**Athletics:**

**MIKE BALE EXCELS AT THE BRITISH MASTERS**



**Mike Bale (far right) at the BMAF Championships.**

Harrier **Mike Bale** completed last weekend at the **British Masters Athletics Federation Track and Field Championships** that were held at Derby.

Mike said that all the top people in the country in his age group were competing and that he had to throw a personal best to secure a bronze medal in the Hammer (which also is a new club age record) of 32 metres and 25 centimetres.

He also threw a seasonal best in the Discus to finish in eighth place with a throw of 28 metres and 21 centimetres.

Mike won a silver medal in the Weight with 11 metres and 95 centimetres.

**U15 League Track and field league**

The first round of the Sussex Under 15 League took place on Friday 27 May at the Withdean Stadium at Brighton. Our team performed brilliantly to finish 5th, only a few points behind 4th. There were some fantastic individual performances but as a team they produced some excellent results scoring valuable points to add to the team total.  Each and every one of them embraced what leagues are all about by filling gaps to gain those few extra points.

There was an excellent run by **Arun Khursheed** to finish 2nd in the 1500m, only outsprinted on the top bend – Arun had earlier in their evening competed well in the 300m.  There was also an excellent run by **Matilda Perez** in the 300m, on her debut for the club, finishing in 3rd place.  Other debutants **Alice Grimley** and **Alexandra Young** performed well in their individual events.  Strong performances were also produced by **Lucy Barker**, **Siobhan McMahon**, **Maggie Goodman**, **Anya Cole**, **Lois Perrett** and **Isobel Redd** who all gained valuable points in their respective events, with many of them competing in events they have never done before.

On the boy’s side, **Ollie Stay**, **Elliot Lister** and **Miller Hale** ran well in the sprints, with **Sam Harper** competing in the 300m for the first time.  **Adam Beckett** and **Oliver Cooper** were seen running between throws to gain some vital points in the shot (2nd place in A and B string) and Javelin, with Adam completing a hat-trick of throws by finishing well up in the discus.  Oliver also won the High Jump B string!

It was such an enjoyable evening and a very proud moment for the team manager and the coaches who were present.

Results were as follows:

**Boys:**

**Elliot Lister** 7th A string 100m 14.9 secs; 7th A string 200m 30.9 secs; 7th A string Long Jump 4.00m.

**Miller Hale**: 6th B string 100m 14.7 secs; 7th B string Long Jump 3.63m.

**Ollie Stay**: 4th B string 200m 28.6 secs; 100m n/s 13.8 secs.

**Arun Khursheed**: 7th A string 300m 45.2 secs; 2nd A string 1500m 4 mins 40.1 secs;

**Samuel Harper**: 4th B string 300m 48.4 secs; 6th A string High Jump 1.35m; 100m n/s 15.2 secs.

**Oliver Cooper**: 1st B string High Jump 1.25m; 2nd B string Shot Putt 5.15m; 4th B string Javelin 13.53m.

**Adam Beckett**: 2nd A string Shot Putt 5.86m; 3rd A string Discus 14.76m; 5th A string Javelin 16.74m.

4 x 100m Relay: HHH 7th 55.9 secs.

**Girls:**

**Lucy Barker**: 4th A string 100m 13.8 secs; 4th A string 200m 28.3 secs;

**Siobhan McMahon**: 3rd B string 13.6 secs; 3rd A string Long Jump 4.65m.

**Maggie Goodman**: 5th B string 200m33.0 secs.

**Matilda Perez**: 3rd A string 300m 48.1 secs; 5th B string Long Jump 3.87m.

**Isobel Redd**: 4th B string 300m 53.1 secs; 8th 1500m A string 6 mins 31.0 secs; 4th B string Discus 10.34m.

**Alice Grimley**: 7th A string 800m 2mins 57.2 secs; 6th B string Shot Putt 3.74m.

**Alexandra Young**: 5th B string 800m 3 mins 8.3 secs.

**Anya Cole**: 3rd A string High Jump 1.25m; 3rd A string Discus 14.46m.

**Lois Perrett**: 6th A string Shot Putt 3.83m; 7th A string Javelin 7.47m.

4 x 100m Relay: HHH 3rd 56.2 secs.

**Other Harrier Results**

**Greg Hilton** ran in the Race To The King ultra. He finished in the time of 5 hours 3 minutes and 56 seconds, finishing in a superb fourth place overall.



**Sean Duff ran in the Stockholm Marathon on 4 June.**

**Sean Duff** completed the Stockholm Marathon on 4 June finishing in 3 hours and 13 minutes and 6 seconds (three weeks after his last marathon!). He also ran in the Race to the King last Sunday 12 June which was a fifty kilometres trail race. On pacing duties this time, he ran with his mother around this ultra marathon in 7 hours 17 minutes and 12 seconds.

**Oliver Farr** ran his seventy-seventh marathon on Sunday at the Enigma Millennium Falcon marathon. Oliver, finishing in a time of 4 hours 45 minutes and 6 seconds. Oliver also ran his seventy-sixth marathon a week ago at the Saturn Jubilee run with a time of 4 hours and 54 minutes. Oliver well on his way to being a member of the One Hundred Marathon Club!

**Tim Miller** finished in a superb 17th place in the Weald Challenge. The race is a thirteen-mile half marathon trail over the tough hot hilly trails with lots of obstacles, styles, steps, nettles, brambles, ditches, rutted fields. Tim had a great run especially on the last few kilometres where he overtook four people and he knocked six minutes off his time last year. His time for the run was one hour forty-seven minutes and fifty-two seconds.

**Parkrun roundup**

At the parkruns this week, **Annabel Axford** improving on her parkrun time at Clair parkrun. First places this week for **Will Grey** (Clair), **Daniel Moll-Morgan** (Millennium Country) and **James Moffat** (Uckfield).

Clair parkrun: 1st **Will Grey** 18:15; 4th **Pete Francis** 20:59; 5th **James Bennett** 21:07; 10th **Simeon Wishlade** 22:35; 16th **Katie Reed** 23:17; 17th **Sam Ridley** 23:21; 18th **Annabel Axford** 23:24 (pb); 20th **Jason Robinson** 23:35; 28th **Mark Sykes** 24:48; 40th **Howard Booth** 25:59; 41st **Kath Buckeridge** 26:11; 44th **Sarah Hamilton** 26:50; 49th **Shelagh Robinson** 27:09; 53rd **Ian Dumbrell** 27:32; 70th **Emma Pryor** 30:40.

Brighton & Hove parkrun: 22nd **Simon Robinson** 20:42.

Tilgate parkrun: 38th **Paul Cousins** 20:59; 201st **Jack Chivers** 28:14.

Queen Elizabeth parkrun: 51st **Carl Bicknell** 27:34.

Chichester parkrun: 39th **James Smyth** 24:40.

Hereford parkrun: 2nd **Ben Duncan** 17:40.

Ashgrove parkrun: 70th **Fionnuala Lingard** 39:04.

Worthing parkrun: 14th **Abigail Redd** 19:57; 50th **Gemma Morgan** 22:07.

Seaford Beach parkrun: 44th **Emily Hague** 24:18.

Millennium Country parkrun: 1st **Daniel Moll-Morgan** 16:51.

Uckfield parkrun: 1st **James Moffat** 18:49.