

## Medals at the Sussex XC Relays

The **Sussex Cross Country Relays** were held next to Goodwood race-course on Saturday 1<sup>st</sup> October. The Haywards Heath Harriers had a super set of results from this event. Though there were no Harrier senior women's or men's team participating this year, the harriers managed to come away with three team medals!

The **veteran ladies** managed to pick up two team medals with a **silver** and a **bronze** in the veteran forty-five age group. The **men's veteran** sixty age group won **silver**. The **veteran women** thirty-five age group also came a super **fourth** place!



**Harrier ladies at Sussex Cross-Country Relays**

### Harriers Results:

#### U11 Girls

6<sup>th</sup> Isla Cotton 8:35.

#### U11 Boys

28<sup>th</sup> Rohan Barnes 9:02.

#### U13 Boys

HHH (uncomplete team): **Henry Cotton** 10:39 **Jacob Harper** 13:58.

**Women V35:** HHH: 4<sup>th</sup> (Siobhan Amer 17:47; Gemma Morgan 20:38; Abigail Redd 17:24) 54:49.

**Women V45:** HHH 2<sup>nd</sup> (Lindsey Blain 18:01; Jayne Brewer 19:06; Kath Buckeridge 19:26) 56:33; HHH 3<sup>rd</sup> (Sarah Hamilton 21:33; Emma Pryor 23:24; Jacqueline Barnes 20:28) 65:23.

**Men V60:** HHH 2<sup>nd</sup> (Eric Hepburn 19:23; Carl Bicknell 19:22; Paul Cousins 15:25) 54:20.

## **Beachy Head Half Marathon, Marathon and 52km Ultra Results:**



(L-R): Steve Harper, (St Francis RC,) Sarah Banks and Bryan Tiller at the Beachy Head Half on 23rd October.



**Dave Harper.**

The full marathon, the ten kilometres race and the fifty-two kilometres races were held on the Saturday and the half marathon on the Sunday.

Harrier results were:

Half Marathon:

18<sup>th</sup> **James Bennett** 1:41.50; 44<sup>th</sup> **Greg Hilton** 1:50.43 seconds; 52<sup>nd</sup> **Pete Francis** 1:52.06; 59<sup>th</sup> **Tim Hicks** 1:54.58 (1<sup>st</sup> V60); 86<sup>th</sup> **Sam Atkin**: 1:59.07; 87<sup>th</sup> **Dave Harper** 1:58.27; 132<sup>nd</sup> **Bryan Tiller**: 2:05.06; 184<sup>th</sup> **Sarah Banks** 2:13.52 seconds; 484<sup>th</sup> **Julie Essex** 2:58.40.

In the marathon **Oli Farr** finished his eighty-sixth marathon on the tough course of nearly four thousand feet in elevation and in the Ultra **Siobhan Amer** finished alongside ex-harrier Kat Barrett.

Full Marathon: **Oli Farr** 5 hours and 29 minutes and 27 seconds;

52 km Ultra: 71<sup>st</sup> **Siobhan Amer** 6 hours 6 minutes and 7 seconds.

## **West Sussex Fun Run League**



**Harriers at the Steepdown Challenge.**

The **Steepdown Challenge**, one of the West Sussex Fun Run Leagues cross country races was held at Lancing on Sunday 30 October. This is an out-and-back hill race, starting and finishing at Lancing Manor Park.

Harrier results were as follows:

11<sup>th</sup> **Andy Hind** 33:14; 27<sup>th</sup> **Julian Boyer** 35:30; 87<sup>th</sup> **James Smyth** 40:31; 90<sup>th</sup> **Phil Scott** 40:41; 136<sup>th</sup> **Carl Bicknell** 44:41; 142<sup>nd</sup> **Kath Buckeridge** 45:10; 149<sup>th</sup> **Richard Jobling** 46:17; 164<sup>th</sup> **Sarah Hamilton** 47:45; 196<sup>th</sup> **Caroline Gumm** 52:57; 209<sup>th</sup> **Richard Bates** 55:17; 228<sup>th</sup> **Carys Hind** 58:15.



**Sarah Hamilton (no.7) on the return part of the out-and-back race.**

## **Other Harrier results**

**Oli Farr** ran in the Saturn marathon, his eighty-seventh marathon on 29 October. He finished in 4 hours 48 minutes. The race started and finished in Runnymede Park by the River Thames. This was a week after his eighty-sixth marathon at Beachy Head on the previous Saturday.

On October 30<sup>th</sup> was the 13<sup>th</sup> Hove Prom Ten Kilometres race. **James Skinner** and **Will Herbert** both running in this race. James, coming home in second place overall in a super-amazing time of thirty-three minutes and thirty-nine seconds. This also was also a Harrier age fifty record by nearly two and a half minutes.

The Harrier results of the Hove Prom 10 kilometres race were:  
2<sup>nd</sup> **James Skinner** 33:39 (1<sup>st</sup> V50); 17<sup>th</sup> **Will Herbert** 36:56.

At the Abingdon Marathon on 23 October, **Paul Cousins** ran a new Harrier age sixty club record of 3 hours and 3 minutes and 31 seconds also finished first in the Vet 60 age group.

## **Ultra Running**

The Harriers have a group that do ultra running. Basically, this is long distance running over the marathon distance of twenty-six point two miles. Generally, the shortest distance considered accepted for an ultra is the fifty-kilometres race (about thirty-one miles).

The preparation for events like these have to be meticulously planned: the ultra-runner has to plan in advance of the event: they have to check out the course route and terrain; they need to check their diet and nutrition; they need to plan their support before, during and after the event and prepare for the weather conditions. They also need to prepare for the psychological and physical impact of the event and how to recover afterwards.



**Carl Bicknell at the Vampire one hundred mile race.**

Ultra-runner, **Carl Bicknell**, completed the Vampire one hundred mile race which consisted of one hundred laps of one mile.

Ultra-runner **Kath Buckeridge** ran the Downslink Ultra on 9 October and finished as super tenth lady.

Ultra-runner **Michael Burke** also completed the 38 mile Downslink Ultra. The race started from St Martha's Hill, Surrey to Shoreham-by-Sea, West Sussex using the Downslink footpath and bridleway.