**Middy Report, 20th April**

As the athletics league and road racing seasons both begin this week in earnest, Haywards Heath Harriers were actively involved in the mix with the other Sussex clubs. This weekend saw many events taking place during this Easter Bank Holiday weekend. Some travelled to Hastings for the Southern Athletic League where notable performances were from Russ Mullen in the 5000m with 1st place in the A-string with 15:58.1; Martin Dawson 1st in the B-string 400m in 56.5, 2nd in the A-string High jump with 1m 65; Daniel Holbrook 2nd in the B-string High Jump 1m 60; Simeon Cousins 1st in the A-string 400m in 53.3 and 2nd in the B-string 200m is 24.6; Jacqueline Barnes 1st in the 1500m B-string in 6:28.3 and also 3rd in B-string in the 3000m in 14:18.7 and 4th in B-string Javelin with 9m 05; Dan Blain 3rd in A-string in the 1500m in 4:43.6; Christian Lambert 4th in A-string 100m in 12.5, 2nd in A-string 110mH in 18.5. Tim Popkins, as ever, fitting in events in-between time-keeping duties.

Haywards Heath Harriers also had an excellent weekend last week, on 9 April, with many Harriers taking part in local endurance running events in the Brighton Marathon, Brighton 10km and the South Downs Way 50 km.

In the Brighton Marathon, in very hot conditions for the runners, they battled the distance and heat. First home for Harriers was Ben Gibson in 2 hrs 55.34, Phil Payne 3 hrs 10:20, Jamie Gibson 3 hrs 12:48; Michael Burke 3 hrs 18:40 (pb), Barry Tullet 3 hrs 19:39, James Bennett 3 hrs 32:16, Nick Jarvis 3 hrs 33:20, Mike Scholes 3hrs 39:39, Andy Guy 3 hrs 42:00, Matt Quinton 3 hrs 53:04 (pb), Dominic Roberjot 4 hrs 25:19, Chris Glanfield 4 hrs 49:05 (pb) and Anthony Wilson in 4 hrs 55:37.

In the Brighton 10 km, first Harrier home was Ben Adams in 42nd place in 37:21 followed by Emma Navesey first lady Harrier in 43:05 (pb), Kat Barrett 48:39, Claire Annesley 53:43 (pb)with Graham Barton in 64:09. First Harrier lady in a new pb was Amanda Soper in an amazing 3 hrs 45:59 followed by Sarah Banks also in a pb of 4 hrs 03:37, Klara Boarder also ran a pb of 4 hrs 18:31 and Claire Annesley also a pb of 4 hrs 53:36.

In the Manchester Marathon on 2 April, David Harbage ran a pb of 5 hrs 30:19.

On Saturday 8 April, several Harriers ventured the South Downs Way 50 (miles). The course, which follows the South Downs Way from Winchester to Eastbourne, was over rough chalky and flinty footpaths and over the hilly terrain of the South Downs. In very hot conditions many runners suffered because of the hot conditions and tough terrain. First home in the race was Marcus Kimmins in 34th in 8 hrs 26:59, followed by Carl Bicknell in 256th in 10 hrs 47:36, then Marion Hemsworth in 270th in10 hrs 53:29 and then Steve Navesey in 328th in 11 hrs 50:19.

Also, Haywards Heath Harriers are holding their Open Track & Field Meeting on Thursday 4 May at K2 in Crawley (from 6.00 pm). Entries accepted on the day or see our website for more information at:<http://www.haywardsheathharriers.co.uk/>

Parkruns are free 5k runs organised by local volunteers in their communities. In Mid Sussex there was a huge turnout this weekend as many people were taking advantage of the good weather this Bank holiday Easter weekend. Record turn-outs at Tilgate parkrun (Crawley) had 621 fun runners, Horsham parkrun had 501 fun runners and Clair parkrun (Haywards Heath) had 201 fun runners. To find out more about parkrun go to: http://www.parkrun.org.uk/

This week, Haywards Heath Harriers parkrun results were as follows:

Clair parkrun – Paul Navesey 16:19, Marcus Kimmins 18:21, Matt Cook 18:55, Matt King 20:31, James Bennett 21:14, Sue Ledger 23:59, Ewan Kemsley 24:32, Michael Essex 25:09, Mark Sykes 25:59, Clare Kenward 27:29, Sarah Hamilton 27:45, Louis Henry 27:47, Rupert Purchase 29:45, Maureen Rea 30:18, Marion Hemsworth 30:19, Sarah Heron-Smith 32:02.

Worthing parkrun – James Westlake 1st in 15:09 (pb), Phil Radford  2nd in16:33 (pb)Tom Mullen 5th in 17:30.

Richard Cole came 1st in France in parkrun du Bois de Boulogne (Paris) in 19:52.

Tamar lakes parkrun – Carol Walters came 6th lady in 24:38.

Bangor parkrun – Emma Navesey came 2nd lady in 21:15.

Preston Park parkrun – Jamie Gibson 4th in 17:32, Ben Gibson 17:53, Graham Hart 18:42 (pb), Oli Gibson 19:15,Colin Brackenbury 21:54, Peter Cobbett 27:52, Isla Brackenbury 28:32.