

Grilled jogger!

1. Name? : **Mark Aylmore**
2. Occupation? : **Design Manager**
3. Place of birth? : **Crawley shhhh**
4. Children/family/pets? : **2 young daughters Millie and Amber, my wife Lisa, and our Cavapoo Bobby (Zamora).**
5. Why Horsham Joggers? : **From day one they've been such a friendly, inclusive bunch.**
6. Who do you run with? : **I do a lot of my running first thing in the morning, but also enjoy Thursday night track sessions, parkrun, and occasional social Sunday runs with anyone trundling along at a similar pace.**
7. How long have you been running? : **On and off since my first Barns Green Half in early 2000's, but more regularly since I had kids!**
8. Biggest achievement so far? : **Completing the Race To The King with Lisa in 2017, and more recently my first Duathlon.**
9. Future goals and ambitions? : **To continue enjoying running and meeting new people. I'd also love a sub-4 hour marathon one day.**
10. Favourite run/route? : **I enjoy getting out on the trails when daylight allows, like the Riverside Walk or Roosthole. We're lucky to have some great routes so close to home.**
11. Favourite piece of running kit? : **My orthotics! After lots of calf injuries they've enabled me to enjoy running again.**
12. Specialist subject on Mastermind? : **Brighton & Hove Albion through the 2000's.**
13. Favourite after running treat? : **Has to be a chip butty. I run to offset my general love of food and ale.**
14. Funniest running related story/event? : **The look on a poor volunteers face at a recent local race when she realised she had been incorrectly handing out race numbers corresponding with peoples ages.**
15. Tell us something that we don't know about you? : **My wind has made someone vomit.**
16. Tips or suggestions for anyone thinking of starting running with HJ? : **Come and join us, you wont regret it.**

