**The Middy Report – w/c 10 October**

**Haywards Heath Harriers – Reports by Michael Parish and Paul Cousins**



**Tim Miller**



**Tim Miller – London Marathon.**



**Photo by Tim Miller**



**Matt Cook with medals**

**YOU HAVE to picture the scene, at 09:00 on Sunday 3rd October 2021, 40,000 people started their 26.2-mile journey from Blackheath to the Mall as the full version of the London Marathon returned to London’s hallowed streets since 2019.**

Meanwhile, at the same time, another 40,000 will run or walk the event “virtually” across the globe during a 24-hour window, making it the biggest mass participation event since lockdown.

Along with that there were a further half a million people expected on the streets to watch. Organisers hoped it will raise tens of millions for charity and mark another important step on the journey towards normality.

The London Marathon was a bit different this year, with measures in place to make it Covid safe. At the hotels where elite racers are staying, athletes from red-list countries have been kept in separate bubbles.

There was also a different experience for club and charity runners, with participants starting in 40 waves over a 90-minute period to avoid large crowds gathering. Unlike in previous years, there will be no pacers to guide people to personal bests.

Michael Burke set a new club record in the marathon for men’s V45 beating the record set by John Gill.

Men’s elite results: 1st Sisay Lemms, 02:04:01; 2nd Vincent Kipchumba, 02:04:28; 3rd Mosineth Geremew, 02:04:41. Women’s elite results: 1st Joyciline Jepkosgei, 02:17:43; 3rd Degitu Azimeraw, 02:17:58; 3rd Ashete Bekere, 02:18:18.

Men’s mass event: 1st Kenny Wilson, 02:18:42; 2nd Matthew Dickinson, 02:19:23; 3rd Ross Braden, 02:19:33. Women’s mass event: 1st Shalane Flanagan, 02:35:04; 2nd Chloe Richarson, 02:37:08; 3rd Sarah Webster, 02:41:24.

Men’s virtual results: 1st Andrea Mestriner, 02:18:57; 2nd Sam Cussen, 02:21:08; 3rd Robbie Ventham, 02:29:12. Women’s virtual results: 1st Julia Stockton, 02:24:28; 2nd Jane Williams, 02:36:43; 3rd Stephanie DeLoach, 02:39:16.

Haywards Heath Harriers results: 991st **Matt Cook V40 02:49:56**, 1,260th **Michael Burke (V40) 02:53:06**; 1,611st **Jamie Topping (V40) 02:56:21**; 5562nd **Mike Dickinson 3:27:42**, 8,136th **Tim Miller V55 3:41.45**, 10,855th **Jack Chivers V40 3:53:47**, 15,713 **Joshua Franks (V40) 04:14:19**; 25,912nd **Marion Hemsworth (V70) 05:00:46**, 26,143rd **Liz Earley 5:02:03**.

**Brighton Half Marathon**

At the Brighton Half Marathon last weekend, the Harriers had a group taking part in this popular local half marathon event. With many people taking part from across the country it was set to be a successful event. There were road closures along the route that made it easier for the runners and spectators. The weather conditions were also good for road running by the sea with a northerly wind which did not appear to slow the runners and the temperatures average for the season of the year in the low teens.

**Matt Cook** ran a super race after his London Marathon run last week to finish in just over one hour twenty one minutes.

Congratulations to **Caroline Mackey-Khursheed**, after battling injury in recent months ran a scintillating race to gain a personal best and **Tim Stannard** improving his personal best by two and a half minutes.

First home for Harriers in fifteenth place was **Ben Duncan** in a very fast one hour eighteen minutes and fifty-eight seconds.

Harrier’s results were as follows:

15th **Ben Duncan 1:18.58**; 35th **Matt Cook 1:21.47**; 87th **Tim Stannard 1:27:01 (pb)**; 1308th **Jacqueline Barnes 1:56.51**; 1527th **Paul Turner 1:59.10**; 1676th **Caroline Mackey-Khursheed 2:03.18 (pb).**

 **Caroline Mackey Khursheed after her first road half marathon.**

**Other Harrier results:**

**James Bennett** ran in the Bournemouth Half Marathon on 10 October, finishing in 81st place in one hour 29 minutes and 12 seconds.

At the Worthing 10 Kilometres Race also on Sunday 10 October, three Harriers took part.

**Russ Mullen** leading the men home in 23rd place with 34 minutes and 37 seconds Not far behind him was **Jamie Gibson** in 35th place with 35 minutes and 47 seconds. **Phil Payne**, bringing up the rear in 36 minutes and 40 seconds in 47th place.

**Harriers Parkrun Round-up:**

Clair parkrun: 2nd **Sam Fernley** 18:41, 3rd **Arun Khursheed** 18:50; 4th **Andy Hind** 19:21, 5th **Sean Duff** 20:09, 13th **Simon Robinson** 22:23, 15th **Oliver Francis** 22:40, 24th **Eric Hepburn** 23:46, 39th **Mark Sykes** 25:11, 42nd **Ian Dumbrell** 25:39, 50th **Clare Kenward** 26:42, 77th **Carys Hind** 30:40, 85th **Graham Kenward** 32:20.

Broadwater parkrun: 69th **Carl Bicknell** 26:40.

East Grinstead parkrun: 5th **Paul Cousins** 21:19.

Horsham parkrun: 405th **Jenny Denyer** 46:07.

Hove Promenade parkrun: 167th **James Collins** 25:10.

Tilgate parkrun: 47th **Ian Tompkins** 23:10, 163rd **Linda Tullett** 29:31.