

## Sussex Cross Country League 2003/2004

(Saturdays)

Fixtures

Saturday 27<sup>th</sup> November 2004 Race 2 Stanmer Park

Brighton

Saturday 18<sup>th</sup> December 2004 Race 3

Lancing

Saturday 12<sup>th</sup> February 2005 Race 4

Lancing

Time table

Under 13 Girls 3km 12.20

Under 13 Boys 3km 12.45

Under 15 Girls 4km 13.00

Under 15 Boys 4.5km 13.20

Under 17 Men 5km 13.40

Under 17, U20, Senior, Veteran Women 5km 14.05

Under 20, Senior, Veteran Men 8km 14.35

We are in Division One and we need 6 men to score and 3 women to score.

It does not matter what ability you are come and get muddy.

**Club Colours must be worn**

See Dug Chant or your team Captains Steve Avery or Samantha Alvarez.

## Sussex Cross Country Championships

Sunday 12<sup>th</sup> December 2004 Veteran Championship

Denne Park Horsham

Saturday 8<sup>th</sup> January 2005 County Championships

Bexhill

### KIT AVAILABLE

TEAMSTER JACKETS, PAPER JACKETS, MEN'S VESTS, LADIES VESTS, LADIES CROP TOPS, SHORTS, TRACKSTERS, REFLECTIVE BANDS/STRIPS.

**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](mailto:geoff.depper@hailsham-harriers.org.uk) 17 Frenchgate Close, Eastbourne BN22 9EX.

*I will be at club nights only every other week with the kit due to shift working.*

# HAILSHAM HARRIERS



## The Friendly Running Club

**NEWSLETTER - NOVEMBER 2004**

### Chairman's Report A.G.M. 2004

I really do not have a clue as to how many reports I have made as Chairman but I feel sure this must be the most up beat. This our twentieth year see us in the strongest position we have ever been.

When we had the vote to merge with Eastbourne Rovers two A.G.Ms ago there were only 89 fully paid senior members. At the last committee meeting in early September I was informed by Doug the club secretary, that we had 150 fully paid senior members. This of course was before subs became due for renewal so may have change since.

The reasons for this wonderful improvement must be traced back to last years A.G.M. when you the members suggested different initiatives to promote the club and attract new members. So many people have worked in many ways to advance this cause. I would like to thank everybody who has done anything and suggest the reward is our continued growth. I think it appropriate to thank individuals who made a big contribution to this particular success.

First Geoff and his on going commitment to providing us with the best web site and news service of any running club of comparable size and resources.

Second to thank Paul for his superb efforts in coordinating our involvement in the run for life.

I run the risk of upsetting people when making special mention and not including everybody who has contributed in one way or another but the list for my gratitude is endless. All the committee have made special sacrifices of time and effort and must be recognized for their endeavors on the clubs behalf.

This year we saw much improved organization at the Town Ten and Margaret and her team can be proud of their race.

As ever Hellingly was a great success, so much so that the county keep pressing for us to allow them to use it as a county championship race. Heather is after many a attempts standing down as race director and the testament to the improvement she has achieved with her team must be that the county wishes to use it. Well done Heather and a big thank you.

Successes this year must include the rejuvenation of the Summer Track Championships. Well-done Mark and Caz and the rest of the Wells clan.

The Annual Dinner and Awards Evening went really well thanks to Doug Sue and Alyson.

Final thanks bring me back to Paul who is standing down as Club Captain and is not going to serve on the committee. With great respect and affection for Peccles I can only say he will be a very hard act to follow. Great job mate and please come back to the committee when you feel ready. The Club will miss your hard work and dedication to the Harriers.

For anybody who has not witnessed my previous reports you may well think this is just a back slapping exercise, I can assure you I normally report any contentious issues and tell it like it is but this has been a good year for the club and I will end on a High.

With that said I commend this report to the meeting.



#### Here's some Junior Results:

Ardingly College XC

Leon Davidson

Race: Under 9 boys

Distance: 800m

Time: 3 min 07

Winner's time: 2 min 23

Glen Davidson

Race: Under 11 boys

Distance: 950m

Time: min 05

Winner's time: 3 min 23

Maddie Bridgewater

Race: Under 11 girls

Distance: 950m

Time: 4 min 19

Winner's time: 3 min 37

**Sam.**

#### CLUB TRAINING TOPS

Enclosed with this newsletter should be an order form for club training tops please return to me ASAP if you would like one.

## Secretary's Scribbles

A big welcome to new members Alan Deschamps, Andy Fessey, Steve Grace, Andy Payne, Terrance Pownall, Craig Stephens, Juniors Madelyne Bridgewater, Chloe Cooper, Charlotte Cousins, Glen Davidson, Leon Davidson, Edward Hall, Toni Newnham,

Thank you to those of you who turned up to the AGM and volunteered their services for various positions in the club, nice to see some of the new members attending.

We have a new Club Captain in Steve Avery please help and support him in his efforts to get the team out for various races.

We have a new Vice President in Paul Eccles. I would like to thank Paul for his work on the Committee and as Club Captain. We have a new member on the committee in Gill Wheeler. If there are anything you want put forward to the committee just ask any of the committee members to bring it up at an executive meeting to be discussed. As we are here to serve you and the club.

Thank you for rejoining the club. We have 162 members on our books at the moment some as far a field as the USA and New Zealand.

At the AGM I brought up that we had been put into Division 2 of the Sussex AAA Cross Country League. I phoned the Sussex AAA and put our point across that we have won



Team Gold, Silver and Bronze in previous years and we have had the individual Gold Champions in both Men's and Ladies four times in the 5 years. We felt that we should be in Division One. Phil Baker from the Sussex AAA agreed that we should be in Division One. So thank you to all of you who turned out and ran at the first league meeting at Goodwood. We had 2 men's teams and 2 ladies teams and some great performances. Ben Warren came 2<sup>nd</sup>. We still need you all to turn out for the next race at Stanmer Park on the 27<sup>th</sup> November.

It does not matter what ability you are just come along and get muddy and score points for the team.

On a separate note Paul Eccles and myself are now on the Sussex AAA road running committee and I am now Sussex AAA road running team manager so if you want to run for the county you will have to be extra nice to me. No favours to Harriers but some of you are at county standard so you could make the team. I will be putting a team together for the AAA of England half-marathon championship. Which takes place at the Hastings half marathon next year. So you may get a call from me.

It's so nice to see so many people at training nights. Norman Harris is now a level 2 coach and Ben Warren, Brian Winn and myself are on level one training course.

Again if anybody else wants become a club coach see Julie, Colin or Steve.

All of us send a get well soon to Dave Tyler has been struck down with a mystery illness at the moment.

## The Vice President's Speech (30<sup>th</sup> October 2004)

A warm welcome to you all, guests past and current members to this our 20<sup>th</sup> Anniversary celebrations. For the benefit of our new members I would just like to give a brief history of how our club came about. Our story starts not in Sussex but in Lancashire, Wigan to be precise, home of rugby league and the Wigan Pier, and home of the local running club the Wigan Harriers. Approximately 20 years ago Wigan harriers were in turmoil and the chairperson, Colette Burgess (who if truth were told was a bit of an old woman) anxiously called an emergency committee meeting. Her concern was with the latest batch of vests the club had received from the suppliers. The club's constitution clearly stated the club ran in a black vest with a red diagonal stripe running from left to right but the suppliers had printed the stripe running the opposite way. The chief coach Pat Turkey supported Colette's anxiety and they turned to the club captain, Steve Overies for advice. He suggested contacting the suppliers, and Colette did with great haste, but to no avail. The suppliers confirmed her greatest fear and informed her that they were merely following the strict instructions given by the regalia officer and that no refund was due. "It's that Godfrey Dipper that's to blame," cried Colette "all he thinks about is that computer of his. He's got some some grand idea about communicating with people using computers by sending messages down telephone lines, it will never catch on." But help was at hand. At the heart of every successful club is an efficient club secretary and Wigan's saviour was in the form of Doogie Cant (who could). In walked Doogie to inform the committee that he had already sold the vests to a newly formed club in Sussex by the name of Hailsham Harriers. (A true story, although names have been changed to protect the innocent).

Hailsham Harriers were formed in 1984 by merging two existing outfits namely, Hailsham AC and Landsdowne Striders. Who thought from such meagre beginnings that they would spawn such a monster! After 20 years our main honours are within the Sussex Road running Grand Prix. We have won the overall title a record six times, winning the men's title nine times in the last ten years, and having five different lady champions. We have also won the local East Sussex cross-country league seven times. Individual honours have been numerous but mention must go this week to Craig Iverny who was top of the junior rankings for both 3000m and 5000m.

It is great to see so many past members here tonight, for example, the past president Brian Cruddas and past chairman Barry Blackwell. The past ladies captain Frances Delves and her husband, former treasurer, Kevin. There are other members who can't be with us, Derek Wells our current president (who formed the Landsdowne Striders) and Karen and Tim Bowler who were there at the beginning. I would also like to pay tribute to people who can't be with us for a different reason such as James Cox who was another original member and our great friend John Faulds. We can't talk about our past without mentioning John who was so influential to many of us, he will not be forgotten. All the people mentioned (and more) have contributed so much to past success and paved the way for such a bright future.

I can think of three things that have impressed me recently about our club:-

- 1. We're pro active.** A couple of years ago we took a brave decision not to merge with a local athletics club. Since then we embarked on a fierce recruitment campaign and as a result have increased our membership by 68% since that time. Our membership is the highest it's ever been.
- 2. We come out fighting.** Recently the Sussex AAA tried to put our club in the 2<sup>nd</sup> division of the Sussex cross-country league. We not only complained vigorously but also responded with a fine turn out at the first meeting. Thanks partly to the encouragement and drive of our new captain we had in the senior race, an A team, B team, C team and vets team. We also now have two members on the Sussex AAA committee so they don't try the same trick again.
- 3. Any day of the week there is a Harrier to run with.** I enjoy running with you all because I enjoy your company, your humour, your honesty, your loyalty and most of all value your friendship.

I wish the friendly running club well tonight, let us celebrate our past and hope this is a springboard for further success and enjoyment. I have a feeling the next 20 years will be just as special!

## CAPTAIN'S CAPERS - OCTOBER

I know it's a bit late but, Captain's Capers from back in September..

### DOWN'S LINK RELAY: GUILDFORD TO BRAMBER CASTLE

I thought we may not get a team out to do this fun race what with it clashing with Bexhill 10k, people succumbing to seasonal coughs and colds, injuries, other commitments etc. But all was not lost with Ben Warren, Michael Coupe Paul Harris and myself we managed a team.

For those of you who've never heard of this one, this was its 3rd year. The course is mostly flat, off road and follows an old disused rail track for 32 miles. The race is divided into 8 legs, so just 2 changeovers each...

The longest leg is 5 miles and the shortest 2 and a half approx. The team tried to guesstimate the time each leg would be run in so the next person could be warmed up and ready. So leg 1 Mick, leg 2 Ben, leg 3 me, and leg 4 Paul, so far all was fine with Mick leading on leg 1 and handing over to Ben, there was no stopping us.

All is going well, Paul's off on leg 4 and by now we'd gained a strong lead. Driving to change over point 5 to wait for Paul I pull up in the small carpark, get out and stretch my legs (yes another 2 inches in length would be good!) Ben has got his feet up in the back of the motor, eyes closed and Mick is having a coffee, lots of time to spare, or so we think.....

While I'm stretching and staying warm I spot a lone runner on the trail coming toward me, oh, looks like Paul, na too soon I think, but yes it's him! "Mick, Paul's coming!" Ben starts laughing, thinks I'm joking, Micks still half way through his coffee. "Mick, Paul IS HERE!" I start laughing. Ben still thinks I'm joking. Mick's still in trackster bottoms as Paul runs up to me. "Slow down Paul Micks having a coffee". Ben and I are cracking up by now as Mick sprints off baton in hand (not the French type).

We won the race with 10 mins in hand, the 3rd in a row. Time 3.20. Good weather, a win and a giggle, good memories, what more can we ask for, a good result!

Roll on next year. We hope to have a Ladies, Vets and an A team.

Thanks guys

Your New Club Captain, Steve Avery

### GOODWOOD X COUNTRY 16.10. 04

Thanks to all the Harriers who turned out for this first race of the Saturday Cross Country League. Cool but dry conditions prevailed and everyone seemed to have a good race. It was good to see some of the newer club members mucking in with the regular XC addicts!

I would particularly like to say "Wow!" to Sam Shanta, great to see you on the circuit again and running so well!

Ben Warren finished a strong race 2nd overall, then that was that although it felt a bit strange running after the ladies (generally I tire too easily these days!) I mean racing at a time slot after theirs, one of the new innovations for this season.

The next XC is 27th November at Stanmer Park, Brighton. I hope to see as many as possible of you there, the more the merrier. Let's keep the momentum and enthusiasm going for the series.

(continued)

If you need more information, a lift or wish to contact me about races please see me club nights, phone 01323731058 or 07881967068 or you can e-mail me at Louiseogle@aol.com

#### **SEDLESCOMBE XC Sunday 17 10 04**

The first of a series of 6, at least with a 3 lapper you're really sure of the course by the last lap, mmmhhh. A long drag then a steady climb up through some woods with a long uphill run on a camber really challenging you as one leg has to push off harder than the other.

The weather held out for us and again we showed good strength in numbers. Many had made it a xc weekend, a special thankyou to the Saturday and Sunday runners (oh but the refreshments at Sedlescombe are such a delicious reward!).

I believe that Chris Howarth and myself had the last 2 numbers, so the biggest turn out I've ever known for this venue.

As I've had no negative feedback, reports of injuries etc I presume everyone ran their best and as even I managed to stay upright or once I feel happy and confident in saying, see you at the next one?!

Captain Avery

## **East Sussex Cross Country League 2004/2005**

**(Formally Today's Runner League)**

It's that time of the year again and the new Season's Sunday Cross Country races begin on the with Pestalozzi ending with the National Final in Nottingham. Last season, Lewes A.C. won the team category and we finished in joint second place (identical points tally) with Heathfield Road Runners. So, there is room for improvement as far as the Harriers are concerned. Also, it is intended (this season) that there will be even better prizes than before for individuals - made possible by the entries being increased to £2.50 per runner per race. Remember, there is recognition for the quickest in all age groups - first, second and third. So, all you mudlarks - sharpen up your spikes or knock off last season's gunge from your knobblies and let's "play dirty"!

Brian Winn

The dates which take place on Sundays are:-

- Race 1 - 17th October 2004 - Pestalozzi Village, Battle**
- Race 2 - 19th December 2004 - Plumpton College**
- Race 3 - 2nd January 2005 - Cross-in-Hand, Heathfield**
- Race 4 - 16th January 2005 - Whitbread Hollow,**
- Race 5 - 30th January 2005 - Abbots Wood, Arlington**
- Race 6 - 6th March 2005 - Crowhurst Park**
- National Final - 20th March 2005 - Nottingham**



#### **Swansea Bay 10k Race & Fun Run - 03.10.2004**

Runner's World magazine rated this highly in their annual top 100 and it seemed like a great opportunity to combine it with a walking holiday in Pembrokeshire, also in South Wales. Described as fast and flat, the race route was out and back along the seafront taking in the scenes of Swansea Bay.

The weather was shockingly wet but it didn't deter around 3,500 runners including hundreds of juniors taking part in shorter distances. Highlights for me included warming up alongside the Kenyan athletes, participating in my first race 'abroad', matching my personal best time, and all runners receiving a free T-shirt and goodie bag! Good race all round. (Karen B. have you done this one?).

The walking along Pembrokeshire Coast Path was fab too. *Giliw (15<sup>th</sup> female)*.

#### **Felixstowe Half Marathon - 3.10.2004 + The Great South Run - 10.10.2004**

"Why are you going all the way to Felixstowe?" I was asked by a club member when I said that I was taking part in the Felixstowe half.

As I stood on the start line waiting for the gun, I asked myself the same question. Ever since I finished the London Marathon I have been struggling with running and racing in particular. For some runners, returning to a favourite run can become a bit like a pilgrimage and that is how I view Felixstowe. It was my first long run three years ago, but I wasn't sure if I had done enough preparation this year, so I planned to enjoy the run and not worry about my time.

The weather was just right. While Club members were coping with wet and windy conditions at the Lewes Downland tent was blessed with a light breeze and clear skies. The race is a two lap, undulating, course that has a bit of everything; it starts on the sea front, goes out past the golf course into the countryside, across farmland and returns through a housing estate to the sea front, where the wind can assist the last part of the race.

About two miles into the run I was joined by a local man for whom this was his first organised run since he had been a young boy running the egg and spoon race at school. We kept each other company for the rest of the run, chatting as we went along. What a difference it made to my running. Here was someone who had very little experience, having only started training this year, who was so keen to learn and although a relative newcomer myself, I felt like an old hand as we chatted around the course. I can honestly say that he helped me as much as I think I helped him.

I learned a valuable lesson that Sunday. Running isn't only about getting better but also about helping others along the way. I finished the run only 5 min. slower than last year, but my running companion had made it a day I will always look back on with a greater sense of achievement because I helped a fellow runner.

By the way, the reason I go to Felixstowe is because I have family there who give me a ready made fan club!

A week later on the 10th October, I went to Portsmouth to take part in the Great South Run. Last year the Mayor of Portsmouth announced that he wanted to make this event bigger. To those of you who have done this race in the past you will know how congested the roads get, so I wasn't too sure if this would work.

This year the junior races took place on Saturday, along with the one mile race, this freed up Sunday for the main event. The start went off in three phases with the elite runners going at 10.30, the next groups going at ten minute intervals. This was so much quicker than past years. We also had a timing chip, so the times will be more accurate.

After the half marathon the week before, I felt much better. I was looking forward to this race and hoping to match last years time.

I shocked myself by (unofficially) taking just over two minutes off, giving me a PB of 1h 29.04. I feel that at last I have got back my running form and am rearing to go again.