Middy Report 10.09.17

**Masters Silver medal for Jenny**

It’s been a busy couple of weekends for Haywards Heath Harriers. With many events happening at the same time, the Harriers could be found at most events in and around Sussex area and even beyond.

To start with, in athletics, a couple of Harriers took part in the British Masters Athletics Federation Decathlon / Heptathlon, Throws Pentathlon Championships at Sheffield on 2-3 September.

Jenny Denyer came a super second place in the Women’s 60 age category and Mike Bale came 6th in the Men’s 60 age group.

Also, last weekend at Withdean Stadium in Brighton, the Sussex Under 13 and U15 League Finals took place with the young Harriers having some good performances between them.



**Haywards Heath Harriers at the U13 League Final at Withdean Stadium.**

In the Under 13’s Final, the results were as follows:

Boys: James Manns 75m ‘A’ string 8th 11.6 secs, 150m ‘B’ string equal 6th 23.6 secs

Alex Booth 150m ‘A’ string 10th 23.7 secs, Long Jump ‘A’ string 9th 3m75.

Sebastian Dell Aira Bromley 1000m ‘A’ string 10th 3:50.2 secs, Long Jump ‘B’ string 8th 3m42.

Girls: Aisling Yates-Kneen 75m ‘A’ string 10th 12.5 secs, 150m ‘A’ string 8th 26.2 secs.

Jessica Bashford-Dickens 75m ‘B’ string 8th 13.3 secs, 150m ‘B’ string 7th 27.7 secs.

Harriet Dray 600m ‘A’ string 2nd 1:55.5 secs, Long Jump ‘B’ string 7th 3m00.

Millie Sommerville 600m ‘B’ string 5th 2:08.7 secs.

Anna Contreras 1000m ‘A’ string 7th 3:40.9 secs.

Phoebe Whiting 1000m ‘B’ string 3rd 3:46.6 secs.

Millie Francis 70mH ‘A’ string 8th 16.2 secs, Shot Putt ‘A’ string 7th 5m29.

Isobel Deeble High Jump ‘A’ string 6th 1m15, Long Jump ‘A’ string 8th 3m41.

Poppy Stapley Shot Putt ‘B’ string 7th 4m02, Discus ‘A’ string 9th 8m01.

4x100m relay HHH ‘A’ string 9th 66.7 secs.

4x100m relay HHH ‘B’ string 7th 69.6 secs.

In the Under 15’s Final, the results were as follows:

Boys:Harvey Bashford-Dickens 300m ‘A’ string 9th 49.8 secs, 1500m ‘A’ string 10th 5:23.3 secs.

Patrick Steadman 300m ‘B’ string 8th 53.1 secs, 1500m ‘B’ string 7th 5:44.7 secs.

James Boyer 100m ‘A’ string 7th 13.3 secs, 200m ‘A’ string 8th 27.8 secs.

Lio Robinson 100m ‘B’ string 7th 14.5 secs, 200m ‘B’ string 7th 32.9 secs.

Adam Dray 800m 7th 2:14.9 secs, long Jump ‘A’ string 8th 3m86.

Ethan Lambert Discus ‘A’ string 9th 12m49, long Jump ‘B’ string 5th 3m70.

Daniel Southwell Discus’ B’ string 6th 12m26, Shot Putt ‘A’ string 9th 6m75.

HH 4x100m relay 8th 57.5 secs.

HHH 4x300m relay 9th 3:34.5secs.

Girls: Emma Vince 300m ‘A’ string 8th 51.5 secs, 800m ‘B’ string 7th 3:08.9 secs, Javelin ‘A’ string 8th 5m11.

Molly Atkinson 800m ‘A’ string 9th 2:52.5 secs, Shot Putt ‘A’ string 6th 6m36.

Last week at the Fittleworth 5 mile race, Harriers took part and results were as follows: 5th Rob Watts 31:46, 9th Paul Cousins 32:24, 27th Julian Boyer 34:44, 90th Phil Scott 39:42, 109th Amy Mitchell 41:20, 210th Michelle Holdstock 49:36, 213th Justine Tanner 49:40, 247th Richard Bates 53:03.

Also last week was the 2nd (hilly) Ardingly Fun Run 5 mile race held in conjunction with the Ardingly Village Fete. The fun run was a great success and was over-subscribed. Haywards Heath Harriers took eight of the top ten places with Marcus Kimmins being the highest Harrier finishing in 33 minutes and 2 seconds with Joseph Martin 3rd in 33 minutes and 35 seconds. The race was won by Ben Short of Horley Harriers in a time of 32 minutes and 31 seconds.

On the road this weekend, at the endurance runners were competing at the Hellingly 10 kilometres race and at the Littlehampton 10 kilometres race. Harriers were at the forefront of both these events.

At the Littlehampton 10km, James Collins surged through breaking his 10km pb by well over 2 minutes and ran a great race coming 3rd place in a time of 33 minutes and 55 seconds. He was backed up by Marcus Kimmins in 6th place with 36 minutes and 3 seconds. Other results were 39th Jason Russell 40:59.

At the Hellingly 10km, Harriers James Skinner made light of the hilly course finishing in 2nd place in 34 minutes and 13 seconds. Again, Harriers backing him up were Russ Mullen in **4th** place (36 :04) and Rob Watts in 17th place (38:07) and Jack Chivers in 52nd place (41:59), with the team taking 2nd team in the men’s event. In the ladies race, Emma Navesey ran a great race coming is 3rd place overall with 41:52. The Harriers also took many of the age category prizes including Amy Mitchell 1st in the U20 female category and Rob Watts 2nd V40M. Other club finishers were 72nd Matt Quinton 44:14, 159th Amy Mitchell 51:37, 172th Peter Cobbett 56:58.

In the Great North Run, Michael Burke came 1,096th in 1:31.45.

Lots of Harriers were away in Bacchus Half Marathon in Surrey. The Harriers sampling the wares of the vineyard. I don’t think any personal records were achieved this weekend though! Bryan Tiller, Sarah Banks, Richard Amer and Siobhan Amer and Samantha Ridley.

Oliver Farr ran the Thames Towpath 50 (km) and was 25th finisher in 5 hrs 49 minutes and 19 seconds.

There were Harriers running on the continent too. Phil Payne and Kim Lo ran the Medoc marathon in France. Again, this was another event held in a vineyard. I do not think any personal bests were achieved I understand but maybe a glass or two of the red stuff!