

Grilled jogger!

1. Name: Helena Jordan (usually known as Lena)
2. Occupation: Global Operational Lead, IQVIA
3. Place of birth: Epsom, UK
4. Children/family/pets: one husband (😊); 5 daughters; 2 grand-daughters.
5. Why Horsham Joggers: because of the openness to welcome everyone of all abilities.
6. Who do you run with: HJ – Tuesday running group.
7. How long have you been running: a very long time.
8. Biggest achievement so far: completed the London Marathon
9. Future goals and ambitions: To keep running, improve time.
10. Favourite run/route: South Bank, London
11. Favourite piece of running kit: HJ running top... obviously!
12. Specialist subject on Mastermind: Not my thing!
13. Favourite after running treat: Hot shower.
14. Funniest running related story/event: Parkrun event, a fellow runner was tagging me and then sprinted past in last 50 metres, she thanked me at the end for helping me pace 'thank you for slowing me down'... LOL!
15. Tell us something that we don't know about you: I rowed the Channel with six other determined women!
16. Tips or suggestions for anyone thinking of starting running with HJ: Just give it a go, no matter your ability you will be made to feel welcomed and encouraged to join in.

