

## Road Running Report for May 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 Bideford – Bromley, with some fantastic performances and personal goals achieved. Please remember to let us know if any of your results are a PB, when you achieve them.

### Apologies

Last month with all the fantastic times everyone deservedly achieved at their various marathons, we omitted to note that Mirriam Doherty achieved a "Good for Age" time at the London Marathon in a time of 4:09:02 – Sorry Mim, well done on a fantastic achievement.

### Bromley Parkrun 5KM – 1<sup>ST</sup> May

John Tolhurst competed in the Bromley Park run on Sunday 1<sup>st</sup> May 2010, and finished in 20:31 (17<sup>TH</sup>) and 1<sup>st</sup> M55 there were 92 finishers

### Three Forts Marathon (multi terrain) – 2<sup>ND</sup> May

Melanie King competed in the Three Forts Marathon (multi terrain) on Sunday 2<sup>ND</sup> May 2010 in a time of 5:04:35 (113<sup>TH</sup>), there were 159 finishers. Melanie has kindly taken the trouble to write us a report as follows:

***"Firstly I must point out that my powers of observation are very limited to say the least- so writing this was a challenge in itself.***

#### ***3 FORTS CHALLENGE- May 2nd***

***The day of the challenge dawned and the weather was atrocious, windy and very wet. Did that dampen my spirits- no chance. Known as the 'tough one' the run was to be 27.2 miles of trail over the south downs with climbs of 3450 ft, taking in Chanctonbury and Cissbury rings. There was also a half marathon, which was very popular, and a 13 mile walk, so a wide range of people are catered for.***

***As I have discovered before at these events there are never enough loos, on this occasion the women had 2 ! Which makes me think that maybe us ladies need to get to grips with the 'she-wee'.***

***Anyway there I was on the start line, well behind it actually, and I was pretty wet already, but keen to get going and then we were off. Having never been across the south downs before I found the views and feeling of space great. Being able to run in such beautiful and peaceful surroundings was fantastic, and it keeps you running whatever else is thrown at you. That and fellow runners being such great company regaling you with their witty remarks and interesting stories the first 15 or so miles felt like abit of a jolly.***

***Having said that what people don't tell you about the downs is that to enjoy 'the downs' you need to go up quite a few 'ups' before hand, and on this particular day the wind and the rain was doing its very best to push me down the ups and up the downs(if you get my meaning) so things did get a little tricky.***

***The mile markers were abit haphazard- 7,8, halfway 20,24 and a mile to go, but as the scenery was so interesting I felt it didn't really matter. But others might not agree. There were plenty of water station, some with choccy biscuits. Needless to say there wasn't much support out there but the marshalls were real stars and deserved their own medal for standing out in the wind and rain all day and cheering us on.***

***I finished very wet and very cold and was glad of a hot cup of tea. Would I do it again- sure would. It's a great run to do and I would say put it in your diary for next year, whether it be the half or the full.***

***On my observational skills Rob asked if I saw the girls football match at the finish-- NO. His reply being- there were 22 girls playing a match and the finishing 200 yds took you around the pitch they were playing on- so yes I can see how you might have missed them."***

### Ted Pepper 10K Inc. SCVAC Champs – 3<sup>RD</sup> May

Tina Oldershaw competed in the Ted Pepper 10K on Bank Holiday Monday 3<sup>RD</sup> May 2010, finishing in a time of 36:58 (13<sup>TH</sup>) 1<sup>ST</sup> Woman, 1<sup>ST</sup> W40 and 1<sup>ST</sup> W40 SCVAC (Gold Medal), there were 132 finishers.

### Whitstable 10K Inc. – 3<sup>RD</sup> May

We had six members competing in the Whitstable 10K on Bank Holiday Monday 3<sup>RD</sup> May 2010, first home for the club was Malcolm Martin in a time of 37:06 (11<sup>TH</sup>) 2<sup>ND</sup> M50, followed by Alan Newman 40:24 (41<sup>ST</sup>), Sue James 46:20 (152<sup>ND</sup>) 1<sup>ST</sup> W55, Vanessa Hollamby 51:47 (293<sup>RD</sup>), Angela Martin 52:22 (309<sup>TH</sup>) and Roy Hammond 1:00:52 (469<sup>TH</sup>), there were 556 finishers.

### Trevornick 10M XC – 9<sup>TH</sup> May and Bideford 10K - 16<sup>TH</sup> May

Peter Mander competed in the Trevornick 10M cross country run on Sunday 9<sup>TH</sup> May 2010 and finished in a time of 1:38:02 (234<sup>TH</sup>) and was 2<sup>nd</sup> M70. There were 313 finishers.

Peter also competed in the Bideford 10K the following week on Sunday 26<sup>TH</sup> May, and finished in a time of 53:20 (320<sup>TH</sup>), there were 553 finishers

Peter has also taken the trouble to write us a report for each of these races as follows:

**Based at the Trevornick Holiday Park this was the fifth race in the Cornish Grand Prix series. A tough but very scenic course near Newquay which takes in part of the South West coastal path and a beach. Lovely views out across country and out to sea when you were not watching out for the numerous rabbit holes! Quite a lot of hills and very narrow paths so single file often necessary. Recommended on a dry day.**

**Bideford 10K - A flat course out to Instow and then back alongside the River Torridge on the disused railway line (the Tarka Trail). A very popular race which usually sells out as it is considered a PB course provided it is not windy - which it was on the homeward leg!**

### **Sevenoaks 7 – 9<sup>TH</sup> May**

We had seven members competing in the Sevenoaks 7 (a seven mile cross country run within Knole Park) on Sunday 9<sup>TH</sup> May 2010, first home for the club was Tina Oldershaw in a time of 44:11 (6<sup>TH</sup>) 1<sup>ST</sup> Woman, closely followed by one of our new members Maria Heslop 45:19 (7<sup>TH</sup>) 2<sup>ND</sup> Woman, Jonathan Riordan 46:32 (15<sup>TH</sup>), John Tolhurst 50:38 (47<sup>TH</sup>) 4<sup>TH</sup> M50, Lionel Stielow 57:37 (130<sup>TH</sup>) 3<sup>RD</sup> M60 and Margaret Poole 1:22:21 (308<sup>TH</sup>) 6<sup>TH</sup> W55 there were 310 finishers

### **Hastings 5 Miles – 16<sup>TH</sup> May**

We had four members competing in the Hastings 5 miles on Sunday 16<sup>TH</sup> May 2010, first home for the club was Andy Fletcher in a time of 33:10 (53<sup>RD</sup>) followed closely by John Tolhurst 33:38 (58<sup>TH</sup>), Alan Croucher (on home turf) 52:47 (330<sup>TH</sup>) and Sally Abraham (also on home turf) 54:54 (338<sup>TH</sup>) there were 360 finishers.

### **Larkfield 10K – 16<sup>TH</sup> May**

We had seven members compete in the "New" Larkfield 10K on Sunday 16<sup>TH</sup> May 2010 First home was Tina Oldershaw 36:56 (9th) 1st lady and 1st F35, followed by Maria Heslop 37:40 (PB) (13th) 2nd lady and 2nd F35, Pete Buckingham 38:53 (19th), Fiona Buckingham 44:25 (71st), Lionel Stielow 46:12 (92nd) 3rd M60, Duncan Riordan 48:27 (123rd) and Penny Roberts 55:17 (209th) 2nd F55. There were 271 finishers

Here is Fiona's press report for the race:

***"This years saw the larkfield 10k on a completely new route, with the race starting in the grounds of the East Malling Research Centre. The course was 2 laps with large sections being traffic free. The race started at the Research Centre, leading out on to New Barn Road before heading through Ditton followed by a very nice traffic free section through the grounds of Bradbourne House, with a short road section before heading back in to the grounds of the Research Centre. there were 271 finishers. Tina Oldershaw of Paddock Wood AC won the womens race and Tom Collins of Medway and Maidstone won the race in 33.19."***

### **Canterbury Half Marathon – 23<sup>RD</sup> May 2010**

We had a fantastic turn out for this tough half marathon, with 20 of us competing on what was the hottest day of the year so far, a scorching 26 degrees. First home for the club was Gareth Robb 1:20:04 (5<sup>TH</sup>), followed by Tina Oldershaw 1:23:45 (10<sup>TH</sup>) 1<sup>ST</sup> Woman and 1<sup>ST</sup> W35, Mickael Hegessipe 1:24:57 (12<sup>TH</sup>), Colin Tricker 1:26:20 (15<sup>TH</sup>), Maria Heslop 1:26:32 (16<sup>TH</sup>) 2<sup>ND</sup> Woman and 2<sup>ND</sup> W35, Pete Buckingham 1:28:38 (24<sup>TH</sup>), Rob Rowland 1:29:09 (26<sup>TH</sup>), Andy Fletcher 1:30:01 (28<sup>TH</sup>) 4<sup>TH</sup> M50, Laura Burton 1:34:31 (50<sup>TH</sup>), Harry Abraham 1:37:56 (71<sup>ST</sup>), Richard Bidois 1:38:25 (74<sup>TH</sup>), Lukas Bates 1:41:58 (121<sup>ST</sup>), Fiona Buckingham 1:42:20 (127<sup>TH</sup>), Caroline Richards 1:45:49 (171<sup>ST</sup>) 3<sup>RD</sup> W45, Lionel Stielow 1:48:56 (210<sup>TH</sup>) 4<sup>TH</sup> M60, Neil Turner 1:52:10 (276<sup>TH</sup>), Duncan Riordan 1:55:35 (306<sup>TH</sup>), Emma Hollands 1:57:30 (347<sup>TH</sup>), Dinah Truett 2:10:34 (556<sup>TH</sup>), and Lori Arnold 2:23:36 (697<sup>TH</sup>) there were 805 finishers.

### **KENT GRAND PRIX REPORT**

Well done to everyone who ran in the Canterbury Half Marathon, we had a fantastic turn out with 20 of us competing, and had there been team prizes our men and ladies would have taken 1<sup>ST</sup> prize in both categories. We're still awaiting the results for the Kent Grand Prix following Canterbury's race so unable to include in this month's SWT, but please keep an eye on our website for updates, but following the Paddock Wood Half the Men are in second position just 265 points behind T/Wells and the Ladies are in Fifth just 151 points from 1<sup>ST</sup> place

Don't forget to get your entries in for the next Club Champs / Grand Prix road races which are the **Blue Water 10K on the 13<sup>TH</sup> June 2010** and **Mount Ephraim 10K 11<sup>TH</sup> July 2010 (get your entries in early as strict 450 entry limit)** this used to be known as the Red Lion 10K for those of you who remember this race.

**The remaining Grand Prix / Club Champs fixture dates are:**

- 5 of 10 - Blue Water 10K – 13<sup>TH</sup> June 2010
- 6 of 10 - Mount Ephraim 10K – 11<sup>TH</sup> July 2010
- 7 of 10 - Thanet Marathon – 5<sup>TH</sup> September 2010 – start your training now for this one if you are entering – good point scoring opportunity – for your individual scores and for the club's overall position.
- 8 of 10 - Dulwich Park 10K – 3<sup>RD</sup> October 2010
- 9 of 10 - Maidstone Half Marathon – 24<sup>TH</sup> October 2010
- 10 of 10 - Thanet 10 Mile – Date TBA but normally 1<sup>ST</sup> Sunday in December

## Current Club Champ Standings

| Name     |              | Category | Dartford 10 | Thanet 20 | Paddock Wood Half | Canterbury Half | Total | Position | No. Of Races |
|----------|--------------|----------|-------------|-----------|-------------------|-----------------|-------|----------|--------------|
| Gareth   | Robb         | M        | 22          | 37        | 0                 | 28              | 87    | 1        | 3            |
| Tina     | Oldershaw    | F35      | 28          | 0         | 28                | 28              | 84    | 2        | 3            |
| Mickael  | Hegesippe    | M        | 21          | 17        | 24                | 21              | 83    | 3        | 4            |
| Laura    | Burton       | F        | 17          | 36        | 0                 | 23              | 76    | 4        | 3            |
| Harry    | Abraham      | M40      | 16          | 14        | 19                | 16              | 65    | 5        | 4            |
| Emma     | Hollands     | F35      | 12          | 23        | 16                | 13              | 64    | 6        | 4            |
| Robert   | Rowland      | M        | 20          | 0         | 23                | 18              | 61    | 7        | 3            |
| Neil     | Turner       | M40      | 24          | 22        | 0                 | 12              | 58    | 8        | 3            |
| Peter    | Buckingham   | M40      | 19          | 15        | 0                 | 23              | 57    | 9        | 3            |
| Colin    | Tricker      | M        | 0           | 0         | 35                | 20              | 55    | 10       | 2            |
| Mike     | Walter       | M        | 28          | 26        | 0                 | 0               | 54    | 11       | 2            |
| Fiona    | Buckingham   | F35      | 15          | 16        | 0                 | 21              | 52    | 12       | 3            |
| Terry    | Raveh        | F45      | 16          | 18        | 17                | 0               | 51    | 19       | 3            |
| Lionel   | Stielow      | M60      | 15          | 0         | 14                | 20              | 49    | 13       | 3            |
| Andy     | Fletcher     | M50      | 0           | 0         | 22                | 24              | 46    | 14       | 2            |
| James    | Davies       | M        | 0           | 13        | 31                | 0               | 44    | 15       | 2            |
| Stephen  | Sutton       | M        | 27          | 0         | 16                | 0               | 43    | 16       | 2            |
| Dinah    | Truett       | F45      | 0           | 11        | 13                | 12              | 36    | 17       | 3            |
| Carol    | Emery        | F45      | 14          | 20        | 0                 | 0               | 34    | 18       | 2            |
| James    | Ridger       | M        | 33          | 0         | 0                 | 0               | 33    | 20       | 1            |
| Chris    | Anderson     | M        | 0           | 11        | 17                | 0               | 28    | 21       | 2            |
| Duncan   | Riordan      | M50      | 0           | 0         | 15                | 11              | 26    | 22       | 2            |
| Maria    | Heslop       | F35      | 0           | 0         | 0                 | 26              | 26    | 22=      | 1            |
| Anna     | Robinson     | F        | 0           | 0         | 25                | 0               | 25    | 24       | 1            |
| Caroline | Richards     | F45      | 0           | 0         | 0                 | 22              | 22    | 25       | 1            |
| Mark     | Rich         | M        | 21          | 0         | 0                 | 0               | 21    | 26       | 1            |
| Miriam   | Dorrity      | F55      | 0           | 20        | 0                 | 0               | 20    | 27       | 1            |
| Steve    | Baker        | M40      | 0           | 0         | 20                | 0               | 20    | 27=      | 1            |
| Steve    | Chivers      | M        | 0           | 0         | 18                | 0               | 18    | 29       | 1            |
| John     | Tolhurst     | M50      | 15          | 0         | 0                 | 0               | 15    | 30       | 1            |
| Kirsty   | Jones        | F        | 0           | 0         | 15                | 0               | 15    | 30=      | 1            |
| Richard  | Bidois       | M40      | 0           | 0         | 0                 | 15              | 15    | 30=      | 1            |
| Lukas    | Bates        | M        | 0           | 0         | 0                 | 14              | 14    | 33       | 1            |
| Melanie  | King         | F45      | 13          | 0         | 0                 | 0               | 13    | 34       | 1            |
| Juilan   | Seal         | M50      | 0           | 0         | 13                | 0               | 13    | 34=      | 1            |
| Robert   | Weighell     | M50      | 12          | 0         | 0                 | 0               | 12    | 36       | 1            |
| Jon      | Clements     | M        | 0           | 0         | 12                | 0               | 12    | 36=      | 1            |
| Vanessa  | Jones        | F55      | 0           | 0         | 12                | 0               | 12    | 36=      | 1            |
| Vanessa  | Hollamby     | F45      | 11          | 0         | 0                 | 0               | 11    | 39       | 1            |
| Tim      | Veysey-Smith | M50      | 0           | 0         | 11                | 0               | 11    | 39=      | 1            |
| Margaret | Poole        | F55      | 0           | 0         | 11                | 0               | 11    | 39=      | 1            |
| Lori     | Arnold       | F        | 0           | 0         | 0                 | 11              | 11    | 39=      | 1            |

## LADIES

| Name     |            | Category | Dartford 10 | Thanet 20 | Paddock Wood Half | Canterbury Half | Total | Position | No. Of Races |
|----------|------------|----------|-------------|-----------|-------------------|-----------------|-------|----------|--------------|
| Tina     | Oldershaw  | F35      | 28          | 0         | 28                | 28              | 84    | 1        | 3            |
| Laura    | Burton     | F        | 17          | 36        | 0                 | 23              | 76    | 2        | 3            |
| Emma     | Hollands   | F35      | 12          | 23        | 16                | 13              | 64    | 3        | 4            |
| Fiona    | Buckingham | F35      | 15          | 16        | 0                 | 21              | 52    | 4        | 3            |
| Terry    | Raveh      | F45      | 16          | 18        | 17                | 0               | 51    | 5        | 3            |
| Dinah    | Truett     | F45      | 0           | 11        | 13                | 12              | 36    | 6        | 3            |
| Carol    | Emery      | F45      | 14          | 20        | 0                 | 0               | 34    | 7        | 2            |
| Maria    | Heslop     | F35      | 0           | 0         | 0                 | 26              | 26    | 8        | 1            |
| Anna     | Robinson   | F        | 0           | 0         | 25                | 0               | 25    | 9        | 1            |
| Caroline | Richards   | F45      | 0           | 0         | 0                 | 22              | 22    | 10       | 1            |
| Miriam   | Dorrity    | F55      | 0           | 20        | 0                 | 0               | 20    | 11       | 1            |
| Kirsty   | Jones      | F        | 0           | 0         | 15                | 0               | 15    | 12       | 1            |
| Melanie  | King       | F45      | 13          | 0         | 0                 | 0               | 13    | 13       | 1            |
| Vanessa  | Jones      | F55      | 0           | 0         | 12                | 0               | 12    | 14       | 1            |
| Vanessa  | Hollamby   | F45      | 11          | 0         | 0                 | 0               | 11    | 15       | 1            |
| Margaret | Poole      | F55      | 0           | 0         | 11                | 0               | 11    | 15=      | 1            |
| Lori     | Arnold     | F        | 0           | 0         | 0                 | 11              | 11    | 15=      | 1            |

## MEN

| Name    |            | Category | Dartford 10 | Thanet 20 | Paddock Wood Half | Canterbury Half | Total | Position | No. Of Races |
|---------|------------|----------|-------------|-----------|-------------------|-----------------|-------|----------|--------------|
| Gareth  | Robb       | M        | 22          | 37        | 0                 | 28              | 87    | 1        | 3            |
| Mickael | Hegesippe  | M        | 21          | 17        | 24                | 21              | 83    | 2        | 4            |
| Harry   | Abraham    | M40      | 16          | 14        | 19                | 16              | 65    | 3        | 4            |
| Robert  | Rowland    | M        | 20          | 0         | 23                | 18              | 61    | 4        | 3            |
| Neil    | Turner     | M40      | 24          | 22        | 0                 | 12              | 58    | 5        | 3            |
| Peter   | Buckingham | M40      | 19          | 15        | 0                 | 23              | 57    | 6        | 3            |
| Colin   | Tricker    | M        | 0           | 0         | 35                | 20              | 55    | 7        | 2            |
| Mike    | Walter     | M        | 28          | 26        | 0                 | 0               | 54    | 8        | 2            |
| Lionel  | Stielow    | M60      | 15          | 0         | 14                | 20              | 49    | 9        | 3            |
| Andy    | Fletcher   | M50      | 0           | 0         | 22                | 24              | 46    | 10       | 2            |
| James   | Davies     | M        | 0           | 13        | 31                | 0               | 44    | 11       | 2            |
| Stephen | Sutton     | M        | 27          | 0         | 16                | 0               | 43    | 12       | 2            |
| James   | Ridger     | M        | 33          | 0         | 0                 | 0               | 33    | 13       | 1            |
| Chris   | Anderson   | M        | 0           | 11        | 17                | 0               | 28    | 14       | 2            |
| Duncan  | Riordan    | M50      | 0           | 0         | 15                | 11              | 26    | 15       | 2            |
| Mark    | Rich       | M        | 21          | 0         | 0                 | 0               | 21    | 16       | 1            |
| Steve   | Baker      | M40      | 0           | 0         | 20                | 0               | 20    | 17       | 1            |

|         |              |     |    |   |    |    |    |     |   |
|---------|--------------|-----|----|---|----|----|----|-----|---|
| Steve   | Chivers      | M   | 0  | 0 | 18 | 0  | 18 | 18  | 1 |
| John    | Tolhurst     | M50 | 15 | 0 | 0  | 0  | 15 | 19  | 1 |
| Richard | Bidois       | M40 | 0  | 0 | 0  | 15 | 15 | 19= | 1 |
| Lukas   | Bates        | M   | 0  | 0 | 0  | 14 | 14 | 21  | 1 |
| Juilan  | Seal         | M50 | 0  | 0 | 13 | 0  | 13 | 22  | 1 |
| Robert  | Weighell     | M50 | 12 | 0 | 0  | 0  | 12 | 23  | 1 |
| Jon     | Clements     | M   | 0  | 0 | 12 | 0  | 12 | 23= | 1 |
| Tim     | Veysey-Smith | M50 | 0  | 0 | 11 | 0  | 11 | 25  | 1 |

So far this year we have had 41 club members competing within the Club Champs and consequently the Kent Grand Prix, which is fantastic advertisement for our club, well done all. As you have seen earlier in this month's report there are six fixtures left and plenty of time for us to reel in the opposition and achieve a well earned team place at the top of the men and women's tables, so please get your entries in early to ensure your places on the start line - See Jenny Perman for entry forms on club nights, if you are unable to download them.

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

Don't forget the PWAC Vs Larkfield AC Mob Match has been booked for Tuesday 13<sup>TH</sup> July 2010, the race starts at 7:30pm at Marden Cricket & Hockey Club. This is a great way for new members to get the chance to try out a completely relaxed no pressure road race with the chance to socialise afterwards.

We will be looking for Marshals as well as runners so please let Pete or Fiona know whether you can provide Marshals or would be interested in Marshalling if you are unable to run.

Finally – thank you to Peter Mander and Melanie King, 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

(Email available within the Club Member's Section on our PWAC website)