

## Grilled jogger!

1. Name? :  
Roger Johnson
2. Occupation? :  
Business Owner and Professional Procrastinator
3. Place of birth? :  
Horsham – I've travelled a great distance.
4. Children/family/pets? :  
Married to Catherine, with two grown kids and two dogs who think they're in charge.
5. Why Horsham Joggers? :  
I joined Horsham Joggers because I heard there'd be cake at the finish line—still waiting on that! But really, it's the friendly and active community that makes it all worthwhile.
6. Who do you run with? :  
Mostly myself and my inner monologue, which is usually yelling, "Why are we doing this again?!"
7. How long have you been running? :  
Most of my adult life
8. Biggest achievement so far? :  
Completing the London Marathon in 2024 and raising over £3K for Blood Cancer UK
9. Future goals and ambitions? :  
A couple more marathons, including one in Europe, but no interest in those ridiculous ultra-marathon distances.
10. Favourite run/route? :  
The Gunpowder Trot, which covers 4.5 miles of the beautiful Chesworth Farm Estate and Denne Hill Estate, is not to be missed and is an annual event in November.
11. Favourite piece of running kit? :  
My multi coloured knee length "Monkey Socks". Love them.
12. Specialist subject on Mastermind? :  
Marillion, the band (if your old enough to remember)
13. Favourite after running treat? :  
A Bacon Sandwich with Brown Sauce.



14. Funniest running related story/event? :

On my first Horsham parkrun, I completed it in 18 minutes (or so). Didn't realize it was three laps, so I only ran two. The results stayed up for a month or so, serving as a reminder that I'm great at shortcuts!

15. Tell us something that we don't know about you?

Play Bass in rock cover band.

16. Tips or suggestions for anyone thinking of starting running with HJ? :

Just show up! It's great for mental health, open to everyone whether you're slow or fast, and with events like the West Sussex Fun Run League, there's always something to enjoy.