



# CENTRAL PARK ATHLETICS



## Newsletter Weekending 05/08/2018

### Run > Dartford Summer Series Race 5

The 2018 Run > Dartford Summer Series draws to a close on Friday 17th August with a 2000m race on the Central Park Athletics track.

This annual series, organised by our friends at Dartford Road Runners, is always a fantastic set of events and with the finale on home soil, we would love to see as many of you there as possible. Full details are on the Facebook page at

<https://www.facebook.com/events/218191418725766/>

It has been confirmed that this event is open to juniors AGED 9 and OVER as well as adults so come on Swifts, come and have a run too! Race entry costs £5 which can be paid on the night or in advance at <http://rundartford.com/>

### Renee-Marie Young – Good Luck!

On Sunday 12th August, Renee takes on an Ultra Marathon around Salisbury. The race is over a distance of 50km (31 miles) and we all wish Renee the very best of luck.

Renee is also running the London Marathon next year and is raising funds for Asthma UK. If you wish to make a donation then please head to

<https://www.justgiving.com/fundraising/youngladyren>

### Chloe Sharp – Au revoir!

Chloe Sharp has jetted off to the US of A to start her course at California Baptist University where she has earned a sports scholarship. This will be an amazing adventure for our Chloe but is one she has very much earned with her hard work and determination.

We will all miss you Chloe but we know you will make a real success of things. Don't forget to come back and visit us when you're back in Old Blighty!

# parkrun results 04/08/2018

Name	Location	Time	Overall PB
Cameron SHARP	Dulwich	00:17:04	00:19:04 New PB!
Chloe SHARP	Dulwich	00:17:14	00:17:52 New PB!
Anthony DUREY	Dartford	00:19:22	00:18:10
Ariel KRYSZTOFIK	Dartford	00:21:09	00:20:27
Dan FOTHERINGHAM	Great Lines	00:21:23	00:21:00
Stanley MUNT	Dartford Heath	00:21:52	00:21:47
Tessa HALES	Dartford	00:25:11	00:22:28
Gary WARNER	Dartford	00:25:31	00:23:34
Prasanth EKKORATHA	Dartford	00:25:42	00:23:16
Aleksandr SOLOSHENKO	Dartford	00:26:46	00:24:01
Antony HYLTON	Dartford	00:26:47	00:18:59
Phoebe DACHTLER	Dartford	00:27:06	00:26:26
Sandra SPEER	Dartford	00:27:08	00:25:55
Vinod KALIA	Dartford	00:27:11	00:26:49
John SANDERS	Lullingstone	00:27:23	00:27:25 New PB!
Alastair McTEER	Douglas, Cubnezais	00:27:35	00:25:25
Arthur MUNT	Dartford Heath	00:27:55	00:27:32
Martin HARMAN	Dartford	00:28:42	00:27:27
Megan FLETCHER	Dartford	00:29:24	00:29:16
Lindsey SANDERS	Lullingstone	00:29:33	00:27:40
Harley CLARK-HURREN	Dartford	00:29:49	00:24:28
Anoushka JOHNSON	Dartford	00:29:55	00:20:02
Michaela McMILLAN	Clermont Waterfront	00:32:48	00:28:20
Graham FRYATT	Dartford Heath	00:33:02	00:27:32
Mark McMILLAN	Clermont Waterfront	00:33:11	00:23:52
Naomi BROWN	Brentwood	00:34:48	00:28:39
David PHILLIPS	Dartford	00:36:07	00:35:43
Janet PYNE	Dartford	00:36:41	00:32:26
Mick COX	Dartford	00:36:42	00:30:56
Shipra MALHOTRA	Dartford	00:37:10	00:34:54
Rowan McTEER	Douglas, Cubnezais	00:37:23	00:30:44
Kirsten McTEER	Douglas, Cubnezais	00:37:25	00:26:52
Joanne DANSTON	Dartford	00:37:47	00:33:20
Richard DANSTON	Dartford	00:37:48	00:30:55
Isaac UBA	Dartford	00:40:01	00:33:20
Sophia UBA	Dartford	00:40:49	00:39:53
Zethu MAKATINI	Dartford	00:43:47	00:41:52
Das KALIA	Dartford	00:43:48	00:43:57 New PB!

Congratulations to Cameron SHARP (17:04), Chloe SHARP (17:14), John SANDERS (27:23) and Das KALIA (43:48) who all recorded new overall parkrun PBs on Saturday 04/08/2018.

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 05/08/2018

Name	Location	Time	Overall PB	
Adam SMAIL	Dartford	00:08:23	N/A	First Timer
Nathanael AKINPITAN	Dartford	00:08:27	00:08:06	
Phoebe DACHTLER	Dartford	00:08:43	00:08:51	New PB!
Aleksandr SOLOSHENKO	Dartford	00:09:06	00:09:06	New PB!
Louis SANDERS	Dartford	00:10:02	00:09:27	
Zac JOHNSON	Dartford	00:11:46	00:11:03	
Evan-Philip AKINPITAN	Dartford	00:13:20	00:11:20	
Charlotte SANDERS	Dartford	00:13:30	00:12:07	
Edith MARTIN	Dartford	00:13:34	00:11:46	
Phoebe BARBER	Dartford	00:13:44	00:11:46	
Oliver BALFE	Dartford	00:14:03	00:12:22	
Maya HYLTON	Dartford	00:18:41	00:15:58	

Congratulations to Adam SMAIL who ran a superb 08:23 in his first junior parkrun, to Phoebe DACHTLER (08:43) who set a new junior parkrun PB on Sunday 05/08/2018, and to Aleksandr SOLOSHENKO (09:06) who equalled his PB.

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 6th August**

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

## **Tuesday 7th August**

- **Coached Training Session 7pm to 8pm – all are welcome**

## **Wednesday 8th August**

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

## **Thursday 9th August**

- **Coached Training Session 7pm to 8pm – all are welcome**

## **Friday 10th August**

**TRACK CLOSED**

## **Saturday 11th August**

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

## **Sunday 12th August**

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