**Daniel Moll-Morgan** won the Goodwood Half Marathon in on 3 April in a super-fast personal best time of one hour sixteen minutes and twenty one seconds. Daniel is preparing himself for the Milton Keynes Marathon on 2 May and is hoping to run another super-fast time..



**Kim Lo with her medal.**

**Kim Lo** ran in the hilly trail marathon at the Dorset Oozer in a time of 4 hours 12 minutes and was 4th lady finisher. The race had an elevation of over 2,600 feet.

**Tim Hicks** ran in the Kew Half Marathon on Sunday 10 April. He finished in a time of one hour forty-two minutes and thirteen seconds.

**Tim Stannard** ran a super personal best in the Manchester Marathon on April 3rd. He finished in a time pf 3:11.50 which was a personal best by nine minutes.



**Pete Francis (left) and Greg Hilton celebrating their run at Leith Hill.**

**Greg Hilton** and **Pete Francis** both ran in the Leith Hill Half. A half marathon both finished in 1 hour 39 minutes, but seconds apart from each other. Pete finishing in 1 hour 39 minutes and 39 seconds and Greg finishing in 1 hour 39 minutes and 42 seconds.

**Andrew Wilson** ran in the Findon Grand National 10km race, finishing in a time of 55 mins 45 secs.

**Parkrun round-up.**

The Harriers had a good time at parkruns around the country last weekend.

Notable runs were from **Jonathan Beckett** who smashed his personal best with a time of seventeen minutes and eight seconds at Hove Prom (which also was a new under 17 club record!). At Worthing parkrun, Harriers took the first four places; **Will Grey** equalled his overall parkrun pb and **Annabel Axford** improved on her personal best time at Clair parkrun.

Clair parkrun: 2nd **Ewan Kemsley** 18:45, 3rd **Sam Fernley** 18:59, 4th **Harvey Alcock** 19:19, 5th **Andy Hind** 19:29, 9th **George Adams** 20:20, 10th **David Adams** 20:21 (pb), 12th **Paul Cousins** 20:44, 15th **Simon Robinson** 21:11, 17th **Kai Robinson** 22:05, 21st **Isobel Russell** 22:42, 25th **Bob Adams** 23:13, 26th **Simeon Wishlade** 23:18, 30th **Katie Reed** 23:39, 36th **Annabel Axford** 24:24 (pb), 65th **Clare Kenward** 27:59, 83rd **Shelagh Robinson** 29:41, 118th **Greg Hilton** 33:41, 123rd **Carys Hind** 34:35.

Brighton & Hove parkrun: 186th **Michael Parish** 28:25

Havant parkrun: 167th **Ian Dumbrell** 33:36.

Braunstone parkrun: 17th **Pete Francis** 20:43.

Tilgate parkrun: 53rd **Eric Hepburn** 23:01; 125th **Sarah Hamilton** 27:03.

Queen Elizabeth parkrun: **Emma Pryor** 30:13.

Lanhydrock parkrun: 6th **Finlay Blythe** 20:04, 74th **Noah Blythe** 28:10.

Hove Prom parkrun: 4th **Jonathan Beckett** 17:08 (pb), 29th **Arun Khursheed** 19:57, 92nd **Ian Tomkins** 23:01, 94th **Barry Tullett** 23:02, 321st **Linda Tullett** 31:39.

Worthing parkrun: 1st **Daniel Moll-Morgan** 16:50, 2nd **Jamie Topping** 16:52 (pb), 3rd **James Collins** 17:20, 4th **Marcus Kimmins** 17:44.

East Brighton parkrun: 20th **Carl Bicknell** 25:27, 28th **Kath Buckeridge** 26:49.

Seaford parkrun: 2nd **Will Grey** 17:28 (equalled pb).

Uckfield parkrun: 2nd **Ryan Armstrong** 19:18.

St Mary’s parkrun: 24th **Abby Ross** 22:24.

Chipping Norton parkrun: 10th **Abigail Redd** 22:02.