**Harvey Smashes Mid Sussex Marathon Race**

**Harvey Alcock at the Mid Sussex Marathon**

**Harvey Alcock** ran superbly finishing in third place overall for the whole marathon distance at the Mid Sussex Marathon weekend held on May Bank Holiday.

There were four Harriers altogether who ran all three races. They were **Harvey Alcock** who completed the marathon in 2 hours 49 minutes and 21 seconds; **Mark Davies** in 4 hours 19 minutes and 48 seconds; **Richard Jobling** in 4 hours 21 minutes and 10 seconds) and **Emma Pryor** in 5 hours 43 minutes and 42 seconds.

The first race was held at East Grinstead Ten Mile Race on the Saturday 29th April, followed by the Haywards Heath Ten Miler on Sunday 30th April, then followed by a ten kilometres race at Burgess Hill on the bank holiday Monday 1st May.

All three races were multi-terrain with plenty of mud on the Saturday and Monday races.



**Harriers at Haywards Heath 10: (L-R): Will Herbert, Richard Jobling, Josh Franks, James Smyth, Matt King, Julie Kamel, Oliver Francis, Tom Sommerfelt, Greg Hilton, Graham Moffat, Steven Heath, Abigail Redd, Simon Robinson, Marion Hemsworth, Michael Dickinson, Rachael Overton, Simeon Wishlade and Harvey Alcock.**

The complete Haywards Heath Harriers results for the three races were as follows:

East Grinstead ten mile race: 3rd **Harvey Alcock** 1:09:16; 8th **Steve Dallman** 1:16:29; 105th **Richard Jobling** 1:45:18; 121st **Mark Davies** 1:48:42; 237th **Emma Pryor** 2:18:21.

Haywards Heath ten mile race: 5th **Russ Mullen** 1:00:14; 7th **Harvey Alcock** 1:00:32; 19th **James Moffat** 1:04:18; 25th **Will Herbert** 1:05:45; 33rd **Greg Hilton** 1:08:02; 37th **Matt King** 1:09:01; 45th **Tom Sommerfelt** 1:10:33; 52nd **Tim Miller** 1:11:55; 64th **Rachael Overton** 1:12:45 (6th lady); 66th **Simeon Wishlade** 1:13:39; 68th **Steven Heath** 1:13:55; 76th **Michael Dickinson** 1:15:49; 85th **Abigail Redd** 1:16:21; 91st **James Smyth** 1:16:46; 95th **James Booth** 1:16:59; 96th **Julie Kamel** 1:17:29; 102nd **Oliver Francis** 1:18:42; 121st **Sam Atkin** 1:21:02; 147th **Andrew Wilson** 1:24:39; 221st **Mark Davies** 1:30:38; 250th **Richard Jobling** 1:34:18; 270th **Marion Hemsworth** 1:36:10; 314th **Emma Pryor** 1:41:27;

Burgess Hill ten kilometres race: 4th **Harvey Alcock** 39:33; 123rd **Mark Davies** 1:00:28; 136th **Richard Jobling** 1:01:34; 324th **Emma Pryor** 1:43:54.

**Athletics**

On Friday 21st April at the Withdean Stadium in Brighton a group of young Harriers took part in the Sussex Under 15 league. They all achieved personal bests and at the same time experiencing competing in a county league event. Their results were as follows:

U15 Boys: **Charlie Stay**: 5th 100m ‘A’ 13.7 secs (pb); 7th 200m ‘A’ 28.5 secs (pb); 6th Long Jump ‘A’ 4.27 metres (pb).

U15 Girls: **Evie Miller** 5th 200m ‘A’ 31.6 secs (pb); **Magdalena Goodman**: 4th 200m ‘B’ 32.1 secs (pb); **Anya Cole** 1st High Jump ‘A’ 1.40m; 4th Discus Turn ‘A’ 14.84m.

**Sussex Road Relays at Preston Park, Brighton**

The Sussex Road Relays were held at Preston Park on the 8th April. The conditions were lovely with spring well into the air.

The relays are generally seen by many as a leveller because all the athletes compete over the same distance of two miles except for the youngest three age groups (up to and including the under fifteens) who run one lap of the one mile circuit).

For the first time in many years the Harriers were missing entrants for both the senior men and senior women’s teams.

Results were as follows:

Under 11 Boy’s race: 6th HHH ‘A’ in 20:43 (**Marcos Selby** 6:49, **Rohan Barnes** 7:06; **Reuben Nicholson** 6:47).

Under 13 Girl’s race: 13th HHH ‘A’ in 22:10. (**Coco Rhodes** 7:56, **Molly Clarke** 7:34; **Charlotte Threfall** 6:39).

Men’s Over 50’s race: 12th HHH ‘A’ in 38:57 (13:42; **Andy Dray** 13:07; **Julian Boyer** 12:06).

Men’s Over 60’s race: 2nd HHH ‘A’ in 38:39 (**Paul Cousins** 12:01; **Eric Hepburn** 14:14; **Mark McLaughlan** 12:23); 9th HHH ‘B’ in 44:02 (**Carl Bicknell** 14.17; 15:27; 14:17).

Women’s Over 50’s race: 5th HHH ‘A’ in (**Jacqueline Barnes** 15:54; **Sarah Hamilton** 16:41; **Samantha Ridley** 14:37).

**Other Harrier Results:**



**Steven Heath (left) with Will Axell.**

**Steven Heath** took part in his first ultra run on 6 May at the “Run To The Sea.” The race starting from Christs Hospital following the Downslink footpath and then along the South Downs Way (eastwards) then down to Brighton just before Ditchling Beacon. Steven finishing the thirty one mile ultra in five hours and twelve minutes thirty five seconds with Will Axell two seconds behind.

**James Bennett** ran one hour thirty nine minutes and forty six seconds to finish in eleventh place in the Seaford Martello Half Marathon on 16 April. James also finished the Milton Keynes Half Marathon on 30 April in one hour twenty seven minutes and fifty three seconds.

On 30 April at the Worthing Half Marathon the Harriers had two runners competing: **Matt Cook** and **Greg Broad**. Matt finishing in one hour twenty three minutes and seven seconds and Greg finished in one hour thirty eight minutes and twenty seven seconds.

**Sarah Hamilton** ran in the 10 kilometres race, finishing in fifty seven minutes and thirty nine seconds.