

**Ian Kenton in marathon form**

At the Running Grand Prix at Goodwood Motor Circuit on Sunday 12 February, **Ian Kenton** ran a marathon effectively as a training run in preparation as a qualifying race for the Two Oceans Ultra he is planning to run in April. Ian came a super fifth place in **2 hour 50 minutes and 32 seconds** which was four seconds outside his personal best time.

**Sean Duff** ran at the London Winter Run on 5 October. Finishing in a season’s best of **37 minutes and 38 eight seconds**. Sean said that he was happy with the run after coming back from injury. Recording his run on the Strava app showing a map of the route the race took in central London. Sean is an experienced runner still yet to achieve his full potential as a distance runner.



**Sam Ridley** recently ran in the Funchal Half Marathon in Portugal on the 22 January. She finished in a time of **one hour 44 minutes and 41 seconds** and finished second in her age category.

**Haywards Heath Harriers**

**Parkrun roundup**

Clair parkrun: 4th **David Adams** 20:01; 8th **Pete Francis** 21:05; 15th **Patrick Kenward** 22:00; 19th **Andy Dray** 22:37; 23rd **Simon Robinson** 23:18; 44th **Bob Adams** 25:46; 49th **Ian Dumbrell** 26:19; 66th **Shelagh Robinson** 27:37; 89th **Michael Parish** 29:08; 104th **Emma Pryor** 30:14; 120th **Marion Hemsworth** 32:08

Brighton & Hove parkrun: 6th **Paul Cousins** 19:34; 16th **Julian Boyer** 20:16; 87th I**an Tomkins** 24:19.

Bedfont Lakes parkrun: 63rd **Carl Bicknell** 29:18.

Coventry parkun: 7th **Will Grey** 17:45

Tilgate parkrun: 53rd **Oliver Farr** 22:43; 82nd **Chris Glanfield** 24:14; 203rd **Jack Chivers** 28:33; 369th **Kath Buckeridge** 39:26.

Worthing parkrun: 14th **Sean Duff** 17:48 (pb).

Wepre parkrun: 28th **Eric Hepburn** 26:22.

Bethlem Royal Hospital parkrun: 82nd **Lucy Anderson** 28:41.

Ifield Mill Pond parkrun: 3rd **Steven Heath** 20:28.

Wollaton Hall parkrun: 76th **Ewan Kemsley** 23:41.