



# CENTRAL PARK ATHLETICS



## Newsletter Weekending 22/07/2018

### CPA Friends and Family Day

Thank you to everyone that came to support and join in at our inaugural Friends and Family day, you all contributed immensely to the success of the event and we sincerely hope you all enjoyed it as much as we did!

The event was officially opened by The Worshipful the Mayor of Dartford, Councillor David Mote who was accompanied by his wife Ellen the Mayoress of Dartford.

There was fierce competition in the obstacle race, the egg and spoon race, sack race and three-legged race, not to mention the relay events. All children that took part were awarded a Central Park Athletics medal.

#### Race Results



### Deal Dinosaur 10k – 22/07/2018

Well done to Janet PYNE and Mick COX who completed the Deal Dinosaur 10k on 22/07/2018. Lovely to see Janet back out there following her recent lay off.

Position	Bib No.	Name	Category	Gun Time	Chip Time
389	33	Janet PYNE	VW70	01:20:03	01:19:33
338	34	Mick Cox	VM70	01:09:06	01:08:36

# parkrun results 21/07/2018

Name	Location	Time	Overall PB
Antony HYLTON	Bexley	00:20:25	00:18:59
Ariel KRYSZTOFIK	Dartford	00:21:32	00:20:27
Mark SMITH	Foots Cray Meadows	00:22:55	00:21:01
Jamie BUSHNELL	Dartford	00:23:46	00:21:20
Anthony DUREY	Dartford	00:24:13	00:18:10
Andy BALFE	Dartford	00:24:41	00:24:52 New PB!
Anoushka JOHNSON	Dartford	00:25:21	00:20:02
Henry MUNT	Dartford Heath	00:26:43	00:20:14
Alastair McTEER	Victoria Dock	00:27:49	00:25:25
Kirsten McTEER	Victoria Dock	00:27:51	00:26:52
Aleksandr SOLOSHENKO	Dartford	00:27:56	00:24:01
Vinod KALIA	Dartford	00:28:00	00:26:49
Gary WARNER	Foots Cray Meadows	00:28:14	00:23:34
Valerie BEVAN	Dartford Heath	00:29:09	00:26:59
Sandra SPEER	Foots Cray Meadows	00:29:39	00:25:55
Martin HARMAN	Foots Cray Meadows	00:29:41	00:27:27
Naomi BROWN	Clapham Common	00:30:46	00:28:39
Rowan McTEER	Beckton	00:31:25	00:31:39 New PB!
Mick COX	Dartford Heath	00:31:46	00:30:56
Sonia HANNA	Dartford	00:33:08	00:29:48
Megan FLETCHER	Dartford	00:33:09	00:29:16
Damian GIBBS	Foots Cray Meadows	00:33:27	00:24:40
Victoria GIBBS	Foots Cray Meadows	00:33:27	00:27:54
David PHILLIPS	Dartford	00:36:23	00:36:24 New PB!
Janet PYNE	Dartford Heath	00:38:34	00:21:20
Ann KOMZOLIK	Dartford	00:38:43	00:34:02
Tracey GOODWIN	Dartford	00:38:44	00:33:23
Zethu MAKATINI	Dartford	00:42:34	00:41:52
Joanne DANSTON	Dartford	01:02:16	00:33:20
Richard DANSTON	Dartford	01:02:17	00:30:55

Congratulations to Andy BALFE (24:41), Rowan McTEER (31:25) and David PHILLIPS (36:23) who all recorded new overall parkrun PBs on Saturday 21/07/2018.

Great work from all of you, well done!

Parkrun is a free, weekly timed 5km run. If you haven't yet tried it and fancy giving it a go, head to <https://www.parkrun.com/register/form/> to register, print off your barcode and come along to Central Park at 8:45 on Saturday and join us just outside the entrance to the Central Park Athletics Arena.

# junior parkrun results 22/07/2018

Name	Location	Time	Overall PB
Bobby SMITH	Dartford	00:08:31	00:08:26
Lexie JOHNSON	Dartford	00:08:37	00:08:47 New PB!
Phoebe DACHTLER	Dartford	00:08:51	00:08:59 New PB!
Aleksandr SOLOSHENKO	Dartford	00:09:14	00:09:06
Thomas STEPHENSON	Dartford	00:09:53	00:08:37
Naomi BROWN	Dartford	00:09:54	00:09:34
Samuel WATSON	Dartford	00:10:02	00:09:34
Dylan BROWN	Dartford	00:10:10	00:09:53
Poppy SMITH	Dartford	00:10:21	00:08:48
Neve ARNOULD	Dartford	00:11:27	00:10:57
Edith MARTIN	Dartford	00:12:46	00:11:46
Lilly HANNA	Dartford	00:13:00	00:12:27
Zachary VAUGHAN	Dartford	00:13:25	00:14:28 New PB!
Violet PIPCIN	Dartford	00:14:19	00:12:06
Oliver BALFE	Dartford	00:14:46	00:12:22
Phoebe BARBER	Dartford	00:15:01	00:11:46
Rebecca COX	Dartford	00:15:21	00:12:57
Maya HYLTON	Dartford	00:16:25	00:16:01
Henry ARNOULD	Dartford	00:16:32	00:14:50
Lilly ARNOULD	Dartford	00:18:10	00:16:55
Molly HANNA	Dartford	00:22:14	00:14:28

Congratulations to Lexie JOHNSON (08:37), Phoebe DACHTLER (08:51) and Zachary VAUGHAN (13:25) who all recorded new overall junior parkrun PBs on Sunday 22/07/2018.

These times are so well deserved and are due to the hard work you put in at the Swifts training sessions.

All of your coaches are so proud of you.

Junior parkrun events take place every Sunday at 9am and is run over a 2km course. Many of our Swifts members already run these events but if your child currently doesn't and they would like to try, you can register them also at <https://www.parkrun.org.uk/register/form/>, print off their barcode and join us in Central Park at around 8:45. The run starts near the Café, across the field from the Central Park Athletics Arena.

# The Week Ahead at CPA...

## **Monday 23<sup>rd</sup> July**

- **Swifts Training Session 6pm to 7pm**

## **Tuesday 24<sup>th</sup> July**

- **Coached Training Session 7pm to 8pm**

## **Wednesday 25<sup>th</sup> July**

- **Dartford Harriers AC Open Meeting 6.30pm to 8pm approx.**
- **Swifts Training Session 5pm to 6pm**
- **Main CPA Training Session 7pm to 8pm – adults and Swifts welcome**

**(Nb. The CPA sessions will all take place in Central Park due to the DHAC Open Meeting.)**

## **Thursday 26<sup>th</sup> July**

- **Coached Training Session 7pm to 8pm**

## **Friday 27<sup>th</sup> July**

**TRACK CLOSED**

## **Saturday 28<sup>th</sup> July**

- **The club will be open before and after parkrun for those that wish to use the facilities.**
- **Renee will be hosting her Charity Bake Sale in aid of Asthma UK between 9.30 and 11.30 approx. at the clubhouse.**

## **Sunday 29<sup>th</sup> July**

- **Swifts Training Session 10am to 11am**