

Kim Runs Inca Trail Marathon.



hike, in one run.

In recent weeks Harrier, Kim Lo has completed the Inca Trail Marathon to MachuPicchu, known as the most difficult marathon in the world, in Peru, raising funds for Meningitis Now, 12 years after completing her first marathon for the same charity.

She said - This was the race I've always wanted to do. The toughest time I've spent on my feet. The most incredible views and people. We started at 4am from our beautiful camp. The first 10 miles were runnable even though it was up to Chakrachay at 3,650m and down again (ascent in the dark) to Wayllabamba at 2,940m then it was the 4 mile hard slog up to Dead Woman's Pass at 4,210m elevation. My heart was beating so hard in the altitude. The descents and rises to Winay Wayna at 2,680m after that were very technical after the rain that then came, thankfully I had poles to use. Some of the cliff drop offs were really scary. I made the time cut off easily to allow me to continue up to the Sun Gate and finally finish at the tear inducing MachuPiccu at 2,470m. 11 hours 45 minutes on my feet, the longest for any race and my personal worst for a full marathon. But what a marathon !!!! I finished 1st female in our 'race' and 7th joint overall but it wasn't about racing it was about finishing and experiencing a trail that most people take at least 3-4 days to



Kim's Bucket list tick included a post marathon hike up Rainbow Mountain and WaynaPicchu. She said Peru is a stunning country full of beautiful landscape, tradition and people, a very rewarding country to visit.

Other Harrier results:

Barns Green Ten kilometres race and Half Marathon took place on the 25 September.

Jamie Topping was first home in the half marathon for the Harriers in sixth place overall with a superb one hour seventeen minutes and twenty-four seconds. Next home was **Paul Cousins** in one hour twenty-five minutes and forty-one seconds followed by **Carl Bicknell** in one hour fifty-three minutes and twenty seconds.

In the ten kilometres race, Harrier finishers were **Eric Hepburn** in fifty-one minutes and fifty-one seconds with **Caroline Gumm** in one hour eight minutes and fifty-two seconds,

Oliver Farr completed his 85th marathon on 2 October. Running in the "Nearly-But-Not-Quite-London-Marathon-2022, which was held at Staines on the outskirts out London along the side of the River Thames, he finished in a time of 4 hours and 49 minutes.

#Run and Talk



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HAYWARDS HEATH Harriers hosted a number of #RunandTalk events over the week commencing 19th September to coincide with mental health awareness week. With two taking place in Lewes and one in Haywards Heath, the Lewes events were led by Michael Parish and Haywards Heath by Michael and Marion Hemsworth.

The aim was to run at least one mile to support good mental and physical health at a conversational pace. This gives participants the opportunity to talk with the option of coffee and a chat at the end of the event.

Lewes saw a 5km run which was set up for emergency services and took place along the river Ouse. There were a number of people that attended and this was followed by a #WalkandTalk for those who wanted to attend but didn't want to run.

Haywards Heath was a 5km run from Beechurst to Cuckfield and back. There was also a #WalkandTalk opportunity for anybody who also didn't want to run. Special thanks to **Andy Hind** who helped lead to the run.

#RunandTalk is an event by England Athletics to promote good mental health by encouraging people to run one mile, it is sponsored by Mind, the mental health charity. **Michael** and **Marion**, mental health champions with Haywards Heath Harriers, would like to thank everybody who turned up and made it a great event.



Reigate 10km Trails runs.

THE DAY BEFORE the funeral of Her Majesty Queen Elizabeth II, Reigate respectfully opened its doors to the 9th Run Reigate event making up a children's race, 5km, 10km and half marathon.

Run Series also manage the Run Gatwick half marathon as well as successfully starting a 10km trails race at Gatton Point this year with a winter and summer run.

Reigate is a market town in Surrey and sits just below the North Downs with spectacular views. The race starts and finishes in The Prior a beautiful park just off the High Street, packed with coffee shops.

There were three Haywards Heath Harriers in attendance at the run with **Michael Burke**, 01:24:01; **Oliver Farr**, 01:56:29 and **Michael Parish** 02:24:11.

Oliver Farr has completed all of the nine half marathons and Michael Parish has run them since 2017, both have completed both of the Run