

## Road Running Report for April 2010

### Race Reports

Well done all those that have run for the club this month we've managed to spread ourselves around the county and beyond from Lanzorte – Holland – Bungay – London, with some fantastic performances and plenty of personal goals achieved. We've had personal bests and plenty of Good for age qualifying times for next year's Virgin London Marathon.

### Missed from February's issue of the SWT

#### Sussex Beacon Half Marathon – 21<sup>ST</sup> February 2010

Apologies to Alasdair Cross who got missed from our February's report as he too ran in the Brighton Half Marathon and completed the race in 1:47:31 and raised £700 for Wateraid charity in the process.

#### Victoria Park Open– 27<sup>TH</sup> March 2010

We had six runners racing at Victoria Park, Emily Robb raced in the 1 mile run and finished in a fantastic time of 8:30, well done Emily.

The other race being held was the 5 miler – first home for the club was James Ridger finishing in 27:03 (30<sup>TH</sup>), closely followed by Gareth Robb 27:13 (35<sup>TH</sup>), Malcolm Martin 29:02 (57<sup>TH</sup>) (1<sup>ST</sup> M50), Gill Tree 41:40 (228<sup>TH</sup>) and Angela Martin 43:29 (248<sup>TH</sup>) there were 295 finishers.

#### Worthing 20 – 28<sup>TH</sup> March 2010

Mike Walter ventured down to the Sussex Coast to race in the Worthing 20, which consists of four, five mile laps!! Mike finished in 2:15:35 (24<sup>TH</sup>) and achieved yet another **PB**, there were 501 finishers. Mike has also kindly written us a report of his race experience:

##### ***Getting wound up by the Worthing 20 by Mike Walter***

***My bedside alarm wakes me at 6am – in good time to eat, shower and pack my bag before leaving at 7am for the Worthing 20 miles – but something doesn't seem quite right. Tearing open my packet of instant porridge, I glance at the timer on the microwave oven. It says 6.04. I turn on the digital radio and the scrolling ticker display says: 'the... time... is... now... 7.04'. That can't be right. It's an hour fast. Why would that be? Oh no. It suddenly dawns on me; the clocks went forward last night.***

***In an electric 20 minutes, I race down my breakfast, take the briefest of showers and throw my running kit into a bag before driving off. Thank goodness the roads are clear. I make good progress and enter Worthing with time to spare. All should be fine now, but where is the blasted start? With map in hand, I still can't make out where the race is. I am lost in a sprawling housing estate. And then lines of parked cars with athletes standing around come into view. I look up and see the smallest of signs pointing towards the start. How many people are the organisers expecting – 25 from the local town?***

***Walking towards the start, I ask a group of marshalls where the baggage area is. They didn't seem to know. Suddenly one woman shouts: 'it's the blue van over there'. A blue van? Sure enough, bags were being deposited by others into the back of a beaten up Ford Transit. I expected Del Trotter to appear. Am I going to see my clothes again when I finish?***

***With the start approaching, I make my way towards the front of the assembled runners. The starter called out '2 minutes to go, guys'. I didn't want to get cold, so slowly jogged out across the start line to stretch my legs. Big mistake. A series of shrill bleeps ring out and I realise I had started the chip timing mechanism. Sheepishly skulking back to the group, I think to myself: 'This is not going to be my day'.***

***So to the race, and four laps of Worthing's next door neighbour Boring, sorry, Goring-by- Sea. The concrete road was hard and crowds sparse. But nice to see a water station within the first half a mile – really needed that.***

***Not a great deal to report from the next 2 and a bit hours, just keep on going and remain positive. One good thing about this race was catching the back markers on the final lap, but with 19.7 miles completed, where do I head to for the finish? I push ahead of a group of slower runners and call out to a marshall 'Finish..?' She suddenly sticks out her right arm, replies: 'Oh, sorry' and I cut up a group of slower runners to head off to the end. Just in the nick of time; if you don't ask you won't know and I could have ended up running a fifth lap and all but complete a marathon.***

***Anyhow, I managed to finish around a minute quicker than my Thanet 20 mile time a few weeks earlier, and a PB to boot. Maybe poorly organised races on flat and dull courses are what you need to get a good time. If you are thinking of taking part in the Worthing 20 next year and want a fast time, then consider it. But be prepared!***

### **A20 – 21 miles – 28<sup>TH</sup> March 2010**

We had two runners competing in the A20 21 mile race hosted by Velocity Events – Harry Abraham was first home for the club in 2:40:26 (17<sup>TH</sup>) (6<sup>TH</sup> M40), followed by Melanie King in 3:14:35 (93<sup>RD</sup>) (3<sup>RD</sup> W45) both superb results as this is a very undulating course.

### **An Resek Hellys at Helston (10 Miles multi-terrain – 28<sup>TH</sup> March 2010**

Peter Mander competed in the An Resek Hellys 10 mile multi-terrain race on 28<sup>TH</sup> March 2010, finishing in 1:34:10 (294<sup>TH</sup>) and 2<sup>ND</sup> M70.

### **St Clare Hospice 10K - Hastingwood Essex - 28 March 2010 & Newport Ryde Isle of Wight – 3<sup>RD</sup> April 2010**

John Tolhurst competed in the St Clare Hospice 10 K – 28<sup>TH</sup> March and also the Newport Ryde 7.2 miles in the Isle of Wight, and has kindly written us the following reports:

*The course was undulating (similar to Cliffe Woods) mostly on country lanes although within earshot of the M11. Organisation was good with two water stations and enthusiastic marshalls and supporters.*

*It makes a change to finish in the top 10 per cent of the field 44th out of 457 even if many of them were fun/charity runners. A respectable time of 42:58 so happy with that.*

*Nice to see another southerner in the race (Ron Denney from Sevenoaks AC). Highlight of the day was hearing from a marshall the Essex police gave them time for free to give maximum fund raising for the event - well done Essex bobbies.*

*All in all a good race to recommend if you are in the area.*

### **Newport to Ryde 7.2 miles Isle of Wight**

*Very similar in profile to the Sevenoaks 7 at Knole Park, if you are not going up hill you are going down hill. Never realised how hilly the Isle of Wight was before.*

*Race day arrived with fine if breezy weather but in the best traditions for a Bank Holiday race the heavens opened at 3.00 pm just in time for the start.*

*Finished soaking wet in 22nd place overall. This is definitely one to treat as a training or fun run.*

*PS Your roving reporter spots a certain membership secretary Penny Roberts was an age group record holder for this event in 2003.*

**John**

### **Folkstone 10 – 2<sup>ND</sup> April 2010**

On what was set to be a miserable weather day we had 10 runners turn out for the Folkstone 10 miler. The weather down on the coast was superb albeit a little windy. First home for the club was Malcolm Martin 1:00:55 (17<sup>TH</sup>) (2<sup>ND</sup> M50), next to finish was Tina Oldershaw 1:00:58 (18<sup>TH</sup>) (1<sup>ST</sup> Lady), Jonathan Riordan 1:09:52 (90<sup>TH</sup>), Harry Abraham 1:11:13 (107<sup>TH</sup>), Lukas Bates 1:11:42 (114<sup>TH</sup>), Fiona Buckingham 1:15:01 (162<sup>ND</sup>), Duncan Riordan 1:18:28 (199<sup>TH</sup>), Lionel Steilow 1:22:08 (253<sup>RD</sup>), Dave Hatton 1:28:41 (334<sup>TH</sup>) and Angela Martin 1:33:09 (378<sup>TH</sup>). There were 488 finishers.

### **Jaarbeurs Marathon, Utrecht, Holland – 5<sup>TH</sup> April 2010**

Terry Raveh competed in the Jaarbeurs Marathon in Holland finishing in a time of 3:40:04 (228<sup>TH</sup>) and was 4<sup>TH</sup> W45, there were 547 finishers.

### **Norman Park 5K – 10<sup>TH</sup> April 2010**

John Tolhurst competed in the Norman Park 5K in Bromley and finished in 21:00 (18<sup>TH</sup>) there were 85 finishers.

### **Paddock Wood Half – 11<sup>TH</sup> April 2010**

We had twenty-three runners competing in our very own Paddock Wood Half Marathon on Sunday 11<sup>TH</sup> April 2010. First home for the club was Tina Oldershaw in 1:20:02 (39<sup>TH</sup>) (1<sup>ST</sup> W, and 1<sup>ST</sup> W35 and also Kent Gold Medals for same categories), followed by Colin Tricker 1:20:58 (53<sup>RD</sup>) (PB), Mickael Hegisippe 1:21:46 (54<sup>TH</sup>), Rob Rowland 1:24:23 (84<sup>TH</sup>), Andy Fletcher 1:28:49 (156<sup>TH</sup>), James Davies 1:31:19 (220<sup>TH</sup>) (PB) Steve Baker 1:32:20 (258<sup>TH</sup>), Harry Abraham 1:34:08 (292<sup>ND</sup>), Steve Chivers 1:35:19 (324<sup>TH</sup>), Chris Anderson 1:37:42 (425<sup>TH</sup>), Stephen Sutton 1:38:18 (441<sup>ST</sup>), Duncan Riordan 1:43:23 (606<sup>TH</sup>), Lionel Steilow 1:44:35 (660<sup>TH</sup>), Terry Raveh 1:46:32 (742<sup>ND</sup>), Emma Hollands 1:47:25 (759<sup>TH</sup>), Anna Robinson 1:47:33 (783<sup>RD</sup>) (PB), Julian Seal 1:49:31 (884<sup>TH</sup>), Jon Clements 1:50:44 (926<sup>TH</sup>), Kirsty Jones 1:54:57 (1082), Dinah Truett 1:58:43 (1222<sup>ND</sup>), Timothy Veysey-Smith 2:04:39 (1447<sup>TH</sup>), Vanessa Jones 2:10:52 (1599<sup>TH</sup>), and Margaret Poole 2:28:51 (1845<sup>TH</sup>) there were 1946 finishers.

### **Joe Cartwright Fun Run – 11<sup>TH</sup> April 2010**

Rob Leat won the Joe Cartwright Fun Run and Lucy Jeffery was 2<sup>ND</sup> girl, there were 191 entries, well done to both of you.

## **Brighton Marathon – 18<sup>TH</sup> April 2010**

We had four runners competing in the first ever Brighton Marathon and all producing some fantastic results and two PBs even in the scorching temperatures. First home for the club was Mike Walter in a time of 3:04:51 (85<sup>TH</sup>) (PB), followed by Laura Burton 3:13:46 (194<sup>TH</sup>) (PB), Colin Tricker 3:13:23 (195<sup>TH</sup>) **very confusing but these are the positions as recorded on Brighton's website!!** and Harry Abraham 3:20:17 completing his first marathon in two consecutive weeks!! (265<sup>TH</sup>), there were 7,419 finishers.

Mike Walter has kindly taken the trouble to write us his second report for this month's SWT.

### ***Brighton Marathon – a scorcher by the sea by Mike Walter***

***Just over three months of hard graft for just over three hours of, well, hard graft. But an experience like this one makes all that work worthwhile.***

***Brighton's inaugural marathon got off to a shaky start as runners were kept locked inside their 'sheep pens' for 15 minutes as organisers battled to remove stray vehicles parked on the course. But when the gun went, there was only one thought: go, go, go!***

***To my surprise the start was fairly fast – not like London where the sheer number of competitors causes congestion for the first few miles. One lap of Preston Park then through the city; the route snaking its way back and forth with runners on my left and right at one point. The crowds thinned as the route passed through Kemp Town and evaporated as we ran east along a dual carriageway towards Rottingdean.***

***The first of three 'out and backs' allowed me to look out for – and cheer on – clubmates. As we ran back into Brighton, things were looking good. Despite the scorching conditions, I was just under 1.30 at half way and on course for, well, you know what.***

***And then an amazing sight: thousands of spectators hugging either side of the course down by the pier. The collective sound was immense and I could not help grinning and nodding in recognition of what was before me. Running over Tower Bridge is amazing, but this was on another level. It felt like I was on stage with Kasabian at Wembley.***

***Crowds quietened through Hove, and again disappeared as the course approached Shoreham power station. The legs were still ok, but my pace was beginning to drop. What I needed now was another sight of huge crowds. But unfortunately the road to the power station through an industrial estate was jaw droppingly dull – it made Eldon Way seem like Regent Street. And it went on, and on, and on.....***

***On the final stretch along the seafront, crowds of spectators began to close in on the route either side – as they do on mountain stages of the Tour de France. Finally, back to the city and a struggle to the line. The legs had gone at 20 miles, but I didn't want to tell myself that at the time.***

***All in all, an amazing race and nice medal as well! Time wasn't too bad either, just sneaked under 3.05.***

***Thanks to everyone who has helped me to improve on my running over the last few months, and accompanied me on otherwise dull night time runs and more pleasant sessions around Bewl and along the Goombridge Trail. Thanks especially to Laura, Rob, Pete, Fiona, Steve and Lukas.... oh, and my long suffering wife, who is glad that marathon training is finally over!***

## **Bungay "Black Dog" Marathon – 18<sup>TH</sup> April 2010**

Five runners competed in the Bungay "Black Dog" marathon (if you want to know the spooky story check out Bungay Town's website!!). First home for the club was Pete Buckingham 3:13:49 (20<sup>TH</sup>) (GFA), followed by Lukas Bates (3:38:03) (61<sup>ST</sup>), Fiona Buckingham 3:42:49 (73<sup>RD</sup>) (GFA) and Melanie King 4:12:58 (132<sup>ND</sup>), there were 210 finishers.

### ***Race report by Pete Buckingham***

***On the warmest weekend so far this year Neil Turner, Lukas Bates, Fiona and myself set off on the Saturday 17<sup>TH</sup> April at 1:00pm for the road trip to Bungay – (Melanie has family in the local area so had travelled up separately). We arrived in Bungay circa 4pm so took a drive around the course to try to familiarize ourselves, or freak us out driving up the hills!! The route itself is a two lap course, and the 1<sup>st</sup> half of each lap takes you up hill in four separate climbs up to 6 miles, along the side of the busy road to Beccles, once you reach Beccles at 6 miles you turn in land and follow country lanes through lovely little villages, until you reach Bungay again.***

***So having driven round the course, we set off to find our hotel – some 45 minutes away in North Ipswich, we arrive at 6:pm and promptly booked our evening meal for 6:30 (much to Neil and Lukas' disbelief, who were up for an all nighter!!). So marathon meal done and dusted by 8pm, we said our goodnights and retired to our rooms, having arranged meeting for breakfast at 8am, as we had to be on the road latest 8:30.***

***After a very comfortable nights sleep in Lenny Henry's favourite hotel chain!!, we were up at the crack of dawn and all met up for our ritual marathon breakfasts, well some of us anyway, I decided to try something new and instead of my usual porridge and honey on toast, decided to go for double egg on toast (well its almost the same).***

***We set off at 8:30, and arrive at Bungay at 9:15, where's the car park!! After a couple of initial signs to the carpark we were on our own, and driving round the course – again!! However after an initial panicky 5 minutes we see the marshalls guiding cars into a side road which eventually took us back into Bungay and into the car park.***

***As soon as we arrived we met up with Melanie, and we all set off to register and collect our numbers. The registration and baggage was very well organised and the announcer kept us all informed at all times. They even had various boxes set out for you to put your "special" drinks in which would then be distributed at the allotted water station, Fiona and I put our drinks in our chosen water station boxes and thought that would be the last we saw of them.***

*The call went up for 10 minutes to go to the start, yet here we all are chilled out still with our baggage, “s’pose we’d better get rid of these bags and head off to the start.” We made it to the start with ease and 5 minutes to spare, still remarkably relaxed.*

*We’re off!! The temperature is now starting to heat up – how I wish we had some sun screen!! Up the first lot of hills to 6 miles, puhh easy, at my first allotted “special” water station I hear my number being shouted out, and as I approached a nice lady handed me my bottle of Lucazade adorned with my name and number all over it, I felt just like Haile, apart from the fact I was way down the feild!! Still feeling good at 10 miles I decide to take on the remaining 16 miles alone, and broke away from the little group I was in (big mistake!!) at Half way I was on target for 3:00hrs passing through at 1:30:40, but the hills at the start of the second lap seemed much harder and steeper than the first half. My special drink at the 7<sup>TH</sup> Water station (16.3 miles) was handed to me in the same way as previously, however this time I think someone had boiled it up as you could have made a cup of tea with it!! Nevertheless it was very welcome and gave me a bit more energy to get me to the top of the hills at 19 miles.*

*With the temperature now at Equator levels, the final few miles really started to drag, and at 22, I finally succumbed and took a walk, but in doing so ate some of the sweets I had and finished off my Luczade, and after some encouragement from a fellow runner, started the final stretch to the finish. The final turn to the finish seemed to take an age to come, but when it did, I found some renewed energy when I saw that I was going to finish in under 3:15 my target for the day.*

*You may have noticed that there were Five of us starting the Marathon and only Four finishers, unfortunately Neil on his debut marathon, was struck down by the dreaded cramping up of both legs, which set in at 22 miles, and even though he walked to 23 miles it wouldn’t clear, so he had to pull out. Thankfully the Red Cross were able to give him a lift back to the finish area. This hasn’t dampened Neil’s spirits and he’s already to start training for his next marathon – good on ya!!*

*To summarize Bungay is a fabulous Marathon, well organised, well marshalled and a challenging marathon, probably not for first timers, as very little support on route.*

*Thanks also to our team of long distance training buddies, knowing others will be running with you really focuses the mind and body, and gets you out the door, when you wake up in the morning and feel like turning over and going back to sleep or getting home from work and just sitting on the sofa!! (We’ll start Thanet Training soon!!)*

#### **Darent Valley 10K – 18<sup>TH</sup> April**

We had five runners competing in the Darent Valley 10K, first home for the club was Malcolm Martin finishing in 37:19 (10<sup>TH</sup>) and 1<sup>ST</sup> M50, followed by Lionel Stielow 48:50 (180<sup>TH</sup>), Angela Martin 55:04 (335<sup>TH</sup>) and Margaret Poole 1:08:50 (528<sup>TH</sup>), there were 557 finishers.

#### **Fullers Thames Towpath 10 – 18<sup>TH</sup> April**

John Tolhurst was our only competitor in the Fuller’s Thames Towpath 10 miler and he finished in a time of 1:10:03 (72<sup>ND</sup>) there were 456 finishers.

#### **CLUB LA SANTA – 8<sup>TH</sup> April - TBA**

#### **Aquathon**

Gareth and Emily Robb were 3<sup>rd</sup> team in the Aquathon consisting of 200M swim and 3K run, well done Emily (& Gareth)

#### **5K Run**

Gareth Robb was 2<sup>ND</sup> in the 5K run in a time of 17:32

#### **Hartfield 10K – 18<sup>TH</sup> April**

We had two runners competing in the Hartfield 10K, first home for the club was Jonathon Riordan finishing in 40:57 (5<sup>TH</sup>), followed by Duncan Riordan in 50:28 (32<sup>nd</sup>) there were 110 finishers

#### **Virgin London Marathon – 26<sup>TH</sup> April**

What a day, with almost perfect conditions (apart from a splattering of rain just before the start!!) we had nineteen runner who completed the marathon with some fantastic results. First to cross the finish line in the Mall was Rob Rowland in 2:57:36 (890<sup>TH</sup>) (GFA), followed by Tina Oldershaw 2:58:43 (992<sup>ND</sup>) (Elite) – 38<sup>TH</sup> W and 5<sup>TH</sup> W40-44 (PB), Harry Abraham 3:14:31 (2,356<sup>TH</sup>) (GFA) (PB), Steve Baker 3:27:51 (4,002<sup>ND</sup>) (PB), Carol Emery 3:32:37 (4,802<sup>ND</sup>) (GFA), Stephen Sutton 3:32:37 (4,804<sup>TH</sup>) (PB), Terry Raveh 3:48:39 (7,854<sup>TH</sup>), James Davies 3:51:02 (8,339<sup>TH</sup>), Emma Hollands 3:56:47 (9,988<sup>TH</sup>) (PB), Chris Anderson 4:01:09 (11,252<sup>ND</sup>), Miriam Dorrity 4:09:02 (13,181<sup>ST</sup>) (PB), Kirsty Jones 4:18:41 (15,724<sup>TH</sup>), Jon Clements 4:32:49 (18,584<sup>TH</sup>), Julian Seal 4:35:48 (20,366<sup>TH</sup>), Dinah Truett 4:51:12 (24,295), Vanessa Jones 4:55:58 (25,466<sup>TH</sup>), Ian Bailey 5:04:49 (27,207<sup>TH</sup>) and Lori Arnold 5:05:42 (27,419<sup>TH</sup>). There were 36,524 finishers.

#### **PADDOCK WOOD AC – CLUB ROAD RUNNING CHAMPIONSHIP 2010**

This month saw the third race in the PWAC Club champs series, with some interesting movements in the positions, below are the current standings.

**CURRENT CLUB CHAMP STANDINGS**

| Name     |              | Category | Dartford 10 | Thanet 20 | Paddock Wood Half | Canterbury Half | Bluewater 10K | Mount Ephraim | Thanet Marathon | Dulwich 10 | Maidstone Half | Thanet 10 | Bonus | Total | Position | No. Of Races |
|----------|--------------|----------|-------------|-----------|-------------------|-----------------|---------------|---------------|-----------------|------------|----------------|-----------|-------|-------|----------|--------------|
| Mickael  | Hegesippe    | M        | 21          | 17        | 24                |                 |               |               |                 |            |                |           |       | 62    | 1        | 3            |
| Gareth   | Robb         | M        | 22          | 37        | 0                 |                 |               |               |                 |            |                |           |       | 59    | 2        | 2            |
| Tina     | Oldershaw    | F35      | 28          | 0         | 28                |                 |               |               |                 |            |                |           |       | 56    | 3        | 2            |
| Mike     | Walter       | M        | 28          | 26        | 0                 |                 |               |               |                 |            |                |           |       | 54    | 4        | 2            |
| Laura    | Burton       | F        | 17          | 36        | 0                 |                 |               |               |                 |            |                |           |       | 53    | 5        | 2            |
| Emma     | Hollands     | F35      | 12          | 23        | 16                |                 |               |               |                 |            |                |           |       | 51    | 6        | 3            |
| Terry    | Raveh        | F45      | 16          | 18        | 17                |                 |               |               |                 |            |                |           |       | 51    | 7        | 3            |
| Harry    | Abraham      | M40      | 16          | 14        | 19                |                 |               |               |                 |            |                |           |       | 49    | 8        | 3            |
| Neil     | Turner       | M40      | 24          | 22        | 0                 |                 |               |               |                 |            |                |           |       | 46    | 9        | 2            |
| James    | Davies       | M        | 0           | 13        | 31                |                 |               |               |                 |            |                |           |       | 44    | 10       | 2            |
| Stephen  | Sutton       | M        | 27          | 0         | 16                |                 |               |               |                 |            |                |           |       | 43    | 11       | 2            |
| Robert   | Rowland      | M        | 20          | 0         | 23                |                 |               |               |                 |            |                |           |       | 43    | 12       | 2            |
| Colin    | Tricker      | M        | 0           | 0         | 35                |                 |               |               |                 |            |                |           |       | 35    | 19       | 1            |
| Peter    | Buckingham   | M40      | 19          | 15        | 0                 |                 |               |               |                 |            |                |           |       | 34    | 13       | 2            |
| Carol    | Emery        | F45      | 14          | 20        | 0                 |                 |               |               |                 |            |                |           |       | 34    | 14       | 2            |
| James    | Ridger       | M        | 33          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 33    | 15       | 1            |
| Fiona    | Buckingham   | F35      | 15          | 16        | 0                 |                 |               |               |                 |            |                |           |       | 31    | 16       | 2            |
| Lionel   | Stielow      | M60      | 15          | 0         | 14                |                 |               |               |                 |            |                |           |       | 29    | 17       | 2            |
| Chris    | Anderson     | M        | 0           | 11        | 17                |                 |               |               |                 |            |                |           |       | 28    | 18       | 2            |
| Anna     | Robinson     | F        | 0           | 0         | 25                |                 |               |               |                 |            |                |           |       | 25    | 20       | 1            |
| Dinah    | Truett       | F45      | 0           | 11        | 13                |                 |               |               |                 |            |                |           |       | 24    | 21       | 2            |
| Andy     | Fletcher     | M50      | 0           | 0         | 22                |                 |               |               |                 |            |                |           |       | 22    | 22       | 1            |
| Mark     | Rich         | M        | 21          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 21    | 23       | 1            |
| Miriam   | Dorrity      | F55      | 0           | 20        | 0                 |                 |               |               |                 |            |                |           |       | 20    | 24       | 1            |
| Steve    | Baker        | M40      | 0           | 0         | 20                |                 |               |               |                 |            |                |           |       | 20    | 25       | 1            |
| Steve    | Chivers      | M        | 0           | 0         | 18                |                 |               |               |                 |            |                |           |       | 18    | 26       | 1            |
| John     | Tolhurst     | M50      | 15          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 15    | 27       | 1            |
| Duncan   | Riordan      | M50      | 0           | 0         | 15                |                 |               |               |                 |            |                |           |       | 15    | 28       | 1            |
| Kirsty   | Jones        | F        | 0           | 0         | 15                |                 |               |               |                 |            |                |           |       | 15    | 29       | 1            |
| Melanie  | King         | F45      | 13          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 13    | 30       | 1            |
| Juilan   | Seal         | M50      | 0           | 0         | 13                |                 |               |               |                 |            |                |           |       | 13    | 31       | 1            |
| Robert   | Weighell     | M50      | 12          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 12    | 32       | 1            |
| Jon      | Clements     | M        | 0           | 0         | 12                |                 |               |               |                 |            |                |           |       | 12    | 33       | 1            |
| Vanessa  | Jones        | F55      | 0           | 0         | 12                |                 |               |               |                 |            |                |           |       | 12    | 34       | 1            |
| Vanessa  | Hollamby     | F45      | 11          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 11    | 35       | 1            |
| Tim      | Veysey-Smith | M50      | 0           | 0         | 11                |                 |               |               |                 |            |                |           |       | 11    | 36       | 1            |
| Margaret | Poole        | F55      | 0           | 0         | 11                |                 |               |               |                 |            |                |           |       | 11    | 37       | 1            |

## LADIES

| Name     |            | Category | Dartford 10 | Thanet 20 | Paddock Wood Half | Canterbury Half | Bluewater 10K | Mount Ephraim | Thanet Marathon | Dulwich 10 | Maidstone Half | Thanet 10 | Bonus | Total | Position | No. Of Races |
|----------|------------|----------|-------------|-----------|-------------------|-----------------|---------------|---------------|-----------------|------------|----------------|-----------|-------|-------|----------|--------------|
| Tina     | Oldershaw  | F35      | 28          | 0         | 28                |                 |               |               |                 |            |                |           |       | 56    | 1        | 2            |
| Laura    | Burton     | F        | 17          | 36        | 0                 |                 |               |               |                 |            |                |           |       | 53    | 2        | 2            |
| Emma     | Hollands   | F35      | 12          | 23        | 16                |                 |               |               |                 |            |                |           |       | 51    | 3        | 3            |
| Terry    | Raveh      | F45      | 16          | 18        | 17                |                 |               |               |                 |            |                |           |       | 51    | 4        | 3            |
| Carol    | Emery      | F45      | 14          | 20        | 0                 |                 |               |               |                 |            |                |           |       | 34    | 5        | 2            |
| Fiona    | Buckingham | F35      | 15          | 16        | 0                 |                 |               |               |                 |            |                |           |       | 31    | 6        | 2            |
| Anna     | Robinson   | F        | 0           | 0         | 25                |                 |               |               |                 |            |                |           |       | 25    | 7        | 1            |
| Dinah    | Truett     | F45      | 0           | 11        | 13                |                 |               |               |                 |            |                |           |       | 24    | 8        | 2            |
| Miriam   | Dorrity    | F55      | 0           | 20        | 0                 |                 |               |               |                 |            |                |           |       | 20    | 9        | 1            |
| Kirsty   | Jones      | F        | 0           | 0         | 15                |                 |               |               |                 |            |                |           |       | 15    | 10       | 1            |
| Melanie  | King       | F45      | 13          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 13    | 11       | 1            |
| Vanessa  | Jones      | F55      | 0           | 0         | 12                |                 |               |               |                 |            |                |           |       | 12    | 12       | 1            |
| Vanessa  | Hollamby   | F45      | 11          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 11    | 13       | 1            |
| Margaret | Poole      | F55      | 0           | 0         | 11                |                 |               |               |                 |            |                |           |       | 11    | 14       | 1            |

## MEN

| Name    |            | Category | Dartford 10 | Thanet 20 | Paddock Wood Half | Canterbury Half | Bluewater 10K | Mount Ephraim | Thanet Marathon | Dulwich 10 | Maidstone Half | Thanet 10 | Bonus | Total | Position | No. Of Races |
|---------|------------|----------|-------------|-----------|-------------------|-----------------|---------------|---------------|-----------------|------------|----------------|-----------|-------|-------|----------|--------------|
| Mickael | Hegesippe  | M        | 21          | 17        | 24                |                 |               |               |                 |            |                |           |       | 62    | 1        | 3            |
| Gareth  | Robb       | M        | 22          | 37        | 0                 |                 |               |               |                 |            |                |           |       | 59    | 2        | 2            |
| Mike    | Walter     | M        | 28          | 26        | 0                 |                 |               |               |                 |            |                |           |       | 54    | 3        | 2            |
| Harry   | Abraham    | M40      | 16          | 14        | 19                |                 |               |               |                 |            |                |           |       | 49    | 4        | 3            |
| Neil    | Turner     | M40      | 24          | 22        | 0                 |                 |               |               |                 |            |                |           |       | 46    | 5        | 2            |
| James   | Davies     | M        | 0           | 13        | 31                |                 |               |               |                 |            |                |           |       | 44    | 6        | 2            |
| Stephen | Sutton     | M        | 27          | 0         | 16                |                 |               |               |                 |            |                |           |       | 43    | 7        | 2            |
| Robert  | Rowland    | M        | 20          | 0         | 23                |                 |               |               |                 |            |                |           |       | 43    | 8        | 2            |
| Peter   | Buckingham | M40      | 19          | 15        | 0                 |                 |               |               |                 |            |                |           |       | 34    | 9        | 2            |
| James   | Ridger     | M        | 33          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 33    | 10       | 1            |
| Lionel  | Stielow    | M60      | 15          | 0         | 14                |                 |               |               |                 |            |                |           |       | 29    | 11       | 2            |
| Chris   | Anderson   | M        | 0           | 11        | 17                |                 |               |               |                 |            |                |           |       | 28    | 12       | 2            |
| Colin   | Tricker    | M        | 0           | 0         | 25                |                 |               |               |                 |            |                |           |       | 25    | 13       | 1            |
| Andy    | Fletcher   | M50      | 0           | 0         | 22                |                 |               |               |                 |            |                |           |       | 22    | 14       | 1            |
| Mark    | Rich       | M        | 21          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 21    | 15       | 1            |
| Steve   | Baker      | M40      | 0           | 0         | 20                |                 |               |               |                 |            |                |           |       | 20    | 16       | 1            |
| Steve   | Chivers    | M        | 0           | 0         | 18                |                 |               |               |                 |            |                |           |       | 18    | 17       | 1            |
| John    | Tolhurst   | M50      | 15          | 0         | 0                 |                 |               |               |                 |            |                |           |       | 15    | 18       | 1            |

|        |              |     |    |   |    |  |  |  |  |  |  |  |    |    |   |
|--------|--------------|-----|----|---|----|--|--|--|--|--|--|--|----|----|---|
| Duncan | Riordan      | M50 | 0  | 0 | 15 |  |  |  |  |  |  |  | 15 | 19 | 1 |
| Juilan | Seal         | M50 | 0  | 0 | 13 |  |  |  |  |  |  |  | 13 | 20 | 1 |
| Robert | Weighell     | M50 | 12 | 0 | 0  |  |  |  |  |  |  |  | 12 | 21 | 1 |
| Jon    | Clements     | M   | 0  | 0 | 12 |  |  |  |  |  |  |  | 12 | 22 | 1 |
| Tim    | Veysey-Smith | M50 | 0  | 0 | 11 |  |  |  |  |  |  |  | 11 | 23 | 1 |

### **KENT GRAND PRIX REPORT**

Well done to everyone who ran in the Paddock Wood Half Marathon, we're still awaiting the results for the Kent Grand Prix so unable to include in this months SWT, but please keep an eye on our website for updates.

Don't forget to get your entries in for the next Club Champs / Grand Prix road races which are the Canterbury Half on the 23<sup>RD</sup> May 2010, and also the Blue Water 10K on the 13<sup>TH</sup> June.

**!!!!NEWSFLASH!!!!**

### **MOB MATCH PWAC Vs Larkfield AC 2010**

The date has been booked for Tuesday 13<sup>TH</sup> July 2010 for our Annual Mob Match against our local friendly rivals Larkfield AC. Following the successful match held last year Larkfield are up for trying to regain their honour by beating us this year, following their defeat last year. We can use the same venue as last year and each club will be supplying food - PWAC to supply cakes / deserts – please, and Larkfield will supply the savouries, there will be a Bar and showers (for after the run!!).

This event is purely a social run with a little competitive edge, nothing too outrageous. We meet at Marden Hockey and Cricket Club at 6:30 – 6:45 and start the run circa 7.30pm. The run is 10K and starts and finishes at the Cricket Club, followed by a chance to socialise, have something to eat and drink, followed by the prize giving.

Scoring is based upon age and gender categories, everyone who runs will score at least one point for their respective club and if you win your category you will receive 10 points, second 9 points etc.. down to 1 point.

Last year we had a fantastic turn out and convincingly beat Larkfield – hence they are seeking revenge this year!! Please keep this date free in your diary, as we would like as many as possible of us to turn out.

We will also need Marshals and a timer (as this year PWAC are hosting the event) Larkfield will also be supplying Marshalls, each club needs to supply at least six Marshals / helpers each. Please let Fiona or Pete know if you are able to participate or know anyone who could help out with the Marshalling, either via email or at club nights.



Finally – thank you to Mike Walter and John Tolhurst, for taking the time a trouble to write a report and share their race experiences. We shall be looking for more race reports next month so please email any comments good or bad on any races you enter.

**Keep on running!!**

Pete & Fiona Buckingham - Road Running Reps  
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