**HARRIERS TURN OUT FOR SUSSEX CROSS COUNTRY LEAGUE**

A great turnout by the Haywards Heath Harriers at Sussex Cross Country League at Ardingly on 12 November. This was the second year that the Harriers have organised this event in recent times at the Ardingly Showground.

After a period of rain falling in Sussex and the rest of the country, the ground at Ardingly was surprisingly not muddy as was expected. This did not annul the fact the hills were still part of the cross-country course next to the showground.

The junior members of the club did well to get runners out in most of their age groups.

There were eighteen men and ten women competing in the final two races of the day.



**Jamie Topping (494) and Chris Turner (464) at Ardingly Cross Country.**

Harrier’s results were:

**Under 11 Boys:** 6th **Ethan Rowen** 8:08; 30th **Marcos Selby** 9:05; 42nd **Rohan Barnes** 9:28.

**Under 11 Girls:** 12th **Leila Warncke** 9:11; 31st **Coco Rhodes** 11:23.

**Under 13 Girls:** 23rd **Olivia Byers** 13:53; 39th **Anna Duncan** 14:41; 48th **Naia Myles** 17:12.

**Under 13 Boys:** 48th **George Plenty** 13:48; 55th **Olly Raison** 15:14.

**Under 15 Boys:** 8th **Arun Khursheed** 15:23.

**Under 17 Men:** 11th **Jonathan Beckett** 18:52.

**Senior Women:** 55th **Julie Kamel** 24:01; 67th **Kim Lo** 24:48; 73rd **Sam Ridley** 25:27; 98th **Jayne Brewer** 27:15; 107th **Jacqueline Barnes** 28:45; 110th **Sarah Hamilton** 29:18; 114th **Shelagh Robinson** 29:56; 124th **Caroline Mackey-Khursheed** 31:05; 134th **Carys Hind** 33:23; 136th **Katherine Woodhouse** 34:07.

**Senior Men:** 27th **Chris Turner** 30:31; 41st **Ben Gibson** 31:34; 45th **Jamie Topping** 31:43; 53rd **Russ Mullen** 32:01; 54th **Ian Kenton** 32:05; 74th **Will Herbert** 33:21; 89th **James Moffat** 34:12; 93rd **Andy Hind** 34:18; 94th **Matt King** 34:20; 116th **Tim Miller** 36:04; 123rd **Greg Hilton** 36:30; 148th **Mike Dickinson** 38:42; 151st **Tim Hicks** 38:48; 169th **Phil Scott** 41:53; 174th **Josh Franks** 42:40; 178th **Bob Adams** 43:23; 184th **Mark Sykes** 44:56.

**Road Racing**

At the Brighton 10 Kilometres race on 20 November. **Will Herbert** was the first Harrier home in thirty-six minutes and fifteen seconds and **Emily Hague** first Harrier lady in 41 minutes and 55 seconds.



**(L-R); Rob Watts, Eric Hepburn, Matt Cook, Gemma Morgan and Caroline Mackey-Khursheed.**

The race was very competitive this year due to an inter counties competition between Sussex, Essex, Hertfordshire, Kent, Berkshire and Hampshire.  There were no Harriers in the inter-county competition this year but local lad, **Jack Gumm** (Bath University), finished in a super fourth place overall in a time on thirty-one minutes and fifteen seconds and was first Sussex man home. Sussex finished third in this team event.

Harrier’s results were:

81st **Will Herbert** 36:15; 115th **Daniel Moll-Morgan** 37:22; 137th **Matt Cook** 37:57; 191st **Rob Watts** 41:37; 247th **Emily Hague** 41:55; 415th **Phil Scott** 46:31; 419th **Gemma Morgan** 46:49; 482nd **Eric Hepburn** 48:38; 548th **Mark Davies** 50:14; 606th **Richard Jobling** 51:35; 684th **Caroline Mackey-Khursheed** 53:19; 752nd **Sarah Hamilton** 54:37; 1069th **Caroline Gumm** 64:09;

**Sussex Sports Hall League**

On Sunday 30th October was the first round of the Sussex Sports Hall League which was held at Horsham. The team finished in seventh place out of eight teams. The Harriers results were as follows:

**Boys u/11:**

1 Lap Sprint: ‘A’ race: 4th **Ethan Rowen** 14.30 secs.

1 Lap Sprint: ‘B’ race: 4th **Caspar Roderick** 14.90 secs.

4 Lap: ‘A’ race: 6th **Harley Mills** 65.4 secs.

4 Lap: ‘B’ race: 1st **Ethan Rowen** 60.4 secs.

6 Lap Parlauf: 5th Haywards Heath: 1 min 36.4 secs.

4 x 1 Lap Relay: 6th Haywards Heath: 60.60 secs.

Standing Long Jump: ‘A’ 6th **Caspar Roderick** 1m65,

Standing Long Jump: ‘B’ 4th **Harley Mills** 1m53.

Vertical Jump: ‘A’ 6th **Caspar Roderick** 35.

Vertical Jump: ‘B’ 6th **William Roderick** 23.

Speed Bounce: ‘A’ 3rd **Harley Mills** 49.

Speed Bounce: ‘B’ 2nd **William Roderick** 46.

**Girls u/13:**

2 Lap: ‘A’ race: 7th **Jessie Diack** 28.80 secs.

4 Lap: ‘A’ race: 6th **Lucy Roderick** 66.10 secs.

Standing Long Jump: ‘A’ 6th **Jessie Diack** 1m88.

Standing Triple Jump: ‘A’ 6th **Lucy Roderick** 4m12.

Standing Triple Jump: ‘B’ **Lorna Cole** 3m58.

Vertical Jump: ‘A’ 7th **Jessie Diack** 44.

Vertical Jump: ‘B’ 6th **Lorna Cole** 27.

Speed Bounce: ‘A’ 5th **Lucy Roderick** 70.

Speed Bounce: ‘B’ 6th **Lorna Cole** 51.

**Boys u/13:**

4 Lap: ‘A’ race: 2nd **Charlie Stay** 56.0 secs.

4 Lap: ‘B’ race: 5th **Jack Diack** 65.90 secs.

Standing Long Jump: ‘A’ 1st **Charlie Stay** 2m29.

Standing Long Jump: ‘B’ 4th **Jack Diack** 1m61.

Vertical Jump: ‘A’ 6th **Jack Diack** 30.

Speed Bounce: ‘A’ 3rd **Charlie Stay** 74.

**Girls u/15:**

2 Lap: ‘A’ race: 6th **Alex Young** 30.40 secs.

Standing Long Jump: ‘A’ 4th **Anya Cole** 2m00.

Standing Long Jump: ‘B’ 6th **Alex Young** 1m70.

Standing Triple Jump: ‘A’ 3rd **Anya Cole** 6m14.

Vertical Jump: ‘A’ 3rd **Anya Cole** 53.

Speed Bounce: ‘A’ 6th **Alex Young** 51.

**Boys u/15:**

Standing Long Jump: ‘A’ 4th **Elliot Lister** 2m14.

Vertical Jump: ‘A’ 5th **Elliot Lister** 44.

**Other Harrier Results:**

**Ollie Farr** ran his 89th marathon in the Running Tribe Series race number 11 on Saturday 26 November and finished in 5 hours 24 minutes and 5 seconds. This follows his marathon last week (marathon number 88) at the Phoenix Autumn Marathon at Sunbury-on-Thames where he again, finished in 4 hours 44 minutes and 30 seconds.