The Harriers results from the Sussex Vets Track and Field League in a combined team of Lewes Athletic Club and Haywards Heath Harriers athletes on Monday 23rd July at Lewes were as follows:

Men:

Andy Dray: 100m 13.7 secs (pb); 400m 62.5 secs (pb); High Jump 1m45 (pb and club V45 record).

John Palmer: 100m 15.3 secs; 400m 69.7 secs (pb).

Paul Cousins 100m 15.1 secs; 5000m 17:45.2 secs.

Jack Chivers: 400m 67.1 secs (pb); 1500m 5:00.4 secs; Long Jump 2.92m (pb).

Peter Harding 400m 66.5 secs (pb); 1500m 5:07.3 secs (pb).

Ian Dumbrell: 400m 66.9 secs (pb).

Julian Boyer: 400m 63.8 secs.

Matt King: 1500m 4:48.8 secs (club V35 record and pb).

James Skinner: 4:19.6 secs; 5000m 15:49.9 secs.

Mark McLoughlin: 1500m 5:14.1secs.

Barry Tullett: 5:17.2 secs.

Tim Hicks: 5:31.6 secs.

John Morgan: High Jump 1.20m (club V70 record); V50 Hammer 10.43m.

Mike Bale: V50 Shot Putt 7.00m; V60 Shot Putt 7.65m; V60 Hammer 32.08m.

1600m Medley relay: 4:32.8 secs.

Women:

Abigail Redd: 100m 17.1 secs (pb); 1500m 5:54.7 secs (pb); Hammer 5.74m.

Jaqueline Barnes 400m 84.6 secs; Javelin 8.69m.

Karen Thompson 400m 68.9 secs.

Linda Tullett: Triple Jump 5.38m; Hammer 6.50m; Javelin 10.86m.

1600m Medley Relay: 5:35.9 secs.

The International Snowdon Mountain 10 mile race took place in Wales on 21st July. This is a fell runners dream, requiring a very high fitness level to take on the challenge of running 5 miles up a mountain and then returning the same way down rough paths to the finish at the bottom. James Collins ran in this event and finished in 181st position in a time of 1 hour 20 minutes and 10 seconds. Another Haywards Heath Harrier, Chris Smith, came fourth in this event in a time of 1 hour 8 minutes and 14 seconds.

At the Crawley Open Meeting on Wednesday 25th July, Alex Stubbs ran in the 100m finishing in a pb of 14.3 secs.

At the Southern Under 13 County Match, Charlie Parvin ran in the 100m and finished in 14.42 seconds in his race.

At the Under 15 Sussex Track and Field League on Friday 27th July at Horsham, the young Harriers came home with a basket load of personal bests (pb’s). Between the 5 youngsters they had 10 personal bests between them!

Results were as follows:

Boys Results:

Ethan Lambert: 6th ‘A’ string 100m 13.3 secs (pb); 6th ‘A’ string 200m 28.3 sec; 5th ‘A’ string Long Jump 4.34m (pb)

Louis Henry: 4th ‘B’ string 200m 33.3 secs (pb); 4th ‘B’ string shot Putt 4.81m (pb);

James Boyer: 5th ‘A’ string Shot Putt 6.32m (pb);

Girls Results:

Lily Bliss-Tomlinson: 4th ‘A’ string 100m 14.9 secs (pb); 4th ‘A’ string 200m 30.8 secs (pb);

Abigail Pendlebury: 4th ‘B’ string 100m 16.7 secs (pb); 3rd ‘B’ string 200m 35.2 secs (pb); 6th ‘A’ string Long Jump 2.85m (pb);

This Seven Stiles West Sussex Fun Run League race was held at Henfield on Sunday 29th July. 4 Harriers took part. Results were: 28th Julian Boyer 26.45, 79th Ian Dumbrell 29.47, 124th Mark Armitage 32.19, 266th Richard Bates 42:08.

On 29 July, James Skinner ran at the Soar Mile at the Olympic Park. James target was to break another ancient Harrier record set by Rodney Burrows of 4 minutes and 44.7 seconds set back in 1989. James’s best time this season was 4 minutes 45.2 set at the Haywards Heath Harriers Track and Field event in April. James set off in the race with the first lap of the 400 metre track in 71 seconds, He felt good and increased his pace and went with the leaders in this “paced” race and was rewarded by running a superb 4 minutes 32.84 seconds seconds to run the fastest mile by a veteran 45 male this year and his time for the mile was the 4th fastest time ever by a veteran 45 man. Congratulations James.

At the Watford Open Graded Meeting last Wednesday 25 July, Harrier Darja Knotkova-Hanley ran a new club record for Under 20 Women’s 3000 metres in a time of 10 minutes 25.77 seconds to improved on her own record she set earlier this season by nearly 2 seconds.

At the Youth Development League for the under 17’s and under 20 age group at Dartford.on Sunday 29th July, young Adam Dray ran in the 1500 metre race and finishes in 4th place in a time of 4 mins 19.8 secs.

At the Birthday Boy’s 10000 metres race at the Withdean Stadium on 2 August.3 Harriers took part in this evening race. There, James Skinner took yet another veteran club record from Rodney Burrows in the V40 age group by finishing second in the race and knocking off 36 seconds from Rodney’s record which has stood unchallenged since 1985. James’ time was 32 minutes and 47.7 seconds. Matt King also broke the veteran 35 age group record by 62 seconds to record a time of 37 minutes 47.8 secs and finishing in 11th pace. Paul Cousins also ran and finished 8th in a time of 36 minutes and 55.5 seconds.

On Wednesday 1st August was the “High Down Hike” This is another of the West Sussex Fun Run League events which was held at Worthing. Only three Harriers ran this event. Results were as follows:

124th Mark Armitage 33:05; 145th Graham Kenward 34:05; 292nd Richard Bates 292nd 44:13.

South Coast 10km race at Seaford on 29 July.

2nd in the 10km race was Matt King in 39 mins 0 secs. Tim Miller finished in 32nd place in a time of 1 hr 44 mins and 40 secs in his first Half Marathon for the Harriers.