



# CENTRAL PARK ATHLETICS



## Newsletter Weekending 12/08/2018

### Tuesday & Thursday Training Sessions

A reminder that Tuesday and Thursday training sessions are open to all. Tuesday is typically a long run with some interval work and Thursday usually consists of a track session suitable for middle distance and endurance. Although these sessions may seem of higher intensity than we are used to, Tony assures me that we are all capable of completing them so why not come and have a go? I'm intending on going along this week to see what they're about and to find out where my level is!

### Mount Ephraim 10k 12/08/2018

Position	Bib No.	Name	Category	Gun Time	Chip Time	
160	10	Mick COX	VM70	01:05:38	01:05:27	Club Record!
187	9	Janet PYNE	VW70	01:17:36	01:17:24	

Congratulations to Mick COX (01:05:27) who set a new Club Record at the Mount Ephraim 10km event on 12/08/2018. Mick took over a minute off of his previous Club Record of 01:06:46. Great work Mick!

### Salisbury 54321 (50k) 12/08/2018

Position	Bib No.	Name	Category	Gun Time	Chip Time	
107	1369	Renee-Marie YOUNG	VW45	05:33:09	05:33:05	

Renee-Marie YOUNG ran a brilliant PB in the 50km event at the Salisbury 54321 on 12/08/2018. At the same event last year, Renee completed the course in 05:56:30 which shows how much progress she has made over the last 12 months. Fantastic work Renee, well done!

# parkrun results 11/08/2018

Name	Location	Time	Overall PB
Dylan John BEAVER	Greenwich	00:18:17	00:17:48
Antony HYLTON	Dartford	00:19:52	00:18:59
Anthony DUREY	Dartford	00:19:53	00:18:10
Jamie BUSHNELL	Pegwell Bay	00:20:14	00:21:20 New PB!
Anoushka JOHNSON	Dartford	00:20:28	00:20:02
Ariel KRYSZTOFIAK	Dartford	00:20:45	00:20:27
Jonathan MUNT	Aberystwyth	00:21:53	00:21:41
Stanley MUNT	Aberystwyth	00:21:54	00:21:47
Adam SMAIL	Dartford	00:23:51	N/A New PB!
Prasanth EKKORATHA	Dartford	00:24:13	00:23:16
Andy BALFE	Dartford	00:24:40	00:24:41 New PB!
Samuel FOTHERINGHAM	Great Lines	00:25:22	00:25:11
Dan FOTHERINGHAM	Great Lines	00:25:23	00:21:00
Arthur MUNT	Aberystwyth	00:25:38	00:27:32 New PB!
Janice DOVEY	Bexley	00:25:40	00:23:36
Tessa HALES	Bexley	00:25:40	00:22:28
Bobby SMITH	Eden Project	00:26:16	00:24:22
Phil DOVEY	Bexley	00:26:16	00:20:59
Poppy SMITH	Eden Project	00:26:27	00:27:16 New PB!
Mark SMITH	Eden Project	00:26:31	00:21:01
Alastair McTEER	Exeter Riverside	00:27:20	00:25:25
Kirsten McTEER	Exeter Riverside	00:27:23	00:26:52
Aleksandr SOLOSHENKO	Dartford	00:27:46	00:24:01
Vinod KALIA	Dartford	00:27:48	00:26:49
Gary WARNER	Foots Cray Meadows	00:28:09	00:23:34
Martin HARMAN	Porthcawl	00:28:37	00:27:27
Larissa O'HALLORAN	Foots Cray Meadows	00:28:45	00:27:56
Victoria GIBBS	Dartford	00:28:58	00:27:54
Megan FLETCHER	Dartford	00:29:43	00:29:16
Molly DOVEY	Bexley	00:29:50	00:23:22
Sonia HANNA	Dartford	00:29:50	00:29:48
Harley CLARK-HURREN	Dartford	00:29:54	00:24:28
Tracy BALFE	Dartford	00:30:04	00:29:23
Damian GIBBS	Dartford	00:30:20	00:24:40
Rowan McTEER	Exeter Riverside	00:30:33	00:30:44 New PB!
Mick COX	Dartford	00:30:35	00:30:56 New PB!
Richard DANSTON	Dartford	00:31:17	00:30:55
Nathanael AKINPITAN	Dartford Heath	00:31:45	00:25:11
Dylan BROWN	Homewood	00:32:51	00:29:33
Naomi BROWN	Homewood	00:32:57	00:28:39
Brent PARKER	Folkestone	00:33:34	N/A New PB!
David PHILLIPS	Lymington Woodside	00:35:50	00:35:43
Janet PYNE	Dartford	00:36:02	00:32:26
Becca BUSHNELL-DUREY	Pegwell Bay	00:36:38	00:34:12
Becky PEREIRA	Dartford	00:36:38	00:35:30
Sandra SPEER	Dartford	00:36:38	00:25:55
Joanne DANSTON	Dartford	00:36:51	00:33:20
Amanda CROCKFORD	Dartford	00:37:36	00:32:25
Tracey GOODWIN	Dartford	00:37:36	00:33:23
Isaac UBA	Dartford	00:38:22	00:33:20
Joyce OTOBO	Dartford	00:38:22	00:35:09
Das KALIA	Dartford	00:43:12	00:43:48 New PB!

Congratulations to Jamie BUSHNELL (20:14), Andy BALFE (24:40), Arthur MUNT (25:38), Poppy SMITH (26:27), Rowan McTEER (30:33), Mick COX (30:35) & Das KALIA (43:12) who all recorded new overall parkrun PBs on Saturday 11/08/2018. Well done also to Adam SMAIL (23:51) and Brent PARKER (33:34) who both completed their first parkruns.

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 12/08/2018

Name	Location	Time	Overall PB	
Nathanael AKINPITAN	Dartford	00:08:10	00:08:06	
Phoebe DACHTLER	Dartford	00:08:50	00:08:43	
Alastair McTEER	Lesnes Abbey Woods	00:09:00	00:08:48	
Aleksandr SOLOSHENKO	Dartford	00:09:17	00:09:06	
Samuel FOTHERINGHAM	Medway	00:09:21	00:09:02	
Rowan McTEER	Lesnes Abbey Woods	00:11:06	00:11:41	New PB!
Evan-Philip AKINPITAN	Dartford	00:12:04	00:11:20	
Edith MARTIN	Dartford	00:12:59	00:11:46	
Lilly HANNA	Dartford	00:13:28	00:12:27	
Phoebe BARBER	Dartford	00:13:48	00:11:46	
Rebecca COX	Dartford	00:14:56	00:12:57	
Molly HANNA	Dartford	00:21:35	00:14:28	
Maya HYLTON	Dartford	00:23:50	00:15:58	

Congratulations to Rowan McTEER (11:06) who ran a superb new PB at Lesnes Abbey Woods junior parkrun on Sunday 12th August.

This PB followed on, of course, from Rowan's 5km PB at Exeter Riverside the day before! Top running Rowan.

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 13th August**

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

## **Tuesday 14th August**

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

## **Wednesday 15th August**

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

## **Thursday 16th August**

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

## **Friday 17th August**

- **Run > Dartford race #5 – 2,000m on the CPA track. 7pm sharp**

## **Saturday 18th August**

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

## **Sunday 19th August**

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