

RESULTS ROUND-UP

13.01.19

With the 100th anniversary remembrance services taking precedence on Sunday 11th November, the main event for Horsham Joggers was the Poppy Half marathon run at Bexhill-On-Sea on Saturday morning. This was three times out and back along the seafront from the De La Warr pavilion to make up the 13.1 miles. At least the wind wasn't in the runners' faces all the time, and they had good views of the English Channel! Times for the intrepid Horsham Joggers who made the trip were as follows:- Paul Yokom 1:44:05, Phyl Weston 1:52:54 and Bharat Panchal 1:59:40.



On Saturday 17th November, Margaret Wadman travelled a long way away to complete her first half marathon below sea level! She finished the Big Easy event in New Orleans in 2:03:19.

On Sunday 18th November it was a choice of two 10K's for the Horsham Joggers. Down at the coast the Brighton 10K offered a flat fast course on a bright but chilly morning. The race started and finished on Madeira Drive, just east of the Palace Pier. The runners headed west for 2 miles passing the pier, the Peace Statue and Hove Lawns. Just before the King Alfred Leisure Centre they turned left towards the sea and left again onto Hove Promenade, running eastwards along the seaside to the half way



marker at the Peace Statue. Here the route re-joined the coast road, returning to Madeira Drive on the way to the final turn at Black Rock and a 1 mile dash back to the finish. Nearly 2000 entrants finished the course! Times were as follows.

Matthew Anstee-Brown 37:41, Steve Nicholls 37:48, Raff Vitale 38:02, Stuart Adesilu 39:42, Hadley O'Dwyer 41:13, Maldwyn Thornton 41:11, Geoffrey Fisher 48:33, Clive Walker 48:49, Gordon Reay 49:32, Arun Cooke 49:51, Neil Clarke 52:13, Roger Johnson 55:45, Catherine Richardson 58:31, Louise Greig 01:02:39, Christine Velarde 01:04:59, Susie Milbank 01:08:14, Samantha-jane Scales 01:13:01



Another very popular 10K took place in Fulham. This race had nearly 4200 participants and was organised by City runs, who insist on all runners wearing the sponsor's t-shirts. This made recognising your fellow Horsham Joggers more challenging. The course went around the streets of Fulham, starting with a loop round Parsons Green then moving west towards Putney Bridge. The route then turned north and the east to loop around Stamford Bridge before returning to the start. Well done to those completing the course in the following times. Matt Mason 39:08, Philip Liberman 45:06, Wendy Mason 51:07, Lauren Mason 53:51, Tony Mason 1:00:48, Claire Miller 1:03:10

Meanwhile also on the 18th November, a few hardy souls went to the 2nd running of the Bedgebury Forest trail half and 10k where the men's team came first for the 2nd year in a row! Times for the half were: Stephen Entecott 1:51:06, Rob Jochimsen 1:54:51, Richard Cherriman 1:55:28, Ian Wilcox 1:55:28, Derek Buckman 2:01:38 and Richard Barron 2:10:28. In the 10k distance, Penny Barron 59:19 and Julie Jochimsen 1:04:18 made it home. Meanwhile Mark Gibson ventured to Wendover Woods for 52 miles of twists and turns!



On Saturday 24th November, Geri Smith and Graham Clarke both competed in the Winter Chase at Rye, completing 35.2 miles in a time of 6:27:19, with Geri being top of the leader board in the women's event. This event is run around the Rye Harbour Nature reserve. The brief is to run as many laps as you want in 6 hours, starting at 9 am. Refreshment breaks are allowed between laps. If you start your last lap before 3pm, you can finish it. Both Horsham Joggers looked remarkably relaxed after their 9 laps!

Then on Sunday 25th, the annual Jigsaw 10K was run at the Dunsfold aerodrome, which is best known these days for Top Gear, but is also the location of the Jigsaw School which is supported by the charitable trust who organise this event. The race is very popular with Horsham Joggers and has a reputation as a fast, flat course. However, the potential for windy conditions on an exposed airfield course make this race a tougher proposition than usual. Nevertheless some excellent times were recorded. In particular Richard Lee-Wright did well coming in 3rd place overall in 34:20. Other times were as follows: Simon Perkins 35:46, Matt Anstee-Brown 36:24, Raff Vitale 38:18, Pete O'Connell 38:39, Stuart Adesilu 41:27, Paul Aylett 41:58, Rob Shapland



42:42, Rachel Hamson 46:37, Richard Shergold 47:17, Martyn Newton 48:02, Ethel Whyman 48:28, Simon Rhodes 53:02, Kathleen Turner 55:05, Miranda Morley 56:26, Hayley Palmer 57:39, Pat Radley 1:00:40, Fiona Lear 1:06:41, Edna Clark 1:07:48, Tina Knight 1:08:53, Paul Morley 1:10:23



Finally, while most of his running colleagues were at Dunsfold, Paul Chantler ploughed a lonely furrow at Crowborough for the final SGP 10K of the year. When the organisers use the word 'undulating' to describe a course, what they mean is 'hilly' so Paul did well to complete it in 45:34.



It was just the 1st of December but not too early for this Christmas Cracker, a Worthing Running Sisters event providing the choice of a 5K or 10K run for women only. The course was out and back along the Worthing seafront. The aim of the organisers was a fun and friendly charitable event and this proved popular with Horsham Joggers, some of whom took up the option of festive dress. Some impressive times were also recorded with Val Purnell winning the 5K event in 22:51. Other times were Miranda Attwater 25:44, Vivienne Underhill 27:29, Elisabeth Scott 28:56, Fiona Clifton 29:30 and Edna Clark 35:14. In the 10K race the Horsham Joggers were led home by Helen Marshall and Jennifer Boniface in exactly the same time of 62:47. Other 10K times were as follows:- Caroline Bransden 63:59, Stephanie Charman 64:40 and Lorraine Hunter 65:11.

On Sunday 2nd, The Downland Devil 9 was a 9 mile race at Coombes, which is on the South Downs to the north of Shoreham Airport. In addition to the hills and the mud this tough event also had some cattle grids to be negotiated. Maldwyn Thornton was the first Horsham Jogger home in 1:11:11. His time was more impressive as he cycled from Horsham to the event and then back again. Chris Wigby was not far behind in 1:14:00, taking first place in the V60 category in the process. Other times were as follows:- Brian Frost 1:19:50, Robert Swan 1:20:22, Lorraine Treadwell 1:36:27, Greg Collins 1:45:45 and Elisabeth Scott 1:54:44.

The unusually named Mouth 2 Mouth marathon is a race from Shoreham, up the river Adur to the South Downs Way bridge, along the South Downs Way to Amberley, then down the river Arun to Littlehampton Marina. As it is 28 miles it is a little bit long for a standard marathon. Running along muddy river banks into a strong headwind also adds to the challenge. As does losing your trainers in the mud. Horsham Joggers completing this extreme event on Sunday morning were Emma Walters 5:19:03, Matt Whyman 5:19:04 and Chris Yeomans 5:32:46.

On Sunday 9th Dec team hj obviously didn't find the Mince Pie 10 very appetising! Perhaps the thought of a challenging 10 miles over a variety of terrains was too much for some. Perhaps it was concern for the windy conditions at Peacehaven. Whatever the reason our only representative making the start was Elisabeth Scott who completed the course in 1:50:03.

On Thursday 27th December three hj's attended the Winter Cross Ultra 50km which boasted an awesome medal! Steven Rooke 5:55:33, Alan Pettitt 6:35:59 and Helen Woods 6:36:00





With no big team events going on during the Christmas build up (except perhaps some Christmas shopping?) team hj returned in force on New Year's Day at the aptly named "Hangover 5"! 23 hardy souls braved the cold and ran rings around Hill Barn in Worthing. Michael Saunders continued his superb form and finished first in 41:38 followed by Chris Lee 42:06, Richard Speller 43:14, Alan Pettitt 43:35, Dave Dawson 44:49, Penny Barron 46:42, Nigel Blackbee 47:52, Martine Burke 48:56, Samantha Marshall 50:04, Richard Barron 50:34, Charley Crocker 51:21, James Munden 51:34, Viv Underhill 55:01, Amanda Sullivan 56:11, Helen Woods 56:12, Elisabeth Scott 56:38, Paul Morley 66:33, Edna Clark 66:43, Lorraine Hunter 66:43, Jane Adams 69:42, Ali Shears 71:34, Victoria Saunders 73:39 and Jenny Boyd 78:32



On Sunday 6th January, a small team hj visited The Tadworth 10 mile race which is run on and around the Epsom racecourse. Starting at the 2 furlong marker, runners cross the Downs before setting off on two laps taking them up to Walton on the Hill and down again. On completion of the second lap, the finish line in front of the stand can be seen, though there is still some way to go. Three Horsham Joggers completed the race, finishing in excellent times. They were led home by Raff Vitale in 1:06:45. Maldwyn Thornton made the finish line in 1:08:31, followed by David Jones in 1:13:37.



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

