

Grilled jogger!

1. Name? : Ian Dickinson
2. Occupation? : Production Manager
(manufacturing Scientific Instruments).
3. Place of Birth? : Rutland
4. Children / family / pets? :
 - Wife – Julie,
 - Daughter – Will,
 - Dog – Woody (Shetland Sheepdog).
5. Why Horsham Joggers? : Started with Parkrun and then the “5 to 10K Course” in 2019, led by Simon and Sue. A wonderful summer and the start of my running life.
6. Who do you run with? :
Tuesdays – Guy or Mark’s group.
Thursdays – Sometimes Track, sometimes the Alternative option with Karen and Claire.
Weekends – Parkrun and Marathon training.
7. How long have you been running? : I measure from 2019, when things really got going!
8. Biggest achievement so far? : –
 - Being awarded Jogger of the Year 2022! The award capped off a great twelve month’s which included Marathons, WSFRL (I raced the whole series that year), and helping with our 10K.
9. Future goals and ambitions? : sub 20 minute 5K (Current PB is 20:34.)
10. Favourite run/route? : The South Downs near Steyning - a favourite during lockdown but also The Stinger Marathon and Roundhill Romp.
11. Favourite piece of running kit? : Flip belt – simple and brilliant. Use it all the time!
12. Specialist subject on Mastermind? : STAR WARS ...
C-3PO - “Sir, the possibility of successfully winning on Mastermind is approximately 3,720 to 1.”
13. Favourite running treat? : A Sunday afternoon nap.
14. Funniest running related story/event? : Toilet break during The Steyning Stinger Marathon ... There are never any trees or bushes around when you need one, especially on top of the South Downs! Finally found some trees behind a fence. Halfway over the fence and the rotten post gave way causing me to fall off. Coming back onto the course, I climbed/fell over the same rotten fence. I then looked up to see about 20 runners coming up the hill, laughing at me.
...I ran away up the hill!
15. Tell us something that we don’t know about you? : Grew up on my parent’s farm in Rutland. A wonderful childhood with many fond memories. A lot of my running is about getting back to those happy days – just running about with friends.
16. Tips or suggestions for anyone thinking of starting running with HJ? :
Two pieces of advice –
 1. Any club can be intimidating at first but please come and join in. Tuesday Runs are an ideal beginning, as are the Coached Sessions on Thursday at the Track. You will find lots of friendly support and always someone to run with.
 2. Join the Facebook group to keep up with events and share in people’s success.

