

Club Track Championships and Grand Prix

Registration between 7.00 - 7.15pm. 29TH JULY 200M 12TH AUG 100M

PARLAUF /INVITATION MILE. Date to be decided (watch this space)

800 metres

Race 1		Name	Time
Age Group	Position	Name	Time
Vet	1st	Paul Eccles	2mins 22secs
Vet	2nd	Guy Johnston	2mins 28secs
Senior Man	3rd	Dave Tyler	2mins 30secs
Senior Man	4th	Steve Avery	2mins 32secs
Senior Man	5th	Andy Ruffell	2mins 42secs
Vet	6th	Graham Pelling	2mins 43secs
Vet		Ray Verrall	
Race 2		Name	Time
Vet	1st	Geoff Depper	2mins 31secs
Senior Man	2nd	Ben Streeter	2mins 35secs
Vet	3rd	Colin Burgess	2mins 41secs
Senior Man	4th	Marc Seatter	2mins 46secs
Vet	5th	Roberto Proietti	2mins 55secs
Guest	6th	Alan Deschamps	2mins 56secs
Vet	7th	Peter Plowman	3mins 03secs
Vet	8th	Norman Harris	3mins 15secs
Race 3		Name	Time
Guest	1st	Jessica Ross	2mins 47secs
Vet Lady	2nd	Julie Chicken	2mins 55secs
Vet Lady	3rd	Karen Bowler	3mins 06secs
Senior Lady	4th	Erica Richardson	3mins 27secs
Senior Lady	5th	Kirsty Tyler	3mins 42secs
Vet Lady	6th	Sue Cooper	4mins 11secs

400 Metres

Race 1		Name	Time
Age Group	Position	Name	Time
Senior Man	1st	Ben Warren	55secs
Senior Man	2nd	Ben Streeter	1min 00secs
Vet	3rd	Paul Eccles	1min 04secs
Senior Man	4th	Steve Avery	1min 05secs
Vet	5th	Geoff Depper	1min 07secs
Senior Man	6th	Dave Tyler	1min 09secs
Race 2		Name	Time
Senior Man	1st	Chris Jeffries	1min 04secs
Vet	2nd	Ray Verrall	1min 10secs
Senior Man	3rd	Andy Ruffell	1min 11secs
Senior Man	4th	Marc Seatter	1min 14secs
Vet	5th	Graham Pelling	1min 16secs
Race 3		Name	Time
Senior Man	1st	Barnaby Brown	1min 17secs
Vet	2nd	Norman Harris	1min 20secs
Vet	3rd	Peter Plowman	1min 22secs
Vet	4th	Andres Morant	1min 32secs
Race 4		Name	Time
Senior Lady	1st	Kim Greenwood	1min 11secs
Vet Lady	2nd	Julie Chicken	1min 13secs
Vet Lady	3rd	Jessica Ross	1min 18secs
Vet Lady	4th	Karen Bowler	1min 23secs
Vet Lady	5th	Alyson Smith	1min 26secs
Senior Lady	6th	Kirsty Tyler	1min 27secs
Race 5		Name	Time
U15 Girl	1st	Hayley Page	1min 22secs
Senior Lady	2nd	Erica Richardson	1min 28secs
Vet Lady	3rd	Elaine Alsop	1min 29secs
Vet Lady	4th	Maggi Pratt	1min 32secs
Vet Lady	5th	Sue Cooper	1min 40secs
Senior Lady	6th	Nina Twornicki	1min 44secs



GRAND PRIX STANDINGS

Men	5000M	3000M	1 MILE	800M	400M	200M	100M	TOTAL
Paul Eccles	20	20	19	20	18	20	18	97
Dave Tyler	0	18	17	18	14	14	14	67
Steve Avery	0	17	16	16	16	16	16	65
Andy Ruffell	19	16	0	13	12	12	12	60
Marc Seatter	15	11	12	11	11	11	11	60
Colin Burgess	16	12	11	14	0	0	0	53
Graham Pelling	0	14	13	12	10	10	10	49
Peter Plowman	13	10	8	9	7	7	7	47
Ben Streeter	0	0	9	15	19	19	19	43
Roberto Proietti	14	7	10	10	0	0	0	41
Ray Verrall	12	8	7	7	13	13	13	41
Ben Warren	0	0	20	0	20	20	20	40
Guy Johnston	0	0	18	19	0	0	0	37
Alan Streeter	17	0	14	0	0	0	0	31
Geoff Depper	0	0	0	17	15	15	15	32
Norman Harris	0	5	6	8	8	8	8	27
Chris Howarth	0	19	0	0	0	0	0	19
Bill Fraser	8	0	0	0	0	0	0	18
Chris Jeffries	0	0	0	0	18	18	18	18
Phil Coomber	0	15	0	0	0	0	0	15
Doug Chant	0	0	15	0	0	0	0	15
Don Currie	0	13	0	0	0	0	0	13
Mark Bradbury	0	9	0	0	0	0	0	9
Barnaby Brown	0	0	0	0	9	9	9	9
Alfie N.Lamas	0	6	0	0	0	0	0	6
Andres Morant	0	0	0	0	6	6	6	6
Ladies								
Julie Chicken	19	19	19	20	19	19	19	96
Sue Cooper	18	15	16	16	10	10	10	75
Erica Richardson	0	17	18	18	13	13	13	66
Kirsty Tyler	0	14	17	14	17	17	17	62
Sam Alvaraz	20	20	20	0	0	0	0	60
Karen Bowler	0	0	0	19	16	16	16	35
Lesley Underdown	17	16	0	0	0	0	0	33
Kim Greenwood	0	0	0	0	20	20	20	20
Madeline Khan	0	18	0	0	0	0	0	18
Jessica Ross	0	0	0	0	18	18	18	18
Hayley Page	0	0	0	0	17	17	17	17
Fran Doe	0	0	15	0	0	0	0	15
Alyson Smith	0	0	0	0	15	15	15	15
Elaine Alsop	0	0	0	0	12	12	12	12
Maggi Pratt	0	0	0	0	11	11	11	11
Nina Twornicki	0	0	0	0	9	9	9	9



HAILSHAM HARRIERS



The Friendly Running Club

NEWSLETTER - AUGUST 2004

HARRIERS CASTLE RELAYS

In the grounds of Herstonceux Castle (by kind permission)

Wednesday 18th August 2004

Starting at 7.00pm prompt

Approximately 1.5 mile multi-terrain course

Teams may be entered (as early as possible please) on the day-- Registration is from 6.00pm

Each team to consist of 4 runners and cost of entry is £6 per team

Any more information can be got from Ben Warren or from our web site (www.hailsham-harriers.org.uk)

Let Peccles (for Men) or Sam (for Ladies) know if you want to run.

If you are not running please come along, help/support, its always a good inter club evening.

Spread the word to other clubs-- (maybe your works team?)

IT'S BAR-B-QUE TIME AGAIN

For Hailsham Harriers, Family and friends

This yearly extravaganza is taking place at

Hellingly Rugby Club, Horsebridge Rec.

Friday, 6th August

6pm

(Feeding time will be at 6.30pm approx)

Burgers, bangers and Buns are provided

Do bring extra Nibbles, Munchies etc. and something to wash it down with

(there is hoped to be a bar)

Football, Rounders etc will add to a fun evening

PLEASE LET JULIE CHICKEN KNOW IF YOU WILL BE COMING (ASAP)

COME AND SUPPORT US

(PLEASE PASS ON THE INFO TO AS MANY AS YOU CAN, BECAUSE OF THE LATE NOTIFICATION)

See you there

CAPTAIN'S CAPERS

What a great evening I had last Wednesday (21st July) at the Buxted Park Relays. We entered eight teams, four ladies teams, one mixed team and three men's teams. As captain I was so pleased to see such commitment, there were more Harriers teams than any other club and the effort each runner put in was phenomenal. A point worth noting is that the majority of the Harriers who turned out were people who have joined within the last 12 months and you could feel the enthusiasm and enjoyment of everyone who took part on the warm down at the end of the evening. Our Ladies senior team won their category and what a fine team it was! The old stalwarts Sam and Gill have now been joined by relative newcomers Charlotte Saunders and Kim Greenwood to give us a team who the top clubs will find hard to beat. But not to be outdone the Ladies vets team ran superbly. Julie ran with newcomers Jane Barlow, Emma Scott and Jessica Ross (who ran a superb individual time of 9.57). The men ran a fine race and the A team came third behind two fine teams from Hastings AC. Well done to Chris Howarth who ran a great second leg and was the fastest Harrier on the night with 8.21. (Stop press-well done to Chris who has just passed his exams and has now graduated with a 2.1 degree). The members of the B team also ran well to come 5th overall, again the new runners have to be congratulated, Marc Seatter and Chris Jeffries ran very well and they teamed up with Paul Harris and Andy Ruffell to challenge the A team at the end of the race. But well done to everyone who turned up, I hope you enjoyed it as much as I did.

I hope we can repeat this enthusiasm at the Herstmonceux Castle Relays on Wednesday 18th August. Men please give your names to me if you want to run and ladies contact Sam. It is a similar event held in beautiful picturesque surroundings, which the Harriers are organising, so if you think you can help out please give Ben a ring (728218). This is the first time he has organised anything like this so lets all make a special effort to help him. Actually it is quite possible to help and run a leg as well!

We are planning a special 20th year anniversary celebration in the next few months, quite possibly in October. This will not be a formal, sit down dinner, but will involve dancing and food and will be free to members and past members. We will let you know the details as soon as possible but if you know any past members who you think may be interested in attending please let me know.

But before that please don't forget the barbecue coming up very soon on Friday 6th August at Hellingly Rugby Club, it's a great social occasion. Burgers, beer, games and good company!

Finally, I would now like to let everyone know that I won't be standing for re-election as club captain at the AGM in September. I think the time is right to let someone else take over the post especially as we now have so many senior men in the club. It's a prestigious post and involves attending committee meetings and arranging teams for things like relays and cross-countries. You have two months to think it over, please give it serious thought!

Peccles

Thirty things every woman should know about running

11. Unfortunately, men and women will never be equals in the urination department. Men are in and out of public toilets in a flash, while women stand in long, slow queues. And when it comes to running, men enjoy the ultimate convenience. But a female runner doesn't have to be a prisoner of her anatomy. Simply find a private place behind a tree or dense shrubbery, squat and pull the lining of your shorts over to one side. Just beware of using unfamiliar leaves as toilet paper.

12. The two minerals that women runners need to pay the most attention to are calcium and iron. (Iron is especially important for menstruating women.) Good sources of calcium are dairy products, dark leafy vegetables, broccoli, canned sardines and salmon, while foods high in iron include liver, fortified dry cereals, beef and spinach.

13. Note: women who train intensively, have been pregnant in the past two years or consume fewer than 2500 calories a day should get more than routine blood tests for iron status, since these test only for anaemia, the final stage of iron deficiency. Instead, ask for more revealing tests, including those for serum ferritin, transferrin saturation and total iron-binding capacity.

14. Running with a dog gives you the best of both worlds – you get to run alone, but with a friend. A dog is both a faithful companion who will go anywhere, any time, and a loyal guardian who'll discourage anyone from harming you. The optimal running dog is medium-sized, with a bloodline bred for endurance. An easy rule of thumb: hunting breeds make the best runners.

15. There's no need to miss a run or a race just because you're having your period. If you're suffering from cramps, running will often alleviate the pain, thanks to the release during exercise of pain-relieving chemicals called endorphins. Speedwork and hill sessions can be especially effective. To guard against leakage, try using a tampon and a towel for extra protection.

Reproduced by Peccles – to be continued

Big Sur Calif – Weather perrfect !!!

(From Karen Bowler's perspective)

Unlike Boston, Tim and I experienced perfect weather for our Marathon on Sunday 25th April. Start time was 7am and the buses left the hotels at 4.30am. We ended up sitting on the last bus for nearly an hour whilst it waited for stragglers who had slept thru their alarm. This left us with less than 45minutes to the start and a massive potty queue.

Time went quickly and we made it to the start with about 2 minutes to spare. Tim and I both had cameras and I had my sunglasses on my head, I also carried chaffing cream, 2 gu's and an emergency water bottle. The start was down hill, so we both held back and Tim found a grass/ dirt verge to run on. I lost him this way and settled down to run 8.35 pace. I was going to take pictures all the way round, but it was hard to stop, as people around me would not make it possible to side track. I gave up in the end and all the way through the race my sunglasses stayed on top of my head and my camera firmly in my pocket. Tim on the other hand used up nearly all his film.

It is a great race to go as a group or family as it has a relay, 5K and 10mile power walk going on at the same time, although the power walk obviously started way down the course.

It was the power walker's screams of excitement that made me stop and take in the amazing whales basking off the coast past Hurricane point. Apart from this stop and a porta cabin stop at the foot of Hurricane Point, I ran all the way taking in the breathtaking views and scenery.

It was a surprise to know that I won an award as 5th in my age group and also qualified for Boston (4.01). This was a bonus to a great day. Tim's account of his race may follow.

I highly recommend this race.

Karen

Tim's PS.

Certainly one of the best Marathon's around.

I stopped to take pictures all the way round (any excuse!) and at the top of Hurricane Point I ended up taking pictures of 4 people all with their own camera's and obviously got one of me in return. The relay was interesting as a lot of relay runners kept going after their legs (the weather and scenery were so good) and so any distances can be accommodated for tour groups. We stayed in Monterey for 3 nights taking in the sights and even ran 4 miles the day before the Marathon and 4 the day after just sightseeing. Really nice to do a marathon where you are not trying to achieve a time.

Next month – K9 Greek in the Streets run