

HARVEY SMASHES PERSONAL BEST AT ROYAL PARKS HALF



Harvey Alcock

Harvey Alcock ran a scintillating race at the Royal Parks Half Marathon on 9 October. He finished in 1:16:45 – which was a personal best by nineteen minutes. He was personally coached for the event by Harrier club member Andy Hind.

Also running the Royal Parks Half Steven Heath (1:32:07) and Matt Howells (1:38:21) who finished in a personal best time.

Cross Country



Senior Women's race at Goodwood cross-country.

The first round of the Sussex Cross Country League took place at Goodwood near Chichester on 15 October. The first league race is traditionally dry because the winter rains have not yet fallen and also the leaves have not yet fallen. But the course was still testing as ever because of the hilly undulations in the latter part of all the races.

There was a rather deplete junior entry from Haywards Heath Harriers. In the under 11's Marcus Selby in his first race for the Harriers followed by Rohan Barnes not too far behind. Adam Beckett had a good run in the under 15 boy's race; whilst brother Jonathan had a solid performance in the under 17 men's race.

Both the women and men managed to get out many runners which puts them in good stead for the next league race at Ardingly Showground on Saturday 12 November.

Individually, James Skinner had a super run in the Senior men's race with an overall eight position and first in the over fifties age group. James was backed up by Jamie Topping, Russ Mullen, Matt King, Oliver Fyfe and Michael Burke making up the scoring six in the men's A team.

In the senior women's race, Siobhan Amer led the pack home in forty-second place, supported by Sam Ridley and Lindsey Blain (see photo above).

Results were as follows:

Under 11 Boys:

22nd Marcus Selby 8 mins 44 secs; 29th Rohan Barnes 9 mins 15 secs.

Under 15 Boys:

52nd Adam Beckett 18 mins 21 secs.

Under 17 Men:

16th Jonathan Beckett 17 mins 31 secs.

Senior Women:

42nd Siobhan Amer 21 mins 42 secs; 53rd Sam Ridley 22 mins 23 secs; 56th Lindsey Blain 22 mins 44 secs; 82nd Kath Buckeridge 25 mins 11 secs; 88th Jacqueline Barnes 26 mins 25 secs; 91st Sarah Hamilton 26 mins 42 secs; 93rd 98th Caroline Mackey-Khursheed 27 mins 46 secs; 102nd Emma Pryor 28 mins 56 secs; 108th Caroline Gumm 30 mins 39 secs; 109th Katherine Woolhouse 30 mins 55 secs.

Senior Men:

8th James Skinner 27 mins 0 secs; 25th Jamie Topping 28 mins 13 secs; 40th Russ Mullen 29 mins 47 secs; 47th Matt King 30 mins 30 secs; 48th Oliver Fyfe 30 mins 35 secs; 52nd Michael Burke 30 mins 59 secs; 61st Marcus Kimmins 31 mins 43 secs; 74th Paul Cousins 32 mins 45 secs; 80th Greg Hilton 33 mins 31 secs; 88th Julian Boyer 34 mins 58 secs; 91st Tim Hicks 35 mins 30 secs; 106th Chris Faulkner 36 mins 48 secs; 118th Phil Scott 39 mins 4 secs; 128th Carl Bicknell 41 mins 25 secs.

Beachy Head Marathon and Half Marathon



(L-R) Pete Francis, Greg Hilton, Tim Hicks and Sam Atkin at the Beachy Head Half Marathon.

A host of Harriers took part in the Beachy Head Marathon and Half Marathon last weekend. The Beach Head course is one of the toughest marathons and half

marathons in the country taking place on the South Downs including the Seven Sisters which are a series of chalk hills between the Cuckmere River and Eastbourne. Not for the faint-hearted they say! Full results next week!

West Sussex Fun Run League

The Harriers hosted the West Sussex Fun Run League cross country race at Walstead near Lindfield on the 9 October called the Great Walstead 5. With many of the harrier members involved in either organising and / or in some kind of officiating capacity, there were as a result not many entries from the harriers. But the event was successful as many of the West Sussex clubs took part in our local cross country event.

Great Walstead 5

30th Simon Robinson 39:39; 61st Bob Adams 43:06; 108th Richard Jobling 48:44; 122nd Shelagh Robinson 50:34.

Worthing 10km race on 9 October.

Great run by Jonathan Beckett finishing second in the under 17 championships and also breaking the Harrier's under 17 club record. Lindsey Blain also ran the Worthing ten kilometres race which was her first official race at that distance. She ran 44 minutes and 52 seconds and finished second in the Women's Vet V50 category.

Ben Gibson 35:27, Jonathan Beckett 35:33 (2nd U17 Sussex Champs), Russ Mullen 36:44, Matt Cook 36:58, Emily Hague 43:34, Lindsey Blain 44:52 (2nd WV50)

London Marathon on 2 October.

James Moffat having a super run and getting a new personal best time of 2 hours 59 minutes and 37 seconds for his first time under three hours.

James Moffat 2:59.37 (pb); Matt King 3:04.25; Sam Ridley 3:25.22; Tim Miller 3:48.25.

Other Harriers Results

Michael Burke ran in the Berlin Marathon on 25 September and finished in a fast time of 2 hours 54 minutes and 15 seconds.

Sean Duff ran in the Chicago Marathon on 9 October and finished in a super time of 2 hours 57 minutes and 6 seconds and it was his first time under three hours!

At the Dorney Lake Half Marathon on 2 October, Jamie Topping finished in fifth place in 77 minutes and 34 seconds followed closely by Ben Duncan in sixth place in 78 minutes and 25 seconds.

At the Big Half on 4 September, Sean Duff ran a super 1 hour 22 minutes and 55 seconds for another personal best. Sam Ridley also competed at the same event and finished in 1 hour 41 minutes and 11 seconds.

Belfast City Half Marathon - James Bennett finished in 1 hour 28 minutes and 58 seconds on 18 September.

Ben Duncan ran in the Bedford 20 and finished in 2 hours and 10 minutes.

Oliver Farr completed his 87th marathon at Beachy Head on 22 October in 5 hours and 29 minutes.

Carl Bicknell completed the Vampire one hundred mile race which consisted of one hundred laps of one mile.

Michael Burke completed the 38 mile Downslink Ultra on 9 October. The race started from St Martha's Hill, Surrey to Shoreham-by-Sea, West Sussex using the Downslink footpath and bridleway.