Middy Report 02.07.17

Haywards Heath Harriers held their annual handicap run last week. The race takes place along the South Downs Way from Ditchling Beacon and going eastwards to Blackcap and returning to the starting at Ditchling Beacon where the race finishes. The slowest runner goes off first and then all the other runners go at different points in time according to their ability and the last runner to start is generally the quickest!! The idea is that in theory everyone should finish at the same point in time but in effect everyone usually finishes with a few minutes of each other. The handicap run gives everyone as fair chance of winning and the first over the line is the winner!

The results were as follows:

Finish Position Finish time Actual Run time

1st Matt King 43:59 31:59

2nd Gary Johnson 44:17 44:17

3rd Nick Jarvis 44:39 33:09

4th Kat Barrett 45:36 45:36

5th Patrick Kenward 45:44 38:44

6th James Bennett 45:58 34:58

7th Graham Kenward 45:59 42:29

8th Julian Boyer 46:49 36:49

9th Darja Knotkova-Hanley 48:36 38:36

10th Maresa Pitt 48:47 42:17

11th Richard Haynes 49:09 39:09

12th Mike Essex 49:30 41:00

13th Sarah Banks 51:27 44:47

14th Kath Buckeridge 51:35 43:35

**PICTURE of “BLACKCAP”**

On 25th June, the Midsummer Munroe 2017 which is reputably the hardest half marathon in the UK with a height gain / loss of about 3,300 feet. Phil Payne was first local runner home in 8th place in 1 hr 57 mins and 10 secs. He was followed by Tim Hicks in 41st place in a time of 2 hrs 19 mins 45 secs and then close behind, Kim Lo (5th lady) in 43rd overall and in a time of 2 hrs 20 mins and 2 secs.

Bewl Water 15 miler

The race was honoured with the presence of Dame Kelly Holmes who took park in the race and she finished in 91st place.

Haywards Heath Harriers’s Russ Mullen was first local runner home 14th place in 1 hr 35 mins 15 secs. He was followed Michael Burke 50th position in 1 hr 45 mins 55 secs. Other Harrier finishers were Siobhan Amer in 119th (and 13th lady) in 1 hr 56 mins 09 secs; Jack Chivers 121st in 1 hr 56 mins 51 secs; Matt Quinton was 148th in 1 hr 59 mins 18 secs; Carole Walters 253rd in 2 hrs 08 mins 35 secs; Colin Brackenbury in 256th in 2 hrs 08 mins 40 secs; Carl Bicknell 300th in 2 hrs 13 mins 12 secs; Peter Cobbett 687th in 2 hrs 50 mins 56 secs.

Parkrun report this week:

At Clair parkrun (Haywards Heath)

3rd Julian Boyer 20:08; 5th Paul Cousins 20:32; 12th Andy Guy 21:23; 18th Ryan Armstrong 21:45 (pb); 39th Ewan Kemsley 24:26; 47t Graham Kenward 24:58; 48th Louis Henry 25:41; 57th Howard Booth 26:58; 69th Gina Hobson 27:07; 70th Mark Sykes 27:10; 74th Marion Hemsworth 27:21; 92nd Niamh Lingard 29:40;101st Maureen Rae 31:17; 123 Rupert Purchase 35:11.

Brighton & Hove parkrun - 2nd Ben Gibson 17:12; 6th Matt King 17:54 (pb); 8th Tom Mullen 18:07; 19th Oli Gibson 19:05; 31st James Bennett 19:57; 60th Amy Mitchell 21:24 (pb); 77 Harvey Brackenbury 22:07; 106th Hannah Gibson 23:06; 210 Peter Cobbett 28:49.

Bestwood Village parkrun – 5th Barry Tullett 22:11.

Horsham parkrun – 163rd Justine Tanner 26:23; 211 Michelle Holdstock 28:30.

Tilgate parkrun – 165TH Paul Philpott 26:54; 302nd Toby Wiles 31:25.

Preston Park parkrun – 54th Darja Knotkova-Hanley 21:45; 157th T.J. Watson 25:21.

Reigate parkrun - 15th Cliff Comber 20:46.