

RESULTS ROUND UP



On Saturday 7th April, The Sussex Athletics Association's Road Relays took place at Christ's Hospital and have done since 1993. Relays test not just the ability of individual runners, but their teamwork as well. While slick baton changing is not as vital as in a sprint relay, it can be complicated if the runners are also trying to stop or start their running watches at the same time as passing the baton! Each runner completes a lap of a little over 2 miles. As in every year this is a very competitive event with wide representation of clubs from all round Sussex. Horsham Joggers enjoyed a splendid day out with 18 runners competing across 5 teams in 4 categories. The senior men's race is for teams of 6 runners, while the other categories in which Horsham Joggers were competing were for teams of three. The women's V40 team came 6th in their category, with the women's V50 team matching them by also gaining 6th place. In the mens V50 competition Horsham Joggers entered two teams with the A team coming in 4th and the B team taking 13th place. The Senior mens team was 15th. The results: Women V40 (44:28) - Miranda Huisman 15:01, Emma Comber 14:29, Rachel Hamson 14:58. Women V50 (45:42) - Janine Littler 15:08, Lorraine Frances 15:25, Val Purnell 15:09. Men V50 A (36:23) - Steve Wigmore 12:24, Dean Angel 11:47, Pete O'Connell 12:12; Men V50 B (42:14) - Richard Speller 14:24, Lin Whiting 14:28, Stuart Adesilu 13:22. Men Senior (01:13:46) - Raff Vitale 12:17, Matt Mason 11:55, Harry Wilcox 12:01, Trevor Barrett 12:08, Tom Robertson 12:24, Simon Hills 13:01.

Also on Saturday 7th Apr, 3 Horsham Joggers took on extreme challenges. Helen Woods and Alan Pettitt were up for the ONER 2018 in Dorset, an event run by the aptly named Brutal Events. This was 82 miles over the world famous Jurassic coastline with over ten thousand foot of ascent and a strict 24 hour time limit, a seriously tough event with only 50% of runners normally making it to the finish line. As it turned out Helen and Alan made it as far as the 77 km (48 miles) mark before failing to make the required checkpoint time. This was still an incredible achievement with underfoot conditions ranging from extreme mud to shingle.

Mark Gibson's choice of endurance event was the Crawley 24 hour track race held at K2. As the name suggests Mark had to run round the track as often as possible in 24 hours. He managed 302 laps, which is 121 km (75 miles), coming in 11th in an event which only 14 of 32 managed to complete. Hopefully our endurance athletes have managed to rest and recover since their extreme events.

On Sunday 15th April it was another busy day of racing for Horsham Joggers with the focus on Brighton where, as well as the marathon, there was the option of a 10K. More than 30 Horsham Joggers took part in the marathon with excellent efforts throughout the field. Jason Walker completed the distance and supported the event by acting as a pacer for the 5 hour group. Gary Tomlinson managed to finish in 76th overall, while Theresa Ward was the 80th woman to finish. The organisers were typically “helpful” in not producing results by club name so the following times are just some of those who we know about.



Brighton Marathon, Gary Tomlinson 2:55:53, Crispin Scott 3:26:35, Michael Saunders 3:33:09, Theresa Ward 3:33:22, Matt Whyman 3:37:37, David Jones 3:42:11, Zoe Tetlow 3:42:30, Brian Frost 3:44:46, Emma Comber 3:47:26, Geri Smith 3:48:33, James Barron 3:49:01, Stephen Maskens 3:52:49, Tim Hampson 3:54:42, Paul Windust 4:03:11, Penny Barron 4:11:49, Martyn Newton 4:17:59, Dale Bristow 4:23:35, Andrew Dean 4:30:31, Michael Dean 4:30:32, Neil Axon 4:30:32, Derek Buckman 4:31:23, Natalie Hayes 4:33:35, Jo Tomlinson 4:47:24, Bharat Panchal 4:48:39, Jason Walker 4:58:01, John Berry 4:59:16, Richard Cherriman 5:00:54, Emma Whyman 5:07:56, Laura Sowton 5:14:52, Susie Milbank 6:04:01

BM10K, James Boniface 48:06, Paul William Arnold 56:36, Deborah Weller 1:06:53, Sue Hensman 1:06:53

Another Horsham Jogger excelled himself this week by taking on the Marathon de Sables in Morocco was Tim Jones who completed the event, a 150-mile ultra-marathon in the Sahara Desert over 6 days which is justifiably known as the toughest footrace on earth. Well done Tim!



The following weekend's weather forecast for Sunday 22nd April was very warm, and warnings had been issued to all London Marathon participants to take care in the heat. The order of the day was to start more slowly, rehydrate frequently and not wear fancy dress which would be too warm for comfort. The effect of the heat could be seen across the field. The problems experienced by the elite women, Mary Keitany and Tirunesh Dibaba, left Vivian Cheruiyot to win their race. In the men's elite race the favourite Eliud Kipchoge had no such problems dominating the race to the end. Mo Farah came in third in a new British record time.



Demand for places in the race is very high, this year more than 40,000 runners completed the Virgin Money London Marathon making this 38th running of the race the biggest in its history. However there were 386,050 entrants for general ballot places. Among the fortunate runners this year were 18 Horsham Joggers. All of them did well to complete the event, though understandably some were a little slower in the last miles as the effect of the heat built up. First Horsham Jogger home was Joshua Dennison in 3:09:53, with Simon Perkins taking just a few seconds longer in 3:10:16. First woman to finish was Sarah Marsh in 3:53:15. Other runners were Matthew

Payne 3:37:55, Brian Frost 4:03:28, Richard Cornell 4:10:19, Lorraine Treadwell 4:10:45, John Dyckes 4:11:47, Alan Maclachlan 4:33:31, Russell Kemp 4:44:27, Ali Shears 5:23:35, Emily Bradbury 5:33:06, Margaret Wadman 5:52:26, Deborah Weller 5:55:40, Meg Burnal 5:57:10, Pip Mortimer 6:05:04, Sabrina Gant 6:15:44 and Sue Hensman 6:30:09.

Horsham Joggers have also been providing a large team of volunteer marshals at the London Marathon start for some years now. This year was no exception. Despite the early start (6:30 a.m. at Blackheath!) there was no shortage of people willing to help provide information and encouragement to runners making their way to the various starts. It is an opportunity to participate in the atmosphere and sporting theatre of one of the biggest mass participation races in the world!



With a slight hiatus in racing on the final April weekend, the following weekend's main event for most Horsham Joggers was the Haywards Heath 10 mile race on Sunday 6th May. This is the third round of the Horsham Joggers Annual Challenge Trophy, which comprises of 4 races specially chosen for members of the club to compete against each other. It is also the middle part of the Mid-Sussex Marathon weekend which started with the East Grinstead 10 miles on Saturday 5th and completes with the Burgess Hill 10K on Bank Holiday Monday 7th May, with the three races adding up to the marathon distance. Of the 36 club members participating at some stage over the weekend, 20 hardy souls completed the full distance in what were record May bank holiday temperatures. The feedback from runners was that it was hot. With good performances in all three events across the categories, the highlights included age category wins for Lin



Whiting and Lorraine Hunter at Haywards Heath. Lorraine continued her success in the final race and was joined as an overall category winner by Miranda Huisman.



East Grinstead 10 mile race: Matt Mason 1:15:46, Harry Wilcox 1:16:24, Simon Mills 1:17:49, David Jones 1:19:30, Michael O'Grady 1:21:29, Paul Yokom 1:27:05, Miranda Huisman 1:34:43, Martyn Newton 1:45:04, Victoria Robins 1:49:14, Baz Panchal 1:49:24, Stephen Christy 1:49:49, Sharon Burchett 1:57:27, Natasha Heasman 1:57:28, Andrew Robins 2:10:57, Emma Whyman 2:10:58, Margaret Wadman 2:12:38, Lorraine Hunter 2:22:42, Fiona Lear 2:23:06, Claire Burrows 2:25:01, Edna Clark 2:25:07, Stephanie Charman 2:25:08, Jane Adams 2:39:55, Jenny Boyd 2:58:05.

Haywards Heath 10 mile race: Harry Wilcox 1:12:44, Matt Mason 1:13:58, Simon Mills 1:14:44, Matt Whyman 1:15:58, David Jones 1:17:34, Michael Catlow 1:22:56, Paul Yokom 1:23:50, Jess Lee-Wright 1:24:15, Richard Lee-Wright, 1:24:18, Geri Smith 1:24:23, Emma Catlow 1:26:22, Emma Walters 1:27:00, Lindsay Whiting 1:28:52, Miranda Huisman 1:29:30, Janine Littler 1:31:06, Clive Walker 1:33:41, Stephen Entecott 1:35:23, Victoria Robins 1:36:39, Martyn Newton 1:40:09, Natasha Heasman 1:41:47, Sharon Burchett, 1:41:50, Baz Panchal 1:43:03, Laura Sowton 1:47:35, Andrew Robins 1:47:36, Stephen Christy 1:50:08, Lou Johnson, 1:51:42, Margaret Wadman, 1:51:56, Claire Annesley 1:54:31, Emma Whyman 1:57:24, Lorraine Hunter 2:03:37, Fiona Lear 2:06:30, Edna Clark 2:12:56, Stephanie Charman 2:13:00, Jane Adams 2:20:52, Michael Duplock, 2:26:56, Jenny Boyd 2:35:01



Burgess Hill 10K race: Harry Wilcox 45:20, Matt Mason 45:49, Simon Mills 46:24, Paul Yokom 51:59, Miranda Huisman 55:37, Victoria Robins 1:02:17, Baz Panchal 1:03:25, Martyn Newton 1:04:13, Natasha Heasman 1:04:32, Sharon Burchett, 1:04:56, Stephen Christy 1:09:38, Margaret Wadman, 1:11:00, Andrew Robins 1:12:47, Emma Whyman 1:13:00, Lorraine Hunter 1:18:50, Fiona Lear 1:19:55, Edna Clark 1:26:16, Stephanie Charman 1:26:16, Jane Adams 1:30:05, Jenny Boyd 1:34:58.

Slightly further afield, 3 brave hj's took on the Three Forts Marathon in scorching temperatures. Alan Pettitt completed it in a creditable 39th place in 4:31:04, Steve Rooke 4:54:24 and Paul Chantler 4:57:52. Meanwhile in the half marathon challenge at the same event, Collette Landells finished in 2:26:34 and Charley Crocker in 2:43:09.

While all this was going on in Sussex, four Horsham Joggers were off to Austria! They completed the Salzburg half marathon on a glorious and progressively hotter spring day. The route took runners out to the south of the city, through woods, castle grounds, country lanes and local housing areas, and provided some wonderful views. The finishers were rewarded with a medal, banana, beer and cake. The Horsham Joggers who ran on Sunday were Caroline Bransden 2:19:55, Elisabeth Scott 2:21:28, Viv Underhill 2:24:17 and Fiona Clifton 2:27:57.



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

