

On Sunday 3<sup>rd</sup> March, team hj were out and about across Sussex and Surrey despite storm Freya! Starting from Princes Park the course for the Eastbourne Half marathon was generally flat, though the one and a half mile climb up from the mile 2 marker was a significant challenge. There might have been a clue as the runners reached Beachy Head Road. What goes up always come down, so the next section should have provided some relief as the course turned downhill before proceeding back up the coast towards the centre of Eastbourne. The downhill section might have been a little steep for comfort however, given the damp and windy conditions. The Horsham Joggers managed some very good times which were as follows. Raff Vitale 1:32:02, Brian Frost 1:44:50, Paul Yokom 1:46:33, Penny Barron 1:58:50, Amanda Sullivan 2:23:27, Mick Duplock 2:46:06 and Crispin Scott 2:46:06



At the Leith Hill Half marathon there was even more concern about the effect of the rain on the hilly course. The race is based at the Priory School, Dorking. The run proceeds along footpaths and bridleways to the picturesque village of Westcott, and then turns left to climb up the rural byway of Wolvens Track to the Plough Pub at Coldharbour, before scaling the last few hundred metres to the top of Leith Hill, the highest point in South-east England. The route returns along the same track, back to the finish. With nearly 1800 feet of ascent muddy paths are not helpful. Fortunately, the Horsham Joggers taking on these extreme challenges laugh in the face of wind, mud and rain and focus on the finish line and the rewards to follow. Hot food was provided in the school cafeteria at the end of the race. Maldwyn Thornton finished in 1:44:55, Phyl Weston in 2:12:17 and Chris Yeomans in 2:23:27.

The Steyning Stinger offers a choice of two distances on the South Downs starting and finishing in Steyning. The stings are significant hill climbs, two in the half marathon and four in the full marathon. Steve Wigmore finished the half marathon in 5<sup>th</sup> place overall in the excellent time of 1:45:57, with Karen Wigmore finishing in 2:36:28. In the full marathon Matt Whyman's time was 4:26:05 with Alan Pettit just behind in 4:27:10. Lisa Bowler completed the 26.2 miles in 5:50:34.



On Sunday 10<sup>th</sup> March, The West Worthing 10K was a seafront run organised to raise funds for the Thrive federation of special schools in Sussex. Horsham Joggers were represented by Matt Senior 51:03, Emma Walters 52:27, Miranda Morley 54:46 and Paul Morley 71:22.



Meanwhile, the Mercer Surrey half marathon is a scenic, single-lap race set in the countryside surrounding Woking and Guildford. It follows a fully-closed and professionally marked and measured route out from Woking town into the nearby quaint villages. The runners are entertained and encouraged by live music and communities of local supporters. Horsham Joggers were led home by Gary Tomlinson, coming in 30<sup>th</sup> place in the impressive time of 1:17:02. Other times were as follows: Jo Tomlinson 1:57:16 Aimee Fenwick 1:59:15, Margaret Wadman 2:13:59, Caroline Bransden, 2:14:55, Clare Dutfield 2:19:16 and Elisabeth Scott 2:35:03.



On Sunday 17<sup>th</sup> March, Horsham Joggers were represented at three main events.

Competitors lined up under Union flag bunting and in "tip top" running conditions for this year's Balcombe Bull Run. In its 6th year

and in perfect weather conditions – bright blue skies, cool breeze, standing water and deep mud underfoot! The course was the wettest ever known and they had Balcombe's Head Forrester on standby to clear any trees that has fallen in Saturday's wind. The Balcombe Bull Run course goes up Westup, drops down onto Rocks Lane, up the steep hill to Rowhill Lane, past the White House, along Postman's Walk and back through Westup Farm to the school. A tough and hilly 7km! Club chairman, Phil Liberman was first hj home in 37:03 closely followed by Alan Pettitt 37:51, Lou Johnson 49:09, Claire Miller 49:58, Julie Jochimsen 50:12, Sam Edwards 62:56, Anita Reeves 62:57, Heidi Chaney 69:57 and Sue Hensman 69:58.



Meanwhile, in King Henry VIII's back yard, The Palace Half wound its way around Hampton Court Palace and the surrounding area. Raff Vitale put in an excellent time of 1:28:24 and was followed home by Phyl Weston 1:50:20, Penny Barron 1:56:04, Chris Wardle 1:58:40, Miranda Morley 2:04:11, Christine Verlarde 2:32:18 and Edna Clark 2:42:38.

And with slightly older scenery, The Bath Half was completed by Paul Chantler 1:36:27, Caroline Bransden 2:18:37, Victoria Saunders 3:12:32 and Jenny Boyd 3:12:43

On Sunday 24<sup>th</sup> May, Horsham Joggers were well represented at the Hastings Half marathon. Starting and finished on the seafront, the first five miles were quite tough as the course made its way uphill, but the remaining miles were flat or downhill. Weather conditions were superb and a nice change from those experienced last year! Stuart Adesilu was first home for Horsham Joggers and also first home in his age category in 1:27:43. Other times were as follows. Maldwyn Thornton 1:28:55, Richard Lee-Wright 1:43:03, Alan Pettitt 1:44:14, Baz



Panchal 1:56:43, Helen Woods 2:01:44, Amanda Sullivan 2:16:14, Helen Mallows 2:19:43, Gregory Collins 2:21:25, Mick Duplock 2:40:36, Michael Saunders 2:40:37



The Reigate Priory Park 10K also took place on 24<sup>th</sup> March. Phil Liberman finished this 4 lap race around beautiful Priory Park in 45:01 with Richard Barron coming in on the 54:29 mark.

Meanwhile in London, at least one hj ran the London Landmarks Half Marathon (results are typically unhelpful with missing team listings!) as Paul Davis finished in 1:37:42





The Mel's Milers 10K was one place to be on Sunday 31<sup>st</sup> March. It starts in the avenue and finishes in the quadrangle of Christ's Hospital school. After a loop in the school grounds the runners head off to Southwater along the Downs Link, through the Country Park and back along the Downs Link. The course is advertised as fairly flat, but is not without some interesting undulations! 375 runners finished the course. This local event is always very popular with the Horsham Joggers. This year was no exception, with over 40 runners representing the club. Congratulations to Rob Sherwood, who managed to finish first overall. Other notable performances included those of Ethel Whyman, first female Horsham Jogger to finish and Rachel Hamson, who came second in her age category.

All times are as follows:- Rob Sherwood 32:42, Matt Cooper 40:06, David Jones 40:36, Euan Ramage 40:50, Chris Wigby 41:42, Mark Hawthorne 43:23, Ethel Whyman 43:35, Rachel Hamson 44:55, James Boniface 45:25, Miranda Huisman 45:28, Mark Aylmore 45:34, Lin Whiting 46:51, Karina Sherwood 47:09, Simon Holmes 47:19, Guy Gilder 47:59, James Hawthorne 47:53, Clive Walker 48:16, Matthew Senior 48:41, Richard Shergold 49:24, Joanna Stone 49:43, Kevin Croker 50:00, Walter Edgar 50:12, Helen Wood 50:30, Martine Burke 51:10, John McSkimming 51:10, Matt Ide 51:44, Georgie Drinkall 52:09, Laura Bartlett-Short 52:22, Peter Helliwell 53:09, Lisa Aylmore 53:36, Jacqui Williamson 54:23, Kirstie Hedger 54:38, Sok Wah Lee 56:25, Caz Botting 57:11, Kathleen Turner 58:01, Andy Jefford 58:52, Steph Hancock 1:00:14, Lisa Jestico 1:00:37, Kev Summers 1:03:02, Simon Rhodes 1:03:11, Christine Velarde 1:03:56, Lorraine Hunter 1:04:07, Karen Rhodes 1:05:47, Stephanie Charman 1:05:48, Edna Clark 1:07:37 and Paul Morley 1:11:35



Meanwhile, the Cranleigh 15 and 21 mile races are used by many athletes as part of their preparation for the spring marathons coming up in April. Other athletes run them as significant challenges in their own right. The first 15 miles is the same for both events, with runners setting off south from Cranleigh on the back roads, reaching as close to Horsham as Cox Green and Ellen's Green before making their way back to Cranleigh by Horsham Road. A second, shorter easterly loop follows taking all runners back to the 15 mile finish point in Cranleigh. Those signed up for 21 miles just carry on round that second loop again. Well done to all participants, but particularly those that did the extra miles. Horsham Joggers completing the 21 miles were as follows:-

Gary Tomlinson 02:10:57, Simon Perkins 02:16:02, Johanna Terry 02:47:20, Matt Whyman 02:48:44, Brian Frost 02:50:32, Alan Maclachlan 03:17:51, Jo Tomlinson 03:25:25, Aimee Fenwick 03:25:25, Caroline Bransden 03:56:44 and Margaret Wadman 03:56:44.

Those choosing the 15 mile option were:-

Russell Kemp 01:52:15, Theresa Ward 01:56:28, Sam Boylett 02:03:08, Stephen Maskens 02:06:43, Tim Hampson 02:08:07, Stephen Entecott 02:14:49 and Leonie Edwards 02:27:45.



Also on Sunday, three Horsham Joggers were taking on the full 26 miles of the Queen Elizabeth Country Park Spring marathon. Just south of Petersfield and just off the A3, this was two winding laps of 13.1 miles each on trails running through and around woodland. The runners and times were as follows:- Alan Pettitt 4:09:39, Steven Rooke 4:18:40 and Helen Woods 5:34:54.

Finally, 3 hj ladies chose the south coast for the AW20. A Sussex Trail Event which takes runners on an out and back route along the prom between Shoreham and Ferring. Geri Smith completed in an impressive 2:46:06 with Kate Short 3:06:50 and Lisa Bowler 3:35:06 completing the trio.

At Christ's Hospital on Saturday 6<sup>th</sup> April the Horsham Joggers had five teams in action in the Sussex cross-country relays. The weather was a little bit cold and windy, but some good running took place. The Men's over 50 A team won a silver medal! Team and individual results were as follows:- Senior ladies 22<sup>nd</sup> place: Rachel Hamson 13:43, Ethel Whyman 13:36, Helen Wood 15:07. W50s 5<sup>th</sup> place: Mariann Bourne 16:22, Alison Edney 13:41, Val Purnell 14:40. Senior men 16<sup>th</sup> place: Matt Mason 11:05, Tom Robertson 11:14, Hadley O'Dwyer, 12:00, Will Michell 11:47, Finlay Burchett 12:50, Matt Cooper 11:56. M50s A team 2<sup>nd</sup> place: Dean Angell 11:11, Bryan Camfield 11:31, Pete O'Connell 11:41. M50s B team 9<sup>th</sup> place: Matt Whyman 12:34, Richard Speller 13:37, Stuart Adesilu 12:18.



There were also excellent performances from Horsham Joggers at the Lancing College 10K on Sunday 7<sup>th</sup> with Phil Liberman leading the club home. Rachel Hamson and Lorraine Hunter came first in their categories. Full results were:- Philip Liberman 47:08, Rachel Hamson 47:31, Richard Barron 56:23, Jacqui Williamson 57:48, Claire Miller 61:07, Joanne Willison 61:25, Lorraine Hunter 65:27, Stephanie Charman 68:05, Fiona Lear 71:17, Mick Duplock 73:29, Michael Saunders 73:29, Edna Clark 74:48, Linda Morris 78:49, Amanda Avery 80:11.



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

