**Middy Report, 11th May**

This week, Haywards Heath Harriers were involved in many track athletics and road running competitions and some of the many parkruns around the county.

On Tuesday, Harriers under 13’s were competing at Crawley (K2). For many of the kids it was their first taste of athletics competition. The Harriers came 4th team out of 6 teams (behind Crawley, Horsham and East Grinstead).

The results were as follows:

Boys 75m: A Isaac Ahmed 5th in 13.1, B Tom Swainston 4th in 12.1.

Boys 150m: A Freddie Johnson 3rd in 22.3. B Alex Booth 2nd in 23.5.

Boys 600m:: A Freddie Johnson 4th in 1:57.5. B William Spensley 4th in 1:59.8.

Boys 1000m: A Oliver Simpson 4th in 3:27.6. B Alex Todd 1st in 3:33.7.

Boys 75H: A William Spensley 3rd in15.7. B Sam Quickfall 3rd in 16.8.

Boys High Jump: A Daniel Childs 3rd 1m.20. B Alex Booth 4th 1m10.

Boys Long Jump: A Oliver Simpson 2nd 3m78. B Alex Todd 2nd 3m49.

Boys Shot Putt: Louis Henry 3rd 4m58.

Boys Javelin: A Louis Henry 4th 9m82.

Boys 4x100m Relay: Haywards Heath 3rd in 60.8.

Girls 75m: A Millie Somerville 4th in 13.0. B Anna Piper 4thin 12.2.

Girls 150m: A Harriet Dray 5th in 25.2. B May Stevenson 3rd in 26.8.

Girls 600m: A Harriet Dray 4th in 2:00.1. B May Stevenson 4th in 2:17.9.

Girls 1000m: A Phoebe Whiting 5th in 3:49.1. B Millie Somerville 2nd in 3:54.0.

Girls 70mH: A Millie Francis 5th in 16.0. B Phoebe Whiting 3rd in 16.0.

Girls High Jump: A Isobelle Deeble 5th 1m15.

Girls Long Jump: A Isobelle Deeble 6th 3m07. B Anna Piper 6th 2m61.

Girls Shot Putt: A Millie Francis 5th 5m06. B Poppy Stapley 5th 3m35.

Girls 4x100m Relay: Haywards Heath 5th in 67.5.

The Harriers also held their Open Track and Field Meeting at K2 at Crawley last Thursday evening. This was also another great opportunity for both young and old Harriers to experience running in track and field athletics.

Results were as follows:

TRACK EVENTS:

60 metres races:

9/10 girls. Mae Robinson 3rd in 11.0, Erin Gaston 4th in 11.3.

9/10 boys. Isaac Ahmed 3rd in 10.2, Micah Papadopoulos 4th in 11.2.

9/10 boys. Charlie Bonwick-Adams 1st in 9.5, George Bonwick-Adams 3rd in 10.7, Oliver Cooper 4th in 11.0

9/10 boys. Seamus Cannon 3rd in 10.5, Noah Perrett 4th in 10.7.

75 metres races:

U13 girls. Polly Stubbs 3rd in 11.0.

U13 boys. Alex Booth 1st in 11.2, Alex Todd 2nd in 11.3, Oliver Simpson 3rd in 11.3.

100 metres races:

U15 boys. Lio Robinson 4th in 14.8.

U15 boys. Ethan Lambert 4th in 14.5.

U17 boys. Jack Scott 2nd in 13.7.

U20 men. Christian Lambert 1st in 12.5.

150 metres races:

9/10 girls. Mae Robinson 6th in 25.7.

9/10 boys. Charlie Bonwick-Adams 1st in 23.0, Noah Perrett 4th in 27.0.

9/10 boys. George Bonwick-Adams 2nd in 26.2, Seamus Cannon 3rd in 26.2, Henry Francis 4th in 27.5, Oliver Cooper 5th in 26.7.

U13 girls. Ella Greenslade 2nd in 24.4, Millie Francis 4th in 25.8.

U13 boys. Alex Booth 2nd in 23.5, Louis Henry 3rd in 24.3.

200 metres races:

U20 Men. Simeon Cousins 3rd in 23.9.

600 metres races:

9/10 girls. Millie Somerville 1st in 2:07.4, Erin Gaston 8th in 2:42.4.

9/10 boys. Charlie Bonwick-Adams 1st in 1:56.2, George Bonwick-Adams 7th in 2:11.9, Blake Tomlinson 9thin 2:15.9, Lewis King 10th in 2:21.7, Noah Perrett 11th in 2:22.7, Micah Papadopoulos 12th in 2:24.4.

U13 boys. Oliver Simpson 1st in 1:55.1, Ryan Armstrong 2nd in 1:55.2, Alex Todd 4th in 2:00.4, Louis Henry 10th in 2:16.5.

800 metres races:

U20 Men. Simeon Cousins 4th in 2:15.1.

Mile race:

Senior Men. Russ Mullen 3rd in 4:41.0,

VW. Jacqueline Barnes 2nd in 6:55.7.

VM. Paul Cousins 5th in 5:19.6, Tim Hicks 11th in 5:48.4, Tim Popkin 12th in 5:59.6.

FIELD EVENTS:

Long Jump

9/10 girls. Mae Robinson 5th 2.67m, Imogen Reed 7th 2.44m, Erin Gaston 8th 2.19m.

U13 girls. Ella Greenslade 5th 3.26m, Millie Somerville 6th 3.15m, Millie Frances 7th 3.08m

9/10 boys. Isaac Ahmed 5th 3.09m, Louis Opoku 6th 2.99m, Jonathan Beckett 7th 2.95m, Henry Francis 8th2.61m, Micah Papadopoulos 9th 2.55m, Oliver Cooper 10th 2.23m.

U13 boys. Alex Todd 1st 3.89m, Oliver Simpson 2nd 3.78m, Alex Booth 4th 3.64m, Louis Henry 9th 3.31m.

U15 boys. Lio Robinson 6th 4.02m, Ethan Lambert 7th 3.76m.

U20 Men. Christian Lambert 4.97m.

Javelin:

U15 boys. Lio Robinson 2nd 22.04m.

U20 men. Christian Lambert 2nd 27.81m.

Shot:

U13 girls. Millie Francis 3rd 5.33m, Millie Somerville 7th 4.43m.

On Sunday, the Hastings 5 Mile race is one of the Sussex Grand Prix races that are held to provide good competition to runners of all standards in the Sussex area. Russ Mullen broke his own club record with a scintillating time of 26:42 to finish 4th place overall.

Results were as follows:

Russ Mullen 26:42 pb (and new club record).

Matt Quinton 31:46 pb.

Emma Navesey 34:40.

Amy Mitchell 36:25 pb.

Oliver Farr 36:50 pb.

Amanda Soper 37:11

Sarah Banks 37:45 pb.

Karen Thompson in her first race for Harriers ran 39:29.

Verity Coombes 39:22.

Peter Cobbett 44:29.

Other Harriers ventured further afield with Rupert Purchase taking part in the Run Snoqualmie 8k race in Washington State USA at the weekend where he was 1st V70. Whilst in Bristol, Phil Radford ran in the Bristol 10k to record a in 32:51 pb finishing in a great 9th place. Michael Burke ran in the Rat Race Dirty Weekend where he came 80th out of a field of 5,755 dirty muckers which was a 20 mile obstacle race in a time of 3h52:42 and Kath Buckeridge completed her first ultra 40 mile event!

Clair parkrun celebrated its 200th parkrun this weekend. The organisers changed the course for this week’s event only so that everyone ran the course the other way round. It was still a challenging run as it is still a hilly course in reverse! They had a second highest turnout with 190 runners finishing the 5k run.

This weekend the 5km parkrun results were as follows:

**Clair parkrun** – 1st Paul Navesey 16:53, Matt Cook 19:44, Marcus Kimmins 21:37, Tim Hicks 21:42, Darja Knotkova-Hanley 23:10, Phil Scott 24:30, Bryan Tiller 24:32, Ewan Kemsley 24:53, Michael Essex 26:16, Sarah Banks 26:31, Mark Sykes 26:33, Howard Booth 26:42, Sue Ledger 27:28, Niamh Lingard 29:07, Clare Kenward 29:58, Gina Hobson 30:06, Richard Bates 31:01.

**Brighton & Hove parkrun** – Ben Gibson 17:14, Oli Gibson 19:20, Hannah Chapman 21:45.

**Medina (Isle of Wight) parkrun** – Liam Banham-Rayward 25:51.

**Horsham parkrun** – Vince Starr 20:01, Colin Brackenbury 20:52, Isla Brackbury 27:30, Peter Cobbett 27:45, Michelle Holdstock 30:32, Justine Tanner 30:33.

**Tilgate parkrun** – Paul Cousins 19:24, Barry Tullett 19:42, Linda Tullett 29:21.