

Athletics:

# MIKE BALE STRIKES GOLD AT BMAF



Mike Bale at BMAF

Haywards Heath Harrier **Mike Bale** competed at the **British Masters Athletics Federation** Pentathlon Throws Championship on 8 May at Horspath, near Oxford.

He had a very successful championships this year and finished with the coveted gold medal for his age group Vet Men 65 to 69 years old.

The competition when to form, with Mike taking a lead in the first event (Hammer) and dropping to 2nd place after the Shot. He then held his nerve through the Discus and Javelin to not drop any more points before more than making up for it in the Weight to finish 150 points ahead of his nearest rival.

Mike was pleased to perform close to his personal bests in all events and getting a new personal best in the Javelin.



Mike Bale (centre).

**Result: 1<sup>st</sup> place (BMAF Gold medal).**

Hammer 31.44 metres.  
Shot 7.49 metres.  
Discus 26.65 metres.  
Javelin 18.46 metres (also a personal best and club record).

Weight 12.58 metres.

**Total Points 2556**

## **Road Running:**

**By Mike Parish**

**WITH THE end of lockdown and things returning to a new normal Run Gatwick opened its doors on Sunday May 8th 2022 for their half marathon, ten kilometres and five kilometres races, with a new start and finish line and a new route.**

The first run took place at Southgate Park, Crawley on the 31st October 2018 and ran for two years. Like many events it had to shut its doors due to the COVID pandemic and reopened in 2022 for its third event.

Starting at the Gatwick Aviation Museum the half marathon route went past the end of the runway, at the point aircraft were coming in low and landing. Running the Lowfield Heath Road to the side of the runway the route came back on itself back to the end of the runway before turning down to Ifieldwood. Running down to Rusper and back to the museum in a large loop and couple of run backs.

Both the ten kilometres race and the five kilometres race were on a dead flat course mainly along the side of the runway.

The new routes have brought the race to Gatwick, with most of the run being directly below the flight path. During the run you could feel the road vibrate with the power of the aircraft engines coming into land, an amazing run experience and great new route.

Haywards Heath Harriers stepped up to the challenge of Gatwick with an amazing performance by **Ben Duncan** first across the finish line for the club in fourth with five other Harriers under one and half hours.

Results: Neil BONIFACE, Crawley AC 1st 01:11:06; Toby MEANWELL, Lewes AC, 2nd 01:14:43; Ian Blackham, Crawley Saints and Sinners 3rd 01:17:06.

Haywards Heath Harriers results: **Ben DUNCAN**, 4th 01:19:34; **Matthew KING**, 11th 01:23:25; **Andy HIND**, 17th 01:24:49; **Greg HILTON**, 35th 01:27:56; **Paul COUSINS**, 36th 01:27:43; **Steve Dallman**, 42nd 01:28:25; **Tim MILLER**, 77th 01:33:39; **David HARPER**, 96th 01:35:37; **Chris FAULKNER**, 148th 01:38:42; **Lindsey BLAIN**, 20th 01:40; **Mark DAVIES**, 310th 01:49:32; **Gemma MORGAN**, 72nd 01:50:07; **Emma PRYOR**, 161st 02:04:37; **Andy HENRY**, 664th 02:16:11; **Michael PARISH**, 746th 02:32:47.

In the five kilometres race, young **Arun Khursheed** finished in eleventh place overall in a time of seventeen minutes and thirty-four seconds.

In the ten kilometres race, **Jamie Topping** ran a superb race to finish in fourth place overall in thirty-five minutes and nineteen seconds. Stephen McNulty also finished in fifty-fifth place in forty-nine minutes and twenty-six seconds



Harriers at the Gatwick Half Marathon.



(L-R) Matt King, Jamie Topping, Andy Hind and Ben Duncan.

## **MID SUSSEX MARATHON WEEKEND**

Mid Sussex Marathon weekend was held over the bank holiday weekend from Friday 30<sup>th</sup> April 30<sup>th</sup> to Monday 2<sup>nd</sup> May. Comprising of three races totalling the distance of the marathon. The first race was a ten miler at East Grinstead on the Saturday, followed by another ten-miler on the Sunday at Haywards Heath and finally a ten kilometres race at Burgess Hill on bank holiday Monday.

Haywards Heath Harriers had a great turnout of runners competing in their local race in Haywards Heath in the ten-mile race. There was also a great number of Harriers supporting by helping out with the marshalling of the event or by cheering the runners on.

There were four Harriers who completed the whole three races and so completing the marathon distance: **Andy Hind** (2 hours 53 minutes 30 seconds finishing in second place overall in the three races; **Phil Payne** in 3 hours 11 minutes and 41 seconds; **Oliver Francis** in 3 hours 23 minutes and 54 seconds; and **Emma Pryor** (Emma running her first races for the Harriers!) in 4 hours 27 minutes and 39 seconds.



Harriers at the Haywards Heath 10.



Andy Hind – 2<sup>nd</sup> place over 3 races



Rohan Barnes – 1<sup>st</sup> Junior (male)

### East Grinstead Ten Miler

**Andy Hind** 1:06:34 secs; **Phil Payne** 01:13:37; **Oliver Francis** 01:18:49; **Emma Pryor** 01:44:51.

### Haywards Heath Ten Miler and One Mile race

**Russ Mullen** 01:03:25; **Harvey Alcock** 01:05:47; **Andy Hind** 01:06:51; **Greg Hilton** 01:09:07; **Pete Francis** 01:09:20; **James Bennett** 01:11:00, **Tim Miller** 01:11:18; **Phil Payne** 01:13:43; **Mark Green** 01:14:41; **Chris Faulkner** 01:16:39; **Oliver Francis** 01:18:31; **Sam Atkin** 01:19:19; **Simon Robinson** 01:24:00; **Josh Franks** 01:26:25; **Amy Lovejoy** 01:30:18; **Andrew Wilson** 01:30:50; **Sarah Hamilton** 01:33:35; **Marion Hemsworth** 01:33:44; **Shelagh Robinson** 01:37:45; **Emma Pryor** 01:42:57.

One mile race: 1<sup>st</sup> **Annabel Axford** 5:32; 2<sup>nd</sup> **Rohan Barnes** 5:55; 3<sup>rd</sup> **Emily Hilton** 5:56.

### Burgess Hill 10 kilometres race

**Andy Hind** 40:05; **Phil Payne** 44:21; **Oliver Francis** 46:34; **Jacqueline Barnes** 57:50; **Emma Pryor** 59:51; **Carys Hind** 01:05:39.

## **Under 13's Track and Field League**

(By Linda Tullett)

**More Athletics...**

The first round of the Sussex Under 13 League took place on Friday 29 April and what an evening it was. Our youngest league team competed above expectations to come away with a second place at K2, Crawley – many of them competing for the club for the first time. There were some fantastic individual performances, but it was the team spirit amongst all the competing athletes that was the winner on the night, whether it was cheering each other on, encouraging them before their event or greeting them after they had finished. Each and every one of them embraced what leagues are all about – filling the events to get as many points as possible.

Charlie Stay started the evening off well by winning the Boys 75m and followed it by a 150m win, just after Rafael Selby won the boys 75m hurdles, each gaining 6 points for a win. 5 points for 2<sup>nd</sup> place were also picked up in the Boys A and B String High Jump (Ben Farmer and Jack Diack), Zach Thwaites (150m B String), Jack Diack (600m B String) and Sam Duffield (1000m B String). There were also great performances from Jacob Harper in the Boys Javelin and Long Jump, and the Boys 4 x 100m relay team of Charlie, Zach, Jacob and Rafael.

For the girls, we had 2<sup>nd</sup> place from Naia Myles in the B String 600m, along with a 4<sup>th</sup> place in the A string High Jump, Lorni Cole gaining 3<sup>rd</sup> place and 4 points in the B string, Megan Kemp ran into 4<sup>th</sup> place in the A string 150m, with Jessica Diack 3<sup>rd</sup> in the B String, Annabelle Parkin gained some valuable points in the shot finishing 3<sup>rd</sup> (plus a 4<sup>th</sup> in the 600m A string), Annabel Axford and Lucy Roderick scored well in the 1000m with 4<sup>th</sup> and 3<sup>rd</sup> place respectively. Points were also gained in the Long Jump by Jessica Diack and Lucy Roderick.

It was such a lovely meeting to be part of and a very proud moment for the team manager and the coaches who were there on the night.

The full results are as follows:

1<sup>st</sup> Crawley 232 points

2<sup>nd</sup> Haywards Heath 108 points

3<sup>rd</sup> East Grinstead 106 points

4<sup>th</sup> Horsham 85 points

5<sup>th</sup> Worthing 70 points.

6<sup>th</sup> Chichester 45 points

#### **Girls:**

Megan Kemp: 5<sup>th</sup> 75m 'A' 11.6 secs; 4<sup>th</sup> 150m 'A' 23.9 secs.

Lorni Cole: 6<sup>th</sup> 75m 'B' 13.2 secs; 3<sup>rd</sup> High Jump 'B' 1.00 metre.

Jessica Diack: 3<sup>rd</sup> 150m 'B' 24.7 secs; 6<sup>th</sup> Long Jump 'A' 3.16 metres.

Annabelle Parkin: 4<sup>th</sup> 600m 'A' 2 mins 11.5 secs; 3<sup>rd</sup> Shot Putt 'A' 4.01 metres.

Naia Myles: 2<sup>nd</sup> 600m 'B' 2 mins 20.1 secs; 4<sup>th</sup> High Jump 'A' 1.20 metres.

Annabel Axford: 4<sup>th</sup> 1000m 'A' 3 mins 52.2 secs.

Lucy Roderick: 3<sup>rd</sup> 1000m 'B' 3 mins 56.9 secs; 4<sup>th</sup> Long Jump 'B' 2.76 metres.

4 x 100 metres relay: HHH 5<sup>th</sup> 68.3 secs.

#### **Boys:**

Charlie Stay: 1<sup>st</sup> 75m 'A' 10.7 secs; 1<sup>st</sup> 150m 'A' 21.7 secs.

Sam Duffield: 4<sup>th</sup> 75m 'B' 12.3 secs; 2<sup>nd</sup> 1000m 'B' 3 mins 48.6 secs.

Zach Thwaites: 2<sup>nd</sup> 150m 'B' 22.8 secs; 5<sup>th</sup> Long Jump 'A' 3.12 metres.

Ben Farmer: 3<sup>rd</sup> 600m 'A' 2 mins 02.7 secs; 2<sup>nd</sup> High Jump 'A' 1.10 metres.

Jack Diack: 2<sup>nd</sup> 600m 'B' 2 mins 21.8 secs; 2<sup>nd</sup> High Jump 'B' 1.00 metre.

Rafael Selby: 4<sup>th</sup> 1000m 'A' 3mins 32.3 secs; 1<sup>st</sup> 75m Hurdles 'A' 16.4 secs.

Jacob Harper: 3<sup>rd</sup> Long Jump 'B' 2.53 metres; 4<sup>th</sup> Javelin 'A' 11.60 metres.

4 x 100 metres relay: HHH 3<sup>rd</sup> 64.3 secs.

## **Ardingly PB 5k**

At the Ardingly PB 5 km races on 4 May, the Harriers had great results. With rain affecting the earlier race which was held off by a few minutes until the downpour had ended made slightly slippery conditions on a new fast course around the showground at Ardingly.

Under 17 Jonathan Beckett had the best run of his life and ran under the seventeen minutes barrier for the first time, setting a new age club record in the process with a personal best of sixteen minutes and forty-eight seconds.

Results were as follows: Jamie Topping 16:30 (pb), Ian Kenton 16:41; Jonathan Beckett 16:48 (pb and U17 club record); Harvey Alcock 17:11; Sam Fernley 17:14 (pb); Arun Khursheed 17:28; James Moffat 18:03; Charles Carr 19:33; Barry Tullett 19:50 (V55 club record); Ian Tomkins 23:10.

## **Other Harrier results:**

Oli Farr finished his seventy third marathon at the Three Forts Challenge which was a hilly marathon over the South Downs which he finished in a time of five hours and one minute.

Daniel Moll-Morgan had an amazing run in the Milton Keynes Marathon on 2 May finishing in twenty second place overall in a time of two hours and fifty-two minutes and twenty-eight seconds even though suffering from stomach issues!!

Last week, young Finlay Blythe had a super run at the Hove Prom parkrun, smashing his personal best time and with a new club record in the under 15 age group with a time of seventeen minutes and two seconds.

On the 8 May was the Portslade Hedge Hopper five-mile race which was the fourth race in the West Sussex Fun Run League series.

Results were:

Abigail Redd 38:30 (3<sup>rd</sup> lady); 78<sup>th</sup> James Smyth 42:41; Sarah Hamilton 48:03; Carys Hind 54:52; Caroline Gumm 54:57; Richard Bates 60:47.