



CENTRAL PARK ATHLETICS



Newsletter Weekending 29/07/2018

Swifts members – A little challenge...

Coach Tony has set a little task for our junior members.

On the Swifts logo, there is a phrase written in Latin. This phrase is our Club motto, but what does it mean?

If you know, please tell Tony or one of the other Coaches next time you see them.

If you need to enlarge the logo in order to read the motto why not take a photo on a phone and enlarge that photo?

Good luck to you all!



Dartford Harriers Open – 25/07/2018

Congratulations to the following who competed in the Dartford Harriers Open Meeting on Wednesday 25th July. As you can see, four new Club Records were set in the series of events. Great running from you all, well done!

200m

Position	Bib No.	Name	Category	Time	
5		Becca BUSHNELL-DUREY	SW30	00:00:42.83	
6		Anthony DUREY	VM50	00:00:43.91	Club Record!

1 Mile

Position	Bib No.	Name	Category	Time	
7		Mark SMITH	VM35	00:06:02.75	Club Record!

400m

Position	Bib No.	Name	Category	Time	
5		Craig SHARP	VM40	00:00:55.56	Club Record!

600m

Position	Bib No.	Name	Category	Time	
1		Craig SHARP	VM40	00:01:28.49	Club Record!

800m

Position	Bib No.	Name	Category	Time	
7		Chloe SHARP	U20W	00:02:13.43	

The final DHAC Open Meeting takes place on Bank Holiday Monday 27th August. The timetable of events is below. Why not come along and have a go?

10:05	70mh	U/13G Pent			
10:15	70mh	U/13G	10:15	Hammer	U/13+ G&W
10:30	75mh	U/13B Pent	10:15	High Jump	U/13 & U/15B&G+ all M&W
10:45	75mh	U/13B	10:45	Long Jump	U/13G Pent
11:00	80mh	U/15B & U/17W	11:10	Shot Put	U/13B Pent
11:15	100mh	U/17M & U/20W & SW	11:30	Hammer	U/13+ B&M
11:30	110mh	U/20M & SM	12:00	Shot Put	U/13 & U/15B&G + all M&W
11:45	1 mile	U/13B & U/15B&G+ all M&W	12:20	Long Jump	U/11 & U/13B&G
12:05	600m	U/11B&G & U/13G	13:20	Shot Put	U/13G Pent
12:30	1500m s/c	U/17+ W	13:35	Long Jump	U/13B Pent
12:50	800m	U/13B & U/15B&G	14:00	Pole Vault	U/13+B&M U/13+ G&W
13:45	2000m s/c	U/17+ M	14:00	Discus	U/13+ G&W
14:05	75m	U/11B&G & U/13G	14:25	High Jump	U/13G Pent
14:30	100m	U/13B & U/15B&G+all M&W	15:15	Discus	U/13+ B&M
14:55	1200m	U/11B&G & U/13G	15:35	High Jump	U/13B Pent
15:10	800m	U/17+ M&W	15:50	Long Jump	U/15B&G+ all M&W
15:40	400m	U/17M & U/20+ M&W	16:15	Javelin	U/13+ B&M U/13+ G&W
16:05	300m	U/15B&G & U/17W			
16:20	1500m	U/13B & U/15B&G+ all M&W			
16:50	200m	U/13B & U/15B&G+ all M&W			
17:05	150m	U/11B&G & U/13G			
17:15	800m	U/13G Pent			
17:30	800m	U/13B Pent			

parkrun results 28/07/2018

Name	Location	Time	Overall PB
Dylan John BEAVER	Dartford	00:19:00	00:17:48
Anthony DUREY	Dartford	00:19:46	00:18:10
Ariel KRYSZTOFIAK	Dartford	00:21:05	00:20:27
Jamie BUSHNELL	Dartford	00:21:28	00:21:20
Stanley MUNT	Dartford Heath	00:21:47	00:22:23 New PB!
Phil DOVEY	Whitby (Canada)	00:21:52	00:20:59
Anoushka JOHNSON	Dartford	00:23:00	00:20:02
Lexie JOHNSON	Dartford	00:23:00	00:23:56 New PB!
Janice DOVEY	Whitby (Canada)	00:26:47	00:23:36
Molly DOVEY	Whitby (Canada)	00:26:47	00:23:22
Vinod KALIA	Dartford	00:26:57	00:26:49
Mark SMITH	Dartford	00:27:02	00:21:01
John SANDERS	Lullingstone	00:27:25	N/A First Timer!
Arthur MUNT	Dartford Heath	00:27:32	00:27:53 New PB!
Aleksandr SOLOSHENKO	Dartford	00:28:03	00:24:01
Tessa HALES	Dartford	00:28:04	00:22:28
Martin HARMAN	Dartford	00:28:27	00:27:27
Lindsey SANDERS	Lullingstone	00:28:31	00:27:40
Harley CLARK-HURREN	Dartford	00:28:34	00:24:28
Rowan McTEER	Foots Cray Meadows	00:30:44	00:31:25 New PB!
Megan FLETCHER	Dartford	00:31:29	00:29:16
Nathanael AKINPITAN	Dartford Heath	00:31:58	00:25:11
Michaela McMILLAN	Dartford	00:32:08	00:28:20
Alastair McTEER	Foots Cray Meadows	00:32:12	00:25:25
Kirsten McTEER	Foots Cray Meadows	00:32:13	00:26:52
David PHILLIPS	Dartford	00:35:43	00:36:23 New PB!
Shipra MALHOTRA	Dartford	00:36:13	00:34:54
Joanne DANSTON	Dartford	00:36:34	00:33:20
Ann KOMZOLIK	Dartford	00:38:17	00:34:02
Becca BUSHNELL-DUREY	Dartford	00:39:07	00:34:12
Zethu MAKATINI	Dartford	00:43:00	00:41:52
Das KALIA	Dartford	00:43:57	00:44:37 New PB!
Richard DANSTON	Dartford	00:45:03	00:30:55
Evan-Philip AKINPITAN	Dartford Heath	00:46:33	00:44:15

Congratulations to Stanley MUNT (21:47), Lexie JOHNSON (23:00), Arthur MUNT (27:32), Rowan McTEER (30:44), David PHILLIPS (35:43) and Das KALIA (43:57) who all recorded new overall parkrun PBs on Saturday 28/07/2018.

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 29/07/2018

Name	Location	Time	Overall PB	
Henry MUNT	Dartford	00:08:18	00:07:36	
Nathanael AKINPITAN	Dartford	00:08:28	00:08:06	
Phoebe DACHTLER	Dartford	00:09:09	00:08:51	
Samuel FOTHERINGHAM	Medway	00:09:35	00:09:02	
Aleksandr SOLOSHENKO	Dartford	00:09:42	00:09:06	
Samuel WATSON	Dartford	00:11:03	00:09:34	
Evan-Philip AKINPITAN	Dartford	00:11:52	00:11:20	
Neve ARNOULD	Dartford	00:11:57	00:10:57	
Oliver BALFE	Dartford	00:12:57	00:12:22	
Henry ARNOULD	Dartford	00:14:08	00:14:50	New PB!
Maya HYLTON	Dartford	00:15:58	00:16:01	New PB!

Congratulations to Henry ARNOULD (14:08) and Maya HYLTON (15:58) who both recorded new overall junior parkrun PBs on Sunday 29/07/2018.

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 30th July

- Swifts Training Session 6pm to 7pm

Tuesday 31st July

- Coached Training Session 7pm to 8pm

Wednesday 1st August

- Swifts Training Session 5pm to 6pm
- Main CPA Training Session 7pm to 8pm – adults and Swifts welcome

Thursday 2nd August

- Coached Training Session 7pm to 8pm

Friday 3rd August

- Quiz Nite for runners of Dartford's Parks 7:30pm. Further information is at www.rundartford.com

Saturday 4th August

- The club will be open before and after parkrun for those that wish to use the facilities.

Sunday 5th August

- Swifts Training Session 10am to 11am