**RECORDS TUMBLE AT SUSSEX TRACK & FIELD VETS LEAGUE FOR HARRIERS**

The Sussex Track and Field Vets League took place on Monday 23rd July at Lewes. Andy Dray achieved a personal best by breaking the Harrier’s Vet 40 High Jump record of 1.40 metres held jointly by John Morgan (1992) and Ben Radcliffe (2000). Andy jumped 1.45 metres and narrowly missed 1.50 metres. Also, the Men’s Medley 1600m Relay record that was held by Ted Honey, Stuart Condie, John Morgan and Mile Bale since 1998 was broken last night by a young and upcoming team: Andy Dray, Julian Boyer; Barry Tullett and Paul Cousins. John Morgan also achieved a Harriers Vet 70 High Jump record of 1.20 metres. Full results will be in next week’s Middy report.

More on the news front, young Harriers, Charlie Parvin and Alex Booth have both been selected for Under 13 Inter Counties this Saturday at Kingston. Well done to them both!

At the Under 13 Track and Field League on Thursday 19 July at Horsham, the young Harriers team came 4th out of 6 teams. Top results were the boys relay team who came 2nd in the 4 x100m relay in same time as the winners and Archie Hale who won the ‘B’ string Long Jump competition.

The full results were as below:

Boys:

Alex Stubbs: 4th ‘A’ string 75m in 11.0 secs; 4th ‘B’ string 150m in 23.4 secs.

James Manns: 3rd ‘B’ string 75m in 11.1 secs; 3rd ‘B’ string Javelin 3.77m.

Archie Hale: 3rd ‘A’ string 150m in 21.1 secs; 1st ‘B’ string Long Jump 3.82m.

Alexander Todd: 2nd ‘A’ string 600m in 1 min 52.5 secs.

Jonathan Beckett: 5th ‘A’ string 1000m in 3 min 44.3 secs’ 4th ‘A’ string High Jump 1.00m.

Alex Booth: 3rd ‘A’ string 75m H in 15.6 secs.

Alex Todd: 2nd ‘A’ string long Jump 4.04m.

Jonny Rutherford: 4th ‘A’ string Shot Putt 4.44m; 4th ‘A’ string Discus 10.76m.

Henry Francis: 3rd ‘B’ string Shot Putt 3.80m; 3rd ‘B’ string Discus 9.52m.

Dino Draper: 4th ‘A’ string Javelin 14.59m.

4 x 100m relay: 2nd Haywards Heath Harriers in 57.3 secs.

Girls:

Phoebe Whiting: 4th ‘A’ string 600m in 2.04.0 secs;

Millie Sommerville: 2nd ‘B’ string 600m in 2 mins 04.8 secs; 4th ‘B’ string Long Jump 3.34m.

Non-scoring races:

Alex Booth: Long Jump 3.83m.

4 x 100m relay: Hayward Heath Harriers B team: 65.0 secs.

Wakehurst Willow on 18 July.

Last Wednesday, at Wakehurst Place, near Ardingly the Wakehurst Willow 8 km race took place. The race was organised by Haywards Heath Harriers and the course was a 2 lap winding course around the National Trust gardens at Wakehurst and included a significant hill! Ben Gibson ran a great race to finish in first place which improved on his 4th place last year.

The Harriers results were as follows:

1st Ben Gibson: 28.40; 4th James Collins: 29.53; 8th Peter Harding 33:13; 24th Tim Hicks 36:31; 62nd Georgina Mugridge 40:01; 68th Carl Bicknell 40:23; 100th Maresa Pitt 43:48; 101st Richard Haynes 43:49; 103rd Gemma Morgan 43:59; 127th Sarah Banks 45:31; 138th Lydia Levy 46:13; 139th Graham Kenward 46:14; 142nd Jacqueline Barnes 46:26; 170th Sarah Hamilton 48:19; 232nd Richard Bates 51:23; 254th Michael Parish 52:37; 277th Alison Mitchell 54:39.

The previous week at Carshalton on Saturday 14th July, the Southern Athletics League took place. Harrier, James Skinner, continuing his super form by again breaking his own Harriers Vets 40 record in the 3000 metres by just over 10 seconds in a time of 9 minutes and 01.5 seconds. This run by James ranks him second in his age group (Vet 45) in the UK!



**James Skinner in the 5000 metres race at Lewes on 23rd July (Photo courtesy of Ian Dumbrell).**

Results were as follows:

Men:

John Palmer: 3rd 100m ‘B’ string 14.7 secs; 3rd 200m ‘B’ string 30.7 secs; 4th Long Jump ‘A’ string 2.76m.

Martin Dawson: 3rd 400m ‘A’ string 55.9 secs; 2nd ‘A’ string High Jump 1.60m; 2nd Triple Jump ‘A’ string 10.88m.

James Skinner 2nd 1500m ‘A’ string 4mins 22.8 secs; 1st 3000m ‘A’ string 9 mins 01.5 secs.

Tim Popkin: 2nd ‘B’ string 3000m 12 mins 32.1 secs; 2nd 3000m s/c ‘A’ string 15 mins 35.6 secs; 3rd Shot Putt ‘B’ string 5.58m, n/s 1500m 5 mins 29.2 secs; n/s 800m 2 mins 32.0 secs; n/s 400m 64.6 secs.

Women:

Lucie Venables: 4th 100m ‘A’ string 14.4 secs; 3rd 200m ‘B’ string 31.7 secs; 2nd 400m ‘A’ string 76.9 secs; 2nd 100mH ‘A’ string 22.0 secs; 2nd 400mH ‘A’ string 89.1 secs; 2nd Long Jump ‘A’ string 4.04m.

Darja Knotkova-Hanley: 2nd 5000m ‘A’ string 19mins 01.1 secs;

Helen Diack: 1st High Jump ‘B’ string 1.25m; 3rd Triple Jump ‘A’ string 8.43m; 2nd Discus ‘A’ string 15.51m;

Jenny Denyer: 2nd Shot Putt ‘B’ string 5.61m; 1st Discus ‘B’ string 15.27m; 1st Hammer ‘B’ string 20.49m; 4th Javelin ‘A’ string 11.35m.

3rd 4x100m: Lewes & Haywards Heath 71.3 secs.

At the Phoenix 10km on Wednesday 11 July a group of Harriers took part in this event.

James Skinner improving on his recent 10km Veteran 40 club record by running a new personal best of 32 minutes and 35 seconds and finishing in 6th place overall.

Other results were:11th Ben Gibson: 34:29; 21st Ben Duncan 36:12; 77th Jack Chivers 40:22; 78th Katie Morgan 40:28; 129th Hannah Gibson 44:14; 146th Matt Howells 45:04; 150th Ian Dumbrell 45:24; 162nd Sam Ridley 46:03; 192nd Graham Kenward 47:42; 218th Karen Thompson 49:51; 317th Peter Cobbett 58:46.

Darja Knotkova-Hanley ran last Wednesday at the British Milers Club track event at Eltham. She ran the 1500 metres race and finished in 4 minutes 56.35 seconds and finished in 6th place in her race.

At the Caterham 10km on Sunday 22 July, Jack Chivers finished in 12th place in 42 minutes and 8 seconds. Also, at the Caterham Half Marathon, Graham Kenward finished in 133rd position in a time of 1 hour 52 minutes and 28 seconds.