

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 volunteer's 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 to run with HJ:** Come and join us, you won't regret it

