

Cross Country:

Harriers Run at the South of England Cross Country Championships.



Andy Hind, Tim Hicks and Carl Bicknell.

A group of Harriers competed at the South of England Cross Country Championships held at Beckenham Place Park in Beckenham (Kent) on the 29 January.

In the Under 15's boys' race, young **Arun Khursheed** finished in 138th position in 18 minutes and 23 seconds.

In the Senior ladies' race, **Katherine Buckeridge** finished in 309th position in 44 minutes and 46 seconds; **Sarah Hamilton** finished in 321st place in 46 minutes and 6 seconds and **Carys Hind** finished in 351st place in 51 minutes and 12 seconds.

In the Senior Men's race, **Andy Hind** was first home for the club in 344th place with 62 minutes 20 seconds, followed by next by **Tim Hicks** in 620th place with 74 minutes and 48 seconds and **Carl Bicknell** in 662nd place in 80 minutes and 5 seconds.



Finlay Blythe.



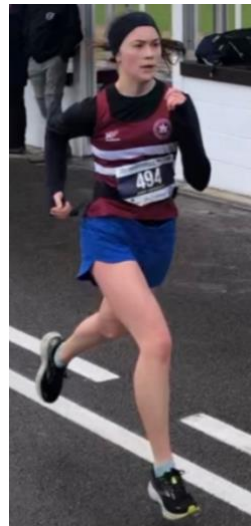
Arun Khursheed.

Two youngsters from Haywards Heath Harries competed at the South East Schools' Inter Counties Cross Country event held at Reigate on Saturday 5th February. Representing Sussex ran in the Under 15 Boys Race were **Finlay Blythe** and **Arun Khursheed**.

Other Harrier results:



Amy Lovejoy, Carl Bicknell and Marion Hemsworth



Amy Lovejoy
striding out
at the
Chichester
10km race.

In windy conditions at the Chichester ten kilometres race on 6 February, several Harriers took part. The race was held mainly on the Goodwood race circuit and on the surrounding roads. **Carl Bicknell** was first home in 45 minutes and 20 second.

Amy Lovejoy was next home in in 55 minutes and 1 second followed closely by **Marion Hemsworth** 55 minutes and 12 seconds.

At the London Olympic Park, **Josh Franks** ran a personal best time of 45 minutes and 1 second for 66th place out of 332 finishers.

Carl Bicknell also competed in the Phoenix Hug-Marry-Run using it as a training run for one of his ultras. He finished in a time of 4 hours and 19 minutes.

Oliver Farr completed his sixty-fifth marathon at the Runbelievable Hero's Challenge marathon on 5th February in 4 hours and 26 minutes and 35 seconds.

Athletics:

Lucie Venables competed in the 60 metres indoor sprint and also the Triple Jump at Carshalton on 13 February at the Surrey and Sussex Indoor Championships. In the Sussex events, she was first place in the sprint and second place in the triple jump, running 9.30 seconds and jumping 8 metres and 26 centimetres for seasons best performances in each event.

This Week's Harrier's Parkrun Round-up:

Clair parkrun: 1st **Ben Gibson** 18:00; 2nd **Marcus Kimmins** 18:04; 7th **Simon Robinson** 21:01; 15th **Katie Reed** 22:41 (pb); 35th **Ian Dumbrell** 25:47; 63rd **Howard Booth** 28:20; 65th **Andy Guy** 28:25; 103rd **Shelagh Robinson** 33:45.

Brighton & Hove parkrun: 218th **Michael Essex** 27:54; 224th **Ian Tomkins** 28:05.

Kingston parkrun: 59th **Carl Bicknell** 24:15.

Tilgate parkrun: 2nd **Daniel Moll-Morgan** 16:57.

Queen Elizabeth parkrun: 88th **Marion Hemsworth** 29:49.

Worthing parkrun: 168th **Emma Prior** 27:06.