



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 to run 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!