Haywards Heath Harriers Enjoy Hilly Marathon!



**Marcus Kimmins (left) and James Moffat (right) celebrating their marathon success with Robert Cooper (Lewes AC) at the Moyleman marathon.**

On Sunday 20 March was the **Moyleman marathon**. The Moyleman is one of the hilliest marathons in the United Kingdom alongside Beachy Head Marathon (which is normally held in October). The Moyleman has an elevation of around 3340 feet of climb!!

The race over the South Downs was won by James Turner in an amazing time of 2 hours 51 minutes and 35 seconds. The first lady finisher was Claire Hammett in 3 hours 29 minutes and 50 seconds.

Harriers taking part were: **Michael Burke**, **James Moffat**, **Marcus Kimmins**, **Oli Farr** (his 69th marathon) and **Marion Hemsworth**. At the finish line there was the “prize” of a free pizza and pint of beer for all who took part!!

Harriers’ results were:

19th **Michael Burke** 3 41.30; 20th **James Moffat** 3:42.26; 21st **Marcus Kimmins** 3:44.28; 136th **Oli Farr** 5:01.50; 174th **Marion Hemsworth** 5:30.30.

Other Harrier results:

**Balcombe Bull Run**

3rd **Andy Hind** 29 mins 52 secs; 6th **Ryan Armstrong** (no time provided).

Hastings Half Marathon

**Pete Francis** finished in 1 hour 33 minutes and 15 seconds.

**Carl Bicknell** finished in a time of 1 hour 47 minutes and 58 seconds.

**Crystal Palace Half Marathon**

**Abby Ross** had a scintillating run and finished as first lady in this hilly half marathon, although the race distance had been cut by nearly a mile by the police! Abby’s time was 1 hour 34 minutes and 40 seconds.



**Carl Bicknell.**

**Kingston Spring Raceday 20 Miler**

**Carl Bicknell** : 2 hours 57 minutes and 24 seconds.

**Bryan Tiller** ran in the **Lydd Half Marathon** on 6 March in 2 hours 45 minutes and 16 seconds.

**The Martello Half Marathon 2022**



**Kim Lo – 3rd lady at Martello Half Marathon.**

**Kim Lo** had a great run at the Martello Half marathon on 27 March that started and finished in Seaford, taking in the hills of the South Downs and following a clockwise looped course passing through Firle Beacon and Bo Peep on the South Downs Way. Kim finished as third lady in a time of 1 hour 45 minutes and 53 seconds. Steve Dallman also took part and finished in ninth place overall in a time of 1 hour 38 minutes and 1 second.

**This Week’s Harrier’s parkrun Round-up:**

Clair parkrun: 1st **Sam Fernley** 18:14; 2nd **Will Grey** 18:30; 3rd **Harvey Alcock** 18:32 (pb); 4th **Jonathan Beckett** 18:33; 7th **Ryan Armstrong** 19:50; 9th **Andy Hind** 19:52; 17th **Oscar Dalgliesh** 21:53; 20th **Paul Cousins** 22:27; 25th **Eric Hepburn** 23:43; 28th **Simon Robinson** 23:47; 31st **Bob Adams** 24:02; 34th **Jason Robinson** 24:25; 41st **Katie Reed** 25:15; 45th **Carl Bicknell** 25:41; 54th **Daniel Mardle** 26:42; 70th **Andy Guy** 28:17; 77th **Shelagh Robinson** 28:56; 88th **Oliver Francis** 30:01; 95th **Sarah Heron-Smith** 31:58; 99th **Carys Hind** 33:04.

Brighton & Hove parkrun: 4th **James Collins** 17:33.

Milton Keynes parkrun: **4th Daniel Moll-Morgan** 18:05.

Lymington Woodside parkrun: 5th Pete Francis 20:55.

Tilgate parkrun: 50th Jack Chivers 22:47; 172nd Sarah Ann Hamilton 29:07.

Pontypridd parkrun: 87th Michael Parish 27:13.

Preston Park parkrun: 33rd **Abigail Redd** 21:13 (pb); 92nd **James Smyth** 23:53.

Hove Prom parkrun: 28th **Barry Tullett** 19:29; 33rd **James Bennett** 19:37; 123rd **Ian Tomkins** 22:51; 397th **Linda Tullett** 30:56.

Worthing parkrun: 5th **Sean Duff** 18:29; 54th **Abby Ross** 22:08.

Warwick parkrun: 197th **John Morgan** 37:33.

Get Into Coaching

Alongside these fantastic results, Haywards Heath Harriers are running a ‘Get Into Coaching’ campaign to encourage more coaches to get involved with the club. With sponsorship available to get qualified, there’s never been a better time to get into coaching. Details are on the Harriers website.

[www.haywardsheathharriers.co.uk/getintocoaching.html](http://www.haywardsheathharriers.co.uk/getintocoaching.html)