

KING
HENRY VIII
SCHOOL

47th ANNUAL 6 x 2.3 MILES (3.7KM)
CROSS-COUNTRY BOYS RELAY

and

19th ANNUAL 4 x 2.3 MILES (3.7KM)
CROSS-COUNTRY GIRLS RELAY

IN THE WAR MEMORIAL PARK, COVENTRY

Wednesday 7th February 2018

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

@KHVIIIISchool

#KHVIIIIRelay

OFFICIALS

RACE ORGANISER & CLERK OF THE COURSE	T Andrews
REFEREE	R Mason
STARTER & ANNOUNCER	D Butler
TIME-KEEPERS	J Vickers, W Potter, J Miller, P Davies
TIME-KEEPERS' ASSISTANTS	Pupils from King Henry VIII School
TAKE-OVER JUDGES & STARTERS' MARSHALS	R Mason & J Jones
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, J Fitt, P Dearden, A Weitzel, M McKenzie
RESULTS RUNNERS	Members of KHVIII X-Country Club
COURSE MARSHALS	Pupils from King Henry VIII School
PHOTOGRAPHY	S Schofield, S Jackson & Pupils from the School Magazine
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*



Programme prepared by T Andrews 2018

BOYS RESULTS 2017

1	Loughborough GS	72:33
2	St Anselm's College 'A'	74:43
3	Judd School 'A'	74:47
4	Sedbergh School 'A'	75:18
5	St Albans School 'A'	75:19
6	Shrewsbury School 'A'	75:20
7	Highgate School	75:34
8	Dr Challoner's GS 'A'	76:06
9	St Columba's 'A'	76:58
10	Harrow School	77:09
11	John Hampden GS	78:41
12	QEGs, Penrith 'A'	78:46
13	John Fisher 'A'	78:56
14	Sevenoaks School	79:20
15	Giggleswick School	79:22
16	Thomas Telford	79:36
17	Shrewsbury School 'B'	79:53
18	Judd School 'B'	80:00
19	St Anselm's College 'B'	80:06
20	Uppingham School	80:11
21	Manchester GS	80:31
22	St Albans School 'B'	80:42
23	Dr Challoner's GS 'B'	81:04
24	St Ambrose College	81:19
25	Sedbergh School 'B'	81:21
26	Tiffin School 'A'	81:48
27	Adams GS 'A'	82:11

2017 FASTEST LAP TIMES

1	Ben Dijkstra	Loughborough GS	11:17
2	George Groom	St Columba's 'A'	11:26
3	Joe Wigfield	St Anselm's College 'A'	11:36
4	Terence Fawden	Highgate School	11:37
5	Euan Brennan	Giggleswick School	11:39
6	Joe Bird	Sedbergh School 'A'	11:40
7	Kristian Imroth	St Columba's 'A'	11:42
8	Freddie Huxley-Fielding	Shrewsbury School 'A'	11:52
9	George Grassly	Harrow School	11:57
9	Ricky Lutakome	John Fisher 'A'	11:57
11	Olly Rouse	Loughborough GS	12:00
11	Tom Fulton	St Albans School 'A'	12:00
13	Will Perkin	Dr Challoner's GS 'A'	12:02
14	Dylan Gillett	Thomas Telford	12:06
15	Alex Sutton	John Hampden GS	12:09
16	Connor Bentley	Addams GS 'A'	12:10
16	Mac O'Malley	Manchester GS	12:10
18	Jess Magornan	Judd School 'A'	12:11
19	George Burnett	Loughborough GS	12:11
20	Ben Clarke	St Albans School 'A'	12:13
20	Will Weatherill	Uppingham School	12:13
22	Dan Maud	Loughborough GS	12:15
23	Tom Spence	St Anselm's College 'A'	12:16
24	Isaac Harding	Judd School 'A'	12:18
25	Austin Harris	Highgate School	12:18
26	Fergus Macmillan	Sedbergh School 'A'	12:19
27	Will Hayward	Shrewsbury School 'A'	12:21

GIRLS RESULTS 2017

1	Sevenoaks	55:33
2	QEGS Penrith 'A'	57:18
3	Bromsgrove	57:48
4	Millfield	58:27
5	Walthamstow Hall 'A'	58:58
6	Sedburgh 'A'	59:53
7	Upton Hall School FCJ	60:10
8	QEGS Penrith 'B'	60:27
9	Bablake	60:31
10	Loughborough HS	60:32
11	Loreto GS Alt'ham 'A'	61:28
12	Thomas Telford	61:53
13	Sedburgh 'C'	62:18
14	Sedburgh 'B'	62:44
15	Uppingham	63:01
16	Rugby School 'A'	63:20
17	Walthamstow Hall 'B'	63:29

2017 FASTEST LAP TIMES

1	Phoebe Barker	Sevenoaks	12:48
2	Esme Davies	QEGS Penrith 'A'	13:17
3	Sabrina Sinha	Sevenoaks	13:20
4	Olivia Kelly	Bablake	13:34
5	Izzie James	Bromsgrove	13:36
6	Abigail Saker	Bromsgrove	13:39
7	Laura Mullin	Loughborough HS	13:41
8	Elise Thorner	Millfield	13:44
9	Connie Hurton	QEGS Penrith 'A'	14:00
10	Francesca Harris	Shrewsbury 'A'	14:06
11	Ellen-mary Kearney	Upton Hall School FCJ	14:08
12	Eva Wade	Thomas Telford	14:09
13	Lucy Davies	Millfield	14:11
14	Vita Milana	Walthamstow Hall 'A'	14:13
15	Carlotta Weitzel	Sevenoaks	14:14
16	Indie King	Loughborough HS	14:18
17	Emma Allroggen	Bablake	14:20

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

GIRLS ALL TIME FASTEST RUNNER LIST 2000 - 2017

(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	Phoebe Barker	Sevenoaks	12:48	2017
4	Victoria Walker	St Albans	12:59	2010
5	Becky Straw	Bromsgrove School	13:05	2011
6	Mari Smith	Loughborough HS	13:06	2012
7	Kate Waugh	Newcastle RGS	13:10	2015
8	Esme Davies	QEGS Penrith	13:17	2017
9	Lizzy Bird	St. Albans	13:18	2013
10	Rowena Cole	Tile Hill Wood	13:19	2008
11	Thomasin Kemp	Bryanston	13:23	1998
12	Vicky Johnston	QEGS Penrith	13:26	2011
13	Isobel Glaisher	Millfield	13:28	2014
14	Beth Barlow	Loreto GS	13:30	2015
15	Naomi Richardson	King Henry VIII	13:32	2012
16	Olivia Kelly	Bablake	13:34	2017
17	Dani Rowlinson	Wrekin	13:35	2016
18	Izzie James	Bromsgrove School	13:36	2017
19	Abbie Saker	Bromsgrove School	13:39	2017
20	Megan McBrien	Bishop Vesey GS	13:40	2012
21	Laura Mullin	Loughborough HS	13:41	2017
22	Caroline Lambert	St Aidan's School	13:42	2012
22	Millie Wills	Millfield	13:42	2016
24	Elise Thorner	Millfield	13:44	2017
25	Phillippa de la Rosse	Ampleforth	13:45	2008
26	Olivia Bryant	Millfield	13:47	2009
27	Rosy Cooper	Millfield	13:50	2006
28	Stephanie Maqrath	Sevenoaks	13:51	2005
29	Lucy Crookes	Loughborough HS	13:52	2009
29	Ellen McArthur	St Aidan's	13:52	2011
31	Helen Rollins	Uppingham	13:56	2006
32	Kylie Acford	King Henry VIII	13:57	2005

GIRLS ALL TIME FASTEST TEAMS 2000 – 2017



1	Loreto GS	54:35	2015
2	Loreto GS	54:42	2016
3	Sevenoaks	55:02	2016
4	Sevenoaks	55:33	2017
5	Millfield	56:18	2014
6	RGS Newcastle	57:14	2015
7	QEGS Penrith	57:18	2017
8	Millfield	57:26	2016
9	Loughborough HS	57:29	2011
10	Loreto GS	57:39	2013
10	Loreto GS	57:39	2014
12	Bromsgrove	57:48	2017
13	RGS Newcastle	57:49	2016
14	Sevenoaks	57:56	2006
15	Millfield	58:08	2009
16	Loughborough HS	58:08	2010
17	Loreto GS	58:21	2012
18	Loughborough HS	58:22	2012
19	Tile Hill Wood	58:24	2008
20	Loughborough HS	58:25	2013
21	Loughborough HS	58:25	2015
22	Millfield	58:27	2017
23	Loughborough HS	58:38	2009
24	Millfield	58:46	2005
25	Sevenoaks	58:48	2015

2018 KING HENRY VIII RELAY - GIRLS COMPETING TEAMS AND THEIR PREVIOUS RECORD

Race No's																		Race No's		
	'00	'01	'02	'03	'04	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14	'15	'16		'17	
101										17	16	23	27	26					Adams GS	101
102																			Adams GS 'B'	102
103									5							32	27		Ampleforth	
104														22	26	33	11	9	Bablake	104
105	2	11	4	4	5	5	7		8	5		4	9	8	6	11	17	3	Bromsgrove	105
106						10	4	3	6	3	11	19			15	19	21	24	Giggleswick	106
107	6	6	5	7	3	7	16	9	10	6	4	9	6	5	21	29	26	27	King Henry VIII	107
108												5	1	1	2	1	1	11	Loreto GS Alt'ham	108
109												17	11	10	18	14	9	19	Loreto GS Alt'ham 'B'	109
110												25	22	13	24	21	19	23	Loreto GS Alt'ham 'C'	110
111						9				2	1	1	2	2	9	3	10	10	Loughborough HS	111
112	1	4	2	1	1	1	2		2	1	13	2	5	6	1		3	4	Millfield	112
113	7	16		9	4	4						12							Millfield 'B'	113
114																		*	Nottingham High School	114
115		1	1	3	7					9	8	6	10	9	10	6	7	2	QEGS Penrith	115
116			9	11						15	15	26	26	11	20	15	18	8	QEGS Penrith 'B'	116
117				19		16	14	8				14		17	25	26	8	16	Rugby School	117
118				13	6	11	9	4	3	7	6	3	14	7	12	8	5	6	Sedbergh	118
119											18	27	21	20	16	16	12	14	Sedbergh 'B'	119
120																	16	13	Sedbergh 'C'	120
121						2	1								3	4	2	1	Sevenoaks	121
122															11	12			Sevenoaks 'B'	122
123												24	15		4	7	13	18	Shrewsbury	123
124																20	23	28	Shrewsbury 'B'	124
125												13	18	19	8	17		21	Stamford High	125
126																		22	Stamford High 'B'	126
127																9	14	12	Thomas Telford	127
128		9	6	2	2	3	3	2	4		12							15	Uppingham	128
129							5												Uppingham 'B'	129
130																		7	Upton Hall School FCJ	130
131																			Upton Hall School 'B'	131
132																		5	Walthamstow Hall	132
133									1		9	20	23	23	28		20	20	West Coventry Academy	133
134																			Woodbridge School	134
135												21	12	24	7		15		St Edwards, Oxford	135

Race

No's

BOYS TEAMS AND THEIR PREVIOUS RECORD

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



Race Photos 2017





BOYS ALL TIME FASTEST RUNNERS LIST 1972 – 2017

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>	10.50	(80)	A Brownlee	Bradford GS	11.13	(06)
2	<i>D Dudley*</i>	<i>West Park</i>	10.53	(84)	40 C <i>Sellers*</i>	<i>Maidstone</i>	11.14	(82)
3	<i>A Leach*</i>	<i>Bradford</i>	10.54	(81)	<i>B Murphy*</i>	<i>St Edward's</i>	11.14	(84)
	<i>D Miles*</i>	<i>RGS Newcastle</i>	10.54	(84)	<i>D Robertson*</i>	<i>The Judd</i>	11.14	(90)
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 <i>Calvert*</i>	<i>West Park</i>	11.15	(76)
8	<i>D Ellis*</i>	<i>Bishop Vesey GS</i>	10.59	(78)	<i>I Mitchel*</i>	<i>Hayden</i>	11.15	(81)
9	S Murphy	St Albans	11:00	(01)	A <i>Wild*</i>	<i>Cheadle Hulme</i>	11.15	(87)
10	<i>R Callan*</i>	<i>Mkt Harb</i>	11.02	(74)	J Wild	Kings Macc	11.15	(92)
11	<i>A O'Connor*</i>	<i>KEVI Lich</i>	11.03	(90)	49 K <i>Dumpleton*</i>	<i>West Park</i>	11.16	(74)
	T Sharland	Ipswich	11.03	(02)	<i>M Aldersley*</i>	<i>KHVIII</i>	11.16	(81)
13	<i>S Kendall*</i>	<i>Wednesfield</i>	11.05	(76)	<i>D Hoinville*</i>	<i>William Ellis</i>	11.16	(82)
14	<i>R Nerurkar*</i>	<i>Bradford GS</i>	11.06	(82)	<i>K Archer*</i>	<i>Marple Hall</i>	11.16	(84)
15	<i>A Rayworth*</i>	<i>Bishop Vesey GS</i>	11.07	(82)	<i>N Panchen*</i>	<i>RGS H Wyc</i>	11.16	(88)
16	<i>I Murray*</i>	<i>Lenzie</i>	11.08	(76)	J Davis	Duchess's	11.16	(91)
	<i>T Asteriades*</i>	<i>Cheadle Hulme</i>	11.08	(80)	Ben Dijkstra	Loughborough GS	11.16	(15)
	<i>J Robinson*</i>	<i>Calday Grange</i>	11.08	(85)	56 A <i>Ford*</i>	<i>West Park</i>	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>	11.09	(77)	T Curr	Marling	11.17	(11)
	<i>S Rose*</i>	<i>Beechen Cliff</i>	11.09	(82)	58 C <i>Prestt*</i>	<i>QEGS Wake</i>	11.18	(76)
22	<i>G Williamson*</i>	<i>Lenzie</i>	11.10	(76)	<i>J Sharp*</i>	<i>St Brendan's</i>	11.18	(78)
	<i>T West*</i>	<i>St Cuthbert's</i>	11.10	(87)	<i>S Horton*</i>	<i>KHVIII</i>	11.18	(80)
	<i>M Hudspith*</i>	<i>St Cuthbert's</i>	11.10	(87)	<i>R Lillie*</i>	<i>The Judd</i>	11.18	(81)
	M McNeill	Bradford GS	11.10	(91)	<i>S Bell*</i>	<i>Marple Hall</i>	11.18	(83)
	C Scott	Watford	11.10	(08)	64 D <i>Minter*</i>	<i>Maidstone</i>	11.19	(78)
27	<i>D Wright*</i>	<i>Bishop Vasey GS</i>	11.11	(73)	65 S <i>Coe*</i>	<i>Abbeydale</i>	11.20	(75)
	<i>R Pepper*</i>	<i>Haberdashers</i>	11.11	(74)	<i>D Price*</i>	<i>Sir Thomas Rich</i>	11.20	(80)
	<i>N Martyn*</i>	<i>William Ellis</i>	11.11	(82)	<i>L Armitage*</i>	<i>St Albans</i>	11.20	(81)
	<i>S Fury*</i>	<i>Sir J Williamson</i>	11.11	(86)	A Hodgkinson	St Albans	11.20	(03)
	<i>A Bailey*</i>	<i>RGS H Wyc</i>	11.11	(88)	D Easter	St Albans	11.20	(08)
32	<i>N Martyn*</i>	<i>Kingswood</i>	11.12	(73)	J Gilmour	Manchester GS	11.20	(08)
	<i>A Saker*</i>	<i>Maidstone</i>	11.12	(82)	71 D <i>Glassborow*</i>	<i>KHVIII</i>	11.21	(72)
	<i>D Coney*</i>	<i>Maidstone</i>	11.12	(82)	<i>K Stewart*</i>	<i>Skinners</i>	11.21	(81)
	<i>S Duval*</i>	<i>Millfield</i>	11.12	(87)	<i>I H-turner*</i>	<i>Cranbrook</i>	11.21	(85)
	<i>I Hudspith*</i>	<i>St Cuthbert's</i>	11.12	(89)	<i>M McBeth*</i>	<i>St Aloysius</i>	11.21	(90)
37	<i>G Cosgrave*</i>	<i>Bishop Ullathorne</i>	11.13	(72)	A Rymer	Marling	11.21	(07)
	<i>G Crowther*</i>	<i>Manchester GS</i>	11.13	(81)				

BOYS ALL TIME FASTEST TEAMS 1972 -2017

Teams 1972 - 1990				Teams 1991 - 2017			
1	Skinnners	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	3	Loughborough GS	72.33	2017
5	Skinnners	71.59	1981	5	Marling	72.36	2011
6	St Cuthbert's	72.10	1987	6	The Judd	72:51	2016
7	Manchester	72.12	1978	7	St Albans	72.53	2000
8	Bradford	72.19	1980	8	St Anselm's	72.57	2007
9	Bradford	72.20	1982	9	Sedbergh	72:58	2016
10	St Albans	72.22	1982	10	The Judd	73.01	2012
11	BVGS	72.23	1976	11	St Albans	73.02	2007
12	RGS Newcastle	72.27	1982	11	St Albans	73.02	2008
12	Millfield	72.27	1989	13	Winchester	73.06	1998
14	RGS Newcastle	72.49	1987	14	Bradford	73.07	1991
15	Skinnners	72.52	1982	15	Dr Challoner's	73.08	1991
16	KHVIII	72.55	1985	16	The Judd	73.08	2011

SCHOOL and 'STAR' RUNNER PROFILES

King Henry VIII School extend a very warm welcome to all of the teams. We have 50 Boys teams and 34 Girls teams coming this year—more girls than ever before, an upward trend we are delighted to see. We wish the very best of luck to all of the runners today; we're hoping to see some great sport from everyone.

We are very pleased to welcome the Woodbridge School from Suffolk, who bring with them Boys and Girls teams for the first time to the Relay. The Skinners School, of Royal Tunbridge Wells, return after a long absence, last racing here in 1994, and whose 1983 team holds the old course record.

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. We note that increasingly, Relay competitors have profiles on the Power of 10 website—it's wonderful to see athletes of exceptional calibre racing here, in teams from all over the country. As ever, be warned—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!

Vest identification numbers 01-50 (boys) and 101 – 134 (girls) 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.

BOYS

THE JOHN FISHER SCHOOL [11]

John Fisher, stalwarts of the Relay, return again with a great team. Ricky Lukatome (Y13) will be running here for the last time this year; his performances on the track and in cross country continue to impress, with a PB of 1:49 over 800m, and having won the Kings Trophy in October. Ricky has had the fastest laps at the St Albans and RGS Guildford relays, and recently gained an U20 GB vest for the Edinburgh International against Team Europe and Team USA. Great runs in the British Athletics Cross Challenge fixtures have also seen Ricky performing at the highest level, and we very much look forward to seeing what he will do in future years!

THE JUDD [13]

Consistent top performers at the Relay, placing in the top three for the last decade, the Judd provide extremely strong competition for this race. This year's team are in peak condition, and unbeaten so far this season: Kings Trophy winners, taking the Haskell Cup, the Judge Cup, and Gold at the Knole Run. We're pleased to see Jess some of their runners return here for the fourth and final time, along with James Kingston (who placed 3rd at Knole), Isaac Harding, Toby Emm and Adam Van der Plas. Dan Schofield and Will Beeston join the A team this year, both having excellent seasons.

KING HENRY VIII [16]

King Henry's Boys A team are led by captain Arun Dahil, who has progressed up from the B team last year. We also have a dedicated Boys B team, who have demonstrated significant improvements during training. As ever, thanks to all of our runners for their help with organising the Relay.

LOUGHBOROUGH GS [18]

Longstanding Relay competitors, Loughborough won the Relay for the first time in 2017, and also took Fastest Boy with Ben Djikstra—this year they bring a team from which Dan Maud, Olly Rouse and Ben Rouse all made the final of the Intermediate Boys 1500m at the English Schools Championships, so they should be bringing some speed with them for today's race!

QEGS PENRITH [23]

A strong field from QEGS Boys Team this year: Robin Regan came 2nd in the ESAA Cup Final in Sevenoaks, and 2018 Club County Champion. Sol Johl, returning from last year, is on top form, having taken the Schools County Championship title; Sam Almond has had a good summer track season, representing Cumbria at the English Schools in the 1500m.

ST ANSELM'S COLLEGE [38]

After placing second last year, and as regular Relay competitors, we are looking forward to see if St Anselm's can raise the challenge and take the cup this time...

WOODBIDGE [52]

Another first for the Relay—we are very pleased to welcome Woodbridge School, who are fielding a strong team. Nathan Goddard placed 18th at the England National XC U15 last year; Charlie Turner came 2nd at the Regional Inter Boys England Schools XC Cup, 27th at the UK Inter County XC U13, and won Silver at the Suffolk County U15 XC. Kit and Alex Evans Lombe both gained Bronze medals at the Suffolk Schools XC Trials last month in Junior and Inter categories, respectively.

GIRLS

BROMSGROVE [105]

After a strong third place last year, let's see if Bromsgrove can challenge for Gold or Silver in 2018?

KING HENRY VIII [107]

KHVIII's girls team is being led from the side lines by captain Hannah Pilbeam, who unfortunately cannot run this year. However, we have four committed runners, including Laura McTernan, who was determined to qualify for the team despite a recent back injury. As ever, thanks to all of our runners for their help with organising the Relay.

LORETO [108]

Loreto return once again with two athletes to look out for: Jessica Spilsbury (Y10) and Aisling McHale (Y7), both girls having won their respective races at the National Schools XC Regionals; Jessica went on to place third at the final in a time of 10:23.

MILLFIELD SCHOOL [112/3]

After an impressive showing last year taking 4th place at the Relay, Millfield return with an A team on top form, captained by Elise Thorner, fresh from winning the English Schools IG steeplechase, and Millie Wills, who came 2nd—both gaining England vests for the Home International XC. Millie also won the Somerset IG XC Championships (beating the Senior girls in that race!), and in the County XC Championships Cecily Turner won the SG, and Lucy Chalmers won the JG, Lucy also placing 11th in the XC Cup Team in the Finals. Millfield's B team are real contenders too, fielding runners placing 2nd in the IG ESAA XC Cup Finals.

QEGS PENRITH [115]

The A team return this year with Esme Davies, last year's 2nd fastest girl (with a time of 13:17) as speedy as ever. Esme became 2018 Cumbria Schools Champion just last week, having achieved national standard, placing 4th in the 3000m (in a PB of 9:58.40) at the BMC Regional Races last June. She represented Cumbria in the ESAA final last summer, also winning the Cumbria County Championships and the Cumbria County Schools Championships for the 1500m. The QEGS team took 2nd place last year overall, and they are definitely ones to watch!

SEVENOAKS [121]

Last year's winners, Phoebe Barker returns once again for Sevenoaks, accompanied by Maddie Wise—both of whom won their respective races in the Kent Schools XC on Saturday, after another triumph at the Knole Run. Phoebe's recent achievements include 2nd place at ECCA Saucony English National XC Championships, 57th in the IAAF U20 World XC Championships in Uganda, 43rd in the SPAR European XC Championships, and 15th at the Great Edinburgh International XC for GB. On the track Phoebe is ranked 1st U20 for 5000m in the UK, and she is the 800m and 1500m Kent Champion. Always a strong team, Sevenoaks were last year's winners—watch them, and let's see what this year will bring!

UPTON HALL [130]

Upton Hall return this year for their second ever appearance at the Relay, having placed a strong 7th in 2017. A young but promising team features Ellen-Mary Kearney and Scarlet Liddy, who have both had very good starts to the season, coming 1st and 3rd respectively in the Merseyside Schools League Race, finishing 2nd and 5th in the English Schools Cup Regional Final, and 4th and 5th in the County Championships. Scarlet also placed 33rd in the Cross Challenge at Sefton Park.

WOODBIDGE [134]

We're delighted to welcome Woodbridge School to the Relay for the first time, bringing a young but strong Girls Team. Ruby Vinton won the JG England Schools XC Cup Final in Sevenoaks in November, the U13 South of England Inter Counties XC, and represented Suffolk at the Anglian XC Championships last weekend. April Hill came 5th at the Regional Round of the IG England Schools XC Cup, took Silver at the Suffolk County U15 XC Championships, and won the recent Suffolk Schools Junior Girls XC Trials; Amy Goddard took the Bronze medal at the Suffolk County U13 XC Championships.

Next years' race will be on Wednesday 6th February 2019; we hope to see you all again.

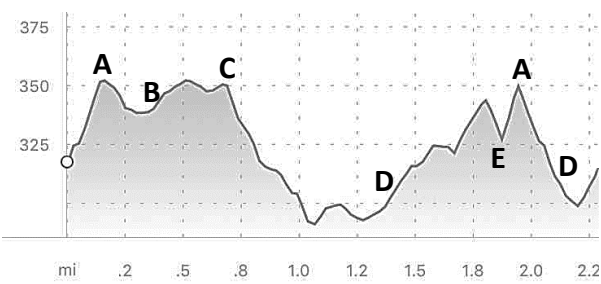
<p>Please send 'Star Runners' information sheets promptly next January (or simply email details to relayrace@khviii.net) to have them included in this programme</p>



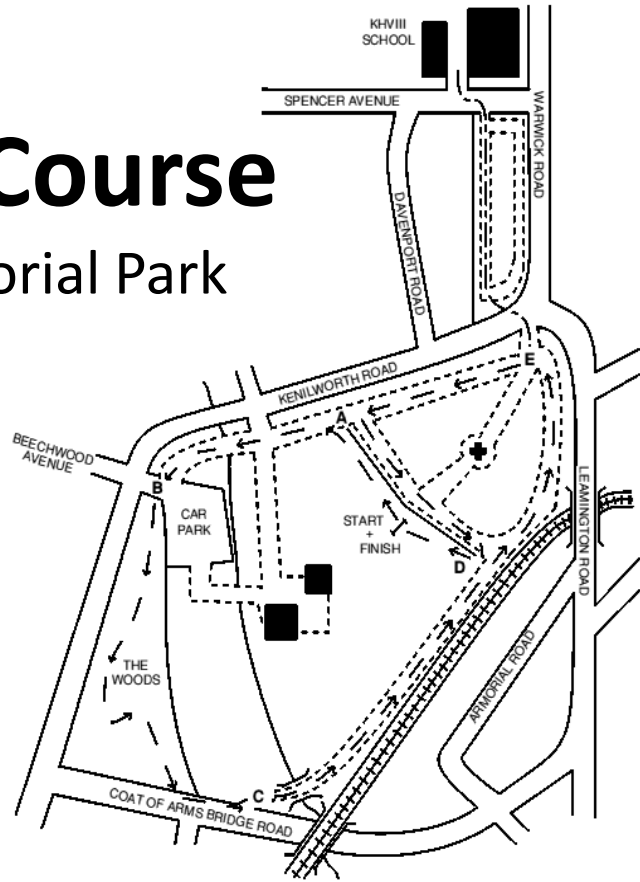
Relay Race Course

Coventry War Memorial Park

approximate elevation chart



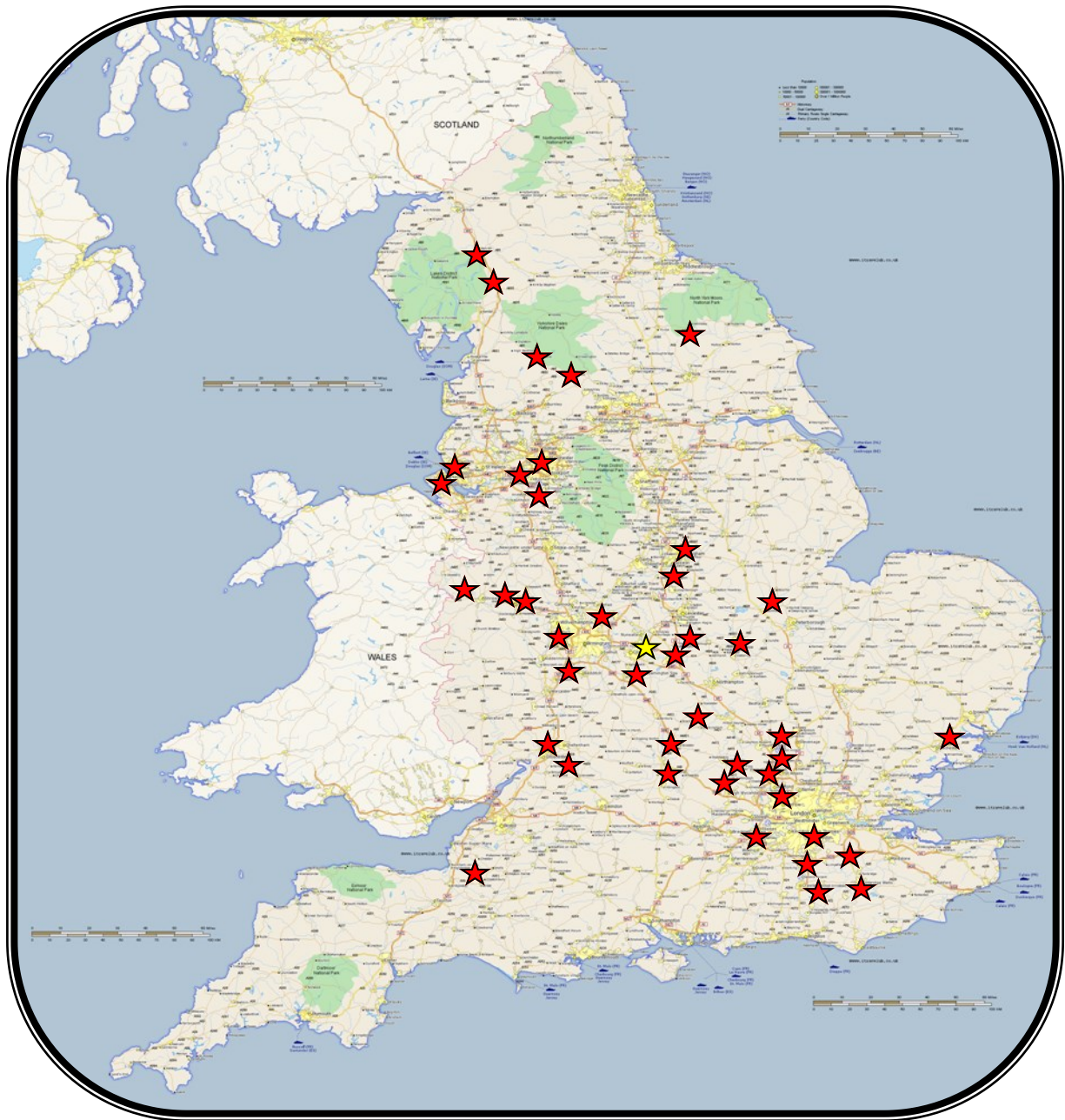
130ft elevation gain



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 380 miles apart are competing today in Coventry ★.



VIP Guest: Steve Edwards

Steve Edwards goes by various nicknames in the running world: *Marathon Man*, *The Godfather*, *The Man Inside the Machine*... and perhaps this is because his achievements over the last 36 years seem almost superhuman.

A Coventry boy born and bred, Steve ran his first marathon at the age of 18, when the city inaugurated its own 26.2 mile race in 1981—Coventry's first ever marathon, set up by the founders of this Relay Race, Ted Norrish, John Vickers and Philip Mahiques! With no previous experience of running long distance, and despite fairly bruised and sore feet, Steve was hooked, and over the next few years he became a dedicated amateur marathon runner. At 28, Steve was the **youngest ever member of the 100 Club**, and just a couple of years later broke another world record by completing 87 marathons in one year.



Steve has continued to smash his goals, having raced all over the world, as well as competing in major UK events such as the first ever Brathay 10in10. His latest phenomenal achievement was at the Birmingham International Marathon on 15th October last year, when he ran his **800th official marathon, with the world's fastest average finish time of 3.18:12**. It isn't just the miles that count for Steve—he aims to maintain superb form and a consistently strong finish time. This includes 325 sub-3:15s, the most by a British athlete, and 736 sub-3:30s, the most by anyone in the world!

In the course of his running career, Steve has had the opportunity to do some extraordinary things, and meet many remarkable people, not least Olympian eventer HRH Princess Anne, who was keen to hear about his training, motivation and how he stays relatively injury-free. He's encountered many running legends—including several whom we've been privileged to have as former guest speakers at the Relay Race—such as David Moorcroft MBE OBE, Ron Hill MBE, Liz McColgan MBE, Seb Coe CH KBE, Daley Thompson CBE, and elite coach Martin Yelling, (the husband of our wonderful 2017 guest presenter Liz Yelling, and who recently covered Steve's amazing story on his 'Marathon Talk' podcast). These champions of the sport consider Steve's achievements to be outstanding, David Moorcroft once remarking that Steve is his hero!



Loyalty, partnership and dedication are all evident in Steve's approach—we are more likely to hear him refer to 'Team Edwards' rather than to himself. An amateur runner who has always had a full-time job in IT, Steve has fitted in all his training and events around work and at weekends, and with faithful moral and practical support from family and friends, he has run a competitive marathon race on average every 13 days for a nearly 30-year stretch.

Having smashed the 800-marathon goal, Team Edwards have 1000 in their sights. And undertaking such an awesome mission, Steve's message is that mental strength is every bit as important as physical fitness, saying, "Self-belief is pivotal to success, trying no matter what others might say or think. Never underestimate your potential. Follow your dreams." Through running, Steve has raised over £25,000 for various charities; especially close to his heart is Kate's Home Nursing, for which we will be holding a retiring collection during the Relay Race today.