**SKINNER LEADS THEM HOME**

Haywards Heath Harrier, James Skinner, ran last Saturday the 17th November at the British and Irish Masters International Cross-Country event which was held in Swansea. This was James’ second time being selected to run for England. James’s determination to succeed and to be the best he can has lifted him to higher things. Since starting with Harriers a few years ago James has benefitted from the great coaching that the club has to offer and as a result he has improved so much that he is arguably the best endurance runner for his age in the country. At Swansea, James finished as first Vet 45 in the race which included Vet 35’s and Vet 40’s and he finished in front of many runners as much as 10 years his junior. James also led the Vet 45 England team to a 1st team placing.

Result: 8th James Skinner 26:25 (1st V45).

**Brighton 10km on 18 November.**

61st Russ Mullen 34:50, 91st Darren Bird 36:18, 101st Will Herbert 36:29, 165th Emma Navesey 38:12, 196th Jack Chivers 38:49, 201st Mark Green 38:45, 329th Matt Quinton 41:21, 399th Darja Knotvova-Hanley 42:44, 404th Gregory Hilton 42:16, 419th Ian Dumbrell 42:32, 734th Chris Glanfield 48:18, 1279th Sarah Hamilton 54:37.

**Sussex Cross Country League at Stanmer Park on Saturday 10th November.**







Senior Men’s results:

3rd Chris Smith 30:46, 14th James Skinner 31:51, 20th Ben Gibson 33:08, 22nd John Kettle 33:16, 71st Paul Cousins 36:06, 76th Matt King 36:26, 83rd Russ Mullen 36:47, 109th Julian Boyer 38:29, 133rd Barry Tullett 39:55, 168th Tim Hicks 42:21, 178th Andy Dray 43:42, 179th Phil Scott 43:51, 211th Carl Bicknell 47:39, 230th Michael Parrish 58:01.

Senior Women’s results:

14th Emma Navesey 23:02, 45th Darja Knotkova-Hanley 24:54, 46th Siobhan Aimer 24:57, 86th Jasmine Mamoany 27:43, 91st Felicity Webster 28:00, 108th Kath Buckeridge 29:01, 121st Sarah Banks 30:03, 133rd Claire Annesley 32:55, 134th Sarah Hamilton 33:17,

153rd Jenny Denyer 46:00.

Under 17 Boys: 11th Adam Dray 20.

Under 15 Boys: 29th Harvey Alcock 16:41, 35th Ryan Armstrong 17:15,45th Patrick Stedman 17:45, 55th Ewan Kemsley 18:50.

Under 13 Boys: 17th Sam Fernley 12:44, 18th Charlie Bonwick-Adams 12:48, 26th Seb Dellaira 13:03, 36Th George Bonwick-Adams 13:23, 38th Oliver Mamoany 13:25, 39th Jonathan Beckett 13:30, 56th Seamus Cannon 14:15.

Under 13 Girls: 17th Maia Dell’Raira-Bromley 14:55, 43rd Maia Bliss-Tomlinson 16:34.

**Sussex Sporthall League:**

At the Sussex Sportshall League (Horsham) on 4 November 2018 the Harriers sent their fine young athletes with lots of great improvement with many good performances.

**Girls u/11:**

Speed Bounce: ‘A’ 3rd Kitty Gandarez 48, ‘B’ 2nd Megan Eyre 46.

2 Lap Sprint: ‘A’ race: 3rd Megan Eyre 25.0 secs, ‘B’ race: 2nd Siobhan McMahon 24.8 secs.

Standing Long Jump: ‘A’ 2nd Siobhan McMahon 1.96m, ‘B’ 2nd Lucy Barker 1.80m.

4 x 1 Lap Relay:2nd Haywards Heath 49.2 secs.

**Girls u/13:**

2 Lap Sprint: ‘A’ race: 4th Mae Robinson 24.8 secs, ‘B’ race: 4th Millie Fairbrother 24.8 secs.

4 Lap race: ‘A’: 4th Maia Bliss-Tomlinson 53.5 secs, ‘B’ race: 4th Holly Wilkinson 54.0 secs.

6 Lap race ‘A’: 5th Ella Chatfield 1 mis 30.1 secs.

8 Lap Parlauf: 5th Haywards Heath 1min 51.3 secs.

4 x 2 Lap Relay: 5th Haywards Heath 1min 42.1 secs.

Speed Bounce: ‘A’ 4th Maia Bliss-Tomlinson 73, ‘B’ 3rd Mae Robinson 69.

Shot Putt: ‘A’ 5th Holly Wilkinson 3.82m, ‘B’ 5th Ella Chatfield 3.01m.

Vertical Jump: ‘A’ 5th Holly Wilkinson 42, ‘B’ 4th Mille Fairbrother 37.

Standing Long Jump: ‘A’ 5th Mae Robinson 1.84m, ‘B’ 5th Millie Fairbrother 1.68m.

**Girls u/15:**

2 Lap Sprint: ‘A’ race: 4th Emma Vince 25.2 secs.

Vertical Jump: ‘A’ 5th Emma Vince 43.

Shot Putt: ‘A’ 4th Emma Vince 4.71m.

**Boys u/11:**

2 Lap Sprint: ‘A’ race: 5th Arun Khursheed 24.6 secs; ‘B’ race: 3rd Jack Twibell 24.1 secs.

4 x 1 Lap Relay:4th Haywards Heath 50.0 secs.

Standing Long Jump: ‘A’ 5th Nye Sim 1m80; ‘B’ 4th Finlay Blythe 1.68.

Speed Bounce: ‘A’ 4th = Jack Twibell 47, ‘B’ 5th Samuel Harper 42.

**Boys u/13:**

2 Lap Sprint: ‘A’ race: 3rd Charlie Parvin 22.3 secs; ‘B’ race: 1st Charlie Bonwick-Adams 22.3 secs.

4 Lap race: ‘A’ 4th Charlie Bonwick-Adams 49.1 secs; ‘B’ race’: 3rd George Bonwick-Adams 51.9.

6 Lap race: ‘A’ 2nd Sam Fernley 1:18.0 secs, ‘B’ race 3rd Sebastian Dell’Aira Bromley 1:23.1 secs.

8 Lap Parlauf: 4th Haywards Heath 1min 42.0 secs.

4 x 2 Lap Relay:3rd Haywards Heath 1min 36.6 secs.

Shot Putt: ‘A’ 4th George Bonwick-Adams 5.14m, ‘B’ 4th Sebastian Dell’Aira Bromley 4.41m.

Vertical Jump: ‘A’ 2nd Charlie Parvin: 51, ‘B’ 3rd Harvey Gwynn 36.

Standing Long Jump: ‘A’ 2nd Charlie Parvin: 2.26m,3rd Sebastian Dell’Aira Bromley 2.04m.

Speed Bounce: ‘A’ 2nd Charlie Bonwick-Adams 76, ‘B’ 1st George Bonwick-Adams: 76.

**Boys u/15:**

2 Lap Sprint: ‘A’ race: 3rd Ethan Lambert 22.1 secs; ‘B’ race: 3rd Lio Robinson 22.8 secs.

8 Lap Parlauf: 3rd Haywards Heath 1min 40.4 secs.

Speed Bounce: ‘A’ 2nd Ethan Lambert 83; ‘B’ 1st Lio Robinson 76.

Standing Long Jump: ‘A’ 2nd Ethan Lambert 2.26m, 3rd Lio Robinson 2.09m.

**Non-Scoring:**

2 Lap Race: Kitty Gandarez 25.3 secs, Lucy Barker 24.6 secs, Finlay Blythe 24.6 secs, Ewan Wilkinson 27.5 secs, Harvey Gwynn 25.2 secs, Nye Sim 26.1 secs, Samuel Harper 26.2 secs, Noah Seymour 27.0 secs, Dylan Moore 26.7 secs.

4 x 1 Lap Relay (U11): 5th Haywards Heath 53.4 secs.

Speed Bounce: U11 Girls: Lucy Barker 46, Siobhan McMahon 49.

Speed Bounce: U11 Boys: Ewan Wilkinson: 41, Nye Sim 40, Finlay Blythe 41, Arun Khursheed 42, Noah Seymour 40.

Standing Long Jump U11 Girls: Megan Eyre 1.76m, Kitty Gandarez 1.73m.

Standing Long Jump U11 Boys: Noah Seymour 1.51m, Samuel Harper 1.35m, Arun Khursheed 1.82m, Ewan Wilkinson 1.34m, Jack Twibell 1.75m,

Match result: Girls 4TH 84 points; Boys 4th 137 points.