WE ALL AGREED TO TRY FOR 1:30ⁿ.

WE MET UP WITH PETER PLOWMAN AT THE RACE CAR PARK WHICH OVERLOOKED THE DOVER CASTLE WHERE THE

RACE WOULD START AND FINISH.

THE GUN WENT OFF 5 MINUTES^{LATE} AND WE ALL STARTED OFF TOGETHER. WE RAN AROUND THE CASTLE THEN DOWN HILL AWAY FROM THE CASTLE GROUNDS THEN STRAIGHT INTO OUR 1ST OF MANY HILL'S (QUITE A FEW OF THEM VERY TOUGH).

BRIAN, TONY AND MYSELF SOON HAD A GOOD PACE GOING AND PETER AND DOUG DID NOT COME WITH US. WE COMPLETED THE 1ST MILE IN 6:39 2ND 6:33 3RD 6:20 4TH 6:24. I FELT THAT IT WAS NOT ONLY THE WEATHER^{THAT} WAS TOO HOT IT WAS ALSO THE PACE, THAT WAS TOO FAST TOO SOON. SLOWING MY PACE DOWN TO 7:03 FOR THE 5TH MILE I FELT MUCH BETTER AND BRIAN AND TONY WAS NOW GOING AWAY. PETER PAST ME AT ABOUT 5 $\frac{1}{4}$ MILES AND WAS GOING LIKE A TRAIN. I PUT IN A 6:45 AND 6:31 FOR THE 6TH AND 7TH MILES JUST AFTER 7 MILES WE STARTED TO GET INTO THOSE TOUGH HILLS. AS I GOT TO 7 $\frac{1}{2}$ MILES I SAW TONY UP AHEAD. HE LOOKED TO BE IN A BAD WAY, THE EARLY FAST PACE WAS NOW TAKING ITS TOLL ON HIM. PASSING TONY JUST BEFORE 8 MILES I PUSH ON. THERE WAS NO SIGHT OF BRIAN. THE 8TH MILE TOOK ME 7:40. THE 9TH AND 10TH MILES WAS A BIT BETTER 7:07 AND 7:09. BETWEEN 10 AND 11 MILES MORE TOUGH HILLS AND A SLOWER 7:42 PACE, 11 TO 12 MILES WAS NOT SO BAD ALTHOUGH IT INCLUDED ANOTHER HILL BUT ONLY TOOK ME 7:14 TO COVER, THIS WAS PROBABLY BECAUSE I WAS SPURRED ON WHEN I SAW BRIAN AHEAD AT ABOUT 11 $\frac{3}{4}$ MILES. WE PAST THE 12TH MILE MARK TOGETHER WE STAYED WITH EACH OTHER UNTIL WE HIT ANOTHER HILL AT 12 $\frac{1}{4}$ MILES. I PUSHED HARD UP THE HILL AND BRIAN DID NOT COME WITH ME. AFTER THAT HILL IT WAS DOWN ALL THE WAY UNTIL WE GOT TO THE CASTLE GROUNDS WHEN YOU GO UP A VERY STIFF, STEEP HILL TO THE END OF THE RACE.

PETER HAD ALREADY FINISHED AND CONGRATULATED ME ON MY RUN. BRIAN SOON FOLLOWED ME IN THEN CAME DOUG 5 MINUTES LATER FOLLOWED BY TONY TWO MINUTES ON.

WE ALL RESTED FOR A WHILE LONGER THEN CLAIMED OUR FREE CAN OF BEER. THEN WE WENT BACK TO THE CARS TO GET CHANGED.

PROLOGUE :- ALTHOUGH I MISSED THE 1:30 TARGET I WAS VERY PLEASED WITH MY TIME TAKING THE TOWN COURSE INTO ACCOUNT. IT WAS MY FASTEST TIME SINCE MAY LAST YEAR.

| HARRIERS RESULTS :- | NAME | TIME | POSITION. |
|---------------------|--------------------|---------|-----------|
| | PETER PLOWMAN | 1.28.25 | 41 |
| | GARRY BEACONSFIELD | 1.31.17 | 65 |
| | BRIAN WINN | 1.32.13 | 79 |
| | DOUG OWEN | 1.37.37 | 110 |
| | TONY KEFLEY | 1.39.14 | 123 |

VENUE :- LUTON MARATHON
DATE :- 21-7-91
TIME :- 09.00
WEATHER :- OVERCAST WITH SOME SUNSHINE, WARMISH, COOL LIGHT WIND
COMMENT :- UNDULATING TO 17 MILES THEN VERY HILLY ESPECIALLY AFTER 20 MILES. 24 TO ABOUT 25 1/2 MILES ONE LONG CLIMB.
REPORT BY :- GARRY BEACONSFIELD.

I WAS UP AT 03.30 AFTER JUST 3 1/2 HRS SLEEP BECAUSE I DID NOT FINISH WORK UNTIL 23.15 HRS THE NIGHT BEFORE.

LUTON MARATHON

REPORT cont'd.

TONY KEELEY PICKED ME UP AT 04:00 HRS AND WE THEN WENT TO OLD TOWN TO PICK UP DAVID HEALY THEN OF TO BRIGHTON STN. TO CATCH THE 05:15 TRAIN TO LUTON. THE RAIL TICKETS WERE FREE WITH THE RACE ENTRY THAT SAVED US £18 ON THE DAY. WE ARRIVED AT LUTON STN AT 07:48 HRS. AND GOT ONTO THE FREE BUS SERVICE WHICH TOOK US TO THE START.

WE HAD A GOOD HOUR TO GET READY FOR THE START OF THE RACE.

WITH 15 MINS TO GO WE WERE TOLD TO GET INTO OUR STARTING FINISHING TIMES. THEN WE WERE WALKED DOWN TO THE START LINE. WHAT A SHAMBLES THAT WAS. WHEN WE GOT TO THE START LINE ALL THE FAST RUNNERS WERE AT THE BACK AND THE SLOW RUNNERS AT THE FRONT. WE HAD TO DO A TURN AROUND.

THE RACE STARTED AT ABOUT 09:03 AND AFTER A STEADY 8:08 START FOR THE 1ST MILE TONY (WHO I WAS TRYING TO GET UNDER 3 1/2 HRS) AND ME PICKED UP THE PACE TO 7:05. THAT WAS TOO FAST SO WE SLOWED IT DOWN DURING THE 3RD MILE TO 7:17. WE BOTH SET P-B FOR THE 4TH MILE ~~7:05~~ WE DID THAT ONE IN 4:13 BUT ALSO SET P-W FOR THE 5TH MILE WHICH TOOK US 10:01. YES, YOU GUESSED RIGHT, 3 TO 4 WAS SHORT AND 4 TO 5 WAS LONG. WE WERE BOTH FEELING GOOD AND MOVING VERY WELL WITHOUT WORKING TOO HARD. WE COVERED 6-7-8-9 MILES IN 7:22 | 7:32 | 7:07 | 7:31 BETWEEN 9 & 10 MILES THE PACE INCREASED TO 7:14 WE GOT TO 10 MILES IN A TIME OF 1-13:42 AHEAD OF OUR SCHEDULE.

LUTON MARATHON

REPORT cont'd.

11|12|13|14|15|16 WERE EVEN PACED 7:15|7:11|7:19|7:15|7:05|7:25 THEN WE STARTED TO GET INTO THE STIFFER HILLS, ONE WHICH WENT ON FOR ABOUT 3/4 MILE BETWEEN 16|17 MILES. I WAS STILL MOVING UP THE HILL BUT TONY WAS SLOWLY DROPPING BACK. (WE HAD ARRIVED BEFORE THE RACE THAT IF EITHER OF US STARTED TO SLOW THE OTHER WAS TO GO ON AND DO HIS OWN THING). 16|17 MILE EVEN TOOK ME 8:34 18|19|20|21 MILES ALTHOUGH AGAIN HAD SOME HILLS IN WERE NOT TOO DRASTIC. SPLITS FOR THEM WERE 7:34|7:26|8:08|7:46 (20 MILES IN 2:29:04) FROM 22 MILES ON IT WAS HILLS, HILLS AND MORE HILLS. MY LEGS WERE NOW TELLING ME TO STOP AND WALK BUT NO WAY WAS I GOING TO. 22|23 24|25|TO END WERE VERY SLOW BECAUSE OF THE HILLS 8:21|8:26|8:34|8:53|10:26. I WAITED TO SEE IF TONY GOT HIS SUB 3 1/2 BUT AT 3:31:00 I WENT TO GET CHANGED AND MET TONY LATER. WE MET UP AGAIN WITH DAVID WHO TOLD US HE JUST MISSED HIS SUB 3 HR.

PROLOGUE :- AT 20 MILES I WAS ON FOR A NEW P.B BUT I HAD NO CHANCE OF GETTING IT IN THE END BECAUSE OF THE HILLS. MY TIME IS STILL MY 2ND BEST SO I AM PLEASED WITH IT.

A NOTE FOR TONY. AFTER YOUR EFFORTS IN THIS RACE I KNOW YOU CAN GET A SUB 3 1/2 SO DON'T LOOSE HEART. YOU WOULD HAVE DONE IT IF NOT FOR THE HILLS.

HARRIERS RESULTS :-

| NAME | TIME | POSITION |
|--------------------|---------|----------|
| DAVID HEALY | 3:01:02 | 67 |
| GARRY BEACONSFIELD | 3:21:31 | 176 |
| TONY KEELEY | 3:33:32 | 275 |

DAVID HEALY WAS ALSO 3RD IN HIS V50 CLASS

SPELLING MISTAKE/TYPING ERROR

In an attempt to ascertain whether anyone actually reads these pages, I am offering a Mars bar to "clever clogs" who spot the odd mistake in the monthly Newsletter.

The first Mars bar goes to Kevin Delves who saw "invariably" typed incorrectly in last month's edition. Now Kev, more to the point, when are you going to start running again?

Actually, you will notice that a lot of the August issue is in handwriting form - which, I feel, is no bad thing as typing and more typing can be a bit tiring on the eye.

However, if any budding typists want to volunteer help once a month don't be shy - please 'phone me on Eastbourne 646464 but beware answering machine!

My Personal Secretary Mrs. Lowen (who typed the undermentioned) will be glad to know she is not the only one whose typing will now come under such close scrutiny from Mars bar addicts.

BRIAN WINN

EAST SUSSEX SPECIAL GAMES - WITHDEAN STADIUM, 3rd JULY 1991

Clifford Lowen was entered for 2 races at these Games, running for the Firstfields Day Centre at Hailsham.

His first race was the 400 metres, where all the runners stayed in close contention through the early stages of the race. They gradually spread out and as they came down the home straight Clifford was in 3rd position and running well. Halfway down he moved into 2nd place and we were all ready to settle for this, but he kept going and moved into 1st place almost on the line.

His second race was the 800 metres, where he stretched the field out right from the start by setting off at a blistering pace. He moved into a more steady rhythm and was then passed by several other runners. They were all fairly close together at the end of the first lap, but by the time Clifford came round to the home straight again he was well clear of the field in 1st place. As he came down the track we could see he was tiring but he had done enough, and with the help of all his supporters who were screaming at him, he held on for a reasonably comfortable victory.

And so Clifford won 2 gold medals. This really was a lovely day; everyone enjoyed themselves, the spirit of all the competitors was exemplary and, at last, the sun came out and shone all day. We all went home with happy memories - and even a touch of sunburn.

Our grateful thanks to the instructors at the Harriers who have encouraged and pushed Clifford along. He mentions Ian Thomas and Brian Winn, but doubtless there are others - and we appreciate all your help.

Mr. & Mrs. Lowen.

THE 1991 CLUB CHAMPIONSHIP (REMAINING TRACK FIXTURES)

Event.....Date.....Start....
200 metres.....15th August.....7.00 p.m.
800 metres.....29th August.....7.00 p.m.
3,000 metres...~~19th September...6.30 p.m.~~

5th SEPTEMBER 7.00 pm

CLUB CHAMPIONSHIP RESULTS

100 METRES

YOUTHS

1st Chris Scott 12.0secs. *
2nd Richard Pope 12.0secs. *
3rd Andrew Burgess 12.9secs.
Paul Francis (time not ratified)

SENIOR MEN

1st Ricky Pratt 12.0secs. *
2nd Etienne Bunoz 12.6secs.
3rd Robert Mathiot 12.8secs.
Steve Tucker 12.9secs.
Tony Keeley 13.1secs.
Dan Findlay 13.3secs.
Cliff Lowen 15.5secs.
Ray Francis 16.7secs.

SENIOR WOMEN

1st Julie Chicken 14.1secs.
2nd Diane Hobson 16.6secs.
3rd Sue Fiddess 20.4secs.

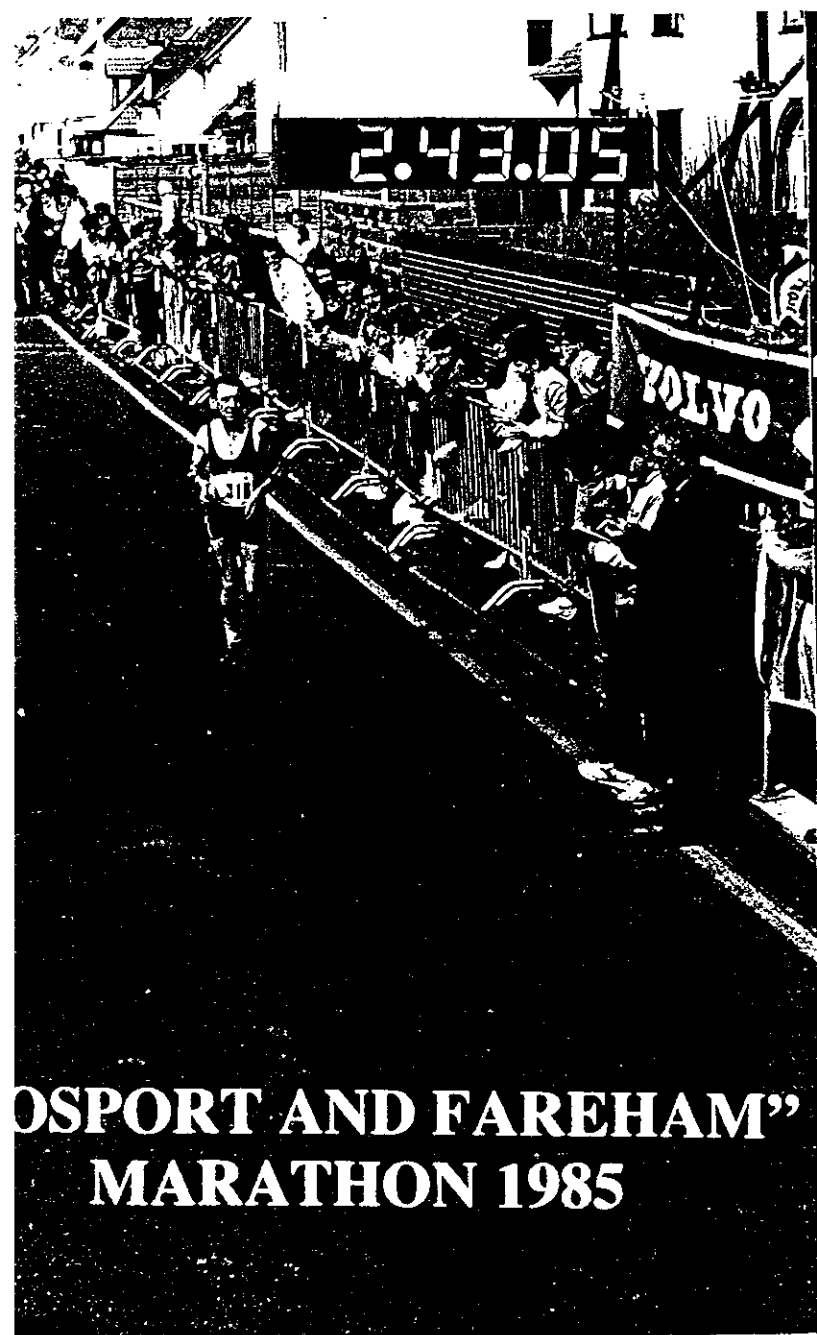
VETERAN MEN

1st Brian Winn 13.2secs.
2nd Alfredo Noya-Lamas 13.6secs.
3rd Tim Bowler 13.6secs.
Roberto Proietti 14.2secs.
Norman Harris 15.6secs.

* Fastest Time of the night.

THE CLUB PROFILES

THIS MONTH, THE
SPOTLIGHT FALLS
ON KEITH NOVIS
AND DAVE HEALY



Sunday 7th April 1991
THE PADDOCK WOOD
HALF MARATHON

DAVE HEALY

KEITH NOVIS

THE CLUB PROFILE on KEITH NOUIS

Age 37

Height 5'6"

Weight 9st 7lb

Address 9 WALSINGHAM CLOSE,
EASTBOURNE.

HAMPDEN PARK,

Telephone No 'PHONE

Born (where) EASTBOURNE

Date 31.8.53

Occupation WINDOW FABRICATOR (WINSEAL LTD)

Previous Jobs I WOULD NEED SOME MORE PAPER

When did you first start running? MY FIRST RUN WAS E/B FUN RUN 1984
BUT STARTED RUNNING SERIOUSLY 1985 STOPPED PLAYING FOOTBALL 1986 TO RUN

Weekly Mileage? JUST STARTING TO UP IT A BIT BECAUSE OF KNEE
ABOUT 25-30

Weekly Outgoings? 4 TIMES A WEEK AT THE MOMENT DUE TO KNEE
INJURY

When and what or who made you join the Harriers?

NORMAN HARRIS LAST YEAR

What are your Personal Best times?

LONDON MARATHON 3.35.41

HASTINGS 1/2 M 1.25.26 E/B FUN RUN 63min BRIGHTON SEA FRONT 10K 37m

What is the secret of your success?

WHAT SUCCESS I'm STILL LOOKING
MAYBE A GOOD SEX LIFE

Who has been the greatest influence on you?

GEOFF MARTINDALE E/B GOLD STARR COACHES NOW AT HARRIERS.
MY GIRLFRIEND JAN SHE MAKES ME GET OUT

Your most respected rivals (not necessarily Harriers)

EVERYONE BUT AT THE MOMENT I THINK ITS STEVE TUKER
AND DOUG OWEN BECAUSE THEY KEEP PASSING ME AT 4 MILES
NOT FOR LONG LADS HA'HA'

What has been your most disappointing performance?

DO YOU MEAN TO DO WITH RUNNING?

What other sports do you participate in? NONE NOW, I USED TO

PLAY FOOTBALL FOR E/B UNITED AFTER TRIALS (WITH CRYSTAL PALACE)
I WAS 15 BUT I BROKE MY ANKLE SO THAT WAS THAT. MY GIRLFRIEND
SAID I CANT PUT SEX BECAUSE ITS NOT A SPORT

THE CLUB PROFILE on KEITH NOUIS

cont'd.

What are your future objectives?

TO DO THE LONDON MARATHON IN UNDER 3:30 AND MAYBE TO RACE ABROAD

Hobbies INTERESTS BATTLE OF BRITAIN, SPITFIRES, ARCHAEOLOGY AND OLD EASTBOURNE

Likes WALKING, WATCHING ANYTHING ON THE BATTLE OF BRITAIN. BEING WITH MY CHILDREN AND GIRLFRIEND.

Hates SMOKING, LIARS, SELFISH PEOPLE, CHEATS

Favourite Food SPAGHETTI BOLOGNAISE ANY PASTA DISHES, CURRY

Favourite Listening REGGAE MOSTLY (I SHOULD HAVE BEEN BLACK)

U.B 40, DIRE STRAITS, CHRIS DE BURGH, E.L.O., PHIL COLLINS, I WIND DOWN LISTENING TO JOHN DENVER

Favourite Television COMEDY ONLY FOOLS AND HORSES, UNDERWATER EXPLORATION, WILDLIFE, ANYTHING WITH CHARLES BRONSON.

Favourite Training DOWNS BUT GET BORED ON MY OWN

Favourite Possessions RECORDS, LONDON MARATHON MEDAL

MY PICTURES OF MY BATTLE OF BRITAIN PHOTOS AND MY SPITFIRE FRAMED POSTER, AND MY MANCHESTER CITY SIGNED PERSONALLY POSTER.

MY DAUGHTERS CHRISTENING CARDS
The best thing that has happened to you

MY TWO DAUGHTERS CARA & HAYLEY WHEN THEY WERE BORN, MEETING MY GIRLFRIEND JAN (THANKS BRIAN) GETTING INTO LONDON LAST YEAR 1990

What do you wish for most in life?

TO BE HAPPY (I HOPE WITH JAN)

Anything else/Religious Beliefs/Political Views etc..

WOULD RATHER KEEP THEM TO MYSELF

e.g. If you could take only 12 L.P. or single play records with you before you were cast away on a Desert Island - what would they be?

PHIL COLLINS, "BUT SERIOUSLY", DIRE STRAITS "ALCHEMY", CHRIS DE BURGH "INTO THE LIGHT", E.L.O. "TIME", U.B. 40 "LABOUR OF LOVE" VOLUMES 1 & 2, JOHN DENVER "LIVE IN LONDON" AND A COLLECTION OF REAL JAMAICAN REGGAE MUSIC.

①

NAME - DAVID JAMES HEALY AGE - 50 DOB - 9 FEB 1941

WEIGHT - 9 STONE HEIGHT - 5'6" BORN - PORTSMOUTH - HAMPSHIRE

ADDRESS - 25 DACRE ROAD EASTBOURNE TELE 39155

OCCUPATION - LONG DISTANCE LORRY DRIVER

PREVIOUS JOBS - BAKERS ROUNDSMAN - PLASTERER - REFRIGERATION ENGINEER

SOLDIER - (6 years, served in Singapore, Malaya, BORNEO & GERMANY.
I was a corporal - same as Adolph Hitler) 1958-1964

WHEN DID YOU FIRST START RUNNING - In 1976, I joined Southampton jogging club, after seeing them running around Southampton sports centre one Sunday morning.

WEEKLY MILEAGE - THIS DEPENDS ON MY JOB, WHEN I AM AWAY

OVERNIGHT ONLY ABOUT 20-25, OTHERWISE 30-40, STILL NOT

ENOUGH I AM AFRAID

WEEKLY OUTGOINGS - I ASSUME YOU MEAN RUNS OUT - 4 OR 5.

WHO MADE YOU JOIN HARRIERS - SUSIE FIDDESS - SHE TOLD ME HOW

FRIENDLY THEY WERE, ~~AND I~~, AND I ALWAYS RAN WITH KAREN BOWLER & THE 'SUNDAY' GROUP FROM BUTTS BROW, ^{SO I} JOINED
PERSONAL BEST TIMES - 10K - 34-22, 5 MILE - 27-17, 10 ML - 56-3.

1/2 MARA - 1-15-41, MARATHON - 2-39-36, LONDON - BRIGHTON 6-57

SECRET OF SUCCESS - ALWAYS BELIEVE YOU ARE BETTER THAN THE OTHER

MAN, CONCENTRATE AT ALL TIMES ON THE RACE, AND PLENTY OF

PASTA & WATER 1 WEEK BEFORE A MARATHON.

WHO HAS BEEN INFLUENCE - ^{IN} RUNNING - IAN BURGESS OF SOUTHAMPTON

A GREAT ULTRA RUNNER WHO MADE ME BELIEVE I COULD BEAT

ANYONE IN THE WORLD - IN LIFE - SGT GURR, - ARMY - WHO

GRABBED ME BY THE THROAT, PINNED ME TO A BARRACK ROOM WALL

PTO

(2)

IN MALAYA, AND WARNED ME I WAS BECOMING A ALCOHOL OLI-
- WHICH I WAS - I STOPPED FOR ABOUT 5 YEARS, AND NOW
ONLY HAVE ABOUT FOUR A WEEK, INSTEAD OF 6-8 A DAY

MOST RESPECTED RIVALS - IAN BURGESS, RICHIE PEARSON (SOTON),

PORTSMOUTH A.C. MARATHON SQUAD. SOUTHAMPTON & PORTSMOUTH

ALWAYS HAD A HARD BATTLE ON THE I.O.W. MARATHON - HONOUR-

ABOUT EVEN, AND ALWAYS A DRINK AFTER THE RACE.

MOST DISAPPOINTING PERFORMANCE - IN 1984 I FINISHED **FOUR**

THIRD IN THE WINCHESTER MARATHON IN 2-41-10. ONLY

MINUTES BEHIND THE WINNER, 10 SECS BEHIND THE SECOND MAN.

AT 20 MILES WE WERE TOGETHER, AND I WAS STRONGEST,

BUT I 'LET THEM GO', INTENDING TO TAKE THEM LATER,

BUT I BLEW IT. I KNOW I COULD HAVE WON IF ONLY

I HAD PUSHED HARDER AT 20 MILES, BUT IT WILL
NEVER HAPPEN AGAIN, ^{NOOO} I NEVER TAKE PRISONERS IN A RACE

FUTURE OBJECTIVES - TO KEEP RUNNING SUB 3HR MARATHONS

AS LONG AS I CAN, BUT IT IS BECOMING MORE DIFFICULT,

ALSO TO DO THE LONDON TO BRIGHTON ON MY 60TH BIRTHDAY

HOBBIES - HOW CAN A DISTANCE RUNNER FIND TIME FOR HOBBIES.

I AM TRYING TO DO SOME GARDENING, SO FAR WHEN I PUT A

PLANT INTO THE GROUND, I KNOW THE DIRTY BIT GOES UNDER
the ground

AND THE GREEN BIT GOES ABOVE, BUT THATS AS MUCH AS

I KNOW.

LIKES - I.O.W. MARATHON, MARATHON RUNNERS, THE COUNTRYSIDE,

THE BLUES, DRIVING JUGGERNAUTS, SOUTHAMPTON FOOTBALL CLUB,
ANIMALS, RADIO COMEDY SHOWS, CYCLING,

HATES - LITTER, EXCESSIVE NOISE, SLOW MIDDLE OF THE ROAD DRIVERS,

POLITICAL FANATICS, SEEING YOUNG PEOPLE MAKE THE SAME MISTAKES

THAT I MADE WITH REGARDS TO DRINKING & SMOKING, RACISTS,
OPERA, - UNCOUTH YOBBS - , TALKING WHILST RACING.

FAVOURITE FOOD - ITALIAN & GREEK.

FAVOURITE LISTENING - ERIC CLAPTON - JOHNNY CASH - DIRE STRAITS -

TOM WAITS - FLEETWOOD MAC - THE BLUES - THE EAGLES, J.J. CALE

JOHAN STRAUS JR - TCHAIKOVSKY & JOHN MAYALL. -

FAVOURITE T.V. - CHEERS, - ROSANNE, - FAULTY TOWERS, - SPORT,

COUNTRY WAYS,

FAVOURITE TRAINING - LONG, SLOW, DISTANCE.

FAVOURITE POSSESSIONS - I AM NOT MATERIALISTIC, BUT I SUPPOSE

MY RECORDS & C.D'S SPRING TO MIND, PHOTO'S OF MY LATE PARENTS

AND MY FATHERS BRAVERY AWARD, (HE WAS MENTIONED IN DESPATCH

TWICE DURING THE WAR)

THE BEST THING HAPPENED TO ME ① GIVING UP SMOKING (60
A DAY & DRINKING (8 A DAY) AND TAKING UP RUNNING AFTER

HAVING BEEN GIVEN AN 'ALL CLEAR' BY MY DOCTOR, ②

AND ALSO HAVING TO FEND FOR MYSELF IN THE ARMY.

3) I SAW A SUNRISE IN MALAYA WHILST ON GUARD IN A JUNGLE CLEARING, AND THE SUN FILLED THE SKY, AN AWESOME SIGHT, WHICH I WILL NEVER FORGET.

WHAT DO YOU WISH FOR IN LIFE - THE SAME AS EVERYONE ELSE
HAPPINESS, HEALTH & TO CONTINUE RUNNING. MY WIFE SUFFERS FROM ARTHRITIS, SO I WOULD LOVE TO SEE HER FREE FROM PAIN IN THE NEAR FUTURE.

ANYTHING ELSE RELIGION / POLITICS - I BELIEVE IN GOD & AFTERLIFE, BUT I CAN'T EXPLAIN FAMINE, FLOODS, ETC. I WILL LEAVE THAT TO THE INTELLECTUALS. AS A WORKING MAN I WOULD LOVE TO VOTE LABOUR, BUT THEIR 'FRINGE' POLITICS (i.e. and militants, GAYS / LESBIANS / CND / RASCISM) HAVE BECOME A SICK JOKE. THE TORIES ARE UNCARING, THEY DON'T GIVE A DAMN ABOUT THE OLD / SICK / MENTALLY SICK, ALTHOUGH I THINK THAT THERE IS SOME HOPE WITH JOHN MAJOR. I SUPPOSE THEREFORE I AM LIBERAL, BUT I HAVE GOT MORE CHANCE OF WINNING THE WORLD MARATHON CHAMPIONSHIPS THAN THEY HAVE OF FORMING A GOVERNMENT.

OTHER SPORTS - I DON'T PLAY ANY OTHER SPORT NOW, BUT I USED TO BE A 'NIPPY' LITTLE RIGHT WINGER. WHEN I PLAYED FOOTBALL, I ALSO LIKE CYCLE TOURING, AND WALKING.

HAILSHAM HARRIERS present the :-

HELLINGLY 10K

Sunday SEPTEMBER 8th 1991 10:30 a.m.

***COURSE**

An A.A.A. **CERTIFIED ACCURATE** 10K foot-race on roads around HELLINGLY and COWBEECH (to the north of Hailsham), starting and finishing at the GOLDEN MARTLET SQUASH CLUB. The course has a fast start for 2km, followed by 5 km of undulating country lanes, after a long downhill section the finish is flat and fast. As the road will only be closed at the start of the race it is important that competitors keep well to the left of the road at all times and comply with the instructions issued by the Police and marshals.

***ENTRY FEE**

£ 3.50 affiliated club members. £ 4.00 unattached runners. Fees include programme and results..

***AGE LIMIT** - The race is run under the rules of the A.A.A. And W.C.C.A. with the corresponding age limits as stated in their rules. Men 16 years, ladies 15 years on the day of the race.

***CLOSING DATE FOR ENTRIES.**

The closing date for entries is the 1st of September 1991 but the right is reserved to alter the closing date. There is an entry limit of 300. Early entry advised, as the race is in the Sussex Grand Prix. This year there are **NO ENTRIES ON THE DAY** as last year 3 of the top 4 men were ineligible for prizes.

***PRIZES** - The prize list has been designed to reflect previous entry groups and trends, hopefully encouraging as many as possible. The winner of a placement prize is also eligible for a category award.. Minimum awards will be:-

First SIX individual MEN

First THREE individual LADIES

First Male veterans in:-over 40,45,50,55, 60,65 and 70 age groups.

First Lady veterans in:-over 35,40,45,50,55 and over 60 age groups.

First Male and Lady under 20.

First THREE MENS Teams (4 to score -First claim Club and vest please)

First TWO LADIES Teams (3 to score -First claim Club and vest please)

***CHANGING FACILITIES** - These are available (with limited showering) at the Golden Martlet Squash Club where the presentation of awards will take place, as soon as possible after the race.

***NOTICE OF ACCEPTANCE**

Numbers, which are not transferable will be sent out from late August.

Cheques to "HAILSHAM HARRIERS" with a large S.A.E. (plus another if you require results) to Hellingly 10K, Five Firs, Cinderford Lane, Hellingly, Hailsham, East Sussex, BN27 4HL.



***ENTRY FORM HAILSHAM HARRIERS HELLINGLY 10K 1991**

First Names Surname(male/female)

Date of Birth Age on 8th Sept.1991.....Category Age Group (from above).....

First Claim Club:- Address:-.....

.....Post Code.....

Please enter me for the above event. I declare that I have and will comply with the AAA/WCCA rules under which this race is run and that the organisers shall not be liable for any loss, accidents, injury or damage due to my participation in the event.

Signed Date.....

ABSOLUTELY NO ENTRIES ON THE DAY.

USEFUL PEOPLE TO KNOW!

Estate Agents

The John Healy Partnership, 22 Grove Road, Eastbourne.
Telephone Eastbourne 37148.

Insurance Brokers

Meads Financial Consultants, 1 George Street, Hailsham.
Telephone Hailsham 442114.

Accountants

Hornsby Perrin, Chartered Accountants, 47 High Street,
Hailsham. Telephone Hailsham 841000.

Solicitors

Mayo & Perkins, 13 Vicarage Field, High Street, Hailsham.
Telephone Hailsham 840616.

Car Tyre Suppliers

"Treads Tyres", Unit 7a, Plot 7, Diplocks Way, Hailsham.
Telephone Hailsham 847993.

Video Library

"Mr. Video", 17 Vicarage Field, High Street, Hailsham.
Telephone Hailsham 840531.

Sports Shop

J & G Sports, 78 Terminus Road, Eastbourne. Telephone
Eastbourne 22588.

Shoe Shop

A. Tompsett & Sons, 51 High Street, Hailsham. Telephone
Hailsham 841142.

Shoe Repairer/Trophies/Keys

"Nodding Cobbler" (Hailsham) Ltd., 16 Vicarage Field, High
Street, Hailsham. Telephone Hailsham 442297.

Chartered Physiotherapist

Mrs. J. Gladwin, M.C.S.P., S.R.P., Grad. Dip. Phys.,
112 South Street, Eastbourne. Telephone Eastbourne 39666.

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