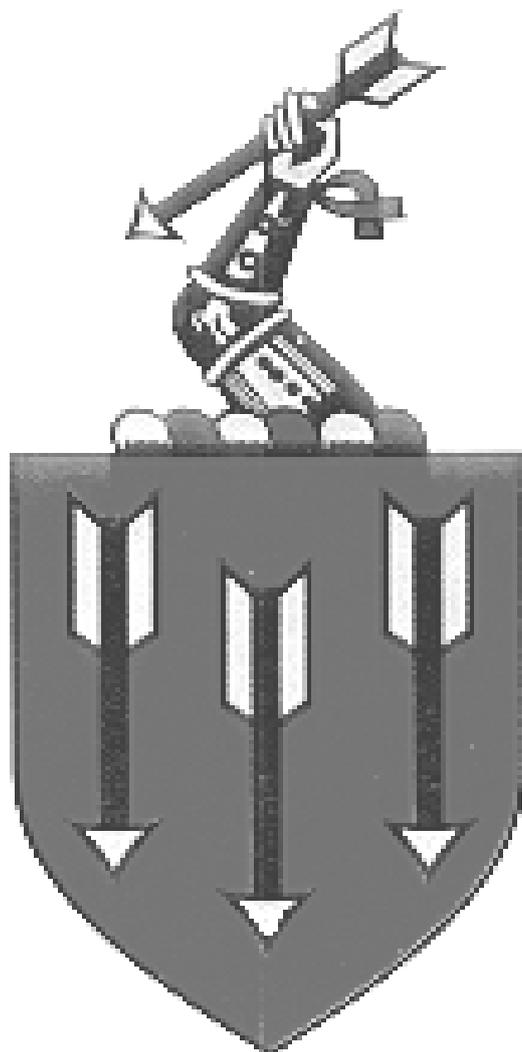


# KING HENRY VIII SCHOOL



**34<sup>th</sup> ANNUAL 6x2 MILES  
CROSS-COUNTRY RELAY**

*and*

**6<sup>th</sup> 4X2 MILES GIRLS RELAY**  
**IN THE WAR MEMORIAL PARK, COVENTRY**  
**Wednesday 26<sup>th</sup> January 2005**  
Starting at 2.30pm

## ALL TIME FASTEST RUNNERS LIST 1972 – 2004

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.*

## SCHOOL PROFILES

What follows is a rough guide to the teams we expect to do well in this race. The forecast is based largely on events such as the Marple Hall Relays in September, the Dr Challoner's Relay in November and the Knole Run earlier this month. Unfortunately, there was no Sutton Park event once again this year, which has traditionally been a good indicator of recent form. It is quite possible of course, that we may have overlooked some of the top contenders, dips in form and injuries often have a huge impact on the final outcome and the Relay always throws up a few surprises, last year it was a blizzard during the second half of the race! We hope all competing schools enjoy this year's race and we wish all the teams good luck.

### WINCHESTER

Winchester College finished 2<sup>nd</sup> in the 2004 relay. We mention them first partly because they will be in a confident mood following their win at the Knole Run earlier this month, but also because we expect them to draw upon four of their six-man team from last year. The school also has an excellent record in our relay; they have finished in the top five every year for the last decade and in the top three in the last five years. Their fastest runners are James Whittington (3<sup>rd</sup> Knole Run), Simon Pusey (6<sup>th</sup> Knole Run) Kyle Allen (10<sup>th</sup> Knole Run) and Ben Walton (11<sup>th</sup> Knole Run). Much will depend on their speed over this shorter 2.2-mile course.

### ST ALBANS

St Albans' 3<sup>rd</sup> place in 2004 ended the school's run of five consecutive wins (1999-2003) in this event. However, we expect them to be in with a very strong chance of winning this afternoon. The school won the Dr Challoner's Relay in November and were the fastest team by over 2 minutes. They finished behind Winchester in 2<sup>nd</sup> place in the Knole Run earlier this month. However, it will be a close call on which of the 2 teams will be first home after 6 legs on this 2.2-mile course. This year's team includes James Newman (6<sup>th</sup> Dr Challoner's, 2<sup>nd</sup> Knole Run), Matthew Grant (1<sup>st</sup> Dr Challoner's, 5<sup>th</sup> Knole Run) and Mark Stitchbury (7<sup>th</sup> Dr Challoner's, 9<sup>th</sup> Knole Run).

### JUDD

The winners of our relay in 2004 will most likely finish in the top three teams this year. Although they will no longer be able to call upon Steve Fennell who ran the fastest lap in 11:34 last time, they are still able to draw upon four of the 2004 team. This season their top six runners have helped them finish in 2<sup>nd</sup> place at the Dr Challoner's Relay in November and 3<sup>rd</sup> place in last week's Knole Run. Their fastest runners are James Hillary (12<sup>th</sup> Dr Challoner's, 21<sup>st</sup> Knole Run), Andrew Bennett (21<sup>st</sup> Dr Challoner's, 8<sup>th</sup> Knole Run), Nick Tubb (11<sup>th</sup> Dr Challoner's, 20<sup>th</sup> Knole Run) and Tim Corby (22<sup>nd</sup> Dr Challoner's, 18<sup>th</sup> Knole Run).

### ST ANSELM'S

St Anselm's finished in 7<sup>th</sup> place last year on the back of a solid team performance. We expect them to at least equal if not better that performance in 2005. Judging by their performance in the Marple Hall Relays in September, they will have a young but very strong squad to pick their best runners from. The school won both the U16 and U20 age groups and some of their faster individual times came from the U16 team. Their star runner will be Adam Peers who ran the 2<sup>nd</sup> fastest relay leg overall. It will be interesting to see if they can push into the top three this afternoon.

### MANCHESTER

Manchester Grammar School were amongst the casualties of the torrid weather conditions which coincided with last years race which prevented them from competing for the first time in 14 years. Although their record in previous years suggest that they should finish outside our top ten teams, their recent performance at the Marple Hall Relays suggest that they might do better. They finished in 2<sup>nd</sup> place in the U16 competition and 3<sup>rd</sup> in the U20 relay. Their fastest runner is Aran Morgan-Bonner who ran the second fastest leg in the U16 competition.

### BRADFORD

In many ways the surprise success of 2004 when the team finished in 4<sup>th</sup> place. That was their best performance in 5 years. We know little about their current form other than that they can still call upon their fastest runner here last year, Alistair Brownlee who finished in the top 30 here and 31<sup>st</sup> in the ESAA championships in 2004. Five of the 2004 team ran sub-13 minutes legs. Much will depend on how many of them are running this year.

## **SEDBERGH**

This school has finished in the top six for the last six years. They were runners up in 1999 and 2001 and finished in 5<sup>th</sup> place in 2004. We have little indication of their form this season, but with the whole team running lap times between 12:28 and 13:29 last year, we have little reason to believe that they will not be close to the top 10 this year. Their fastest runners in 2004 were James Hogg and Stuart Heale who were both in the top 20 fastest legs, but we think these two may no longer be available.

## **WOODLANDS**

Our local rivals finished in 9<sup>th</sup> place in 2004. Based on their performances this season, they might finish a few places higher this afternoon. The U16 team did very well at the Marple Hall Relays finishing in 3<sup>rd</sup> place and the senior team put in a fine performance at Dr Challoner's where they also finished in 3<sup>rd</sup> place behind St Albans and Judd (see above). Individual runners to note include Lee Munn (3<sup>rd</sup> fastest U16 Marple Hall, 4<sup>th</sup> fastest Dr Challoner's) and George Hill (5<sup>th</sup> fastest Dr Challoner's).

## **MARLING**

Our inclusion of Marling is based on them finishing in 6<sup>th</sup> place here last year. We have little information on their performances this season, but suspect that they can still draw upon most of last year's team of six. Their fastest runners in 2004 were Ashley Rymer who ran the 8<sup>th</sup> fastest leg in 12:16 (he should still be available as he ran in the 2002 English School's final), and Tom Russell who ran the 16<sup>th</sup> fastest leg in 12:25 last year.

## **WATFORD**

We welcome Watford Grammar School back to the relay after an absence of 8 years. They were due to run last time but were amongst the casualties of the bad weather. We expect them to finish close to the top 10 after finishing in 4<sup>th</sup> place overall in the Dr Challoner's Relay in November. They appear to have a relatively strong team performance, but one athlete does stand out, Richard Franzese who ran the 2<sup>nd</sup> fastest leg overall at Dr Challoner's.

## **SHREWSBURY**

This is a school with a very good record in our event. Shrewsbury consistently finished in the top 10 between 1994 and 2003. The team was mostly made up of younger runners last year, but they still finished in a creditable 16<sup>th</sup> place. We have little indication of their form this season but expect them to improve on last year's performance.

## **TIFFIN**

Tiffin have never finished inside the top 10 at this event and finished in 23<sup>rd</sup> place last year. However, they finished in 6<sup>th</sup> place in the Dr Challoner's Relay in November and 10<sup>th</sup> place in the very recent Knole run. The team has no runners that stand out particularly, but they all run times not too dissimilar from each other, and therefore might well make out top 15 teams.

## **UPPINGHAM**

Uppingham finished in 22<sup>nd</sup> place last year and have never finished inside our events top 20 teams. They might change that at least this year. They recently finished in 9<sup>th</sup> place in the Knole Run on the 15<sup>th</sup> January. Once again, this is a team with no particularly notable individual runners.

## **LOUGHBOROUGH**

The team finished in 11<sup>th</sup> place here last year and may well finish in the same vicinity this time around. However, they will be unable to call upon Craig Maud who ran the 2<sup>nd</sup> fastest lap here last season in 11:50. They finished in 7<sup>th</sup> position in the Dr Challoner's Relay in November. J Smith ran the 10<sup>th</sup> fastest leg.

## **KING HENRY VIII**

The host school finished in 10<sup>th</sup> place in 2004, which was our best performance in 7 years. However, we will not be able to call upon Stuart Boon who ran the 6<sup>th</sup> fastest lap for us last season in 12:12. We will draw upon a younger team, which finished in 12<sup>th</sup> place in the Dr Challoner's Relay in November. The final six runners will be chosen from Tom Grimley, James Szejka, Ciaran Acford, Mark Rawlings, Jack Pearson, Tom Roberts and Chris Bannon. We hope to finish inside the top 20 teams.

## **‘STAR’ RUNNER PROFILES**

### **JAMES NEWMAN (St Albans)**

James ran the 11<sup>th</sup> fastest leg here in last season’s relay in a time of 12:18. His performances in recent months suggest that he is likely to be amongst the very fastest this afternoon. He ran the 6<sup>th</sup> fastest lap at the Dr Challoner’s Relay in November and was the second fastest runner in at the recent Knole run.

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

He ran the 12<sup>th</sup> fastest lap here last year in a time of 12:20. That was a very impressive performance when you consider that his leg was run in the middle of a blizzard! James appears to be in excellent form this season. He finished third at the recent Knole run. Today’s race is over 2.2 miles, a much shorter distance but we would still expect James to be amongst the fastest runners this afternoon.

### **MATTHEW GRANT (St Albans)**

He ran just inside our fastest 30 times here last time. Matthew appears to be in excellent form this season. He was part of the winning team at Dr Challoner’s in November and ran the fastest leg in that relay. He also finished in 5<sup>th</sup> place in the Knole run earlier this month.

### **KIERON FLANNERY (RGS Newcastle)**

He ran his leg in 12:08 last year which was the 5<sup>th</sup> fastest lap overall. We expect him to once again be amongst the fastest today. Whilst we do not have any details of his current form over a similar distance (2.2 miles), he has shown his speed over 400 and 800 meters this season. He finished in 3<sup>rd</sup> place in the 2004 English Schools 400m Hurdles final.

### **RICHARD FRANZESE (Watford)**

A useful member of the Hertfordshire Cross Country team, it will be Richard’s first appearance in the Henry’s relay this afternoon. He has shown excellent form this season and we expect him to be amongst the fastest here this afternoon. He ran the 2<sup>nd</sup> fastest leg at Dr Challoner’s in November, helping his team to finish 4<sup>th</sup> overall in the relay.

### **ADAM PEERS (St Anselm’s)**

Adam finished within the top 30 in the Henry’s relay last year, he should be much faster this year, based on his performances this season. In September he led St Anselm’s College team home to victory in the Marple Hall relay by running the second fastest leg overall.

### **SIMON PUSEY (Winchester)**

Simon was part of the team, which finished second in the 2004 relay. His leg was amongst the 30 fastest. He is running very well this season and demonstrated his speed and stamina by finishing 6<sup>th</sup> overall in the recent Knole run, helping his team to win the competition.

### **MARK STICHBURY (St Albans)**

Mark has not run our relay before but will be expected to put in a strong performance today. He is in great form this season. He ran the 7<sup>th</sup> fastest time in the Dr Challoner’s Relay in November and finished 9<sup>th</sup> individually in the Knole run just a week ago.

### **ALISTAIR BROWNLEE (Bradford)**

Alistair finished in 2<sup>nd</sup> place in the U15 2002 English Schools final and has continued to perform well in recent seasons. He ran a top 30-lap time here in 2004 on the last leg amongst the snow and was 31<sup>st</sup> in the ESAA champs in 2004.

### **BEN WALTON (Winchester)**

Ben is also another very useful runner for Winchester. He ran the 13<sup>th</sup> fastest time here last year in 12:24; he recently finished in 11<sup>th</sup> place individually in the Knole Run, helping the Winchester team win the competition.

**KYLE ALLEN (Winchester)**

He ran the 18th fastest lap here last year in a time of 12:29. That was on leg 4 when the sleet/snow really started to fall. Kyle appears to be in good form this season. He finished 10th at the recent Knole run. Today's race is much shorter but we would still expect Kyle to be amongst the fastest runners this afternoon.

**ASHLEY RYMER & TOM RUSSELL (Marling)**

These two ran extremely well in the team which finished 6<sup>th</sup> last year. We expect to see both of them doing well again in 2005. We have limited information on their form this season, but they ran the 8<sup>th</sup> and 16<sup>th</sup> fastest legs here in 2004.

**ARAN MORGAN-BONNER (Manchester)**

Aran finished in 3<sup>rd</sup> place in the U15 English Schools competition in December 2003 and appears to be in fine form this season. In the U16 Marple Hall relay in September, he ran the second fastest lap at U16 level and the 6th fastest lap across all age groups.

**LEE MUNN (Woodlands)**

He was not amongst our fastest 30 runners last year but he did run the last leg of the relay when conditions had severely deteriorated. He should certainly be much faster this year. He has had an excellent start to the season. At the Marple Hall relays in September, Lee ran the 3rd fastest individual leg time (U16). In November he ran the 4<sup>th</sup> fastest lap at the Dr Challoner's relay.

**JAMES HILLARY (Judd)**

James was part of the 2004 winning team and should do very well here today. Last year he ran the course in 12:31 on the final leg of the race (19<sup>th</sup> fastest overall), when conditions had turned treacherous. He is in good form this season; he ran the 12<sup>th</sup> fastest leg at Dr Challoner's and finished in 21<sup>st</sup> place in the recent Knole run earlier this month.

**ANDREW BENNETT, TIM CORBY & NICK TUBB (Judd)**

Three members of last year's winning team. These runners all ran their respective laps in times of between 12:52 and 13:00 which was outside the top 30 fastest individual leg times. However, these are very respectable times and they demonstrate that strength in depth rather than possessing just a few 'star runners' often leads to team success. This season they are all in good form, here are their finishing positions in the Dr Challoner's and Knole runs respectively; Andrew 21<sup>st</sup> and 8<sup>th</sup>, Tim 22<sup>nd</sup> and 18<sup>th</sup> and Nick 11<sup>th</sup> and 20<sup>th</sup>.

**HUGH FRERE-COOK & FRED RICHARDS (Winchester)**

These two were crucial team runners in Winchester's recent victory at the Knole run finishing in 15<sup>th</sup> and 24<sup>th</sup> places respectively. They have not run here before, but their performance on our shorter course will prove important in deciding the outcome of today's race.

**TEDDY PISANO, JAMIE LEONARD & L FISHER (St Albans)**

These runners will performances will be equally decisive today in whether the St Albans team returns to winning ways. This season they are all in good form, here are their finishing positions in the Dr Challoner's and Knole runs respectively; Teddy 12th and 25<sup>th</sup>, Jamie 14th and 30<sup>th</sup> and L Fisher 8<sup>th</sup> at Challoner's didn't run at Knole.

**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 five previous races held for girls at the King Henry VIII Relay, no one so far has run a leg in less than 14 minutes, although Jemma Simpson (Millfield School) was close with a time of 14.02, which stands as the course record. Last year however one record did go, Millfield became the first team to complete the race in less than an hour, in 59:52. In fact the 2<sup>nd</sup> placed team, Uppingham also broke the 60-minute barrier finishing just 1 second later in 59:53. Although we have less information to go on than in the boy's race, we can be confident of a close race once again this year.

### **MILLFIELD**

Girls Relay winners in 2000, 2003 and 2004. 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 10. They still have a young team and may break the team course record again this year. We can expect to see Helen Glover (Yr12) who ran the fastest lap (14:27) in 2004 to return. The team may also consist of the 2<sup>nd</sup> fastest runner in 2004, Joanna Stephenson, who ran her leg in 14:30, also Triathlete Medena Knespl (10<sup>th</sup> 2004), and a promising year 10 runner, Harriet Scaramanga (14<sup>th</sup> 2004) are likely to feature.

### **SEVENOAKS**

We welcome Sevenoaks for the first time in the Girls Relay. Although they have not run previously, we expect them to do very well this afternoon. They performed extremely well to win the Knole Run earlier this month. All four runners in the team finished in the top 10 in the race. Their team included S Magrath (3<sup>rd</sup>), I Ainsworth (4<sup>th</sup>) H Samuel (9<sup>th</sup>) and M Johns (10<sup>th</sup>). We list them second here on the strength that they finished ahead of Uppingham in this competition.

### **UPPINGHAM**

Uppingham finished in 2<sup>nd</sup> place in 2003 and 2004. Last year's runners-up position was the result of excellent runs from Flossie Crowhurst (3<sup>rd</sup> fastest, 14.30), Rose Morrison (6<sup>th</sup> fastest, 14.56), and Rosalind Canter (7<sup>th</sup>, 14.58). They are also currently in fine form and finished 2<sup>nd</sup> at the Knole Run earlier this month. They appear to still have half of last year's team. Positions at Knole were Flossie Crowhurst 8<sup>th</sup>, Helen Rollins 13<sup>th</sup>, Margaux Morrissey 27<sup>th</sup> and Rose Morrison 30<sup>th</sup>.

### **KING HENRY VIII SCHOOL**

The host school will hopefully be able to draw upon all of last year's runners, who helped the team to finish in 3<sup>rd</sup> place. The school had two runners amongst the fastest ten in 2004; Kylie Acford ran the 5<sup>th</sup> fastest leg in 14:54 and Kathryn Stuart ran 8<sup>th</sup> fastest leg in 15:07. Performances have not been as encouraging in recent months, but the team will hope for a return to form this afternoon.

### **BROMSGROVE**

Bromsgrove finished the 4<sup>th</sup> fastest 'A' team here for the third consecutive year in 2004's race. The team also had two runners amongst the fastest ten; Lauren Woopwiss ran the 4<sup>th</sup> fastest leg in 14:35 and Laura Symmonds ran the 9<sup>th</sup> fastest leg in 15:23. We have little information on the team this season but will still expect another strong performance.

### **SEDBERGH**

Sedbergh finished the 5<sup>th</sup> fastest 'A' team here in 2004. We have no details on their form this season, but last year's team consisted of Victoria Hirst (11<sup>th</sup>), Jackie Boothman (19<sup>th</sup>), Amy Benville (29<sup>th</sup>) and Anna Fardell.

**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.**