

Road Running Report for March 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 once again, from Limassol to "Grizzly Devon" making sure we have a Paddock Wood AC presence at as many races as we can.

LIMASSOL INTERNATIONAL MARATHON, HALF AND 10K – 28TH February 2010

Alan Newman and Sue James competed in the Limassol international 10K on the 28th February 2010, achieving the following results – Alan Newman (15th Overall and 1st M50) (39:12), and Sue James (50th Overall, 6th Woman, and 1st W55) (46:21) there were 226 finishers. Alan has also kindly written us a report

“Club coach, Alan Newman and Sue James were guests of Olympus Events Management and Cyprus Tourist Office at the GSO Limassol International Marathon on Sunday, 28th February 2010. This race started four years ago with only 18 finishers and has grown in popularity under the new organisers to become a major event in the region, with 88 finishers in the marathon, 116 in the half marathon and 226 in the 10k this year. There was also a 10k “health walk” and a 2k Fun Run for youngsters to create a great family atmosphere on the seafront with a total of more than 600 participants. This marathon is the only AIMS / IAAF certified event in Cyprus and it will be promoted at the Virgin London Marathon exhibition to encourage more participation from the UK.

Our trip was facilitated by our good friend and Cyprus resident David Wright, who is in the process of reviving www.sportsresort.net for Cyprus-based events and “Dave’s Diary” starting after Easter. The plan was for Alan to offer coaching advice and guided training runs as advertised on the official race website www.limassolmarathon.com but the only other takers in the very comfortable Atlantica Bay Hotel were veteran of 153 marathons, Colin Poole, 73yrs of 100 Marathon Club and ex-international, Paul Larkins, who was there to cover the event for Athletics Weekly and Running Fitness. Paul ran 1.47.13 for 800m, 3.35.94 for 1500m, a 3.56.65 mile and 7.47.54 for 3000m between 1984 and 1989. He later ran 28.40 for 10k before retiring to concentrate on his career in journalism.

We were fortunate to be included in the VIP guest programme for the elite athletes, coaches and journalists invited from Kenya, Russia, Germany, UK and others, as this was the big launch for the event. Cyprus is very accessible from UK with many flights available. We found www.easyJet.com flights from Gatwick for £75 return and they allow two passengers to share one hold bag up to 32kg, plenty for our long weekend break. We also found cheap car hire available in Cyprus, much to our surprise given the state of the Pound against the Euro. We were charged £40 for a full tank of petrol and returned running on fumes, so we got our money’s worth. Apart from that, our expenses were met by the organisers. We could get used to this VIP lark!

Arriving on Thursday afternoon after a comfortable 4-hour flight to Paphos we were at the hotel by 4pm local time (Cyprus is two hours ahead of GMT). Sue nearly fainted on the plane as she was full of a cold, with breathing difficulties. Alan jogged 4mils before evening meal and an early night. The weather was disappointing but at least it was warm rain! The partly boarded beach path was under water in places. Friday saw a visit to Larnaca sea front where we were surprised to see an outdoor ice skating rink – it is often 20C in February!

The VIP programme kicked in on Friday evening with a welcome meal in a traditional “meze” restaurant in Limassol old town in the former fish market. Our entertainment was provided by a guy with a guitar and it was here that we met the Kenyan contingent. We remarked that one of them looked just like the former marathon world record holder, Paul Tergat (2.04.55 in Berlin, 2003) ... and it was the man himself! Tergat was present as guest of honour and as mentor to some promising young Kenyan distance runners he now coaches.

We had a chance to speak to Paul on Saturday, when we were taken on a coach trip to visit Curium Ancient Theatre and Mosaics, the Wine Museum for a wine tasting and Omodhos village in the Troodos Mountains for a visit and another meze with music. Paul was impressed with Sue’s marathon personal best (3.29.07) and he gave her a “high five” and a hug. He was also interested to hear about the work of PWAC at the London 22-mile water station and he had no idea of the many hours volunteers spend behind the scenes.

Paul Tergat was born on June 17, 1969 in Riwo in the Rift Valley so he is an M40 master now. He won the World Cross Country title five times between 1995 and 1999. He also set world records for 10,000m in Brussels in 1997 (26:27.85) and the half marathon in Milan in 1998 (59.17). He ran a superb 58.51 at Stramilano in Italy in 1996 but the course was fractionally short. Paul is an absolute gentleman with excellent English and is surely the finest long distance runner never to have won an Olympic or World Championship track gold, with a 12:49.87 personal best for 5000m.

Race day saw more showers but sunshine later in the morning. All the races started together which was a bit chaotic but the promenade made for a wide, smooth and almost completely flat course beside the Mediterranean. For the record the winners of the marathon were Moses Kibet of Kenya in 2.13.29 and Natalia Sergeeva of Russia in 2.38.56 (both course records). The half was won by Jaroslav Musinchi from Moldova in 64.19 and Natalia Volgina from Russia in 72.35. The 10k

was much lower key with times of only 35.36 (male) and 43.20 (female) by Marcin Uciechowski and Eleni Christoforou winning.

Alan had a good battle with Paul Larkins (39.06) to finish 15th overall in 39.12 while Sue rose from her sick bed to finish 6th lady in 46.21. As VIPs we had exclusive use of our own baggage and recovery marquee, with waiter service for our drinks and snacks – it's the only way to go! Alan was so impressed that there was loose talk of a return to run the marathon in 2014 as an M60. Paul Tergat stated that the course could be run in 2.06 but that he was only in "around 2.08 shape". He has no plans to race again, though, as he is far too busy concentrating on his coaching and ambassador activities.

The race route is a simple out and back along the coast road with interesting sea views. For the greatest part of the race the athletes have the sea on the south side of the route and a changing environment on the north, ranging from city buildings to parks and archaeological sites of over 3,000 years of history.

Would we run this event again? Certainly, even if we had to pay for the privilege! The organisers are ambitious amateurs with plans to develop the event into one of the best in Europe. You will not find a much flatter course anywhere and the Cypriot hospitality is legendary. We were a bit unlucky with the weather but we ended our trip with a perfect day in the sun in Ayia Napa."

Alan Newman

Tunbridge Wells Half Marathon – 28TH February 2010

On an atrocious morning with heavy rain, high winds and flooded road sections Team Paddock Wood AC, pulled out all the stops to achieve the following results, and Stephen Sutton managed to knock over 4 minutes off his previous personal best, superb effort:

Tina Oldershaw first home for the club (1:23:23) 3RD Lady, and 1ST F35, followed by Mike Walter (48TH) (1:26:51 **PB**), Rob Rowland (59TH) (1:27:48). Pete Buckingham (64TH) (1:28:10), Laura Burton (6TH Lady) (1:28:20 **PB**), Stephen Sutton (189TH) (1:36:07 **PB**), Fiona Buckingham (45TH Lady) (1:40:52), Neil Turner (369TH) (1:41:00 **PB**), Duncan Riordan (541ST) (1:45:17) and Mark Rich (760TH) (1:51:16), there were 1792 finishers.

Team results:

1ST Female Team – Tina Oldershaw, Laura Burton and Fiona Buckingham

3RD Male Team – Mike Walter, Rob Rowland and Pete Buckingham

"Well what a day!! With such horrendous weather and conditions, it was a surprise that we all did as well as we did, after initial holdups of trying to get out of the hall (I think most people were trying to leave it as late as possible before venturing out into the cold rain!!) we were all lined up and raring to go – to the side of the runners starting pen we had Bloco Fogo a drumming group to lift our "damped" spirits and a beat to warm up to.

Dame Kelly Holmes started the race and after the initial 5 second count down (which had to be aborted with 1 second to go due to technical hitch on the start line chip system) we were ready 5.4.3.2...1 and we were off. Our next section of entertainment was from the Cheerfit, cheerleading team at about one mile.

The route takes you up from St Johns Lesiure centre, through Southborough turning left towards Bidborough Ridge and down into Peshurst, up Fordcombe Hill, left and left again, through Langton Green where we had our second helping of Cheerfit cheerleaders who cheered us on (good to see you Gary Glover, hopefully next time we see you will be at the club), past Rushall (good to see you too Penny Roberts and Phil Smith – before any gossip they weren't standing together and Phil was working!! hopefully see you back out with us soon Phil) down towards the Spa and our second helping of the Bloco Fogo drummers giving us a well needed lift (good to see you too Jonathan and Lorna – hope to see you back at the club soon), past the Kent & Sussex, then it's the last mile back to St John's turning left into the gates for the last 50M (good to see you Alison & Des giving us the last shout before the finish).

Dame Kelly Holmes was there at the end helping to hand out the goody bags to some of the finishers, and also awarded the trophies in the prize giving ceremony.

Although a tough Half Marathon one to definitely put in your diary for next year

Thanks for all our supporters as it wasn't the nicest day to be standing around to cheer us all along."

Pete

Thanet 20 – 7TH March 2010 – Grand Prix & Club Champs fixture

15 of us turned out for the Thanet 20 Kent Champs and Grand Prix – and most important of all the 2nd Club Champs (see report below), in freezing and windy conditions

Gareth Robb on his 20 mile debut had a fantastic result working his way up through the field to finish 3rd overall in a time of 2:00:40 (**PB**) next home was Michael Hegiseppe (26th) (2:17:03), followed very closely by the ever improving Mike Walter, who achieved is

second PB in as many weeks (33rd) (2:17:37) **(PB)**, first lady home for the club and next to finish was Laura Burton (33rd) (2nd F overall, and 1st SF) (2:21:41) **(PB)**, Pete Buckingham (93rd) (2:33:26), Harry Abraham (102nd) (2:35:02), James Davies (142nd) (2:41:33), Fiona Buckingham (147th) (2:41:55), another debut 20 miler Neil Turner (154th) (2:42:34) **(PB)**, who is well on course for achieving his target for his first marathon, Carol Emery (165th) (2:44:53), chased to the line by Terry Raveh, who unfortunately stopped before the line (hence the time difference) (166th) (2:45:01), Chris Anderson (190th) (2:51:14), Emma Hollands (202nd) (2:52:44) **(PB)**, Miriam Dorrity (301st and 3rd F55) (3:11:15) and Dinah Truett (343rd) (3:21:26)

Thank you for the much appreciated support received from, Gill Tree, Barry Dorrity, Alan Newman, Sue James, Doran Raveh, Sally Abraham, Des and Alison White who were all over the course shouting encouragement and giving us runners a lift when needed most.

Well done to all, as in those conditions we all did fantastically well, and can tick that one off the list, on our journey to the various marathons we are all competing in April – for those that just did it for fun, you must be mad!! but well done and thanks for keeping us in the running for the Grand Prix title

Greenwich Meridian 10K – 7TH March 2010

Penny Roberts ventured out once again on her own to represent us at the Greenwich Meridian 10K finishing the tough course in a respectable time of 60:31 finishing 389th there were 471 finishers. Penny has also kindly written us a report on the race.

“While others were out racing ridiculous distances training for the marathon.....I went out and ran the Greenwich Meridian 10k. This is held in the picturesque and historic surroundings of Greenwich Park. It takes in the wonderful panorama of the Thames and London. The race consists of 2 small laps [which felt big] and 2 big laps [that felt huge]! It drops down to the bottom of the park by the boating pond and then you climb up the long hill to the observatory twice! On the way you pass over the famous Meridian Line, for which there was a prize for the first person crossing it... this was not me! It was a great race – a bit pricey– at £14 for which you got a medal and a bottle of water. I completed it in just over the hour so got my monies’ worth! Would I do it again - Oh Yes!”

Penny Roberts

Bath Half Marathon – 7TH March 2010

Tina Oldershaw and Rob Weighell travelled down to Bath to compete in the Bath Half Marathon, Tina completed the race in 1:20:17 (11th woman and 1st F40) and Rob Weighell in 1:37:57 (1,380th) there were 10,725 finishers. Rob Weighell has kindly written us a report from the race.

“The morning of this year’s Bath Half Marathon was blessed with sun and clear sky but bitterly cold weather so fortunately this year there was no delay to the 11am race start. The graded time start pens appeared to generally work well and certainly the front runners were not slowed up by slower runners. Crowd support for the two lap race was good and both marshalling and water/lucozade sport stations were well organised. The course is generally flat with some gentle inclines that definitely feel steeper second time around! However, it does seem to be a pretty fast course in general and is fully chip timed.

The finish area worked well for the earlier finishers although a friend who finished in just over 2 hours found the area very congested and struggling to cope with the great number of runners completing the run. The runners village site was reasonable but muddy in part which has been an issue in the past. Considering the race entry fee the “goody bag” was poor but the finish medal was substantive.

If you have family/friends in the Bath area it’s well worth doing the race but otherwise keep to our local events.”

Grizzly 20 – 7TH March 2010

Geoff Hurrell was the only one out of the original five to turn up and complete the Grizzly 20, even though suffering from the dreaded “man flu” leading up to the event. Geoff completed the gruelling course in 3:40:31 finishing 463rd there were 4941 finishers. Geoff has kindly written a report of the race.

“If you fancy a weekend away in beautiful Devon in early March next year and want to try a different sort of race, why not try the Grizzly? Starting from Seaton, the 20 mile multi-terrain course heads out west along the coast towards Beer and Branscombe, then goes in land briefly. It passes fantastic scenery along the way including hills (lots), trails, woodland, beach (one mile of pebbles, between mile 15 and 16 - ouch), mud and a couple of streams to cross. The atmosphere is very friendly and the supporters are very enthusiastic. The organisers (Axe Valley Runners) recommend that you assume it will take the same effort and time as your road marathon run. Entries open in August for the run and next year the event is on Sunday 13th March 2011

Another run worth considering is the Clarendon Way (Salisbury to Winchester, early October) again mostly off road through great scenery and also the Beachy Head (late October). One I may try for the first time is the South Down’s marathon on the 12th June.”

Lydd Half Marathon – 14TH March 2010

We had 4 runners competing in the Lydd Half marathon on 14th March. Harry Abraham was first home for the club in 1:31:45 (39th)PB, next to finish was John Tolhurst 1:33:14 (45th), Chris Anderson 1:41:52 (99th), Vanessa Hollamby 1:56:54 (208th)PB, there were 357 finishers. Vanessa Hollamby has kindly written us a report from the race

“This year race itself was on a different course. After last year wind swept seafront heading towards Greatstone. This year however was heading inland towards Brookland. Across the marshes out onto the country lanes, making a kind of 9 shape route. (Even, eyeing up the lambs for the oven)...”

A good fast flat course, normally a great event.

But one negative thing was the lack of water...The water stations would be at 3. 6. 9 mile mark. But in fact 3/9 (being the same station) had water. 6 had run out altogether by the time I got there.

Nice Work, the organisers comments were ‘that they were badly let down on the day 20 helpers singed up only 5 showed up’.... (I am still not sure why there wasn’t enough water though..?)

Anyway on the plus side was that there was plenty of parking... lovely big hall changing facilities, toilets, tea, coffee, Snacks available...

Goodie bags and medals for all runners. Even for the kiddie’s races that were held before the main race.”

Nessa.

Sevenoaks Rotary 10K – 14TH March 2010

We had two runners competing in the Sevenoaks Rotary 10K on 14th March, Jonathon Riordan was first home for the club in 42:16 (27th) and Duncan Riordan in 48:11 (103rd) there were 487 finishers

Spitfire 20 – 14TH March 2010

Terry Raveh competed in the Spitfire 20 on the 14TH March completing the race in 2:50:14 (233rd) there were 635 finishers. Terry has also kindly written us a report from the race:

“1 and ½ hours from PW. The way back was a nightmare because we were stuck in traffic on the M25. Start and Finish on airfield. 2 x 10 mile lap. Last 2 mile of each lap on airfield meaning flat but exposed, rest undulating country lanes, at times busy with traffic. Great support from helping people, chip timing, nice goody bag. An alright race.”

Hastings Half – 21ST March 2010

We had 8 runners competing in the Hastings Half marathon held on 21st March 2010. First home for the club was Andy Fletcher returning in fine form to complete the course in 1:29:10 (170th), next home was Harry Abraham 1:33:27 (305th), Steve Chivers 1:38:31 (593rd), Duncan Riordan 1:43:55 (889th), Lionel Steilow 1:45:12 (960th), Jon Clements 1:49:49 (1377th), 1st lady back for the club was Alison White 1:54:07 (1584) also achieving a SVPB, Lori Arnold 2:16:10 (3161). Harry has kindly written us a report from the race

“Conditions were just about perfect for the 26th running of the Hastings ½ Marathon, previously voted best ½ marathon in the country and Europe.

Starting at the seafront to the music from Chariots of fire, the route heads off towards Battle via ‘Queensway’ a 2 ¼ mile relentless climb that is sure to result in a negative split. The course then moves along ‘The Ridge’ and down to Hastings Old Town and Fishing Village. Finally, there is a 2 ½ mile run in along the seafront.

The race is very well organised by the Hastings Lions Club and the spectator support was as usual tremendous.

Carol had asked us to take along a batch of PW ½ marathon forms; Sally duly made it her task to distribute these.

This was my 6th consecutive running here. Having just worked a busy night shift, I was late having my usual race day breakfast - a bagel. My fears of getting a stitch were justified, this happened on Queensway. Peter, a friend from Wadhurst Runners drew along side and asked if I was finding the hill tough, another runner overheard this and commented “with those legs, he should be flattening the hills”.

Hills are not my forte so getting to the top was a relief, the second half was very enjoyable, much time and many positions were gained.

Pete, Fiona, Des and Sally provided great personal support. All in all I was pleased with my run and resultant course PB by 2 minutes.”

PADDOCK WOOD AC – CLUB ROAD RUNNING CHAMPIONSHIP 2010

This month saw the second race in the PWAC Club champs series, with some interesting movements in the positions.

Gareth Robb, following his blistering run at Thanet has moved up to the top of the main championship table, closely followed by Mike Walter and Laura Burton who both also pulled out all the stops at Thanet to achieve greatly deserved PBs,

Laura Burton after her superb run at Thanet has also moved into top position in the Ladies table.

LADIES

Name		Category	Dartford 10	Thanet 20	Total	Position
Laura	Burton	F	17	36	53	1
Emma	Hollands	F35	12	23	35	2
Carol	Emery	F45	14	20	34	3
Terry	Raveh	F45	16	18	34	4
Fiona	Buckingham	F35	15	16	31	5
Tina	Oldershaw	F35	28		28	6
Miriam	Dorrity	F55		20	20	7
Melanie	King	F45	13		13	8
Vanessa	Hollamby	F45	11		11	9
Dinah	Truett	F45		11	11	10

MEN

Name		Category	Dartford 10	Thanet 20	Total	Position
Gareth	Robb	M	22	37	59	1
Mike	Walter	M	28	26	54	2
Neil	Turner	M40	24	22	46	3
Mickael	Hegesippe	M	21	17	38	4
Peter	Buckingham	M40	19	15	34	5
James	Ridger	M	33		33	6
Harry	Abraham	M40	16	14	30	7
Stephen	Sutton	M	27		27	8
Mark	Rich	M	21		21	9
Robert	Rowland	M	20		20	10
Lionel	Stielow	M60	15		15	11
John	Tolhurst	M50	15		15	12
James	Davies	M		13	13	13
Robert	Weighell	M50	12		12	14
Chris	Anderson	M		11	11	15

Overall Standings for Club Champs

Name		Category	Dartford 10	Thanet 20		Position
Gareth	Robb	M	22	37	59	1
Mike	Walter	M	28	26	54	2
Laura	Burton	F	17	36	53	3
Neil	Turner	M40	24	22	46	4
Mickael	Hegesippe	M	21	17	38	5
Emma	Hollands	F35	12	23	35	6
Peter	Buckingham	M40	19	15	34	7
Carol	Emery	F45	14	20	34	8
Terry	Raveh	F45	16	18	34	9
James	Ridger	M	33		33	10
Fiona	Buckingham	F35	15	16	31	11
Harry	Abraham	M40	16	14	30	12
Tina	Oldershaw	F35	28		28	13
Stephen	Sutton	M	27		27	14
Mark	Rich	M	21		21	15
Miriam	Dorrity	F55		20	20	16
Robert	Rowland	M	20		20	17
Lionel	Stielow	M60	15		15	18
John	Tolhurst	M50	15		15	19
James	Davies	M		13	13	20
Melanie	King	F45	13		13	21
Robert	Weighell	M50	12		12	22
Chris	Anderson	M		11	11	23
Vanessa	Hollamby	F45	11		11	24
Dinah	Truett	F45		11	11	25

KENT GRAND PRIX REPORT

Well done all – after two events, currently the men are in second place and the ladies are in fourth position in the Kent Grand Prix league, and both teams are well within reach to getting up into first place. We will need everyone who is available to be out and running in the Paddock Wood Half Marathon 11TH April which is the next Grand Prix fixture.

Finally – thank you to Alan Newman, Penny Roberts, Rob Weighell, Geoff Hurrell, Vanessa Hollamby, Terry Raveh and Harry Abraham, 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.

Pete & Fiona Buckingham

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