

RESULTS ROUND UP



Sunday 13th May was a very busy day of racing by Horsham Joggers as 3 very different races all took part in the county. The biggest race of the weekend the brand new Run Gatwick half marathon took place around the scenic streets of Crawley and the surrounding villages. 52 Horsham Joggers competed among the field of 2200 with some great results. Richard Lee-Wright was first home in 1:20:45 with others close behind: Bryan Camfield 1:22:47, Simon Perkins 1:23:15, Raff Vitale 1:26:39, Harry Wilcox 1:29:08, Mikey O’Grady 1:32:40, David Jones 1:33:18, John Wilcox 1:33:24, Stuart Adesilu 1:34:15, Tim Jones 1:37:22, Nick Broom 1:38:30, Paul Windust 1:39:06, Emma Comber 1:41:19, Steve Rooke 1:41:45, John Dykes 1:42:16, Theresa Ward 1:42:26, Jason Walker 1:44:00, Rebecca Gattinesi 1:45:22, Mark Comber 1:46:20, Rachel Hamson 1:48:13, Stephen Entecott 1:49:28, Robert Willison 1:49:34, Janine Littler 1:49:57, Ben Limmer 1:51:13, Daniel Price 1:51:36, Paul Burgess 1:52:43, Richard Cherriman 1:53:02, Clive Walker 1:53:27, Victoria Robins 1:53:32, Penny Barron 1:53:57, Ian Wilcox 1:54:04, Martyn Newton 1:54:46, Shelly Garratt 1:54:52, James Munden 1:54:59, Stephanie Limmer 1:55:48, Holly Wanless 1:56:06, Steve Keary 1:57:31, Kirsty Anstee-Brown 1:57:57, Allison Hartley 1:58:56, Amanda Sullivan 2:04:20, Laura Sowton 2:05:51, Richard Barron 2:05:51, Lisa Andrews 2:08:27, Julie Glassford 2:09:13, Julie Hill 2:09:37, Jo Willison 2:09:38, Nici Eyre 2:09:42, Caroline Bransden 2:12:08, Ali Shears 2:12:20, Nicky Paton 2:23:45, Meg Burnal 2:28:33, Pip Mortimer 2:28:38, Fiona Lear 2:29:22.

Also, the second round of the West Sussex Fun Run League took place in Portslade over a 5 mile trail course, 10 Joggers competed and finishing 14th out of the 18 teams. Richard Speller was first home in 38:13 followed by Alan Pettitt 39:39 Phil Liberman 39:46 Dave Dawson 47:43 David Evans 47:46 Claire Miller 51:35 Deb Weller 60:50 Christine Verlarde 60:51 Edna Clark 61:12 and Jenny Boyd 73:10. Also in the Sussex Grand Prix Paul Yokom completed the Hastings 5 miler in 35:44.



Meanwhile, over in Wisborough Green there were 5 and 10K races along the country lanes. In the shorter discipline Pete O’Connell finished 4th in 18:55. Other times were: Val Purnell 23:46, Keith Chaney 29:36 and Heidi Chaney 36:13. Meanwhile, Gary Tomlinson also finished 4th in the 10K in 37:35. Other times were: Dean Angell 38:40, Will Green 43:52, Steve Tucker 44:09, Tim Hampson 45:03, Nigel Blackbee 50:15, Neil Clarke 52:02, Phil Hedges 54:29, Rob Jochimsen 55:09, Sharon Burchett 57:08, Finlay Burchett 57:08, Lisa Baile 58:47, David Green 59:31, Theresa Adams 60:01, Amy Jackson 60:49, Clare Dutfield 62:37, Lorraine Hunter 65:28, Jean Salt 70:46, Rachel Denton 70:46, Saul Brignell 78:40.



Finally slightly further afield, our ultra hardcore newcomer of the year, Matt Whyman completed the Tranvolcania Ultra in La Palma (Canaries) in a time of 13:52:58. The course involved 75km/4500m elevation through and above the clouds and had a half marathon descent down steep, technical trails. He ran through hail, rainforest and sun-baked rockscape, got altitude sickness and nearly tripped into the abyss a zillion times but wants to go back next year for more!



Meanwhile wife, Emma, completed the half marathon event along the first 24km of the ultra route still with over 2000m of elevation in a time of 6:03:54. Congratulations Team Whyman!



On Wednesday 16th May, 49 hj members took part in the annual WSFRL Beach Run in Littlehampton, hosted by Arunners. It was a bit chilly and windy but the fish and chip supper more than made up for it! Gary Tomlinson was first hj home in 28:55 followed by Trevor Barrett 30:05, David Jones 32:35, Paul Chantler 33:00, Mal Thornton 33:07, Richard Speller 34:38, Mike O'Grady 35:49, Lin Whiting 36:09, Emma Comber 36:33, Alan Pettitt 36:41, Mark Comber 36:46, Phil Liberman 37:11, Miranda Huisman 37:50, Stephen Entecott 37:51, Dave Dawson 39:24, Tim Jordan 39:50, Penny Barron 39:52, James Munden 40:36, Ian Wilcox 40:48, Richard Cherriman 40:49, Laura Sowton 41:43, Phil

Hedges 41:58, Richard Barron 42:31, Jo Tomlinson 43:00, David Evans 43:16, Amanda Sullivan 44:19, Helen Woods 44:19, Claire Miller 46:28, Viv Underhill 46:33, Ali Shears 46:48, Claire Bird 46:55, Elisabeth Scott 47:35, Fiona Clifton 47:33, Steph Charman 48:37, Jamie Carter 50:08, Helen Mallows 51:44, Caroline Daykin 52:37, Aimee Fenwick 52:39, Fiona Lear 53:58, Christine Verlarde 54:26, Edna Clarke 55:21, Lorraine Hunter 55:21, Deborah Weller 56:55, Heidi Chaney 56:56, Jane Adams 61:37, Victoria Saunders 63:48 and Jenny Boyd 65:09





The following week it was the big one! The best race of the year! The only 10k to be at on the third weekend in May! (except perhaps for those who went to Bognor). The Horsham 10k of course! The day dawned misty and cool as the early set up volunteers arrived but soon the sunshine soon came out as 74 juniors took to the start line for 1.2k around the slightly reduced rugby pitches. Our own Ryan and Rylee Rothe both took trophies home for their age categories. The feature race set off bang on time thanks to new Race Director, Geoff Parker and his huge team of volunteers and the course looked and felt great along the shady lanes and residential tarmac roads alike. The day was as warm as the local support and the marshals and volunteers did us proud! Our 8 pacers did brilliantly with top marks for accuracy. Some members had completed their volunteer duties earlier in the day and so there were a still few hj's in the race. First hj home was Richard Lee-Wright who came a creditable 4th male overall in 36:15 while not to be outdone his wife, Jess Lee-Wright finished 4th lady overall in 44:26 and first hj lady home. Other results among the 417 finishers included: Hadley O'Dwyer 41:15, Tom Robertson 41:41, Mark Hawthorne 42:32, Paul Chantler 43:04, Brian Frost 44:07, Richard Speller 44:36, Paul Aylett 44:38, Dave Jones (pace 45) 44:41, Chris Lucas 45:43, Paul Yokom 46:22, Alan Pettitt 47:05, Guy Gilder 47:19, Mark Aylmore 47:16, Duncan Meadus (pace 48) 47:42, Mark Gibson 48:23, Jon Eames 48:49, Emma Comber (pace 50) 49:43, Theresa Ward (pace 52) 51:36, Helen Van Yperen 53:27, Laurence Roy 54:52, James Boniface (pace 55) 54:53, Paul Arnold 57:09, Helen Wood 57:55, Matt Ide 57:55, Keith Haynes 58:10, Rob Shapland (pace 60) 59:38, Joanne Hartland 63:10, Ian Moore (pace 65) 64:45, Stephanie Hancock 66:02, Jeannie Goulding 67:02, Fiona Lear 68:48, Mick Duplock 70:12, Helen Mallows 70:13, Leigh Moore (pace 70) 70:19, Steve Wilson 72:15. Everyone was then tempted by probably the best cakes on the SGP calendar!



On Wednesday 23rd May focus turned to the latest WSFRL race in East Lavant for the Chichester Runners Trundle Hill Run. Fresh from their hj10k pacer duties, David Jones 45:21 was first hj man home and Emma Comber 54:03 first hj lady. Other times were: Mal Thornton 47:29, Stuart Adesilu 47:33, Richard Speller 49:22, Alan Pettitt 52:01, Richard Cherriman 54:20, James Munden 55:11, Penny Barron 57:11, Ian Wilcox 58:30, Derek Buckman 58:42, Rebecca Gattinesi, Rob Jochimsen 59:46, Richard Barron 61:01, Chris Wardle 61:50, Steph Charman 76:34, Christine Verlarde 76:59, Fiona Lear 77:44, Lorraine Hunter 84:50, Edna Clark 84:51, Jenny Boyd 89:45 and Victoria Saunders 90:25.

The most popular destination for Horsham Joggers for the Spring Bank Holiday weekend was the London Vitality 10k. 13 members took part on an incredibly hot and humid day! The race starts and finishes around St James's park before winding its way east past St Paul's towards the city of London and back again. First home was Guy Glider in an impressive 46:17 closely followed by James Boniface 48:57, Victoria Robins 55:13, Andy Robins 55:13, Ali Shears 59:03, Sue Newman 61:24, Claire Tilson 65:35, Sabrina Gant 66:02, Tracey Martin 66:32, Emma Whyman 69:09, Ethel Whyman 69:14, Heidi Chaney 75:51 and Clare Brown 94:29.



Another popular destination was Scotland! No less than 5 members made the journey to the Scottish capital for the Edinburgh marathon with Kate Short completing her 3rd marathon in 50 days! This is a marathon which starts with that big event atmosphere. The route winds through the centre of the city and out to the east past Holyrood House, then along the south shore of the Firth of Forth before returning to the finish at Musselburgh. Less than 15 minutes separated all 5 Horsham Joggers at the finish. Times were as follows:- Natasha Heasman 4:05:45, Kate Short 4:09:24, Saul Brignell 4:11:52, Tabitha Atkinson 4:12:03 and Sharon Burchett in a new personal best of 4:20:07.

Much nearer home Michael Keen was taking on the Rye 10-mile road race, which actually started and finished at Peasmarsh. He completed the country route in 1:32:29. Alan Pettitt was representing the Horsham Joggers at East Hoathly in a 5K, coming in second place in 24:39.

On Thursday 31st May, 8 hj's ventured to the beautiful grounds of Cowdray Park, Midhurst for the Cowdray 10k. Stephen Maskens was first home in 52:46 followed by Lorraine Treadwell 55:53, Penny Barron 56:01, Richard Barron 1:11:08, Andy Jefford 1:07:37, Steph Charman 1:15:50, Fiona Lear 1:15:50 and Edna Clark 1:15:51





On Saturday 2nd June two teams of 6 Horsham Joggers set out very early in their minibuses on the way to Beachy Head for the start of the South Downs Way relay. This 97 mile relay requires each runner to run 3 separate legs of the undulating course. The high points of the course include Firle Beacon, Ditchling Beacon, Chanctonbury Ring, Bignor Hill, Graffham Down, Butser Hill, Beacon Hill and Cheesefoot Head. The event is by invitation only with 54 teams accepting the challenge this year. The Vets team were :- (Captain) Paul Chantler, Matt Whyman, Brian Frost, Mike Hibberd, Paul Davis and Gary Wilkinson. They were driven by John Wilcox who was accompanied by Fiona Clifton for navigational assistance and in case of emergency. The "A" team consisted of :- (Captain) Mal Thornton, Matt Mason, Hadley O'Dwyer, Simon Mills, Trevor Barrett and Ryan Stokes. Their driver was Paul Aylett who was aided by Dominic Wakefield. The day started cool and foggy but this soon burnt off to reveal a beautiful, hot and sunny day. Part of the appeal of this event is the camaraderie within the team bus which leaps ahead of the runner to ensure a timely changeover at each rendezvous point. In places this is tight as the bus arrives just as the runner appears along the South Downs Way. Each of the 4 to 8 mile legs are hard, with leg 13 classified as a category A fell run! Starting at 7am, the Vets had a target time of 13hrs and 10mins and completed the 18 legs from Beachy Head to Winchester in 13:17. Starting at 7.30am, the "A's" had a target time of 12hrs and 30mins and completed in 12:38 with Simon Mills setting a new club record for the final leg! There were excellent performances by all and everybody had a superb but long and tiring day, rounded off with a final effort to rehydrate.

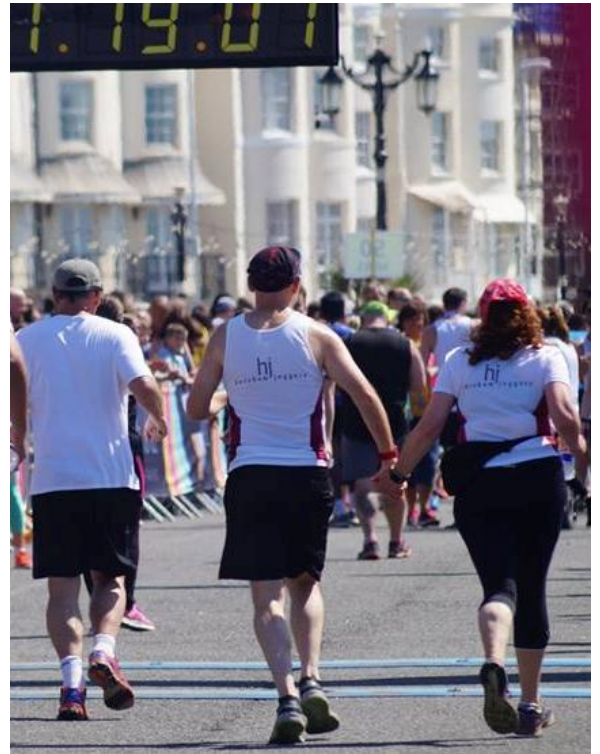


Horsham Joggers were also at the Sussex Masters track and field championships where Val Purnell came first in the W55 category for the 1500m and Pete O'Connell came first in the M55 category for the 5000m in a time of 19:06. Pete has also successfully competed in the British Masters 10K (Oxford) coming third in 38:23. Dean Angell completed the Southern T&F 1500m coming 1st in 4:51 1st and the British Masters Westminster mile coming 3rd in 5:07!



Horsham Joggers were well represented at the Worthing 10K on Sunday 3rd June. This race is run on a fast flat course on fully closed roads starting off west from Worthing centre before turning just after the 5K mark to return by the most direct route to the start/finish point. The main concern of the runners was probably the heat. Despite the high temperatures there were some excellent times, with Raff Vitale leading the Joggers home in an impressive 39:33. Other times were: Harry Wilcox 41:04, Paul Yokom 44:22, Michael Catlow 45:28, Daniel Price 45:57, Lucy Tucker 47:09, Richard Cornell 47:49, Lorraine Treadwell 48:27, Nigel Blackbee 48:33, James Boniface 49:03, Simon Holmes 49:56, Neil Clarke 50:48, Penny Barron 51:16, Kevin Croker 51:22, Neil Axon 50:42, Bharat Panchal

52:19, Jo Tomlinson 53:21, Laura Sowton 53:56, Natalie Hayes 53:58, Richard Barron 55:18, Louise Johnson 1:1:27, Claire Butler 1:03:49, Deborah Weller 1:08:31, Michael Duplock 1:08:59, Kevin Elvidge 1:09:00, Louise Powling 1:09:35, Ian Wilcox 1:14:51, Susan Wilcox 1:14:52, Heidi Chaney 1:16:30, Sue Hensman 1:19:48, Amanda Avery 1:19:03, Clare Brown 1:33:47.



The following weekend was another busy and very warm one and saw Horsham Joggers take on challenges at a wide variety of events. In increasing order of distance this report starts with the Hove Park Fun Run on Sunday 10th June, a 5.7K run organised by the Arena 80 athletics club as part of the West Sussex Fun Run League, a points-based competition run over the season. Leading the joggers home was Michael Saunders, though Penny Barron earned more points for the team total as first Horsham Jogger lady to finish. Times as follows:- Michael Saunders 23:48, Philip Liberman

25:23, Penny Barron 27:26, David Dawson 27:42, James Munden 27:50, Richard Barron 29:09, Claire Miller 33:03, Louise Johnson 33:44, Stephanie Charman 34:04, Lorraine Hunter 34:24, Deborah Weller 38:17, Fiona Lear 38:59, Heidi Chaney 39:21, David Jones 41:35, Sue Hensman 42:52, Victoria Saunders 43:45, Jenny Boyd 46:31.

Not far from Hove but across the channel in Jersey, Julie Gallagher and Theresa Adams completed the picturesque RunJersey half marathon in very respectable times of 2:00:12 and 2:12:59 respectively.

A bit different but slightly more accessible was the Weald Challenge Trail Half Marathon. Kate Short was first jogger to finish this run along the long distance paths of the Wealdway and the Vanguard Way. The race started and finished in the village of Chiddingly and was mainly off-road.

Times as follows :- Kate Short 2:16:23, Mark Aylmore 2:16:35, Victoria Robins 2:20:23, Michelle Garratt

2:21:37, Stephen Entecott 2:21:52, Tabitha Atkinson 2:24:26, Caroline Bransden 2:45:29, Finbarr Cotter 2:50:05, Andy Robins 2:54:50, Vivienne Underhill 2:54:50, Fiona Clifton 3:00:44, Elisabeth Scott 3:03:59, Emma Whyman 3:18:04, Tracey Smith 3:18:05.

Taking on the extra distance of the Weald Challenge 50km Ultra Trail were Joanna Campbell and Mark Gibson. This is just like running a very hilly marathon, then running another 5 miles. Joanna made it home just before the cut-off time in 7:59:59. Mark manage to complete the course in 6:28:17.



On any other weekend the efforts of Joanna and Mark would stand out, impressive as their runs were. But this weekend's very hard act to follow was in the South Downs Way 100 mile run. Starting at 6am on Saturday 9th June, three Horsham Joggers set off from

Winchester on their way to a finish line on an athletics track in Eastbourne. En route there would be 12,700 feet of hills to climb. A cut-off time of 30 hours was set by the organisers, with intermediate targets to achieve if you were to stay

in the race. James Tombs completed the race in 26:54:24. Alan Pettitt completed in 26:47:03. Allan Clarke managed the distance in an extremely impressive 18:12:54, finishing in 9th place overall!





Then on Saturday 17th June, it was the South Downs Way 10k, Half or Marathon. The marathon started at Slindon College it wound its way through to finish at QE Park while the other distances used a wave start system to start and finish at QE Park. Paul Burgess completed the marathon in 5:16:10 followed by Chris Yeomans in 5:16:11 and Lisa Williams in 5:38:38. In the half distance, Phyl Weston was first home in 2:08:22 followed by Rob Jochimsen 2:09:07, Penny Barron 2:10:58 and Richard Barron 2:25:17. Finally in the 10k event, Fiona Lear flew a lonely flag, coming home in 1:07:02.



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

