

Well done team Paddock Wood,

What a fantastic turn out today, for our first grand prix for 2010.

We won the men's team in both the open and Kent champs and the ladies were 4th in the open and 6th in the Kent champs.

We've attached a copy of our club championship scores based upon the provisional results given at the end of the today's race, as you will see by getting a PB it really does boost your scoring capability.

The spreadsheet will open on the current race standings, but to see how the scores are formed click on the Dartford 10 tab, at the bottom of the screen.

If you had a PB, and we haven't already scored it please let us know (likewise if we've awarded you a PB in error please let us know) so the scores can be adjusted to suit

PBs have been awarded to:-

Mark Rich - who managed to take a remarkable 5 1/2 mins off his previous best - excellent result

Stephen Sutton - who also managed to take of a superb 4 mins off his previous best, again an excellent result.

Mike Walter - well done, just goes to show that hard work does payoff - as for a seasoned runner its very difficult to get PBs

Neil Turner - 1st 10 mile race - in fact first ever road race, hope you enjoyed it - and will be back out for more!!

James Ridger - 1st 10 mile race - and a sub 60 to boot, superb effort.

Lionel Stielow and **Tina Oldershaw** managed to pick up additional points for finishing within the top 10 of their age categories (9th and 1st respectively) - well done.

Everyone today did the club proud especially after the weather we've been having lately that has interrupted our training, so you can all pat yourselves on the back, put your feet up and enjoy a nice glass of wine or two.

Don't get too complacent though as our next Grand Prix is the Thanet 20 on March 7th so get your entries in now, if you haven't already done so - especially those of you who have marathons coming up in April, as this is a perfect training run.

Thanks again for all turning out, and embracing not only the Grand Prix but also our new Club Championships

See you in the week

Pete & Fi