

Grilled jogger!

1. Name? : Stephen Entecott
2. Occupation? : Telecommunications Technical Delivery Manager
(early retirement taken)
3. Place of birth? : Farnborough, Kent
4. Children/family/pets? : married to Lisa, we have two sons in their mid-twenties (2020), and two cats
5. Why Horsham Joggers? : great running companionship
6. Who do you run with? : whomever is next to me at the time!
7. How long have you been running? : on and off since secondary school
8. Biggest achievement so far? : completing my first marathon (Brighton) in 2019 (4h17m)
9. Future goals and ambitions? : run a marathon ✓; retire from work ✓; run Parkrun in sub 22:00 mins; complete an ultra-marathon
10. Favourite run/route? : anything off-road
11. Favourite piece of running kit? : 'Recovery Room Run' anti-chafe balm
12. Specialist subject on Mastermind? : the number 42, but what is the question?
13. Favourite after running treat? : 'My Protein' smooth chocolate protein/milk mix
14. Funniest running related story/event? : my drippy nose in winter, it's flipping hilarious!
15. Tell us something that we don't know about you? : I've caught piranha in the river Amazon tributaries near Manaus, and our yacht's chef cooked them for supper
16. Tips or suggestions for anyone thinking of starting running with HJ? : have the courage to join in - it's a very supportive and inclusive club – you'll become stronger physically and mentally, and runners are such friendly people!

