

**RESULTS ROUND UP**

**30.09.18**

On Sunday 19<sup>th</sup> August Pete O'Connell and Val Purnell thoroughly enjoyed a windy day at the Lee Valley masters grand prix. The overall event was very high quality, with 6 British records in various age categories and 1 world record set in the M40 4 x 100m relay. Pete O'Connell came second in his 5k race in a time of 18:59, and repeated that second place in the 1500m in 5:16 against all over 35's. Val Purnell completed her 5K in 22:43 and her 1500m in 6:26.



Later that week Pete O'Connell was in action again, this time joined by Dean Angell and they competed in the Brighton Birthday boys track 5K at the Withdean Stadium, posting good times of 18:47 and 17:42 respectively. Exceptional results chaps!

The following bank holiday weekend when most Horsham Joggers were focussing on their own local event , the 29-mile relay Horsham Round on the bank holiday Monday, it was impressive to see so many managing to travel on Sunday to other events. Horsham Joggers were well represented at the Arundel Castle 10K on Sunday 26<sup>th</sup> August. The race started in Arundel Town Centre. Following a circuit of the town runners entered the grounds of Arundel Castle by the lower gates. They then climbed through the castle grounds, looped around Arundel Park and returned back through the Castle to the finish in the Town Square. Results were as follows. David Jones 42:39, Chris Wigby 44:11, Alan Pettitt 48:53, Louise Johnson 1:00:47, Andy Jefford 1:01:58, Karl Anderson 1:03:26, Lorraine Hunter 1:04:27, Sue Hensman 1:09:48, Christine Velarde 1:10:30, Claire Tilson 01:12:49, Linda Morris 1:14:44, Jane Adams 1:16:31. Theresa Ward chose to travel beyond Haywards Heath to the Newick Will Page 10K instead and posted an impressive time of 44:38.



On Sunday 2<sup>nd</sup> September, the latest round of the West Sussex Fun Run League was the popular Fittleworth 5 mile run which attracted 358 finishers. In good weather the Horsham Joggers enjoyed a multi-terrain route with some conspicuous roots and rocks marked with paint by the run organisers. There were a number of highly placed finishers from the Joggers, with Rob Sherwood leading the way in 3<sup>rd</sup> place overall.



Times were as follows: Rob Sherwood 29:44, Dean Angell 32:17, Tim Selwyn 33:09, Harry Wilcox 34:13, Maldwyn Thornton 35:21, Paul Chantler 36:46, Michael Saunders 37:19, Richard Speller 39:45, Alan Pettitt 40:07, Miranda Huisman 40:10, Lin Whiting 40:36, Stephen Entecott 40:38, David Dawson 42:32, Keith Valentine 42:33, Penny Barron 44:31, Richard Barron 45:25, Laura Sowton 48:54, Kathleen Turner 50:06, Margaret Wadman 50:44, John Berry 51:00, Caroline Bransden 53:43, Elisabeth Scott 54:23, Geoff Parker 55:10, Stephanie Charman 58:28, Fiona Lear 1:01:19, Jenny Boyd 1:15:57, Victoria Saunders 1:15:57

Earlier in the week Helen Woods completed the TDS2018. This is an event in the UTMB, or Ultra-Trail du Mont Blanc series. As you might expect this is a race in open country. Starting in Courmayeur it takes a winding route to Chamonix along the 'Grande Randonnée' paths, crossing through the Mont-Blanc, Beaufort, Tarentaise and Aosta valley countryside. It is a mountainous event, including numerous sections at altitude of over 2,500m, with unpredictable weather conditions, requiring a very good level of fitness, the appropriate equipment and a real capacity for personal autonomy. It is also 76.7 miles!



Sunday 9<sup>th</sup> September was a very busy day for the Horsham Joggers. The furthest travelled in one direction were those who visited Rye for the Ancient Trails 30K. This was a challenging circular route winding its way through ancient woodland and farmland on trails, footpaths and quiet country lanes, linking the Norman churches of Rye, Iden, Beckley, Northiam and Peasmarsch before returning to Rye. Described by the organisers as a true steeplechase, the undulating multi-terrain route included 1,500ft of climb, with numerous

gates and stiles to be negotiated and stunning scenery all the way. The course was in the High Weald Area of outstanding beauty and at the other end of the High Weald Landscape Trail which starts from Horsham Station. Times were as follows:- Michael Saunders 3:08:52, Emma Comber 3:11:56, Mark Gibson 3:21:31, Richard Cherriman 3:37:27, Rob Jochimsen 3:37:56, and Lisa Bowler 3:48:04.

Meanwhile in the other direction, the New Forest half marathon was a longer journey. Four Horsham Joggers went to Brockenhurst and enjoyed an occasional short climb and a variety of landscapes including woodland, open plains and the stunning Limetree Avenue. Runners were Matt Mason 1:29:19, Vicky Holliday 2:06:49, Laura Sowton 2:10:13 and Samantha Jane Scales 3:07:40.



The Hellingly 10K also had its attractions. This was organised by Hailsham Harriers and was run on country lanes. Horsham Joggers choosing to run at this Sussex Grand Prix event were Paul Chantler 46:03, Brian Frost 46:42 and Alan Pettitt 49:32.

But the most popular event by far was the Littlehampton 10K. This was partly because it was being run in support of Chestnut Tree House, but also because it marked the graduation of participants in the HJ 5K-10K course. There were over 1200 finishers in this race which took place on closed roads in Littlehampton and Rustington and along the Littlehampton seafront. Raff Vitale led the Horsham Joggers home in 22nd place overall, with an impressive first in category from Miranda Huisman and a strong finish by Penny Barron worthy of note. Malcolm Footer and John Dyckes were also highly placed in their respective categories. However the day was mainly about participation and completion and there are 50 names in the following list. Well done to everyone who took part, but special congratulations to everyone finishing a 10K race for the first time. Raff Vitale 39:06, Malcolm Footer 41:50, Will Green 42:08, Mike O'Grady 42:34, Mike Dean 43:48, John Dyckes 45:03, Miranda Huisman 45:42, James Boniface 47:37, Richard Shergold 48:42, Geoffrey Fisher 48:46, Penny Barron 48:58, Tim Jordan 50:15, Victoria Robins 50:34, Richard Barron 52:37, James Munden 52:41, Georgie Drinkall 53:17, Vicky Dilling 53:47, Miranda Morley 55:09, Sarah Gardner 56:45, Jo Bull 57:34, Lisa Jestico 57:56, Estelle Silbande 58:06, Melanie Tilly 58:09, Clare Brown 58:53, Andy Robins 58:56, Kathleen Cornell 59:44, Clare Dutfield 1:00:35, Lorraine Hunter 1:01:43, Kerry Hampson 1:02:22, Emma Whyman 1:02:37, Caroline Daykin 1:05:05, Nara Sullivan 1:05:33, Julie Jochimsen 1:05:35, Katherine Douglas 1:06:12, Samantha Edwards 1:06:49, Louise Greig 1:06:50, Lou Johnson 1:06:50, Catherine Richardson 1:06:51, Amanda Hipwell 1:07:39, Fiona Lear 1:08:26, Tina Knight 1:08:38, Laura Perry 1:08:42, Louise Powling 1:08:56, Linda Morris 1:10:56, Ian Wilcox 1:12:05, Susan Wilcox 1:12:12, Anita Reeves 1:12:40, Edna Clark 1:13:14, Paul Morley 1:13:42, Amanda Avery 1:17:03.



On Sunday 16<sup>th</sup> September, Horsham Joggers were in action in Richmond, Reigate, Goodwood and Berlin. Richard Cornell and Geri Smith took part in the Richmond Marathon which started in Kew Gardens then followed the Thames down to Kingston and Hampton Court Palace before returning to finish at Richmond Old Deer Park. In an overall field of 848 runners Geri finished an impressive 7th in her category in a time of 3:55:29. Richard was a few minutes ahead in 3:48:52.

Run Reigate offered a choice of distances on routes which started and finished in Priory Park and were all closed to traffic. The half marathon included a challenging straight stretch of the A217 and almost went as far south as Gatwick Airport. James Boniface opted for the 5K and finished in 24:59. Mark Adams and Kathleen Turner took on the 10K and completed in 49:45 and 57:32 respectively. But the most popular option was the half marathon, where Simon Mills led the Joggers home. Times were as follows:- Simon Mills 01:30:08, John Dyckes 01:44:26, Stephen Entecott 01:51:51, Aimee Fenwick 02:06:29, Alistair Elder 02:09:16, Steve Keary 02:13:38, Theresa Adams 02:20:35, Clare Dutfield 02:21:38, Jane Adams 02:51:06.

Lou Johnson and Sue Hensman completed 10k at the Goodwood Running Grand Prix in 56:46 and 1:07:35 respectively. Penny and Richard Barron were at the same event but Penny chose the half marathon finishing in 1:59:38 while Richard ran the 20 miles in 3:29:17. Finally Chris Yeomans took on the full marathon distance finishing in 4:27:54.



Meanwhile, Tiarnan Cotter completed the Berlin Marathon in an incredible 2:58:27! Finbarr Cotter and Viv Underhill completed it together in 5:36:17, Angi Knight and Liz O'connor also finished in 5:52:45 and 6:01:53 respectively.



Sunday 23<sup>rd</sup> September saw 19 hj's attend the latest WSFRL event at the Tilgate Forest 5. It was a wet and windy start but not as bad as forecast which lead to the velo south cycle event being cancelled! However, the muddy puddles didn't hinder our lot with some fine performances. Special mention goes to Rob Sherwood and Rich Lee-Wright who managed to bag 1<sup>st</sup> and 3<sup>rd</sup> places overall! Full results were: Rob Sherwood (1<sup>st</sup>) 31:00, Richard Lee-Wright 32:09, John Berry 40:28, Richard Speller 40:33, Miranda Huisman 43:15, Dave Dawson 45:21, Penny Barron 45:56, Richard Barron 46:54, Alex Cole 50:30, Lou Johnson 54:01, Julie Gallagher 54:20, Caroline Bransden 54:51, Steph Charman 60:11, Christine Verlarde 60:33, Fiona Lear 60:44, Edna Clark 63:00, Jenny Boyd 73:23 and Victoria Saunders 73:46



Meanwhile, Alan Pettitt continued his incredible one man ultra performances by completing 120km in the Equinox 24 at Belvoir Castle, Leicestershire! There really is no stopping him!

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

