



On Sunday 30th September an incredible 145 hj members completed either the Barns Green half marathon or 10k! Fine performances were delivered in both distances with 89 finishers in the half and 56 in the 10k. Neil Boniface represented his 1st claim Crawley AC and took the overall winners silverware in the half marathon, so the first “official” hj home was newbie, Barney Roberts (1:18:44 – 4th senior) closely followed in the sub-1:30 club by Rob Sherwood (5th senior), Simon Perkins (3rd V40) and Raff Vitale who took the Sussex Championship 1st men’s team prize! Jim Hawthorne also came 1st on his V70 category. Jo Terry (1:39:59) brought it home first for the hj ladies team, closely followed by Theresa Ward, Geri Smith (new PB), Becky Gattinesi and birthday girl, Emma Catlow. Phyl Weston and Penny Barron came 2nd and 3rd in their V50 category and Lorraine Hunter also came 2nd in her V70 age cat and finally, BG stalwart and hj legend John Booker (2:05:37) wearing number 36 completed his 36th BG 1/2 in the 36th year of the event. Big respect is due!



In the 10k, husband and wife team of Rich and Jess Lee-Wright did the business as first hj man and lady across the line in 37:19 and 45:26 respectively with Jess taking an impressive 3rd place in her age cat. Other notable performances came from Miranda Huisman who won her V50 age category and Sue Simmons who was 4th in the V60 cat. Ladies team of Jess, Miranda and Lucy Tucker also won the 1st ladies team prize.

There are far too many times to list here so just follow these links and use the team filter to find all hj results:

<https://www.sportsystems.co.uk/ss/results/Barns%20Green%20Half%20Marathon%20and%2010K/3534>

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And while local running interest was mainly focussed on Barns Green, a number of Horsham Joggers were off at the Windlesham Whip representing the club in a West Sussex Fun Run League event. Organised by Worthing Harriers this was the inaugural running of a four-mile race over an undulating course just to the west of the A24, south of Washington. Some good league points were earned with the following good performances: Matt Whyman 29:05, David Dawson 33:32, Phil Hedges 38:03, Lorraine Treadwell 38:32, Kathleen Turner 39:33, Geoff Parker 41:41, Christine Velarde 43:24, Steph Charman 44:46, Fiona Lear 46:57 and Edna Clark 46:57

Sunday 7th October was a very busy day for team hj. The Bright10 was the place to be for 19 hj members. Starting and finishing on Hove Lawns, it began by heading west for a mile before turning east and making its way through central Brighton, passing the British Airways i360, the Palace Pier and Sea Life Centre. It continued along Marine Parade to reach the eastern turn point of the race directly above Brighton Marina on the A259. Now running west the course turned down Dukes Mound, and



completed a 1 mile out and back section on Madeira Drive. The final section of the race continued west back through central Brighton to complete the 10 miles. The Horsham Joggers were led home by Stuart Adesilu. The full list of finishing times is as follows: Stuart Adesilu 01:05:47, Paul Davis 01:06:19, Gary Wilkinson 01:08:34, Michael Catlow 01:12:39, Michael Dean 01:12:57, James Boniface 01:18:48, Nigel Blackbee 01:20:23, Kirsty Anstee-Brown 01:25:41, Helen Woods 01:30:29, Amanda Sullivan 01:30:30, James Munden 01:30:49, Natalie Hayes 01:30:51, Jo Hopkins 01:35:40, Pat Radley 01:41:27, Kerry Hampson 01:47:14, Mick Duplock 01:52:37, Crispin Scott 01:52:38, Carol Brown 01:55:10



Also on the same day 28 hj's chose the Heron Way 10k. A beautiful and well organised little race around St Leonards Forest. Runners leave the school grounds before heading along Ben's Acre, up Hampers Lane, the High Wield Trail, Mick Miles' race and back again downhill towards the finish for free tea and cake! New hj member, Rob Sherwood (37:07) won the men's race and Jo Terry (45:49) won the women's race, so a great result for our top runners. Elsewhere in the field,

there were some fine performances by all members in perfect cool and sunny conditions: Hadley O'Dwyer 42:13, David Jones 42:39, Matt Whyman 44:46, Gareth Sear 45:38, Paul Aylett 45:53, Nicola Smith 47:32, Lin Whiting 48:07, Rod Shapland 48:15, Dan Price 48:43, Paul Freeman 49:07, Stephen Entecott 49:12, Alicia Smith 49:12, Emma Walters 49:53, Geoff Fisher 50:56, Linda Tombs 51:06, Mark Aylmore 51:40, Helen Wood 56:11, John Booker 58:08, Laura Sowton 58:19, Ethel Whyman 59:01, Jo Hartland 64:25, Emma Whyman 65:11, Sue Newman 65:13, Claire Butler 65:39, Jean Salt 70:01 and Debbie Scott 91:56

Bournemouth was the venue of choice for the Smith family and 2 others. On Saturday Abigale completed the kids 1.5k in 9:43 while mum, Geri Smith, did the 10k in 46:33 along with Stuart Carruthers 44:38 and Collette Landells in 50:06. Phil Smith completed the half marathon on Sunday with a PB of 1:53:19 while, not content with a 10k warm up, Stuart Carruthers then completed the marathon distance in 4:51:35!

Also on 7th October, the Chester Marathon was the venue for Zoe Tetlow and Phyl Weston who both put in fantastic performances in 3:38:56 and 3:48:09 respectively!

Last but by no means least, 4 hj's completed the Downslink Ultra from Guildford to Shoreham, supported by aid stations along the way (some manned by team hj!). Alan Pettit was first over the finish line in 6:26:27 and was closely followed by: Brian Frost 7:02:38, Alan MacLachlan 7:33:33 and Richard Cornell 7:33:34.



On Saturday 13th October at the Goodwood cross country relays, excellent results were put in by team hj. The M50's men's team of Pete O'Connell 14:58, Richard speller 17:48, Bryan camfield 14:28 (3rd fastest m50!) and Dean Angell 14:50 came 4th overall, just seconds away from 3rd! Meanwhile the senior men of Rob Sherwood 13:31, James toms 15:18 and Alan Pettit 18:24 also put in a great effort.



Then on Sunday 14th October at the neighbouring Goodwood running festival a couple of members did the 10K: Arun Cooke 51:54 and Neil Clarke 53:39. And in the Half marathon: David Jones 1:33:06 and Tim Jones 1:52:30.



Meanwhile at the Great Walstead WSFRL 5 mile event, times were as follows : Mal "missed the photo" Thornton 35:27, Miranda Huisman 41:09, Alan Petitt 41:48, Dave Dawson 43:54, Richard Barron 46:20, Penny Barron 47:10, Samantha Marshall 47:57, Lou Johnson 52:57, Caroline Bransden 54:18, Elisabeth Scott 55:51, Christine Velarde 61:04, Sue Hensman 62:22, Stephanie Charman 66:14, Edna Clark 66:14.

Also on the same day at the Palma 10K and half marathon, hj international were flying the flag with Nicky Rooney 54:27 being closely followed by Lorraine Hunter 1:06:03, Caroline Daykin 1:10:11, Fiona Lear 1:12:42, Amanda Avery 1:19:31, Jenny Boyd 1:28:50 and Sharon Gibson 1:40:32. In the half distance, Helen Woods 2:15:30, Amanda Sullivan 2:15:31 and Helen Mallows 2:22:47 all completed the course.





Finally Angi Knight 2:18:24 and Finbar Cotter 2:18:37 completed the Royal Parks half in London.

On the weekend of 20th/21st Oct, Horsham Joggers were running far and wide starting on Saturday with an 8K in Amsterdam as part of the TCS series of races there this weekend. Matthew Anstee Brown stormed round finishing 16th in 29:06 with Julie Jochimsen 46:17 and Sue Wilcox 53:37. Also on Saturday there were spooky happenings in Alice Holt forest near Farnham as award winning Phil Liberman took part in the Brutal Halloween run covering the 6.6k race through the forest at night with head torches in 38:55 finishing 6th overall and 1st veteran over 40!



Sunday was another busy day in Amsterdam with a half and full marathon. In the half, Emma Comber finished in 1:52:24 followed by Ian Wilcox 1:54:39 and Penny Barron 1:54:40. Then a great turnout in the full marathon was led home by Brian Frost 3:58:48 closely followed by Emma Walters 3:58:56, Mike Saunders 4:22:19, Rob Jochimsen 4:25:28, Mark Comber 4:38:42, Richard Barron 4:48:54, Richard Cherriman 4:50:12, Derek Buckman 4:52:12, Saul Brignall 4:53:08 and Lisa Bowler 4:53:09.



Closer to home there were 3 big events on the south coast in Hove, Worthing and Portsmouth of which the biggest was the Great South 10 mile run in Portsmouth. First home was Michael Catlow in an amazing 1:12:21 while Martyn Newton smashed his PB finishing in 1:25:33 and the metronome that is Jason Walker was also on unofficial pacing duties at 1:24 and came home in 1:23:56! Others running equally as well were: Paul Langley 1:12:52, Paul Windust 1:15:44, Paul Yokom 1:15:51, Mike Dean 1:17:22, John Dykes 1:17:49, Emma Catlow 1:17:55, Guy Gilder 1:19:06, Ian Bradbury 1:28:55, Victoria Reddington 1:29:34, Alison Hartley 1:31:12, Mile Penfold 1:31:44, Laura Bartlett-Short 1:35:13, James Munden 1:35:30, Natalie Hayes 1:36:52, Jo Hopkins 1:37:17, Heidi Chaney 1:38:47, Hayley Blaskett 1:42:43, Caroline Bransden 1:43:16, Andy Robins 1:43:24, Laura Sowton 1:43:25, Steph Charman 1:44:22, Sue Newman 1:44:23, Lorraine Hunter 1:45:45, Steph Hancock 1:46:09, Claire Butler 1:46:17, Emily Bradbury 1:52:53, Tracy Martin 1:53:25, Rachel Denton 1:53:26, Tracey Smith 1:53:29, Jo Newton-Smith 1:54:27, Edna Clark 1:57:18, Claire Tilson 1:57:25, Louise Powling 1:57:46, Paul Morley 2:06:37 and Jane Adams 2:08:59,



In Hove the Sussex Grand Prix continued with the Hove Prom 10K Rob Crocker, in his first race in over a year finished in 39:40 followed by Paul Chantler 42:30, Daniel Price 45:15, Keith Valentine 47:56 and finally Mick Duplock with guide Paul Aylett 1:03:22

Also on the same Sunday, the Worthing Seafront 10K was contested by 7 hj's with Dean Angell finishing 5th overall in 37:01 followed by Stuart Adesilu 40:17, Harry Wilcox 41:58, Jo Tomlinson and Aimee Fenwick 52:29, Kev Summers 55:55 and Clare Dutfield 59:14.

Finally, Steve Rooke completed 50k in the Grand Slam Triple Ultra!



On the weekend of 27th/28th October, the first event involving Horsham Joggers was Saturday's Beachy Head Marathon. An event with a fine tradition, beautiful views and an extremely challenging last 5 miles, this is one of the biggest off-road marathons in the UK. Formerly known as the Seven Sisters Marathon, it is popular for its scenic and challenging route through the South Downs National Park countryside. It starts and finishes at Bedes School in Dukes Drive, Eastbourne. The marathon covers a course which climbs over 1300m and includes over 300 steps and 14 gates, passing through Jevington, Alfriston, Litlington, Friston Forest, the Cuckmere Valley and Seven Sisters and Birling Gap before returning via the iconic Beachy Head. The Horsham Joggers taking part this year were led home by Jason Walker in a very impressive time. The full list of times follows:- Jason Walker



4:13:14, Steven Rooke 4:54:13, Emma Catlow 4:56:25, Theresa Ward 4:58:07, Mark Gibson 5:17:42, Peter Tyrrell 5:46:32, Joanna Campbell 6:07:59, Alan Pettitt 6:14:40, Alan Jones 7:22:45



Meanwhile in Scotland, hj newcomers Miranda Attwater and James Tombs completed 38 miles over three peaks ultra in Jedburgh!



On Sunday 28th the Steepdown Challenge was the latest West Sussex Fun Run League event. This 5 mile race started from the Lancing Manor Leisure Centre. The runners made their way up to the Steepdown trig point and back again. This was a popular event and well supported by the Horsham Joggers. Times were as follows:- Christopher Lee 40:02, Stephen Entecott 40:27, David Dawson 41:27, Richard Speller 41:46, Penny Barron 44:19, Richard Barron 45:02, Caroline Bransden 50:20, Louise Johnson 51:40, Geoff Parker 52:01, Elisabeth Scott 55:05, Sue Hensman 56:44, Christine Velarde 57:40, Fiona Lear 59:10, Lorraine Hunter 64:24, Edna Clark 64:56, Jane Adams 72:30, Jenny Boyd 72:34, Victoria Saunders 73:59



Dawn Whamond 69:37

Also on Sunday 28th the Thames Half marathon attracted four Horsham Joggers. This was a very attractive course starting and finishing at Walton Bridge and after a short loop at the start being mainly an out and back to Hampton Court Palace. On a warmer, drier day this might have been very pleasant. The weather was colder and wetter than ideal for running. Nevertheless some good times were achieved, with a PB from Margaret Wadman. All times were :- Zoe Tetlow 1:43:02, Phyl Weston 1:45:23, Margaret Wadman 2:03:53, Pat Radley 2:21:15.

Closer to home some Joggers participated in the Crawley 10K. Times were as follows:- David Jones 42:22, Aimee Fenwick 55:38, Clare Dutfield 61:44,



Finally in Brighton, the first half and marathon run around a premier league ground took place. Run around the Amex stadium, home to Brighton and Hove Albion Football club. Each runner only had to complete 61 laps. Congratulations to Chris Yeomans for completing it. Also well done to Mark Aylmore for his circular half marathon at the same venue. Hopefully they have both recovered from any dizziness!

On Sunday 4th November it was hj's turn to invite club runners from all over the county to come and experience the beautiful Horsham countryside around Denne Park and Chesworth Farm. 441 runners took part in the 4.5 mile Gunpowder Trot, final race within this season's West Sussex Fun Run League. With over 80 volunteers required to pull off this event, hj runners within the race were few but still worthy of a mention. Rob Shapland lead the hj men home in 33:26 with Nicola Smith for the hj ladies in 34:37. Other results were: Brian Frost 33:26, Richard Speller 33:53, Chris Lee 34:43, Dean George 35:09, Richard Harwood 35:11, Dave Dawson 35:56, Tim Jordan 37:49, Vicky Holliday 40:34, Samantha Marshall 40:54, Karen England 43:11, Kev Summers 43:33, Steve Wilson 44:30, Paul Morley 53:54 and Caroline Bransden 65:07



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

