



On Sunday 14<sup>th</sup> April, Horsham Joggers were represented in both the Brighton Marathon and the associated 10K. While the day was bright, it was also cold. The marathon runners were faced with headwinds as they travelled east. This had the biggest impact at the end of the marathon, as they made their way back from Shoreham power station to the finish line just beyond the Palace pier. The 10K runners also had to turn into the wind at Hove Lawns to complete their race. The following lists cover some of the HJ finishers who we've identified. Unfortunately, the organisers results don't list by club or team name! Marathon times :- Maldwyn Thornton 3:33:00, Matt Whyman 3:35:44, Michael Saunders 3:40:01, Geri Smith 3:40:56, Tim Hampson 3:42:01, Andy Marfleet 3:52:30, Daniel Price 3:56:11, Kate Short 4:14:38, Jason Walker 4:14:51, Richard Cornell 4:15:36, Stephen Entecott 4:17:35, Martyn Newton 4:18:09, Steve Christy 4:24:50, Alan Maclachlan 4:31:00, Steven Rooke 4:43:03, Vicky Holliday 4:53:01, Angi Knight 4:53:52, Sue Zanin 5:03:45, Tina Vaughan 5:06:54, Rachel Morgan 5:25:05, Hayley Palmer 5:25:42, Susie Millbank 5:54:59. In the 10K, times were:- Gary Tomlinson 33:58, Matt Mason 35:59, Stuart Adesilu 38:58, Hadley O'Dwyer 40:19, David Jones 40:23, Chris Newberry 45:23, James Boniface 45:35, Emma Comber 49:10, Aimee Fenwick 49:41, Jo Tomlinson 50:58, Natasha Hamilton 57:57 and Clare Dutfield 58:25.



Meanwhile another set of Horsham Joggers had chosen Goodwood Motor Circuit as the venue for their morning exercise. Here in addition to the 10K and marathon, a 5K, a half-marathon and a 20 mile race were also available. The downside was that to complete the longer distances you had to run round and round the track. After 11 laps I'm sure James Munden must have been dizzy. Distances, runners and times are summarised here. 5K:- Paul Arnold 27:23, Sally Arnold 32:32. 10K:- Mark Adams 48:28, Fiona Lear 1:07:24, Amanda Avery 1:14:53, Jane Adams 1:14:59. Half marathon:- Richard Barron 2:02:26, Theresa Adams 2:14:31, Greg Collins 2:15:51, Caroline Bransden 2:17:43. 20 mile:- Penny Barron 3:07:38. Marathon:- James Munden 4:43:53.





On Monday 22<sup>nd</sup> April the West Sussex Fun Run league was back at the Lewes Easter Monday races and team hj turned out in force! The weather was unseasonably warm and sunny but it didn't stop some fine performances as follows: James Tombs 43:14, Penny Barron 53:46, Clive Walker 54:15, Alan Pettitt 56:13, Richard Barron, 57:11, Mark Comber 59:07, Emma Comber 59:09, Helen Woods 59:44, Paul Burgess 60:11, Miranda Morley 60:33, Helen Mallows 63:00, Lou Johnson 63:50, Philip Beaken 65:07, Dave Dawson 65:10, Caroline Bransden 65:24, Amanda Sullivan 65:28, Ian Wilcox 65:53, David Evans 66:03, Julie Jochimsen 67:11, Caroline McGrath 71:06, Elisabeth Scott 71:47, Fiona Lear 73:24, Steph Charman 73:25, Lorraine Hunter 73:26, Edna Clark 73:32, Nara Sullivan 73:38, Sue Hensman 75:42, Mick Duplock 84:22, Mike Saunders 84:22, Jane Adams 84:40, Victoria Saunders 90:20 and Jenny Boyd 91:36

On the evening of Thursday 25<sup>th</sup> April, two Horsham Joggers were in action on the track at K2 in Crawley. Dean Angell completed his 1 mile race in 5:17, with Pete O'Connell finishing in 5:38. (sorry – no photos!)



Two Horsham Joggers teams ran The Fox Ultra on Saturday 27<sup>th</sup> as a 3 person relays. The Fox Ultra is a 60km trail run following the Fox Way footpath a circular loop around Guildford starting and finishing in Godalming. There are options of running 60km, 42km and 21km or a 3 person relay. The two teams came in at 07:54:41 and HJ member Victoria Robins ran the whole 60km on her own finishing in 07:10:41. It's a very well organised and supported race to take in the scenic Surrey countryside with lots of hills, recommended to new and experienced trail runners.







Then on Sunday 28<sup>th</sup> April at the London Marathon, as well as the 30 volunteers put forward by the club, 18 hardy hj's ran it and were lead home by Gary Tomlinson in an incredible 2:43:19! He was closely followed by Steve Nicholls 2:50:40, Simon Perkins 2:56:59, Theresa Ward 3:25:50, Johanna Terry 3:33:27, Lorraine Treadwell 3:57:05, Colette Landells 4:05:22, Michelle Garratt 4:23:16, Martyn Newton 4:23:40, Jo Tomlinson 4:32:04, Laura Sowton 4:53:28, Rob Jochimsen 4:54:43, Michelle Hepple-Haines 5:17:18, Caroline Branden 5:20:02, Samantha-Jane Scales 6:16:26, Claire Burrows 6:28:05, Natalie Buckman 6:43:12, Carol Brown 7:12:47. Huge respect to all marathon runners, especially those who took 5 hours plus. It's still 26.2 miles in more than twice the time it takes the leaders!



Meanwhile on The Angmering Park Estate, the 14th Angmering Bluebell Trail Run also took place on Sunday 28th April. Organised by Raw Energy Pursuits, the courses included the popular 10 mile and 10km trail run around the estate at the start of the bluebell season in West Sussex. The 10 miler takes athletes along 'The View' and down private tracks to the foot of the South Downs before returning through the bluebells and the finish at The Fox Pub. The views are stunning! In the 10k – Julie Gallagher 60:15 and Kath Clegg 65:43 completed the course. While in the 10 mile event, Ethel Wyman took home a prize for her 1:22:58 closely followed by Clive Walker 1:25:54, Richard Shergold 1:30:52, Kirsty Anstee-Brown 1:34:27, Will Green 1:34:29, Kathleen Cornell 1:44:22, David Evans 1:46:21 and Christine Verlarde 1:53:35.

Saturday 4<sup>th</sup> May started a busy Bank Holiday weekend for the Horsham Joggers. Five went down to Southampton for a Sunday morning marathon. Their finishing times were:- Crispin Scott 3:46:42, Martyn Newton 4:15:01, Penny Barron 4:16:54, Aimee Fenwick 4:30:46, James Munden 5:01:24. Also in Southampton Richard Barron chose the half marathon and finished in 2:02:30. Emma Comber took part in the 10K and completed in 55:14.







Further east the Mid-Sussex marathon had started with the East Grinstead 10 mile race. This is a three stage marathon, the subsequent stages being Sunday's Haywards Heath 10 mile and Monday's Burgess Hill 10K. An impressive number of Horsham Joggers completed all three events and the club can be pleased about some excellent individual and team performances. Richard Lee-Wright came fifth in the Haywards Heath 10 mile race and Matt Mason came sixth in the overall combined event. Finishing times were as follows.

East Grinstead 10 mile: Matt Mason 1:06:37, Tom Robertson 1:11:16, Paul Yokom 1:22:56, Mark Aylmore 1:25:18, Guy Gilder 1:26:06, Baz Panchal 1:33:21, Robert Swan 1:34:46, Nigel Blackbee 1:39:38, Simon Rhodes 1:40:26, Kevin Croker 1:41:51, Louise Johnson 1:53:18, Hayley Palmer



1:56:11, Claire Tilson 1:58:36, Lorraine Hunter 1:58:35, Elisabeth Scott 2:01:37, Samantha Edwards 2:03:07, Sue Hensman 2:03:09, Edna Clark 2:08:53, Christine Velarde 2:09:00, Jane Adams 2:18:48, Jenny Boyd 2:34:33

Haywards Heath 10 mile (hj Challenge Trophy race): Richard Lee-Wright 1:02:50, Matt Mason 1:06:38, Tom Robertson 1:11:05, David Jones 1:11:05, Matt Whyman 1:12:21, Harry Wilcox 1:12:48, Brian Frost 1:16:19, Ethel Whyman 1:18:35, Paul Yokom 1:20:42, Alan Pettitt 1:20:58, Miranda Huisman 1:21:05, Geri Smith 1:21:06, Stephen Entecott 1:24:40, Clive Walker 1:25:15, Guy Gilder 1:26:57, Victoria Robins 1:27:54, Baz Panchal 1:28:22, Roger Johnson 1:34:35, Nigel Blackbee 1:34:49, Kevin Croker 1:35:35, Simon Rhodes 1:36:22, Philip Beaken 1:37:30, Louise Johnson 1:45:19, Caroline Bransden 1:45:51, Sue Newman 1:50:11, Stephanie Charman 1:50:47, Elisabeth Scott 1:53:14, Claire Tilson 1:55:09, Pat Radley 1:55:40, Lorraine Hunter 1:56:10, Christine Velarde 1:56:25, Edna Clark 1:59:29, Sue Hensman 2:03:32, Michael Duplock 2:09:57, Samantha Edwards 2:12:24, Anita Reeves 2:12:24, Jane Adams 2:13:56, Jenny Boyd 2:29:58

Burgess Hill 10K: Matt Mason 41:14, Tom Robertson 42:48, Michael Saunders 48:56, Paul Yokom 52:16, Guy Gilder 53:08, Baz Panchal 55:23, Kevin Croker 57:11, Natalie Hayes 1:00:07, Simon Rhodes 1:00:12, Amanda Sullivan 1:00:25, Helen Woods 1:00:25, Kath Clegg 1:04:36, Louise Johnson 1:06:31, Samantha Edwards 1:07:52, Sue Newman 1:07:59, Elisabeth Scott 1:08:02, Lorraine Hunter 1:12:02, Nigel Blackbee 1:12:32, Fiona Lear 1:12:52, Pat Radley 1:13:00, Claire Tilson 1:13:00, Christine Velarde 1:12:59, Edna Clark 1:13:47, Victoria Saunders 1:14:12, Sue Hensman 1:18:57, Amanda Avery 1:19:02, Jane Adams 1:23:27, Heidi Chaney 1:26:49, Jenny Boyd 1:29:32

Overall Mid-Sussex Marathon combined times. Matt Mason 2:54:29, Tom Robertson 3:05:09, Paul Yokom 3:35:54, Guy Gilder 3:46:11, Baz Panchal 3:57:06, Kevin Croker 4:14:37, Simon Rhodes 4:17:00, Nigel Blackbee 4:26:59, Louise Johnson 4:45:08, Elisabeth Scott 5:02:53, Claire Tilson 5:06:45, Lorraine Hunter 5:06:47, Christine Velarde 5:18:24, Edna Clark 5:22:09, Samantha Edwards 5:23:23, Sue Hensman 5:25:38, Jane Adams 5:56:11, Jenny Boyd 6:34:03.



Meanwhile, also on Sunday 5<sup>th</sup> May, the Three Forts Challenge was taking place. Setting off from Worthing this hilly version of a marathon took in Devil's Dyke, Chanctonbury Ring and Cissbury Ring. Completing this were Gareth Sear in 4:12:47, Phyl Weston in 4:57:16 and Helen Woods in 5:24:24.

Saturday 11<sup>th</sup> May was momentous for three hj members who travelled to La Palma for the Transvolcania Marathon and Ultra Marathon. The ultra is considered one of the hardest in the world! It covers 74km with a cumulative elevation gain of 4415m! Alan Pettitt made it to the 47km check point in 10:34:03 but was out of time to continue. Matt Whyman completed the whole course in 16:03:48, a slightly longer time than last year, mainly due to spending an hour with the Red Cross at 2500m due to heat exhaustion! Victoria Robins chose the slightly shorter but no less hilly marathon option. Big respect to all of you!



On Sunday 12<sup>th</sup> May, the WSFRL Portslade Hedgehoppers 5 was the destination for 13 hj members. Richard Speller was first home in 41:24, closely followed by Penny Barron 43:33, Dave Dawson 44:40, Richard Barron 46:50, Ian Wilcox 46:51, Neil Clarke 47:54, David Evans 50:09, Amanda Sullivan 51:24, Lorraine Hunter 59:59, Edna Clark 60:54, Victoria Saunders 69:52, Jane Adams 72:04 and Jenny Boyd 74:26.

We also had 3 hj's at the Cranleigh Trial Marathon/Half Marathon. Geri Smith 4:08:24 (marathon), Rob Jochimsen and Derek Buckman 2:14:46 (half).

But the big one on the day was the Run Gatwick Half Marathon where an incredible 62 hj's completed the 2<sup>nd</sup> running of this event. Newly crowned Jogger of the Year, Simon Perkins was first home in 1:21:54 and was followed by David Jones 1:33:35, Raff Vitale 1:33:48, Euan Ramage 1:36:12, Paul Addie 1:37:08, Michael Catlow 1:37:32, Will Green 1:37:42, Malcolm Footer 1:37:49, Nick Broom 1:38:51, Andi Marfleet 1:43:07, Brian Frost 1:43:11, Rachel Hamson 1:43:46, Miranda Huisman 1:44:05, John Dykes 1:45:06, Lisa Bowler 1:45:30, Paul Windust 1:48:37, Stephen Maskens 1:44:58, Stephen Entecott 1:47:59, Dan Price 1:50:08, Clive Walker 1:51:59, Joanna Stone 1:53:02, Daniel Watson-Jones 1:52:14, John McSkimming 1:53:43, James Munden 1:54:02, Baz Panchal 1:53:57, Paul Thornton 1:57:11, Holly Wanless 1:54:51, Sharon Burchett 1:56:49, Shelly Garratt 1:59:58, Robert Swan 1:55:43, Matt Senior 1:59:08, Roger Johnson 1:59:56, Aimee Fenwick 1:58:42, Helen Wood 2:02:02, Mark Gibson 2:06:04, Jacqui



Williamson 2:02:43, Nikky Rooney 2:07:04, Martyn Newton 2:10:14, Matt Ide 2:06:00, Greg Collins 2:11:37, Margaret Wadman 2:12:42, Jenny Boniface 2:10:02, Andy Jefford 2:15:16, Lou Johnson 2:12:10, Jo Bull 2:16:21, Lisa Andrews 2:13:43, Nici Eyre 2:13:48, Elisabeth Scott 2:18:43, Steph Hancock 2:17:48, Caroline Bransden 2:20:01, Jan Lensen 2:18:27, Steve Keary 2:24:12, Steph Charman 2:24:54, Fiona Clifton 2:25:36, Pat Radley 2:26:43, Dawn Whamond 2:28:20, Geoff Noble 2:29:01, Catherine Jagger 2:27:44, John Berry 2:28:02, Claire Tilson 2:33:41, Sue Hensman 2:41:29 and Susie Milbank 2:50:03.



Then on Wednesday 15<sup>th</sup> May by the Trundle View Run at Goodwood where James Munden was first hj home in 43:12. Other times: Andrew Wright 43:20, Penny Barron 43:20, Dave Dawson 43:48, Derek Buckman 44:22, Rob Jochimsen 45:10, Chris Wardle 45:20, Neil Clarke 46:49, Richard Barron 47:05, Richard Cherriman 47:24, Ian Wilcox 47:25, Greg Collins 48:46, Julie Jochimsen 55:14, Lorraine Hunter 61:09, Steph Charman 61:09, Edna Clark 61:09, Victoria Saunders 66:41, Jane Adams 67:54 and Jenny Boyd 72:40.

Two 10K races dominated the calendar in West Sussex on Sunday 19<sup>th</sup> May. With the usual Horsham 10k fixture delayed until 2<sup>nd</sup> June, the Bognor Prom 10K attracted a few hj's who were represented by Dean Angell 36:59, Lee Jestic 38:34, Steph Charman 61:37, Lorraine Hunter 61:41 and Edna Clark 68:21.



However, a huge contingent opted for something slightly nearer to home in the form of the Wisborough 10K a very scenic 2 lapper round the countryside. Considerable success was achieved with Gary Tomlinson finishing first out of a field of 350 in 36:54! He was followed by Harry Wilcox 43:01, Malcolm Footer 44:04, Chris Wigby 44:10 (1st in age category), Steve Tucker 45:27, Phil Liberman 46:44, Lucy Tucker 48:03 (1st in age category), Mike Saunders 48:03, Mark Adams 48:24, Geoff Fisher 50:25, Alan Pettitt 50:39, Lorraine Treadwell 51:59 (1st in age category), Baz



Panchal 51:53, Jo Stone 52:33, Rob Jochimsen 52:32, Ian Wilcox 53:04, Chris Yeomans 54:28, Matt Senior 54:17, Miranda Morley 54:39, Phil Hedges 55:17, Jacqui Williamson 56:15, Jo Tomlinson 56:24, Laura Sowton 58:06, Andy Robins 58:06, Theresa Adams 58:48, Greg Collins 59:01, Jo Hopkins 60:47, Claire Miller 61:27, Lou Johnson 61:54, Clare Dutfield 62:09, Julie Jochimsen 63:55, Caroline Bransden 64:03, Jean Salt 69:56, Dawn Whamond 72:26, Sue Hensman 76:35 and Natalie Buckman 79:48.

In the 5K at the same event, Pete O'Connell finished 5th in 19:21 and was accompanied by Mikey O'Grady 22:13, Charlie Carter 23:06, James Boniface 23:20, Val Purnell 23:58, Andy Jefford 29:50, Samantha Jane Scales 31:59, Jane Footer 34:33, Louise Jones 36:23 and Heidi Chaney 40:22.



Further afield Kate Short ran the Copenhagen marathon on a hot day to record a new personal best of 4:00:50!

On Wednesday 22<sup>nd</sup> May an incredible 67 hjs and 5 juniors went to the seaside for the annual Arunners Beach Run and fish & chip supper. The highest attendance of any WSFRL club at the event! It's an out and back route on sand while the tide is out. There was a sprint for the line from our super-fit athletes and Richard Lee-Wright led them home in an impressive 28:47, only a few seconds ahead of Gary Thomlinson in 28:52. Other times included Simon Perkins 29:46, Trevor Barrett 31:08, Matt Mason 31:13, Tom Robertson 31:53, Harry Wilcox 33:39, Brian Frost 36:30, Andi Marfleet 36:51, Richard Speller 37:52, Steve Entecott 37:54, Dave Dawson 38:51, Lin Whiting 38:55, Andrew Wright 39:51, Clive Walker 40:08, Geoff Fisher 40:19, Penny Barron 40:26, Lucy Tucker 40:32, Steve Tucker 40:32, Alan Pettitt 40:53, Rob Jochimsen 41:08, Derek Buckman 41:33, Jane Lawrence 42:26, Nigel Blackbee 42:41, Helen Wood 43:04, Richard Barron 43:26, James Munden 43:30, Roger Johnson 43:48, Matt Ide 43:54, Wendy Mason 44:14, Miranda Attwater 44:49, Kevin Crocker 44:50, Philip Beaken



45:01, Aimee Fenwick 45:07, Jo Tomlinson 45:10, Greg Collins 45:17, David Evans 45:32, Laura Sowton 47:44, Amanda Sullivan 47:47, Caroline Bransden 48:37, Clare Dutfield 49:22, Helen Mallows 49:47, Lou Johnson 49:58, Julie Jochimsen 50:44, John Berry 51:30, Geoff Parker 52:21, Steph Hancock 52:31, Laura Bartlett-Short 52:32, Sue Hensman 53:50, Elisabeth Scott 53:52, Samantha Edwards 53:58, Lorraine Hunter 54:55, Nara Sullivan 55:05, Edna Clark 55:14, Fiona Lear 56:18, Steph Charman 56:39, Karen Rhodes 56:39, Mark Aylmore 56:41, Christine Verlarde 57:53, Susan Wilcox 57:56, Ian Wilcox 57:57, Amanda Avery 60:07, Victoria Saunders 60:19, Jane Adams 62:39, Heidi Chaney 68:09, Ashley Wilkinson 68:09 and Jenny Boyd 70:05.



45:01, Aimee Fenwick 45:07, Jo Tomlinson 45:10, Greg Collins 45:17, David Evans 45:32, Laura Sowton 47:44, Amanda Sullivan 47:47, Caroline Bransden 48:37, Clare Dutfield 49:22, Helen Mallows 49:47, Lou Johnson 49:58, Julie Jochimsen 50:44, John Berry 51:30, Geoff Parker 52:21, Steph Hancock 52:31, Laura Bartlett-Short 52:32, Sue Hensman 53:50, Elisabeth Scott 53:52, Samantha Edwards 53:58, Lorraine Hunter 54:55, Nara Sullivan 55:05, Edna Clark 55:14, Fiona Lear 56:18, Steph Charman 56:39, Karen Rhodes 56:39, Mark Aylmore 56:41, Christine Verlarde 57:53, Susan Wilcox 57:56, Ian Wilcox 57:57, Amanda Avery 60:07, Victoria Saunders 60:19, Jane Adams 62:39, Heidi Chaney 68:09, Ashley Wilkinson 68:09 and Jenny Boyd 70:05.

On Sunday 26<sup>th</sup> May, Horsham Joggers descended upon the capital cities of the UK. In Edinburgh at least two hj's completed the marathon distance: Alicia Smith 3:58:28 and Alan Maclachlan 4:48:05. Meanwhile 3 teams of 4 HJ's ran the Hairy Haggis marathon relay, the spoils went to the team of Rob Jochimsen, Richard Cherriman, Derek Buckman and Ian Wilcox as they came home in 3:35:05 followed by Penny Barron, Emma Comber, Michelle Garratt and Finbarr Cotter in 3:50:25 and Richard Barron, Mark Comber, Julie Jochimsen and Sue Wilcox in 4:03:45.

4 intrepid hj's also attended the beautiful Rye 10 miles (SGP) with Paul Yokom completing the course in 1:20:11 followed by Philip Beaken 1:32:15, Helen Mallows 1:43:50 and Greg Collins 1:43:53.

In London on Bank holiday Monday the Vitality 10k was run around the streets of the capital. A huge field completed the 10k race and first home for hj was Guy Gilder in 46:12 other finishers were James Boniface 47:36, Victoria Robins 49:38, Clive Walker 50:00, Andy Robins 55:54, Matt Ide 56:02, Sue Newman 58:34, Tracy Martin 59:41, Claire Tilson 60:25, Catherine Richardson 62:55, Sam Edwards 63:45, Simon Rhodes 64:19, Keith Chaney 64:56, Jean Salt 66:10, Sue Hensman 68:12, Fiona Lear 68:42 and Heidi Chaney 80:10.



But truly the most monumental feat of the weekend went to Martyn Newton who completed the London to Brighton Ultra challenge of approx 100K in 13 hours and 57 minutes! Martyn has had an incredible year completing 4 marathons, numerous half marathons and 3 ultras on the road to this achievement. We salute you sir!



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

