Haywards Heath Harriers were busy at the weekend. A combination of off-road (trail) half and full marathons on one side whilst the Harriers youngsters and seniors were involved in a major county athletics competition at K2 in Crawley for the whole weekend. The results were as follows:

Endurance results:

Carl Bicknell ran the North Downs Way 50 on Saturday. He said “I completed the 50-mile race - between Farnham in Surrey and Knockholt Pound near Sevenoaks in Kent - in 12hrs 3mins. Along with the South Downs Way 50 completed five weeks earlier, these are the first two of four races during the year forming the Centurion 50-mile Grand Slam.

Clare and Graham Kenwood ran in the Seaford Half Marathon, Clare getting the better over her husband as she finished in 2 hrs 09.25 to his 2 hrs 09.28.

Michael Burke came 6th overall in the Bewl Water Half Marathon and 1st in his age group in the Bewl Water half on Saturday in 1h29m46s and on Sunday I came 32nd in the River Arun Marathon in 4h21m15s.

Also at the Arun River Marathon Marathon, Katherine Buckeridge ran her 8th marathon and finished in 99th place! Her son, Nathan thought her time was slow but then said it was really good once he heard the front runners times! Kim Lo came 2nd lady at the Bewl Water Half and then ran the Arun River Marathon on Sunday and came 3rd lady and 33rd overall and then had a problem walking down the stairs on Monday morning!! Kat Bunker also ran the Arun River Marathon and finished 73rd overall. The Arun River Marathon is from the Littlehampton Marina in West Sussex and proceeds up the river Arun, passing the historic castles of Arundel and Amberley onto the South Downs Way and then returns to Littlehampton Marina.

Meanwhile, the Harriers had some great performances at the Sussex County Athletics Championships at K2 Leisure Centre in Crawley competing against the very best in the county.

Adam Dray ran out of his socks in the U15’s boys race to get 2 huge pbs as he came 4th in the 800m in 2:12.51 and 4th in the 1500m with 4:30.06.

Lucie Venables came 1st in the Senior Women’s 400m Hurdles with 1:23.60 and she also came 5th in the triple jump with 8m60.

Simeon Cousins came 2nd in the U20 400m with a season’s best of 52.25 and a 4th place in the 200m with 24.02.

Darja Knotkova-Hanley came 3rd in the U17 3000m with 11:57.3.

Russ Mullen ran a terrific race to come 6th in the Senior Men’s 5000m in a pb of 15:44.35.

Lily Bliss-Tomlinson came 7th in the U15’s 1500m is a pb of 5:34.91.

In the Boys Minithon, Alexander Booth came 13th (Long Jump 4m16, 150m 22.74, Discus turn 10m19) and Isaac Ahmed came 36th (Long Jump 3m26, 150m 26.27, Shot Putt 4m63). Well done Harriers on some fine performances!