

On Sunday 24th November 6 Horsham Joggers attended the Crowborough 10k which is in its 33rd year. The undulating two lap accurately measured course is suitable for experienced runners and beginners alike and takes you around the pretty lanes surrounding the Sussex village of Crowborough and the race is also the final event in the Sussex Grand Prix Series for 2019. Runners included Mal Thornton 43:56, Brian Frost 47:29, Alan Pettitt 49:26, Phillip Beaken 56:00 and Helen Mallows 1:07:50



Meanwhile, Jo & Gary Tomlinson Celebrated Christmas early at The Bushy Park Christmas 10K which took place within the iconic Bushy Park which is the perfect setting for a fast, flat and traffic-free Sunday morning race. The flat course covers the tracks, trails and footpaths within the park and is suitable for runners of all abilities. Gary was the first finisher with a time of 36:25 and Jo 54:52.

Also on the same Sunday, 20 of hj's finest attended The Jigsaw run which is a fast flat 10km at Dunsfold Aerodrome celebrating its eighth and (sadly) final year at this venue. Times were as follows: Lee Jestico 36:35, Stuart Adesilu 39:26, David Jones 41:12, Matt Wyman 41:22, Malcolm Footer 41:43, John Willcox 41:50, Will Green 41:56, Michael Catlow 43:00, John Crayford 43:14, Lea Quentin 44:51, Paul Chantler 45:08, Andy Strang 45:47, David Green 46:03, Rachel Hamson 46:16, Miranda Huisman 46:58, Ethel Whyman 47:39, Mark Hawthorne 47:53, Geoff Fisher 48:00, Christopher Lee 48:11 & Mark Webb 49:11.

Then on Sunday 1st Dec, 4 Horsham Joggers completed the Downland Devil 9 mile run which is a tough hilly open downland race which can be muddy, windswept & very Chilly! Runners Alan Pettitt 1:18:03, Tim Canham 1:18:34, Helen Woods 1:34:44 and Elisabeth Scott 1:49:36.



Elsewhere Beck Elder and Mark Gibson took part in the Hurtwood 50k ultra. Beck said it was a beautiful day on a lovely course with marmite sarnies at every checkpoint and reasonable company! They completed the course in 6:32:21 and 6:42:48 respectively.

On Saturday 7th December, 10 Joggers attended the Christmas Cracker Chase which is an annual women only fun run. It comprises a 5km and 10km event, along Worthing seafront, normally held on the first Saturday in December. The event starts at the Lido and is an out and back course which is totally flat and traffic free on a variety of surfaces, sea views all the way! We like to think it is a fun, friendly event and would encourage participants to enter into the Christmas spirit and wear something festive. In the 5k Lucinda Potton was 3rd in 21:47 & Miranda Attwater 28:26. In the 10k Penny Barron 51:34, Margaret Wadman 56:30, Lorraine Hunter 62:22, Elisabeth Scott 64:08, Helen Marshall 65:15, Jenifer Boniface 65:15, Edna Clark 72:05 & Jane Adams 74:57.



Then on Sunday 8th, seven Horsham Joggers attended the annual Mouth to Mouth 28 mile run which is the last of the River Series Marathons held by Sussex Trail Events. The event started at Shoreham and headed North up the River Adur before climbing up onto the South downs and along to Amberley before heading South back down the River Arun into Littlehampton. The run was extremely muddy with plenty of gustily winds on the downs, runners in no order Matt Whyman, Emma Walters, Alan Maclachan, Richard Cornell, Gareth Sears, Maldwyn Thornton & Chris Yeomans and results yet to be published. Both Maldwyn Thornton & Chris Yeomans completed all 4 River Marathons in the series for 2019.

Meanwhile, Alan Pettitt ran the Peacehaven Mince Pie 10 mile which is organised by the Seaford Striders and starts and finishes at the Peacehaven Leisure Centre. This challenging course is a 10 mile multi terrain event which is undulating, muddy and mostly off road and Alan's time was 1:23:16.

Then on Sunday 22nd December, Chris Yeomans, Mal Thornton and Alan Pettitt finished the Portsmouth Coastal Marathon with Mal adding the extra loop to achieve the 50k Ultra! The route starts at the Southsea parade Pier and loops round onto the Hayling Billy line and then returning, Results Alan Pettitt 4:03:28, Chris Yeomans 4:43:41 & Maldwyn Thornton 5:29:36 (ultra)



On New Year's Day, 41 Horsham Joggers finished the Hangover 5 with a further 6 volunteering. This is the first WSFRL of 2020 and is a trail race up to Cissbury Ring and back over rough, hilly tracks and paths which were muddy and slippery. Finish times were: Bradley Burke 31:58, Gary Tomlinson 33:52, Lee Jestico 35:08, Malcolm Footer 38:38, Alan Pettitt 43:35, David Dawson 44:30, Ian Dickinson 44:53, Andy Strang 45:56, Martine Burke 46:32, Richard Barron 49:11, Derek Buckman 49:13, Penny Barron 49:35, James Munden 49:52, Phillip Beaken 50:53, Jacqui Williamson 53:10, Aimee Fenwick 53:30, Jo Tomlinson 53:32, Yuko Casey 54:21, Helen Woods 55:52, Sue Newman 57:10, Ian Wilcox 58:03, Julie Jochimsen

58:22, Laura Sowton 59:04, Vicki Holliday 59:05, Amanda Sullivan 59:11, Helen Mallows 59:12, Clare Dutfield 59:39, Lisa Jestico 60:50, Louise Johnson 61:11, Samantha Edwards 61:27, Elizabeth Scott 61:28, Tracey Martin 61:44, Viv Underhill 62:39, Jane Footer 65:25, Ali Shears 67:34, Pat Radley 69:54, Anita Reeves 73:53, Sue Hensman 73:53, Mick Duplock 82:43 & Michael Saunders 82:43.

The Trionium Knacker Cracker 10k on New Year's day was attended by 2 Horsham Joggers. This event has been voted Britain's Hardest 10k and is a run for hearty fellows in fancy dress, mostly on rough tracks and includes superb views over the North Downs, the Mole Gap, Denbies Vineyard and Dorking. Race times Phyl Weston 1:19:23 & Chris Yeomans 1:33:28.



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

