



KING  
HENRY VIII  
SCHOOL  
RELAY RACE

52<sup>nd</sup> ANNUAL BOYS' RELAY  
6 x 2.3 MILES (3.7KM)

*and*

24<sup>th</sup> ANNUAL GIRLS' RELAY  
4 x 2.3 MILES (3.7KM)

Wednesday 31<sup>st</sup> January 2024  
Coventry War Memorial Park

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





The results of this race can be viewed on this Tempo link during the race:

<https://www.racetecresults.com/results.aspx?CId=16418&RId=857>

or just point your phone's camera at this QR code. It will not have individual names, as runners are only declared on the day itself.



All our previous results from the past 52 years, as well as a digital copy of this programme and a lot more can be found on our website,

Full results will be printed for the presentations.

For Twitter, please tag us on @KHVIIIRelayRace



# WELCOME



**King Henry VIII School** extends a very warm welcome to all the teams attending the 2024 Race. This year, 62 Boys teams and 42 Girls teams have entered the competition. It's always a tremendous privilege to host this national event, with teams coming from all over the UK to race together—and this year, we're especially excited to welcome teams from as far abroad as Northern Ireland, joining us to compete in the 52nd Boys Race and the 24th Girls Race, here in Coventry.

As many of you will already know, former alumni of the race have set British and world records, won Olympic medals, and other garlands of victory in athletics, and it's always great to see records being smashed, and new personal and team bests being recorded.

As well as many long-standing Relay Race veteran schools returning to compete, we are very pleased to have yet more brand-new schools attending for the first time this year: **St Michael's College** from Enniskillen; **New Hall School**, Chelmsford; and more local schools, **Princethorpe College** and **Loughborough College**—to all of whom we extend a warm welcome. Relative newcomers **Stonyhurst College** are also bringing a girls team for the first time. Last year a number of schools were unable to attend due to strike action, and we are very pleased to have these teams back on the starting line this year. As always, we wish the very best of luck to all the runners in this year's Relay, and look forward to seeing some great sportsmanship and teamwork from everyone.

What follows is a rough guide to the teams and individuals whom we think will do well in the race today, as well as comments and background on schools who have performed notably in the past. 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 01–62 (boys) and 101–142 (girls) are shown in parentheses after the school's name below. The identification will also show the actual lap for each runner, with the final-leg runner's number coloured blue. All spectators are welcome to come to the school after the race, to enjoy the presentations.

## TEAM PROFILES & RUNNERS TO WATCH

### BOYS

#### BROMSGROVE [04]

After a brief absence last year, we're pleased to see Bromsgrove back again as long-standing competitors in the Race. This time they bring with them William Pridden (Y12), whose form has been steadily improving, and over the last few years has moved into triathlon. William was selected this year to be part of the U18 England Triathlon squad, coming second in the finals of the British Championships, and 3rd overall in the series.

## CALDAY GRANGE [05] [06]

After taking second and fourth place for the Boys Race in the last two years respectively—both outstandingly competitive fields—Calday Grange promise good racing for us today.

## JUDD [18] [19]

Judd return as reigning Boys' Team champions for the last three years in a row, with an impressive history of eight wins in total, and having held a top-five position since 2008. Always an outstanding performance, last year Judd broke the all-time course record, with an incredible time of 69.05! Surely they can't top it this year? We're excited to see the team Coach Simon Fraser brings for 2024, who go into the Race in good form. A close second in the National Cup Final has been their only defeat of the season thus-far, and earlier this month they made it a record-extending sixth Knole Run triumph. Many of the squad have good memories of this Coventry course: Captain Tom Claridge, second at the Knole, ran 11:20 last year; Josh Prendergast has dipped below 12 minutes three times before, and George Hopkins, twice. Jack Sharpe has probably been the most improved and will look to match his top-20 performance from the Cup Final. Other contenders for the A-team include Mark Bridger, Tom Beghein, Ethan Rocks, and Oliver Head, whilst their B-team could include several of their National Cup-winning Intermediate team.

## KING HENRY VIII [20]

Returning for his fourth Relay is Douglas Garnett (Y11), Doug had a top 10 finish in his first U17 race for the West Midlands Schools at the English Schools National XC Champs in March 2023. Following this in June he came 3rd in the West Mids Athletic Champs in the 1500, represented West Mids at the inter counties Mason Trophy in the 1500, and finished in the top 15 of the U17 Mens Midlands XC Champs. Last summer, Doug secured a bronze medal at the International Childrens Games in the 1500 in Daegu, South Korea. The team spans Year 7 to Year 13, so there are both seasoned athletes and developing runners competing for Henry's today.

## SHREWSBURY [39] [40]

A long-standing competitor at the Relay, knowing the course extremely well, Shrewsbury took second place in 2023. Returning this year with the squad is Jack Kinrade: fastest U16 in the world for 800m (1:51.72), U17 UK no 1 for 800m, two times National Champion, holding seven national medals, and running a sub-50 second 400m in 2022, Jack has been consistently ranked at the top of the national standings for 800m. Let's see what Shrewsbury can do in this year's Race.

## ST ALBANS [42] [43]

St Albans haven't missed a Relay since 1973, and have won the Race a dozen times. This year Ben Gostick returns as a captain with valuable experience. Ben has had a hugely impressive season in regional and national team events, placing in the top 20 at both the Nationals and Knole Run, and represents GB in orienteering.

## ST ANSELMS [46] [47]

St Anselms have competed in the Relay almost every year since 1977, just five years from the Race's inception. This year they are fielding a strong team, including Michael Phelan (Y9) who finished in 6<sup>th</sup> place at the ESAA National Finals this year, and Jac Chapman (Y10), George Goulding (Y10),

Michael Merriman (Y10) and Malachi Harty (Y9) who had a team 3<sup>rd</sup> place finish at the ESAA National Finals.

## ST MICHAEL'S [48]

First-time competitors in the Relay, we are thrilled that St Michael's College from Enniskillen are attending this year—they're travelling such a distance that they arrived here yesterday, and now are hopefully refreshed and ready to enjoy a great race today. They are a strong team, most of whom have represented Ireland in SIAB schools XC, or track & field events; Frank Buchanan (Irish Schools 3000m champion and Commonwealth Youth Games 1500m finalist) and Sean Corry (Irish Schools XC and 800m champion) stand out in particular.

Welcome St Michael's!

*St Michael's College XC Team, who travelled over 350 miles to be here today!*



## WOODBIDGE [60]

Still relative newcomers to the Relay, Woodbridge hosted the National Final of the English Schools XC Cup in December, fielding three qualifying teams; their Junior Boys taking 4th place, many of whom are running today. Also in their team is Henry Dover, who has had an excellent 2022/23. After winning Inter Boys 1500 at English Schools, SIAB International Inter Boys 1500 in Belfast (setting a meeting record), the U17 English National 3000 (breaking a 42-year record) and the London Mini Marathon in 2022, Henry's 2023 was just as impressive, winning the U17 National XC, bronze at UK Inter Counties XC and team gold, and winning the U20 Liverpool Cross Challenge. Henry has been selected to represent Great Britain at the European XC Championship, finished 6th at the Europeans, and won team silver with Great Britain. (In 2022, Henry ran 8:15 for U17 3000, now 5th on the UK all-time list—6th on that list now reads Mo Farah!)

## GIRLS

### JUDD [105]

The Judd Girls go into this race delighted with their best ever result, having just won the Knole Run. Captain Carys Firth placed second individually, and will be hoping for a top-10 split here. Jess Poland also returns to this course in good form. They will be joined by two new members of the team, who hope to better last year's sixth place finish.

### KING HENRY VIII [106] [107]

Hattie Garnett (Y12) captains the Girls for Henry's this year, fielding a capable A team of Lucy McQueen, Rose Andrews and Marta Haas, and backed up by an increasingly strong B team, comprising Clarissa Young, Freya Rendle, Freya Robson, and Lauren Hughes. As captain, Hattie sets a fantastic

pattern for her teammates, both in great support and encouragement, and also in her own pursuit of athletic achievement. She has been selected to run for West Midlands Schools at the English Schools National XC Champs in March, and represented Warwickshire last March at the Inter Counties XC; Hattie competed in her first 10km at the Northbrook 10km in July, winning the U20 Womens category.

## NEW HALL [115]

New Hall join us for the first time in 2024, as part of their coach Sebastian Cirillo's determined efforts to increase the XC fixtures for their very capable athletes. They arrive excited and ready for the Relay challenge, bringing with them Olivia Forrest (Y10), who represented England XC last year, placing year 3<sup>rd</sup> in the 3000 and 5<sup>th</sup> in the 5000 respectively in the UK U15. Welcome New Hall!

## RATCLIFFE COLLEGE [120] [121]

Following on from the success of last year's young team coming second, Ratcliffe College return for the third time to Race, another year older and stronger! Team captain, Shai King, holds the title of third fastest girl ever to run the course; she has had another year of impressive results, including winning the U17 English National XC Champs and coming first in the SIAB International 800. As last year, Shai will be supported by Violet Rudkin, who gained a silver medal in the 1500 at the English Schools Athletics Championships; Luan Power, who won bronze in the Midland Counties XC Champs takes the 3<sup>rd</sup> place in the team; and final place is taken by Matilda Don, who came 4<sup>th</sup> in the National Year 7 XC Champs. Once again, the team is hugely excited to take part.

## UPTON HALL SCHOOL FCJ [137] [138]

Taking third place last year, thereby winning the Pat Head Bowl, we look forward to seeing what Upton Hall can do this year. Gabby Phelan was selected to represent England in the Welsh International in the summer for the 2000 steeplechase, which she went onto win, as well as the English Schools 1500 steeplechase. Holly Cross was selected for Great Britain for the World Biathlete Championships in Bali where her team finished in 1st place and she finished 5th overall.



Next years' race will be on Wednesday 29th January 2025

We hope to see you all again!

If you want to see more about your team and your school's XC athletes in the programme, remember to send in your **Team Profiles** information sheets promptly next January, or simply email details to [relayrace.khviii@csfoundation.org.uk](mailto:relayrace.khviii@csfoundation.org.uk) to have them included.

*Please note the new email address!*

## BOYS RESULTS 2023

1	Judd School, The	69:05
2	Shrewsbury School	70:50
3	Abingdon	71:31
4	Calday Grange GS	71:43
5	St Anselm's College	73:32
6	Bourne Grammar School	73:57
7	Loreto College, Mancheste	74:15
8	Harrow School	74:29
9	St Ambrose College	74:43
10	Ermysted's	74:50
11	Sevenoaks School	75:01
12	Judd School, The 'B'	75:10
13	Thomas Telford	76:54
14	Coopers' Co. & Coborn	77:05
15	St Albans School	77:09
16	Sedbergh School	77:28
17	Radley College	77:30
18	Bishop Vesey's GS	79:12
19	Shrewsbury School 'B'	79:13
20	Abingdon 'B'	79:33
21	Millfield School	79:35
22	Uppingham School	79:37
23	QEGS Penrith	80:25
24	Bradford GS	80:27
25	Stonyhurst College	81:06
26	St Aidan's CofE HS	81:59

## 2023 FASTEST LAP TIMES

1	Will Singleton	Shrewsbury School	10:55
2	Ethan Brady Jones	St Anselm's College	11:11
3	Harry Hewitt	Bourne Grammar School	11:12
4	Ed Coutts	Judd School, The	11:14
5	Quinn Miell-Ingram	Abingdon	11:15
6	Freddie Meredith	St Ambrose College	11:16
7	Jamie Macdonald	Judd School, The	11:18
8	Tom Claridge	Judd School, The	11:20
8	Dan Galloway	Thomas Telford	11:20
10	Alex Poulston	Calday Grange GS	11:24
11	Johnny James	Abingdon	11:25
12	Kristian Tung	Shrewsbury School	11:27
13	Tom Emery	Harrow School	11:28
14	Louie McCormack	Loreto College, Manchester	11:29
15	Jake Brislane	Sevenoaks School	11:31
16	William Sutcliffe	Calday Grange GS	11:35
16	Ethan Nation	Loreto College, Manchester	11:35
18	George Hopkins	Judd School, The	11:37
19	Josh Prendergast	Judd School, The	11:38
20	Will D'Arcy	Abingdon	11:41
21	Jack Kinrade	Shrewsbury School	11:44
22	Oberon Kearney	St Anselm's College	11:45
23	Seb Beedell	Bourne Grammar School	11:46
24	Max Holden	Stonyhurst College	11:49
25	Oscar Kewley	Calday Grange GS	11:51
26	Joseph Grange	Coopers' Company and Coborn	11:52

## GIRLS RESULTS 2023

1	St Aidan's	54:16
2	Ratcliffe College	54:17
3	Upton Hall School FCJ	54:45
4	Thomas Telford	56:11
5	Bradford GS	56:21
6	Judd, The	57:05
7	Millfield	57:18
8	Dudley College	57:56
9	Woodbridge School	58:05
10	Shrewsbury	58:40
11	Uppingham	59:14
12	Bourne GS	60:20
13	St Aidan's 'B'	61:54
14	QEGS Penrith	61:59
15	Sedbergh	62:38
16	Thomas Telford 'B'	62:43
17	Sedbergh 'B'	63:20
18	Rugby School	64:01

## 2023 FASTEST LAP TIMES

1	Zoe Gilbody	Thomas Telford	12:21
2	Shai King	Ratcliffe College	12:38
3	Holly Cross	Upton Hall School FCJ	12:45
4	Gabby Phelan	Upton Hall School FCJ	12:47
5	Eve Whitaker	St Aidan's	12:54
6	Amelie Lane	Bradford GS	12:55
7	Iris Downes	Shrewsbury	12:57
8	Emily Gibbins	Bradford GS	13:04
9	Jemima Davey	Millfield	13:26
10	Ella Colbourn	St Aidan's	13:33
11	Jade Chareton	Dudley College	13:35
12	Carys Firth	Judd, The	13:37
13	Luan Power	Ratcliffe College	13:38
14	Niamh Robinson	St Aidan's	13:41
15	Ava Kind	Thomas Telford	13:42
16	Annabelle Hales	Judd, The	13:42
17	Violet Rudkin	Ratcliffe College	13:56
18	Carla Barennes	Bradford GS	14:01

# OFFICIALS

RACE ORGANISER, CLERK OF COURSE & PRESENTATIONS OFFICER	T Andrews
REFEREE	K Whitehead
STARTER & ANNOUNCER	D Butler
TAKE-OVER JUDGES & STARTERS' MARSHALS	K Whitehead, D Butler
DECLARATION OFFICERS	N Amlani, J Mattu & M Field
TIME-KEEPERS & RESULTS SERVICE	P Davies & S Davies <i>Tempo Events</i>
DATA SUPPORT	J Mattu, N Amlani and pupils from King Henry VIII School
COURSE OFFICIALS	L Ainsworth, T Crowfoot, P Dearden, C Dowding, E Garnett, L Harrison, P Huxford, P Manning, M McKenzie, K Owens, R Sewell
COURSE MARSHALS	60+ pupils of King Henry VIII School
PHOTOGRAPHY	S Jackson, A Jackson & R Heer
FIRST AID COVER	R Boyllin AOFA and G Warrender FAA,
COURSE SET UP	T Andrews, D Butler, M Field, J Holmes, and pupils of KHVIII X-Country Team.

## 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 Council Leisure Services Department: *especially Peter Kane and David Richards. We had a record five tree fall over the route in the woods section over the winter, and the team was brilliant in their quick response making it a safe and clear route for today.*
- Is Andrews for the Star Runners pages and VIP Biography
- S Lees for printing services
- School caterers, Holroyd Howe
- *Commbus*, Coleshill for PA

*Programme prepared by T Andrews 2024*





When we approached this year's VIP Chris Finill, to ask him to attend the 2024 Race and present the prizes, we only knew that he was a seasoned athlete with some very impressive records under his belt—but we quickly learned that, in fact, Chris was a member of Harrow County School's 1975 team! Chris has been able to shed some light on some of our archive photographs, and fill in a little more history on our longstanding and beloved Relay, which already has a wealth of stats and trivia for veterans to enjoy...

This is the team photo that we shared with Chris, all we knew was that it was the "1972 Harrow CS" (we used it in our 50<sup>th</sup> Anniversary programme in 2022). Chris was able to tell us that Robert Heath (third from left, front row) is the current Harrow AC Treasurer. Derek Wolfe (left, front row) on occasions beat Kirk Dumbleton from St Albans, who won the English Schools Intermediate XC title in 1972, beating both Steve Ovett (2nd) and Sebastian Coe (10th) in that race.



(Ovett and Coe are both major figures in GB athletics history; Steve Ovett won gold for 800 at the 1980 Olympics, and set five world records for the 1500 and mile distances. Seb Coe is probably even better known, winning Olympic gold for the 1500 in 1980 and 1984, setting nine outdoor and three indoor middle distance records, and vice president and then president of the IAAF (now World Athletics) from 2007—and of course, holder of the KHVIII Relay Race fastest lap time for 1975!)



(above) Chris is pictured here second on the front right, running the 1975 Race. (right) Running alongside the boys in the blue tracksuit is the Haberdashers Askes coach, Barry Goater, who's son Julian won the 1981 National XC Championships by almost 2 minutes!



The final fun artefact from this 1970s Relay era is a photograph supplied by Robert Heath, the fifth-leg runner for Harrow County School's 1972 team. It's his tea ticket from the day (does the fact that he still has it means Gareth went without sandwiches after the race?) It's amazing to see what people keep for future generations, and once again underlines how special these events are to the coaches and runners who put in so much effort across the XC calendar every year. We're very glad to be part of your memories.











# ALL TIME FASTEST TEAMS

## GIRLS TEAMS 2000–2023

1	Bradford GS	52:32	2022
2	Upton Hall	54:07	2022
3	St Aidan's	54:16	2023
4	Ratcliffe College	54:17	2023
5	Loreto GS	54:35	2015
6	Loreto GS	54:42	2016
7	Upton Hall School FCJ	54:45	2023
8	Millfield	54:56	2019
9	Sevenoaks	55:02	2016
10	Sevenoaks	55:22	2018
11	Sevenoaks	55:33	2017
12	St Aidan's	55:54	2022
13	Bradford GS	56:01	2020
14	QEGS Penrith	56:02	2019
15	Thomas Telford	56:11	2023
16	Bradford GS	56:15	2019
17	Millfield	56:18	2014
18	Bradford GS	56:21	2023
19	Millfield	56:25	2018
20	Woodbridge School	56:35	2020
21	Woodbridge School	56:36	2022
22	Ratcliffe College	56:42	2022
23	Sevenoaks	56:51	2019
24	Woodbridge School	56:55	2019
25	QEGS Penrith	57:02	2018
26	Judd, The	57:05	2023
27	RGS Newcastle	57:14	2015
28	QEGS Penrith	57:18	2017
29	Millfield	57:18	2023
30	Millfield	57:26	2016
31	Loughborough HS	57:29	2011
32	Wrekin	57:33	2019



## BOYS TEAMS 1991–2023

1	The Judd	69.05	2023
2	The Judd	70.44	2022
3	Shrewsbury Sch	70:50	2023
4	The Judd	71.09	2020
5	Ermysted's	71:26	2019
6	Abingdon	71.31	2023
7	Calday Grange GS	71.43	2023
8	The Judd	71:53	2019
9	Loughborough GS	72:00	2019
10	Marling	72.12	2005
11	The Judd	72.16	2018
12	St Albans	72.30	2001
13	Winchester	72.33	1997
13	Loughborough GS	72.33	2017
15	Marling	72.36	2011
16	Calday Grange GS	72.36	2022

## BOYS TEAMS 1972-1990

1	Skinnners	71.17 (69:41)	1983
2	Maidstone	71.19 (69:43)	1982
3	Bradford	71.49 (70:13)	1981
4	Maidstone	71.55 (70:19)	1981
5	Skinnners'	71.59 (70:23)	1981
6	St Cuthbert's	72.10 (70:34)	1987
7	Manchester	72.12 (70:36)	1978
8	Bradford	72.19 (70:43)	1980
9	Bradford	72.20 (70:44)	1982
10	St Albans	72.22 (70:46)	1982
11	Bishop Vesey GS	72.23 (70:47)	1976
12	RGS Newcastle	72.27 (70:51)	1982
12	Millfield	72.27 (70:51)	1989
14	RGS Newcastle	72.49 (71:13)	1987
15	Skinnners'	72.52 (71:16)	1982
16	KHVIII	72.55 (71:19)	1985

In 1991, as a result of changes in the Memorial Park, the course was shortened by 90 metres.

### Team Times:

The time in brackets has had 1:36 taken off - use that value to compare to the latest team times.

### Individual Times (on separate page):

For the pre-1991 runners their time has been reduced by 16 seconds, and marked with a \*. You need to add 16 seconds to get their original time.

If you know a missing first name for the boys please email [TDA@CSFoundation.org.uk](mailto:TDA@CSFoundation.org.uk)

# BOYS ALL TIME FASTEST RUNNERS LIST 1972–2023

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



1	Neil Appleby*, QMGs Walsall	10.50* (80)	47	Alistair Brownlee, Bradford GS	11.13 (06)
2	Fraser Sproul, Sedbergh School	10:52 (22)	50	Chris Sellers*, Maidstone	11.14* (82)
3	David Dudley*, West Park	10.53* (84)	50	Bernie Murphy*, St Edward's	11.14* (84)
4	Andrew Leach*, Bradford	10.54* (81)	50	David Robertson*, The Judd	11.14* (90)
4	Dave Miles*, RGS Newcastle	10.54* (84)	50	Simon Wilkinson, RGS Worcester	11.14 (95)
6	Will Singleton, Shrewsbury School	10.55 (23)	50	Olly Laws, Shrewsbury	11.14 (98)
7	Tom Purnell, Marling	10.56 (12)	50	Ed Coutts, Judd School, The	11.14 (23)
8	Matt Skelton, The Judd	10.57 (91)	56	D Calvert*, West Park	11.15* (76)
8	Rowan Miell-Ingram, Abingdon	10:57 (22)	56	I Mitchel*, Hayden	11.15* (81)
10	G Thompson, Ardingly	10.58 (98)	56	A Wild*, Cheadle Hulme	11.15* (87)
10	Connor Bentley, Habs' Adams GS	10.58 (19)	56	John Wild, Kings Macc	11.15 (92)
12	David Ellis*, Bishop Vesey GS	10.59* (78)	56	Quinn Miell-Ingram, Abingdon	11.15 (23)
13	Stephen Murphy, St Albans	11:00 (01)	61	Kirk Dumbleton*, West Park	11.16* (74)
14	Richard Callan*, Mkt Harb	11.02* (74)	61	Mark Aldersley*, KHVIII	11.16* (81)
15	Adrian O'Connor*, KEVI Lich	11.03* (90)	61	David Hoinville*, William Ellis	11.16* (82)
15	Thomas Sharland, Ipswich	11.03 (02)	61	K Archer*, Marple Hall	11.16* (84)
17	Steven Kendall*, Wednesfield	11.05* (76)	61	Nick Panchen*, RGS H Wyc	11.16* (88)
17	Euan Brennan, Giggleswick Sch	11.05 (19)	61	J Davis, Duchess's	11.16 (91)
17	Henry Dover, Woodbridge School	11:05 (22)	61	Ben Dijkstra, Loughborough GS	11.16 (15)
20	Richard Nerurkar*, Bradford GS	11.06* (82)	61	Finn Birnie, Truro School	11.16 (19)
21	Antony Rayworth*, Bishop Vesey GS	11.07* (82)	61	Freddie Meredith, St Ambrose College	11.16 (23)
22	I Murray*, Lenzie	11.08 (76)	70	Anthony Ford*, West Park	11.17* (83)
22	Tasso Asteriades*, Cheadle Hulme	11.08 (80)	70	D Pickering, QEGS Wake	11.17 (92)
22	J Robinson*, Calday Grange	11.08 (85)	70	Tom Curr, Marling	11.17 (11)
22	Jonathan Brownlee, Bradford	11.08 (07)	70	Joe Hudson, Ermysted's	11.17 (19)
26	Basil Martynuik*, Sir T Richs	11.09* (77)	74	Clive Prestt*, QEGS Wake	11.18* (76)
26	S Rose*, Beechen Cliff	11.09 (82)	74	John Sharp*, St Brendan's	11.18* (78)
28	Graham Williamson*, Lenzie	11.10* (76)	74	Steven (Stan) Horton*, KHVIII	11.18* (80)
28	Terry West*, St Cuthbert's	11.10* (87)	74	Roger Lillie*, The Judd	11.18* (81)
28	Mark Hudspith*, St Cuthbert's	11.10* (87)	74	S Bell*, Marple Hall	11.18* (83)
28	M McNeill, Bradford GS	11.10 (91)	74	Jamie Macdonald, Judd School, The	11.18 (23)
28	Cameron Scott, Watford	11.10 (08)	80	David Minter*, Maidstone	11.19* (78)
28	Ricky Lutakome, John Fisher	11.10 (18)	80	Dan Hayes, Calday Grange GS	11.19 (22)
34	Derek Wright*, Bishop Vesey GS	11.11* (73)	82	Seb Coe*, Abbeydale	11.20* (75)
34	Robin Pepper*, Haberdashers	11.11* (74)	82	David Price*, Sir Thomas Rich	11.20* (80)
34	Nigel Martyn*, William Ellis	11.11* (82)	82	Luke Armitage*, St Albans	11.20* (81)
34	Steve Fury*, Sir J Williamson	11.11* (86)	82	Alex Hodgkinson, St Albans	11.20 (03)
34	A Bailey*, RGS H Wyc	11.11* (88)	82	Dominic Easter, St Albans	11.20 (08)
34	Ethan Brady Jones, St Anselm's College	11.11 (23)	82	Jeremy Gilmour, Manchester GS	11.20 (08)
40	Nick Martyn*, Kingswood	11.12* (73)	82	Will d'Arcy, Abingdon	11:20 (22)
40	Andrew Saker*, Maidstone	11.12* (82)	82	Tom Claridge, Judd School, The	11.20 (23)
40	David Coney*, Maidstone	11.12* (82)	82	Dan Galloway, Thomas Telford	11.20 (23)
40	Spencer Duval*, Millfield	11.12* (87)	91	Dave Glassborow*, KHVIII	11.21* (72)
40	Ian Hudspith*, St Cuthbert's	11.12* (89)	91	Kevin Stewart*, Skinners'	11.21* (81)
40	Alex Thompson, Ermysted's	11:12 (22)	91	Ian Horsfall-turner*, Cranbrook	11.21* (85)
40	Harry Hewitt, Bourne Grammar School	11.12 (23)	91	M McBeth*, St Aloysius	11.21* (90)
47	Ges Cosgrave*, Bishop Ullathorne	11.13* (72)	91	Ash Rymer, Marling	11.21 (07)
47	Gary Crowther*, Manchester GS	11.13* (81)	91	James Kingston, The Judd	11.21 (20)

# GIRLS ALL TIME FASTEST RUNNERS LIST 1972–2023

*(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	(16)	23 Indie King, Loughborough HS	13:19	(20)
2 Zoe Gilbody, Thomas Telford	12:21	(23)	25 Thomasin Kemp, Bryanston	13:23	(98)
3 Ellen-Mary Kearney, Upton Hall	12:30	(22)	25 Olivia Martin, Magdalen College	13:23	(22)
4 Shai King, Ratcliffe College	12:34	(22)	27 Lily Slack, Walthamstow Hall	13:24	(19)
5 Ruby Vinton, Woodbridge Sch	12:44	(22)	28 Vicky Johnston, QEGS Penrith	13:26	(11)
6 Holly Cross, Upton Hall School FCJ	12:45	(23)	28 Jemima Davey, Millfield	13:26	(23)
7 Rebecca Flaherty, Bradford GS	12:47	(22)	30 Isobel Glaisher, Millfield	13:28	(14)
7 Gabrielle Phelan, Upton Hall School FCJ	12:47	(23)	30 Millie Wills, Millfield	13:28	(20)
9 Sabrina Sinha, Sevenoaks	12:48	(16)	32 April Hill, Woodbridge Sch	13:29	(19)
9 Phoebe Barker, Sevenoaks	12:48	(17)	33 Beth Barlow, Loreto GS	13:30	(15)
11 Eve Whitaker, St Aidan's	12:54	(23)	34 Naomi Richardson, King Henry VIII	13:32	(12)
12 Amelie Lane, Bradford GS	12:55	(23)	35 Ella Colbourn, St Aidan's	13:33	(23)
13 Iris Downes, Shrewsbury	12:57	(23)	36 Olivia Kelly, Bablake	13:34	(17)
14 Victoria Walker, St Albans	12:59	(10)	37 Dani Rowlinson, Wrekin	13:35	(16)
14 Emily Gibbins, Bradford GS	12:59	(22)	37 Maisey Bellwood, Woodhouse Grove	13:35	(22)
16 Becky Straw, Bromsgrove Sch	13:05	(11)	37 Jade Chareton, Dudley College	13:35	(23)
16 Elise Thorner, Millfield	13:05	(19)	40 Izzie James, Bromsgrove Sch	13:36	(17)
18 Mari Smith, Loughborough HS	13:06	(12)	40 Krista Bennett, Bablake Sch	13:36	(22)
19 Esme Davies, QEGS Penrith	13:08	(18)	42 Carys Firth, Judd, The	13:37	(23)
20 Kate Waugh, Newcastle RGS	13:10	(15)	43 Carla Barennes, Bradford GS	13:38	(22)
21 Jess Humphreys, Wrekin	13:13	(19)	44 Luan Power, Ratcliffe College	13:38	(23)
22 Lizzy Bird, St Albans	13:18	(13)	45 Abbie Saker, Bromsgrove Sch	13:39	(17)
23 Rowena Cole, Tile Hill Wood	13:19	(08)	45 Eve Pannone, QEGS Penrith	13:39	(19)



**2024 KING HENRY VIII RELAY - GIRLS COMPETING TEAMS  
AND THEIR PREVIOUS RECORD**

'00	'01	'02	'03	'04	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14	'15	'16	'17	'18	'19	'20	'22	'23		No's
																				10	7	12	Bourne GS	101
										14			16	*					3	1	1	5	Bradford GS	102
2	11	4	4	5	5	7		8	5		4	9	8	6	11	17	3	4	17	15	25		Bromsgrove	103
					10	4	3	6	3	11	19			15	19	21	24	25	36	33			Giggleswick	104
																				25		6	Judd, The	105
6	6	5	7	3	7	16	9	10	6	4	9	6	5	21	29	26	27	29	35	37	28	23	King Henry VIII	106
9	14	11	18	9	6	17	12	11	14	19	29	19	21	29	35	28			38			29	King Henry VIII 'B'	107
																				34			Lancaster RGS	108
											5	1	1	2	1	1	11	9	14	6	19		Loreto GS Alt'ham	109
											17	11	10	18	14	9	19	14	26	18	31		Loreto GS Alt'ham 'B'	110
											25	22	13	24	21	19	23	21	30	31	33		Loreto GS Alt'ham 'C'	111
																							Loughborough College	112
																				23	36	16	Magdalen College School	113
1	4	2	1	1	1	2		2	1	13	2	5	6	1		3	4	2	1	4		7	Millfield	114
																							New Hall School, Boreham	115
																					34	28	Oswestry School	116
																							Princethorpe College	117
	1	1	3	7					9	8	6	10	9	10	6	7	2	3	2	7	8	14	QEGS Penrith	118
		9	11						15	15	26	26	11	20	15	18	8	27	32	19	27	25	QEGS Penrith 'B'	119
																				5	2		Ratcliffe College	120
																						24	Ratcliffe College 'B'	121
			19		16	14	8				14		17	25	26	8	16	18	20	11	20	18	Rugby School	122
			13	6	11	9	4	3	7	6	3	14	7	12	8	5	6	5	12	8	12	15	Sedbergh	123
										18	27	21	20	16	16	12	14	15	22	22	17	17	Sedbergh 'B'	124
																16	13	22		24	26	21	Sedbergh 'C'	125
					2	1								3	4	2	1	1	4	20			Sevenoaks	126
											24	15		4	7	13	18	11	13	14	9	10	Shrewsbury	127
															20	23	28	23	31	30	30	22	Shrewsbury 'B'	128
									4	3	10	3		5	5						3	1	St Aidan's	129
	3						1			7	15	4											St Albans	130
																							Stonyhurst College	131
															9	14	12	12	24	5	6	4	Thomas Telford	132
																			21	35	23	16	Thomas Telford 'B'	133
																				38			Tiffin	134
	9	6	2	2	3	3	2	4		12							15	20	16	16	14	11	Uppingham	135
						5													29	29	24	26	Uppingham 'B'	136
																	7	13	8	3	2	3	Upton Hall School FCJ	137
																		28	28	23	10	20	Upton Hall School FCJ 'B'	138
																		6	5	2	4	9	Woodbridge School	139
																			27	26	21	19	Woodbridge School 'B'	140
																				11			Woodhouse Grove School	141
																				29			Woodhouse Grove School 'B'	142
																							Bourne GS 'B'	143

## 2024 KING HENRY VIII RELAY - COMPETING

No's	Year '72 '73 '74 '75 '76 '77 '78 '79 '80 '81 '82 '83 '84 '85 '86 '87 '88 '89 '90 '91 '92 '93 '94 '95 '96 '97																											
01	Abingdon										24	30	32	31	29	25			19							35	26	13
02	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	34	12	29	
03	Bourne Grammar School																											
04	Bromsgrove School	26	31	34	35	33			39											33		35			37		28	20
05	Calday Grange GS													19		2	9	5	3	9								
06	Calday Grange GS 'B'																											
07	Coopers' Co. & Coborn																											
08	Coopers' Co. & Coborn 'B'																											
09	Ermysted's																											
10	Ermysted's 'B'																											
11	Giggleswick School																				10	13	20	10	12	18	15	
12	Haberdashers' Adams GS																											
13	Habers' Adams GS 'B'																											
14	Harrow School																											8
15	Harrow Sch 'B'																											
16	John Fisher																											
17	John Fisher 'B'																											
18	Judd School, The						19	13	7	14	22	25	12	13	21	11		16	4	2	5	18	11	26				
19	Judd School, The 'B'																											
20	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	18	19	7	
21	Lancaster RGS																											
22	Loreto College																											
23	Loughborough College																											
24	Loughborough GS	18			23	15	30	21	19	20	34	33	38	24	23	26	23	30	18	8	23	16	18	33	26	23	28	
25	Magdalen College School																											
26	Merchant Taylors																			29								
27	Millfield School				28	29			26	15					8		4		1	23	8	1	6	6	2	3	3	
28	Nottingham HS															25	31	29	25	19	9		8	5	8	8	11	
29	Oswestry School																											
30	Princethorpe College																											
31	QEGS Penrith																											
32	QEGS Penrith 'B'																											
33	Radley College																											
34	Radley College 'B'																											
35	Rugby School																	33		18	28	37	25	12	33			
36	Sedbergh School																	23										
37	Sedbergh School 'B'																											
38	Sevenoaks School					6	31	27		28	14	16		19	23													
39	Shrewsbury School			8	16	16	10	15	28	14		7	5	5	6	6	14	15	7	17	12	12	7	1	1	6		
40	Shrewsbury School 'B'																											
41	St Aidan's CofE HS																											
42	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	29	27	26	
43	St Albans School 'B'																											
44	St Ambrose College																				34	17	17	20	17	38		
45	St Ambrose College 'B'																											
46	St Anselm's College					33	12	31	18	23	8	9					38					34	11	7	7	5		
47	St Anselm's College 'B'																											
48	St Michael's College, NI																											
49	St Michael's Coll, 'B'																											
50	Stonyhurst College																34				32							
51	Thomas Telford																											
52	Tiffin School																									13	17	
53	Tiffin School 'B'																											
54	Uppingham School																											
55	Uppingham School 'B'																											
56	Warwick School		16	36	36					39	42	41				40				30	21		16					
57	Warwick School 'B'																											
58	Watford GS	10	25	22	33	34	31	33		33							9	7	24			20	19	24	28	25	41	
59	Wirral Grammar School																											
60	Woodbridge School																											
61	Woodhouse Grove School																											
62	Woodhouse Grove Sch 'B'																											



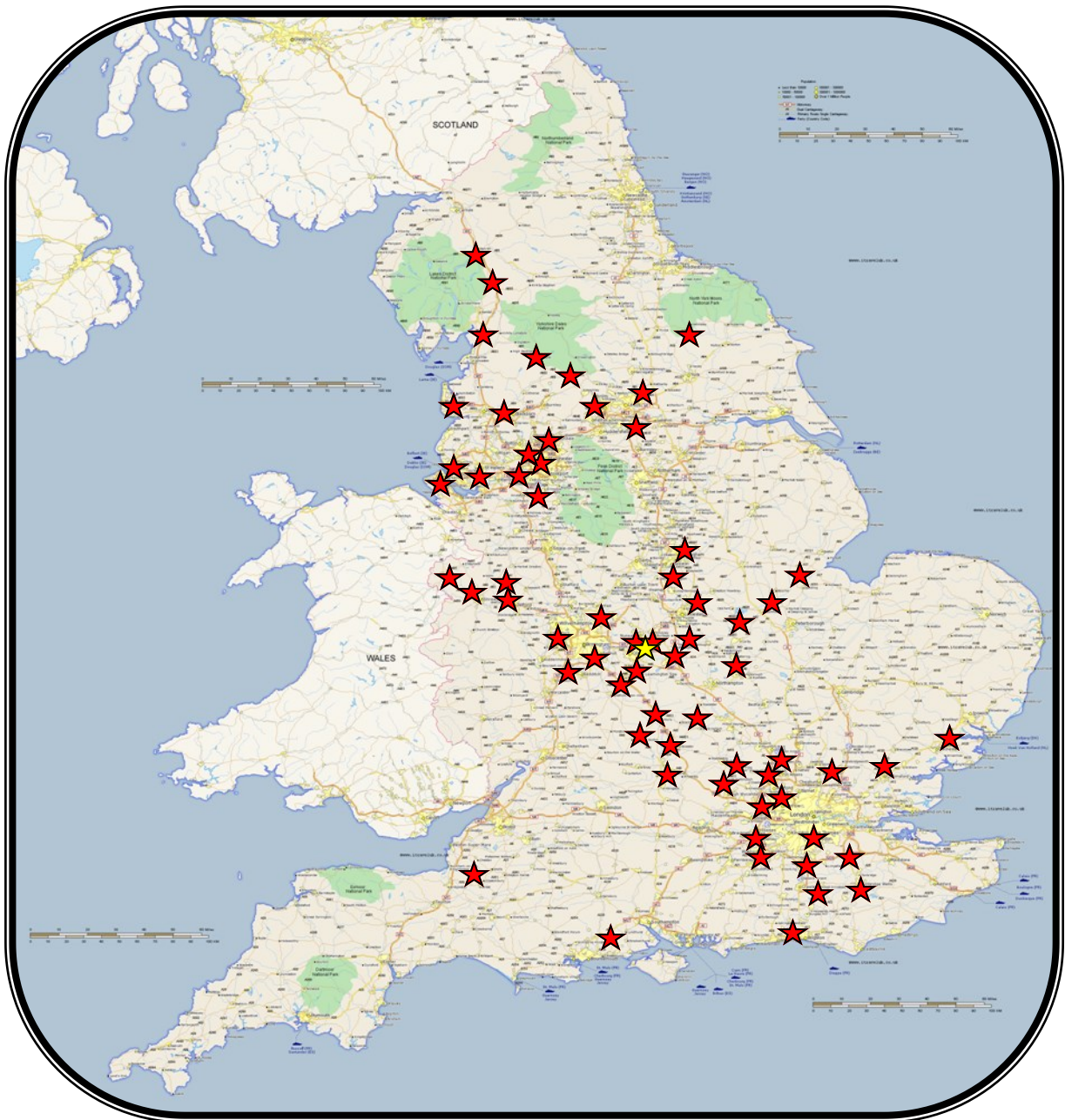
## BOYS TEAMS AND THEIR PREVIOUS RECORD

Race

'98	'99	'00	'01	'02	'03	'04	'05	'06	'07	'08	'09	'10	'11	'12	13	'14	'15	'16	17	18	19	20	22	23	Year	No's	
28	40			22	27	32							8	5						7	8	6	*	3	Abingdon	01	
24	23	32	25	27	43	15	14	32	28	23	19	36	18	31	38	45	50	42	40	41	35	20	27	18	Bishop Vesey's GS	02	
																						15	7	6	Bourne Grammar School	03	
22	28	28	40	42	46	24	23	36		32	33		36	29	31	26	14	26	34	33	37	33	25		Bromsgrove School	04	
	9															35	26				26	18	2	4	Calday Grange GS	05	
																					44	46	34	39	Calday Grange GS 'B'	06	
																							11	14	Coopers' Co. & Coborn	07	
																							31	31	Coopers' Co. & Coborn 'B'	08	
											17	6	7	35	26	33	28			2	1	2	12	10	Ermysted's	09	
												30	34	39	29					15	22	25	37	28	Ermysted's 'B'	10	
17	15	12	5	13									25			42	38	23	15	27	30	52			Giggleswick School	11	
							11	9	8	5	8	12	26	33	27	25	31	31	27	12	13	41	43		Haberdashers' Adams GS	12	
																	51	45	44	40	*	51	*		Habers' Adams GS 'B'	13	
				20								15	16	11	5	5	6	6	10	11	16	16	6	8	Harrow School	14	
																									Harrow Sch 'B'	15	
	21	19	26	12	16	19	31	25	21	25		23	15	11	16	22	19	12	13	13	29	31	35		John Fisher	16	
														18	41			38	41	*	*	48	41		John Fisher 'B'	17	
			6	4	2	1	7	12	4	2	2	2	2	1	2	2	1	1	3	1	2	1	1	1	Judd School, The	18	
											14	7	9	8	10	12	11	21	18	14	17	7	5	12	Judd School, The 'B'	19	
	24	31	23	29	14	10	19	17	14	14	16	19	23	19	23	39	41	36	43	34	39	38	30	34	King Henry VIII	20	
													5	31	8	11					23	17			Lancaster RGS	21	
																						35		7	Loreto College	22	
																									Loughborough College	23	
29	22	14	12	33	20	11	24	34	33	28	15	38	31	26	24	4	3	4	1	6	3	29		37	Loughborough GS	24	
																					27	36	39	*	Magdalen College School	25	
																						23		32	Merchant Taylors	26	
30	10	29	15						10	11	11	14	11	10	6	10		11			20	13		21	Millfield School	27	
14		16	17	9	10	14	26	24	23	20	13	22		23	21	24	34	30	33	32	31	30			Nottingham HS	28	
																							33	42	Oswestry School	29	
																									Princethorpe College	30	
			18	5	21	18								22	18	32	17	9	12	22	9	10	24	23	QEGS Penrith	31	
																	49	29	45	45	33	40	40	38	QEGS Penrith 'B'	32	
					18	17	29	14	13	21	21		44	42	37								43	20	17	Radley College	33
													48											32	35	Radley College 'B'	34
36				44	48	33	39	33	26		30	27	19		17	16		17	36	36	34	27	22	29	Rugby School	35	
	2	5	2	6	5	5		21	16	16	5	5	10	4	9	7	5	2	4	9	6	12	10	16	Sedbergh School	36	
											23	24	22	24	19	13	32	19	25	25	32	26	36	36	Sedbergh School 'B'	37	
	12															6	8	14	14	16	11	11	15	11	Sevenshoe School	38	
2	6	6	10	3	8	16	12	11	19	12	24	11	6	2	3	3	4	3	6	8	4	5	3	2	Shrewsbury School	39	
													17	12	15	15	12	8	17	18	15	19	18	19	Shrewsbury School 'B'	40	
											22	13	40	28		31	33								26	St Aidan's CofE HS	41
3	1	1	1	1	1	3	4	6	2	1	3	1	4	3	1	1	2	5	5	3	10	8	8	15	St Albans School	42	
												20	12	17	4	9	16	28	22	24	36	22	29		St Albans School 'B'	43	
					11		18						39	34		34	13	16	24	35	24	24	13	9	St Ambrose College	44	
																46	47	*						30	St Ambrose College 'B'	45	
4	5	3	4	21	4	7	5	4	1	4	6	4	14	16			9	7	2	4	7	4	4	5	St Anselm's College	46	
												26	38	30			21	24	19	28	25	44	28	33	St Anselm's College 'B'	47	
																									St Michael's College, NI	48	
																									St Michael's Coll, 'B'	49	
		39	38	38	37																		19	25	Stonyhurst College	50	
																14	7	15	16	26	41	28	14	13	Thomas Telford	51	
12	18	37	42	43	19	23	20	18	17	9		18	21	13	11	38	39		26	19	19	14	16	27	Tiffin School	52	
															43	48	48		47	37	50	39	*	40	Tiffin School 'B'	53	
	27	35	31	24	25	22	15	20	15	19		16							20	17	21	21	17	22	Uppingham School	54	
											31										42		38	*	Uppingham School 'B'	55	
42	11	7	36	39	39	31				29			49	37	39	18	35	37	39	39					Warwick School	56	
													*			47		44							Warwick School 'B'	57	
							17	13	12	8	12	25	35	21	34	28	24	25	28	23			26		Watford GS	58	
																									Wirral Grammar School	59	
																				21	12	9	23		Woodbridge School	60	
																							21		Woodhouse Grove School	61	
																							42		Woodhouse Grove Sch 'B'	62	

## Where have the teams come from?

This map shows the *approximate* locations of the teams that are here. Runners from over 550 miles apart are competing today in Coventry ★ .

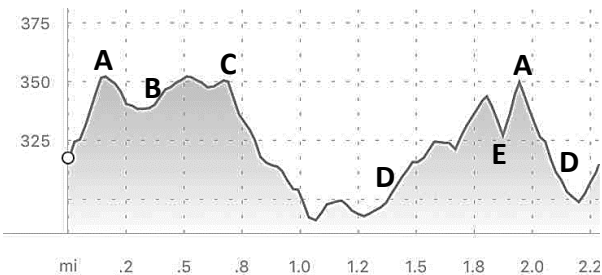




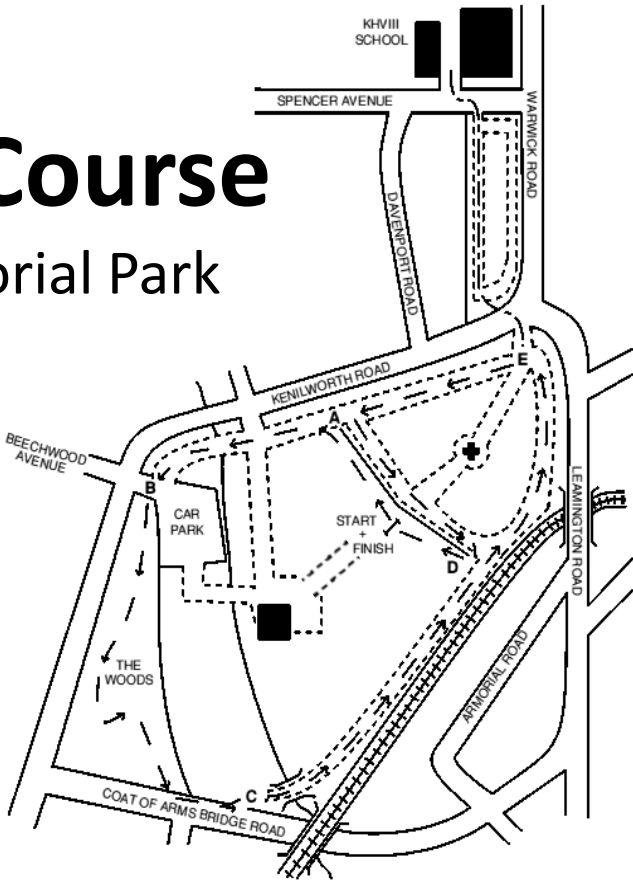
# Relay Race Course

## Coventry War Memorial Park

approximate elevation chart



130ft elevation gain



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



## VIP Guest, Chris Finill

Chris was born in the same street in Harrow as Roger Bannister (first athlete to break the four-minute mile, in 1954), so he had an instant association with athletics. Joining Harrow Athletic Club in 1974, he started competing regularly for his school, Harrow County Grammar School, and then for Middlesex at the English Schools.

Chris clearly remembers competing in the King Henry Relays in 1975, recalling that in '75, the fastest lap was run by a young Sebastian Coe (who is now President of the International Association of Athletics Federations!)

Always wanting to run just that little bit further, Chris progressed from 10k cross-country races to his first marathon in the USA aged 20, whilst studying at Michigan State University. From there, he moved up the distances to 100 kilometres (62 miles) and then 24-hour races. In both events he became English Champion, and went on to represent Great Britain, eventually gaining a total of 14 international vests.



Still curious to test his limits and seek further adventure, Chris ran across America, from San Francisco to New York in the Autumn of 2011 – a run averaging 40 miles per day from sea to shining sea, that took 79 days in all.

Last summer, aged 64, Chris ran from John O' Groats to Land's End, becoming one of just a handful of athletes ever to complete this USA/UK double. Chris also holds the

World Record for the longest sub-3-hour marathon streak in the same marathon, having gone under 3 hours 33 times at the London Marathon every year since it began from 1981, until 2013. He has run every London Marathon since its inception, right up until 2023, making a total of 43 races... so far!

Chris is married to Julia, who has run several marathons, including the London. Julia is a (sometime) runner and (very regular) volunteer at their local parkrun in Cranleigh.

