**Harrier’s teenagers show the way forwards.**

Youngster at the helm! Young **Finlay Blythe** leading the Haywards Heath Harriers parkrunners home this this week with a super personal best at Hove Prom parkrun in 17 minutes 52 seconds. **Sam Fernley** also leading a very large contingent of twenty Harriers at Clair parkrun. **Arun Khursheed** and **Jonathan Beckett** both running superfast times of 18 minutes 2 seconds and 18 minutes 13 seconds at Preston Park parkrun.



**Senior ladies in the Sussex Cross Country Championships at Bexhill.**

The Sussex County Cross Country Championships were held at Bexhill on the 8 January 2022. There was good turnout by the youngsters and also by the Senior Women. Unfortunately, the Senior Men’s race lacked in numbers, which is the first race for many years where so few actually ran.

The conditions were very muddy over the Bexhill course at Bexhill Down.

In the Under 15 Boy’s race, the Harriers finished in fourth place, which was the highest Harriers team result of the afternoon. **Finlay Blythe** leading the boy’s home in eleventh place. Finlay also was the highest Harrier finisher of the day.

All the races were very competitive as lots of new runners coming through from all the Sussex clubs.

A big thankyou to Sussex Athletics for making the event happen and all the volunteers, marshals and timekeepers.

Special mention has to go to **Darja Knotkova Hanley**, who was a previous Haywards Heath Harrier member and now runs for Lewes Athletic Club, as she ran a super race to finish third in the Senior Women’s race at the Sussex Cross Country Championships.

**Haywards Heath Harriers results were as follows:**

Under 11 Boy’s race:

12th **Rafael Selby** 8 mins 33 secs.

Under 11 Girl’s race:

17th **Annabel Axford** 9 mins 39 secs.

Under 13 Boy’s race:

22nd **Noah Blythe** 14 mins 16 secs.

Under 15 Boy’s race:

11th **Finlay Blythe** 15 mins 19 secs; 18th **Arun Khursheed** 15 mins 49 secs; 19th **Jonathan Beckett** 15 mins 52 secs.

Under 17 Boy’s race:

18th **Sam Fernley** 21 mins 23 secs.

Under 20 Men’s race:

12th **Ewan Kemsley** 34 mins 4 secs.

Senior Women’s race:

34th **Sam Ridley** 43 mins 53 secs; 38th **Lindsey Blain** 44 mins 14 secs; 40th **Gemma Morgan** 45 mins 42 secs; 49th **Katherine Buckeridge** 50 mins 54 secs; 50th **Sarah Hamilton** 51 mins 16 secs; 52nd **Jacqueline Barnes** 51 mins 50 secs; 54th **Caroline Mackey-Khursheed** 54mins 35 secs; 55th **Shelagh Robinson** 56 mins 2 secs; 56th **Carys Hind** 58 mins 50 secs.

Senior Men’s race:

71st **Andy Hind** 44 mins 51 secs.



**Oli Farr at the Phoenix Doughnut Dash!**

**Other Harriers Results:**

**Oliver Farr** completed his 64th marathon at the Phoenix Doughnut Dash on Saturday January 15th.

**Harrier’s Parkrun Round-up:**

Roundshaw Downs parkrun: 1st **Ben Gibson** 18:56.

Coventry parkrun: 62nd **Kai Robinson** 22:52.

Tilgate parkrun: 61st **Jack Chivers** 24:45; 184th **Sarah Hamilton** 30:13.

Clair parkrun: 3rd **Sam Fernley** 18:32; 4th **Russ Mullen** 18:49; 5th **James Moffat** 19:02; 6th **Harvey Alcock** 19:35; 7th **Marcus Kimmins** 19:39; 8th **Andy Hind** 19:50; 9th **Sean Duff** 20:07; 13th **Graham Hart** 20:49; 14th **Pete Francis** 21.04; 15th **Simon Robinson** 21:08; 19th **Oliver Francis** 21:39; 22nd **Dave Warren** 22:40; 27th **Katie Reed** 23:23 (pb); 31st **Jason Robinson** 23:52; 43rd **Paul Cousins** 25:16; 48th **Phil Scott** 25:50; 75th **Shelagh Robinson** 28:11; 101st **Howard Booth** 30:37; 116th **Marion Hemsworth** 32:08; 130th **Caroline Gumm** 33:26 (pb).

Preston park parkrun: 3rd **Arun Khursheed** 18:02 (pb); 5th **Jonathan Beckett** 18:13 (pb); 50th **Abby Ross** 21:39; 84th **Ian Tomkins** 22:59.

East Grinstead parkrun: 14th **Eric Hepburn** 26:14.

Hove Prom parkrun: 5th **Finlay Blythe** 17:52 (pb).

Seaford parkrun: 23rd **Carl Bicknell** 22:32; 67th **Katherine Buckeridge** 25:56.