

Congratulations to Keith Valentine and thank you for your wonderful support of the Barns Green Half Marathon

For one runner in particular, this year's Barns Green Half Marathon will be very significant. **Keith Valentine** will be running his **100th Half Marathon at the age of 58**. Keith, took up running in 1983 and the following year ran his first ever half marathon race at Barns Green. His time that year was 1 hour 42 minutes and 31 seconds. The following year he knocked 3 minutes off that time and he had caught the running bug. In 1986 he joined Horsham Joggers and began to get some proper training and lots of encouragement from the other members. Over the years he became fitter and in 1993 he finished 14th in the Barns Green Half Marathon running a personal best time of 1 hour 17 minutes and 34 seconds.

Those personal best times for Keith may be behind him now, but at the age of 58 he is still as enthusiastic as ever and he still trains 5 days a week running between 30 and 35 miles and has run seven half marathons this year already. However there is no doubt that Sunday's Barns Green Half Marathon will be a very special occasion for him.

One particular highlight for Keith during his running career came in 1994 when he ran in the Great South 10 mile race. He started in the elite athletes group and found himself running alongside the legendary Steve Cram. "I led him for the first six miles and was feeling very pleased with myself when he came roaring past me. To make matters worse I later found out that he had just been using it as a training run and the previous night he had been out for a curry and 6 pints of lager!"

Keith puts down his longevity in racing and his continued enthusiasm to the great support that he has received from his training partners. There will be a lot of runners from Horsham Joggers taking part on Sunday and for some it will be their first time in the race. This will be Keith's 23rd time of running the Barns Green Half Marathon and his advice to everyone is just to enjoy it.

The Barns Green Half Marathon starts at 11am on Sunday 30th October. It is a great occasion in the village with lots going on on the Village Green and spectators are welcome. The race raises lots of money for good causes and is supported by Slinfold Golf and Country Club and Total Butler. Runners can register online or on the day but everyone is encouraged to get to Barns Green ideally by 10am to avoid traffic delays.

For further details on how to take part just visit the Barns Green Half Marathon website; **barnsgreen-half.org.uk** and we look forward to welcoming you to Barns Green on the 30th October.