

Danny Barkes recovered well from his heavy weekend of competition last week to run a new personal best of 1:50.18 over 800m at the BMC Grand Prix at Watford this weekend.

This performance lifts Barkes into the top 50 athletes in the UK over the two lap distance and taking another second off this time, which his form shows he is capable of will move him into the top twenty.

Barkes' time means he just eclipses Chris Brown as the fastest Harrier this season – Brown having ran 1:50.21 ten days prior to this run but not being able to match it at Watford where he clocked 1:51.36.

Also at Watford Luke Cragg ran his fastest ever 5000m on UK soil clocking 14:04.0 with James Mee just a second outside his PB with 14:46.08.

Jonny Lowe was first Harrier home at the Notts 10 mile race staged on a scorching night at Holme Pierrepont. Lowe clocked 64:21 to finish in 41st spot with Matt Brennan next back, 88th in 71:18.

Holly Blount and Tim Raynor both made the top 200, Blount recording 82:11 to finish 182nd and Raynor 84:01 in 193rd. Kate Raynor just missed out, coming home in 202nd in a time of 84:43 with Daniel Ward (241st in 89:10) and Mark Partridge (255th in 91:10) the other Mansfield athletes on the night.

The Gordon Whelbourne Race week in Newark saw 3 Harriers compete over various races throughout the week. Mark Jenkins finishing 4th overall and winning the Veterans race for the week, and also winning the V40 prize in the Friday Open Race. Clare Coombes winning the 2nd place Female & 2nd V35 prizes for the week, and the same prizes in the 10k. The club were also represented by Trevor Hiscox competing in the Monday and Friday events.