**Juniors shine at Track & Field League**

**Under 13’s Track and Field League**

**(By Linda Tullett)**

The first round of the **Sussex Under 13 League** took place last Friday and what an evening it was. Our youngest league team competed above expectations to come away with a **second place** at K2, Crawley – many of them competing for the club for the first time. There were some fantastic individual performances, but it was the team spirit amongst all the competing athletes that was the winner on the night, whether it was cheering each other on, encouraging them before their event or greeting them after they had finished. Each and every one of them embraced what leagues are all about – filling the events to get as many points as possible.

**Charlie Stay** started the evening off well by winning the Boys 75m and followed it by a 150m win, just after **Rafael Selby** won the boys 75m hurdles, each gaining 6 points for a win. 5 points for 2nd place were also picked up in the Boys A and B String High Jump (**Ben Farmer** and **Jack Diack**), **Zach Thwaites** (150m B String), **Jack Diack** (600m B String) and **Sam Duffield** (1000m B String). There were also great performances from **Jacob Harper** in the Boys Javelin and Long Jump, and the Boys 4 x 100m relay team of **Charlie, Zach**, **Jacob** and **Rafael.**

For the girls, we had 2nd place from **Naia Myles** in the B String 600m, along with a 4th place in the A string High Jump, **Lorni Cole** gaining 3rd place and 4 points in the B string, **Megan Kemp** ran into 4th place in the A string 150m, with **Jessica Diack** 3rd in the B String, **Annabelle Parkin** gained some valuable points in the shot finishing 3rd (plus a 4th in the 600m A string), **Annabel Axford** and **Lucy Roderick** scored well in the 1000m with 4th and 3rd place respectively. Points were also gained in the Long Jump by **Jessica Diack** and **Lucy Roderick.**

It was such a lovely meeting to be part of and a very proud moment for the team manager and the coaches who were there on the night.

The full results are as follows:

|  |  |  |
| --- | --- | --- |
| 1 | Crawley | 232 points |
| 2 | **Haywards Heath** | **108** |
| 3 | East Grinstead | 106 |
| 4 | Horsham | 85 |
| 6 | Worthing | 70 |
| 5 | Chichester | 45 |

**Girls**

**75m A** Points

|  |  |  |  |
| --- | --- | --- | --- |
| 5 | Megan Kemp | 11.6 | 2 |

**75m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 6 | Lorni Cole | 13.2 | 1 |

**150m A**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Megan Kemp | 23.9 | 3 |

**150m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Jessica Diack | 24.7 | 4 |

**600m A**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Annabelle Parkin | 2:11.5 | 3 |

**600m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 2 | Naia Myles | 2:20.1 | 5 |

**1000m A**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Annabel Axford | 3:52.2 | 3 |

**1000m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Lucy Roderick | 3:56.9 | 4 |

**High Jump A**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Naia Myles | 1.20 | 3 |

**High Jump B**

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Lorni Cole | 1.00 | 4 |

**Long Jump A**

|  |  |  |  |
| --- | --- | --- | --- |
| 6 | Jessica Diack | 3.16 | 1 |

**Long Jump B**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Lucy Roderick | 2.76 | 3 |

**Shot A**

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Annabelle Parkin | 4.01 | 4 |

**4 x 100m**

|  |  |  |  |
| --- | --- | --- | --- |
| 5 | Annabelle Parkin, Megan Kemp, Lucy Roderick, Naia Myles | 68.3 | 2 |

**Boys**

**75m A**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Charlie Stay | 10.7 | 6 |

**75m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Sam Duffield | 12.3 | 3 |

**150m A**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Charlie Stay | 21.7 | 6 |

**150m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 2 | Zach Thwaites | 22.8 | 5 |

**600m A**

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Ben Farmer | 2:02.7 | 4 |

**600m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 2 | Jack Diack | 2:21.8 | 5 |

**1500m A**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Rafael Selby | 3:32.3 | 3 |

**1500m B**

|  |  |  |  |
| --- | --- | --- | --- |
| 2 | Sam Duffield | 3:48.6 | 5 |

**75mH A**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Rafael Selby | 16.4 | 6 |

**High Jump A**

|  |  |  |  |
| --- | --- | --- | --- |
| 2 | Ben Farmer | 1.10 | 5 |

**High Jump B**

|  |  |  |  |
| --- | --- | --- | --- |
| 2 | Jack Diack | 1.00 | 5 |

**Long Jump A**

|  |  |  |  |
| --- | --- | --- | --- |
| 5 | Zach Thwaites | 3.12 | 2 |

**Long Jump B**

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Jacob Harper | 2.53 | 4 |

**Javelin A**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Jacob Harper | 11.60 | 3 |

**4 x 100m**

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Charlie Stay, Jacob Harper, Zach Thwaites, Rafael Selby | 64.3 | 4 |

**Other Harrier results:**

At the Ardingly PB 5 km races on 4 May, the Harriers had great results. With rain affecting the earlier race which was held off by a few minutes until the downpour had ended made slightly slippery conditions on a new fast course around the showground at Ardingly.

Under 17 **Jonathan Beckett** had the best run of his life and ran under the seventeen minutes barrier for the first time, setting a new age club record in the process with a personal best of sixteen minutes and forty eight seconds.

Results were as follows: **Jamie Topping** 16:30 (pb), **Ian Kenton** 16:41; **Jonathan Beckett** 16:48 (pb and U17 club record); **Harvey Alcock** 17:11; **Sam Fernley** 17:14 (pb); **Arun Khursheed** 17:28; **James Moffat** 18:03; **Charles Carr** 19:33; **Barry Tullett** 19:50 (V55 club record); **Ian Tomkins** 23:10.

**Oli Farr** finished his seventy third marathon at the Three Forts Challenge which was a hilly marathon over the South Downs which he finished in a time of five hours and one minute.

**Daniel Moll-Morgan** had an amazing run in the Milton Keynes Marathon on 2 May finishing in twenty second place overall in a time of two hours and fifty-two minutes and twenty-eight seconds even though suffering from stomach issues!!

**Parkrun round-up**

Young **Finlay Blythe** had a super run at the Hove Prom parkrun, smashing his personal best time and with a new club record in the under 15 age group with a time of seventeen minutes and two seconds.

Clair parkrun: 1st **Ben Gibson** 17:52; 2nd **Harvey Alcock** 18:56; 6th **George Adams** 20:29; 7th **Jonathan Beckett** 20:47; 9th **Pete Francis** 20:56, 11th **Andy Hind** 21:30; 16th **James Bennett** 22:15; 18th **Oliver Francis** 22:37; 19th **Simon Robinson** 22:46; 23rd **Bob Adams** 23:15; 27 **Katie Reed** 23:37; 32nd **Simeon Wishlade** 24:22; 33rd **Paul Cousins** 24:22; 37th **Annabel Axford** 24:29; 40th **Howard Booth** 25:06; 43rd **Gemma Morgan** 25:13; 60th **Sarah Hamilton** 27:03; 73rd **Emma Pryor** 28:52; 94th **Carys Hind** 32:10.

Tilgate parkrun: 20th **Barry Tullett** 21:00; 26th **Julian Boyer** 21:44; 58th **Ian Tomkins** 24:02; 118th **Jack Chivers** 27:46; 237th **Linda Tullett** 34:03.

Reigate parkrun: 198th **Michael Parish** 30:04.

Penrhyn parkrun: 29th **Eric Hepburn** 23:29.

Hove Prom parkrun: 3rd **Finlay Blythe** 17:02 (pb); 48th **Abigail Redd** 20:20 (pb); 134th **Oli Farr** 23:11.

Seaford Beach parkrun: 4th **Ryan Armstrong** 18:50, 34th **Jason Robinson** 22:39; 89th **Shelagh Robinson** 26:54.

Littlehampton parkrun: 16th **Abby Ross** 21:40.