

## Northbrook 10k, Coventry, Sunday 14<sup>th</sup> July 2019

There was a good turnout from Kenilworth Runners at the Northbrook 10k on Sunday 14<sup>th</sup> July with 66 runners finishing the testing course.

Oliver Flippance was first home 30<sup>th</sup> overall in a time of 38:10, followed closely by Joe Chick 32<sup>nd</sup> in 38:13, Ryan Baker 33<sup>rd</sup> in 38:31 and Oliver Beasley 38<sup>th</sup> in 39:19.

For the ladies Marie Matthews finished 6<sup>th</sup> female overall and 3<sup>rd</sup> LV35 in 39:52, with Laura Pettifer 5<sup>th</sup> LV35 in 41:16, Rachel Miller, with a new PB of 41:42, 7<sup>th</sup> LV35 and Kelly Burnett-Nicholl 9<sup>th</sup> LV35, also with a new PB, in 42:35.

There were category wins for Roger Homes (M55 in 40:12) and Dave Pettifer (M65 in 44:31) with Emma Garnett 2<sup>nd</sup> LV45 and Pauline Dable 2<sup>nd</sup> LV65.

The race was won by Chris Sharp of Knowle and Dorridge RC in 33:54. There were 590 finishers.

*All Kenilworth Runners positions and times: -*

Position	Time	Name	Cat
30	38:10:00	Oliver Flippance	U17M
32	38:12:00	Joe Chick	SM
33	38:31:00	Ryan Baker	U20M
38	39:19:00	Oliver Beasley	M35
46	39:52:00	Marie Matthews	SF
50	40:02:00	Paul Royle	M35
55	40:12:00	Roger Homes	M55
62	40:31:00	Ian Baynes	M45
64	40:40:00	David Armstrong	SM
71	41:16:00	Laura Pettifer	F35
74	41:23:00	Harry Purewal	SM
76	41:31:00	David Lowe	M35
79	41:34:00	Peter Bryan	M45
81	41:42:00	Rachel Miller	F35
88	42:09:00	Jacob Watson	U17M
94	42:27:00	Mark Alldritt	M45
99	42:34:00	Emma Garnett	F45
100	42:35:00	Kelly Burnett Nicholl	F35
105	42:58:00	Stewart Underhill	M45
106	42:59:00	Becky Beasley	SF
113	43:35:00	Colin Bailey	M45
125	44:22:00	Jenny Vaughan	F35
127	44:31:00	Dave Pettifer	M65
130	44:37:00	Barry Elkington	M55
146	45:32:00	Luigi Frondella	M55
153	45:47:00	Andrew Marsh	M45

160	45:59:00	Louise Andrews	F45
167	46:21:00	Christopher Lyons	M35
170	46:27:00	Lorne Williams	M55
176	46:41:00	Pete Matthews	M35
178	46:46:00	Stan Alexander	M65
185	47:06:00	Becky Phagura	F35
188	47:15:00	Michael Williams	M55
192	47:21:00	Eddy Peachey	M55
197	47:34:00	Jenny Philpott	F35
201	47:42:00	Jane Kidd	F55
205	47:57:00	Steve Ramus	M45
215	48:20:00	Tim Fenton	M55
247	49:37:00	Charlotte McNerney	SF
251	49:50:00	Gary Morgan	M45
256	49:56:00	Richard Clarke	M35
285	51:01:00	Neill Butler	M55
286	51:04:00	Elisse Breugelmans	F45
296	51:38:00	Emma Wreford-Bush	F35
299	51:41:00	Kerrie Flippance	F35
300	51:43:00	Carla Fusté Rabassedas	SF
302	51:46:00	Polly Dudley-Clayden	F35
304	51:49:00	Jackie Bulman	F45
322	52:36:00	Michael Crust	M65
332	53:07:00	Debbie Streets	F45
340	53:33:00	Lisa Sears	F45
347	53:46:00	Steve Lord	M45
352	53:50:00	Catherine Atkinson	F45
369	54:15:00	Denise Young	F55
370	54:16:00	Anthony Young	M35
388	55:26:00	Melanie Beasley	F45
403	56:37:00	Anne Thomas	F45
417	57:36:00	Thomas Dable	M65
422	57:47:00	Aidan Keher	M55
429	58:29:00	Liz Hegan	F55
443	59:20:00	Simon Mottershead	M35
444	59:21:00	Stef Lunn	F35
484	61:51:00	Pauline Dable	F65
504	63:01:00	Samantha Moffatt	F45
538	66:55:00	Helen Baker	F45
551	70:10:00	Mandy Crust	F55

## Milton Keynes 10K, Wednesday 10<sup>th</sup> July 2019

Ian Baynes was the first of three Kenilworth Runners to complete the Milton Keynes 10k on Wednesday 10<sup>th</sup> July finishing 103<sup>rd</sup> in 40:09. Tom Dable finished 416<sup>th</sup> in 58:01 and Pauline Dable finished 453<sup>rd</sup> in 62:06. The race was won by William Gardner of Rugby & Northants AC in 32:17.

The race was the final event in the 7 race East Midland Grand Prix Series, with runners best 5 events to count in the overall series. Kenilworth's Dave Pettifer won the series V70 competition with 5 race wins and Pauline Dable won the series LV70 prize.

## Thornbury 10K, Thursday 11<sup>th</sup> July 2019

Kenilworth Runners' Martin Dorrill and Debbie Streets took part in the Thornbury 10K on a warm evening of Thursday 11<sup>th</sup>. The race is a quick sell out, with over 300 people taking part. The course is undulating, on quiet country roads.

The race is part of a 3 medal series which Martin and Debbie have now completed all three. The other 2 events are the Riverbank Rollick and the Oldbury Power Station 10 miler.

Martin finished 26<sup>th</sup> in 40:43, 2<sup>nd</sup> MV50, Debbie 146<sup>th</sup> in 54:37. The race was won by Gavin Jones from Monroe Trailblazers in 35:03.



## Snowdon Trail Ultra 60k, Llanberis, Sunday 14<sup>th</sup> July 2019

Finishing the Snowdon Trail Marathon in 2018, Kenilworth Runners' Pam Grimwade and Stephen Chalkley decided to take on the ultra distance in 2019 on Sunday 14<sup>th</sup> July.

The Snowdonia Trail Marathon, Ultra Marathon, Half Marathon and 10k, start and finish in Wales's outdoor capital, Llanberis.

The Snowdonia Trail Marathon is a challenge in every sense of the word. Ascending 1,685 metres over 26 miles of iconic and spectacular trails, the race circumnavigates and eventually climbs part of Wales' highest peak - Snowdon. The incredible route explores the trails, gorgeous panoramic views, and tough climbs that make Snowdonia National Park perfect for outdoor enthusiasts. Visiting Rhyd Ddu, Beddgelert, Nant Gwynant, Pen y Pass and Snowdon, there surely can't be a more striking trail marathon route in the UK!

The Ultra encompasses 7000ft of climbing over 60km and visits the beautiful Cwm Tresgl and Cwm Pennant before re-joining the Marathon Route to ascent Snowdon.

Pam and Stephen finished the event 96<sup>th</sup> and 97<sup>th</sup> out of 155 finishers in a leisurely 9hrs 20 mins after an eventful run and a few cuts and bruises collected on the way.

## Piece of Cake Trail Half Marathon, Carding Mill Valley, Shropshire, Saturday 14<sup>th</sup> July 2019

Kenilworth Runners' Neil Sheward and Louise Andrews took on the challenge of the Piece of Cake Trail Half Marathon on Saturday 13<sup>th</sup> July starting in Carding Mill Valley, which is just a stones thrown from the beautiful town of Church Stretton. The race took in the Shropshire Hills and The Long Mynd, so the name must have referred to the food at the end rather than the course.

Neil and Louise finished joint 13<sup>th</sup> in a time of 2:02:53 and Louise was 2<sup>nd</sup> lady.

The race was won by Keelan Birch in 1:39:05. There were 112 finishers.



Kenilworth Runners' Tanya Folliot, Chris Tock and Andy Hudson completed their first Ultra on Saturday 13<sup>th</sup> July, the iconic Race to the Stones from Lewknor, Oxfordshire, to Base Camp along the Ridgeway, Finishing the 50k race in 8:24:38 this is Tanya's report on their experience: -

## Race to the Stones – a 50K Ultra – Lewknor, The Ridgeway, Saturday 13<sup>th</sup> July 2019

For a novice to the world of Ultra running, it would be hard to find an endurance race that runs quite as effortlessly smoothly as Race to the Stones.

The race, in its 6<sup>th</sup> year, winds along The Ridgeway - Britain's oldest footpath, a 5,000 year old trail that cuts an impressive path through the English countryside.

The race starts early morning in the middle of a field in Lewknor in Oxfordshire. Many of the 1,100 starters will do the whole 100K nonstop finishing at the Avebury stone circle somewhere between early evening and the early hours of the following morning. Others chose to split the 100K over 2 days and will stay in one of the pre-assembled tents at the 50K point this evening before carrying on with a 2nd 50K first thing in the morning. Then there are those, such as us, who cautiously decide to do play it safe and just do a mere 50k in one day.

High on excitement and caffeine, from a fabulous coffee van by the start line, I stand at the start line with fellow Kenilworth Runners Andy Hudson and Chris Tock. We're already feeling like a well-bonded team before we've even taken a step. The camaraderie in the car that morning, thanks to our driver and support man (Kenilworth running legend John Sherry), and the festival feel in the field has eased any nerves. We are buzzing with excitement. I don't think about the fact it was only 10 months ago that I ran my first half marathon, or that I'm still relatively new to running and have never run more than 20 miles before. I feel completely calm and ready for a different type of pace, relieved that the pressure of racing and PBs are off the table today.

I've even quickly come to terms with the fact that we won't get to see the mystical stones. That they are reserved for the people doing the full

100K. Something that I only realised a few days earlier in a conversation with Andy

“What? We won’t actually get to see the stones. But it’s called Race to the Stones. What will we see at end of the 50K?”

“There’s a bar”

“Good enough”

Race to the bar it is.

A hyped up guy with a microphone gets the willing crowd to dance, hug each other and do some of the most injury inducing pre-race stretching we’ve ever seen.

We can’t wait to get going. We have just 3 pacts to get us through the next 8 or so hours

- 1) We will all stick together
- 2) We will spend minimal time at the checkpoints
- 3) With an elevation gain of over 2,200 feet we will walk the hills.

Before we know it we’re off, through the field and into the first of many cooling forests. People chat happily, no one is racing. We fall into the rhythm of a gentle steady jog and the first few kilometres flow by effortlessly.

There are checkpoints at approximately every 10K, which make it easy to break the distance into manageable sections. In no time at all we arrive at the first checkpoint.

It’s like a mini festival, people mill about and help themselves to the huge array of food and snacks on offer. Upbeat crew serve a selection of drinks. People are smiling, everyone is chatty and supportive. No one seems to be in a rush and no one is checking watches. A sound system blasts out classics - Bruce Springsteen Born to Run, David Bowie – Let’s Dance. It’s cheesy, it’s uplifting, it’s brilliant!

A few minutes to eat and drink and we are back on our way alternating between forests, rolling hills, and Crayola green golf courses. Before long we emerge from some woods into a golden cornfield aptly named “The field of dreams”. It’s stunningly beautiful. Runners take their time

along the narrow path between the corns, climbing the steady ascent. Despite the number of people ahead and behind us it's strangely peaceful. Great memories are already forming and it's impossible not to hear Eva Cassidy's haunting voice singing Fields of Gold as we make our way through. It gives me goosebumps.

*"You can tell the sun in his jealous sky  
that we walked (ran) in fields of gold...."*

We pass through chocolate box villages with stunning medieval churches and the kind of country pubs that make you want to cancel all your afternoon plans and sit in the picturesque beer gardens with a pint and some friendly companions. Chris and I almost have to physically stop Andy away from going in and ordering a pint but pushing on doesn't seem like a hardship, there is more beauty and adventure to come.

We run through sleepy hamlets and into the picturesque village of Streatly where we receive the most incredible support from Ian Baynes and his son Henry. They've generously set up a mini pop up pit stop by the side of the road and have been fending off other runners from taking the sandwiches, snacks and filter coffees they have prepared for us. We stop for a few minutes, chat and eat and drink amazing coffee. It gives us a huge boost as we are 30K in and starting to tire.

We carry on our way and by 40K legs, knees, everything start to ache, it's hot and distinctively harder to run again after each hill walk. At 43K we gratefully reach the checkpoint 4 and take longer to stop and rest than at any of the other checkpoints. The atmosphere is slightly less jovial and more people are sat resting or lying on the grass.

A sign tells us it's only 6.9Km till the finish, it's no distance at all we tell ourselves, a park run and a little bit extra, it feels like an eternity.

We walk, we run, we hobble, we jog, we don't stop. I have a slight low moment when we reach the 50km marker and we are still on a path with no finishing line in sight. We carry on and spot it in the far distance, about a kilometre away, up a hill. There are tents, banners, marquees, it



looks like a great party but it seems so far. We push on and make it up the final hill and all hold hands as we run along the final 100 metres. The man on the tannoy gives us a hero's welcome. John is cheering wildly. We cross the line and get awarded our amazing, satisfyingly weighty medals. We are elated. It's over. We did it.

There are tents, stalls, marquees all dotted around the field. We head first to the amazing poshwash showers. Proper showers! The water is lovely and hot. It feels great to put on clean clothes. I start to make my way over to meet the others for hot food and drink when I notice a canopy with seats, tables and what look like Dyson hairdryers and straighteners, I think I am seeing things until a man standing by them invites me to use them. I feel like I've stumbled out of the world of ultra running into something else but my hair is wet so I decide to give it a go. A Race to the Stones photographer appears and asks if he can take some pictures for their promotional material. I say he can and then have a mild panic that the only photos from my first ultra will be of me drying my hair with a 300 pound hairdryer like some pampered princess but I let it slide. I'm too happy from the 32 miles, clean clothes, dry hair and promise of cold beers.

Our happy little team re-group. We drink the best 2 pints of beer we have ever tasted and eat fantastic hot food.

We chat happily and all agree that the checkpoints, support en-route and the generous cut off times makes it an event inclusive to all abilities.

To some seasoned ultra marathoners, it may seem too commercial, the Disney of Ultras but for a beginner looking to break into the world of endurance this seems the perfect way to get started.

We all agree to do it again next year, but 100K straight through next time, with as many as our running friends that wish to join us. I already can't wait.

# 19 parkruns

## Banbury parkrun

A total of 334 runners took part.

[View full results for Banbury parkrun event #245](#)

[Position](#) ▼ [Gender Position](#) ▼ [parkrunner](#) ▼ [Club](#) ▼ [Run Time](#) ▼

108      12      [Tracy EDWARDS](#) [Kenilworth Runners](#) 00:25:45

## Coventry parkrun

A total of 594 runners took part.

[View full results for Coventry parkrun event #471](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
33	33	<a href="#">Sean MITCHELL</a>	<a href="#">Kenilworth Runners</a>	00:20:50
39	38	<a href="#">Tom MARSHALL</a>	<a href="#">Kenilworth Runners</a>	00:21:01
44	43	<a href="#">Rob CARR</a>	<a href="#">Kenilworth Runners</a>	00:21:12
76	5	<a href="#">Amy CARR</a>	<a href="#">Kenilworth Runners</a>	00:22:07
85	77	<a href="#">Andrew MARSH</a>	<a href="#">Kenilworth Runners</a>	00:22:21
93	84	<a href="#">John SMILLIE</a>	<a href="#">Kenilworth Runners</a>	00:22:31
114	13	<a href="#">Melissa JANDA</a>	<a href="#">Kenilworth Runners</a>	00:23:17

124	14	<a href="#">Polly DUDLEY-CLAYDEN</a>	<a href="#">Kenilworth Runners</a>	00:23:37
140	123	<a href="#">Martin BELCHER</a>	<a href="#">Kenilworth Runners</a>	00:23:58
153	134	<a href="#">Mark ALLDRITT</a>	<a href="#">Kenilworth Runners</a>	00:24:18
177	155	<a href="#">David MORRIS</a>	<a href="#">Kenilworth Runners</a>	00:25:05
267	45	<a href="#">Sue MARSHALL</a>	<a href="#">Kenilworth Runners</a>	00:27:31
344	273	<a href="#">Richard MILLER</a>	<a href="#">Kenilworth Runners</a>	00:30:05
366	83	<a href="#">Claire BIRCH</a>	<a href="#">Kenilworth Runners</a>	00:30:40
462	137	<a href="#">Iris ASSING</a>	<a href="#">Kenilworth Runners</a>	00:33:29

## Leamington parkrun

A total of 538 runners took part.

[View full results for Leamington parkrun event #432](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
44	3	<a href="#">Jane PHILLIPS</a>	<a href="#">Kenilworth Runners</a>	00:21:29
124	111	<a href="#">Philip HOUGHTON</a>	<a href="#">Kenilworth Runners</a>	00:24:02
177	157	<a href="#">Liam BROWN</a>	<a href="#">Kenilworth Runners</a>	00:25:30
261	41	<a href="#">Laura PETTIFER</a>	<a href="#">Kenilworth Runners</a>	00:27:44

262	221	<a href="#">Colin BAILEY</a>	<a href="#">Kenilworth Runners</a>	00:27:44
263	222	<a href="#">Stewart UNDERHILL</a>	<a href="#">Kenilworth Runners</a>	00:27:44
277	46	<a href="#">Elizabeth CROSS</a>	<a href="#">Kenilworth Runners</a>	00:27:59
320	255	<a href="#">Samuel LEDSHAM</a>	<a href="#">Kenilworth Runners</a>	00:29:17
325	257	<a href="#">Robert GREENWAY</a>	<a href="#">Kenilworth Runners</a>	00:29:28

## Rugby parkrun

A total of 243 runners took part.

[View full results for Rugby parkrun event #133](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
164	131	<a href="#">Pavan AYYALASOMAYAJULA</a>	<a href="#">Kenilworth Runners</a>	00:31:04

## Brueton parkrun

A total of 592 runners took part.

[View full results for Brueton parkrun event #469](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
150	15	<a href="#">Pamela GRIMWADE</a>	<a href="#">Kenilworth Runners</a>	00:24:45

# Poole parkrun

A total of 701 runners took part.

[View full results for Poole parkrun event #429](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
286	249	<a href="#">Michael SCANDRETT</a>	<a href="#">Kenilworth Runners</a>	00:25:50

# Inverness parkrun

A total of 138 runners took part.

[View full results for Inverness parkrun event #403](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
6	6	<a href="#">Craig PHILLIPS</a>	<a href="#">Kenilworth Runners</a>	00:22:14

# Eastville parkrun

A total of 442 runners took part.

[View full results for Eastville parkrun event #83](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
84	7	<a href="#">Melissa KENNEDY</a>	<a href="#">Kenilworth Runners</a>	00:23:25

# Didcot parkrun

A total of 341 runners took part.

[View full results for Didcot parkrun event #221](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
120	101	<a href="#">Henry BAYNES</a>	<a href="#">Kenilworth Runners</a>	00:26:35
122	103	<a href="#">Ian BAYNES</a>	<a href="#">Kenilworth Runners</a>	00:26:40

# Perry Hall parkrun

A total of 214 runners took part.

[View full results for Perry Hall parkrun event #241](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
26	26	<a href="#">Stu MARTIN</a>	<a href="#">Kenilworth Runners</a>	00:21:48
109	20	<a href="#">Sue MARTIN</a>	<a href="#">Kenilworth Runners</a>	00:29:29

# Dolgellau parkrun

A total of 76 runners took part.

[View full results for Dolgellau parkrun event #177](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
8	8	<a href="#">Clive PEARCE</a>	<a href="#">Kenilworth Runners</a>	00:21:17

# Stratford-upon-Avon parkrun

A total of 469 runners took part.

[View full results for Stratford-upon-Avon parkrun event #174](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
43	40	<a href="#">David PETTIFER</a>	<a href="#">Kenilworth Runners</a>	00:21:15
81	74	<a href="#">Robert DOYLE</a>	<a href="#">Kenilworth Runners</a>	00:23:07
264	65	<a href="#">Gemma MCGOVERN</a>	<a href="#">Kenilworth Runners</a>	00:29:03
334	99	<a href="#">Katherine BATES</a>	<a href="#">Kenilworth Runners</a>	00:31:13

# Cirencester parkrun

A total of 195 runners took part.

[View full results for Cirencester parkrun event #74](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
47	3	<a href="#">Kaena WASLEY</a>	<a href="#">Kenilworth Runners</a>	00:25:00
101	84	<a href="#">Steven WASLEY</a>	<a href="#">Kenilworth Runners</a>	00:27:46

# Bedworth parkrun

A total of 185 runners took part.

[View full results for Bedworth parkrun event #72](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
11	1	<a href="#">Emma GARNETT</a>	<a href="#">Kenilworth Runners</a>	00:20:52

# Jersey Farm parkrun

A total of 177 runners took part.

[View full results for Jersey Farm parkrun event #35](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
125	43	<a href="#">Anne THOMAS</a>	<a href="#">Kenilworth Runners</a>	00:31:55
126	83	<a href="#">Richard ZANETTI</a>	<a href="#">Kenilworth Runners</a>	00:31:55

# Fire Service College parkrun

A total of 181 runners took part.

[View full results for Fire Service College parkrun event #31](#)

<a href="#">Position</a> ▼	<a href="#">Gender Position</a> ▼	<a href="#">parkrunner</a> ▼	<a href="#">Club</a> ▼	<a href="#">Run Time</a> ▼
63	47	<a href="#">Thomas DABLE</a>	<a href="#">Kenilworth Runners</a>	00:27:55
101	35	<a href="#">Pauline DABLE</a>	<a href="#">Kenilworth Runners</a>	00:30:35



# Isabel Trail parkrun

A total of 236 runners took part.

[View full results for Isabel Trail parkrun event #32](#)

<a href="#">Position</a>	<a href="#">Gender Position</a>	<a href="#">parkrunner</a>	<a href="#">Club</a>	<a href="#">Run Time</a>
29	26	<a href="#">Chris LYONS</a>	<a href="#">Kenilworth Runners</a>	00:22:06
38	5	<a href="#">Stephanie LUNN</a>	<a href="#">Kenilworth Runners</a>	00:23:06
87	72	<a href="#">Simon MOTTERSHEAD</a>	<a href="#">Kenilworth Runners</a>	00:27:11

# Hafan Pwllheli parkrun

A total of 51 runners took part.

[View full results for Hafan Pwllheli parkrun event #20](#)

<a href="#">Position</a>	<a href="#">Gender Position</a>	<a href="#">parkrunner</a>	<a href="#">Club</a>	<a href="#">Run Time</a>
<b>1</b>	<b>1</b>	<b><a href="#">Sam LEADLEY</a></b>	<b><a href="#">Kenilworth Runners</a></b>	<b>00:21:21</b>
7	7	<a href="#">David LEADLEY</a>	<a href="#">Kenilworth Runners</a>	00:23:06

# Chasewater parkrun

A total of 314 runners took part.

[View full results for Chasewater parkrun event #4](#)

<u>Position</u> ▼	<u>Gender</u>	<u>Position</u> ▼	<u>parkrunner</u> ▼	<u>Club</u> ▼	<u>Run Time</u> ▼
246		172	<u>Rob SMART</u>	<u>Kenilworth Runners</u>	00:34:07