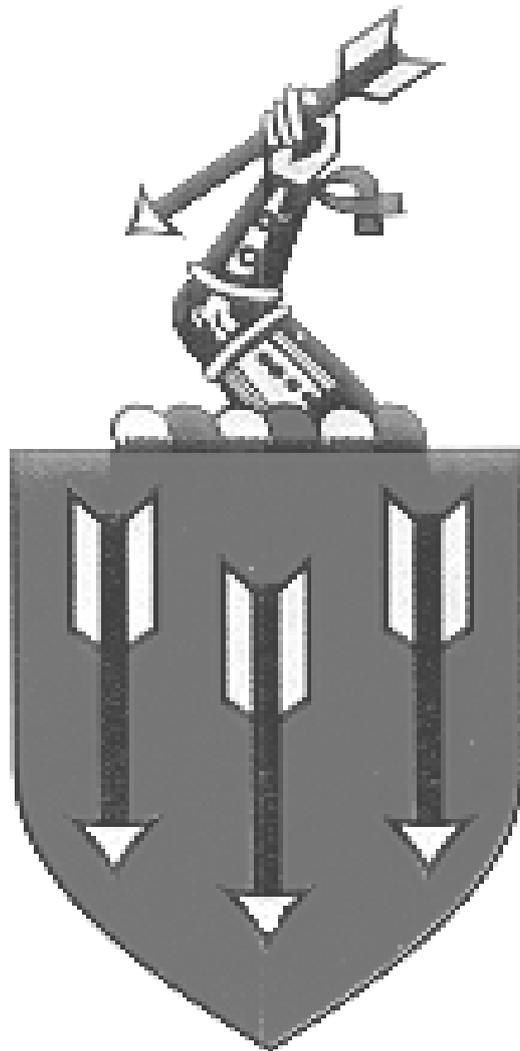


# KING HENRY VIII SCHOOL



**33<sup>rd</sup> ANNUAL 6x2 MILES  
CROSS-COUNTRY RELAY**

*and*

**5<sup>th</sup> 4X2 MILES GIRLS RELAY**  
**IN THE WAR MEMORIAL PARK, COVENTRY**  
**Wednesday 28<sup>th</sup> January 2004**  
Starting at 2.30pm

## ALL TIME FASTEST RUNNERS LIST 1972 – 2003

In 1991, as a result of changes in the Memorial Park, the Relay course was shortened by 90 metres. Unfortunately the revised course is, and will be a permanent feature of the race. Two sets of times will be published each year. To compare performances with the past add 16 seconds to times achieved from 1991 onwards.

### 1972 – 1990 FASTEST LAPS

1	N	Appleby	QMGS Walsall	11.06	(80)	37	K	Dumpleton	West Park	11.32	(74)
2	D	Dudley	West Park	11.09	(84)		M	Aldersley	KHVIII	11.32	(81)
3	A	Leach	Bradford	11.10	(81)		D	Hoinville	William Ellis	11.32	(82)
	D	Miles	RGS Newcastle	11.10	(84)		K	Archer	Marple Hall	11.32	(84)
5	D	Ellis	BVGS	11.15	(78)		N	Panchen	RGS H Wyc	11.32	(88)
6	R	Callan	Mkt Harb	11.18	(74)	42	A	Ford	West Park	11.33	(83)
7	A	O'Connor	KEVI Lich	11.19	(90)	43	C	Prestt	QEGS Wake	11.34	(76)
8	S	Kendall	Wednesfield	11.21	(76)		J	Sharp	St Brendans	11.34	(78)
9	R	Nerurkar	Bradford	11.22	(82)		S	Horton	KHVIII	11.34	(80)
10	A	Rayworth	BVGS	11.23	(82)		R	Lillie	Judd	11.34	(81)
11	I	Murray	Lenzie	11.24	(76)		S	Bell	Marple Hall	11.34	(83)
	T	Asteriades	Cheadle Hulme	11.24	(80)	48	D	Minter	Maidstone	11.35	(78)
	J	Robinson	Calday Grange	11.24	(85)	49	S	Coe	Abbeyle	11.36	(75)
14	B	Martynuik	Sir T Richs	11.25	(77)		D	Price	Sir T Richs	11.36	(80)
	S	Rose	Beechen Cliff	11.25	(82)		L	Armitage	St Albans	11.36	(81)
16	G	Williamson	Lenzie	11.26	(76)	52	D	Glassborow	KHVIII	11.37	(72)
	T	West	St Cuthberts	11.26	(87)		K	Stewart	Skinners	11.37	(81)
	M	Hudspith	St Cuthberts	11.26	(87)		I	H-turner	Cranbrook	11.37	(85)
19	D	Wright	BVGS	11.27	(73)		M	McBeth	St Aloysius	11.37	(90)
	R	Pepper	Habs	11.27	(74)						
	N	Martyn	William Ellis	11.27	(82)						
	S	Fury	Sir J Williamson	11.27	(86)						
	A	Bailey	RGS H Wyc	11.27	(88)						
24	N	Martyn	Kingswood	11.28	(73)						
	A	Sakar	Maidstone	11.28	(82)	1	M	Skelton	Judd	10.57	(91)
	D	Coney	Maidstone	11.28	(82)	2	G	Thompson	Ardingly	10.58	(98)
	S	Duval	Millfield	11.28	(87)	3	S	Murphy	St Albans	11.00	(01)
	I	Hudspith	St Cuthberts	11.28	(89)	4	T	Sharland	Ipswich	11.03	(02)
29	G	Cosgrave	Bish Ull	11.29	(72)	5	M	McNeill	Bradford	11.10	(91)
	G	Crowther	Manchester	11.29	(81)	6	S	Wilkinson	RGS Worcester	11.14	(95)
31	C	Sellers	Maidstone	11.30	(82)		O	Laws	Shrewsbury	11.14	(98)
	B	Murphy	St Edwards	11.30	(84)	8	J	Wild	Kings Macc	11.15	(92)
	D	Robertson	Judd	11.30	(90)	9	J	Davis	Duchess's	11.16	(91)
34	D	Calvert	West Park	11.31	(76)	10	D	Pickering	QEGS Wake	11.17	(92)
	I	Mitchel	Hayden	11.31	(81)	11	A	Hodgkinson	St Albans	11.20	(03)
	A	Wild	Cheadle Hulme	11.31	(87)	12	N	Edwards	Warwick	11.22	(91)
						12	J	Kidger	Ardingly	11.22	(98)

### 1991 – 2004 FASTEST LAPS

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

## **‘STAR’ RUNNER PROFILES**

### **STEVE FENNEL (Judd)**

He ran the 9<sup>th</sup> fastest lap here last year. This season he appears to be in fine form. He ran the 2<sup>nd</sup> fastest lap at Dr Challoner’s in November and won the Knole run earlier this month beating his nearest rival by over 40 seconds. He is the Kent Club & Schools U20 Cross Country champion.

### **CRAIG MAUD (Loughborough)**

A key runner in the Leicestershire County Cross Country team, Craig ran 11.57 in this race last season, it was the 2<sup>nd</sup> fastest time overall. He ran the 3<sup>rd</sup> fastest lap at the Dr Challoner’s Relay in November. We expect him to feature amongst the fastest lap times this afternoon.

### **JAMES WHITTINGTON (Winchester)**

He finished just outside our top 30 fastest laps last year and appears to be in excellent form this season. He finished second at the recent Knole run. This race is over 2.2 miles, a much shorter distance but we would still expect James to be amongst the fastest this afternoon.

### **PATRICK CANAVAN (John Fisher)**

Patrick has been in excellent form in the last two seasons. Earlier this month the Surrey U20 1500m and U19 Surrey Schools Cross Country champion finished 3<sup>rd</sup> in the Knole run and was very close on the heels of James Whittington who finished 2<sup>nd</sup>. He could make a big difference for John Fisher School this afternoon.

### **MIKE SMART (Watford)**

Mike showed excellent form earlier this season when he set the fastest lap time at the Dr Challoner’s Relay in November. He has since been injured and Watford did not compete in the recent Knole run. However, he ran well in Mid January in the Middlesex Cross Country Championship, coming second in the U20 age group.

### **JOSH MORRIS (St Albans)**

He finished 12<sup>th</sup> fastest in last years event, running 12.17 and helped St Albans to their 5<sup>th</sup> successive win. He showed good form setting the 3<sup>rd</sup> fastest lap time at Dr Challoner’s in November and finished 13<sup>th</sup> in the recent Knole run. Will he help St Albans make it 6 in a row?

### **JAMES VAN TROMP (Verulum)**

James is a Great Britain Biathlete and finished in the top 20 in the World Championships in 2003. He has shown fine form recently finishing in 7<sup>th</sup> place at the Knole Run at Sevenoaks. It will be interesting to see how he will get on over today’s 2.2-mile course.

### **JAMES HILLARY (Judd)**

James has continued to develop this season after completing a lap time within the top 30 in this event last year. He ran well at Dr Challoner’s and helped the Judd team win in the Knole run earlier this month by finishing in 8<sup>th</sup> place individually.

### **JOE MACDONALD (Manchester Grammar School)**

Joe ran very well here last January, with a time of 12.01, he set the 3<sup>rd</sup> fastest lap overall. He has also shown fine form this season. He ran the 2<sup>nd</sup> fastest lap at the Marple Hall relays in September and helped his team to win the race.

### **DANIEL TAYLOR (Woodlands)**

A talented young local athlete who finished just outside the top 30 lap times last year and has shown excellent form this season. He ran 3<sup>rd</sup> fastest lap in the Marple Hall Relays in September and the 5<sup>th</sup> fastest lap in the Dr Challoner’s relay in November.

**ED WILLIAMSON (Radley College)**

Ed Williamson was in the top 30 fastest runners last year and should be there again in 2004. He ran the 8<sup>th</sup> fastest lap at the Dr Challoner's Relay in November and finished 11<sup>th</sup> in the recent Knole Run

**STUART HUNTINGTON (Norwich)**

Stuart is an extremely promising young athlete, he was ranked 6<sup>th</sup> fastest Under 15 in the UK at 3000m last year and currently holds a number of Norfolk county junior Athletics titles. He recently finished in 10<sup>th</sup> place at the recent Knole run, at the age of 15.

**MATTHEW GRANT (St Albans)**

Matthew runs the relay for the 2<sup>nd</sup> time today after running 5<sup>th</sup> leg to help the St Albans team to their 5<sup>th</sup> successive victory last year. He ran the 6<sup>th</sup> fastest lap At Dr Challoner's and finished 15<sup>th</sup> in the Knole run earlier this month.

**DAVID HALL (St Albans)**

A member of the St Albans winning ESAA Cup team. He ran 12.25 in our Relay last year, which was the 16<sup>th</sup> fastest time. He has been running well this season and was 11<sup>th</sup> fastest in the Dr Challoner's Relay but did not feature at the Knole run.

**STUART BOON (King Henry VIII)**

An excellent young athlete he moved the home team up 18 places on the 3<sup>rd</sup> leg last year running 12.29 (19<sup>th</sup> fastest leg), a time he recently matched with no competition in training. Stuart won the senior race in the West Midlands championships, and will once again run in the ESAA cup team in March. He finished 10<sup>th</sup> at the Dr Challoner's relay in November, we expect him to finish in the top 20 times. No pressure Stuart.

**JAMES NEWMAN (St Albans)**

James has been in good form this season. He ran the 13<sup>th</sup> fastest lap at Dr Challoner's and was St Albans first runner in at the recent Knole run finishing in 12<sup>th</sup> place individually.

**JAMIE ROWLEY (Newcastle Under-Lyme)**

Jamie finished 18<sup>th</sup> fastest last year in 12.28. We have not seen him this season, but he will be important to Newcastle Under-Lyme this afternoon.

**T BEEDELL (Dr Challoner's)**

He finished 7<sup>th</sup> fastest at Dr Challoner's for a second consecutive year with a time 9.10. Dr Challoner's did not compete at the Knole run so we are not aware of his more recent form.

**CHARLES TIPPER (Loughborough)**

He ran a very creditable time at the Dr Challoner's Relay in November. He ran the 12<sup>th</sup> fastest lap time overall.

**MILES SKINNER & BEN WALTON (Winchester)**

Miles ran well for Winchester in the 5<sup>th</sup> leg last year. More recently he finished 16<sup>th</sup> at the recent Knole Run, helping his team finish 3<sup>rd</sup> overall in the race. Ben is also another very useful runner for Winchester. He ran the first leg here last year, and recently finished in 14<sup>th</sup> place in the Knole Run.

**TIM CORBY, MATTHEW YOUNG, MARTIN LENG SMITH & ANDREW BENNETT (Judd)**

We have grouped these runners all together as they finished extremely close together in the recent Knole Run all coming in between 19<sup>th</sup> and 24<sup>th</sup> place. They also ran very similar times in the Dr Challoner's Relay in November, once again all settling in the lower top 20 lap times. These runners helped Judd to victory at Knole and will be all-important once again this afternoon.

**We are aware that we have neglected some athletes likely to be faster than many of those listed here. We apologise for their exclusion. However, as we have not seen them in action this season, they are not included in our profile section. Please send "Star Runners" information sheets promptly next January to get them included in this programme.**

## **SCHOOLS AND STAR RUNNERS IN THE GIRLS RACE**

In the four previous races held for girls at the King Henry VIII Relay, no one so far has broken the 14.00 barrier, although Jemma Simpson (Millfield School) was close with a time of 14.02, which stands as the course record. A further time barrier is that no team has completed the race in under an hour. Millfield have been very close with 60.09 in 2000. Although we have less information to go on than in the boy's race, we can be confident of a close race this time.

### **MILLFIELD**

Girls Relay winners in 2000 and 2003. Having never finished outside of the top 4 teams, Millfield will be amongst the favourites again this afternoon. Last year's team had three runners in the top 8. They have a younger team this year and can no longer draw upon the services of Freya Bloor who ran the fastest lap of 14.26 in 2003. However, Helen Glover (4<sup>th</sup> fastest in 2003 and still only in year 11) returns. The team will also comprise of Triathlete Medena Knespl, and two promising year 9 runners: Rosy Cooper and Harriet Scaramanga.

### **UPPINGHAM**

Uppingham finished 9<sup>th</sup> in 2001, 6<sup>th</sup> in 2002 and 2<sup>nd</sup> here last year, so might go one better this afternoon. Last years runners up position was the result of excellent runs from Rose Morrison (3<sup>rd</sup> fastest, 14.46), Flossie Crowhurst (6<sup>th</sup> fastest, 14.49) and Rosalind Canter (11<sup>th</sup>, 15.11). They are also currently in fine form and finished 3<sup>rd</sup> at the Knole Run earlier this month. They appear to still have most of last year's team. Positions at Knole were Ros Canter 5<sup>th</sup>, Flossie Crowhurst 8<sup>th</sup>, Helen Rollins 26<sup>th</sup>, Rose Morrison 30<sup>th</sup>.

### **QEGS PENRITH**

This school finished 3<sup>rd</sup> last year but won the previous two relays. The team will be weakened again this afternoon. We have little information on the team that will feature this afternoon but last years team consisted of Chloe Naylor, Rebecca Harper, Kate Turiver and Vicky Brotherton. They had 3 runners in the fastest 15 times.

### **ALICE OTTLEY**

Although Alice Ottley school did not compete last year they have an excellent record in this event they finished 3<sup>rd</sup> in 2000, 2<sup>nd</sup> in 2001 and 3<sup>rd</sup> in 2002. It will be interesting to see if they can finish within the top three once again.

### **BROMSGROVE**

Bromsgrove finished 4<sup>th</sup> for the second consecutive year in 2003's race. The team had no exceptional times (their fastest lap time was 16<sup>th</sup>) but a strong team performance always reaps results in this event. Last year's team included Heather Blamire-Brow, Noa Griner, Lauren Woopwiss and Laura Symmonds.

### **KING HENRY VIII SCHOOL**

The host school can draw upon all of last year's runners and will look to build on last year's performance when they finished in 7<sup>th</sup> place. The school has some strong individual runners including Kathryn Stuart, Kylie Axford, Elise Windsor-Smith and Alice Griffiths.

**We will certainly have missed out some top athletes from the list above and we apologise for their omission. Please help us next year by promptly returning in the "Star Runner" information sheet if you wish your athletes to be included.**