

Road Running News Flash!!

As some of you may be aware Carol Emery has stepped down from the PWAC Committee after ten successful years as being the club's Road Running Rep and ambassador. Carol, by getting teams out week after week has kept the club at the top of the Kent Grand Prix, nearly always managed to pick up team prizes as well as individual prizes in numerous road races, and always reported well on the road races. If it hadn't been for running along the sea front in the Folkestone 10 miler, all those years ago, with Carol being her ever smiling self, chatting and telling us all about PWAC, before pulling away to chase Sue in the closing stages (and beating Pete), we would never have joined the club. (we know what you're thinking!!).

Carol has now decided to spend more time on all her other hobbies, so Pete and Fiona Buckingham are now going to attempt to take on the role as Road Running Rep (as you see it will take two of us to try to do half as good a job as Carol).

Our first task will be to try to encourage as many of us out for next year's Kent Grand Prix events, by introducing the PWAC Club Road Running Championships 2010 – this will run hand in hand and alongside the Pentathlon Cup, which Paddy Heffernan and Carol Emery have been calculating and putting together the results for, for many years (the Pentathlon Cup was originally introduced by Peter Mander some twenty years ago), and have kindly agreed to carry on with working out and putting together these results, thank you very much as that was very daunting for us.

Below is the rules and scoring schedules for the club championship – as this is the first year of these club champs we will be open for comments and ideas anyone has for the following years.

PADDOCK WOOD AC – CLUB ROAD RUNNING CHAMPIONSHIP 2010

This year we are introducing a new incentive to get us all out running and competing for our club. We have put together a club championship league table which coincides with the Kent Grand Prix fixtures, so hopefully we can get a few more of us runners out on the circuit and also help keep the club at the top of the league where we belong, and along the way have some friendly competition within the club. Hopefully as you will see from the scoring regime it will keep the scores close until the end of the season.

The scoring will be as follows – for those of you who are unaware there are 10 Kent Grand Prix races throughout the year (see list below) and out of these 10 races your best 6 race scores are counted (scores are based upon your overall position – for men within the top 100 and for the ladies within the top 50 you can keep a check on your Kent scores/positions either on our PWAC website or the Larkfield AC website).

In a similar vein, to qualify for the PWAC Club Champs you must complete at least 6 races and your best 6 scores will be counted, however if you run all 10 races, not only will you receive a bonus of 10 points, but all races over the qualifying 6 that you run in you will still score the 10 points therefore you could pick up an additional bonus of 50 appearance points – not including any PBs you might get along the way.

Scoring:

- 10 points for appearance (these will count for all races you attend and complete not just the qualifying 6 – possible additional 40 points on the table)
- Age Category Position within race from 1st to 10th scoring will be 10 points for 1st down to 1 point for 10th
- Paddock Wood AC club position – this will be based upon the number of our club entrants ie: if 20 run, the scores will be 20 points for 1st down to 1 point.
- If you have a flyer and pick up a PB you will earn yourself a bonus of 20 points.
- Finally if you attend all 10 races you will pick up another bonus of 10 points.

Example score sheet headers

Race 1

Position	Name	Category	Appearance Points 10 per race	Age Category Position 1-10 (10points 1st 1 Point 10th)	PWAC Club Position points	PB = 20 Bonus Points	Total
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Summary

Position	Name	Age Category	1	2	3	4	5	6	7	8	9	10	Completed all Bonus Points 10	Best 6 Score
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List of next year's PWAC Club Road Running Champs fixtures – to put in your diary

Race 1 – Dartford 10 Miles – 17TH January 2010

Race 2 – Thanet 20 Miles – 7TH March 2010 (good training run for London / Brighton or Bungay Marathon)

Race 3 – Paddock Wood Half Marathon – 11TH April 2010 (final run before London marathon – and don't forget those that aren't running this one we need marshals and helpers on the day)

Race 4 – Canterbury Half Marathon – 23RD May 2010

Race 5 – Bluewater 10K – 13TH June 2010

Race 6 – Mount Ephraim 10K – July 2010 – exact date TBC – watch this space!

Race 7 – Thanet Marathon – September 2010 – exact date TBC – watch this space!

Race 8 – Dulwich Park 10K – 3RD October 2010

Race 9 – Maidstone Half Marathon – October 2010 – exact date TBC – watch this space!

Race 10 – Thanet 10 Miles – December 2010 – exact date TBC – watch this space!

For race entry forms please see either a) Jenny Perman on club nights, b) via our website or c) via the relevant race's websites.

Prizes:-

Perpetual Shield for overall 1st Place

Prizes for overall 2nd and 3rd places

Presentation will be made after scores are calculated, following the final race, at the PWAC Christmas dinner - date to be confirmed.

Good luck to all, here's to another successful year of running.

Race Reports from Mid December 2009

Ditton Turkey – 13/12/09

On a wet and windy Sunday afternoon, 7 hardy paddock wood runners turned out to run the Ditton Turkey a mainly off road course of circa 6.5miles, consisting of mud, a mile or two on the road then more mud and puddles all the way to the finish.

Our first club runner home was Rob Rowland in 9th position overall in a time of 42:28, followed by Caroline Richards 50:29 (2nd FV45), Lionel Stielow 51:20 (1st MV60), Melanie King 54:39 (6th FV45), Venessa Hollamby 55:44 (7th FV45), Sally Abraham 75:57 and Margaret Poole 76:09

Good to see you out running Sally, and hope to see you at a few more races next year.

And good to see Robin Hollamby as always supporting everyone and taking one or two photos for our website.

Ashburnham Christmas Pudding Dash (5 miles) & Turkey Drumsticks Scurry – 19/12/09

Well done to the 5 adventurous runners who ventured out in the snow to represent our club at the Ashburnham Christmas Pudding dash on a cold and wintery day (2 of which had faced the cold and rain just 6 days earlier, lets hope that Beechams are well stocked and prepared!! well done ladies) sorry that the road running reps couldn't be there to cheer you on.

Our first club runner home was Harry Abraham 32nd overall and 3rd M40 in a time of 31:31 followed by Rob Weighell 32:58, Melanie King 2nd W45 36:06, Alan Croucher 45:05, Sally Abraham 47:02

Rob Weighell's son and daughter ran in the Turkey Drumsticks Scurry, James Weighell picked up 2nd place in a time of 5:39 and Elizabeth Weighell was 7th overall in a time of 6:51 – well done fantastic results. (23 finishers)

If you have a road running story you want to share, or enter any races we're not at then please drop Fiona and Pete a line on our email: peteandfi@tiscali.co.uk to ensure that we keep up to date with everyone's results and achievements.

Don't forget if you're unable to run in any of the races, and have the time it's always nice to see a friendly face on the course cheering.

Happy New Year!!

Pete & Fiona Buckingham
Road Running Reps