Middy report 11 July 2021

**Haywards Heath Harriers**

**Jonathan Parkin – Multi-Eventer!**



Jonathan Parkin is an up-and-coming young athlete, one to watch out for in the future. He loves to compete and loves to train with the Haywards Heath Harriers on Tuesdays at Whiteman’s Green in the summer when he can. He is a talented multi eventer, competing in the sprints and middle distance on the track and in the field at discus (of which he is the new county under fifteen champion!) and shot putt. He excels at the high jump which is his best event he says.

Jonathan recently competed at the Surrey Schools Invitational Combined Events at Kingston, for year eight and nine.

He was fourth overall and first for his year eight age group (which is the under fifteen-year-old age group), he managed three personal bests.

At Kingston, there were ten entries altogether.

His results were:

Pentathlon U15 Boys score: 1594 points (pb)

High Jump 1.47 metres

 **Jonathan Parkin** Shot Putt 7.93 metres (pb)

Long Jump 4.60 metres, 80 Metres Hurdles 16.5 secs (pb), 800 metres 2:35.5 secs (pb)

**Sussex County Championships**

At the Sussex County Championships at Withdean stadium on 4 July. The number of athletes from Sussex competing in this competition was lower than previous years and due to covid. The event was also cancelled in 2019 because of covid.

Jonathan Parkin had a great championship, gaining three personal bests.

Jonathan Parkin: U15 Boys: 4th Heat 2 100m 14.08 secs(pb); Discus 1st 19.86m (pb), LJ 3rd 4.96m (pb).

Erin Gaston: U15 Boys 8th Heat 3 100m 15.53 secs; 6th Shot Putt 6.56m (pb).

Jonathan Beckett: U15 Boys 12th 1500m 5 min 05.98 secs (pb).

Arun Khursheed: U15 Boys 8th 1500m 4 mins 54.36 secs.

Siobhan McMahon: U15 3rd Girls Long Jump 4.75m

Helen Diack.: 1st Triple Jump 8.10m.

**Southern Athletics League**

On Sunday 20 June at the Withdean Stadium at Brighton, Haywards Heath Harriers teamed up with Lewes Athletics club as usual in the first Southern Athletic League since 2019. The team finished a remarkable third place out of six teams with Brighton and Hove Athletic Club finishing top team, clear of City of Portsmouth with Haywards Heath finishing in front of Hastings AC, Eastbourne Rovers AC and Havant AC.

The highlight of this event was the women’s High Jump, with local athlete, Julia Machin of Brighton and Hove AC (who lives in Burgess Hill), when she broke the world age 50 record for the high jump for the second time this year with an amazing jump of one metre and seventy centimetres improving on her old recent record in May two centimetres.

Harrier’s results were as follows:

Tim Popkin 400m 68.4 secs; 1500m 5 mins 36.4 secs; 2000m s/c 9 mins 43.8 secs.

John Palmer: 100m 13.5 secs, 200m 32.0 secs.

Katherine Reed: 800m 2 mins 54.8 secs (pb), 3000m 13 mins 04.7 secs.

James Skinner: 5000m 16 mins 18.9 secs.

Phil Payne: 5000m 17 mins 56.6 secs.

Tim Hicks: 5000m 19 mins 37.7 secs, 2000m s/c 9 mins 19.4 secs (pb and new age 60 club record).

Lucie Venables: 100mH 21.0 secs, 400mH 84.5 secs. LJ 3.88m. TJ 8.29m.

Paul Cousins: 2000m s/c 8 mins 51.6 secs,

Helen Diack: High Jump 1.15m, TJ 7.98m, DT 11.76m.

Rebecca Healey: High Jump 1.00m (pb), SP 7.37m (pb), DT 14.57m, JT 11.49m

Mike Bale: SP 6.44m, DT 18.24m, HT 23.99m, JT 15.72m.

4 x 100m Relay Men: HH/Lewes 3rd 47.3 secs.

4 x 400m Relay Women: HHH/Lewes 5th 4 mins 32.5 secs.

**Sussex Vets League**

The Sussex Vets League is open for male and female athletes aged thirty-five and over. It gives the opportunity for the older athlete to compete against others of or near their own age group. Lots of personal bests being achieved and for the new Harrier who may be trying out track athletics for the first time or for some others the first time on a track and field situation since leaving school.

At Lewes

Sussex Veterans League on Monday 14 June. The Harriers had a super turn-out at their home fixture on 14 June at Lewes.

Josh Franks 200m 31.8 secs (pb), 3000m 12 mins 17.3 secs. (pb).

James Smyth 200m 29.9 secs (pb); Triple Jump 7.39m (pb).

Andy Dray 200m 28.0 secs.

Marcus Kimmins: 800 2 mins 19.2 secs (pb); 3000m 9 mins 44.3 secs (pb).

Russ Mullen: 800m 2 mins 26.7 secs, 3000m 10 mins 21.5 secs.

Andy Hind: 800m 2 mins 28.1 secs; Javelin Throw 23.52m (pb).

Ian Dumbrell: 800m 2 mins 29.4 secs (pb); Javelin Throw 24.86m.

Chris Russell: 800m 2 mins 44.0 secs (pb); 3000m 12 mins 06.2 secs.

David Harper: 3000m 12 mins 10.7 secs (pb); 2000mwalk 13 mins 13.0 secs (pb).

John Palmer: 200m 32.6 secs. 2000m walk 15 mins 10.1 secs (pb).

Lucie Venables: 200m 30.7 secs, Long Jump 3.82m.

Caroline Mackey-Khursheed: 800m 3 mins 17.7 secs (pb), 5000m 26 mins 12.9 secs (pb).

Oliver Francis: 3000m 11 mins 14.6 secs (pb), 2000mwalk 13 mins 22.3 secs (pb).

James Skinner: 3000m 9 mins 30.2 secs.

Paul Cousins: 3000m 11 mins 13.2 secs.

Helen Diack: Shot Putt 5.09m, Discus 15.10m.

Mike Bale: Shot Putt 27.05m.

Abigail Redd: 5000m 23 mins 13.2 secs, 2000m walk 12 mins 6.7 secs (pb).

Ian Tomkins: Discus 22.24m (pb).

4 x 400m Men’s Relay HHH 2nd 4 mins 13.3 secs.

4 x 400m Women’s Relay 4th HHH 5 mins 56.2 secs.

At Eastbourne

Sussex Veterans League on Wednesday 19 May at Eastbourne.

Andy Dray 100m 13.6 secs, High Jump 1.40m; Triple Jump 8.52m.

Josh Franks 400m 71.9 secs.

Lucie Venables 100m 14.6 secs,

Tim Hicks 400m 73.5 secs; 1500m 5 mins 38.0 secs.

Marcus Kimmins 1500m 4 mins 41.7 secs.

Ian Dumbrell: Shot Putt 8.27m, Javelin Throw 28.73m.

Chris Russell: 1500m 5 mins 47.0 secs.

David Harper: 1500m 5 mins 53.0 secs; 1000m Walk 6 mins 21.3 secs.

**Harrier Race Roundup**

At the Eastbourne 10 km race on 20th June, young Ryan Armstrong ran a personal best time finishing in 12 place overall in a time of 38 minutes and 45 seconds and also an Under 17 Boy’s club record.

David Harper finished The Hampshire Hoppit Half Marathon in a time of 2 hours 4 minutes on 20 June.

Arun Khursheed competed at the Sussex Young Peoples Open Meeting on 26 May, competing in the 80m hurdles finishing 3rd place in 17.13 secs and also the 800m, finishing in 2nd place in a time of 2 minutes and 25.76 seconds.

Sam Fernley also ran in the Sussex Young Peoples Open Meeting on 26 May, running in the 1500 metres race and finishing in a personal best time of 4 minutes and 36.37 seconds.

Oscar Dalgliesh also competed at the Sussex AA Festival of Athletics on 8 May. He competed in 2 events, finishing 3rd in the 100 metres in a time of 13.80 seconds and 8th in the 800m in a time of 2 minutes and 43.60 seconds and got personal bests in both events!

Arun Khursheed also competed at the Sussex AA Festival of Athletics on 8 May, finishing 3rd in the 800m in 2 minutes 28.77 seconds.

Russ Mullen competed at The Opener at Worthing on 18 April running the 3000m in 9 minutes 38.22 seconds. Then on 2 May at the Worthing Open Meeting 9 minutes 36.38 seconds and also the Worthing Track Night on 1 June, running the 3000m in 10 minutes and 7.77 seconds.