

Rugby 6, Wednesday 17th May 2017

Andy Siggers was the first of 6 Kenilworth Runners to complete the Rugby 6 on Wednesday 17th May finishing 14th in a time of 34:17. Siggers was followed by Neil Sheward finishing 64th in 38:40, Tom Williams 112th in 41:36, Louise Andrews 4th LV40 in 43:48, Tom Dable 282nd in 54:07 and Pauline Dable 1st LV65 in 55:35.

The race was won by Hywel Davies of McCarkiss Endurance Project in 32:21; there were 319 finishers.

Ready Steady Rugby Fun Run, Sunday 21st May 2017

Kenilworth Runners' Andy Siggers won the 8th Ready Steady Fun Run in Rugby on Sunday 21st May, organised by the Rugby and Northampton AC, in a time of 16:54. The race was a 5k run under UK Athletics rules and incorporated a very long downhill section on Barby Road.

Siggers and Alistair McDonnell, from Rugby and Northampton AC, battled for the lead the whole way and about half way McDonnell took the lead and then worked hard to extend his lead downhill on the Barby Road. However Siggers regained the lead going up the short sharp hill just before the finish and held on for the win on the running track.

Knowle Fun Run 10k, Sunday 21st May 2017

Laura Pettifer was the first of 4 Kenilworth Runners to complete the Knowle Fun Run 10k on Sunday 21st May, joining over 1000 runners on the closed roads around Knowle. Laura, who finished 28th overall and 3rd lady in a time of 39:07, was followed by Carla Fuste 202nd in 47:02, Tom Dable 342nd in 51:45 and Pauline Dable 405th in 53:39.

The conditions for the run were good with no rain and overcast skies but with a fairly strong wind. The only disappointment for the Kenilworth Runners was that the course was short, measuring 9.6km on most runner's watches.



Chester Half Marathon, Sunday 21st May 2017

Kenilworth Runners' George Crawford had an excellent run in the Chester Half Marathon on Sunday 21st May, running a new PB time of 1:18:15 to finish in 19th position. The race was won by Mo Abu-Rezeq of Altringham AC in 1:07:20.

Firkin 5, Hook Norton, Saturday 20th May 2017

9 Kenilworth Runners took part in the inaugural Firkin 5 at the Hook Norton Brewery at Hook Norton. The race was run over a mixture of roads, farm fields and farm tracks and was very muddy following rain the day before, although weather conditions on the day were good.

Howard Lancashire was first home for Kenilworth finishing an excellent 2nd place in a time of 33:13 just 4 seconds behind the winner. Martin Dorrill also had a good run finishing in 7th position in a time of 36:02

For the ladies Gail Audhali finished 3rd lady in a time of 40:08.

All finishers received a free burger and bottle of beer, beer towel and a medal in the shape of a bottle opener.

The race was won by Chris McKeown of Spa Striders in 33:09. There were 291 finishers.

All Kenilworth Runners positions and times:-

Position	Name	Time
2	Howard Lancashire	33:13
7	Martin Dorrill	36:02
22	Gail Audhali	40:08 3rd lady
49	Rob Smart	43:47
57	Linda Fullaway	44:36
58	Debbie Streets	44:37
74	Jo Coldicott	46:11
142	Louis Broome	54:29
143	Rachel Armstrong	54:32



Goatfell Hill Race, Isle of Arran Saturday 20 May 2017

Kenilworth Runners' Neil Smith completed the Goatfell Hill Race on the Isle of Arran on Saturday 20th in a time of 2:15:56 to get from sea level in Brodick to the top of Goatfell and back, 9.6 miles with 2,900 feet of climb.

The Beast of Bitterley - 21 May 2017 (Ludlow, Shropshire) by Richard Broadbent

Everybody has a favourite race, right? Sometimes it's an old favourite, sometimes it's a new race, just discovered. This is a relatively new race (started in 2015) that we've just discovered & it's a gem of an event. It's small, low key & has some truly stunning views. The money raised goes to the local village school & there is an amazing family atmosphere with FREE cake & tea/coffee afterwards, a plethora of prizes (mostly bottles of booze) and a superb wooden trophy, the winner's name is engraved on.

However, as the name suggests there is something a little sinister involved in this 8k race. Yes, just a simple 5ish miles. The thing that creates 'The Beast' is Clee Hill, Titterstone. 1,270 feet of ascent mostly all in the second mile. An ascent figure doesn't really explain the severity of the climb & this was positively cruel – a google search for images just doesn't show the gradient as runners tackled the steepest side, with the summit at only the 2 mile mark.

Whilst sizing up an early morning recce of the initial track, Simon asked another runner in polite jest "whatta ya think buddy? Looks tough, what are your chances?" To which the very nice chap matter-of-factly replied "well it depends on who shows up but I have won it last couple of years" (he won it again this year).

The race itself starts outside the local school & quickly moves onto a farm track leading up to the common where the ascent properly begins. Then it's up, getting steeper, steeper until it's hands on almost scrambling up, with thighs screaming and lungs bursting. It's very seldom I have to walk in a race but only the absolute elite can apparently make the ascent still running. Then over the top for almost 3 miles of joyful downhill, back across a different part of the common before linking up with the outward trail to a short finish in the last field.

The race was won by Jamie Shingler from Ludlow Runners in 40.54

Kenilworth:

Stephen Chalkley 23rd in 54.46

Richard Broadbent 34th in 57.48

Simon Mottershead 63rd in 71.40





There were 82 finishers.

Coventry Parkrun#369, Saturday 20th May 2017

785 finishers

All Kenilworth Runners positions and times:-






1	Stuart David HOPKINS	17:24	VM40-44	78.45%	M	1	PB stays at 00:16:20	49	
2	Andrew CRABTREE	17:49	VM35-39	76.05%	M	2	PB stays at 00:17:39	160	100
3	Kev HOPE	18:16	VM35-39	74.18%	M	3	PB stays at 00:16:58	70	50
11	Simon CORLEY	19:10	VM50-54	78.17%	M	11	PB stays at 00:18:53	63	50
21	Nick WILLIAMS	19:39	VM40-44	70.48%	M	21	PB stays at 00:18:54	159	100
34	Sean MITCHELL	20:15	VM45-49	71.11%	M	34	PB stays at 00:19:54	34	
58	Clive PEARCE	21:24	VM50-54	69.47%	M	58	PB stays at 00:18:48	259	250
67	Michael Elmhurst WILLIAMS	21:41	VM55-59	73.33%	M	66	PB stays at 00:18:28	185	100
70	Louise ANDREWS	21:45	VW40-44	72.34%	F	2	PB stays at 00:20:44	153	100
92	David PETTIFER	22:23	VM65-69	77.07%	M	90	PB stays at 00:20:08	98	50
99	Steve RAMUS	22:34	VM40-44	61.89%	M	97	PB stays at 00:19:37	12	
112	Oliver WENT	23:13	SM25-29	55.56%	M	109	PB stays at 00:21:24	69	50
160	Dorota WOLOSZYNSKA	24:21:00	VW35-39	61.60%	F	8	PB stays at 00:24:01	62	50
196	Ryan BAKER	25:04:00	JM15-17	53.86%	M	182	PB stays at 00:20:29	69	50
229	Alistair KIRKWOOD	25:44:00	VM60-64	62.89%	M	208	PB stays at 00:23:18	71	50
230	Mark ALLDRITT	25:45:00	VM50-54	57.28%	M	209	PB stays at 00:20:23	47	

424	Richard MILLER	29:52:00	VM50-54	50.61%	M	329	PB stays at 00:26:29	105	
475	Helen BAKER	31:09:00	VW50-54	55.16%	F	114	PB stays at 00:29:17	63	
478	Seth BRYAN	31:11:00	JM11-14	47.68%	M	363	PB stays at 00:31:02	6	
479	Peter BRYAN	31:12:00	VM50-54	47.65%	M	364	PB stays at 00:17:39	114	
480	Kimberley LUNN	31:13:00	VW45-49	50.88%	F	116	PB stays at 00:30:03	94	

Leamington Parkrun#322, Saturday 20th May 2017

547 finishers

All Kenilworth Runners positions and times:-

11	Nick LAWRENCE	19:09	VM50-54	78.24%	M	11	PB stays at 00:18:40	159	
37	Colin BAILEY	20:40	VM45-49	69.68%	M	37	PB stays at 00:20:29	93	
64	Henry CURRAN	22:01	JM15-17	61.32%	M	63	PB stays at 00:21:42	4	
94	Philip HOUGHTON	23:00	VM45-49	63.12%	M	93	PB stays at 00:21:39	212	
96	Harry BAILEY	23:06	JM11-14	66.23%	M	95	PB stays at 00:21:55	92	
121	Adair SWAN	23:50	VM45-49	59.93%	M	116	PB stays at 00:22:26	98	
168	Michael CRUST	25:18:00	VM60-64	65.09%	M	160	PB stays at 00:23:22	32	
174	Alexandra SHIELDS	25:24:00	SW25-29	58.27%	F	11	First Timer!	1	
192	Carla FUSTÉ	25:51:00	SW20-24	57.25%	F	18	PB stays at 00:24:45	7	
221	Mandy CRUST	26:43:00	VW50-54	65.19%	F	25	PB stays at 00:24:59	25	

333	Pauline DABLE	29:37:00	VW65-69	73.94%	F	75	PB stays at 00:26:27	117	100
394	Frank WALSH	31:20:00	VM55-59	49.47%	M	283	PB stays at 00:25:53	67	50
488	Michael SCANDRETT	37:13:00	VM35-39	35.65%	M	322	PB stays at 00:20:17	190	100

Stratford upon Avon Parkrun#66, Saturday 20th May 2017

322 finishers

All Kenilworth Runners positions and times:-

6	Alex ATKINSON	18:20	VM45-49	79.82%	M	6	New PB!	62	50
15	Neil SHEWARD	19:07	VM50-54	78.38%	M	15	PB stays at 00:18:22	98	50
31	Craig PHILLIPS	20:34	VM45-49	70.02%	M	30	PB stays at 00:20:24	165	100
33	Jane PHILLIPS	20:39	VW35-39	73.61%	F	3	New PB!	92	50
219	Gemma MCGOVERN	28:57:00	JW11-14	57.46%	F	55	PB stays at 00:26:32	30	10
322	Rob SMART	46:15:00	VM45-49	31.39%	M	205	PB stays at 00:22:19	116	100

Sheffield Hallam parkrun

A total of 721 runners took part.

[View full results for Sheffield Hallam parkrun event #343](#)

Position	Gender	Position	parkrunner	Club	Run Time
2	2		Matthew ELKINGTON	Kenilworth Runners	00:16:12

Brueton parkrun

A total of 488 runners took part.

[View full results for Brueton parkrun event #359](#)

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
29	29	Kyran KIRK	Kenilworth Runners	00:20:34

Markeaton parkrun

A total of 417 runners took part.

[View full results for Markeaton parkrun event #189](#)

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
65	59	Sam HOLGATE	Kenilworth Runners	00:22:21

Mile End parkrun

A total of 327 runners took part.

[View full results for Mile End parkrun event #277](#)

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
112	95	Mark Jeremy HALL	Kenilworth Runners	00:24:32

Kingsbury Water parkrun

A total of 445 runners took part.

[View full results for Kingsbury Water parkrun event #198](#)

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
115	15	Lisa SEARS	Kenilworth Runners	00:26:15

Preston parkrun

A total of 429 runners took part.

[View full results for Preston parkrun event #250](#)

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
16	16	Will BARBER	Kenilworth Runners	00:19:54