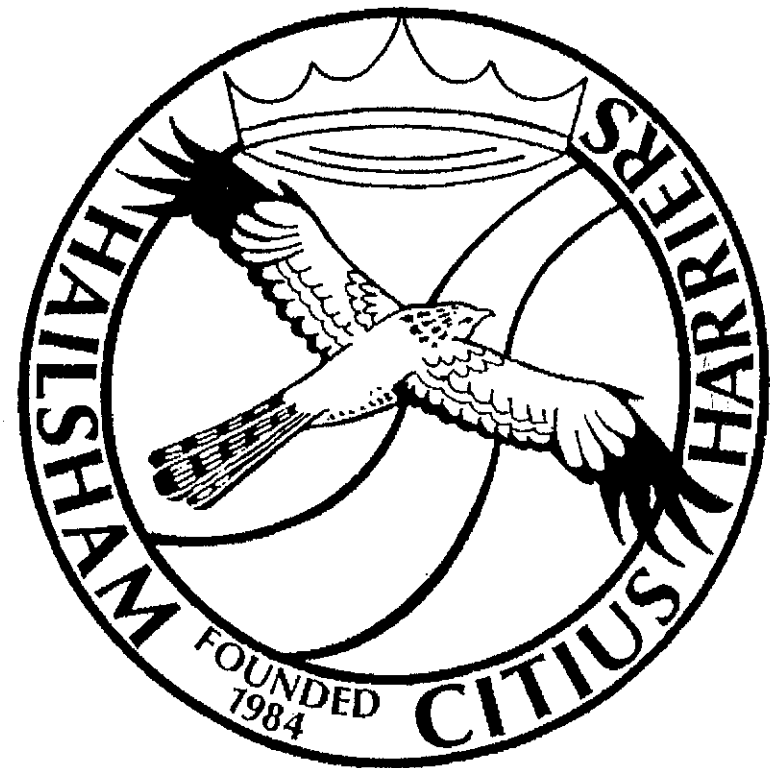


May 11th	Hedgehoppers 5 - Fortslade Sports Centre	Entry Form	WSFRL
May 18th	Hailsham Town 10 Miler	Information	Sussex GP league
May 18th 11am	Bognor From 10k		01243842887
May 18th 10.30am	Heatherley 6 N 10		01342714052
May 18th 10.30am	FEETBEAT 10k CHARITY RUN	Entry Information	CHARITY EVENT
May 21st	Trundle Hill 10km (7.30pm) & 2m (7pm)		WSFRL
May 26th 10.45am	Lindfield V8Hage 10k .. 3 miler 10.30am		Hickmass Lane.. 01444 482425
May 28th 7pm	Bexhill Seafront 5k Series	Entry Information	01424730241
June 1st 11am	Eastbourne Race for Life Women's 5k	Entry Information	Hampden Park
June 4th 7pm	Crawley Race for Life Women's 5k	Entry Information	Tilgate Park
June 8th 9am	Seaford 1/2M		01323492263 or 01273515548 for info
June 8th	Hove Park 5km 1.1m		WSFRL
June 11th 7.30pm	Worthing 10k	Entry Information	Sussex GP league
June 15th 11am	Glorious Goodwood Trail 10k	Entry Information	01243788856
June 17th	Haywards Heath Summer Relays	Entry Form	Whitemans Green, Cuckfield
June 18th	1st. Sussex Vets Track/Field League	Information	Worthing
June 18th 7.30pm	The Midsummer 5 - Goodwood Airfield		
June 22nd	Heathfield 10km		Sussex GP league
June 22nd	Southdown 10miler - Fortslade		1/2 miler for under 16's
June 25th 7pm	Bexhill Seafront 5k Series	Entry Information	01424730241
June 28th - 2.30pm	Downlands School Fun Run - Hassocks	Information	01273 845892
June 29th 11am	Hastings Race for Life Women's 5k	Entry Information	Alexandra Park
July 2nd	Roundhill Romp 6m & 2km - Steyning		WSFRL
July 6th	Brighton Race For Life - Stanmer Park	Entry Information	Women Only
July 6th 10.30am	3rd Bewl 15 Mile Run	Entry Details	
July 9th	2nd. Sussex Vets Track/Field League	Information	Eastbourne
July 13th	Batchelors Farm 4m & 1m		WSFRL
July 13th	Vets Champs - Track/Field		Horsham
July 20th	Beach Run 5m & 0.5m		WSFRL
July 23rd	3rd. Sussex Vets Track/Field League	Information	Hastings
July 27th	Downland Running Festival	Entry Details	
July 30th 7pm	Bexhill Seafront 5k Series	Entry Information	01424730241
Aug 6th	Highdown Hike 4.5m		WSFRL
Aug 11th	4th. Sussex Vets Track/Field League	Information	Lewes
Aug 17th	Tilgate Forest 5m & 1.5m		WSFRL
Aug 24th	Jog Shop Jog		
Aug 24th	Will Page 10km		Sussex GP league
Aug 27th 7pm	Bexhill Seafront 5k Series	Entry Information	01424730241

# CITIUS

## THE MAGAZINE OF HAILSHAM HARRIERS



# MAY 2003 ISSUE

HELLO EVERYONE,

There is much controversy around at the moment about the relevance of static stretching in relation to a more dynamic warm-up, both physiologically and psychologically! It is an area i am very interested in, and will keep you updated! I am researching it for 1 of my modules at uni, so will hopefully have some interesting articles to put in next month's edition.

If anyone else has any articles or issues they want to voice an opinion about put in the magazine, please email me (v.active@talk21.com).

Hope everyone is ok,  
see you soon,  
SARAH

### Aquathon Adventure

On the 20<sup>th</sup> April, I decided to put my running to alternative use at the regional Aquathon championships in Dover. An Aquathon consists of a swim followed immediately by a run, the race distances vary from as little as 100m swim and 1km run to up to a 1500m swim and 15km run. (I competed in a 250m swim and a 5km run).

So there I was on a submerged the start line waiting for the signal to start my first multi discipline foray of the season. The gun went and I was off, the swim quickly passed and I exited joint first in a tight pack out into the transition area. I quickly put my shoes and trusty harrier vest on before colliding with another competitor on my way out finally exiting transition in second. I managed to hold on to this position on the 5km until the finish, where I collapsed across the line happy but exhausted!!

I thoroughly enjoyed this Aquathon experience and would thoroughly recommend multi discipline racing to any other Harrier looking for a challenge, (and don't be put off by the swim, there were lots of people improvising their own stroke).

I look forward to seeing you on the multi sort circuit!

Todd Leckie

Thanks for that Todd and very well done! This report was done at very short notice as i am having real trouble filling the magazine at the moment! Please send anything you feel will be interesting to other Harriers! SARAH

# HAILSHAM HARRIERS SUMMER PROGRAMME 2003

## Club Track Championships and Grand Prix

Thursday 8 <sup>th</sup> May	5000 metres
Thursday 22 <sup>nd</sup> May	3000 metres
Thursday 5 <sup>th</sup> June	1 mile/1500 metres
Thursday 19 <sup>th</sup> June	800 metres
Thursday 3 <sup>rd</sup> July	400 metres
Thursday 17 <sup>th</sup> July	200 metres
Thursday 31 <sup>st</sup> July	100 metres
Thursday 14 <sup>th</sup> August	Invitation mile

**7.00 to 7.15p.m. Registration for earliest possible start**

### CAPTAINS CAPERS

Tri it. No I'm not suffering from dyslexia, I'm talking about the new shop that's opened in Grove Road, Eastbourne for runners and triathletes. At last we have a local shop for runners with staff who know what they are talking about because they are runners themselves. I don't know about you but I get really fed up with shops that cater for people who have no interest in athletics but just want to wear trendy Nike trainers or the latest Adidas top. It's a really good shop and the current stock is really good with all the well known running brands. The shop is simply called "Tri" and I think it deserves our support. You also get a 10% discount if you are a Hailsham Harrier so take your membership card with you.

I think Ben Warren must get the unluckiest runner of the month award. Well he ran in the Arundel 10k, which is a really hard race with a massive hill, does a personal best time of 33.08 and breaks the course record. Nothing unlucky about that, I hear you say. But wait, the course record doesn't count because he came second! Never mind Ben there's two races coming up in May where the course records are up for grabs and they are the Horsham 10k and our very own Hailsham 10 miler.

Talking about the Hailsham 10, I think every member should turn out for this one. If you're not running please, please help on the day (Sunday 18<sup>th</sup> May). Marshalling is easy but vital if the race is to go ahead, so please if you would like to marshal give your names to Colin

Well done to all that took part in the East Sussex cross-country League, the Harriers were worthy champions. There were some really good individual performances, most notably in my opinion from Dave Tyler who improved throughout the season. A full report can be found elsewhere in the mag and there are some nice pictures on the web site courtesy of Geoff. The biggest thanks of all must go to Brian Winn. As chairman of the East Sussex League he had to do a lot of work in organizing all six events. He also put in a lot of effort in getting the Harriers out for races. Well done Brian all that nagging paid off in the end and this trophy is for you. You don't get enough credit for everything you do sometimes.

## CAPTAINS CAPERS

I have picked the South Downs Relay teams for this year. These are not set in stone and if you think you should be on different legs or you haven't been picked and should be in the team then just tell me. I have tried to pick the first twelve people who gave their names to me and give runners the legs they have done in the past. Please try and team up with the other members in the opposite team and learn the legs together. This particularly applies to the new members.

A great day was had by all at the London Marathon. Well done to Doug for organising the coach. I decided to go up and watch this year and really enjoyed it. (To be honest I'm in Paula's bad books as she really wanted me to act as pacemaker for her this year and she gave me a stern look as she passed me at Cutty Sark but that's another story). The day was marred however by an act of bad sportsmanship from one of our runners though. At the 25 mile mark Steve Tucker was coming to the end of a marvelous effort (he did 3.14 eventually and was 1<sup>st</sup> Harrier home) and you would have thought that his fellow teammates would be pleased for him and urge him on in a sportsmanlike fashion. Now as we all know Steve is partially sighted and he couldn't even see that he was passing another Harrier but when he did all he heard was "Steve, you b\*\*\*\*\*d". I will not embarrass this member further by mentioning his name but I really think this behaviour is not what we would expect of a club secretary.

Peccles

06/05/03	30 mins Parlauf	Built in	Battle Road School
08/05/03	5000 metres Club Championships		Battle Road School
13/05/03	400 x 4 300 x 4 200 x 4	90 sec between 400, 60 sec 300, 30 secs 200, 1 lap between sets	Battle Road School
15/05/03	8 x 2mins to the mark	90 secs	Battle Road School
18/05/03	HAILSHAM TOWN TEN	PLEASE volunteer to help marshal etc. Contact Colin Burgess	Phone 01323769232
20/05/03	800 metres x 5	2 mins	Battle Road School
22/05/03	3000 metres Club Championships	6 x 200 metres after race training walk back to start for recovery	Battle Road School
27/05/03	300 x 4 200 x 4 2 sets	1min between 300, 30 secs between 200, 1 lap between sets	Battle Road School
29/05/03	400m 600m 800m 800m 600m 400m	1min between 400-600- 800 2min between 800 1min between 800-600-400	Battle Road School
03/06/03	400 metres x 5 x 2 sets	1min between 400 1 lap between sets	Battle Road School
05/06/03	1 Mile Club Championships	6 x 200 metres after race training walk back to start recovery	Battle Road School
10/06/03	300 metres x 5 x 2 sets	1 min walk back to start line 1 lap between sets	Battle Road School
11/06/03	WORTHING 10K	S.R.R.G.P.	
12/06/03	30 mins Parlauf	Built in	Battle Road School
17/06/03	200 metres x 5 x 3 sets	1 min walk back to start 1 lap between sets	Battle Road School
19/06/03	800 Metres Club Championships	6 x 200 metres after race training walk back to start recovery	Battle Road School
22/06/03	HEATHFIELD 10K	S.R.R.G.P.	
24/06/03	8 x 2 mins to the mark	90 secs	Battle Road School
26/06/03	1000 metres x 5	2.5 mins all groups	Battle Road School
01/07/03	400 x 4 300 x 4 200 x 4	90 secs between 400, 60 secs 300, 30 secs 200, 1 lap between sets	Battle Road School
03/07/03	400 Metres Club Championships	6 x 200 metres after race training walk back to start recovery	Battle Road School

# Marathon

THE second Beachy Head Marathon will take place on Saturday October 25 at 9am. Entry will be limited to 1,500 — 500 runners, 500 joggers (slow runners/fast walkers) and 500 walkers. The entry fee is £16. The route — 26 miles over the South Downs which includes total ascents of over 3,000ft — remains unchanged. If you wish to enter please send a stamped self-addressed 6" x 8" envelope to: Beachy Head Marathon, PO BOX 2608, Eastbourne, BN20 8DZ.