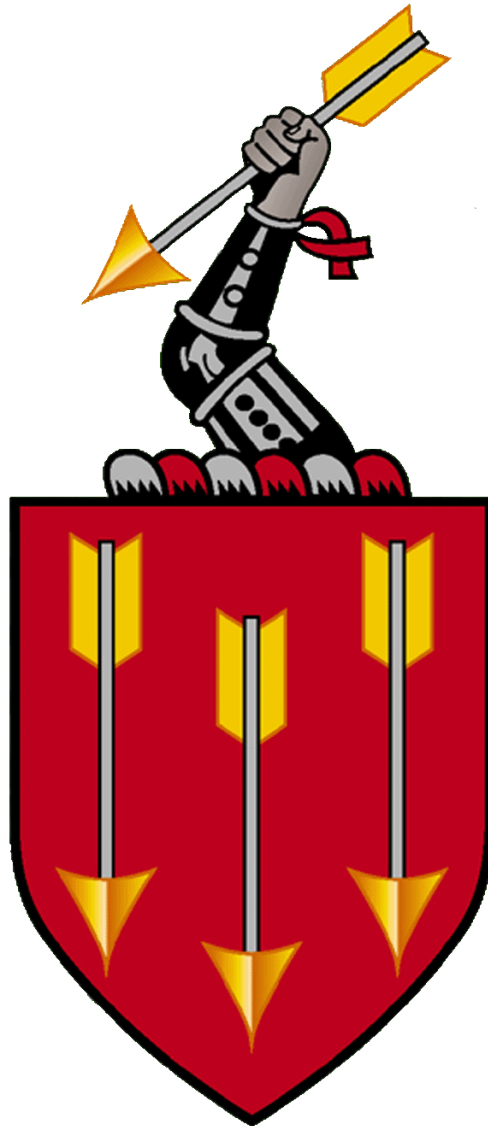


KING HENRY VIII SCHOOL



**45th ANNUAL 6x2.3 MILES (3.7KM)
CROSS-COUNTRY BOYS' RELAY**
and
**17th ANNUAL 4x2.3 MILES (3.7KM)
CROSS-COUNTRY GIRLS' RELAY**

IN THE WAR MEMORIAL PARK, COVENTRY

Wednesday 3rd February 2016

Starting at 2.30pm (Boys) & 2:35pm (Girls)

OFFICIALS

RACE ORGANISER & CLERK OF COURSE	T Andrews
REFEREE	R Mason
STARTER & ANNOUNCER	D Butler
CHIEF TIME-KEEPERS	J Vickers MCAAA, H Heemskerk, P Davies
TIME-KEEPERS' ASSISTANTS	Pupils from King Henry VIII School
TAKE-OVER JUDGES & STARTERS' MARSHALS	R Mason, M Oxtoby
DECLARATION OFFICER	J Mattu
RESULTS SERVICE	P Davies, <i>Tempo Events</i>
DATA SUPPORT	J Mattu & pupils from KHVIII School
PRESENTATIONS OFFICER	T Andrews
COURSE OFFICIALS	A Parker, P Huxford, P Robbins A Giordano
RESULTS RUNNERS	Members of KHVIII X-Country Club
COURSE MARSHALS	Pupils from King Henry VIII School
PHOTOGRAPHY	M Reddish & S Schofield
FIRST AID COVER	Staff from St John Ambulance
COURSE SET UP	T Andrews, D Butler, P Robbins, P Mahiques, M Field, KHVIII ground staff, Coventry City Council Leisure Services ground staff

ACKNOWLEDGEMENTS

King Henry VIII School would like to extend thanks to all those who have helped in staging this race, including:

- Officers from the War Memorial Park, Coventry City Council Leisure Services Department, and to the Park Staff for their considerable assistance before, during and after the race
- Staff from St John's Ambulance for providing medical assistance
- The School caterers, *Alliance in Partnership*
- Is Andrews for the Star Runners pages and VIP Bio.
- *Commbus*, Coleshill for PA
- Timing by *Tempo Events*

BOYS' RESULT 2015

1	The Judd	73:51
2	St Albans	74:40
3	Loughborough GS	74:42
4	Shrewsbury	75:02
5	Sedburgh	76:09
6	Harrow School	76:46
7	Thomas Telford	77:04
8	Sevenoaks	77:05
9	St Anselms College	77:57
10	St Columbas	78:48
11	Judd 'B'	79:39
12	Shrewsbury 'B'	79:44
13	St Ambrose*	80:39
14	Bromsgrove School	81:02
15	Crompton House	81:08
16	St Albans 'B'	81:16
17	QEGS Penrith	81:18
18	Rugby School	81:30
19	John Fisher	81:49
20	Dudley College	82:11
21	St Anselms College 'B'	82:21
22	Haileybury	82:32
23	Manchester GS	82:40
24	Watford GS	82:41
25	Sir Thomas Rich's	83:02
26	Calday Grange	83:06
27	RGS Newcastle	83:18
28	Ermysteds GS	83:30

*Winner of The John Vickers Cup

YEAR 2015 FASTEST LAP TIMES

1	Ben Dijkstra	Loughborough GS	11:16
2	Declan McManus	Bromsgrove School	11:31
3	Miles Weatherseed	The Judd	11:51
4	Robbie Lightowler	St Albans	11:55
5	Josh Cara	Rugby School	11:59
6	George Groom	St Columbas	12:01
7	Stuart Brown	The Judd	12:02
8	Sam Griffiths	St Columbas	12:03
8	Oscar Dickens	Shrewsbury	12:03
10	Joe Bird	Sedburgh	12:07
11	Jake Spilsbury	St Ambrose	12:08
12	Lacelles Hussey	Harrow School	12:10
13	Theo Clarke	Shrewsbury	12:13
14	Adam Thrope	St Albans	12:16
14	Louis Clarke	Harrow School	12:16
16	Toby Ralph	The Judd	12:17
17	Sam Stevens	Loughborough GS	12:19
17	George Burnett	Loughborough GS	12:19
19	John Campbell	Sedburgh	12:20
20	Oliver Dane	Worksop College	12:21
20	Charlie Tait-Harris	Shrewsbury	12:21
22	Elles Garamage	Thomas Telford	12:22
23	Will Whitmore	The Judd	12:24
24	Noah Hurton	QEGS Penrith	12:26
25	Jess Magorrian	The Judd	12:27
25	Dan Myers	St Albans	12:27
27	Harrison McCartney	KHVIII	12:29
27	Ed Becher	St Aidans	12:29

GIRLS' RESULT 2015

1	Loreto GS	54:35
2	RGS Newcastle	57:14
3	Loughborough High	58:25
4	Sevenoaks	58:48
5	St Aidan's	59:22
6	QEGS Penrith	59:27
7	Shrewsbury School	59:46
8	Sedbergh	60:30
9	Thomas Telford	60:41
10	Southend HSG	60:58
11	Bromsgrove School	61:44
12	Sevenoaks 'B'	62:37
13	Tudor Hall	62:40
14	Loreto GS 'B'	63:07
15	QEGS Penrith 'B'	63:12
16	Sedbergh 'B'	64:01
17	Stamford	64:05
18	St Aidan's 'B'	64:09

YEAR 2015 FASTEST LAP TIMES

1	Harriet Knowles-Jones	Loreto GS	12:41
2	Kate Waugh	RGS Newcastle	13:10
3	Mari Smith	Loughborough High	13:25
4	Beth Barlow	Loreto GS	13:30
5	Abbie Saker	Bromsgrove School	13:52
6	Charlotte Van Zelst	St Aidan's	14:01
7	Alice Stiles	Loreto GS	14:07
7	Phoebe Barker	Sevenoaks	14:07
9	Sian Sweeney	Thomas Telford	14:13
10	Claudia Cowan	Loreto GS	14:20
11	Alice Tyler	Sevenoaks	14:21
12	Laura Mullin	Loughborough High	14:23
12	Olivia Papaianou	Shrewsbury School	14:23
14	Robyn Waugh	RGS Newcastle	14:24
14	Connie Hurton	QEGS Penrith	14:24
16	Esme Davies	QEGS Penrith	14:27
17	Joanna Rimmington	Southend HSG	14:30
18	Phillipa Chambers	RGS Newcastle	14:33

(This is just the top of all the results tables from last year. Full results can be found at www.khviii.com)

BOYS' ALL TIME FASTEST RUNNERS LIST 1972 – 2015

In 1991, as a result of changes in the Memorial Park, the Relay course was shortened by 90 metres. The individual times have been reduced by 16 seconds for all runners pre-1991, so that current runners can be easily compared. *Pre-1991 runners are in purple italics with ** (add 16 seconds to get their original time). Team times are unchanged.

(In the event of a runner achieving more than one qualifying time, only the best is shown)

1	<i>N Appleby*</i>	<i>QMGS Walsall</i>	<i>10.50</i>	<i>(80)</i>	A Brownlee	Bradford GS	11.13	(06)
2	<i>D Dudley*</i>	<i>West Park</i>	<i>10.53</i>	<i>(84)</i>	40 C Sellers*	Maidstone	11.14	(82)
3	<i>A Leach*</i>	<i>Bradford</i>	<i>10.54</i>	<i>(81)</i>	<i>B Murphy*</i>	<i>St Edward's</i>	<i>11.14</i>	<i>(84)</i>
	<i>D Miles*</i>	<i>RGS Newcastle</i>	<i>10.54</i>	<i>(84)</i>	<i>D Robertson*</i>	<i>The Judd</i>	<i>11.14</i>	<i>(90)</i>
5	Tom Purnell	Marling	10.56	(12)	S Wilkinson	RGS Worcester	11.14	(95)
6	M Skelton	The Judd	10.57	(91)	O Laws	Shrewsbury	11.14	(98)
7	G Thompson	Ardingly	10.58	(98)	45 D Calvert*	West Park	11.15	(76)
8	<i>D Ellis*</i>	<i>Bishop Vesey GS</i>	<i>10.59</i>	<i>(78)</i>	<i>I Mitchel*</i>	<i>Hayden</i>	<i>11.15</i>	<i>(81)</i>
9	S Murphy	St Albans	11.00	(01)	<i>A Wild*</i>	<i>Cheadle Hulme</i>	<i>11.15</i>	<i>(87)</i>
10	<i>R Callan*</i>	<i>Mkt Harb</i>	<i>11.02</i>	<i>(74)</i>	J Wild	Kings Macc	11.15	(92)
11	<i>A O'Connor*</i>	<i>KEVI Lich</i>	<i>11.03</i>	<i>(90)</i>	49 K Dumbleton*	West Park	11.16	(74)
	T Sharland	Ipswich	11.03	(02)	<i>M Aldersley*</i>	<i>KHVIII</i>	<i>11.16</i>	<i>(81)</i>
13	<i>S Kendall*</i>	<i>Wednesfield</i>	<i>11.05</i>	<i>(76)</i>	<i>D Hoinville*</i>	<i>William Ellis</i>	<i>11.16</i>	<i>(82)</i>
14	<i>R Nerurkar*</i>	<i>Bradford GS</i>	<i>11.06</i>	<i>(82)</i>	<i>K Archer*</i>	<i>Marple Hall</i>	<i>11.16</i>	<i>(84)</i>
15	<i>A Rayworth*</i>	<i>Bishop Vesey GS</i>	<i>11.07</i>	<i>(82)</i>	<i>N Panchen*</i>	<i>RGS H Wyc</i>	<i>11.16</i>	<i>(88)</i>
16	<i>I Murray*</i>	<i>Lenzie</i>	<i>11.08</i>	<i>(76)</i>	J Davis	Duchess's	11.16	(91)
	<i>T Asteriades*</i>	<i>Cheadle Hulme</i>	<i>11.08</i>	<i>(80)</i>	Ben Dijkstra	Loughborough GS	11.16	(15)
	<i>J Robinson*</i>	<i>Calday Grange</i>	<i>11.08</i>	<i>(85)</i>	56 A Ford*	West Park	11.17	(83)
	J Brownlee	Bradford	11.08	(07)	D Pickering	QEGS Wake	11.17	(92)
20	<i>B Martynuik*</i>	<i>Sir T Richs</i>	<i>11.09</i>	<i>(77)</i>	T Curr	Marling	11.17	(11)
	<i>S Rose*</i>	<i>Beechen Cliff</i>	<i>11.09</i>	<i>(82)</i>	58 C Prestt*	QEGS Wake	11.18	(76)
22	<i>G Williamson*</i>	<i>Lenzie</i>	<i>11.10</i>	<i>(76)</i>	<i>J Sharp*</i>	<i>St Brendan's</i>	<i>11.18</i>	<i>(78)</i>
	<i>T West*</i>	<i>St Cuthbert's</i>	<i>11.10</i>	<i>(87)</i>	<i>S Horton*</i>	<i>KHVIII</i>	<i>11.18</i>	<i>(80)</i>
	<i>M Hudspith*</i>	<i>St Cuthbert's</i>	<i>11.10</i>	<i>(87)</i>	<i>R Lillie*</i>	<i>The Judd</i>	<i>11.18</i>	<i>(81)</i>
	M McNeill	Bradford GS	11.10	(91)	<i>S Bell*</i>	<i>Marple Hall</i>	<i>11.18</i>	<i>(83)</i>
	C Scott	Watford	11.10	(08)	64 D Minter*	Maidstone	11.19	(78)
27	<i>D Wright*</i>	<i>Bishop Vasey GS</i>	<i>11.11</i>	<i>(73)</i>	65 S Coe*	Abbeyleale	11.20	(75)
	<i>R Pepper*</i>	<i>Haberdashers</i>	<i>11.11</i>	<i>(74)</i>	<i>D Price*</i>	<i>Sir Thomas Rich</i>	<i>11.20</i>	<i>(80)</i>
	<i>N Martyn*</i>	<i>William Ellis</i>	<i>11.11</i>	<i>(82)</i>	<i>L Armitage*</i>	<i>St Albans</i>	<i>11.20</i>	<i>(81)</i>
	<i>S Fury*</i>	<i>Sir J Williamson</i>	<i>11.11</i>	<i>(86)</i>	A Hodgkinson	St Albans	11.20	(03)
	<i>A Bailey*</i>	<i>RGS H Wyc</i>	<i>11.11</i>	<i>(88)</i>	D Easter	St Albans	11.20	(08)
32	<i>N Martyn*</i>	<i>Kingswood</i>	<i>11.12</i>	<i>(73)</i>	J Gilmour	Manchester GS	11.20	(08)
	<i>A Sakar*</i>	<i>Maidstone</i>	<i>11.12</i>	<i>(82)</i>	71 D Glassborow*	KHVIII	11.21	(72)
	<i>D Coney*</i>	<i>Maidstone</i>	<i>11.12</i>	<i>(82)</i>	<i>K Stewart*</i>	<i>Skinners</i>	<i>11.21</i>	<i>(81)</i>
	<i>S Duval*</i>	<i>Millfield</i>	<i>11.12</i>	<i>(87)</i>	<i>I H-turner*</i>	<i>Cranbrook</i>	<i>11.21</i>	<i>(85)</i>
	<i>I Hudspith*</i>	<i>St Cuthbert's</i>	<i>11.12</i>	<i>(89)</i>	<i>M McBeth*</i>	<i>St Aloysius</i>	<i>11.21</i>	<i>(90)</i>
37	<i>G Cosgrave*</i>	<i>Bishop Ullathorne</i>	<i>11.13</i>	<i>(72)</i>	A Rymer	Marling	11.21	(07)
	<i>G Crowther*</i>	<i>Manchester GS</i>	<i>11.13</i>	<i>(81)</i>				

BOYS' ALL TIME FASTEST TEAMS 1972 -2015

Teams 1972 - 1990

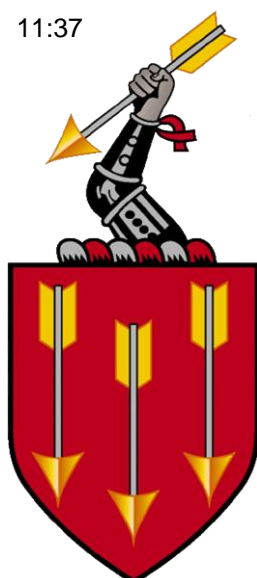
Teams 1991 - 2015

1	Skinners	71.17	1983	1	Marling	72.12	2005
2	Maidstone	71.19	1982	2	St Albans	72.30	2001
3	Bradford	71.49	1981	3	Winchester	72.33	1997
4	Maidstone	71.55	1981	4	Marling	72.36	2011
5	Skinners	71.59	1981	5	St Albans	72.53	2000
6	St Cuthbert's	72.10	1987	6	St Anselm's	72.57	2007
7	Manchester	72.12	1978	7	The Judd	73.01	2012
8	Bradford	72.19	1980	8	St Albans	73.02	2007
9	Bradford	72.20	1982	8	St Albans	73.02	2008
10	St Albans	72.22	1982	10	Winchester	73.06	1998
11	BVGS	72.23	1976	11	Bradford	73.07	1991
12	RGS Newcastle	72.27	1982	12	Dr Challoner's	73.08	1991
12	Millfield	72.27	1989	12	The Judd	73.08	2011
14	RGS Newcastle	72.49	1987	14	Duchess'	73.09	1991
15	Skinners	72.52	1982	15	The Judd	73.11	2008
16	KHVIII	72.55	1985	16	Shrewsbury	73.20	1996

The Mark Randall Shield

Ted Norrish founded this race in 1972, and with the help of members of the King Henry's first team, in 1980 Mr Norrish gave this shield to the school in memory of Mark Randall. In his last year at King Henry VIII School (1977/78) Mark was captain of our Cross Country team, and a runner of the greatest determination. Mark also competed for King Henry's in long distance fell races, and was also a loyal and committed member of our school Mountaineering Club. He sadly died in 1979, and the Mark Randall Shield was first presented to the runner of the fastest lap in the King Henry VIII Relay in 1980. The trophy has gone unawarded for over 20 years, as unfortunately it was lost. With help from Mr Norrish, and the school who last received the award, we are immensely pleased to say that we have now replaced the shield. It has been engraved with the names, schools and times below, and will be awarded this year to the winner of the fastest lap for the Boys' teams. (Note that the course has changed slightly since 1990.)

1972	G Cosgrave	Bishop Ullathorne	11:30	1994	A Whitwam	The Judd	11:27
1973	D J Wright	Bishop Vesey's	11:27	1995	S Wilkinson	RGS Worcester	11:14
1974	R Callan	Market Harborough	11:18	1996	David Anderson	RGS Newcastle	11:30
1975	S Coe	Abbeyfield Grange	11:36	1997	G Thompson	Ardingly College	11:03
1976	S Kendall	Wednesfield HS	11:21	1998	G Thompson	Ardingly College	10:58
1977	B Martynuik	Sir Thomas Rich's	11:25	1999	R Williams	Highgate	11:38
1978	D Ellis	Bishop Vesey's	11:15	2000	R Williams	Highgate	11:26
1979	J Sharp	St Brendans College	11:38	2001	Stephen Murphy	St Albans	11:00
1980	N Appleby	Queen Mary's Walsall	11:06	2002	Tom Sharland	Ipswich	11:03
1981	A Leach	Bradford GS	11:10	2003	Alex Hodginson	St Albans	11:20
1982	A Leach	Bradford GS	11:16	2004	Steve Fennell	The Judd	11:34
1983	D Miles	RGS Newcastle	11:15	2005	Iain Whitfield	Marling	11:32
1984	D Dudley	West Park	11:09	2006	Alistair Brownlee	Bradford GS	11:13
1985	J Robinson	Calday Grange	11:24	2007	Jonathan Brownlee	Bradford GS	11:08
1986	S Fury	Sir J Williamson's	11:27	2008	Cameron Scott	Watford GS	11:10
1987	M Hudspith	St Cuthbert's HS	11:26	2009	Matt Withey	Marling	11:30
1987	T West	St Cuthbert's HS	11:26	2010	Tom Curr	Marling	11:18
1988	A Bailey	RGS High Wycombe	11:27	2011	Tom Curr	Marling	11:17
1989	I Hudspith	St Cuthbert's HS	11:28	2012	Tom Purnell	Marling	10:56
1990	A O'Connor	King Edwards VI	11:19	2013	Alex George	Marling	11:37
1991	M Skelton	The Judd	10:57	2014	Alex George	Marling	11:24
1992	J Wild	King's Macclesfield	11:15	2015	Ben Dijkstra	Loughborough GS	11:16
1993	Chris Elliott	Portsmouth GS	11:37				



GIRLS' ALL TIME FASTEST RUNNER LIST 2000 - 2015

(In the event of a runner achieving more than one qualifying time, only the best is shown)

1	Harriet Knowles-Jones	Loreto GS	12:41	2015
2	Victoria Walker	St Albans	12:59	2010
3	Becky Straw	Bromsgrove School	13:05	2011
4	Mari Smith	Loughborough HS	13:06	2012
5	Kate Waugh	Newcastle RGS	13:10	2015
6	Lizzy Bird	St. Albans	13:18	2013
7	Rowena Cole	Tile Hill Wood	13:19	2008
8	Vicky Johnstone	QEGS Penrith	13:26	2011
9	Isobel Glaisher	Millfield	13:28	2014
10	Beth Barlow	Loreto GS A	13:30	2015
11	Naomi Richardson	King Henry VIII	13:32	2012
12	Megan McBrien	Bishop Vesey GS	13:4	2012
13	Caroline Lambert	St Aidan's School	13:42	2012
14	Phillippa de la Rosse	Ampleforth	13:45	2008
15	Olivia Bryant	Millfield	13:47	2009
16	Rosy Cooper	Millfield	13:50	2006
17	Stephanie Magrath	Sevenoaks	13:51	2005
18	Lucy Crookes	Loughborough HS	13:52	2009
18	Ellen McArthur	St Aidan's	13:52	2011
18	Abbie Saker	Bromsgrove School	13:52	2015
21	Helen Rollins	Uppingham	13:56	2006
22	Kylie Acford	King Henry VIII	13:57	2005
23	Olivia Gwynn	Millfield	13:58	2014
24	Charlotte Van Zelst	St Aidan's	14:01	2015
25	Mel Hyder	Sedbergh	14:02	2010
25	Jemma Simpson	Millfield	14:02	2000
27	Claire Lilley	Giggleswick	14:03	2008
27	Davina Cole	Tile Hill Wood	14:03	2008
27	Amy Cooper	Millfield School	14:03	2012

GIRLS' ALL TIME FASTEST TEAMS 2000 – 2015

1	Loreto GS	54:35	2015
2	Millfield	56:18	2014
3	RGS Newcastle	57:14	2015
4	Loughborough HS	57:29	2011
5	Loreto GS	57:39	2013
6	Loreto GS	57:39	2014
7	Sevenoaks	57:56	2006
8	Millfield	58:08	2009
9	Loughborough HS	58:08	2010
10	Loreto GS	58:21	2012
11	Loughborough HS	58:22	2012
12	Tile Hill Wood	58:24	2008
13	Loughborough HS	58:25	2013
14	Loughborough HS	58:25	2015
15	Loughborough HS	58:38	2009
16	Millfield	58:46	2005
17	Sevenoaks	58:48	2015
18	Sevenoaks	58:58	2005
19	Millfield	59:17	2008
20	St Aidan's	59:22	2015
21	QEGS Penrith	59:27	2015
22	Millfield	59:39	2006
23	St Albans	59:4	2007
24	St Aidan's	59:45	2012
25	Shrewsbury School	59:46	2015



KING HENRY VIII RELAY - COMPETING GIRLS' TEAMS AND THEIR PREVIOUS RECORD

Race I.D.	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	School	Race I.D.
101									5							32	Ampleforth	101
102																34	Ampleforth 'B'	102
103														22	26	33	Bablake	103
104					*								7	12			Bishop Vesey's	104
105	2	11	4	4	5	5	7		8	5		4	9	8	6	11	Bromsgrove	105
106						10	4	3	6	3	11	19			15	19	Giggleswick	106
107	6	6	5	7	3	7	16	9	10	6	4	9	6	5	21	29	King Henry VIII	107
108	9	14	11	18	9	6	17	12	11	14	19	29	19	21	29	35	King Henry VIII 'B'	108
109												5	1	1	2	1	Loreto GS Alt'ham	109
110												17	11	10	18	14	Loreto GS Alt'ham 'B'	110
111												25	22	13	24	21	Loreto GS Alt'ham 'C'	111
112						9				2	1	1	2	2	9	3	Loughborough HS	112
113	1	4	2	1	1	1	2		2	1	13	2	5	6	1		Millfield	113
114	7	16		9	4	4						12					Millfield 'B'	114
115		1	1	3	7					9	8	6	10	9	10	6	QEGS Penrith	115
116			9	11						15	15	26	26	11	20	15	QEGS Penrith 'B'	116
117											*			*	*	28	QEGS Penrith 'C'	117
118																2	RGS Newcastle	118
119				19		16	14	8				14		17	25	26	Rugby School	119
120																	Rugby School 'B'	120
121				13	6	11	9	4	3	7	6	3	14	7	12	8	Sedbergh	121
122											18	27	21	20	16	16	Sedbergh 'B'	122
123																	Sedbergh 'C'	123
124						2	1								3	4	Sevenoaks	124
125												24	15		4	7	Shrewsbury	125
126																20	Shrewsbury 'B'	126
127																30	Shrewsbury 'C'	127
128												21	12	24	7		St Edwards, Oxford	128
129																9	Thomas Telford	129
130									1		9	20	23	23	28		Tile Hill Wood	130
132																27	Wellingborough Scho	132
133							13	6							15		Wrekin	133

BOYS' TEAMS AND THEIR PREVIOUS RECORD

Race

94	95	96	97	98	99	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	No's			
											11	9	8	5	8	12	26	33	27	25	31	Adams Grammar School	01		
																					51	Adams GS 'B'	02		
								28	15		10	10	9	13							33	Ampleforth College	03		
																						52	Ampleforth College 'B'	04	
	40																				43	Bablake School	05		
30	34	12	29	24	23	32	25	27	43	15	14	32	28	23	19	36	18	31	38	45	50	Bishop Vesey's GS	06		
37		28	20	22	28	28	40	42	46	24	23	36		32	33		36	29	31	26	14	Bromsgrove School	07		
															34	*							Finham Park, Coventry	08	
10	12	18	15	17	15	12	5	13									25				42	38	Giggleswick School	09	
			8					20								15	16	11	5	5	6		Harrow School	10	
					21	19	26	12	16	19	31	25	21	25		23	15	11	16	22	19		John Fisher	11	
																		18	41				John Fisher 'B'	12	
26							6	4	2	1	7	12	4	2	2	2	2	1	2	2	1		Judd School, The	13	
															14	7	9	8	10	12	11		Judd School, The 'B'	14	
23	37	38	22	18	41	34	32	36	40	25	40	39		31	31	29	45	44	42	41	45		KES Birmingham	15	
	2	18	19	7		24	31	23	29	14	10	19	17	14	14	16	19	23	19	23	39	41	King Henry VIII	16	
33	26	23	28	29	22	14	12	33	20	11	24	34	33	28	15	38	31	26	24	4	3		Loughborough GS	17	
																								Loughborough GS 'B'	18
16	13	11	24	9	19	17	16	14	17		8	7	5	3	1	3	3	7	20	37	23		Manchester GS	19	
															18						44	40		Manchester GS 'B'	20
		25	36	37	39	38	42	27	30	6	6	1	1	3	10	4	8	1	9	*	19		Marling School	21	
																*	24						Marling School 'B'	22	
6	2	3	3	30	10	29	15						10	11	11	14	11	10	6	10			Millfield School	23	
3	16	14	33	33	35	38	35	34		21	13	8	6	15	9						27		Newcastle RGS	24	
5	8	8	11	14		16	17	9	10	14	26	24	23	20	13	22		23	21	24	34		Nottingham HS	25	
							18	5	21	18									22	18	32	17		QEGS Penrith	26
																						49		QEGS Penrith 'B'	27
12	33			36				44	48	33	39	33	26		30	27	19		17	16			Rugby School	29	
					2	5	2	6	5	5		21	16	16	5	5	10	4	9	7	5		Sedbergh School	30	
															23	24	22	24	19	13	32		Sedbergh School 'B'	31	
					12															6	8			Sevenoaks School	32
7	1	1	6	2	6	6	10	3	8	16	12	11	19	12	24	11	6	2	3	3	4		Shrewsbury School	33	
																		17	12	15	15	12		Shrewsbury School 'B'	34
38				41														45	15	14	21	25		Sir Thomas Rich's	35
																			38	32	40	42		Sir Thomas Rich's 'B'	36
19	29	27	26	3	1	1	1	1	1	3	4	6	2	1	3	1	4	3	1	1	2		St Albans School	37	
																20	12	17	4	9	16		St Albans School 'B'	38	
17	20	17	38						11		18						39	34			34	13		St Ambrose College	39
																					46	47		St Ambrose College 'B'	40
11	7	7	5	4	5	3	4	21	4	7	5	4	1	4	6	4	14	16			9		St Anselm's College	41	
																26	38	30			21			St Anselm's College 'B'	42
																			7	8	10			St Columbas College	43
																								St Columbas College 'B'	44
											38	26	7	7	26	33	28	27	22	17	36			St Edwards, Oxford	45
																					14	7		Thomas Telford	46
			13	17	12	18	37	42	43	19	23	20	18	17	9		18	21	13	11	38	39	Tiffin School	47	
																				43	48	48		Tiffin School 'B'	48
				42	11	7	36	39	39	31				29			49	37	39	18	35		Warwick School	49	
																					47			Warwick School 'B'	50
24	28	25	41								17	13	12	8	12	25	35	21	34	28	24		Watford GS	51	
																					30	37		Wellingborough School	52
								37	42	26	37	35	34	30		34	32	*	35		44		Worksop College	53	
												37	24								40			Wrekin College	54
94	95	96	97	98	99	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15				

Top Schools

Using a weighted result, depending on the size of the field, these tables show the top performing schools in the King Henry VIII Relay Race.

Boys' Race

Rank of the best ten results from each school since 1972

1 st	St Albans School
2 nd	The Judd School
3 rd	Bradford GS
4 th	Winchester College
5 th	Shrewsbury School
6 th	King Henry VIII
7 th	RGS Newcastle
8 th	Dr Challoner's GS
9 th	Bishop Vesey's GS
10 th	St Anselm's College
11 th	Millfield School
12 th	Manchester GS
13 th	Sedbergh School
14 th	Marling School
15 th	Skinner's School

Rank of the best ten results from each school, but weighted towards recent races

1 st	St Albans School
2 nd	The Judd School
3 rd	Shrewsbury School
4 th	Sedbergh School
5 th	St Anselm's College
6 th	Marling School
7 th	Manchester GS
8 th	Millfield School
9 th	Winchester College
10 th	Bradford GS
11 th	RGS Newcastle
12 th	Loughborough GS
13 th	Harrow School
14 th	Adams Grammar School
15 th	King Henry VIII

Girls' Race

Rank of the best ten results from each school since 2000

1 st	Millfield
2 nd	Bromsgrove
3 rd	QEGS Penrith
4 th	King Henry VIII
5 th	Sedbergh
6 th	Loughborough HS
7 th	Uppingham
8 th	Giggleswick
9 th	Loreto GS Alt'ham
10 th	St Albans

Rank of the best ten results from each school, but weighted towards recent races

1 st	Millfield
2 nd	Loughborough HS
3 rd	Bromsgrove
4 th	QEGS Penrith
5 th	Sedbergh
6 th	King Henry VIII
7 th	Loreto GS Alt'ham
8 th	Giggleswick
9 th	St Aidan's
10 th	Sevenoaks

From the Archives

These photos are from 1976, and give a snap-shot of the race from that era; in many ways it hasn't changed that much!



SCHOOL and 'STAR' RUNNER PROFILES

We are very pleased to see several schools returning to compete again this year after a few years' absence. These include Finham Park, Marling, Radley and Rugby, who are all bringing boys' teams again this year, and Bishop Vesey, Millfield, St Edwards of Oxford, Tile Hill Wood and Wrekin College, who all return with a girls' team after missing last year's Relay. A very warm welcome to all of the teams: we have 53 Boys teams and 33 Girls teams coming this year, and we're excited to see what you can do!

What follows is a rough guide to the teams and individuals we think will do well in the race today. This is based on information sent by schools, previous form at this Relay, and other events which have taken place earlier on in the XC season. Of course, it is quite possible that due to lack of information we may have overlooked some of the top contenders, and the relays always throw up a few surprises, not least because getting the right order for runners is a factor. Whilst every effort has been made to get our facts right, any errors are on the part of the programme compilers!

Race identification numbers 01-60 (boys) and 101 – 150 (girls) should be on the runners' vests, and are shown in parentheses after the school's name below. The identification will also show the actual lap for the runner.

All spectators are welcome to come to the school hall after the race for the presentations. We hope all competing schools enjoy this year's race and wish all the teams good luck!

BOYS

BROMSGROVE [7]

A regular attender to the Relay, Bromsgrove have a good team again this year, including Kieran Walker – one to watch.

FINHAM [8]

Only competing twice before at the Relay, Finham has an increasingly strong profile in XC in the county, competing in the ESAA Cup, and consistently achieving some of the best team XC performances in the West Midlands. Bayley Pollard (Y11) has run for Finham Park School for five years and won the Schools Cross Country League title on three occasions. Bayley has represented Coventry over the past three years in XC and athletics, and was nominated as the Finham Sportsman of the Year in 2015.

HARROW [10]

This will be the seventh year in succession that Harrow School have competed in the Relay, achieving 5th or 6th places regularly. This year their Senior Boys are fresh from success at the Knole Run, where they placed 4th; George Grassly, a previous competitor at the Relay, achieved 8th fastest.

THE JOHN FISHER SCHOOL [11]

Ricky Lukatome (Y11) returns again this year with the John Fisher team, off the back of a very impressive track season. Ricky has recorded 1:56 for 800m; he picked up the fastest lap at the Haskell Cup in Guildford, he had one of the fastest laps at the St Albans Relay, and has just picked up the fastest leg at the Goater Cup Relay at HABS. Ricky recently became Surrey U17 XC champion and has had excellent placings in inter-county fixtures. He finished 9th in the Knole Run in 33:04 – one to watch this time!

THE JUDD [13]

Coming first or second every year for the last eight years of the Relay, it's fair to say that The Judd provide extremely healthy competition in this race. Another excellent team winning 2nd place at the 2016 Knole Run, this year the Judd bring Stuart Brown (Y13) who ran 12.02 last year at the Relay – the 7th fastest lap, placed 2nd individually at the Knole Run, 2nd U20 Kent, 2nd at St Albans Relay, and 1st in the Judge Cup. The team also fields Jess Magorrian (Y11); Dan Blades, who placed 5th in the U17 Kent, and Toby Ralph, all of whom were in the Relay winning team last year. This year's A team is completed by Ollie Harding and Luke Fisher (Y13) who ran last year for the B team, with impressive times of 12:52 and 13:26 respectively.

KING HENRY VIII [16]

This year Henry's XC captain is Harrison McCartney – an outstanding runner, with numerous orienteering accolades. Harrison is currently 2nd in the U19 British Orienteering Rankings and a member of the GB squad for the Junior European Cup in October. Currently one of the front runners in the Greater Birmingham School's XC League, Harrison brings a good team to the race today. As ever, thanks to all of them for their help with organising the Relay.

LOUGHBOROUGH GS [18]

Veterans of this race, and coming third last year, Loughborough have a formidable runner in Ben Dijkstra, who last year broke Marling's six year streak of making fastest lap with an incredible 11:16! Ben is world duathlon champion U17, youth Olympic champion triathlon, English Schools champ in the 3000m and XC. Also on the team are Sam Stevens, Leicester County Junior XC champion, and Olly Rouse, Leicester County U15 champion. ESAA winners, Loughborough are having a good year in XC, and are definite contenders for a top place this year!

MILLFIELD SCHOOL [23]

Returning after a brief absence, Millfield bring with them this year Robbie Brown (Y12). Robbie has, amongst various outings over the season, placed first in the Yorkshire County Championships, and ran XC for England at Smolyan in the 2015 WMRA International Youth Cup.

NOTTINGHAM HS [25]

Competing here almost every year for the last twenty, Nottingham bring with them a seasoned team who recently competed at the Cannon Hill Park Races in Birmingham, performing well to finish 3rd out of 10 schools.

RUGBY [29]

Rugby's Josh Cara ran a good time of 11:59 last year, earning him 5th fastest lap time at the Relay; he came second in Northamptonshire in their County Championships on 2nd January this year, and he's running well at the moment, so should be one to look out for today.

SEDBERGH SCHOOL [31]

Coming 5th at the Relay last year, and consistently placing top ten for the last seven years of the Relay, Sedbergh always a bring a good challenge.

SEVENOAKS [32]

With an impressive third place in the 2015 ESAA Cup, Sevenoaks are another top ten regular at the Relay.

SHREWSBURY [33]

Knole Run winners this year – pipping their rivals the Judd to the finish by just one point! – Shrewsbury's Hunt have some strong contenders for top positions. Oscar Dickins, joint Huntsman (captain of the school running club), is the U20 Shropshire County Champion in and placed 10th at the Knole Run 2016; his team mate Freddie Huxley-Fielding is U17 County runner-up, and achieved 4th place at Knole.

ST ALBANS SCHOOL [37]

For the last four years St Albans has been in the top three finishing places for the Relay, and this year they once again show a strong team with third place in the 2016 Knole Run.

ST ANSELM'S COLLEGE [41]

Winning the Intermediate ESAA Cup this year, with 8th place for Arran Kearney, this team – which includes Tom Spence, Jacob Brophy, Martin Hurst and Max Clarke, who all competed at the ESAA – are on good form. Team members Joseph Wigfield and Michel Rooke (Y11) are two of the best runners in the Merseyside county, and are on course to represent the county in the forthcoming English Schools Championships.

ST COLUMBAS [43]

With dedicated team members who have shown great conviction in recent races, St Columbas recently place 4th in the ESAA Cup. Having earned top ten places at the Relay for the last three years, it will be interesting to see if they can push even higher up the rankings with strong individuals such as George Groom and Henry Fulton creating a top team effort.

GIRLS

BROMSGROVE [105]

The Bromsgrove have some strong runners this year – watch out again for Abbie Saker, who came 1st at Welbeck DSC this January, and last year made an excellent lap time of 13:52 on this course, one of the top 20 in its history.

KING HENRY VIII [107]

After a frustrating 2014 out of running due to poor health, Henry's captain Charlotte Cleasby has made incredible progress this year. One of the fastest girls in the Greater Birmingham School's Cross Country League, Charlotte is training for her first half marathon next month. Our thanks to all of the team for their help with organising the Relay today.

LORETO GS [109]

Finishing in first place for the last three out of four years, Loreto have dominated the top spots for the Relay for some time. Harriet Knowles-Jones returns to the Relay, after her excellent fastest lap last year (12:41). Harriet comes fresh from winning at the British Athletics Cross Challenge on 24th January, having taking another first place at the ECCA Saucony English National Relay Championships in October, and earning 2nd place at the U20 SPAR European Cross Country Championships in December in Hyères. Harriet is accompanied by Claudia Cowan, another strong member of last year's winning team, returning to running after an operation. Beth Barlow (last year's 4th fastest girl, running 13:30) and Alice Stiles (last year running 14:07) will be representing Trafford on the 6th February where they will be hoping for selection for Greater Manchester. A tough team, and the ones to beat here this year!

LOUGHBOROUGH HS [112]

Loughborough took a convincing third place at the Relay last year, and always bring a strong challenge, having held 1st or 2nd place for six of their previous seven years attending the Relay. Can they do it again?

MILLFIELD SCHOOL [113]

Millfield are having a good season, and bring a young but proven team of winners from the ESAA Cup in December. After a year away from the Relay, we're pleased to see them again, and expect to see some strong competition here.

RGS NEWCASTLE [118]

Second place in the Relay last year, RGS won 4th in the ESAA Cup in December, and Kate Waugh (running 2nd fastest lap last year in 13:10) has had another excellent year, having just returned from Spain where she represented England U20 in the XC Cross International Juan Muguerza, placing 4th.

RUGBY [119]

Frequent competitors at the Relay, this time Rugby bring with them Ella Bromley – quick and running well at the moment, Ella is another runner to watch out for this year.

SEVENOAKS [124]

After coming 2nd in the ESAA Cup, and fresh from their success at this year's Knole Run, Sevenoaks are fielding Phoebe Barker, who placed in the Relay's top ten last year running 14:07. As a team Sevenoaks came in 4th position last year, and provide some stiff competition.

SHREWSBURY [125]

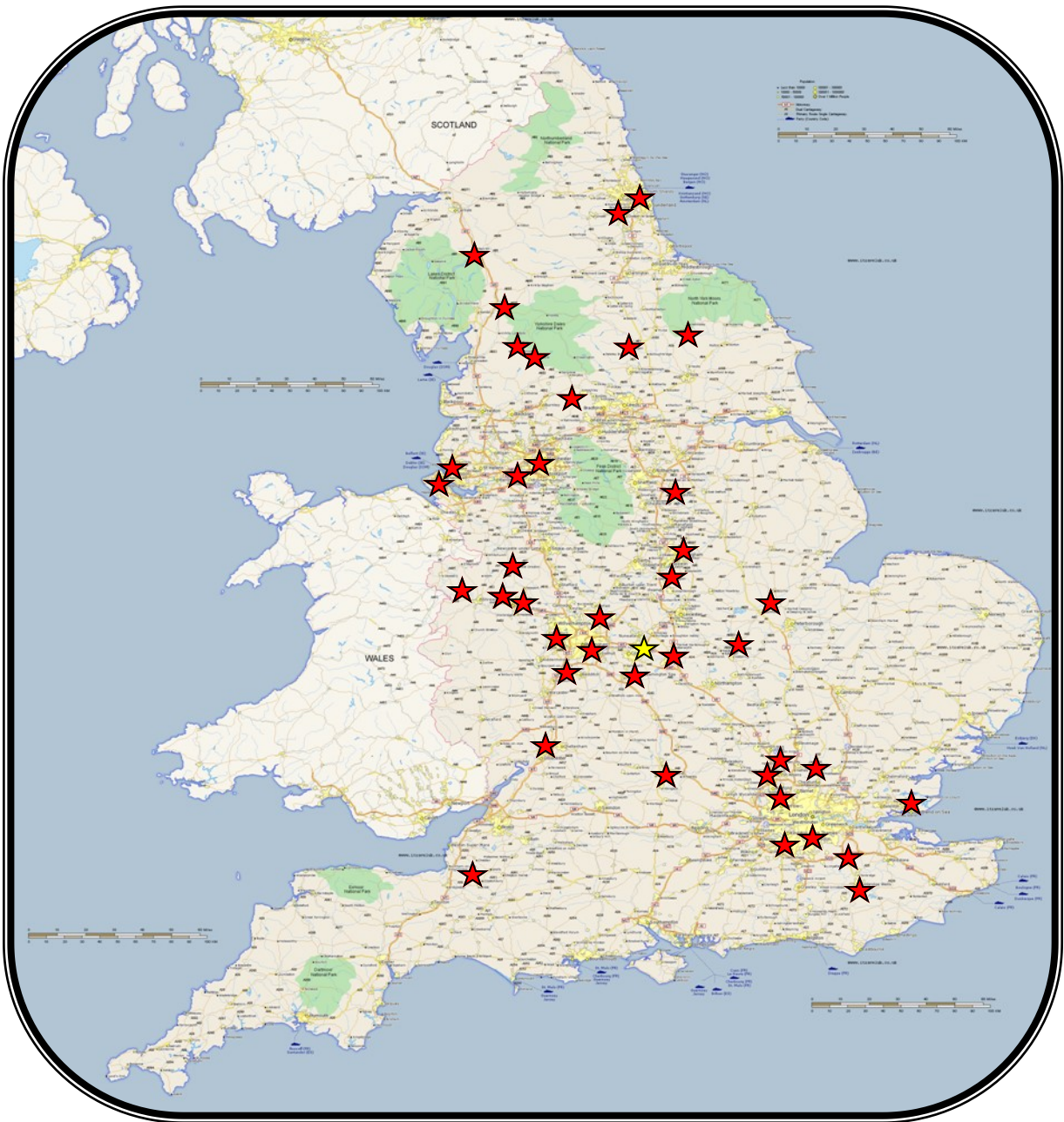
Shrewsbury Girls team is captained by Olivia Papaioannou, who came 7th in the Knole Run, and is U17 County runner-up. Shrewsbury made a good showing in the ESAA Cup, and have a good chance to do well this year.

Next years' race will be on Wednesday 1st February 2017

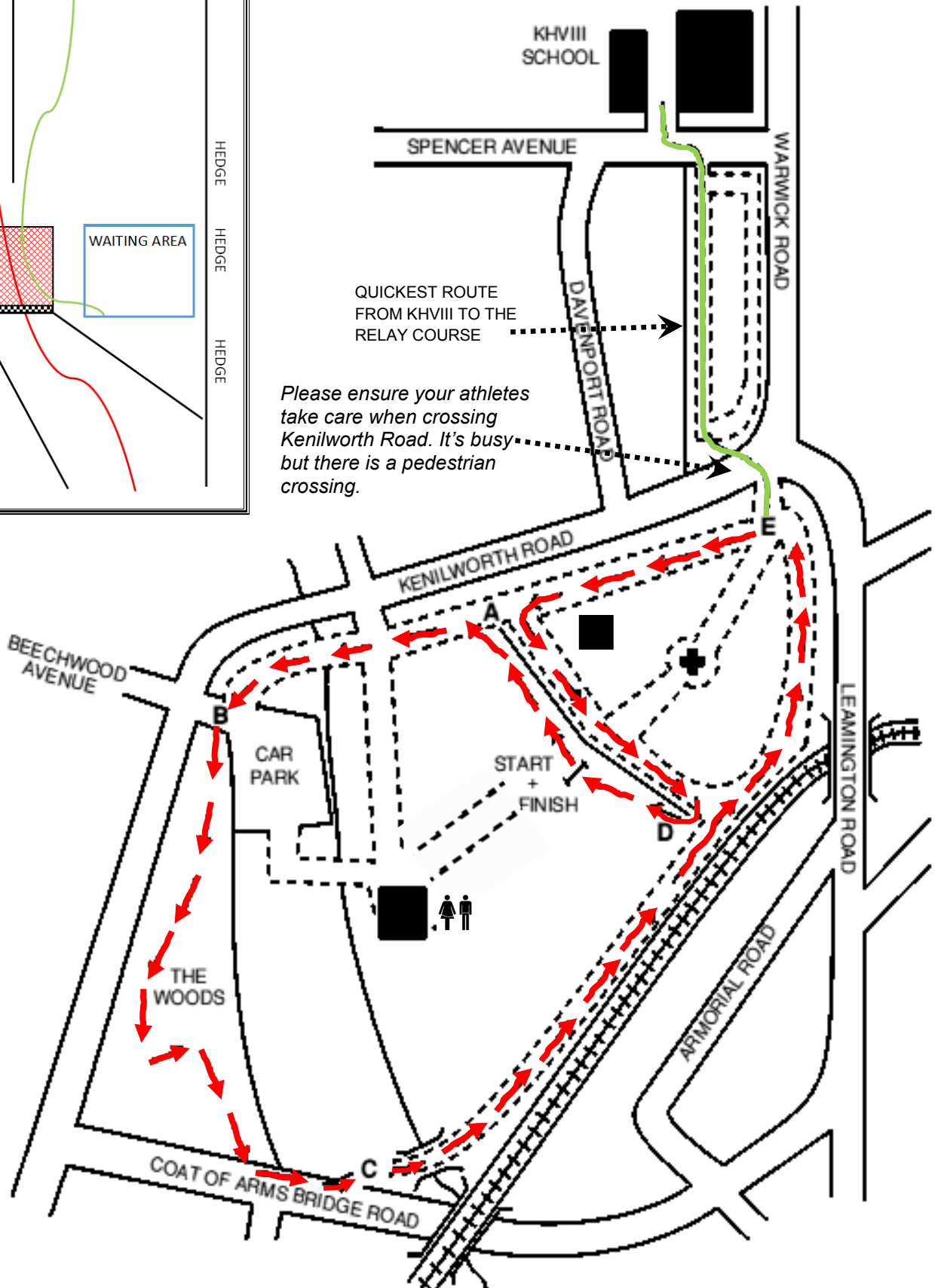
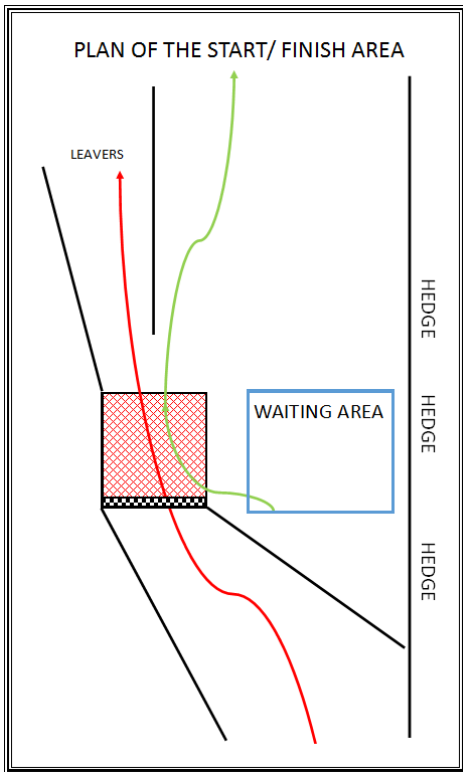
Please send 'Star Runners' information sheets promptly next January (or simply e-mail details to relayrace@khviii.net) to have them included in this programme

Where have teams come from?

This map shows the approximate locations of the teams that are here.
Runners over 350 miles apart are competing today in Coventry ★.



THE WAR MEMORIAL PARK



→ START - A - B - C - D - E - A - D - FINISH →

Paul Sinton-Hewitt, CBE



This year's King Henry VIII's Relay Race is honoured to have as its guest Paul Sinton-Hewitt CBE, founder of the international organisation parkrun, to award the prizes to our winning teams and individuals.

Paul's contribution to the world of running came about through his own love of the sport – after a knee injury prevented him from training for longer races, he began an informal 5k run around his local park one Saturday morning in 2004, inviting a few friends to join him. The format of a free weekly 9am 5k timed run quickly gathered speed (!), and within two years another nearby London park had established a parkrun of their own. Through hard work and pursuit of the idea to help more people to start running, Paul has overseen the growth of parkrun. Today there are parkruns in 377 locations in the UK, and parkruns operating in the States, Poland, Russia, South Africa, New Zealand, Italy, Ireland, Australia, Denmark and France. Over a million people take part in this uniquely accessible and social run, which has opened the possibility of exercise, fitness, and athletic improvement to all ages. Junior parkrun, a 2km run for ages 4-14 have begun operating alongside some of the 5ks, encouraging those who are just starting to run to find their feet.

Having already been declared by Runners World magazine to be one of their 'Heroes of Running', In 2014 Paul was awarded the CBE by Queen Elizabeth II for services to grassroots sports participation. It's easy to see why. In the UK there are vast numbers of people turning up to run on a Saturday morning who might never have the confidence or opportunity to join an athletics club – people running with their children, with their dogs, pushing a buggy. The average parkrunner runs ten times, in a time of 27 minutes. To date the total number of running hours clocked up by UK parkrunners is over 493 years!

Paul's own running history was as an athletics club member competing in marathons and half marathons, until injury forced him to slow down for a while. He is now back racing again, alongside developing the parkrun phenomenon. Paul's aim has always been to make a contribution to his community, and he has certainly achieved that – and not just for his local park in Surrey – having created a regular event which makes running accessible to all, and can encourage confidence in beginners to pursue athletics as far as they can go.

Paul completed his own 250th parkrun in July last year and completed Coventry parkrun in February 2011 in a time of 20:45. Coventry parkrun is often in the top ten of the most attended parkruns each week, with around 500 runners (similar to the number of runners here today)! The Coventry parkrun course is around the War Memorial Park, sharing some of the same route as our race today. It has been said that few can have contributed more to the fitness of our nation than Paul Sinton-Hewitt, and we are delighted to welcome him to join us at the King Henry VIII Relay Race this year.

