**Middy Report 9 Jan 2023**

**Cross Country**

The Sussex Cross County Championships were held at Bexhill on Saturday 7 January. A small team of Harriers took part in what annually is a very competitive event for most Sussex clubs. With races for the under eleven boys and girls right up to the senior men and women races. There were twelve races in all with the under twenty men’s race combined with the senior men’s race and the under twenty women’s race combined with the senior women’s race.

Bexhill and the weather did not let the cross-country runners down as all the runners were challenged with a very windy and muddy course at Bexhill Down. Though they were let off as it did not rain!

Top harrier finisher was youngster **Arun Khursheed**, running what is his last race for the club as he’s joining with Brighton and Hove Athletic Club shortly to enlarge his experience of athletics and cross country.

Results were as follows:

U15 Boy’s race: 6th **Arun Khursheed** 15:08.

Senior Women’s race: 37th **Shelagh Robinson** 52:21; 41st **Caroline Mackey-Khursheed** 58:21.

Senior Men’s race: 37th **Chris Turner** 41:00; 42nd **Jamie Topping** 41:32; 70th **Oliver Fyfe** 45:58; 84th **Tim Miller** 48:37; 95th **Tim Hicks** 52:59.

**Other Harrier Results:**



**Oli Farr’s finisher medal at the Run Hawaii 5-0 Marathon**

**Oliver Farr** ran his 93rd marathon on Monday 2nd January at the Saturn Run Hawai 5-0, finishing in a steady four hours and twenty-seven minutes. This was following his marathon the previous week at Walton-on-Thames (29 December) at the Frozen-Phoenix marathon which he finished in four hours and forty-four minutes. The previous week (on 18 December) Olli ran in the Portsmouth Marathon which he ran in four hours and ten minutes. And then going back to 10 December, he ran a marathon at Staines-on-Thames and finished in exactly five hours.

Ultra runner, **Carl Bicknell**, also ran in the Frozen-Phoenix Marathon (on December 29) using the run as a training run for his ultra-training and finished in four hours and forty-five minutes.

**Parkrun roundup.**

Clair parkrun: 2nd **Harvey Alcock** 17:47; 3rd **Will Grey** 18:16; 8th **Andy Hind** 20:13; 12th **Steven Heath** 21:10; 17th **James Bennett** 21:32; 19th **Paul Cousins** 22:04; 20th **Nick Skov** 22:07; 23rd **Rob Watts** 22:22; 26th **Simeon Wishlade** 22:44; 27th **Oliver Francis** 22:51; 35th **Oliver Farr** 24:09; 41st **Katie Reed** 25:04; 44th **Chris Glanfield** 26:00; 56th **Ian Dumbrell** 27:29; 72 **Greg Hilton** 28:58; 86th **Caroline Gumm** 30:41 (pb); 90th **Mark Songi** 31:02; 118th **Shelagh Robinson** 33:57; 157th **Kath Buckeridge** 55:04; 158th **Sarah Heron-Smith** 55:04.

Nonsuch parkrun: 36th **Pete Francis** 21:52 (pb).

Tilgate parkrun: 126th **Clare Kenward** 29:19; 140th **Jack Chivers** 29:44; 216th **Graham Kenward** 33:02; 283rd **Emma Pryor** 36:24; 333rd **Patrick Kenward** 40:47 (pb).

Homewood parkrun: 36th **Carl Bicknell** 28:23 (pb).

Preston Park parkrun: 3rd **Jamie Gibson** 18:14.

East Grinstead parkrun: 14th **Eric Hepburn** 28:26.

Hastings parkrun: 82nd **Lucy Anderson** 24:48 (pb).

Sherwood Pines parkrun: 9th **Barry Tullett** 20:50 (pb); 163rd **Linda Tullett** 32:29 (pb).

Bevendean parkrun: 12th **James Smyth** 24:40 (pb); 15th **Abi Redd** 25:27 (pb): 69th **Julie Essex** 43:09.

Woodbridge Riverside parkrun (Australia): 24th **Lydia Levy** 23:32 (pb).