

Saturday 19<sup>th</sup> January's main event for the Horsham Joggers was the Sussex AA Masters Cross Country event held at Coombe Farm on the South Downs near Lancing. This was described by one of the runners as a thoroughly enjoyable course with plenty of hills and a good running surface. Others might have considered it as more challenging than enjoyable but everyone rose to the challenge. Different age and gender categories raced over different distances from 4 to 6 miles. The over-50s men's team managed 6<sup>th</sup> place in an excellent team performance with individual times as follows: Dean Angell 32:14, Pete O'Connell 32:38, Steve Wigmore 32:49, Richard Speller 39:10. In the W45 event Rachael Hamson finished in 39:15 while in the W55 event Val Purnell finished in 41:26. Matt Whyman completed his over-40 men's race in 34:13.



Also on Saturday 19<sup>th</sup>, while we enjoyed the lovely cool conditions, Margaret Wadman completed a 30:12 5k warm up in Nassau, Bahamas(!) before the main event on Sunday 20<sup>th</sup> January where she also completed the Bahamas Half in 2:28:46. It's tough but someone's got to do it!



On Saturday 26<sup>th</sup> January, the Peddars Way Trail Ultra Marathon started off at 8 a.m. This trail runs from the Suffolk border to the North Norfolk Coast. The route is very runnable and navigation is easy along the 48 miles. Safety rules mean that all competitors have to carry waterproofs, extra clothes, food, water, mobile phone and a torch. Hot soup is provided at the 26 mile mark. Steven Rooke successfully completed this endurance event in 10:06:40.

Also on Saturday Brian Frost and Rachel Hamson took part in the Maverick race series at Amberley. Brian completed his 13.5K event in 1:21:09, while Rachel finished her 8K in 47:02.





On Sunday 27th the Horsham Joggers preparing for this year's Dark Star river marathon were expecting the usual extreme cold, wet and muddy conditions. This year was different in that it was only slightly cold, wet and muddy. The race was still over 28 miles though, and upstream along the banks of the Adur from Shoreham to just north of the A272, before returning to the start. The relatively clement weather led to a new course record for the winner, Kevin Rojas. Father and son combination of Alan and Dan Pettitt finished in 4:48:56 and

4:16:13 respectively. Maldwyn Thornton completed in 4:39:09, with Chris Yeomans in 5:23:51 and Paul Burgess in 5:52:58. The efforts of the marshals, food stations volunteers and the sponsors were much appreciated by all runners.

The Farnborough winter half marathon started and finished under the Aircraft hangar in Farnborough business park. It was a fast, flat and traffic-free course though runners had to cope with a very cold wind. References to speed abounded along the way as the field headed out to the Frank Whittle roundabout then along Fleet Road. Horsham Joggers times were as follows: Emma Comber 1:45:56, Penny Barron 1:57:01, Richard Barron 2:08:22, Andy Jefford 2:20:25.

The Canterbury 10 mile event was a trip into the countryside south-east of the historic cathedral city. Julie Jochimsen and Ian Wilcox finished almost exactly together in 1:52:09 and 1:52:10.



On Sunday 3<sup>rd</sup> Feb, the Chichester 10K was selected as the first Challenge Trophy event of 2019. This meant a very good number turning out down at Goodwood on a bright but chilly Sunday morning. They made up just a small part of a field which was limited to 1800, with nearly 1500 finishers. The route for the race was a 6km loop on public roads before turning into the Goodwood Motor Circuit to complete a lap with the finish in the Pits straight. The Horsham Joggers enjoyed the conditions and put in some tremendous performances. They were led home by Richard Lee-Wright in the excellent time of 33:57. Caroline Bransden and Lorraine Hunter managed 3<sup>rd</sup> and 5<sup>th</sup> in their respective age and gender categories, while Stuart Adesilu achieved a 7<sup>th</sup> place with his time.



Meanwhile, Young Ethel Whyman stormed home to a new PB by nearly 4 mins! After a rough few years with illness and coming so soon after her 48:28 Jigsaw 10k result in November. All the times are as follows:



Richard Lee-Wright

33:57, Gary Tomlinson 35:02, Simon Perkins 36:37, Raff Vitale 38:04, Stuart Adesilu 38:55, David Jones 40:51, Paul Chantler 41:12, Matt Whyman 41:36, Ethel Whyman 44:40 (PB), Paul Yokom 45:25, Rachel Hamson 45:24, Miranda Huisman 46:02, Alan Pettitt 46:37, John Dyckes 46:32, Keith Valentine 47:04, Emma Catlow 47:18, Guy Gilder 47:50, Michael Thornton 47:53, Lorraine Treadwell 48:55, Penny Barron 48:46, Jo Tomlinson 50:59, Aimee Fenwick 51:57, Richard Barron 54:07, Greg Collins 53:57, Margaret Wadman 55:22, Kath Clegg 56:00, Julie Gallagher 56:04, Payman Fathi 57:04, Clare Dutfield 58:42, Caroline Bransden 59:12, Paul Arnold 60:14, Lorraine Hunter 61:56, Michael Duplock 61:52, Tim Jones 61:52, Stephanie Charman 63:17, Elisabeth Scott 65:50, Vivienne Underhill 66:10 and Fiona Lear 67:44.

On Saturday 9<sup>th</sup> February Chris Yeomans and Paul Burgess made the trip up to Walton-on-Thames to take part in a 6-lap river bank marathon. Organised by Phoenix running, this was a Tolkien-inspired Middle-earth themed there and back again adventure. Chris finished in 4:19:35, with Paul in 4:48:47.



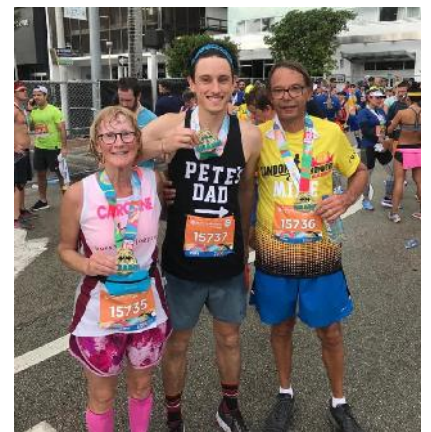
The main event for the Horsham Joggers on Sunday 10<sup>th</sup> February was down at Worthing Running Festival where a half marathon or a 10K were the options. Both races started and finished by the Lido close to Worthing Pier. Both races worked their way around the centre of Worthing, though the half marathon took a detour out to the west and an inland diversion towards Goring before

returning to West Parade, Marine Parade and the finish. Gary Tomlinson led home the Horsham Joggers in the half marathon in a time of 1:18:08. He was followed by Simon Perkins in 1:21:09. Other times were: Matt Mason 1:26:25, Stuart Adesilu 1:27:02, Simon Mills 1:30:39, Matt Whyman 1:33:21, Euan Ramage 1:33:37, Mike Hibberd 1:35:35, Harry Wilcox 1:36:04, Ben Casey 1:39:53, Alan Pettitt 1:43:47, Geri Smith 1:43:52 (PB), John Dyckes 1:44:24, Lucy Tucker 1:45:29, Steve Tucker 1:45:29, Rebecca Gattinesi 1:47:15, Ian Bradbury 1:47:33, Phyl Weston 1:49:29, Victoria Robins 1:50:19, Lorraine Treadwell 1:52:00, Stephen Threlfall 1:52:07, Mike Dean 1:53:49, Martyn Newton 1:56:16, Kate Short 1:58:46, Jenny Stannard 2:00:14, Andy Robins 2:02:40, Margaret Wadman 2:09:08, Carol Brown 2:12:49, Laura Sowton 2:13:23, Geoff Noble 2:14:57, Andy Jefford 2:17:05, Christine Velarde 2:30:38, Susie Milbank 2:46:39, Dawn Whamond 2:49:18. In the 10K event the three Horsham Joggers were James Boniface in 46:38, Natalie Hayes in 54:22 and Neil Clarke in 54:09.



Also on Sunday there were three Horsham Joggers participating in the Queen Elizabeth Olympic Park half marathon. This was run on the Olympic site and on closed roads around it. Competing were Paul Yokom who finished in 1:44:12 and John Yarlett in 2:31:27. Jason Walker was acting as an official pacer for this event and he has become quite experienced in this role and will be taking it on again this year in the Brighton Marathon as a 4 hrs 15 min pacer.

Meanwhile the Bransden family went all international and competed in the Miami Half Marathon. Caroline, Mike and Pete ran and finished together in 2:21:04. It was Mike's first half marathon and an amazing experience to run to the Port of Miami where the cruise ships were docked, along Ocean Drive beside South Beach and along the Venetian Causeway across the bay to finish on US Route 1 in Miami.



On Saturday 16<sup>th</sup> February 7 hj's took part in the first Guildford 10k on Saturday morning. The start/finish line was within the University of Surrey campus. The course went around the campus, around the cathedral, then along the river and through the cricket ground and back to the campus. Participants found it a little hilly but a good course. Miranda Morley was the first Jogger home, with Lorraine Hunter coming first in her age category. Times were as follows:- Miranda Morley 52:41, Samantha Edwards 1:02:23, Julie Jochimsen 1:02:24, Fiona Lear 1:08:51, Paul Morley 1:09:59, Edna Clark 1:12:07, Lorraine Hunter 1:12:07.

On Sunday 17<sup>th</sup>, 7 hj's ran the inaugural Glatting Beacon 5 organised by Sussex Multisports, two of them having competed at Guildford the day before. This was a challenging trail run from the Whiteways car park to the top of Glatting Beacon and back. Glatting Beacon is just to the west of Bignor Hill. Not only was this a hill climb, but the terrain was rough in places. Sadly Claire Miller took a wrong turn on the course and ended up running about 2 miles longer than everyone else, but this didn't stop her reaching the finish line. Phil Liberman was first Horsham Jogger to finish in 15th place overall. There were some other great results in the field of 110. Times were as follows: Phil Liberman 41:28, Miranda Morley 48:15, Greg Collins 49:26, Lou Johnson 54:48, Sue Hensman 62:52, Paul Morley 66:47 and Claire Miller 82:50.



Also on Sunday it was good to see Maldwyn Thornton and Nici Eyre continuing their tradition of representing the Horsham Joggers in the Harrow Hill 10K. Maldwyn finished in 42:41, with Nici in 1:06:23.

And finally on Sunday 17<sup>th</sup>, 3 hj's spent a muddy day at the Slindon Slog. This 10 mile trail run is set in stunning village of Slindon. Starting off at the Cricket Club on Mill Road the run route took them out from the cricket club and into the Slindon pits for the first burst of mud, water and sand. After 1 lap of the pits to get warmed up, the route will then lead them off into the woods for some scenic woodland trails for a good few miles. The route is an out and back with a visit to the 'steps of doom' and when they felt like their legs couldn't take anymore, they finished off with another lap of the pits followed by a run back to the cricket club!



On Sunday 23<sup>rd</sup> Feb the Horsham Joggers arrived in Brighton to get ready for the Brighton Half marathon. The runners gathered on Madeira Drive and made their final preparations under a clear blue sky and with a beautiful sea view. A crisp, cold start was quickly being replaced by an unseasonably warm morning. The 13.1 mile route would take them out east past the Marina and Roedean School before returning to central Brighton where a short loop provided a view of the Brighton Pavilion. The route continued out west to Hove Lagoon before returning along the promenade to finish exactly where it had started. It was a sunny and warm day where taking on enough drinking water was very important. There was plenty of excellent

support from the spectators in attendance and a few hj members running for their chosen charities. Alicia Smith ran for "Team Essie" who raise funds for Chestnut Tree House and have so far reached £6500 of their £20k target. Twenty-eight Horsham Joggers made the finish line with an excellent run by Stuart Adesilu leading the way home.



The full list of times is :- Stuart Adesilu 1:26:53, Michael Saunders 1:37:09, Will Green 1:40:02, Emma Catlow 1:44:30, Michael Catlow 1:44:30, Mike O'Grady 1:44:36, Becky Gattinesi 1:44:37, Daniel Price 1:44:51, Alicia Smith 1:47:20, Victoria Robins 1:49:09, Kirsty Anstee-Brown 1:57:18, Alan McLachlan 1:59:19, Georgina Drinkall 1:59:54, Tom Ikin 2:02:08, Lisa Bowler 2:05:16, Helen Woods 2:06:07, Caroline Bransden 2:12:59, Sharon Burchett 2:13:59, Jennifer Boniface 2:17:09, Andy Jefford 2:17:52, Sue Newman 2:19:15, Alan Jones 2:23:57, Amanda Sullivan 2:27:43, Claire Tilson 2:27:53, Iain Campbell 2:31:20, Emma Whyman 2:39:22, Victoria Saunders 2:49:57, Jane Adams 2:51:17 and Jenny Boyd 3:15:20

While most of the Horsham Joggers were in Brighton, Raff Vitale was running in the Thorpe Half marathon. This race started and finished in Egham. While it took in the tranquillity of country lanes it also managed to provide views over the M25 and M3. Raff managed to take full advantage of the conditions and ran an excellent personal best in 1:23:35.

Another event on Sunday morning was the Winchester 10K. This was a mixed town and country route starting in the Broadway outside Winchester Guildhall. Miranda and Paul Morley ran this one, with Miranda finishing in 51:58 and Paul in 1:10:58. Congratulations to everyone running on such a warm day.



And finally for this round-up, Paul Burgess completed the Saxons, Vikings & Normans marathon day marathon at Deal, Kent on Tuesday 26<sup>th</sup> Feb. But why the "marathon day" marathon we hear you cry? Well 26.2 on 26/02 makes a superb date for a marathon doesn't it?

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

