

On Saturday 5th October Stuart Carruthers (46:06) and Geri Smith (46:21) ran the supersonic 10k, part of the Seventh Bournemouth Running Festival weekend. Team hj were there along with thousands of runners of all ages pounding the streets over two days in various distance events. Then on Sunday morning Peter Thornton (4:20:00), Tom Staniland (4:09:39) and Nick Walters (4:46:06) all completed the Marathon distance.

Meanwhile closer to home, on Sunday 6th October 35 Horsham Joggers took part in beautiful Heron Way 10k trail run. A superbly organised and challenging fund raiser by Heron Way PTA which always boasts a great medal and fantastic cake at the end! Results were: Duncan Meadus 43:18, David Jones 44:00, Rebecca Rankin 48:19, Mark Aylmore 48:31, Mark Hawthorne 49:49, Geoff Fisher 51:58, Ian Bradbury 52:12, Robert Swan 52:31, Leonie Edwards 53:38, Andy Strang 54:25, Ian Dickinson 54:52, James Hawthorne 56:00, Helen Woods 57:45, Andy Robins 58:39, Victoria Robins 58:55, Shelly Garratt 59:01, Roger Johnson 59:23, Simon Rhodes 59:52, Karen England 61:06, Vicky Holliday 61:09, Emily Bradbury 61:13, Martyn Newton 61:48, Amy Nixon 63:34, Laura Sowton 64:24, Theresa Adams 65:33, Mark Adams 65:33, Andrew Clark 65:56, Amanda Partridge 65:56, Sok Wah Lee 66:27, Julie Jochimsen 67:23, Claire Gray 69:30, Sue Newman 69:42, Danielle Mussellwhite 70:31, Jean Salt 75:06 and Heidi Chaney 91:51

Also on Sunday 6th October, 7 Horsham Joggers attended the 38 mile Downslink Ultra point to point by Sussex Trail Events from St Martha's Hill Surrey, to Shoreham-by-sea West Sussex using the downslink footpath and bridleway. The trail crosses the Low Weald and mostly follows two



former railway lines. The course is mainly flat after the first section so can lead to some fast running. Team hj also supported the aid station in Southwater. Finish times were: Alan Pettitt 6:15:50, James Tombs 6:18:28, Matt Mason 6:50:38, Harry Wilcox 6:50:38, Emma Catlow 7:22:16 and Hadley O'Dwyer 8:16:56.



Finally on Sunday, Paul Yokum and Sam Edwards completed the Cardiff half in 1:43:03 and 2:26:09 respectively.

On Saturday 12th October, a few Horsham Joggers ran in the Sussex league x-country at Goodwood, results still to be published. Dean Angell, Pete O'Connell ran in the men's 8k, Miranda Huisman in the ladies 5k and Val Purnell also competed but unfortunately fell in very slippery conditions and was unable to finish but Val is still ranked 6th in Britain for 10k w55.



Then on Sunday 13th October, Emma Comber and Shelly Garrett completed the Chicago Marathon with an excellent finish times of 3:59:40 and 4:22:17 respectively. Running the Bank of America Chicago Marathon is the pinnacle of achievement for the elite athletes and everyday runners alike. On race day, runners from all 50 states and more than 100 countries set to accomplish a personal dream by reaching the finish line in Grant Park.

Also on Sunday, the Great Walstead 5 WSFRL event is a lovely run which is entirely off road at Great Walstead School in Lindfield, the main race is two laps of a scenic route through extensive woodlands behind the school and is entirely on

paths and tracks. Finishers were Mark Aylmore 41:44, Mike O'Grady 43:14, Michael Saunders 44:13, Richard Harwood 44:34, Clive Walker 46:05, Richard Cherriman 47:02, Derek Buckman 47:22, David Dawson 48:39, Matt Ide 49:41, Rob Jochimsen 50:08, Miranda Morley 54:11, Louise Johnson 57:20, Ian Wilcox 57:44, Samantha Edwards 57:50, Yuko Casey 57:54, Julie Jochimsen 58:22, Emma Chapman 59:20, Lorraine Hunter 66:02, Edna Clark 71:33, Stephanie Charman 71:34, Heidi Chaney 73:27, Sue Hensman 75:26, Jenny Boyd 89:13, Victoria Saunders 89:14 and Jane Adams 95:42



Finally, in Guildford 6 hj's took on the inaugural Guildford 10k race. The out and back route takes participants east from the cobbled high street and out of town towards Merrow and Clandon. Rob Sherwood was first overall in 33:22 and was followed by Holly Wanless 42:58, Aimee Fenwick 50:40, Mark Webb 50:26, Arun Cook 51:41 and Claire Gray 60:34.



Sunday 13th October saw 43 hj's travel to Portsmouth to compete in The Great South Run which was celebrating its 30th year and took place in glorious conditions. Many obtained new PB's over the 10 mile course with other 5-10k graduates taking on the distance for the very first time. Times were: Raff Vitale 1:02:24 (PB), Zak Comber, 1:11:30, Bharat Panchal 1:18:14 (PB), Andrew Puttick 1:18:25, Paul Windust 1:20:15, Guy Gilder 1:20:34, Ethel Whyman 1:21:31, Arun Cooke 1:22:59, Daniel Watson-Jones 1:23:01 & Aimee Fenwick 1:23:53, Andy Robins 1:24:56 (PB), Vicky Holliday 1:30:52, Lou Johnson 1:35:47, Caroline Bransden 1:37:44, Roger Johnson 1:37:55, Lisa Bowler 1:37:59, Sam Edwards 1:39:15, Stephanie Hancock 1:39:25, Geoff Noble 1:40:22, Steph Charman 1:43:10, Miles Penfold 1:43:10, Tracey Martin 1:43:31, Kathleen Cornell 1:43:42, Sue Newman 1:44:14, Emma Chapman 1:44:46, Laura Sowton 1:45:14, Lorraine Hunter 1:45:22, Ali Shears 1:45:35, Debby Scull 1:49:01, Dawn Whamond 1:49:46, Nara Sullivan 1:50:40, Sarah Head 1:52:40, Anne Deane 1:53:01, Louise Greig 1:54:02, Michelle Worsley 1:54:22, Claire Tilson 1:55:59, Edna Clark 1:57:46, Sue Hensman 1:58:33, Victoria Saunders 1:58:52, Tina Knight 2:03:25, Heidi Chaney 2:09:36, Jane Adams 2:12:34, Susie Milbank 2:14:23 and Jenny Boyd 2:22:26



Also on the same Sunday, team hj attended the Hove Prom 10k which is a fast and flat course with two loops along the promenade and with the right weather, fast times are extremely likely. The event is also included as part of the Sussex Grand Prix championships and therefore attracts the top runners from all over the county. Runners in order: Lee Jestic 36:32, Nick Street 40:12, John Wilcox 42:01, John Crayford 43:42, Andi Marfleet 43:52, Andy Strang 47:35, Phillip Beaken 51:42, Kirstie Hedger 55:17, Yuko Casey 57:04, Helen Mallows 58:43 and Andy Jefford.

The Worthing Seafront 10k it is a fast and accurately measured course out towards Goring Green and returning to Worthing Theatre, Julie Jochimsen ran in 59:56 and Ian Hines in 1:07:26



On Saturday 26th October, 7 of team hj attended The Beachy Head Marathon which is one of the biggest off-road marathons in the UK, formerly known as the Seven Sisters Marathon. Its popular for its scenic and challenging route through the South Downs National Park countryside. Runners Gareth Sear 4:29:04, Tim Hampson 4:41:36, Stephen Rooke 4:47:17, Brian Frost 4:55:28, Stephen Entecott 5:36:14, Phyl Weston 5:36:37, Lisa Bowler 6:17:15 & Mal Thornton DNF due to an injury

24 Horsham Joggers travelled to Lancing on Sunday 27th for the last but one WSFRL race of 2019 – The Steepdown Challenge. It went steeply up and steeply down with Gary Tomlinson 31:26 first in the men’s event with Penny Barron 43:52 first for the ladies . Other times included Michael Saunders 38:18, David Dawson 40:52, Andy Strang 41:25, Richard Cherriman 41:29, Richard Speller 42:17, Rob Jochimsen 43:18, Derek Buckman 43:26, Ian Wilcox 43:45, Richard Barron 44:49, Miranda Morley 46:18, Jo Tomlinson 47:13, Stephen Wilson 49:28, Yuko Casey 49:40, Caroline Bransden 51:09, Margaret Wadman 51:57, Louise Johnson 53:04, Julie Jochimsen 53:10, Samantha Edwards 54:16, Paul Morley 61:39, Christine Verlarde 61:45, Sue Hensman 62:28 & Jenny Boyd 72:22.



Also on Sunday, 3 of team hj ran The Southend Pier Marathon on Sunday which is the longest pleasure pier in the world encompassing 11 out and back laps. Runners were Alan Pettitt 3:42:20, Geri Smith 3:49:43 (3rd Lady) and Chris Yeomans 4:20:16.



On Sunday 3rd November we hosted the last WSFRL event of the year, The Gunpowder Trot. A 4.5 mile multi-terrain undulating course with panoramic views of Horsham mainly on bridleways & footpaths. With thanks to Denne Park Estate and Chesworth Farm Estate for permission to use their land and Horsham Coworking for sponsorship. Tea and cakes were fabulous as always and the event raises funds for the club and our nominated charities.

Apart from the 70 plus volunteers on the course and at race HQ a few members managed to run - Nick Street 31:32, Zak Comber 33:48, Tim Canham 36:02, Chris Lee 37:02, Brain Frost 37:04, David Dawson 37:43, Geoff Fisher 38:24, Peter Tyrell 39:46, Richard Shergold 41:19, Martin Allen 41:39, Ian Nicolson 41:51, Stephen Wilson 43:16, Martine Burke 45:04, Sok Wah 46:35, James Munden 47:12, Jo Hopkins 50:02, Natalie Reynolds 50:05, Christel Helmer 54:03, Louise Johnson 54:03, Tina Knight 56:27 & Dawn Whamond 59:52





Ten Horsham Joggers attended The Bedgebury Forest Half Marathon on Sunday 17th November, with its undulating forest paths and trails in and around Bedgebury National Forest. Results in order Michael Saunders 1:49:50, Richard Cherriman 1:54:31, Stephen Entecott 2:00:48, Rob Jochimsen 2:03:23, Derek Buckman 2:04:38, Emma Comber 2:07:19, Elizabeth Griffin 2:08:13, Richard Barron 2:09:28, Penny Barron 2:10:40 & Ian Wilcox 2:10:40

Also on Sunday team hj ran at the seaside for the iconic autumn Brighton 10k race now in its 36th year. The fast, flat course is ideal for runners of all levels and is held on traffic free roads and some great times and PB's from all runners: Gary Tomlinson 34:43, Raff Vitale 37:54, David Jones 40:50, Andy Strang 46:14, Andi Marfleet 46:24, Geoff Fisher 48:09, Chris Wardle 51:58, Jo Tomlinson 53:04, Julie Hill 53:12, Emma Chapman 57:08, Lou Johnson 57:08, Geoff Noble 58:34, Debby Scull 62:28, Gill Lunn 68:48, Fiona Lear 68:23, Sue Hensman 72:50, Tanya Keeling 73:57, Roger Johnson 73:57, Anita Reeves 73:59, Samantha Edwards 73:59 and Heidi Chaney 76:22.



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

