Harriers Back In Racing Mode

**West Sussex Fun Run League:**

**(By Michael Parish)**

ON 11th SEPTEMBER 2022 Crawley’s Saints and Sinners Athletics Club took up the reigns for the next fixture in the West Sussex Fun Run League calendar. The club hosted their annual five-mile trails run through the heart of Tilgate Forest.

Haywards Heath Harriers had six new members entering their first race for the club.



**L-R: David Adams, John (Bob) Adams, Tracy Adams, Abigail Redd, Julian Boyer, Phil Scott, Richard Jobling, Caroline Gumm, Sarah Hamilton. Michael Parish, Richard Bates and Ollie Fyfe.**

Congratulations to Richard, Jane, Ollie and the Adams family: Tracy, David and Robert who all successfully completed their first race for the Harriers.

The Tilgate Forest fun run race is a five-mile trail run, best described as undulating and is outstanding, as you run on the soft floor of the forest, running across one of the bridges across the A23 and around up to Parish Lane before dropping back to the finish line.

There is a small clearing just off the K2 Leisure Centre, where the 16 Athletics Clubs that makes up the West Sussex Fun Run League set their club flags.

Standing on the start line, in the forest with the ceremonial placing of the flags, we held a two-minute silence for Her Majesty Queen Elizabeth II before the start of the run.

Haywards Heath Harriers had fourteen athletes running. There was great running from George Adams, Ollie Fyfe and David Adams who were the first Harriers across the finish line, also from Abigail Redd and again from Michael Parish, Sarah Hamilton and Caroline Gumm running together.

Results were: 1. Liam Briscoe, 29:11, Fittleworth Flyers; Fin Sutcliffe, 29:37, Worthing Harriers; Michael Hore, 29:52, Horsham Joggers.

21st **Ollie Fyfe** 35:29; 32nd **David Adams** 36:31; 53rd **Abigail Redd** 38:55; 83rd **Julian Boyer** 41:20; 97th **John (Bob) Adams** 43:03; 105th **Jayne Brewer** 43:39; 132nd **Phil Scott** 45:40; 143rd **Richard Jobling** 46:24; 170th **Michael Parish** 50:01; 177th **Sarah Hamilton** 50:56; 214th **Caroline Gumm** 58:39; 222nd **Tracy Adams** 60:05; 234th **Richard Bates** 62:25.

**Other Harrier results:**

Three Harriers took part in the Reigate Half Marathon on Sunday 18 September. **Ian Kenton** was first home in seventh place in a super time of 1h17m48s. **Michael Burke** was next home in twenty-fifth place in 1h23m56s followed by **Michael Parish** in six hundred and eightieth place in 2h22m38s.

**Andy Hind**, **Jack Chivers** and **Josh Franks** all ran in the Great North run on Sunday 11 September one of the most popular half marathons in the world – a must do for the budding marathon runner! Andy finished in 1h24m20s, Jack in 1h44m30s and Josh in 1h56m51s

**Harrier’s parkrun roundup:**

Clair parkrun.

Today’s Clair Parkrun took place at a historic time, nine days after the sad passing of Queen Elizabeth II, two days before her state funeral, and midway through the queen’s lying-in-state in Westminster Hall. Thousands of people queued for up to twelve hours to pay their respects. Our thoughts are with the queen’s successor, King Charles III, and the royal family.

On a chilly, sunny morning, 127 runners tackled our hilly course, including 13 first timers. First man home was James Skinner with an incredible sub seventeen-minute time of 16.55, and first lady was Kirsty Armstrong who went sub twenty with a time of 19.50.

We welcomed visitors from Wollongong, near Sydney, and Eastleigh.

There were 25 PB’s, including a great effort from Chris Jones who bettered his five year PB by twenty seconds with a time of 21.16, and William Grey with a new PB for a second successive week. William’s time was 17.24.

Many thanks to our 17 volunteers; it can never be repeated too often that Parkrun wouldn’t happen each week without your enthusiastic support.

Stuart Ferguson
Run Director

Clair parkrun: 1st **James Skinner** 16:55 (Vet men 50 record); 3rd **Will Grey** 17:24 (pb); 6th **Russ Mullen** 18:19; 7th **Sam Fernley** 18:58; 8th **Harvey Alcock** 19:18; 9th **Andy Hind** 19:37; 12th **David Adams** 20:25; 19th **Julian Boyer** 21:10; 24th **Simeon Wishlade** 21:45; 29th **Simon Robinson** 22:17; 42nd **Bob Adams** 24:24; 103rd **Tracy Adams** 33:24.

Ashton Court parkrun: 106th **Jason Robinson** 24:04; 222nd **Shelagh Robinson** 27:38.

Belfast Victoria parkrun: 26th **James Bennett** 19:30.

Horsham parkrun: 100th **Eric Hepburn** 24:38; 154th **Greg Hilton** 26:38

Tilgate parkrun: 52nd **Jack Chivers** 21:46.

Tonbridge parkrun: 47th **Abigail Redd** 21:45; 69th **James Smyth** 22:36.

Reigate parkrun: 114th **Michael Parish** 28:38.

Wendover Woods parkrun: 51st **Kath Buckeridge** 26:25; 54th **Carl Bicknell** 26:28.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

HAYWARDS HEATH Harriers are holding a **#RunandTalk** session on Thursday

**22nd September 2022 at 19:00.**

Taking place from the Courtyard, next to the Harvester in Beech Hurst Gardens, RH16 4BB, it consists of a 5km conversational run to highlight good physical and mental health.



The run can be anything from 1km to 5km and doesn’t need to be run, you can walk, walk/run or run. The aim is to get people active promoting good physical and mental health. There will be an opportunity at the end to have a coffee and a conversation with other runners, members of Haywards Heath Harriers and their Mental Health Champion. If you want to book your place or ask any questions, then email Michael.parish@live.co.uk