

## The Summer Shakespeare 10k and Half Marathon, Long Marston Airfield, Saturday 29th July 2017

Kenilworth Runners' Laura Pettifer produced a blistering finish in the Summer Shakespeare 10k at Long Marston Airfield on Saturday 29th July to finish 1st lady in a time of 42:24. Trailing behind Rebecca Ferry of Oxford City for most of the race, Pettifer finally caught her half way around the second lap of the 2 lap course and after racing neck and neck a final 800m sprint finish saw Pettifer win by 12 seconds. The men's race was won by Ben Plummer of Barrow Runners in 36:42.

In the half marathon event run over 4 large laps and 1 small loop, Dave Pettifer finished 25th overall and 1st V65 in 1:37:23. Club mate Sonya Tate finished 11th senior lady in a time of 2:-02:16 and the race was won by Peter Middleton of Shrewsbury AC in 1:17:28. There were 173 finishers.



### **Dorset Invader Marathon, Sunday 30<sup>th</sup> July 2017**

Kenilworth Runners' Michael Scandrett completed the off-road Dorset invader marathon on Sunday 30<sup>th</sup> July in a time of 5:16. The weather was not good with the rain making an already technical course rather slippery in places but it was still beautiful. Unfortunately Sheela Hobden had to retire from the race due to injury but enjoyed her ride back in the Defender Ambulance.



### **Heckington Show 10, Saturday 29<sup>th</sup> July 2017**

Kenilworth Runners' Pauline and Tom Dable ran the Heckington Show 10 mile on Saturday 29<sup>th</sup> July. The 10 Mile Road Race held as part of the annual Heckington Show is the oldest road race in the Midlands with the first race being held in 1965.

Tom finished in 1:30:53 and Pauline in 1:35:14 and 1<sup>st</sup> LV65.



### **Abbott Trail Run 10k, Sunday 30<sup>th</sup> July 2017**

3 Kenilworth Runners took part in the Abbott Trail 10K run on Sunday 30th July. The race was organised by Tamworth based children's charity, Simon's Heroes and was run on tracks in Hopwas Woods, a beautiful ancient woodland situated in the district of Lichfield in Staffordshire and along a canal and across fields.

Neil Sheward and Louise Andrews finished in a time 47:49 finishing 15th and 16th with Louise 4th lady and Pamela Grimwade was 24th in 50:11.

The race was won by Ashley Baldwin in 38:36. There were 115 finishers.

# PARKRUNS

Coventry parkrun#378, Saturday 29<sup>th</sup> July 2017

572 finishers

All Kenilworth Runners positions and times:-

18	<a href="#">Nick WILLIAMS</a>	19:45	<a href="#">VM40-44</a>	70.72%	M	18	PB stays at 00:18:51	165	100
42	<a href="#">Mark ALLDRITT</a>	21:09	<a href="#">VM50-54</a>	70.29%	M	41	PB stays at 00:20:23	55	50
45	<a href="#">Tom WILLIAMS</a>	21:12	<a href="#">VM40-44</a>	64.86%	M	44	PB stays at 00:19:58	67	50
52	<a href="#">Michael Elmhurst WILLIAMS</a>	21:34	<a href="#">VM60-64</a>	74.34%	M	50	PB stays at 00:18:28	188	100
62	<a href="#">Stu MARTIN</a>	21:59	<a href="#">VM50-54</a>	68.16%	M	60	PB stays at 00:21:26	43	
74	<a href="#">Alan MALIK</a>	22:25	<a href="#">VM50-54</a>	66.32%	M	71	PB stays at 00:22:08	11	
99	<a href="#">Dorota WOLOSZYNSKA</a>	23:20	<a href="#">VW35-39</a>	64.29%	F	6	New PB!	67	50
102	<a href="#">Sean MITCHELL</a>	23:27	<a href="#">VM45-49</a>	61.41%	M	96	PB stays at 00:19:54	42	
181	<a href="#">Matt GRIFFITHS</a>	25:35:00	<a href="#">VM40-44</a>	53.36%	M	160	PB stays at 00:18:56	123	100
204	<a href="#">Sagar DEPALA</a>	26:02:00	<a href="#">SM25-29</a>	49.55%	M	177	PB stays at 00:23:22	31	
262	<a href="#">Alistair KIRKWOOD</a>	27:38:00	<a href="#">VM60-64</a>	58.56%	M	210	PB stays at 00:23:18	76	50
371	<a href="#">Louise CROSS</a>	30:47:00	<a href="#">SW25-29</a>	48.08%	F	94	PB stays at 00:26:21	4	
430	<a href="#">Laurence COPELAND</a>	32:29:00	<a href="#">VM70-74</a>	54.28%	M	298	PB stays at 00:26:27	25	

## Leamington parkrun event #332

A total of 408 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
13	13	<u>Keith BEASLEY</u>	<u>Kenilworth Runners</u>	00:19:52
14	14	<u>Oliver FLIPPANCE</u>	<u>Kenilworth Runners</u>	00:19:53
23	23	<u>Colin BAILEY</u>	<u>Kenilworth Runners</u>	00:20:25
67	6	<u>Emma WREFORD- BUSH</u>	<u>Kenilworth Runners</u>	00:23:05
76	69	<u>Rob SMART</u>	<u>Kenilworth Runners</u>	00:23:22
113	101	<u>Philip HOUGHTON</u>	<u>Kenilworth Runners</u>	00:24:36
122	15	<u>Alexandra SHIELDS</u>	<u>Kenilworth Runners</u>	00:24:44
151	128	<u>Chris LUNTLEY</u>	<u>Kenilworth Runners</u>	00:25:41
160	136	<u>Ben FLIPPANCE</u>	<u>Kenilworth Runners</u>	00:26:01
231	182	<u>Robert GREENWAY</u>	<u>Kenilworth Runners</u>	00:28:46
250	192	<u>Frank WALSH</u>	<u>Kenilworth Runners</u>	00:29:14
267	203	<u>Harry BAILEY</u>	<u>Kenilworth Runners</u>	00:30:03
312	91	<u>Gemma MCGOVERN</u>	<u>Kenilworth Runners</u>	00:31:52
395	145	<u>Kerrie FLIPPANCE</u>	<u>Kenilworth Runners</u>	00:40:28

## Torbay Velopark parkrun event #30

A total of 244 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
38	38	<u>Clive PEARCE</u>	<u>Kenilworth Runners</u>	00:22:33

## Brueton parkrun event #369

A total of 521 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
38	37	<u>Kyran KIRK</u>	<u>Kenilworth Runners</u>	00:20:56

## Cannon Hill parkrun, Birmingham event #349

A total of 608 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
77	75	<u>Mourad TOUNEE</u>	<u>Kenilworth Runners</u>	00:20:46

## Falkirk parkrun event #297

A total of 254 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
29	27	<u>Barry ELKINGTON</u>	<u>Kenilworth Runners</u>	00:22:20

## Medina I.O.W. parkrun event #316

A total of 298 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
16	16	<u>Ryan BAKER</u>	<u>Kenilworth Runners</u>	00:20:43

## Conkers parkrun, N.W.Leicestershire event #337

A total of 404 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
9	9	<u>Neil SHEWARD</u>	<u>Kenilworth Runners</u>	00:19:37
40	3	<u>Louise ANDREWS</u>	<u>Kenilworth Runners</u>	00:21:55

## Southwark parkrun event #201

A total of 331 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
227	54	<u>Caroline PLAYER</u>	<u>Kenilworth Runners</u>	00:28:16

## Kingsbury Water parkrun event #208

A total of 354 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
2	2	<u>Peter BRYAN</u>	<u>Kenilworth Runners</u>	00:19:18
22	19	<u>Stewart UNDERHILL</u>	<u>Kenilworth Runners</u>	00:21:43

## Evesham parkrun event #121

A total of 135 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
75	17	<u>Angela SMITH-WELCH</u>	<u>Kenilworth Runners</u>	00:28:31

## Stratford-upon-Avon parkrun event #76

A total of 288 runners took part.

<u>Position</u> ▼	<u>Gender Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
5	5	<u>Roger HOMES</u>	<u>Kenilworth Runners</u>	00:18:41
25	21	<u>Anthony YOUNG</u>	<u>Kenilworth Runners</u>	00:21:37