Middy Report 11.02.18

**A HOST OF HARRIER “PB’S” AT GOODWOOD**

Haywards Heath Harriers winter excursions took them to the Goodwood Motor Racing Circuit on 4th February for the Chichester 10km. This resulted in a host of new personal bests which were achieved by more than half of the Harriers who entered the event. On a new and faster course were it not for a headwind over the last mile and a half would have produced even quicker results. I know many will be back there next year hoping for an even quicker time in 2018!

Results from Chichester 10km:

13th James Skinner 33:09 (pb); 21st James Collins 33:30 (pb); 32nd Russ Mullen 34:19; 82nd Marcus Kimmins 36:45; 94th Paul Cousins 37:28; 155th Emma Navesey 39:15 (pb); 156th Mark Green 39:14(pb); 190th Jack Chivers 40:23; 211th Alex McGregor 40:45 (pb); 260th Matt Quinton 41:57; 368th Matt Howells 44:32 (pb); 376th Phil Scott 44:14; 438th Carl Bicknell 46:14; 448th Ian Dumbrell 46:03 (pb); 570th Karen Thompson 49:07 (pb); 690th Graham Kenward 50:32 (pb); 719th Marion Hemsworth 51:36.

Three Harriers ventured to Farnborough on the 21st January for the Farnborough Half Marathon. Phil Payne and Michael Burke both ran personal bests. Phil was 33rd in 83 minutes and 8 seconds. Michael was 42nd in 84 minutes and 35 seconds. Kim Lo was 134th in 1 hour 30 minutes and 24 seconds.

A group of Harriers went to the Worthing Half Marathon last Sunday 11th February. Again, the winter weather affected performances but still, the stalwarts of road running battled the elements to complete the half marathon. Well done to Chris Glanfield knocking 3 minutes off his personal best and Liam Banham-Rayward running his first ever half marathon.

Results from Worthing Half Marathon were: 36th Matt Cook 1:23.17; 44th Matt King 1:23.59 (pb); 177th Matt Quinton 1:32.54; 341st Chris Glanfield 1:40.19 (pb); 571st Carl Bicknell 1:47.53; 580th Bryan Tiller 1:45.51; 586th Graham Jenner 1:47.20; 589th Oliver Farr 1:48.05; 761st Liam Banham Rayward 1:50.57 (pb); 884th Marion Hemsworth 1:55.38.

Young Harriers results:

Congratulation to the young Harriers who have been selected to represent Sussex at the indoor who under 11 sportshall regional Inter Counties at Guildford on the 10 February. The youngsters are: Mae Robinson, Charlie and George Bonwick-Adams Thomas Pearce and Jack Twibell - good luck to them all!

Sussex Sports Hall League results at Horsham on 4th February at Tandridge House School.

**Girls u/11. DONE**

2 Lap Sprint: ‘A’ race: 4th Mae Robinson 25.8 secs, ‘B’ race: 4th Maia Bliss-Tomlinson 26.6 secs

Standing Long Jump: ‘A’ 4th Mae Robinson 1m78, ‘B’ 3rd Maia Bliss-Tomlinson 1m76.

Speed Bounce: ‘A’ 4th Mae Robinson 50; ‘B’ equal 3rd Maia Bliss-Tomlinson 50.

4 x 1 Lap Relay:4th Haywards Heath 53.6 secs.

**Girls u/13.** **DONE**

2 Lap Sprint: ‘A’ race: 5th Hannah Taylor 24.6 secs; B’ race: 4th Ella Greenslade 25.8 secs.

4 Lap race: ‘A’: 4th Ella Greenslade 56.8 secs; B’ race: 4th Millie Sommerville 57.3 secs.

6 Lap race ‘A’: 4th Phoebe Whiting 1min 28.5 secs; ‘B race: 5th Jessica Bashford-Dickens 1min 43.5 secs.

Speed Bounce: ‘A’ 3rd Millie Sommerville 80; ‘B’ 1st Phoebe Whiting 78.

Standing Triple Jump: ‘A’ 5th Ella Greenslade 5m11; ‘B’ 4th Jessica Bashford-Dickens 4m58.

Shot Putt: ‘A’ 4th Phoebe Whiting 4m95; ‘B’ 4th Hannah Taylor: 4m08.

Vertical Jump: ‘A’ 5th Hannah Taylor: 47, ‘B’ 5h Jessica Bashford-Dickens: 31.

8 Lap Parlauf: 4th th Haywards Heath 1min 52.1 secs.

4 x 2 Lap Relay: 4th Haywards Heath 1min 48.6 secs.

**Boys u/11: DONE**

2 Lap Sprint: ‘A’ race: 5th Thomas Pearce 24.4 secs; ‘B’ race: 5th Jack Twibell 25.1 secs.

Standing Long Jump: ‘A’ 4th Thomas Pearce 1m98; ‘B’ 5th Stanley Flower 1m62.

Speed Bounce: ‘A’ 4th Harry Krombas: 48, ‘B’ 5th Stanley Flower 40.

4 x 1 Lap Relay:4th Haywards Heath 49.7 secs.

**Boys u/13: DONE**

2 Lap Sprint: ‘A’ race: 5th Alex Booth 24.2 secs; ‘B’ race: 3rd Sam Quickfall 24.2 secs.

4 Lap race: ‘A’ 3rd Charlie Bonwick-Adams 50.1 secs; ‘B’ race’: 4th George Bonwick-Adams 53.7 secs.

6 Lap race: ‘A’: 3rd Oliver Simpson 1min 21.1 secs; ‘B race: 4th Louis Henry 1min 30.5 secs.

Speed Bounce: ‘A’ 1st George Bonwick-Adams 79, ‘B’ 2nd Charlie Bonwick-Adams: 68.

Standing Triple Jump: ‘A’ 5th Sam Quickfall; 5m28; ‘B’ 4th Alex Booth 5m07.

Shot Putt: ‘A’ 4th Tom Swainston 5m76; ‘B’ 4th Louis Henry 4m35.

Vertical Jump: ‘A’ 3rd Tom Swainston:48, ‘B’ 3rd Oliver Simpson: 38.

8 Lap Parlauf: 2nd Haywards Heath 1min 41.2 secs.

4 x 2 Lap Relay:4th Haywards Heath 1min 40.8 secs.

**Boys u/15: DONE**

2 Lap Sprint: ‘A’ race: 4th Ethan Lambert 23.1 secs; ‘B’ race: 4th Lio Robinson 24.6 secs.

Speed Bounce: ‘A’ equal 1st Ethan Lambert 89; ‘B’ equal 1st Lio Robinson 78.

Standing Triple Jump: ‘A’ 4th Ethan Lambert 6m10; ‘B’ 4th Lio Robinson 5m94.

**Non-Scoring:**

2 Lap Race: Harry Krombas 25.9 secs, Stanley Flower 24.6 secs, Teddy Sturgess 27.4 secs, Harvey Gwynn 25.8 secs, Lewis King 27.1 secs, Ben Taylor 25.9 secs, Toby Simpson 25.9 secs, Millie Fairbrother 27.6 secs, Brooke Bashford 30.0 secs, Kitty Gandarez 27.6 secs, Bethany Hilton 29.9 secs.

Speed Bounce: Thomas Pearce 54, Jack Twibell 40, Harvey Gwynn 43, Lewis King 47, Ben Taylor 46, Toby Simpson 49, Millie Fairbrother 45, Brooke Bashford 38, Kitty Gandarez 48, Bethany Hilton 41, Erin Gaston 46.

Standing Long Jump: Harry Krombas 1m60, Jack Twibell 1m81, Harvey Gwynn 1m46, Lewis King 1m43, Ben Taylor 1m72, Toby Simpson 1m56, Brooke Bashford 1m19, Kitty Gandarez 1m58, Bethany Hilton 1m24, Erin Gaston 1m49.

Shot Putt: Teddy Sturgess 3m85.

4 x 2 Lap Relay: Haywards Heath 1min 46.6 secs; Haywards Heath 1min 39.5 secs

Match result: Girls 5th; Boys 4th.

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