

Jenny Denyer remembered by Haywards Heath Harriers

John Gill, Honorary President, Haywards Heath Harriers, pays this tribute to Jenny's outstanding commitment to Haywards Heath Harriers and to athletics in Sussex.



Jenny Denyer (née Welsh) was not quite a founder member of the club but was not far off when she signed up in 1967 as an aspiring young athlete. Always full of enthusiasm, she was soon an essential member of club teams as a reliable points scorer willing to contest any of the normal athletics disciplines in both track and field. Jenny was an ever-present team member for some years up until 1977, but then the call of motherhood took her away until her two daughters, Michelle and Justine, were themselves old enough to become part of a regular Denyer threesome at club nights and Southern Women's League fixtures and she re-joined again in May 1990.

Jenny herself was an indefatigable competitor willing to contest almost any event on the track or in the field and whilst doing so, compiled an enviable list of club best performances as she progressed through the various age groups. This included what was believed to be a world record for over 60 women in the 56 lb weight throw, an event that is only included in championship competitions.

Jenny was not just a competitor; she was also a stalwart and busy member of the club committee for a number of years where a particular strength was in convincing new members that they were fully capable of competing for the club in various events in and around the county. Her motto was basically "If I can do it, so can you!" This enthusiasm was most noticeably confirmed by her hugely impressive accumulation of county medals over many years of competition. Jenny was an enthusiastic competitor who inspired many to join club teams and enter county events, many of whom were then able to take home county medals of their own. Jenny supported both club and county in helping out at events and championships, even managing to compete in between! An inspiration to us all and someone who will be sorely missed by the club.

JENNY DENYER (6th July 1954 – 8th March 2022)

Jenny's Track and Field Records for Haywards Heath Harriers

Track Event	Age Group	Athlete	Time (min.)	Year
100 metres	Veteran 65	Jenny Denyer	20.0	2019
800 metres	Veteran 65	Jenny Denyer	4:22.68	2019
80 metre hurdles	Veteran 65	Jenny Denyer	21.48	2019
	Veteran 60	Jenny Denyer	20.3	2015
	Veteran 50	Jenny Denyer	18.14	2005
	Veteran 45	Jenny Denyer	17.02	2002
	Veteran 35	Jenny Denyer	16.8	1995
100 metre hurdles	Veteran 50	Jenny Denyer	26.1	2004
	Veteran 45	Jenny Denyer	24.7	2000
200 metre hurdles	Veteran 35	Jenny Denyer	42.1	1998
400 metre hurdles	Veteran 45	Jenny Denyer	98.7	2000
1500 metre steeplechase	Veteran 65	Jenny Denyer	10.26.14	2019
	Veteran 60	Jenny Denyer	9.53.7	2014
2000 metre steeplechase	Veteran 60	Jenny Denyer	13.47.8	2015

3000 metre steeplechase	Veteran 35	Jenny Denyer	18:12.1	1993
3000 metre walk	Veteran 50	Jenny Denyer	21:34.7	2006
4 x 100 metres relay	Veteran	Jenny Denyer, Nikki Honey, Andrea Parrot, Linda Tullett	60.2	2006
4 x 200 metres relay	Veteran	Jenny Denyer, Denise Murphy, Irene Parsley, Lesley Watson	2:16.6	1993
4 x 400 metres relay	Veteran	Jenny Denyer, Denise Murphy, Irene Parsley, Lesley Watson	5:14.9	1993
Combined track & field event			Points total	
Heptathlon	Veteran 35	Jenny Denyer	1654	1992
Pentathlon	Veteran 65	Jenny Denyer	1987	2019
	Veteran 60	Jenny Denyer	1734	2014
	Veteran 50	Jenny Denyer	2131(AR)	2005
	Veteran 45	Jenny Denyer	2338(AR)	2000
	Veteran 35	Jenny Denyer	1965(AR)	1995
Weight (Pentathlon)	Veteran 65	Jenny Denyer	2199	2019
	Veteran 60	Jenny Denyer	2270	2017
	Veteran 50	Jenny Denyer	2465	2004
	Veteran 45	Jenny Denyer	2361	2000
Throws (Decathlon)	Veteran 50	Jenny Denyer	3762	2005
Field event			Distance (metres)	
Long Jump	Veteran 65	Jenny Denyer	2.48	2019
	Veteran 60	Jenny Denyer	2.81	2016
	Veteran 50	Jenny Denyer	3.50	2005
	Veteran 45	Jenny Denyer	3.79	2000
Triple Jump	Veteran 60	Jenny Denyer	6.00	2014
	Veteran 50	Jenny Denyer	7.26	2004
	Veteran 45	Jenny Denyer	8.07	2000
High Jump	Veteran 65	Jenny Denyer	0.96	2019
	Veteran 60	Jenny Denyer	1.00	2014

	Veteran 45	Jenny Denyer	1.18	2000
Pole Vault	Veteran 60	Jenny Denyer	1.50	2015
	Veteran 50	Jenny Denyer	1.80	2004
	Veteran 45	Jenny Denyer	2.00	2000
	Veteran 35	Jenny Denyer	2.00	1999
Javelin	Veteran 65	Jenny Denyer	13.32	2019
	Veteran 60	Jenny Denyer	14.08	2014
	Veteran 50	Jenny Denyer	19.19	2006
	Veteran 45	Jenny Denyer	18.94	2000
Discus	Veteran 65	Jenny Denyer	15.07	2019
	Veteran 60	Jenny Denyer	17.42	2014
	Veteran 50	Jenny Denyer	19.77	2005
	Veteran 45	Jenny Denyer	20.67	2003
	Veteran 35	Jenny Denyer	22.32	1994
Shot	Veteran 65	Jenny Denyer (4kg)	5.48	2019
		Jenny Denyer (3kg)	6.46	2019
	Veteran 60	Jenny Denyer (4kg)	5.87	2014
		Jenny Denyer (3kg)	6.98	2014
	Veteran 50	Jenny Denyer	7.80	2005
	Veteran 45	Jenny Denyer	6.95	1999
	Veteran 35	Jenny Denyer	7.52	1992
Hammer	Veteran 65	Jenny Denyer (3kg)	19.39	2019
		Jenny Denyer (4kg)	17.85	2019
	Veteran 60	Jenny Denyer (4kg)	21.34	2014
		Jenny Denyer (3kg)	23.07	2015
	Veteran 50	Jenny Denyer	31.23	2004
	Veteran 45	Jenny Denyer	27.12	2002
Weight	Veteran 65	Jenny Denyer 5.45kg	8.48	2019
	Veteran 60	Jenny Denyer 5.45kg	8.67	2018
	Veteran 50	Jenny Denyer 16lbs	10.34	2004
	Veteran 45	Jenny Denyer 20lbs	8.21	2000
	Veteran 35	Jenny Denyer 20lbs	7.09	1999