



CENTRAL PARK ATHLETICS



Newsletter Weekending 19/08/2018

Clacton-on-Sea Half Marathon 19/08/2018

Position	Bib No.	Name	Category	Gun Time	Chip Time	
54	195	Antony HYLTON	VM40	01:40:03	01:39:09	Club Record!

Congratulations to Antony HYLTON who competed in the Clacton-on-Sea Half Marathon on Sunday. Tony ran a fantastic 01:39:09 smashing Mario RUBERTO's Club Record in the process. The challenge is on Mario...

Tony's daughter Maya ran in the 'Golden Mile' event on the same day, although this event wasn't officially timed. Knowing Maya, she would have given it her all and done herself proud. Well done Maya!

All current Club Records can be viewed at <http://centralparkathletics.co.uk/the-club/club-records/>

Run > Dartford Summer Series Race 5

Friday, 17th August saw a substantial number of CPA runners take to their home track for the final race of the 2018 Run > Dartford Summer Series, a 2000m race.

A special mention should go to Samuel FOTHERINGHAM who was the youngest competitor in the event and who clocked a superb 09:08. Well done Samuel, you should be a very proud young man.

No club records were up for grabs as the race is not England Athletics affiliated but as you can see, there were some impressive performances.

Position	Bib No.	Name	Category	Time
6	79	Anthony DUREY	VM50	00:07:03
10	78	Anoushka JOHNSON	VW40	00:07:26
12	77	Jamie BUSHNELL	SM30	00:07:37
14	168	Dan FOTHERINGHAM	VM40	00:07:39
21	38	Rob O'HALLORAN	VM40	00:08:02
33	65	Gary WARNER	VM50	00:08:53
34	75	Renee-Marie YOUNG	VW45	00:08:54
38	167	Samuel FOTHERINGHAM	U13M	00:09:08
44	146	Vinod KALIA	VM55	00:09:32
46	66	Sandra SPEER	VW50	00:09:41
50	18	Valerie BEVAN	VW60	00:09:57
53	17	Trevor BEVAN	VM65	00:10:07
56	99	Martin HARMAN	VM45	00:10:08
57	164	Peter DUREY	SM25	00:10:11
58	14	Megan FLETCHER	U17W	00:10:22
60	5	Michaela McMILLAN	VW45	00:10:22
64	165	Brent PARKER	VM60	00:11:38
68	25	Richard DANSTON	VM45	00:11:49
70	76	Becca BUSHNELL-DUREY	SW30	00:13:04
72	109	Joanne DANSTON	VW45	00:13:16
73	191	Das KALIA	VW55	00:15:33

In the final standings for the entire series, which are based on age grading, Valerie BEVAN finished 2nd overall with 368.33 points and Tony DUREY came 4th overall with 359.16 points.

A full breakdown of all the series results and scores can be found here

<http://rundartford.com/>

Our thanks go to our friends at Dartford Road Runners for organising this series for the third year running.

Race Results

I do try to ensure that I record all Central Park Athletics race results (even if it means trawling the internet a bit). If, however, I do miss anyone out then please don't hesitate to email me on richard.danston@btinternet.com or message me on Facebook.

parkrun results 18/08/2018

Name	Location	Time	Overall PB
Anthony DUREY	Dartford	00:19:21	00:18:10
Anoushka JOHNSON	Dartford	00:20:30	00:20:02
Ariel KRYSZTOFIAK	Dartford	00:20:48	00:20:27
Mark SMITH	Dartford	00:21:34	00:21:01
Rebecca WATSON	Foots Cray	00:21:37	00:21:46 New PB!
Jamie BUSHNELL	Dartford	00:21:58	00:20:14
Prasanth EKKORATHA	Dartford	00:23:31	00:23:16
Stanley MUNT	Dartford Heath	00:24:09	00:21:47
Andy BALFE	Dartford	00:24:46	00:24:40
Gary WARNER	Dartford	00:24:51	00:23:34
Samuel FOTHERINGHAM	Great Lines	00:25:18	00:25:11
Dan FOTHERINGHAM	Great Lines	00:25:19	00:21:00
Tessa HALES	Foots Cray	00:25:27	00:22:28
Aleksandr SOLOSHENKO	Dartford	00:26:27	00:24:01
Phoebe DACHTLER	Dartford	00:26:28	00:26:26
Vinod KALIA	Dartford	00:26:31	00:26:49 New PB!
Lindsey SANDERS	Dartford	00:26:38	00:27:40 New PB!
Sandra SPEER	Dartford	00:26:48	00:25:55
Alastair McTEER	Dartford	00:27:48	00:25:25
Kirsten McTEER	Dartford	00:27:52	00:26:52
Martin HARMAN	Dartford	00:28:04	00:27:27
Janice DOVEY	Dartford	00:28:44	00:23:36
Molly DOVEY	Dartford	00:28:44	00:23:22
Phil DOVEY	Dartford	00:28:46	00:20:59
Peter DUREY	Dartford	00:29:04	00:28:11
Sonia HANNA	Dartford	00:29:39	00:29:48 New PB!
Arthur MUNT	Dartford Heath	00:29:45	00:25:38
Tracy BALFE	Dartford	00:30:02	00:29:23
Michaela McMILLAN	Dartford	00:30:03	00:28:20
Mick COX	Dartford	00:30:05	00:30:35 New PB!
Katy MUNT	Dartford Heath	00:30:11	00:24:55
Henry MUNT	Dartford Heath	00:30:14	00:20:14
Rowan McTEER	Dartford	00:30:25	00:30:33 New PB!
Graham FRYATT	Dartford Heath	00:31:34	00:27:32
Richard DANSTON	Dartford	00:31:48	00:30:55
Megan FLETCHER	Dartford	00:32:32	00:29:16
Brent PARKER	Dartford	00:33:03	00:33:34 New PB!
Amanda CROCKFORD	Burnham-on-Crouch	00:34:57	00:32:25
Becky PEREIRA	Dartford	00:35:00	00:35:30 New PB!
David PHILLIPS	Dartford	00:35:03	00:35:43 New PB!
Janet PYNE	Dartford	00:35:52	00:32:26
Ann KOMZOLIK	Dartford	00:36:28	00:34:02
Isaac UBA	Dartford	00:36:54	00:33:20
Sophia UBA	Dartford	00:36:58	00:39:53 New PB!
Joanne DANSTON	Dartford	00:37:10	00:33:20
Joyce OTOBO	Dartford	00:37:43	00:35:09
Das KALIA	Dartford	00:43:34	00:43:12
Evan-Philip AKINPITAN	Dartford Heath	00:49:04	00:44:15

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 19/08/2018

Name	Location	Time	Overall PB
Stanley MUNT	Dartford	00:08:07	00:07:58
Henry MUNT	Dartford	00:08:11	00:07:36
Adam SMAIL	Dartford	00:08:13	00:08:23 New PB!
Arthur MUNT	Dartford	00:08:35	00:09:09 New PB!
Lexie JOHNSON	Dartford	00:08:38	00:08:37
Samuel FOTHERINGHAM	Medway	00:08:52	00:09:02 New PB!
Aleksandr SOLOSHENKO	Dartford	00:09:00	00:09:06 New PB!
Phoebe DACHTLER	Dartford	00:09:01	00:08:43
Sienna DARBY-LANE	Dartford	00:09:47	00:10:17 New PB!
Samuel WATSON	Dartford	00:10:55	00:09:34
Florence DARBY-LANE	Dartford	00:11:26	00:16:32 New PB!
Evan-Philip AKINPITAN	Dartford	00:11:34	00:11:20
Neve ARNOULD	Dartford	00:11:48	00:10:57
Lilly HANNA	Dartford	00:12:06	00:12:27 New PB!
Phoebe BARBER	Dartford	00:12:33	00:11:46
Edith MARTIN	Dartford	00:13:27	00:11:46
Rebecca COX	Dartford	00:13:48	00:12:57
Charlotte SANDERS	Dartford	00:13:52	00:12:07
Zachary VAUGHAN	Dartford	00:14:06	00:13:25
Henry ARNOULD	Dartford	00:15:06	00:14:08
Molly HANNA	Dartford	00:16:33	00:14:28

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 20th August

- Swifts Training Session 6pm to 7pm

Tuesday 21st August

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

Wednesday 22nd August

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

Thursday 23rd August

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

Friday 24th August

TRACK CLOSED

Saturday 25th August

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

Sunday 26th August

- Swifts Training Session 10am to 11am

Please be aware that there will be no Swifts Training Session on MONDAY 27TH AUGUST.