

## The Sports Locker Petersfield Heath 5k 2018

The winner of the first Petersfield Heath 5k, Harry Ellis, returned to win this year's race and slashed nearly 4 minutes off his previous time.

The 4<sup>th</sup> edition of this annual event took place on Sunday and it was bigger than ever with 93 runners taking part across four prize categories: Men, Women, U16 (Senior Children) and U12 (Junior Children).

The race is a family-friendly fundraiser for the Stroke Association and forms part of their campaign "Make May Purple". All of the proceeds are donated to the Stroke Association, split equally between the national charity and the local group, here in Petersfield. The local group have funded speech therapy from our donations in previous years and many representatives of the charity plus Stroke Survivors were at the race, taking blood pressures, running or supporting runners or manning the stall in a sea of purple.

We are able to donate the event proceeds because our kind sponsors Sports Locker and Falcon VA cover the race costs. Tesco Petersfield also supplied bottles of water for all the runners. This year, we have raised just over £1100 from race entries and donations.

The race really does include a field of all ages and abilities. It's organised by runnyhoneys and some of our new runners, part-way through their Couch to 5K course, had the confidence to take on the distance. Meanwhile, at the front of the race, members of many clubs had come to compete with each other.

The men's race was hard-fought, with the first 4 runners in close contention for the first lap of the lake and the loop around the back of Music Hill. By the time they got into the final lap of the lake, Harry and Harrison had opened up a bit of a gap to Toby Clay and Mark Straffon and second time round the lake, Harry managed to drop Harrison and cross the line ahead.

Unsurprisingly, the women's race had the largest entry with 59 runners. This race had a clear leader from the first lap with Liss runner, Naomi Ward finishing more than 2 minutes clear. Behind her, runnyhoneys Slaney and Sophie had their sights on each other but Slaney held on to finish second for the second year running.

This year was Jake Cleasby's first in the Senior Children's category, which meant that he was running his own race and not being accompanied by an adult. Although he's placed every year in the Junior category, only 12 year old Jake knew what he could do this time. He hit good speed from the start, kept his focus and smashed his time from last year. Fifteen year olds, Oscar and Rachel took 2<sup>nd</sup> and 3<sup>rd</sup> place respectively.

The Junior Children's race is a bit of a trial for the adults involved as they might either be trying to keep a small person happy over a long distance or vainly trying to keep up with an offspring who's suddenly found their speed. Finlay's parents were definitely in the latter category as he emerged from the pack of 9-10 year old fast starters as the winner, but was chased hard by Victoria Band. Isaac Harley paced himself well to finish third.

The results:

Men's race:

1<sup>st</sup> Harry Ellis 18:17 Haslemere & Border AC

2<sup>nd</sup> Harrison Notter 18:35

3<sup>rd</sup> Toby Clay 18:46 Petersfield Tri Club

Women's race:

1<sup>st</sup> Naomi Ward 20:53 Liss Runners

2<sup>nd</sup> Slaney Hopkins 23:15 runnyhoneys

3<sup>rd</sup> Sophie Llewelyn-Williams 23:50 runnyhoneys

Senior Children's race

1<sup>st</sup> Jake Cleasby 21:50

2<sup>nd</sup> Oscar Hares 22:30 Chichester Runners & AC

3<sup>rd</sup> Rachel Wright 24:38

Junior Children's race

1<sup>st</sup> Finlay Stafferton 24:06

2<sup>nd</sup> Victoria Band 24:07

3<sup>rd</sup> Isaac Harley 25:08

We would like to thank all of the race team for helping the event to run so smoothly and The Plump Duck for hosting our registration and keeping the race team topped up with coffee!

Sue Browne, Head Coach, runnyhoneys

Photos David Cleasby