

Purple in the sunshine

This was the 5th year that runnyhoneys have organized the Petersfield Heath 5K and from the race team's point of view, we think we might have got the hang of it. It ran like clockwork!

Firstly the weather. It had got the memo and dawned sunny with a slight chill to the breeze. Just perfect for running and supporting running.

The runners showed up ahead of time to register and so this remained relaxed as they milled around and warmed up in the sunshine. Course set up was sorted over an hour ahead of start time. The start committee, Mayor and Deputy Mayor Lesley and Hilary arrived, ahead of schedule. The Marshals were briefed, armed with Jelly babies and in place.

In fact, it felt like we were killing time before the start!

The race had been sold out for a few days and we'd re-sold some places to runners on a waiting list. In the end, 91 of the 100 runners started the race. As always we had a broad mix of abilities, age and running experience. Some runners were taking on their first 5K race, whilst others were experienced club runners. The youngest were racing in the Junior Children category, whilst in the adult races we had some runners in their 60s and even 70s.

There were lots of supporters this year, plus the main cheering group - the sea of purple at The Stroke Association stand, whom the runners passed 3 times on the loopy course. The encouragement from the crowd was very important to the runners, some of whom were really pushing themselves for Personal Bests.

After not very long (18 minutes), the finish was upon us. Jhon Cosgrove demonstrated that a diet of plants is a good thing in running and led comfortably from the first lap. Behind him on the last lap was a battle for second place, with Sam England finishing faster to take second from Tom Morris. In the middle of this, Jake Cleasby, ran a PB to take the Senior Children Category. Worthy of note is the fact that Jake has placed in the top 3 in all 5 years of this race. The Women's category had the most entrants (not surprisingly) with 55 entries. Sandie O'Hanlon emerged as a clear leader, chased by Sophie Llewelyn-Williams and then Sabina Tavinor.

Finally, in the Junior Children Category, Isaac Harley upped his game from last year's 3rd and won. Victoria Band was 2nd for the second time and Leo McHugh took 3rd place.

Whilst the race is a lot of fun, it also has a serious side, which is to raise funds for both the national Stroke Association Charity and our local Petersfield Support Group. "Every 5 minutes stroke destroys lives" which The Stroke Association

helps to rebuild. It is clear that this support is very important to the runners, many of whom have been affected by stroke in some way. This year we have raised around £1200 from this event, all of which we can donate to the charity, thanks to the sponsorship of The Sports Locker who cover our costs.

Results:

Men

Jhon Cosgrove	18:21	Vegan Runners
Sam England	20:18	
Tom Morris	20:20	runnyhoneys

Women

Sandie O'Hanlon	21:22	
Sophie Llewelyn-Williams	23:01	runnyhoneys
Sabina Tavinor	23:40	

Senior Children

Jake Cleasby	20:22	Chichester Runners & A.C.
Joseph Hamilton	21:42	
Rachel Wright	24:01	

Junior Children

Isaac Harley	23:47	
Victoria Band	24:26	
Leo McHugh	24:40	



In support of

