

## **Harriers Get Medal Haul At Sussex Masters Cross Country Championships**



**THE SUSSEX Athletics Masters Cross Country Championships took place on Saturday the 22<sup>nd</sup> January 2022. The location was Coombe Farm, Lancing at a natural forming bowl on the Downlands. Under the Sussex Athletics banner the event was attended by athletics clubs from across Sussex.**

There were three planned races starting with the Masters Men over 50, over 60 and over 70 at 13:00. Followed by the Masters Women, over 35, over 45, over 55 and over 65 at 13:40. The final race of the day was the Masters men – over 40 at 14:25. All races were made up of two 2.5 mile loops with a five mile course overall.

This is a beautiful course in the East Sussex downland countryside. The race starts on a short flat course before rising slowly over the course of a mile to the top of the bowl with an ascent of approximately 400 feet. To the side of a cattle grid, it then starts to go downhill and turns right around the bottom of a field before starting to rise again arcing back to the cattle grid. At the grid you begin an amazing long swooping down hill section that takes back to either the second lap or the finish.



The women's race in action.



Silver Medallist: Emma Singer





**Emma Singer on her way to a silver medal.**

Harrier's own **Emma Singer** had a stormer of a run in the vet women's over 35's race to finish in second place and winning a silver medal. She also finished third overall in the whole race! It was Emma's first cross country race for the Harriers club. The over 35's women's team also won the gold medal in the team event. The team comprising of **Emma Singer**, **Gemma Morgan** and **Carys Hind**.



**Team Gold: (l-r) Gemma Morgan, Emma Singer and Carys Hind.**

In the over 45 women's race the Harrier ladies finished fourth in the team event, led home by **Lins Blain** in eleventh place.

**Marion Hemsworth** also won an individual medal when she came a super second place in the women's over 65's race.

In the men's race, **Jamie Topping** finished in seventh place overall. A super result as it was also Jamie's first ever cross country race. The over 40's men finished in fourth place.

In the over 50's, the Harrier men finished in eighth place overall led home by **Tim Miller** in twelfth place.

A big congratulations to the Harrier's over 60's men who won Bronze, with **Tim Hicks, Carl Bicknell and Mark Sykes**.



**Vet Men's bronze: (l-r) Tim Hicks, Mark Sykes and Carl Bicknell.**

Results for men's race **MV50**: 1. Morris Tarragano, 29:07 Brighton Tri Club; 2. Stewart Gregory, 29:10 Portslade Hedgehoppers; 3. Paul Wishart, 29:31 Brighton Phoenix. **MV60**: 1. Dave Dunstall, 31:53 Seaford Striders; 2. Pete O'Connell, 32:10 Horsham Joggers; 3. Stephen Wigmore, 32:32 Horsham Joggers. Results for **MV70**: 1. Cliff Comber, 38:44 Horsham Joggers; 2. Andrew Haig, 40:44 Brighton Phoenix; 3. John Miles, 40:54 Chichester Runners.

**Haywards Heath Harrier results: MV50**: Tim Miller, 32:21; Dave Warren, 33:41; Mark Davies, 41:40; Michael Parish 46:58. **V60**: Tim Hicks, 34:30; Carl Bicknell, 37:18; Mark Sykes 37:29; Eric Hepburn 37:48.

Team results **MV50**: 1. Brighton Phoenix; 2. Arena 80; 3. Brighton and Hove AC. **MV60/70**: 1. Horsham Joggers; 2. Brighton and Hove AC; 3. **Haywards Heath Harriers** (Tim Hicks, Carl Bicknell and Mark Sykes).

Results for ladies race **FV35**: 1. Emma Footman, 31:45 Worthing and District Harriers; 2. Emma Singer, 32:20 Hayward's Heath Harriers; 3. Jenna French, 32:32 HY Runners. **FV45**: 1. Dani Tarleton, 32:02 Arena 80; 2. Sue Fry, 32:31 Eastbourne Rovers AC; 3. Paula Blackledge, 33:13 Brighton and Hove AC. **FV55**: 1. Geraldine Moffat, 34:08 Portslade Hedgehoppers; 2. Caroline Wood, 34:29 Arena 80; 3. Nadia Anderson, 36:38 Chichester Runners & AC. **FV65**: 1. Helen Dean, 37:26 Chichester Runners & AC; 2. Marion Hemsworth, 45:11 Haywards Heath Harriers; 3. Sue Baker, 47:02 Chichester Runners & AC.

**Haywards Heath Harriers results: FV35**: Emma Singer, 32:20; Gemma Morgan, 38:20; Cary's Hind, 48:42. **FV45**: Lindsey Blain 37:15; Jacqueline Barnes 41:34; Katherine Buckeridge 42:11; Sarah Hamilton 43:37; Shelagh Robinson, 44:25. **FV65**: Marion Hemsworth, 45:11.

Team results for **FV35**: 1. **Haywards Heath Harriers** (Emma Singer, Gemma Morgan and Carys Hind). **FV45**: 1. Arena 80; 2. Arena 80 B; 3. Brighton and Hove AC. 4. Haywards Heath Harriers (Lindsey Blain, Jacqueline Barnes, Sarah Hamilton). **FV55/65**: 1. Arena 80; 2. Chichester Runners & AC; 3. Brighton and Hove AC.

Results for men's **MV40**: 1. James Baker, 25:53 Chichester Runners; 2. Mike Houston, 26:02 Chichester Runners; 3. Toby Meanwell, 27:08 Lewes AC.

**Haywards Heath Harriers results: MV40**: Jamie Topping, 28:30; Marcus Kimmins, 29:14; Andy Hind, 30:12; James Moffat, 30:18; Simeon Wishlade 32:57; Greg Hilton, 34:15; Chris Faulkner, 37:33.

Team results for **MV40**: 1. Brighton Phoenix; 2. Lewes AC; 3. Brighton and Hove AC; 4. **Haywards Heath Harriers** (Jamie Topping, Marcus Kimmins, Andy Hind and James Moffat).



**Men's 40's, 50's and 60's.**





Men's 50's and 60's.



Harrier's ladies.

## Harrier's Parkrun Round-up:

Parkrun wins for **Harvey Alcock** and **Sean Duff**. Lots of personal bests with **Katie Reed**, **Ian Tomkins**, **Jonathan Beckett** and **Ben Duncan**.

Clair parkrun: 1<sup>st</sup> **Harvey Alcock** 18:59; 3<sup>rd</sup> **Pete Francis** 20:24; 6<sup>th</sup> **Simon Robinson** 20:54; 12<sup>th</sup> **Paul Cousins** 22:03; 18<sup>th</sup> **Katie Reed** 23:03 (pb); 25<sup>th</sup> **Jason Robinson** 23:32; 40<sup>th</sup> **Phil Scott** 25:18; 97<sup>th</sup> **Carl Bicknell** 31:13.

Preston Park parkrun: 68<sup>th</sup> **Ian Tomkins** 22:09 (pb); 231<sup>st</sup> **Michael Essex** 26:27.

Hastings parkrun: 40<sup>th</sup> **James Smyth** 22:12.

Hove Prom parkrun: 7<sup>th</sup> **Jonathan Beckett** 17:43 (pb); 237<sup>th</sup> **Rosie Beckett** 25:45.

Worthing parkrun: 9<sup>th</sup> **Ben Duncan** 17:04; 10<sup>th</sup> **Russ Mullen** 17:13; 164<sup>th</sup> **Chris Glanfield** 24:27.

Hogmoor Inclosure parkrun: 24<sup>th</sup> **Abby Ross** 23:04.

Ifield Mill Pond parkrun: 1<sup>st</sup> **Sean Duff** 19:34.