**Haywards Heath Harriers at the Lindfield Fun Run**



**Steven Heath finishes the Lindfield 10km run.**

The Lindfield 10km Run took place on Sunday 21st May. The local ten kilometres “trail” fun around, started at Hickman’s Lane, Lindfield and following the footpaths on a beautiful trail run across to Ardingly Reservoir and through Ardingly College and back to Lindfield over the fields on a clockwise route. There was also the Lindfield 5 km Run over a shorter loop.

Several hundred runners took part in both the popular races that are held every year.

The Harriers having a large contingent of runners taking part as always in both races.

**Harriers’ results:**

1st **Ben Gibson** 42.40; 2nd **Michael Priest** 43:28; 3rd **Ian Kenton** 44:17; 15 **Thomas Beynon** 49:26; 17th **Tom Bond** 50:09; 18th **Matt King** 50:18; 19th **James Booth** 50:34; 22nd **Steven Heath** 52:00; 25th **Sim Wishlade** 52:39; 63rd **Phil Scott** 60:05; 64th **Andrew Wilson** 60:11; 77th **Rebecca Pugh** 61:44; 89th **Sarah King** 63:06; 114th **Richard Jobling** 65:49; 187th **Emma Pryor** 76:41.

**Lindfield 5k**

18th **Jason Robinson** 23:53; 20th **Jamie Topping** 24:03; 27th **Rachael Overton** 24:45; 29th **Rohan Barnes** 24:55; 48th **Lara Morris** 27:00; 74th **Jack Diack** 28:20; 143rd **Marion Hemsworth** 32:26; 251st **Rupert Purchase** 38:45.

**Athletics:**

**Southern Athletics League**

Southern Athletic League at Dartford on 20 May (Saturday). Haywards Heath Harriers are a joint team with Lewes Athletics Club and together they finished 5th out of 6 teams with 161 points ahead of Chichester on 82 points, but not far behind Horsham Blue Star / East Grinstead who had 181 points and Worthing with 170 points. Havant winning with 248 points and Hy Runners (Hastings) second with 233 points.

There were great results from such a small team of Harriers on the day.

**Women’s results:**

**Lucie Venables**: 3rd 100m ‘A’ string 15.0 secs; 3rd 200m ‘A’ string 36.6 secs; 4th 800m ‘A’ string 3 mins 6.4 secs; 3rd 3000m ‘A’ string 14 mins 6.0 secs; 2nd Long Jump ‘B’ string 3.61m; 2nd Javelin ‘B’ string 14.22m.

**Annie Close:** 3rd 400m ‘A’ string 74.2 secs (pb); 2nd 100m Hurdles ‘A’ string 24.6 secs; 2nd High Jump ‘A’ string 1.30m; 1st Long Jump ‘A’ string 4.57m; 2nd Triple Jump ‘B’ string 9.56m;

**Kleri Tantele**: 4th Shot Putt ‘A’ string 6.17m; 3rd Discus ‘A’ string 17.51m; 4th Hammer Throw ‘A’ string 16.28m; 2nd Javelin ‘A’ string 24.72m.

**Men’s results:**

**Tim Popkin**: 4th 400m ‘B’ string 73.0 secs; 5th 800m ‘A’ string 2 mins 45.8 secs; 4th 3000m ‘B’ string 13 mins 59.5 secs; 3rd 3000m s/chase ‘A’ string 15 mins 29.0 secs.

**Paul Cousins**: 4th 800m ‘B’ string 2 mins 58.9 secs; 6th Javelin ‘A’ string 16.09m.

**Under 13 Track and Field League on Friday 26 May.**

Great results by the youngsters at Horsham at this second League event.

**Results:**

**Boys:**

**Charlie Waller**: 4th 75m ‘A’ string 11.4 secs; 4th 600m ‘A’ string 1 min 53.6 secs.

**William Kean**: 1st 75m ‘B’ string 11.2 secs; 2nd Javelin ‘A’ string 19.25m.

**Jo Waller**: n/s 75m 12.9 secs; n/s 600m 2 mins 14.7 secs.

**Daniel Carter**: 4th 600m ‘B’ string 2 mins 11.0 secs; 6th Long Jump ‘B’ string 2.59m.

**Reuben Nicholson**: n/s 600m 2 mins 8.6 secs; n/s Long Jump 3.05m.

**Marcos Selby**: n/s 600m 2 mins 11.9 secs.

**Barnaby Redd**: 6th Long Jump ‘A’ string 2.96m; 5th Discus ‘A’ string 9.62m.

4 x 100m relay: 6th HHH 63.1 secs.

**Girls:**

**Jessica Diack**: 4th 75m ‘A’ string 11.7 secs; 2nd Long Jump ‘A’ string 3.57m.

**Lily Frewing**: 3rd 75m ‘B’ string 12.4 secs; 2nd Long Jump ‘B’ string 3.34m.

**Molly-Ann Clarke**: 6th 150m ‘A’ string 26.0 secs; 3rd 70m Hurdles ‘A’ string 16.2 secs.

**Annabelle Parkin**: 2nd 600m ‘A’ string 1 min 59.8 secs; 2nd Discus ‘A’ string 12.43m.

**Lorna Cole**: 2nd Shot Putt ‘A’ string 4.79m; 2nd Javelin ‘A’ string 7.89m.

4 x 100m Relay: 4th HHH 63.8 secs.

**West Sussex Fun Run League**

Trundle View on Wednesday 24th May at Goodwood Racecourse, taking on Trundle Hill, which was organised by the Chichester Runners.



**Harriers at Trundle View.**

**Results:**

2nd **Harvey Alcock** 30:14; 24th **Andy Hind** 34:52; 97th **James Smyth** 41:33; 128th **Gemma Morgan** 43:46; 185th **Richard Jobling** 48:54; 206th **Sarah Hamilton** 50:56; 207th **Emma Pryor** 51:00; 224th **Katherine Woolhouse** 53:14; 237th **Carys Hind** 55:52.