

RESULTS ROUND UP

Team HJ were out in force on Saturday 23rd June. The Race to the King is 53.3 miles long starting at the Slindon Estate near Arundel and finishing at Winchester Cathedral. The route takes you along the South Downs Way. Alan Maclachlan 14:01:54 and Emma Whyman 17:26:12 did the entire distance split over two days while Claire Tilson completed Saturday's 26.6 miles marathon in 7:13:09.

The Midnight Mountain Marathon in the Brecon Beacons is a unique race that takes in one of the highest peaks in the UK; Pen Y Fan. It's organised by the aptly named Brutal Events! It starts at 5.30pm with the latest finish time of midnight. Graham Clarke 5:32:35, Chris Yeomans 6:05:01 and Paul Burgess 6:22:26 all completed this challenge.

There were also very good points for the Joggers from our first four runners home in the WSFRL Downland Dash. Well done to everyone who made the trip across to Hassocks for the 6th event in the West Sussex Fun Run League. Alan Pettit 39:15, Miranda Huisman 40:26, Emma Comber 42:31, Penny Barron 43:16, David Dawson 43:52, Richard Barron 45:36, Mark Comber 50:22, Caroline Bransden 54:17, Lorraine Hunter 1:01:46, Edna Clark 1:01:46, Christine Verlarde 1:01:47, Jenny Boyd 1:12:13

A select trio had made the trip to Heathfield in East Sussex for the 10K run on Sunday 24th June, part of the Sussex Grand Prix. Paul Yokom finished in 48.36 followed by Alan Pettitt 51.05 and Sue Hensman 1.15.41. Nearer home a number of Horsham Joggers competed in a 10K race on Ranmore Common starting and finishing at the National Trust property at Polesden Lacey north of Dorking. Times were as follows:- Paul Addie 47:40, Matthew Payne 49:09, Tim Hampson 50:49, Alasdair Coyle 54:30, Bharat Panchal 55:31, Kerry Hampson 1:18:16.



On 4th July the Bewl 15 mile was a very popular race, starting from near Wadhurst in Kent. Sunday morning's course followed undulating paths which stay close to the north, east and south-east of the Bewl Water reservoir before returning to the start following quiet country roads. While Horsham Joggers are becoming accustomed to warmer weather, this was a punishingly hot day with not much shade in evidence. Many runners ensured they had their own water supply (Bewl Water is actually fairly full at the moment!). Despite this the dry conditions led to some images which were reminiscent of the Marathon des Sables, or possibly the Cairo Marathon. Leading the Joggers home was Raff Vitale. Notably groups of two and three Horsham Joggers managed to finish together demonstrating strong team spirit.

Times were as follows:- Raff Vitale 02:09:42, Paul Chantler 02:12:20, Alan Pettitt 02:15:14, Brian Frost 02:24:23, Geri Smith 02:24:49, Richard Cornell 02:24:49, Emma Walters

02:24:49, Paul Yokom 02:34:16, Michael Saunders 02:34:21, Stephen Entecott 02:35:14, Helen Woods 02:38:40, Emma Comber 02:40:11, Rob Jochimsen 02:43:24, Derek Buckman 02:46:08, Richard Cherriman 02:47:13, Lisa Bowler 03:02:32, Laura Sowton 03:02:34, Michelle Garratt 03:07:05, Ian Wilcox 03:07:04, Vivienne Underhill 03:12:31, Finbarr Cotter 03:17:47, Clare Dutfield 03:17:55, Caroline Bransden 03:19:06, Dawn Whamond 03:24:48, Aimee Fenwick 03:28:57, Ali Shears 03:29:03, Elisabeth Scott 03:48:28.



On Sunday 15th July, the BEAT THE TIDE 10K had a start delayed to 6:45pm. Starting from the Coast café in Worthing, and following a route set along the sands of Worthing and Shoreham beaches the implication is that you must complete the 10K out and back along the sands before the tide comes in. Despite the delayed start Horsham joggers who successfully achieved this were as follows. Mal Thornton 49:05, Alan Pettitt 52:45, Neil Clarke 55:36, Kate Short 55:45, Tabitha Atkinson 1:00:45, Leigh Moore 1:01:02, Karen England 1:03:12, Colette Landells 1:04:23, Ian Moore 1:04:37 and Christine Velarde 1:05:37.



On Wednesday 18th July More than 30 hj's were lucky enough to bag a golden ticket to this evening race which sold out in a matter of hours! Conditions were (surprise, surprise) warm and dry so times for most were slightly slower than last year (with a few PB exceptions). Mal Thornton was first hj man across the line with Emma Walters first hj lady and a creditable fifth lady overall! Husband and wife tag team of Richard and Kath Cornell finished together with Kath proving that the Keep Running 5 to 10k course is definitely paying off! Congratulations team hj! Full results were: Mal Thornton 36:22, Paul Chantler 36:40, Matt Whyman 36:49, Emma Walters 38:04, Rob Shapland 38:21, Alan MacLachlan 39:07, Paul Aylett 39:14, Geri Smith 39:53, Simon Gledhill 40:32, Guy Gilder 41:11, Victoria Robins 44:15, Neil Clarke 44:38, Clive Walker 45:13, Arun Cooke 45:22, Neil Stanley 46:58, Elena Shapland 49:02, Jenny Stannard 49:21, Aimee Fenwick 49:28, Margaret Wadman 49:52, Viv Underhill 51:18, Finbar Cotter 51:50, Sue Newman 52:24, Kathleen Cornell 53:06, Richard Cornell 53:07, Nici Eyre 54:53, Claire Tilson 56:16, Roger Johnson 57:12, Jean Salt 58:01, Ali Shears 58:17.

This year's Lunar-tic Marathon took place on Saturday 21st July starting from Shoreham at 8 p.m. This was not a sensible decision taken to avoid the heat of the day, just the time of day it always takes place. It was the second in a series of river marathons organised by Sussex Trail Events. This one involved three laps of a loop on the River Adur up to the bridge between Bramber and



Upper Beeding, with at least half of the 26.2 miles in darkness for everyone. The six Horsham Joggers completed the course well within the cut-off time of 6 hours. Alan Pettitt led them home in 4:13:34. He was followed by Graham Clarke 4:41:25, Emma Walters 4:42:11, Matt Whyman 4:42:12, Chris Yeomans 4:57:07 and Paul Burgess 5:16:00.



On Sunday 29th July it was the turn of the Henfield Joggers to host a WSRLF race. The Seven Stiles is a 4-mile run on trails via the Downs link and by the River Adur and this year it was accompanied by what the organisers described as "biblical downpours"! Sixteen Horsham Joggers braved the much needed rain on Sunday morning to compete. Miranda Huisman was first HJ lady home and Mike Saunders put in an outstanding performance to claim the first HJ man across the line. Full results are as follows:- Michael Saunders 29:56, Richard Speller 30:21, Miranda Huisman 31:55, David Dawson 32:21, Penny Barron 33:16, Richard Barron 34:57, Keith Valentine 35:11, John Booker 36:31, Caroline Bransden 42:38, Christine Velarde 45:17, Lorraine Hunter 45:17, Stephanie Charman 45:38, Edna Clark 48:31, Jane Adams 54:37, Victoria Saunders 54:37 and Jenny Boyd 55:09.

Further south and a little earlier, the South Coast Half marathon was underway at Seaford. The run was a flat and fast, out and back course along the esplanade at Seaford. The weather was at least as wet and possibly a bit more windy. The vast majority of the course is on good level tarmac. Raff Vitale represented the Horsham Joggers admirably, finishing as 11th man in a time of 1:32:45.



The final mid-week WSFRL race took place near Goring on Wednesday 1st August at the aptly named Highdown Hike, organised by the Worthing Striders. 23 hj's took to the slope on a beautiful summer's evening with times as follows:



Chris Wigby 28:55, Mal Thornton 29:19, Richard Speller 31:49, Lin Whiting 33:39, Dave Dawson 34:18, Penny Barron 34:40, James Munden 35:01, Miranda Huisman 35:36, Richard Barron 36:53, Vicky Holliday 38:05, Laura Sowton 38:06, Phil Hedges 38:07, Viv Underhill 40:18, Finbarr Cotter 42:22, Caroline Bransden 43:42, Steph Charman 46:14, Lorraine Hunter 48:03, Fiona Lear 48:05, Mick Duplock 56:51, Michael Saunders 56:52, Jane Adams 56:53, Jenny Boyd 57:09, Victoria Saunders 57:18.



After last weekend's wet and windy weather, Sunday 5th August returned to the summer's prevailing theme of relentless heat! The Harting 10 is a 10 mile long multi-terrain race over private tarmac lanes, hard gravel tracks and some paths. It is organised by Liss Runners. The course runs up to the top of the Downs, gently down towards Compton, along towards Chalton, up to Ditcham Park School, along part of the South Downs Way and back down to South Harting to finish on the sports field. There are many superb views around the course. Nine Horsham Joggers took on the hilly course this Sunday. The first Jogger home was Richard Cherriman, with Lorraine Treadwell our first woman home.

Full results were:- Richard Cherriman 1:30:31, Rob Jochimsen 1:33:07, Derek Buckman 1:36:22, Lorraine Treadwell 1:39:37, Ian Wilcox 1:41:31, Vicky Holliday 1:47:27, Laura Sowton 1:47:28, Finbarr Cotter 1:51:31, Michelle Garratt 1:52:32.

Meanwhile our very own Uncle Bulgaria and Madame Cholet travelled to Wimbledon Common to compete in the Wimbledon Half Marathon. Penny Barron completed it in 2:00:06 with husband Richard close behind in 2:15:51.

Finally, Sunday 12th August saw a return to Henfield just a fortnight after the popular Seven Stiles run. This time the Horsham Joggers were at the Henfield Leisure Centre for a off-road half-marathon. They were expecting a scenic course including some stretches of old railway and some river views. They were also anticipating some stiles. They were not disappointed. 13 Horsham Joggers made the journey. Times were as follows:- David Jones 1:37:23, Duncan Meadus 1:38:49, Gary Wilkinson 1:41:22, Tim Jones 1:46:10, Keith Valentine 1:51:55, Paul Chantler 1:54:04, Geoff Fisher 1:56:35, Dave Dawson 2:01:16, Paul Aylett 2:05:20, Geri Smith 2:05:20, Richard Cornell 2:05:20, Lorraine Treadwell 2:05:30, Graham Clarke 2:05:46.

As an alternative Brian Frost represented the club at the Adder 10 in Friston Forest, just to the north of Exceat and the Seven Sisters Country Park. This was a two lap race, passing All Saints Church in Westdean before looping through the forest with a decent climb in the middle of each lap and a few steps to ascend before the finish. Brian finished in 1:32:05.

Also on the same Sunday, 3 hj's travelled to Salisbury for the 54321 trail race which includes a number of distances all leaving the centre of the city. Alan Pettitt and Martin Newton competed in the 50k race while Helen Woods took part in the marathon distance in preparation for her upcoming Mont Blanc challenge.

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

