

Harriers at the Sussex Masters Cross Country Champs



Carl Bicknell at the Sussex Masters Cross Country Championships.

At the Sussex Masters on twenty-first of January, Haywards Heath Harriers sent a number of veteran runners to this annual Sussex cross country event.

On a hilly course, at Coombe Farm, Lancing, the course conditions were not muddy but was “rugged and hilly.”

In the Vet Men 60 age group the team of **Tim Hicks**, **Carl Bicknell** and **Eric Hepburn** won a super bronze team medal with Tim Hick finishing in tenth place, Carl Bicknell in eighteenth and Eric Hepburn in twentieth place.

In the vet Men 40's age group, the Harriers had three runners finish but needed a fourth to make up a team. Had they a fourth runner they would have undoubtedly won a bronze team medal even if the last runner in the team had finished in last in the race. **Jamie Topping** finishing in tenth place, **Ian Kenton** in thirteenth and **Marcus Kimmins** in twenty-fourth.

In the ladies' events the Harriers Over 45's was the only age group where they were able to field a full team, where they finished in fourth place overall. with **Jacqueline Barnes** leading the team home in sixteenth place, followed by **Sarah Hamilton** in seventeenth and **Emma Pryor** in nineteenth.

Results were as follows:

Men O40's: 10th **Jamie Topping** 28:22; 13th **Ian Kenton** 28:38; 24th **Marcus Kimmins** 31:40.

Men O50's: 9th **Tim Miller** 32:41; 28th **Julian Boyer**.

Men O60's: 10th **Tim Hicks** 34:42; 18th **Carl Bicknell** 38:59; 20th **Eric Hepburn** 39:55; 30th **Michael Parish** 47:06.

Women O35: 20th **Katherine Woolhouse** 42:05.

Women O45: 16th **Jac Barnes** 41:04; 17th **Sarah Hamilton** 41:57; 19th **Emma Pryor** 42:02.

Women O55: 12th **Jane Brewer** 40:29; 21st **Caroline Gumm** 42:15.

Athletics



Jesse Diack pole vault at Lewes.

Jessie Diack of Haywards Heath Harriers took part in her first Pole Vault competition this weekend in what must be one of England Athletics most unusual licensed competition venues. The 12 year old Oathall student has been training with Lewes AC, a top southern Pole Vaulting centre, for the last few months, coming to the sport as a complete beginner. During winter months the training group use a farmer's barn near Iford, Lewes to practice in and it is there, next door to the cows, where the official competition was held, Jessie getting a personal best and a under thirteen **Harrier's club record** with a first-time clearance of **one metre 45 centimetres**.



Road Running:



At the Newhaven Ten Kilometres race on 22 January, two Harriers took part.

Harvey Alcock was first harrier home in fifth place in a personal best time of thirty-five minutes and four seconds, followed by **James Smyth** in thirty-eighth place (also in a personal best time of forty-three minutes and forty-nine seconds).

Oliver Farr ran his ninety-fourth marathon on his way to a hundred marathons. His plan is to reach a hundred marathon in May this year.

His latest marathon was at Walton-on-Thames at the Phoenix Doughnut Dash 2023 on Saturday 14 January. Oliver finished this marathon on a time of four hours and forty-one minutes. Though it was a flat marathon alongside the river Thames, the conditions were such that flippers would have been better than running shoes!!



Carl Bicknell also ran at Waltham on Thames but in a different marathon on a different day. It was called the Phoenix Colliethon 2023 marathon which was held on 15 January. Carl used it as a 20-mile easy training run and jog-walked the remaining distance. Official time 4 hours 47 minutes and 52 seconds. He said that the medal was an “outrageous dog medal!.”



Carl Bicknell's medal at the Phoenix Colliethon 2023 marathon.

At the Dorney Ten Kilometres race on Saturday 14 January, **Daniel Moll-Morgan** finished in a time of thirty-six minutes 56 seconds.