Parkin Jumps 1.47 metres!!!

Eleven year old jumping sensation, Jonathan Parkin, had a tremendous high jump competition recently at the Under 13 Boys Sussex Pentathlon Championships at Carshalton on 7th September. His personal best prior to the meeting was a one metre and thirty five centimetres. But after a thrilling competition where he broke his personal best four times during the competition jumping new bests of 1.38 and 1.41 and 1.44, he finally went over the dizzy height of one metre and forty seven and unluckily failed at one metre fifty centimetres. Jonathan has taken on board coaching from the Harriers jumps coaches and by making slight adjustment to his take-off. It has made a huge improvement to the heights he achieved at this event. Jonathan also finished in 4th place in the pentathlon with 1162 points and with other team members Oscar French having a great competition finishing in 5th place and Aaron Khursheed scoring 1007 points who finished in 6th place.



**Jonathan Parkin.**

**Report by Michael Parish**

**Saturday 7th September saw the annual Ardingly 8km Fun Run and Village Fete.   Open to all runners this was a good old fashioned cross country run.**

The course started at the Ardingly Recreational Ground and ran along the footpath up past the South of England Showground and the Gardeners Arms pub before turning left at the end of the village. It then went cross country in a large loop back to the start.

This is a beautiful route that, once off the road, feels easy going, until you realise that you are running for a long period of time downhill. What goes down eventually must go up and this run does just that. There are two majestic hills involved in the run that test your stamina.

The first starts just after the wooden bridge that links the route with Ardingly Reservoir and goes up a single track footpath before slowly starting to come round again. The second is part way round the Reservoir when you turn left going up the footpath past the fields.

The course was checked earlier in the day with no issues but there was an unexpected hornet swarm on the second part of the reservoir path which resulted in the race being diverted for some of the runners. Organisers would like to thank local runner Philip Kelly for this initiative in leading other runners a safer way and foregoing his own race. They also wanted to express their utmost thanks to first aider Melissa Byers, all the other marshals and the ambulance service who came to the aid of their allergic runner and brave tail runner Steve Kemsley who also got badly stung.

First male was Chris Smith (Haywards Heath Harriers) in a phenomenal course record of 28.31, followed by Timmy Geddin (Arena 80 AC) 29.52 and former course record holder Ben Short (Horley Harriers) 30.32. Up and coming junior runner Katie Foss (Crawley Athletics Club) was the first female across the line in 37.59 followed by Caroline Toms 40.36 and Vanessa Farmer 41.57.  Our veteran winners were Tim Miller (Haywards Heath Harrier), Ivan Catterwell, Aly Warner and Teresa Mockridge (Haywards Heath Harrier).

Haywards Heath Harriers results: Chris Smith 28:31; Time Miller 34:59; Matt Quinton 41:25; Ian Dumbrell 41:52; Gemma Morgan 43:40; Theresa Mockridge 44:56; Andrew Wilson 45:48; Carl Bicknell 47:04; Michael Parish 51:12; H. Johnson 59:30.

**By Richard Bates**

This is the race I selected for my 70 birthday run and managed 67.47 on an undulating scenic, shaded course on a warm morning along country lanes. I had assumed it following the railway line cross country and on the flat and also that I had the chance to win the Super Vet category but was well beaten by an older runner from Hastings Runners who seemed to mop up most of the awards.

However, I was rewarded with a bottle of Rose Brut from the event organiser Northiam Bonfire Society who organised this event so well and aided by England Athletics. This came about because I asked for race number 70 and this got me a lot of support throughout the run.

This was a really good event, not least with the backdrop of a Norman Castle at Bodiam where the finish was and a visit to the Castle could be part of the experience but I had to get back for a Civic duty and the event hinged for many of the 200 runners on catching the East Kent and East Sussex Steam Railway, either to the start which I chose to do or return by train after the race to the Northiam start .

I got snapped by the official photographer who said pictures will appear on the Northiam Bonfire Society Website in due course.

P.S. - I had said I would stop running at 70 but the next evening I was on Hove Seafront doing a 6km time trial race and the flat promenade improved my split times considerably but I am paying for these 2 days of racing right now.

**Report by Michael Parish.**

**On the 15th September, the town of Reigate in Surrey opened itself to the Intersport Run Series, with a children’s race, 5km, 10km and a half marathon. This is the sixth year for the event that has got bigger over the years and last year opened up the Intersport Run Gatwick event (which also hosted the Sussex Athletics Association half marathon championships)**.

Reigate is a picturesque old market town in the heart of Surrey. The run starts from The Priory, where it goes down towards Mead Vale and through country lanes to Hookwood. The route then follows the main road back to Reigate before turning left at The Beehive pub and then meandering through residential roads before being pushed out to the countryside before re-entering the opposite side of The Priory with a final dash to the finish line.

On a hot sunny day the route is best described as undulating and varied. There was a lot of support with live bands playing at various parts of the course and local residents turning out to cheer and supply sweets to runners in need of an energy boost.

There were six members of Haywards Heath Harriers in the event. Michael Burke 1:26:10, Matt Quinton 1:39:52, Richard Haynes 1:43:37, Maresa Pitt 1:44:47 Oliver Farr 1:47:37 and Michael Parish 2:21:31.

At the Sussex Masters Pentathlon and Steeplechase Championships on 8 September at Carshalton, harrier, Jenny Denyer competed in the Women’s Over 65 age group category and finished in first place winning the gold medal. Her achievements were highlighted the more by her consistency to perform and achieve the best she can. By competing at this event, she had her best results of the season in all five events and also set new Harrier age group records in the process.

Taking part for the first time in the county steeplechase event was harrier, Paul Cousins who finished in first place in a time on 11 minutes and 37.53 seconds. Unfortunately, there was no water in the water jump so the event had to take place without water!!

**Results:**

Jenny Denyer: 1st Women’s O/65 Pentathlon: 1987 points (80 Hurdles 21.48 secs; High Jump 0.96m; Shot Putt 6.46m; Long Jump 2.48m; 800m 4:22.68 secs).

Paul Cousins: Men’s 3000m s/c (no water) 11 minutes 37.53 secs.

**Other Harrier results:**

Samantha Ridley improved her own vet ladies record at the Worthing parkrun on 14 September when she knocked an amazing 77 seconds off her own personal record with a new time of 20 minutes and 5 seconds. (was 21:22) and also setting a new Harriers age best in her category.

At the Kings Head Canter on 26 August, Harrier, James Skinner led the team home in sixth place in a time of 16 minutes and 12 seconds. He was followed by Mark Sykes in 76th place in 22 minutes and 49 seconds, Gemma Morgan in 109th place in 25 minutes and 3 seconds and Jenny Denyer in 196th place in 40 minutes and 45 seconds.

Pete Francis finished in 11th place and ran 43:37 at the Rother Valley 10 kilometres race.

Emma Navesey ran a super race in the Bristol Half Marathon on 15 September and finished in a time of 1 hour 23 minutes and 30 seconds for fifth place in the women’s race.