**West Sussex Fun Run League**

**WSFRL Round Hill Romp**



**Sarah Hamilton, Caroline Gumm and Katherine Woolhouse at the Round Hill Romp.**

On Wednesday 5th July at Steyning, was the Round Hill Romp. This six mile fun run race started in the High Street in Steyning by the Clock Tower and included a steep climb of around seven hundred feet of climb over the whole race!

Harriers results were:

162nd **Abigail Redd** 51:58; 163rd **Phil Scott** 51:59; 194th **James Smyth** 54:39; 279th **Sarah Hamilton** 63:51; 294th **Katherine Woolhouse** 66:34; 303rd **Caroline Gumm** 67:45; 351st **Richard Bates** 78:59.

There were over four hundred and thirty finishers in this fun run event. With a low club turnout, the Harriers finished in sixteenth place.

**WSFRL Downland Dash**

The Downland Dash held on 24th June at Hassocks School. There were two hundred and seventy six finishers over the four and a half mile course through the fields and footpaths, starting and finishing by the running track.

The combined team of men and women finished in ninth place out of eighteen teams that took part.

Results were:

19th **Andy Hind** 30:02; 20th **Julian Boyer** 30:05; 31st **Patrick Kenward** 31:08; 51st **Paul Cousins** 33:27; 81st **Jason Robinson** 35:54; 110th **Phil Scott** 38:38; 122nd **Eric Hepburn** 39:27; 145th **Richard Jobling** 41:42; 153rd **James Smyth** 42:34; 165th **Shelagh Robinson** 43:35; 185th **Michael Parish** 46:11; 186th **Graham Kenward** 46:22; 190th **Sarah Hamilton** 47:49; 206th **Caroline Gumm** 50:01; 245th **Richard Bates** 58:42; 247th **Rupert Purchase** 60:27.

**Haywards Heath Harriers BlackCap Handicap**



**The Blackcap Handicap 2023**

On a hot and balmy Thursday evening on the 29 June was the annual club handicap that was held on an out-and-back course on the South Downs.

Starting from Ditchling Beacon and going out to the Trig Point near Lewes and returning to Ditchling Beacon.

The handicap was based on the recent parkrun times: the slowest runner setting off first towards the trig point, then other runners following shortly afterwards. The theory being that all the runners would finish within a few minutes of each other. The winner being the first runner back home to Ditchling Beacon.

This annual event was unusual for two reasons - the large number of finishers (forty-two) and the fact that we had some sunshine!

**Jacqueline Barnes** was first home followed by a fast-paced **Ben Gibson** about a minute and a half later in second place who was the fastest on the day. **Siobhan Amer** ran hard to be fastest competitive lady.

The Handicapping Accuracy award (which runners have no knowledge of) was shared between **Greg Hilton** and club Co-Chair **Andy Hind**.

**Marion**, **Bob** and **Kath** acted as Turn and Gate Marshalls, while **Sam**, **Lins** and visitor **Katie Morgan** shared finish line duties with Mark.

***Results of Haywards Heath Harriers BlackCap Handicap June 29 2023***

Finish Time Runner Handicap Handicap Gap to Gap

Of Day Run Time Target H/Cap Rank

19:56:19 1 **Jacqueline Barnes** 45:34 48:43 03:09 37 Winner

19:57:53 2 **Ben Gibson** 29:08 30:38 01:30 22 Fastest

19:58.21 3 **Rachael & Luke Overton** 37:51 38:55 01:04 14

19:58:37 4 **James Bennett** 33:52 34:45 00:53 12

19:58:52 5 **Sarah Hamilton** 47:52 48:23 00:31 10

19:59:07 6 **Jayne Brewer** 43:07 43:28 00:21 8

19:59:08 7 **Russ Mullen** 30:23 30:38 00:15 5

19:59:10 8 **Andy Dray** 36:55 37:16 00:21 6

19:59:29 9 **James Booth** 35:14 35:06 00:08 3

19:59:30 10 **Andy Hind** 32:30 32:34 00:04 1 Closest Target

19:59:38 11 **Greg Hilton** 34:08 34:04 00:04 1 Closest Target

19:59:41 12 **Sim Wishlade** 35:56 35:46 00:10 4

19:59:47 13 **Kai Robinson** 36:47 36:26 00:21 7

19:59:55 14 **Chris Faulkner** 37:10 36:46 00:24 9

20:00:21 15 **Gray Wilkinson** 40:51 39:56 00:55 13

20:00:29 16 **Hanne Boggon** 42:29 41:24 01:05 15

20:00:43 17 **Steven Heath** 36:13 35:03 01:10 16

20:00:45 18 **Oli Farr** 41:00 39:45 01:15 17

20:00:52 19 **Simon Robinson** 37:52 36:31 01:21 18

20:00:54 20 **Andrew Wilson** 41:39 40:18 01:21 19

20:00:57 21 **Phil Scott** 40:57 39:28 01:29 21

20:00:59 22 **James Moffatt** 32:59 31:31 01:28 20

20:01:07 23 **Clare Hilton** 41:22 39:45 01:37 24

20:01:08 24 **Tim Hicks** 37:53 36:21 01:32 23

20:01:09 25 **George Adams** 34:39 33:57 00:42 11

20:01:11 26 **Will Axell** 34:56 33:17 01:39 25

20:01:19 27 **Matt King** 33:04 31:20 01:44 26

20:01:28 28 **Claire Reyner** 41:43 39:43 02:00 27

20:01:39 29 **Ian Dumbrell** 41:39 39:33 02:06 28

20:01:45 30 **Siobhan Amer** 38:45 36:26 02:19 29 Fastest F

20:01:54 31 **Carl Bicknell** 43:09 40:39 02:30 31

20:02:02 32 **Pete Francis** 35:02 32:34 02:28 30

20:02:16 33 **Jason Robinson** 40:46 38:05 02:41 32

20:02:22 34 **Shelagh Robinson** 47:37 44:43 02:54 33

20:02:29 35 **Gem Catterall** 50:59 48:01 02:58 34

20:02:31 36 **Simon Fitzpatrick** 44:01 40:59 03:02 35

20:02:40 37 **Eric Hepburn** 42:25 39:16 03:09 36

20:02:44 38 **Rupert Purchase** 62:44 59:29 03:15 38

20:02:51 39 **Oli Francis** 39:21 36:01 03:20 39

20:03:42 40 **Jackie Scott-Wildman** 52:27 48:16 04:11 40

20:04:48 41 **Paul Carpenter** 42:03 36:51 05:12 41

20:05:20 42 **Louisa Johnston** 60:20 54:36 05:44 42

**Athletics**

**Vets League at Eastbourne on 14th June (Wednesday).**

A group of Harriers travelled to East Sussex to Eastbourne on the 14th of June to take part in the second Vets Sussex Track and Field meetings for 2023. The Harriers compete in this league as a joint club with Lewes Athletic Club.

There were lots of great performances and lots of first places attained by Haywards Heath Harriers.

**Kirsty Armstrong** has continued her first track season for the club by smashing yet another Harrier record that has stood since 1997, namely the Vet women’s 1500 metres record which she has broken by nearly 47 seconds with a time of 5 minutes 18.2 seconds.

The Harriers results were as follows:

**James Smyth** V35: 4th 100m 14.7 secs; 2nd 2000m Walk 13 mins 54.7 secs (pb).

**Andy Dray** V50: 4th 100m 14.2 secs; 2nd 400m 63.2 secs; 2nd High Jump 1.40m; 3rd Triple Jump 8.31m.

**Ian Tomkins** V50: 6th 400m 77.6 secs; 6th V35 High Jump 1.30m; 1st Hammer Throw 19.95m; 1st Javelin Throw 23:42m.

**Ian Kenton** V35: 3rd 1500m 4 mins 29.1 secs (pb).

**Jamie Topping** V35: 1st 1500m B race 4 mins 32.6 secs.

**Russ Mullen** V35 (n/s) 1500m 4 mins 48.5 secs.

**Mike Bale** V60: 1st Hammer Throw 30.21m; 5th Javelin Throw 13.51m.

**Annie Close** V35: 1st 100m 14.6 secs; 4th 400m 74.8 secs; 1st Triple Jump 9.90m.

**Abigail Redd** V35: 3rd 100m 17.7 secs; 1st 2000m Walk 11 mins 32.4 secs.

**Jacqueline Barnes** V50: 6th 100m 26.0 secs; 6th 400m 93.7 secs; 2nd 2000m Walk 16 mins 9.8 secs; 5th Shot Putt 2.64m (pb).

**Kirsty Armstrong** V35: 1st 1500m 5 mins 18.2 secs (pb + V45 club record).

**Gemma Morgan** V35: 6th Shot Putt 4.76m (pb).