

**KING  
HENRY VIII  
SCHOOL**

**46<sup>th</sup> ANNUAL 6x2.3 MILES (3.7KM)  
CROSS-COUNTRY BOYS RELAY**

*and*

**18<sup>th</sup> ANNUAL 4x2.3 MILES (3.7KM)  
CROSS-COUNTRY GIRLS RELAY**

**IN THE WAR MEMORIAL PARK, COVENTRY**

**Wednesday 1<sup>st</sup> February 2017**

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

# OFFICIALS

RACE ORGANISER & CLERK OF THE COURSE	T Andrews
REFEREE	K Whitehead
STARTER & ANNOUNCER	D Butler
CHIEF TIME-KEEPERS	W Potter, J Fitt, P Davies
TIME-KEEPERS' ASSISTANTS	Pupils from King Henry VIII School
TAKE-OVER JUDGES & STARTERS' MARSHALS	K Whitehead, M Oxtoby & R Mason
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, D Morton, M McKenzie
RESULTS RUNNERS	Members of KHVIII X-Country Club
COURSE MARSHALS	Pupils from King Henry VIII School
PHOTOGRAPHY	S Schofield & S Jackson
FIRST AID COVER	Staff from St John Ambulance
COURSE SET UP	T Andrews, D Butler, P Robbins, M Field, KHVIII ground staff, and Pupils of KHVIII X-Country Club

## 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 Biography
- *Commbus*, Coleshill for PA
- Timing by *Tempo Events*



## BOYS RESULTS 2016

1	Judd School	72:51
2	Sedbergh School	72:58
3	Shrewsbury School	73:25
4	Loughborough GS	73:29
5	St Albans School	73:44
6	Harrow School	76:30
7	St Anselm's College	76:36
8	Shrewsbury School 'B'	77:54
9	QEGS Penrith	78:11
10	Wellingborough*	78:36
11	Millfield School	78:44
12	John Fisher	79:17
13	St Columbas College	79:27
14	Sevenoaks School**	79:27
15	Thomas Telford	79:28
16	St Ambrose College	79:30
17	Rugby School	79:41
18	Manchester GS	79:59
19	Sedbergh School 'B'	80:59
20	St Edwards School	82:08
21	Judd School 'B'	82:42
22	Sir Thomas Rich's	82:52
23	Giggleswick School	83:09
24	St Anselm's College 'B'	83:14
25	Watford GS	84:21
26	Bromsgrove School	84:23
27	Worksop College	84:31
28	St Albans 'B'	84:49

## YEAR 2016 FASTEST LAP TIMES

1	Sam Stevens	Loughborough GS	11:23
2	Joe Bird	Sedbergh School	11:31
	Toby Ralph	The Judd	11:31
4	John Campbell	Sedbergh School	11:38
5	Ricky Lutakome	John Fisher	11:47
6	Freddie Huxley-Fielding	Shrewsbury School	11:49
7	Harry Halford	Thomas Telford	11:52
	Oscar Dickins	Shrewsbury School	11:53
8	Oliver Dane	Worksop College	11:55
10	Robbie Brown	Millfield School	11:56
11	Josh Cara	Rugby School	12:04
	Tom Fulton	St Albans School	12:04
	George Porter	Sedbergh School	12:04
	George Burnett	Loughborough GS	12:04
15	Stuart Brown	The Judd	12:07
	Ben Clarke	St Albans School	12:07
17	Louis Clarke	Harrow School	12:09
18	Harrison McCartney	King Henry VIII School	12:12
19	Luke Fisher	The Judd	12:13
20	George Grassly	Harrow School	12:14
21	Noah Hurton	QEGS Penrith	12:15
22	Tom Halling	St Albans School	12:17
23	Daniel Blades	The Judd	12:18
	Henry Newbould	Shrewsbury School	12:18
	Jake Spilsbury	St Ambrose College	12:18
	Jess Magorrian	The Judd	12:18
	Alex Cooke	St Albans School	12:18
28	Joe Wigfield	St Anselm's College	12:19

\*Winner of The John Vickers Cup for Most Improved Boys' Team    \*\*Only just behind!

## GIRLS RESULTS 2016

1	Loreto GS Alt'ham	54:42
2	Sevenoaks	55:02
3	Millfield	57:26
4	RGS Newcastle	57:49
5	Sedbergh	59:15
6	Wrekin	60:00
7	QEGS Penrith	60:24
8	Rugby School	60:53
9	Loreto GS Alt'ham 'B'	61:33
10	Loughborough HS	61:48
11	Bablake, Coventry	61:53
12	Sedbergh 'B'	62:23
13	Shrewsbury	62:24
14	Thomas Telford	62:48
15	St Edwards, Oxford	63:46
16	Sedbergh 'C'	64:15
17	Bromsgrove	64:43
18	QEGS Penrith 'B'	64:47

## YEAR 2016 FASTEST LAP TIMES

1	Harriet Knowles-Jones	Loreto GS Alt'ham	12:07
2	Sabrina Sinha	Sevenoaks	12:48
3	Kate Waugh	RGS Newcastle	13:16
4	Phoebe Barker	Sevenoaks	13:27
5	Beth Barlow	Loreto GS Alt'ham	13:34
6	Dani Rowlinson	Wrekin	13:35
7	Millie Wills	Millfield	13:42
8	Laura Mullin	Loughborough HS	13:45
9	Olivia Papiaoannou	Shrewsbury	14:03
10	Elise Thorner	Millfield	14:06
11	Abigail Saker	Bromsgrove	14:08
	Alice Tyler	Sevenoaks	14:08
13	Claudia Cowan	Loreto GS Alt'ham	14:10
14	Esme Davies	QEGS Penrith	14:18
15	Philippa Chambers	RGS Newcastle	14:22
16	Cecily Turner	Millfield	14:25
17	Isobel Chaudhry	RGS Newcastle	14:26
18	Ella Bromley	Rugby School	14:31

*(This is just the top of all the results tables from last year. Full results can be found at [www.khviii.com](http://www.khviii.com))*

# GIRLS ALL TIME FASTEST RUNNER LIST 2000 - 2016

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

1	Harriet Knowles-Jones	Loreto GS	12:07	2016
2	Sabrina Sinha	Sevenoaks	12:48	2016
3	Victoria Walker	St Albans	12:59	2010
4	Becky Straw	Bromsgrove School	13:05	2011
5	Mari Smith	Loughborough HS	13:06	2012
6	Kate Waugh	Newcastle RGS	13:10	2015
7	Lizzy Bird	St. Albans	13:18	2013
8	Rowena Cole	Tile Hill Wood	13:19	2008
9	Thomasin Kemp	Bryanston	13:23	*1998
10	Vicky Johnston	QEGS Penrith	13:26	2011
11	Phoebe Barker	Sevenoaks	13:27	2016
12	Isobel Glaisher	Millfield	13:28	2014
13	Beth Barlow	Loreto GS A	13:30	2015
14	Naomi Richardson	King Henry VIII	13:32	2012
15	Dani Rowlinson	Wrekin	13:35	2016
16	Megan McBrien	Bishop Vesey GS	13:40	2012
17	Caroline Lambert	St Aidan's School	13:42	2012
17	Millie Wills	Millfield	13:42	2016
19	Phillippa de la Rosse	Ampleforth	13:45	2008
19	Laura Mullin	Loughborough HS	13:45	2016
20	Olivia Bryant	Millfield	13:47	2009
21	Rosy Cooper	Millfield	13:50	2006
22	Stephanie Magrath	Sevenoaks	13:51	2005
23	Lucy Crookes	Loughborough HS	13:52	2009
23	Ellen McArthur	St Aidan's	13:52	2011
23	Abbie Saker	Bromsgrove School	13:52	2015
26	Helen Rollins	Uppingham	13:56	2006
27	Kylie Acford	King Henry VIII	13:57	2005
28	Olivia Gwynn	Millfield	13:58	2014

\* see Star Runners for more information

# GIRLS ALL TIME FASTEST TEAMS 2000 – 2016



Harriet setting the course record in 2016

1	Loreto GS	54:35	2015
2	Loreto GS	54:42	2016
3	Sevenoaks	55:02	2016
4	Millfield	56:18	2014
5	RGS Newcastle	57:14	2015
6	Millfield	57:26	2016
7	Loughborough HS	57:29	2011
8	Loreto GS	57:39	2013
9	Loreto GS	57:39	2014
10	RGS Newcastle	57:49	2016
11	Sevenoaks	57:56	2006
12	Millfield	58:08	2009
13	Loughborough HS	58:08	2010
14	Loreto GS	58:21	2012
15	Loughborough HS	58:22	2012
16	Tile Hill Wood	58:24	2008
17	Loughborough HS	58:25	2013
18	Loughborough HS	58:25	2015
19	Loughborough HS	58:38	2009
20	Millfield	58:46	2005
21	Sevenoaks	58:48	2015
22	Sevenoaks	58:58	2005
23	Sedbergh	59:15	2016
24	Millfield	59:17	2008
25	St Aidan's	59:22	2015

## 2017 KING HENRY VIII RELAY - GIRLS' COMPETING TEAMS AND THEIR PREVIOUS RECORD

Race No's	'00	'01	'02	'03	'04	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14	'15	'16	Race	Race No's
101														22	26	33	11	Bablake	101
102	2	11	4	4	5	5	7		8	5		4	9	8	6	11	17	Bromsgrove	102
103						10	4	3	6	3	11	19			15	19	21	Giggleswick	103
104											5			4				Highgate	104
105	6	6	5	7	3	7	16	9	10	6	4	9	6	5	21	29	26	King Henry VIII	105
106												5	1	1	2	1	1	Loreto GS Alt'ham	106
107												17	11	10	18	14	9	Loreto GS Alt'ham 'B'	107
108												25	22	13	24	21	19	Loreto GS Alt'ham 'C'	108
109						9				2	1	1	2	2	9	3	10	Loughborough HS	109
110	1	4	2	1	1	1	2		2	1	13	2	5	6	1		3	Millfield	110
111	7	16		9	4	4						12						Millfield 'B'	111
112																		Nottingham High School	112
113		1	1	3	7					9	8	6	10	9	10	6	7	QEGS Penrith	113
114			9	11						15	15	26	26	11	20	15	18	QEGS Penrith 'B'	114
115											*			*	*	28	25	QEGS Penrith 'C'	115
116				19		16	14	8				14		17	25	26	8	Rugby School	116
117																	22	Rugby School 'B'	117
118				13	6	11	9	4	3	7	6	3	14	7	12	8	5	Sedbergh	118
119											18	27	21	20	16	16	12	Sedbergh 'B'	119
120																	16	Sedbergh 'C'	120
121						2	1								3	4	2	Sevenoaks	121
122												24	15		4	7	13	Shrewsbury	122
123																20	23	Shrewsbury 'B'	123
124												13	18	19	8	17		Stamford High	124
125																		Stamford High 'B'	125
126																9	14	Thomas Telford	126
127															22	13		Tudor Hall School	127
128		9	6	2	2	3	3	2	4		12							Uppingham	128
129							5											Uppingham 'B'	129
130																		Upton Hall School FCJ	130
131																		Walthamstow Hall	131
132																		Walthamstow Hall 'B'	132
133								1			9	20	23	23	28		20	West Coventry Academy	133

\* Did not finish

## 2017 KING HENRY VIII RELAY - COMPETING

Race No's		'72	'73	'74	'75	'76	'77	'78	'79	'80	'81	'82	'83	'84	'85	'86	'87	'88	'89	'90	'91	'92	'93	'94	
01	Adams Grammar School																								
02	Adams GS 'B'																								
03	Bablake School	19	19	29	15	31	29	36	20	25	36	34	40	30	44	28	25		27				36		
04	Bishop Vesey's GS	4	1	3	3	1	2	4	17	6	6	7	30	20	26	33	37	31	21	36	15	10	9	30	
05	Bromsgrove School	26	31	34	35	33			39											33		35		37	
06	Dr Challoner's GS	5	4	7	1	8	11	18	25	29	12	29	17	9	4	4	3	21	17	10	2	3	2	9	
07	Dr Challoner's GS 'B'																								
08	Eltham College																					31		35	
09	Giggleswick School																				10	13	20	10	
10	Harrow School																								
11	Highgate School												43		31	37	35	18	26	25	30				
12	John Fisher																								
13	John Fisher 'B'																								
14	John Hampden GS																								
15	Judd School, The						19	13	7	14	22	25	12	13	21	11		16	4	2	5	18	11	26	
16	Judd School, The 'B'																								
17	KES Birmingham																				37	32	38	29	23
18	King Henry VIII	2	8	5	6	2	8	5	5	4	15	13	14	6	1	2	15	10	19	14	11	4	5	2	
19	King Henry VIII 'B'																							31	
20	Lincroft School																								
21	Loughborough GS	18			23	15	30	21	19	20	34	33	38	24	23	26	23	30	18	8	23	16	18	33	
22	Manchester GS	9						1	2	12	16	17	13	7	20	14	16	26		11	13	19	23	16	
23	Manchester GS 'B'																								
24	Marling School											24	25	12			43	39		26	29	11	41		
25	Marling School 'B'																								
26	Millfield School				28	29			26	15					8		4		1	23	8	1	6	6	
27	Nottingham HS																25	31	29	25	19	9	8	5	
28	QEGS Penrith																								
29	QEGS Penrith 'B'																								
30	Radley College																								
31	Rugby School																	33		18	28	37	25	12	
32	Sedbergh School																	23							
33	Sedbergh School 'B'																								
34	Sevenoaks School						6	31	27		28	14	16		19	23									
35	Shrewsbury School				8	16	16	10	15	28	14		7	5	5	6	6	14	15	7	17	12	12	7	
36	Shrewsbury School 'B'																								
37	Sir Thomas Rich's	15	26	19	18	7	5	15	24	19	31	36	22	27	17									38	
38	Sir Thomas Rich's 'B'																								
39	Skinner's School					10	13	9	6	8	3	5	1	4	11	13	11	6	6	3	7	8	26	22	
40	St Albans School		18	9	17	21	23	20	28	11	9	3	15	1	3	16	8	1	2	16	19	5	4	19	
41	St Albans School 'B'																								
42	St Ambrose College																					34	17	17	
43	St Anselm's College						33	12	31	18	23	8	9					38					34	11	
44	St Anselm's College 'B'																								
45	St Columbas College																								
46	St Columbas College 'B'																								
47	St Edwards, Oxford																								
48	Stamford School															27	30					6		4	
49	Thomas Telford																								
50	Tiffin School																								
51	Tiffin School 'B'																								
52	Uppingham School																								
53	Uppingham School 'B'																								
54	Warwick School		16	36	36					39	42	41				40					30	21		16	
55	Warwick School 'B'																								
56	Watford GS	10	25	22	33	34	31	33		33							9	7	24			20	19	24	
57	Wellingborough School																								
58	West Coventry Academy				32		32	38	42						18	12	36								

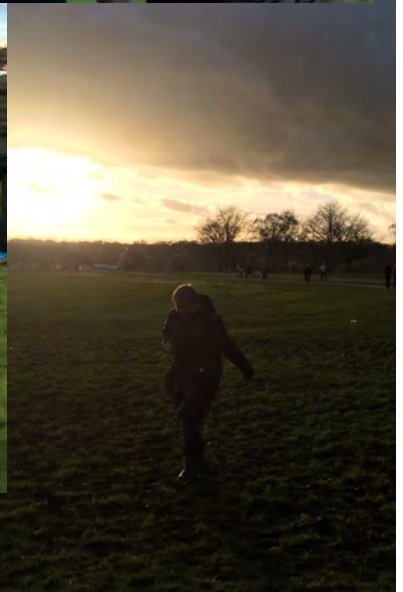
# BOYS' TEAMS AND THEIR PREVIOUS RECORD

																	Race													
'95	'96	'97	'98	'99	'00	'01	'02	'03	'04	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14	'15	'16	Year	No's							
															11	9	8	5	8	12	26	33	27	25	31	31	Adams Grammar School	01		
																									51	45	Adams GS 'B'	02		
40																								43	53	43	Bablake School	03		
34	12	29	24	23	32	25	27	43	15	14	32	28	23	19	36	18	31	38	45	50	42						Bishop Vesey's GS	04		
	28	20	22	28	28	40	42	46	24	23	36		32	33		36	29	31	26	14	26						Bromsgrove School	05		
11	24	19	13	30	26	34									22													Dr Challoner's GS	06	
																												Dr Challoner's GS 'B'	07	
38	39			36		39																						Eltham College	08	
12	18	15	17	15	12	5	13									25								42	38	23	Giggleswick School	09		
		8					20									15	16	11	5	5	6	6					Harrow School	10		
				17	21	41		30	18	16	29	22	17		9								13				Highgate School	11		
				21	19	26	12	16	19	31	25	21	25		23	15	11	16	22	19	12						John Fisher	12		
																		18	41							38	John Fisher 'B'	13		
																												John Hampden GS	14	
						6	4	2	1	7	12	4	2	2	2	2	1	2	2	1	1							Judd School, The	15	
															14	7	9	8	10	12	11	21						Judd School, The 'B'	16	
37	38	22	18	41	34	32	36	40	25	40	39		31	31	29	45	44	42	41	45	32						KES Birmingham	17		
18	19	7		24	31	23	29	14	10	19	17	14	14	16	19	23	19	23	39	41	36						King Henry VIII	18		
															27	27	40	43	40	44								King Henry VIII 'B'	19	
																												Lincroft School	20	
26	23	28	29	22	14	12	33	20	11	24	34	33	28	15	38	31	26	24	4	3	4						Loughborough GS	21		
13	11	24	9	19	17	16	14	17		8	7	5	3	1	3	3	7	20	37	23	18						Manchester GS	22		
															18									44	40	35		Manchester GS 'B'	23	
25	36	37	39	38	42	27	30	6	6	1	1	3	10	4	8	1	9	*	19								Marling School	24		
															*	24												Marling School 'B'	25	
2	3	3	30	10	29	15							10	11	11	14	11	10	6	10							Millfield School	26		
8	8	11	14		16	17	9	10	14	26	24	23	20	13	22			23	21	24	34	30					Nottingham HS	27		
						18	5	21	18										22	18	32	17	9				QEGS Penrith	28		
																								49	29			QEGS Penrith 'B'	29	
								18	17	29	14	13	21	21		44	42	37									Radley College	30		
33			36				44	48	33	39	33	26		30	27	19		17	16								Rugby School	31		
				2	5	2	6	5	5			21	16	16	5	5	10	4	9	7	5	2					Sedbergh School	32		
																23	24	22	24	19	13	32	19				Sedbergh School 'B'	33		
				12																				6	8	14		Sevenoaks School	34	
1	1	6	2	6	6	10	3	8	16	12	11	19	12	24	11	6	2	3	3	4	3						Shrewsbury School	35		
																			17	12	15	15	12	8			Shrewsbury School 'B'	36		
				41															45	15	14	21	25	22			Sir Thomas Rich's	37		
																				38	32	40	42	41			Sir Thomas Rich's 'B'	38		
																												Skinner's School	39	
29	27	26	3	1	1	1	1	1	3	4	6	2	1	3	1	4	3	1	1	2	5						St Albans School	40		
																20	12	17	4	9	16	28					St Albans School 'B'	41		
20	17	38						11		18						39	34		34	13	16						St Ambrose College	42		
7	7	5	4	5	3	4	21	4	7	5	4	1	4	6	4	14	16			9	7						St Anselm's College	43		
																26	38	30										St Anselm's College 'B'	44	
																								7	8	10	13	St Columbas College	45	
																												St Columbas College 'B'	46	
										38	26	7	7	26	33	28	27	22	17	36	20						St Edwards, Oxford	47		
10	9	9	8	25												37	42	41	30	*	43						Stamford School	48		
																									14	7	15	Thomas Telford	49	
																												Tiffin School	50	
																												Tiffin School 'B'	51	
																												Uppingham School	52	
																												Uppingham School 'B'	53	
																												Warwick School	54	
																												Warwick School 'B'	55	
28	25	41																										Watford GS	56	
																													Wellingborough School	57
																													West Coventry Academy	58

# Race Photos, 2016







# BOYS ALL TIME FASTEST RUNNERS LIST 1972 – 2016

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). The team times at the bottom of the page are the original, unchanged, times.

(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 <i>C Sellers*</i>	<i>Maidstone</i>	<i>11.14</i>	<i>(82)</i>
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 <i>D Calvert*</i>	<i>West Park</i>	<i>11.15</i>	<i>(76)</i>
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 <i>K Dumbleton*</i>	<i>West Park</i>	<i>11.16</i>	<i>(74)</i>
	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 <i>A Ford*</i>	<i>West Park</i>	<i>11.17</i>	<i>(83)</i>
	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 <i>C Prestt*</i>	<i>QEGS Wake</i>	<i>11.18</i>	<i>(76)</i>
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 <i>D Minter*</i>	<i>Maidstone</i>	<i>11.19</i>	<i>(78)</i>
27	<i>D Wright*</i>	<i>Bishop Vasey GS</i>	<i>11.11</i>	<i>(73)</i>	65 <i>S Coe*</i>	<i>Abbeyle</i>	<i>11.20</i>	<i>(75)</i>
	<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 Saker*</i>	<i>Maidstone</i>	<i>11.12</i>	<i>(82)</i>	71 <i>D Glassborow*</i>	<i>KHVIII</i>	<i>11.21</i>	<i>(72)</i>
	<i>D Coney*</i>	<i>Maidstone</i>	<i>11.12</i>	<i>(82)</i>	<i>K Stewart*</i>	<i>Skinnars</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 -2016

Teams 1972 - 1990				Teams 1991 - 2016			
1	Skinnars	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	Skinnars	71.59	1981	5	The Judd	72:51	2016
6	St Cuthbert's	72.10	1987	6	St Albans	72.53	2000
7	Manchester	72.12	1978	7	St Anselm's	72.57	2007
8	Bradford	72.19	1980	8	Sedbergh	72:58	2016
9	Bradford	72.20	1982	8	The Judd	73.01	2012
10	St Albans	72.22	1982	10	St Albans	73.02	2007
11	BVGS	72.23	1976	11	St Albans	73.02	2008
12	RGS Newcastle	72.27	1982	12	Winchester	73.06	1998
12	Millfield	72.27	1989	12	Bradford	73.07	1991
14	RGS Newcastle	72.49	1987	14	Dr Challoner's	73.08	1991
15	Skinnars	72.52	1982	15	The Judd	73.08	2011
16	KHVIII	72.55	1985	16	Duchess'	73.09	1991

# SCHOOL and 'STAR' RUNNER PROFILES

We are very pleased to welcome a number of schools to our race for the first time: in the Boys race we welcome John Hampden Grammar School (High Wycombe) and Lincroft Middle School (Bedford); and in the Girls race we have Nottingham High School, Upton Hall School FCJ (Wirral), and Walthamstow Hall (Sevenoaks).

There are also several schools returning to compete again this year after a few years' absence, including Dr Challoner's Grammar School, Eltham College, The Skinners School (who last came in 1994!), Uppingham School and Woodland Boys School. Please note however, that Coventry's Tile Hill Wood Girls School and Woodlands Boys School have recently merged, and are now known as West Coventry Academy. For ease of recognition, we have moved their previous records to the new name – so, for years prior to 2017, the Girls results for West Coventry Academy represent Tile Hill Wood's, and the Boys results represent Woodlands'.

A very warm welcome to all of the teams – we have 57 Boys teams and 33 Girls teams coming this year, and so the KHVIII Relay Race should see more runners today than ever before! We are excited to see what you can all do!

What follows is a rough guide to the teams and individuals whom 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, relays always throw up a few surprises: the complexity of choosing the best order for runners in each team is just one factor to consider. Whilst every effort has been made to get our facts right, any errors are on the part of the programme compilers!

Race identification numbers 01-57 (boys) and 101 – 133 (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 each 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!

## **Thomasin Kemp – this year's fun find**

Looking through the archives, I noticed that in 1998 we had a Thomasin Kemp running for Bryanston School, Dorset. I have managed to contact Thomasin and she has confirmed that, as this was before we had a Girls race, she was allowed to run in the Boys team! Her time of 13:23 put her in the top ten fastest runners. (However, now that we do have a Girls race, we would not expect to see this happen again!)

## **BOYS**

### **DR CHALLONER'S [06]**

After a long break from attending the Relay, we are very pleased to welcome Dr Challoner's School's return this year. They bring with them a sound team, including Will Perkin (Y13), SEAA U20 1500m Champion 2016, and Angus Williams (Y9), third U13 at National Inter Counties XC, and silver medalist at the SEAA U15 3000m Championships.

### **HIGHGATE [11]**

Previously frequent attenders at the race, Highgate return after a break of three years, bringing with them Terry Fawden, an impressive athlete who may well be a contender for this year's fastest lap. Finishing 6<sup>th</sup> at the ESAA Championship 2k steeplechase last year, taking 3<sup>rd</sup> place at the Knole Run, and winning the U20 Middlesex Championships, Terry is definitely one to watch.

### **THE JOHN FISHER SCHOOL [12]**

Ricky Lukatome (Y12) returns again to the Relay for the third time this year with the John Fisher team, having once again run a great season, continuing to improve his PBs on the track and XC. He gained his U17 England vest last March, and finished 4<sup>th</sup> in the Schools International XC in Edinburgh. Over the summer Ricky recorded an impressive 1.52.9 over 800m (shaving almost 4 seconds off last year), and finished 2<sup>nd</sup> in

the Kings Trophy in October. In the last couple of weeks, he has retained his Surrey County Championship U17 title, finished 5<sup>th</sup> in the Knole Run, and once again picked up the fastest leg in a high quality field in the Goater Cup at HABS. With the 5<sup>th</sup> best time here last year, Ricky is another in a growing field of truly impressive athletes competing here today.

### **THE JUDD [15]**

First place last year, and the year before, and placing 1<sup>st</sup> or 2<sup>nd</sup> for the last nine years, the Judd consistently provide extremely strong competition for this race. Winning the St Albans Relay, and taking 2<sup>nd</sup> place again at the 2016 Knole Run, this year's team fields competitors largely new to the Relay this year, with the exceptions of Jess Magorrian (Y12), who has competed three times before, and Isaac Harding (who placed 26<sup>th</sup> at Knole, and raced in Judd B last year). The newer team members are all strong athletes: James Kingston (Y10), who placed 4<sup>th</sup> in the Kent Championships, 6<sup>th</sup> in the U15 ESAA Cup, and 12<sup>th</sup> at Knole; Jamie Bingham, placing 25<sup>th</sup> at Knole, and Adam Van der Plas and Toby Emm, placing 16<sup>th</sup> & 19<sup>th</sup> in the ESAA U15 Cup.

### **KING HENRY VIII [18]**

KHVIII are pleased this year to be fielding two Boys teams, and having worked hard to add greater depth to their runners. Ollie Graham and George Gawthorpe (Y10) are the ones to watch this year; George in particular, has a few years yet to develop, and he has the potential to be an outstanding athlete if he continues to pursue the sport. As ever, thanks to all of our runners for their help with organising the Relay.

### **LOUGHBOROUGH GS [21]**

Veterans of this race, placing fourth last year, Loughborough hope to be fielding their formidable Ben Dijkstra. Olympic youth triathlon champion and GB junior representative at the World Championships in Mexico 2015, and multi-winner of English schools titles, including the XC, track and field (3000m), Ben brings great experience to the competition. This last season has seen some injuries for Ben, so Loughborough are hoping that their strong team will have him fit and able to race today.

### **LINCROFT [20]**

A very warm welcome to Lincroft Middle School on their debut performance at the race. As they are a middle school with no senior students, they will be a young team, but that shouldn't make other competitors too comfortable – they placed 9<sup>th</sup> at the ESAA 2016 Cup, and they are certainly a team to watch out for!

### **MARLING [24]**

Frequent competitors at the Relay, this year Marling bring a strong contender for fastest lap, Tom Middleton. The British road race / mini-marathon champion, this year he took the fastest lap at St Albans in November, setting a new course record, and then went on in December to comfortably win the ESAA Cup, 40 seconds clear of his nearest competitor. He is in the top 30 in the world for U18 rankings, and just last week competed at the Annual Cross Internacional Juan Muguerza, a European athletics meet where he placed 4<sup>th</sup> (in a team with Relay veteran Sam Stevens of Loughborough, who took 2016's fastest lap here).

### **SEDBERGH [32]**

After a very close finish last year, the Judd just inching Sedburgh into second place, this school will be champing at the bit to take the title this year. We look forward to seeing what happens!

### **SHREWSBURY [35]**

Retaining the Knole Run title this year – extending their victory over the Judd by a convincing 70 points, this time – Shrewsbury's Hunt are looking like the ones to beat in 2017.

### **ST COLUMBAS [45]**

A solid performer in XC, St Columba's College return with George Groom once again, hoping to get back into the top ten after some great showings at the Relay in previous years. An outstanding athlete and former U15 national XC champion, George (Y12) enjoyed a strong summer season taking the AAA's 1500m

steplechase title, and was selected to run the 2000m SC for Great Britain at the European Youth Championships in Tbilisi, Georgia. George also competed in the U20 age group, winning the European Club Championship 3000m SC in Spain. A few weeks ago, George proved he's still on top form, claiming the U17 Hertfordshire AAA XC championship, alongside his classmate Kristian Imroth, winning the U15 title.

### **WEST COVENTRY ACADEMY (WOODLANDS) [58]**

Returning for the first time in ten years, we are delighted to welcome them back, who bring with them Ryan Hand (Y7) and Jack Harrison (Y11), both strong XC competitors. Ryan and Jack took 1<sup>st</sup> and 2<sup>nd</sup> place at the West Midlands XC Championships in January, and will be running in the ESAA Championships in March. We look forward to seeing what WCA can do!

## **GIRLS**

### **BROMSGROVE [102]**

For the third year in a row, Bromsgrove bring Abbie Saker with them. Coming from strong running stock (her father Andrew Saker holds a fastest lap time of 11.12 for the Relay from 1982!) Abbie has had a great 2016 season, as County Schools XC champion and winner of the 3000m title here and in the Midlands Championship. She took fastest leg at Midlands Road Relays, where her team won first place, and came 6<sup>th</sup> in the Midland Cross Country Championships. She also placed 24<sup>th</sup> in the London Mini Marathon, and 11<sup>th</sup> in the English 3000m Championships.

### **KING HENRY VIII [105]**

Charlotte Cleasby and Louisa Woolley both return this year as part of the KHVIII team; Charlotte has had a tough year with injury, but we are hoping she can make a return to form, and show some really good competition at the Relay this time. As ever, thanks to all of our runners for their help with organising the Relay.

### **LOUGHBOROUGH HS [109]**

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

### **MILLFIELD SCHOOL [110]**

After their third place glory in 2016, we are watching Millfield closely again this year.

### **SEDBERGH [118]**

Fielding three teams this year, and taking a strong 5<sup>th</sup> place at the 2016 Relay, Sedbergh are looking like they are on top form this season. Can they challenge Loreto for the top spot this time?

### **SEVENOAKS [121]**

With a superb win at the Knole Run, and a strong second place here last year, Phoebe Barker returns with the Sevenoaks team, having recently represented the Junior Girls GB team at the Edinburgh Cross Country Cup in January 2017, coming 10<sup>th</sup>. Also on the team is Sabrina Sinha, who won a track silver medal at the European Youth Championships in 2016, captaining the team. She has previously competed in the European XC Championships in 2015, and just a few weeks ago Sabrina represented Great Britain at the Edinburgh XC Cup (running with former Relay veteran and outstanding performer Harriet Knowles Jones, who pipped her to the post for fastest lap at the Relay last year). We eagerly anticipate watching what this strong team can do!

### **SHREWSBURY [122]**

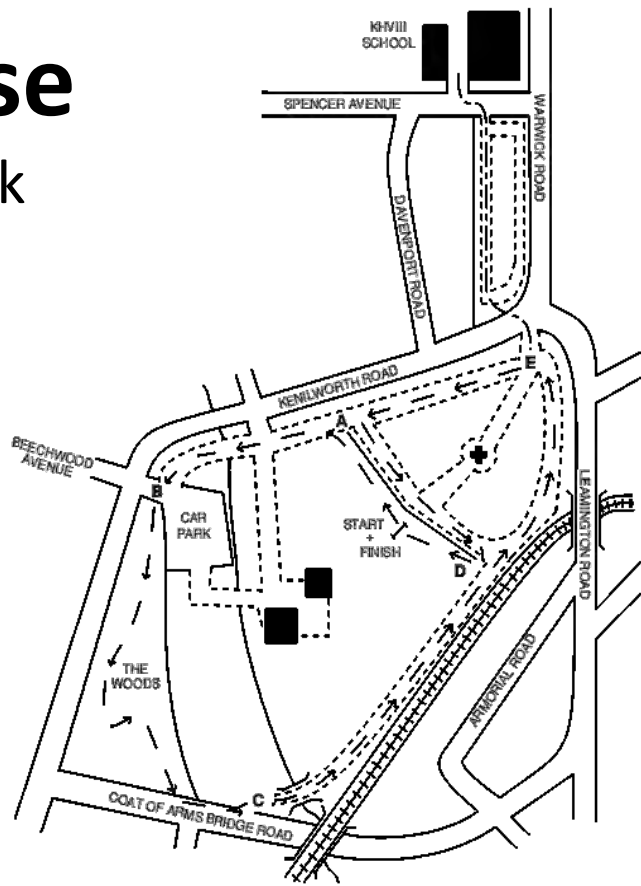
A great effort from the Shrewsbury Girls team at the Knole Run this year earned them 8<sup>th</sup> place, their best showing in this event, and they look set to be a challenging team for the Relay this year.

Next years' race will be on Wednesday 7<sup>th</sup> February 2018

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

# Relay Race Course

Coventry War Memorial Park



**START – A – B – C – D – E – A – D – FINISH**

## Where have the teams come from?

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



## Liz Yelling

### King Henry VIII Relay Race 2017 Guest Speaker

Liz Yelling is one of Britain's best ever endurance runners. Two-time Olympic Marathon runner, with a London Marathon PB of 2:28.33 in 2008 (ranking in the UK all time top 10 women's results), Liz competed in the Olympic Games in Athens and Beijing, and has been to two Commonwealth Games, winning a bronze medal in the marathon in Melbourne, 2006.

Liz has run all her life: an international athlete between the ages of 15 and 35, she has won multiple national titles on the roads, track and cross country, including the National XC title 4 times! She has team Gold medals from the European Championships, and a Bronze medal from the World Cross Country Championships, finishing as the top European runner there. Liz won her first national title at the English Schools Track 1500m, and subsequently pursued athletics (coached by Alec Stanton), and her dream of Olympic glory.



Liz is now an athletics coach, helping double Paralympic Gold medalist Richard Whitehead to glory in London and Rio, as well as advising many nervous first timers and improving marathoners to personal bests. Liz supports the next generation of British talent in her role as team manager for the Junior Women's Great Britain XC team (including KHVIII's Relay Race competitors Harriet Knowles-Jones, Sabrina Sinha and Mari Smith), pictured below.

In 2015, Liz was awarded an Honorary Doctorate from the Bournemouth University for her contribution to health initiatives, running and the local community, and she is a patron of Dorset charity *Julia's House Hospice*, supporting children with life-limiting illness. Liz is a life member of Bedford and County AC, and ardent supporter of local running initiatives, such as parkrun. Married to Martin Yelling (also a road and cross

country national athlete), Liz is a mum of three, with a daughter and twin boys.

Cross country is Liz's first running love, and she has competed at ten world XC Championships. We are absolutely delighted that she can join us today, and share some of her passion, experience and commitment to the sport with us, at the 46th KHVIII Relay Race.

