

Keeping up the Olympic zeal with the Chichester Half.

If the Olympics has inspired you get get active and take on a challenge, then the perfect opportunity is right on your doorstep. The Chichester Half Marathon on the 14th October is a beautiful route taking in both the city centre and the breathtaking views of the downs. Not only does it promise to be a great event, but just by signing up you will be raising money for Chichester based charity Children on the Edge, for their work with overlooked children, living on the margins of society.

Children on the Edge, who are running the event together with Chichester District Council, are pleased to announce that marathon expert Graham Jessop is assisting with the event not only to ensure it's a great day, but also to support all registered runners in the build up. Graham has been involved in athletics and more recently road running for almost sixty years. At school and university he concentrated on hurdling, steeple-chasing, miling and cross country. Subsequently he became an endurance athlete having completed some 35 road marathons as well as numerous multi-terrain events and shorter road distances.

For more than 25 years Graham has been a coach, race organiser, technical race official and sports administrator. He holds a coaching license for endurance running and is currently Chair of the England Athletics National Council. He has previously been Chairman and Treasurer of the AAA, Chairman of the English Road Running Association, the SEAA, local Chichester Running Clubs and is also a past president of Sussex AAA.

Graham has had a busy summer ensuring the smooth running of a number of Olympic events but is offering a free running surgery, this Saturday (18th August) at 8:30 a.m starting at the Westgate Centre. Just meet at the Ravenna room and bring your running shoes!

You can find out more about the Chichester Half Marathon at www.childrenontheedge.org/chihalf.html and sign up at www.racetimingsystems.com