Darja and Arun excel at the Inter-Counties Cross Country.

At the Inter-Counties and South East Masters cross country championships at Oxford last weekend a group of Haywards Heath Harriers took part at this event held at Shotover, in north Oxford.

Darja Knotkova-Hanley, a cross country specialist, had a super run finishing in eleventh place in this event - her best ever position! She was also the top Sussex finisher.

Young Arun Khursheed also ran well finishing second Sussex finisher in 26th place overall out of 91 runners.

In the Masters race, Marcus Kimmins and Tim Hicks represented Haywards Heath Harriers and both did well in their age groups categories.

Inter Counties results:

Under 20 women’s race: 11th Darja Knotkova-Hanley 24:33.

Under 13 Boy’s race: 26th Arun Khursheed 11:35.

Master’s results:

Men’s Vet 45 race: 6th Marcus Kimmins 34:12.

Men’s Vet 60 race: 13th Tim Hicks 40:12.

**Track & Field**

Other results: Simeon Cousins ran in the London Universities & Colleges Indoor Championships at Lee Valley on 24 November running in the 60m, 200m. He was also part of the team that won bronze in the 4 x 200 metres relay. Simeon raced well in all his events.

Indoor results:

Simeon Cousins

60 metres: 7.58 secs.

200 metres 24.34 secs.

**Cross Country League:**

On November 30th was the third of the Sussex Cross Country League races that were held at held in Stanmer Park at Brighton. This was the second time this season that Stammer Park has been used for this event. It is surprising what a difference three weeks makes to the ground surface for the cross country runners. This is because it had not rained much in the period in between the two league events and so the footing was noticeably better this time for the cross country runners and as a result most of the senior runners were about 60 seconds quicker than they were three weeks ago at the last league event.

In this third league event of the season, the competition has certainly turned up the heat with more than 600 runners taking part with many youngsters showing the older men and women how to run by taking many of the top placings in the senior events.

In the Under 13 Boys race, the Haywards Heath Harriers did well by having seven runners taking part and they were led home by Arun Khursheed in a marvellous second place.

Darja Knotova-Hanley also had anotehr fine run finishing in 8th place overall.

The Harriers did well overall but were missing back-up strength in the senior men’s and senior women’s races. The league race requires a regular turnout by the runners. But due to injuries and athletes involved in other events meant that the Harriers took a bit of a battering.

The men’s ’A’ team results slid from second to fourth in Division One. Whilst the ladies ‘A’ team did better and improved their team placing from eighth to seventh in Division One.

With one league race to go, it’s all to play for and who knows if the Men’s ‘A’ team can creep back into the top three. The ladies likely to get relegated back to Division 2 at the end of the season.

The final race of the season will be held at Bexhill Leisure Centre on Saturday 8th February 2020.

Results at Stanmer:

**Under 13 Girl’s race:** 38th Maya Dell’Aira Bromley 14:59.

**Senior Ladies race:** 8th Darja Knotkova-Hanley 20:42, 68th Rosie Beckett 25:22, 73rd Karen Thompson 25:53, 79th Liz Earley 26:52. 86th Julie Essex 27:26, 88th Katherine Buckeridge 27:34, 95th Sarah Banks 28:22, 97th Jenny Turner 28:35, 104th Shelagh Robinson 29:57, 109th Claire Annesley 30:40, 118th Cary’s Hind 34:01, 125th Jenny Denyer 40:45.

**Under 11 Boys race:** 30th Samuel Harper 9:07, 38th Noah Blythe 9:29, 42nd Raffi Merchant 10:04.

**Under 13 Boys race**: 2nd Arun Khursheed 11:32, 19th Jacob Roderick 12:32, 20th Oscar French 12:33, 21st Jonathan Beckett 12:34, 26th Jonathan Parkin 12:50, 41st Finley Blythe 13.21, 49th Harry Russell 13:49.

**Under 17 Boys race:** 25th Harvey Alcock 20:58, 35th Ewan Kemsley 25:29.

**Senior Men’s race:** 3rd Chris Smith 28:13, 24th John Kettle 30:17, 42nd Marcus Kimmins 31:23: 51st Matt King 32:05, 57th Russ Mullen 32:28, 79th Paul Cousins 34:08, 87th Michael Burke 34:47, 92nd Andy Hind 35:09, 96th Julian Boyer 35:37, 101st James Moffat 35:58, 110th Chris Russell 36:42, 128th Tim Hicks 37:51, 133rd Andy Dray 38:36, 134th Tim Mellor 38:45, 150th Paul Turner 40:51, 154th Bryan Tiller 41:24, 158th Mark Sykes 41:55, 160th David Harper 41:58.

**More results:**

Samantha Ridley ran in the Valencia Marathon on 1 December finishing in 3 hours 36 minutes and 17 seconds.