

Bon Voyage to Henk

The Woking 3 runners will sorely miss Henk Innemee who is leaving the UK to relocate back to the Netherlands.

Henk is one of the Woking 3 “frequent fliers” having completed 222 runs. He is one of just 4 entrants to have completed more than 200 runs.



His first run was back on 5th June 1996 in run # 96.

He achieved a personal best of 19 minutes 42 seconds in run # 225 at age 54.

He last ran on 3rd November 2021 in run # 390 where he recorded a very respectable time of 23 minutes and 36 seconds.

Henk has been an active participant regularly organising runs and helping with social events.

Bon voyage Henk and best wishes for your relocation. Goede reis en de beste wensen.

*Henk receiving his “frequent flier” medal from Jim Miller
Photograph © Eric Marsh*