

## RESULTS ROUND UP



Sunday 22<sup>nd</sup> October saw the annual Great South 10 mile run and with other events cancelled on the Saturday due to storm Brian, Sunday dawned fairer and thousands of runners took to the front at Southsea.

Paul Windust lead the Joggers home in 1:13:07 followed by Guy Gilder 1:16:21 Lorraine Treadwell 1:18:06 Chris Haworth 1:19:45 Victoria Robins 1:25:28 Lou Johnson 1:31:10 Claire Tilson 1:35:26 Margaret Wadman 1:38:14 Elena Shapland 1:38:34 Heidi Chaney

1:38:50 Andy Robins 1:38:52 Colette Landells 1:41:43 Laura Sowton 1:42:49 Ali Shears 1:43:30 Sue Hensman 1:50:06 Carol Brown 1:51:06 Rachel Detnon 1:54:03 Edna Clark 1:54:39 Jean Salt 1:54:53 Claire Burrows 1:58:18 and Paul Chandler 2:08:37

The following week was a very busy and successful weekend of racing with everything from 10K by the sea to marathons in Dublin and on Beachy Head! In Dublin Holly Wanless, James Munden, Rob Jochimsen, Richard Cherriman, Derek Buckman, Finbarr Cotter, Mikey O'Grady, Chris Yeomans and Ian Wilcox all performed well (see feature in main newsletter), while on the south coast, Alan Pettitt 4:14:37, Paul Burgess 5:24:28, Peter Thirkettle 5:24:44 and Peter Tyrell 5:37:53 all completed this challenging course. Sunday started with the highly rated Hove Prom 10K where Paul Oakley continued his rich vein of form finishing 22nd in 37:14 followed by Stuart Adesilu 40:16, John Willcox 41:41, Lin Whiting 46:21, Lorraine Treadwell 48:18, Matt Senior 49:14, Lou Johnson 55:11, Margaret Wadman 56:53, Geoff Parker, 58:52 Arun Cooke 60:02, Paul Arnold 61:11, Claire Burrows 68:08 and Sue Hensman 69:15. Nearby was the West Sussex Fun Run League fixture at Steepdown in Lancing and Alan Pettitt stretched his "Beechy Head legs" out over the gentle



undulations while, not to be outdone, John Willcox ran straight over from Hove to complete his second race of the day over 5 tough cross country miles in 39:58! Team hj finished 5th out of the 17 teams on this fixture as they amassed a 30 strong team. Also in Sussex the Crawley 10k took place at K2 sports centre where new Horsham Jogger Hadley O'Dwyer finished 9th out of a 200 strong field in 41:16.



On Sunday 5<sup>th</sup> November the hj Gunpowder Trot took precedence with scores of you lovely people helping out and making it another "runaway success"! (can you see what we did there?) oh, and a few ran as well.

The Poppy races also took place on Saturday 11th November at Bexhill, with Tracey Martin 1:01:59 Sue Newman 1:03:39 and Claire Tilson 1:05:25 completing the 10K and Stuart Adesilu and Emma Whyman finishing the half marathon in 1:31:40 and 2:06:02

On Sunday 12<sup>th</sup> November an extra ordinary event in the Sussex running calendar took place in the Preston Park Velodrome, Britain's oldest cycling track, the 579m circuit was first constructed in 1877 and once a year a marathon consisting of over 70 laps of it is held. 47 people completed with Horsham Joggers Mikey O'Grady 3:41:28 and Tim Jones 3:58:38 finishing 16th and 26th respectively.

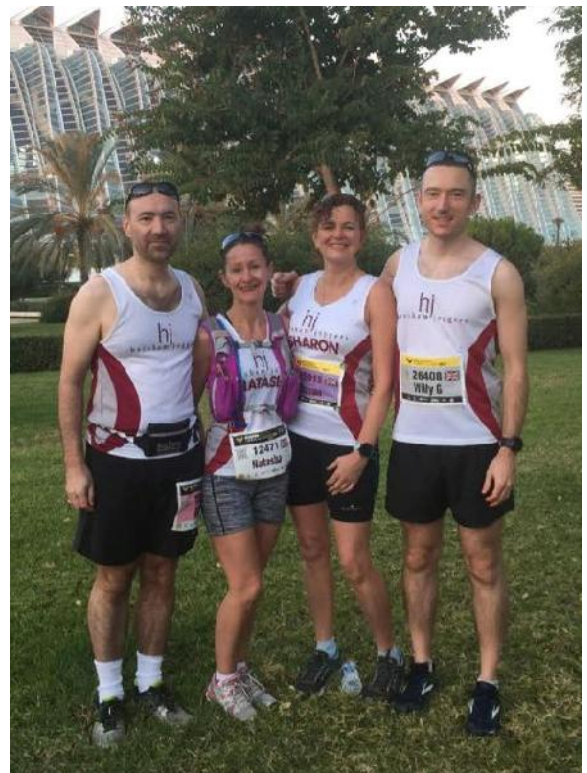


On Saturday 18<sup>th</sup> November Neil Boniface was in Dublin where he competed in the British and Irish cross country International event for the English team. In the 8K race held over 4 very muddy laps of Gransha park, he put on a battling display which saw him leading after the first lap and eventually finish a magnificent 2nd behind Brian Maher of Ireland. As well as gaining a well deserved silver medal individually he also lead the English team to 2nd team place and another silver!

On Sunday 19<sup>th</sup> and in even more exotic locations, Sharon Burchett, Will Green, Saul Brignall and Natasha Heasman took part in the Valencia 10K and Marathon, with Sharon and Will finishing in 54:31 in the 10K and Natasha and Saul 4:04 and 4:07 in the marathon. Back home 2 big races on the south coast were attended by Mikey O'Grady, Emma Comber and Lorraine Treadwell competing in the Gosport half marathon finishing in 1:39:39, 1:39:57 and 1:42:33



respectively. The other was in Brighton at the Brooks 10K event with great performances by Matt Anstee Brown 36:03 Steve Nicholls 36:19 Raff Vitale 38:38 Stuart Adesilu 40:04 Ian Mintram 46:03 Stephen Entecott 47:31 Penny Barron 47:43 Geoff Fisher 48:46 Aimee Fenwick 51:37 Tabitha Atkinson 53:45 Amanda Sullivan 53:46 Richard Barron 55:42 Laura Sowton 56:07 Jenny Boniface 58:34 and Clare Brown 1:29:50.



Then on Sunday 26<sup>th</sup> November Tim Jones continued his series of huge challenges by completing the Centurion Wendover Woods 50 mile race, a trail run in the Hampshire countryside with over 100000 feet of climbs in just under 14 hours! Over slightly more sensible distances, 31 Joggers took part in the Dunsfold Jigsaw 10K running 2 laps of the legendary Top Gear track in aid of the Jigsaw Trust for people with Autism. Richard Lee Wright and Matt Antsee Brown both finished in the top ten (36:02 & 36:05 respectively) followed by Simon Perkins 36:33 Paul Oakley 37:40 Dean Angell 37:48 Matt Mason 38:39 Hadley O'Dwyer 38:43 Trev Barrett 39:05 Raff Vitale 39:34 Harry Wilcox 40:40 Dave Jones 40:58 Stuart Adesilu 41:14 Matt Whyman 41:22 Paul Chantler 42:10 Will Green 42:48 Alan McLachlan 46:27 Richard Cornell 46:59 Matt Senior 48:26 Clive Walker 48:39 Geoff Fisher 48:50 Elena Shapland 49:22 Kirsty Anstee Brown 50:22 Sharon Burchett 50:22 Aimee Fenwick 52:28 Emma Whyman 54:26 Lisa Bowler 56:20 Matt Ide 56:22 Tony Mason 57:40 Hayley Blaskett 61:59 Ashley Humphreys 62:30 and Jo Willison 62:51



Congratulations to all those who represented the club in the past six weeks and apologies if we missed anyone.