



On Saturday 1st June, two teams of 6 hj's lined up on the start line at Beachy Head for the annual South Downs Way 100 mile Relay. This invitation only event has been running for over 30 years and we are incredibly lucky to be asked to provide teams each year. For the 2nd time in recent years hj fielded a lady's team of captain

Becky Rankin, Jo Terry, Beck Elder, Alicia Smith, Kate short and Lorraine Treadwell who were accompanied by their driver/navigator Paul Aylett. The ladies team started running at 6am and completed the 18 gruelling legs (3 legs each) along the South Downs Way in 14:30:51. Although not racing each other, the day was filled with anticipation of when the "A" team, which started at 7.30am and consisted of driver/navigator John Wilcox, captain Mal Thornton, Trevor Barrett, Matt Mason, Hadley O'Dwyer, Matt Whyman and Andrew Wright might overtake the ladies. As the two team buses finally met at leg 14 (Harting Hill) there were only 12 minutes between the two runners and by the end of leg 15 the men had overtaken the ladies. Under normal circumstances that would be the last time they met until the finish line but, the 8 mile - leg 17 is a beast and no-one had counted on Jo starting it 3 minutes behind the men but finishing 2 minutes ahead! As if this outstanding running performance wasn't enough, when the last pair of runners duked it out over the final push to the finish on leg 18 and, with the men now back ahead, navigation proved to be the key to finishing and the ladies had the upper hand. Although being reeled in by over 90 minutes during the day, they conquered the course ahead of the men's team whose final runner was still out on the darkened course some 2 hours later! It just goes to prove that "to finish first, first you must finish!" Congratulations go to both teams who (mainly) consider this to be the best running event of the year!



On Sunday 2nd June, the Horsham 10k was the place to be for the scores of volunteers needed to deliver this much loved race. New race director, Geoff Parker was flying solo this year with a capable core team behind him. 415 runners completed the undulating course and most dived into the scrummy cakes at the end. 49 hj's managed to run around with the volunteers, lead home in 4th place by Richard Lee-Wright 36:08 and followed by Dan Pettitt 36:49, Lea Quentin 45:08, Brian Frost 45:48, Paul Yokom 46:47, Andi Marfleet 47:06, Steve Rooke 47:22, Russell Harwood 47:13, Nicola Smith 47:50, Miranda Huisman 48:28, Richard Harwood 48:53, Christopher Lee 49:39, Simon Holmes 49:57, Guy Gilder

50:06, Gary Tomlinson 50:06, Ian Moore 50:46, Richard Shergold 52:23, Gordon Harrower 52:19, Alan Pettitt 50:51, Vicky Holliday 52:49, Robert Swan 53:30, Lawrence Roy 53:34, Holly Wanless 53:35, Leonie Edwards 53:44, Andrew Robins 53:36, Matthew Burke 54:02, Paul Burgess 54:37, Emma Comber 55:04, Martin Thomas 55:51, Peter Helliwell 56:11, Laura Bartlett-Short 56:28, Leigh Moore 58:38, Rob Shapland 59:39, Dave Young 60:49, Cont'd

Julie Gallagher 60:38, Kathleen Turner 63:26, Neil Clarke 64:23, Caz Botting 65:06, Keith Haynes 65:39, Samantha Edwards 68:14, Paul Arnold 68:24, Kev Summers 68:29, Nara Sullivan 69:47, Tom Robertson 69:52, Michelle Worsey 70:35, Michael Dee 77:18, Mick Duplock 78:24, Helen Mallows 78:24 and Caroline Bransden (tail walker) 105:02.

On Sunday 9th June the Weald Challenge Trail Races followed the long distance paths of the Wealdway and the Vanguard Way. Both races started and finished in the village of Chidingly and travelled through some beautiful East Sussex countryside on the way. The courses were mainly off-road, and undulating as well as picturesque, taking in a great variety of landscapes containing rolling hills, irregular shaped fields and ancient woodlands. Runners participating in the 50km Ultra Trail race experienced the added bonus of spectacular views from the open heathland of the Ashdown Forest. Runners had an early start with the 50K event starting at 8.00 a.m. and the half marathon at 9.15 a.m. Horsham Joggers participating were as follows:- 50K: Jo Terry 5:57:10, Beck Elder 5:57:26, Helen Woods 6:23:02, Mark Gibson 6:26:31. Half M: Stephen Entecott 2:10:49, Michelle Garratt 2:25:24, Emma Comber 2:25:53, Rob Jochimsen 2:25:55, Ian Wilcox 2:25:55, Karen England 2:31:28, Greg Collins 2:53:09



Meanwhile at the Jersey half marathon Mark and Theresa Adams were round the course in 1:51:18 and 2:13:55 respectively.



On Saturday 15th June, 11 hj's competed at the annual Endure 24 event near Reading, held on a 5 mile trail circuit around Wasing park, teams of 8 need to keep doing laps of the course for 24 hours from midday Saturday to Sunday. The ladies team of Jane Footer, Jeannie Burton, Carol Brown, Jo Hopkins, Dawn Whamond, Claire Miller, Natalie Buckman and Nicky Paton completed 20 laps while the Men's team who consisted 3 HJers Simon Perkins, Malcolm Footer and Philip Liberman among their ranks completed 31 laps and finished 8th in the men's event.

Then on Sunday 16th June, 6 Joggers visited Shepton Mallet Prison for Her Majesty's Marathon, the course wasn't that attractive with 78 loops each loop had 6 sets of stairs with a total of 97 steps. They even got a feature on BBC Breakfast the following day! Times were: Alan Petit 4:56, Tim Hampson 4:58, Mal Thornton 5:09, Michael Saunders 5:21, Chris Yeomans 5:46 & James Tombs DNF due to an injury.



Closer to home 14 Joggers travelled to a very soggy Hove park on Sunday for the latest fun run league meeting. Times: Stuart Adesilu 21:59, Lindsay Whiting 25:49, David Dawson 27:17, Margaret Wadman 30:29, Louise Johnson 31:14, Caroline Bransden 32:01, Geoff Parker 33:06, Samantha Edwards 34:06, Sam Scales 34:17, Lorraine Hunter 34:50, Nara Sullivan 36:34, Sue Hensman 36:48, Victoria Saunders 37:37, Jane Adams 41:14.

And finally, at least 18 hj's ventured to Madehurst for the inaugural South Downs 5 and 10k events. The wet conditions and beautiful scenery spurred Rob Sherwood (37:35) be the first hj home in the 10k event, followed by Miranda Morley 57:53, Shelly Garratt 58:03 (1st V50), Jo Tomlinson 60:56, Laura Sowton 65:36, Lisa Bowler 66:50, Andy Jefford 67:22, Julie Jochimsen 67:49, Clare Dutfield 67:54, Finbarr Cotter 69:56, Amanda Partridge 71:21, Amy Nixon 72:02, Paul Morley 76:17, Fiona Lear 78:19 and Amanda Avery 87:53. The first 3 ladies also won the team prize!



Meanwhile in the 5k event, Paul Arnold completed it in 35:06 followed by Susan Wilcox 37:55 and Sally Arnold 40:02.

On Wednesday 19th June, the Centurion Country 5 in Lavant became the venue for 11 hj's. With beer and burgers after, this mid-week event was organised by Chichester Runners and is a five mile off-road out and back course starting on the Lavant Village Green, heading north along Marsh Lane (Water Meadows) and picking up the Centurion Way to a turn-round point with finish at end of Marsh Lane. Results were: Penny Barron 39:28, Miranda Morley 42:22, Richard Barron 44:01, Steph Charman 49:58, Caroline McGrath 51:14, Lorraine Hunter 51:51, Fiona Lear 55:07, Edna Clark 55:08, Paul Morley 57:34, Amanda Avery 60:17 and Jane Adams 60:52.



On Saturday 22nd June the WSFRL team were back and at last the sun shone! So, under unusually hot conditions for recent weeks, 16 Joggers travelled to Hassocks for the Downland Dash the latest WSFRL event laid on by Burgess Hill Runners. David Dawson (42:43) was first home closely followed by, Helen Wood 43:02, Andrew Wright 44:21, Gregory Collins 44:47, Miranda Morley 45:04, Matthew Ide 46:16, David Evans 46:20, Louise Johnson 51:32, Caroline Bransden 52:34, Lorraine Hunter 54:01, Samantha Davies 55:21, Stephanie Charman 57:11, Fiona Lear 59:21, Jane Adams 65:38, Sue Hensman 65:49 and Jenny Boyd 71:57

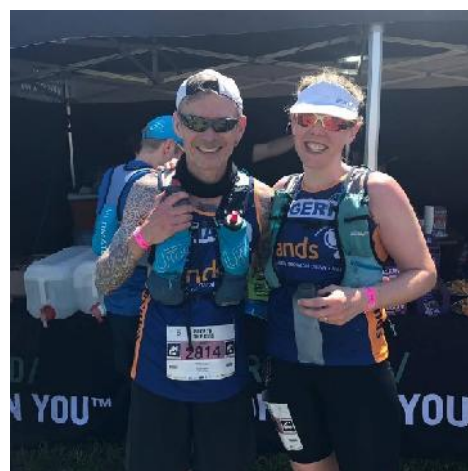
Further afield on the longest Saturday in 2019, Alan Pettitt and Helen Woods had 15hrs 30 mins to cover the Wayfarers 100km from the Inkpen Beacon to Fort Widley near Portsmouth. An absolutely awesome scenic and stunning route with brambles, stingers, barred wire fences and loaded electric fences. Helen was proud to finish in 15:10:42 and achieve 3rd female home. Alan had to pull out at the 80k mark.





Then on the South Downs Way, 6 hj's completed the Race to the King. A gruelling 54 mile ultra from Slindon to Winchester in hot, sunny conditions. The race can be completed in one day or split over two days. Crispin Scott ran the whole route over one day in 11:30:05 as did Geri Smith/Matt Whyman 12:18:09, Victoria Robins /Alan Maclachlan 13:25:11 and Robert Swan 13:25:20.

Andy Robins chose the slightly shorter, but no less punishing marathon distance finishing in 5:53:39.



On Sunday 23rd June, 3 hj's attended The Heathfield Midsummer 10k in Heathfield East Sussex which forms part of the Sussex Grand Prix. The rural route follows country lanes around the villages of Cross in Hand and Waldron in Sussex. First clubman home was Brian Frost 47:48, Paul Yokom 48:05 and Paul Arnold 01:14:26



Elsewhere on the same Sunday, 3 teams completed the David Lloyd Ultra Marathon Relay (other leisure facilities are available!) which started in Worthing and finished in Brighton. The 40mile route stretched out through the Angmering Estate and onto the South Downs Way. It's a tough hilly route where four team members run a 10 mile leg each. All three teams finished together in 7hrs, 19 mins with Rob Jochimsen, Derek Buckman, Ian Wilcox and Richard Cherriman. Penny Barron, Emma Comber, Shelly Garrett and Finbarr Cotter. Mark Comber, Richard Barron, Julie Jochimsen and Mike Saunders making up the teams.

On Saturday 29th June and during the summer heat, seven Horsham Joggers travelled to the Brecon Beacons in Wales to take part in the Midnight Mountain Marathon held by Brutal events, this is no ordinary marathon and the course takes you through forests, over streams, past waterfalls and up mountains including Pen y Fan 2,970ft / 886m with a midnight cut off. First Jogger home was Mal Thornton 05:10, followed by Alan Pettitt 05:44, Brian Frost 05:46, Michael Saunders 06:18, Mark Gibson 06:20, Chris Yeomans 06:26 & Paul Burgess 06:34.



Closer to home on Sunday 30th, seven Joggers attended the Lingfield 10's which are scenic and challenging multi-terrain races located in the rural south east corner of Surrey and consist of a 10k and a 10 mile. Times for the 10k were: Lou Johnson 64:50, Caroline Bransden 67:02, Sam Edwards 69:42, Heidi Chaney 85:56 & Sue Hensman 85:57. And for the 10 mile course: Amanda Sullivan 1:53:12 & Helen Woods 1:53:13.



On Wednesday 3rd July 33 HJ's completed the latest WSFRL race hosted by Steyning AC. The Round Hill Romp is a challenging 6 mile race which takes in Mouse Lane, the Wiston Bostal and part of the South Downs Way. Gary Tomlinson put in an incredible performance to come home as first male overall and there were some other PB's for the team HJ in the warm conditions. Results in order Gary Tomlinson 36:34, Matthew Mason 40:34, Thomas Robertson 44:58, Simon Mills 46:31, Russell Harwood 46:45, Paul Chantler 47:03, Emma Walters 47:15, Lucy Tucker 50:32, Steve Tucker 50:32, Christopher Lee 51:03, Richard Cornell 51:26, Rachel Hamson 51:44, David Dawson 53:28, Alan Pettitt 53:43, Rob Jochimsen 55:04, Helen Wood 55:08, Derek Buckman 55:48, Andrew Wright 55:57, Jo Tomlinson 59:54, James Munden 61:43, David Evans 61:45, Vicki Holliday 66:28, Laura Sowton 66:29, Karen England 68:17, Jacqui Williamson 68:18, Julie Jochimsen 68:31, Ian Wilcox 68 34, Stephanie Charman 71:58, Edna Clark 76:09, Nara Sullivan 76:55, Victoria Saunders 81:11, Jane Adams 86:50 & Jenny Boyd 90:35.



On Friday 5th July, Chris Yeomans attended day 1 of the Moreton Summer Sessions Frolic in Dorset with demanding trails, forestry, gorse & fields to complete 5 laps equalling a marathon distance in 5:45:00



The New Forest 10 mile event was held on Sunday 7th July in the New Park Brockenhurst. This popular annual excursion for team hj takes place in the heart of the picturesque New Forest National Park. Times were: Miranda Morley 1:35:57, Louise Johnson 1:41:35, Lorraine Hunter 1:46:38, Steph Charman 1:48:51, Edna Clark 1:59:41, Claire Tilson 1:59:32, Sue Hensman 2:02:16, Jane Adams 2:25:08 and Jenny Boyd 2:28:27.

And finally, the 20th Bewl 15 mile was also held on Sunday 7th July in slightly more favourable conditions than last year! This Sussex Grand Prix race, hosted by Wadhurst Runners, was completed by 12 hj's and first home was Matt Wyman with a chip time of 1:55:56. He was closely followed by Paul Chantler 02:02:53, Brain Frost 2:07:22, Tim Hampson 2:11:48, Richard Cornell 2:13:28, Nick Walters 2:13:28, Emma Walters 2:13:28, Paul Yokom 2:14:58, Alan Pettitt 2:15:18, Derek Buckman 2:27:45, Rob Jochimsen 2:28:03, Ian Wilcox 2:29:02 & Will Green 2:36:47.



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

