

HOST OF MEDALS FOR THE HARRIERS

Cross Country:



(L-R): Tim Miller, James Skinner and Marcus Kimmins.

The Sussex Masters Cross Country Championships was held on 20 January at Coombe Farm near Lancing.

The Haywards Heath Harriers came away with a host of medals in the men's and women's individual and team events.

For the first time, Sussex Athletics had created a new Vet Men's 35 age group category. Richard Caddy having the honour of representing Haywards Heath Harriers in this category.

In the **Vet Men's 50** race, **James Skinner and Marcus Kimmins** dominated the race with James coming home first with a victory of over a minute and a half from compatriot Marcus Kimmins in second place on the hilly course. They were backed up by **Tim Miller** finishing in

sixteenth place and they also won the gold in the team event easily from second place Worthing and District Harriers.

Sam Ridley had a great run winning silver individual in the **Vet Women 55** age group with **Jayne Brewer** in seventh and **Jacqueline Barnes** in ninth where they finished with a fine silver in the team event.

The **Vet 60** men also had success with a bronze in the team event with **Tim Hicks, Eric Hepburn** and **Paul Cousins**.

Harrier's results were:

W35 14th **Gemma Morgan** 41:57; 16th **Sarah Hamilton** 47:44; 17th **Carys Hind** 56:58. HHH 4th team.

W45 7th **Siobhan Amer** 37:36; 19th **Lindsey Blain** 40:20; 25th **Susan Lindsley** 45:20. HHH 6th team.

W55/W65 2nd **Sam Ridley** 39:40; 7th **Jayne Brewer** 43:35; 9th **Jacqueline Barnes** 45:08. HHH 2nd team.

M35 7th **Richard Caddy** 43:02.

M40 10th **Ian Kenton** 30:23; 17th **James Moffat** 31:50; 19th **Andy Hind** 31:59; 21st **Matt King** 32:22. HHH 4th team.

M50 1st **James Skinner** 29:06; 2nd **Marcus Kimmins** 30:42; 16th **Tim Miller** 35:02; 23rd **Peter Harding** 36:23; 29th **Andy Dray** 38:01. HHH 1st team.

M60/M70 11th **Tim Hicks** 38:22; 18th **Eric Hepburn** 42:23; 19th **Paul Cousins** 42:56; HHH 3rd team.

Athletics:

Indoor Athletics

Lio Robinson competed in the Cardiff Metropolitan University Non Thomas Open on 21 January. He finished equal second place in his heat with a time of 7.68 seconds in the 60 metres. He also ran in the 200 metres race finishing third place in his race with 25.28 seconds. Both times were seasons bests.

Sussex Sports Hall League

The Harrier youngsters took part in the Sussex Sports Hall League on Sunday 14 January at Worthing on 14 January.

The club finished in seventh place out of eight team with 120.5 points.

Congratulations to young Harriers **Jessie Diack** (U13) and **Isaac Farmer** (U11) have been selected to represent Sussex in the regional final in February.

The Harriers results were:



Young Harriers at Worthing for the Sussex Sport Hall League on 14 January 2024.

U11 Boys:

1 Lap race: 7th 'A' string **Isaac Farmer** 14.8 secs; 4th 'B' race **Rohan Barnes** 14.30 secs.

4 Lap race: 6th 'A' string **Rohan Barnes** 64.1 secs.

6 Lap Parlauf: 5th HHH 1 min 31.6 secs.

4 x 1 Lap Relay: 5th 58.8 secs.

Standing Long Jump: 5th 'A' string **Isaac Farmer** 1.94m; 5th 'B' string **Rohan Barnes** 1.81m.

Vertical Jump: 5th 'A' string **Isaac Farmer** 40; 7th 'B' string **Isaac Farmer** 29.

U13 Girls:

2 Lap race: 7th 'A' string **Isabella McCurry** 29.5 secs.

4 Lap race: 8th 'A' string **Olivia Turton**: 63 secs; 7th 'B' string **Sophie Turton** 69.4 secs.

8 Lap Parlauf: 6th HHH 2 mins 9.7 secs.

Standing Long Jump: 3rd 'A' string **Jessica Diack** 2.02m.

Standing Triple Jump: 5th 'A' string **Isabella McCurry** 5.03m.

Vertical Jump: 3rd 'A' string 46; 2nd 'B' string **Isabella McCurry** 45.

Speed Bounce (30 secs): 6th 'A' string **Sophie Turton** 66; 6th 'B' string **Olivia Turton** 45.

U13 Boys:

2 Lap race: 7th 'A' string **Daniel Carter** 31.4 secs.

4 Lap race: 5th 'A' string **Ethan Rowen** 60.5 secs.

6 Lap race: 6th 'A' string **Daniel Carter** 1 min 44.7 secs.

8 lap Parlauf: 5th HHH 2 mins 00.4 secs.

4 x 2 Lap Relay: 6th HHH 1 min 57.3 secs.

Standing Long Jump: 4th 'A' string **Ben Farmer** 1.98m; 3rd 'B' string **Ethan Rowen** 1.95m.

Vertical Jump: 7th 'A' string **Ethan Rowen** 42; 6th 'B' string **Jack Diack** 35.

Speed Bounce (30 secs): 4th 'A' string **Ben Farmer** 68; 3rd 'B' string **Jack Diack** 53.

Other Harrier Results:

Siobhan Amer ran 49 minutes and 55 seconds at the Swindon Ten Kilometres race on Sunday 7 January 49:55.

Sam Ridley ran in the Seville Marathon on 28 January finishing in a time of one hour thirty seven minutes and two seconds and was fourth finisher in her V55 age group.



Tim Stannard (left) and Sean Duff after the Battersea 10km.

Ben Duncan, Tim Stannard and Sean Duff all competed in the Run Through Battersea 10km race on 24 January which was a mid-week evening race around Battersea Park, London.

Both Ben and Tim ran personal best times over the very flat and fast course. Ben finished in 35 minutes and 28 seconds finishing in sixteenth place overall and Tim finished in a time of 38 minutes and 36 seconds.

Results were:

16th **Ben Duncan** 35:28 (pb); 27th **Sean Duff**: 37.38; 41st **Tim Stannard** 38:36 (pb).



Carl Bicknell at the Phoenix Hercules Labour Seven Run.

Carl Bicknell took part in the Phoenix Hercules Labour Seven Run on 21 January. The marathon was along the River Thames, starting and finishing near Sunbury.

Success for Under Eleven Cross-country Runners



Rohan Barnes



Leila Warncke

On Wednesday January 17 Leila **Warncke** and **Rohan Barnes** ran for Holy Trinity (Church of England) Primary School in the Mid Sussex Active Cross country semi-final at East Court, East Grinstead. On a chilly, but dry day they were both eager to do their best as the first fifteen in their year group were to go through to the final. The two kilometres, three lap course was quite undulating, with some challenging terrain under foot. Leila really attacked the start going in to an early lead. The field was strong, however, and she showed great determination holding on to achieve a very creditable fourth place. Rohan worked his way steadily though the runners saving his best for the final few hundred metres overtaking five people to finish in eleventh place. Leila and Rohan will now compete for Mid Sussex in the final at Crawley Rugby club on March 27.