

www.hailsham-harriers.org.uk

CITIUS

THE MAGAZINE OF HAILSHAM HARRIERS



JANUARY 2003 ISSUE

HAPPY NEW YEAR!!!!

Hi everyone...

I hope you all had a wonderful Christmas
and a relaxing break!

Welcome to a new year as a
Hailsham Harrier...

I hope you all have a successful year
of running... enjoy it and do your best
and 2003 will be even better than 2002!

Congratulations to all involved in the Turkey Trot
and Julie's Boxing Day Jog!

Don't forget to visit
the Harriers website...

www.hailsham-harriers.org.uk

See you soon,

SARAH

Hailsham Harriers Annual Awards Dinner and Disco
The Chatsworth Hotel
25th January (Saturday) 7.00pm for 7.30 start

MENU

£18

per person cheques payable to Hailsham Harriers
Tick desired options

Starters

Duo of fanned melon with seasonal fruits and a raspberry coulis

Spiced seafood salad with a light lemon mayonnaise served on
crisp salad leaves

Main Dinner

Char grilled chicken breast wrapped in smoked bacon with a leek
and cream sauce

Loin of pork cooked in puff pastry with an apricot and thyme stuffing
and cider gravy

Mushroom stroganoff

Dessert

Irish liquor torte

Marinated fresh fruit with toffee ice cream served in a brandy
snap basket

~Coffee and Mints~

The Chatsworth hotel is one of the premier function venues in Eastbourne and
the club is heavily subsidising the price of this evening in order to encourage atten-
dance, however this will be the only time it does so.

Please complete one menu per person and return along with payment
(cheques 'Hailsham Harriers') to:

Emma Smith, 32 Firl Road, Eastbourne BN22 8DU ASAP

SUSSEX GRAND PRIX RESULTS

B. Winn	48 th	3579
K. Tyler	64 th	3414
K. Novis	73 rd	3286
T. Winchester	78 th	3247
R. Proletti	79 th	3244
N. Harris	84 th	3198
A. N-Lamas	88 th	3157
P. Horscroft	94 th	3042
C. Neale	95 th	3028

Well done to everyone who took part, our titles are only on loan, we will have a good year next year and get them back. As a note of interest, Eastbourne Rovers teams were bottom of all leagues, 20th place. There is no Hastings 10k next year, so the first Grand Prix event is Chichester 10k (February 9th) followed by Brighton Half Marathon (23rd February). Have a fit and Healthy New Year,
M.Coupe

Julie's Boxing Day Jog 2002

The aim of this social event is to have fun and to test your pace judgement. Julie worked out a 3.2 miles route based on the Milland Road area of Hailsham. After studying the course we gave our estimated time to Julie, she then instructed us to remove our watches 'or else', so not to incur the wrath of Julie we did as instructed. It was very mild but windy (chill factor was ok for us but not so good for standing around, eh Julie). Bill Fraser again was the closest only 0.16 secs out, Alan Streeter was next, just 0.21 secs out,

Geoff

	Estimated Time	Difference (secs)	Actual Time
Paul Eccles	22.10	202	18.48
Bill Fraser	20.10	16	19.54
Steve Avery	21.00	60	20.00
Alan Streeter	20.50	21	20.29
Geoff Depper	23.27	101	21.46
Peter Horscroft	22.50	33	22.17
Peter Plowman	22.24	39	23.03
Graham Pelling	22.30	91	24.01
Sam Alvarez	22.57	66	24.03
Mick Coupe	22.00	124	24.04
Brian Winn	23.00	70	24.10
Dave Tyler	23.40	31	24.11
Frances Delves	23.30	110	25.20
Norman Harris	23.50	100	25.30



The Class of 2002



I'd like to raise a toast...

SUSSEX GRAND PRIX RESULTS

Points Total for those members who completed eight races, including two over ten miles:
(Men)

NAME	OVERALL POSITION		POINTS
P. Eccles	5 th	3 rd Vet	3965
M. Coupe	16 th	8 th Vet	3864
S. Avery	21 st		3827
P. Harris	24 th		3810
P. Plowman	31 st	1 st v4	3743
W. Fraser	33 rd	16 th Vet	3738
G. Pelling	36 th	3 rd v3	3676
S. Tucker	38 th	20 th Vet	3668
G. Depper	43 rd		3631
D. Chant	43 rd	Completed all 16 races – Hooray!	3631

SUSSEX GRAND PRIX RESULTS

POSITION	CLUB	MEN	LADIES	TOTAL
1	Phoenix A.C	37883	19433	57316
2	Crowborough Runners	37905	19250	57155
3	Seaford Striders	34380	19040	53420
4	Hailsham Harriers	37553	14804	52357

The points are based on the first 10 men and first 5 women. Our women this year have had a year off! Apart From Silky Sam Alvarez and Go Get Gill Wheeler. Congratulations to Sam, our ladies champion, and runner up Gill.

Our Men's Vets team (1st 5 vets) (total of 18986 points) were 2nd, behind Crowborough (19610 points) and in front of Phoenix A.C (17334 points). Congratulations to the team, consisting of P. Eccles, M. Coupe, P. Plowman, B. Fraser, and G. Pelling.

Points Total for those members who completed eight races, including two over ten miles:
(Women)

NAME	POINTS (OUT OF 4000)
Sam Alvarez	3990
Gill Wheeler	3977

Come on you 'BIRDS' let's fly higher this year!
(Hmmm, no comment on that one Mike! SARAH)

Ivemy to speed up

AAA and English Schools' 3000m champion Craig Ivemy made an impressive return to racing recently after less than three weeks' training, writes Paul Halford.

The 16-year-old Hailsham Harrier's 44-second victory in the Sussex League 11 days ago came after two months without running.

Craig, who sustained a stress fracture to his left shin during the summer, instead used swimming, aqua-jogging and strength exercising to keep fit.

He says it may have been to his advantage in his comeback race, in which he demoted 4:12 1500m runner Jonathan Randle into third by nearly a minute.

"I was expecting to feel very strong as I had worked on areas I wouldn't normally have had time for," said the talkative AS-level student.

"I was pleased to be back," he added, confirming he felt nothing of the injury during the race.

Before and after the stress fracture, this year has been an excellent one for the Tony Elder-coached athlete.

"Me and my coach had a chat and we decided that my aim was to win the English Schools' and the AAAs and not to worry about times," said Craig, who ranked third over 3000m at under-17 level this year with 8:38.43 and also clocked 4:01.6 for 1500m.

However, he feels he could have gone quicker this year and next season he intends to concentrate on lowering his bests.

He says he benefits greatly from training each Wednesday with Mark Rowland's training group at Horsham, which includes Mike East, the Commonwealth 1500m champion, and Commonwealth 1500m silver medallist Hayley Tullett.

"I usually do the same sessions as Hayley," says Craig, who admits East is often too quick for him.

Elder said: "As a coach I rate him very highly. He has a lot of potential."

He added: "Although there are short and medium term goals, the main goal is long term."

Article taken from 'Athletics Weekly'

JUST A QUICK NOTE...

Could articles be sent in
microsoft word please.

The deadline for articles is the
21st of the month for the
next month's edition.

Any after this date will be
put in the next month's edition.

Thanks,
SARAH.

CAROL RUSSELL MEMORIAL TREE

Carol Russell - an example to us all;
a fine athlete, an ambassador to her profession
and a true friend, who tragically died in October 2001.

As a living memorial to her life,
we are shortly to plant a suitable tree
within the boundary of Eastbourne Running Track
where it can grow and develop over the years
as she would have liked to see up and
coming young Sussex athletes grow
and develop.

If you would like to make a
donation please send to
Carol's Tree Fund c/o:-

Barry and Jaci Blackwell
18 Spring Lodge Close
EASTBOURNE
East Sussex
BN23 7BN
Tel: 01323 762820

Any excess monies will be forwarded
to Carol's Memorial Fund in Cambridge.

Grove Hill Mile Sunday, 15th December 2002

The Grove Hill Mile is known for extreme weather conditions,
only this year it was warm, no frost, no icy road surface,
no biting cold wind, what we did have was rain, rain, rain oh and wind.
These different conditions were no problem for the hardy eight who
turned out to run, did cause the race organiser and helpers some problems,
but what the heck.

We saw them off, Pete Plow and I jumped into Colin's car with him for
the dash to the finish line (we got there well ahead). The rain and wind
were driving down the hill into the runners faces.

At the finish line with Colin Burgess (with his trusty time piece)
we saw a bright figure approaching, Paul E. had got past the lot and
was storming up to finish first. Not far behind was Bill who had defeated
Brian who was hotly pursued by Robin who just managed to hold off a
fast finishing Paul H. and Steve. As Norman and Fran
finished it was back to the cars at the start for prize giving etc.

Thanks for supporting this 19th event,
next the 20th, what will the day have in
store for us, Snow?

Geoff Depper

	Overall Time	Minus Start (secs)	Actual Time
Paul Eccles	6.40	60	5.40
Bill Fraser	6.47	40	6.07
Paul Harris	7.05	45	6.20
Brian Winn	7.02	40	6.22
Steve Tucker	7.06	35	6.31
Robin Baldwin	7.04	20	6.42
Norman Harris	7.47	15	7.32
Frances Doe	9.16	0	9.16