

Mile - Results (continued)

Age Group	Position	Name	Time
Race 3			
Vet Lady	1st	Julie Chicken	6mins 54secs
Senior Lady	2nd	Erica Richardson	8mins 09secs
Senior Lady	3rd	Kirsty Tyler	8mins 25secs
Vet Lady	4th	Sue Cooper	8mins 46secs
Vet Lady	5th	Fran Doe	8mins 58secs

Medals

	Senior Man	Vet man	Senior Lady	Vet Lady
GOLD	Ben Warren	Paul Eccles	Sam Alvarez	Julie Chicken
SILVER	Dave Tyler	Guy Johnston	Erica Richardson	Sue Cooper
BRONZE	Steve Avery	Doug Chant	Kirsty Tyler	Fran Doe

GRAND PRIX STANDINGS

NAME	5000M	3000M	1 MILE	800M	400M	200M	100M	TOTAL
Paul Eccles	20	20	19					59
Andy Ruffell	19	16	0					35
Colin Burgess	16	12	11					39
Marc Seatter	15	11	12					38
Peter Plowman	13	10	8					31
Roberto Proietti	14	7	10					31
Ray Verrall	12	8	7					27
Chris Howarth	0	19	0					19
Dave Tyler	0	18	17					35
Bill Fraser	18	0	0					18
Steve Avery	0	17	16					33
Alan Streeter	17	0	16					33
Phil Coomber	0	15	0					15
Graham Pelling	0	14	13					27
Don Currie	0	13	0					13
Mark Bradbury	0	9	0					9
Alfredo Noya Larmas	0	6	0					6
Ben Warren	0	0	20					20
Guy Johnston	0	0	18					18
Doug Chant	0	0	15					15
Ben Streeter	0	0	9					9

LADIES

Sam Alvarez	20	20	20					60
Julie Chicken	19	19	19					57
Sue Cooper	18	15	16					49
Erica Richardson	0	17	18					35
Kirsty Tyler	0	14	17					31
Lesley Underdown	17	16	0					33
Fran Doe	0	0	15					15
Madeline Khan	0	18	0					18

BUXTED PARK RELAY – Wednesday Evening, 21st July 7pm – Heathfield Road Runners

Teams of 4 Each leg approx 1.5 miles on undulating grassland, paths and some tarmac
£5 per team – Names to Peccles and Sam

Newsletter Content (to be included the latest I need anything is the Last Thursday of the month before)

Any results you have please help me to keep other members informed, if you would like anything to appear in the newsletter, tell me. I can be contacted on 01323 505869, or e-mail geoff.depper@hailsham-harriers.org.uk 17 Frenchgate Close, Eastbourne BN22 9EX. I will be at club nights only every other week due to shift working.

HAILSHAM HARRIERS



The Friendly Running Club

NEWSLETTER - JULY 2004

HARRIERS CASTLE RELAYS

In the grounds of Herstmonceux 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?)

South Downs Way 100 mile Relay – 5th June

This was another great success, not only did we have a great day the club had success also. The A team were second overall and the B team won their section for the second year.

The day was quite hot and got windy. Many thanks to Brian Winn for Driving for the B team and Steve Avery who not only used his people carrier for the A team, but drove a lot and when not driving ran three impressive times on his legs of the relay.

Results

LEG	FROM	TO	Miles	Name	Time	Name	Time
				A TEAM	B TEAM		
1	Beachy Head	Jevington Church	4	Dave Tyler	28.00	Mick Coupe	29.10
2	Jevington Church	Bo Peep	5.5	Steve Avery	42.19	Graham Pelling	44.23
3	Bo Peep	Iford Farm	5	Chris Howarth	27.05	Geoff Depper	30.56
4	Iford Farm	A27	7	Pete Daws	50.52	Paul Harris	49.28
5	A27	Ditchling Beacon	5.5	Ben Warren	31.59	Pete Plowman	39.19
6	Ditchling Beacon	Saddlescombe	5	Paul Eccles	32.11	Colin Burgess	49.28
7	Saddlescombe	A283 Lay-By	5	Dave Tyler	32.17	Mick Coupe	36.40
8	A283 Lay-by	Washington Church	7.5	Steve Avery	44.32	Graham Pelling	46.25
9	Washington Church	Springhead Hill	4	Chris Howarth	28.48	Geoff Depper	33.52
10	Springhead Hill	Houghton Lane	4	Pete Daws	24.26	Paul Harris	24.10
11	Houghton Lane	A285 Littleton Farm	5	Ben Warren	34.26	Pete Plowman	43.06
12	A285 Littleton Farm	A286 Hill Barn	5.5	Paul Eccles	34.29	Colin Burgess	39.21
13	A286 Hill Barn	Hartling Hill	7	Dave Tyler	46.36	Mick Coupe	52.20
14	Hartling Hill	Q Elizabeth Park	4.5	Steve Avery	25.28	Graham Pelling	26.56
15	Q Elizabeth Park	HMS Mercury	5.5	Chris Howarth	38.11	Geoff Depper	44.49
16	HMS Mercury	Winchester Hill	4	Pete Daws	25.35	Paul Harris	24.47
17	Winchester Hill	Holding Farm	8	Ben Warren	49.17	Pete Plowman	65.23
18	Holding Farm	Chillcomb	6	Paul Eccles	34.46	Colin Burgess	41.28
					10.31.17		12.02.39

Club Track Championships and Grand Prix

Registration between 7.00 - 7.15pm.

15TH JULY 400M 29TH JULY 200M 12TH AUG 100M

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

3000 metres - Results

Age Group	Position	Name	Time
Race 1			
Vet	1 st	Ray Verrall	13mins 01secs
Vet	2 nd	Roberto Proietti	13mins 02secs
Vet Lady	3 rd /1 st V.Lady	Julie Chicken	13mins 08secs
Vet	4 th	Alfredo Noya harmas	13mins 23secs
Vet	5 th	Norman Harris	13mins 26secs
SeniorLady	6 th /2 nd S.Lady	Madeline Khan	15mins 03secs
SeniorLady	7 th /3 rd S.Lady	Erica Richardson	16mins 21secs
Vet Lady	8 th / 2 nd V.Lady	Lesley Underdown	16mins 57secs
Vet Lady	9 th / 3 rd V.lady	Sue Cooper	16mins 58secs
SeniorLady	10 th /3 rd S.Lady	Kirsty Tyler	17mins 53secs

Race 2

Vet	1 st /1 st V.man	Paul Eccles	10mins 24secs
Senior Man	2 nd /1 st S.Man	Chris Howarth	10mins 33secs
Senior Man	3 rd / 2 nd S.Man	Dave Tyler	10mins 37secs
Senior Man	4 th /3 rd S.Man	Steve Avery	10mins 52secs
Senior Man	5 th	Andy Ruffell	10mins 59secs
Vet	6 th / 2 nd V.man	Phil Coomber	11mins 04secs
Senior Lady	7 th /1 st S.Lady	Sam Alvarez	11mins 07secs
Vet	8 th /3 rd V.Man	Graham Pelling	11mins 12secs
Senior Man	9 th	Don Currie	11mins 13secs
Vet	10 th	Colin Burgess	11mins 37secs
Senior Man	11 th	Marc Seatter	11mins 47secs
Vet	12 th	Pete Plowman	12mins 01secs
Senior Man	13 th	Mark Bradbury	12mins 38secs

Mile - Results

Age Group	Position	Name	Time
Race 1			
Senior Man	1 st	Ben Warren	4mins 39secs
Vet	2 nd	Paul Eccles	5mins 05secs
Guest	3 rd	Clive Wickham	5mins 12 secs
Vet	4 th	Guy Johnston	5mins 20secs
Senior Man	5 th	Dave Tyler	5mins 25secs
Senior Man	6 th	Steve Avery	5mins 30secs

Race 2

Vet	1st	Doug Chant	5mins 41secs
Vet	2nd	Alan Streeter	5mins 47secs
Vet	3rd	Graham Pelling	5mins 49secs
Senior Lady	4th	Sam Alvarez	5mins 52secs
Senior Man	5th	Marc Seatter	5mins 53secs
Vet	6th	Colin Burgess	5mins 55secs
Vet	7th	Roberto Proietti	6mins 01secs
Senior Man	8th	Ben Streeter	6mins 07secs
Vet	9th	Peter Plowman	6mins 19secs
Vet	10th	Ray Verrall	6mins 34secs
Vet	11th	Norman Harris	6mins 56secs

Continued on back page

Thirty things every woman should know about running

Knowledge is power, in running as in any other pursuit. The more you know about training, nutrition and health, the better you'll be at getting the most from your running, whether that means fitness, weight loss, great race performances or just plain fun. In this article, you'll find loads of useful information to help you reach your goals.

These facts and tips cover health, psychology, weight loss, pregnancy and motherhood, training, racing and more. Some apply to all runners, but most address the specific needs of women. You may find things you already know, but we're sure you'll discover new ideas that can help you to become the runner you want to be.

1. Running is a state of mind. The only thing that determines your success, or lack of success, is the way you think about your running. If it works for you – if it relieves stress, burns calories, gives you time to yourself, enhances your self-esteem – then it doesn't matter what any other person or any stopwatch says about your running.

2. For female runners, controlled anaerobic training – intervals, hill reps, fartlek training – may lead to gains in strength and speed similar to those produced by steroids, but without the noxious side effects. Why? High-intensity anaerobic running is one of the most potent stimulators of natural human growth hormones – those that contribute to stronger muscles and, ultimately, enhanced performance.

3. Running with headphones outdoors is a safety hazard in more ways than one. You won't be able to hear cars, cyclists or someone approaching who intends to do you harm. Attackers will always pick a victim who looks vulnerable. When you have headphones on, that means you.

4. Fast running burns more calories than slow running, but slow running burns more calories than just about any other activity. In short, nothing will help you to lose weight, and then keep it off, the way running does.

5. Doctors consider that moderate exercise during a normal pregnancy is completely safe for the baby. Running should cause no problems in the first trimester and it should be fine for most people in the second trimester. Few women would run in their final three months, however. The most important precaution is to avoid getting overheated; a core body temperature above 101°F could increase the risk of birth defects. So make sure you're staying cool enough, and if in doubt, take your temperature after a run. If it's over 100°F, you're probably overdoing it. Also, skip that post-run soak in a hot bath.

6. You don't have to be the competitive type to enter a race every now and then. You'll find that lots of other racers aren't overly competitive, either. They're out there because it's fun and social, and it motivates them to keep on running.

7. Women generally have narrower feet than men, so when you're buying running shoes, your best bet will probably be a pair designed specifically for women. But everyone's different; if your feet are wide, you may actually feel more comfortable in shoes designed for men. The bottom line: buy the shoe that fits your feet. If there is any question – or if you suffer blisters or injuries because of ill-fitting shoes – consult a podiatrist who specialises in treating runners.

8. An American study found that running women produce a less potent form of oestrogen than their sedentary counterparts. As a result, female runners cut by half their risks of developing breast and uterine cancer, and by two thirds their risk of contracting the form of diabetes that most commonly plagues women.

9. Having another woman or a group of women to run with on a regular basis will help to keep you motivated and ensure your safety. It's also a lot more fun than running alone. Women runners become more than training partners; they're confidantes, counsellors and coaches, too.

10. Women who run for weight control may lose perspective on what is an appropriate body size. A recent survey of thousands of women found that while 44 per cent of respondents were overweight, 73 per cent thought they were.

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