Middy Report 03/09/17

**Charlie Bonwick Adams Shines**

At the Tom Lintern Open Meeting held by Crawley Athletic Club on the 28 August at the K2 Centre, Haywards Heath Harriers up and coming young talented runner, Charlie Bonwick Adams, had a great afternoon by winning all three of his races. He controlled each race and his sprint finish surpassed all the other competitors. He will be one to watch in the future!

The full Harriers result were as follows:

Darja Knotkova-Hanley 8th 1500m U17 5:38.49.

Charlie-Bonwick Adams 1st 600m U11 1:49.2 secs, 1st 75m U11 11.34 secs, 1st 150m U11 22.82 secs.

George Bonwick Adams 5th 600m U11 2:01.3 secs, 3rd 150m U11 24.57 secs, 5th Long Jump U11 3m55.

Simeon Cousins 5th 100m U20 11.63 secs, 1st 400m U20 52.44 secs, 5th 200m U20 23.30 secs.

Edward Watson 8th 100m U17 12.75 secs, 5th 200m U17 26.32 secs.

Daniel Holbrook 3rd U17 400m 56.29 secs, 5th 200m U20 26.48 secs.

At the Kings Head Canter on 28 August, where the race starts are Chiddingly and finishes at East Hoathly. The race is run supports Canter For Sight who raise money for RP Fighting Blindness which researched into inherited sight loss. James Skinner had a great weekend after winning the Newick 10km the day before and finishing in a splendid 7th place in a quality field of runners.

The Harriers results were as follows: 7th James Skinner 16:26, 8th Russ Mullen 16:42, 9th Ben Gibson, 30th Tom Mullen 18:21, 51st Emma Navesey, 20:15, 84th Hannah Gibson 22:23. 91st Mike Scholes, 23:11, 110th Georgina Mugridge 25:04, 115th Michelle Pearce 25:51, 139th Justine Tanner 28:05, 150th Michelle Holdstock 29:24.

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Also at parkrun this week the Harriers were very active as usual. James Skiinner having a fabulous run at Worthing parkrun where he achieved a new V45-49 Harriers record of 16:02.

The Harriers results were this weekend as follows:

Hove parkrun: 23rd James Bennett 19:46.

Southwark parkrun: 15th Matt Cook 18:14.

Clair parkrun (Haywards Heath): 5th Andy Hind 19:21, 9th Robin English 20:09, 15th Andy Dray 21:20, 28th Darja Knotkova-Hanley 22:59, 34th Isobel Russell 23:32, 35th Harry Russell 23:32, 36th Jason Russell 23:33, 51st Howard Booth 24:44, 52nd Michael Essex 24:47, 61st Kath Buckeridge 25:38, 62nd Ewan Kemsley 25:52, 66th Mark Sykes 26:03, 83rd Louis Henry 28:14, 98th Marion Hemsworth 29:59, 110th Maureen Rae 31:08, 115th Rupert Purchase 31:35.

Preston Park parkrun: 27th Barry Tullett 20:38, 193rd Peter Cobbett 26:56, Linda Tullett 29:48, 332nd Isla Brackenbury 33:16.

Tamar Lakes parkrun: 20th Carole Walters 23:35.

Penrose parkrun: 14th Ben Adams19:33.

Worthing parkrun: 1st James Skinner 16:02, 3rd James Collins 16:24, 4th Ben Gibson 16:26, 5th Marcus Kimmins 16:56, 9th Jamie Gibson 17:20, 13th Paul Cousins 18:06, 19th Oli Gibson 18:44, 21st Julian Boyer 19:18.