Larkfield 10K

The penultimate round of this year's PWR Grand Prix was the Larkfield 10k on September 20th. The championship consists of nine rounds with competitors' best five scores to count. If points are tied then the tie-breaker first looks at how many 1st places each runner has, then 2nd places and so on.

75 of the 342 finishers were PWRs, of whom only 4 are not entered in the club GP. This fast two-lap PB race was also round 9 of the Kent Grand Prix.

Group 1 (12 registered competitors)
1 Simon Thornhill 36.21, 2 Kev Howarth 36.40.

Since mid season the fastest group has been a two horse race between Kev Howarth and Simon Thornhill, with Thornhill gradually getting the upperhand. Following the August parkruns where they had finished 3rd and 5th behind less championship-committed rivals, it was just the two of them at Larkfield with Thornhill winning this particular duel by 19 seconds.

In the championship it couldn't be closer! Both have contested all 8 rounds held so far and both have 94 points. Thornhill has the advantage going into the last round at Tonbridge as he has three wins to Howarth's two, so Howarth needs the win and Thornhill not to score highly. Either Mark Philbrick or Silky Ng could take 3rd.

Championship: 1= Kev Howarth & Simon Thornhill (94 points), 3 Mark Philbrick (77), 4 Silky Ng (65), 5 Mark Griffin (51), 6 Connor Gates (36), 7 Steve Camacho (32), 8 Oliver York (31), 9 Adam Wilkinson (20), 10 Greg Dunning (18), 11= James Bevis & Toby Chapman (0).

Simon Thornhill won Group 1 at Larkfield

Group 2 (9 registered competitors)
1 James Wall 38.36, 2 Jason Mercer 38.52, 3 Oliver Hitch 41.21.

James Wall is flying at the moment and took the Larkfield win having also been quickest during August's parkruns. Saying that, his championship rival Jason Mercer was just 16 seconds behind to keep his title chances very much alive. Darent Valley winner Oliver Hitch was the only other Group 2 to contest this round.

Wall has 94 points to Mercer's 92 with both having raced six times and therefore needing to drop points. If Mercer wins in Tonbridge he will move up to 96 points and will be tied with Wall if Wall finishes 2nd. A win for Wall guarantees him the title. Five others could potentially take the final podium place with one of James Brinkley, Stephen Pond and Hitch being the most likely.

Championship: 1 James Wall (94 points), 2 Jason Mercer (92), 3 James Brinkley (67), 4= Stephen Pond & Oliver Hitch (62), 6 Melody Kane (49),7 Haki Bardhi (48), 8 Christophe Cardon (20), 9 Kevin Chadwick (0).

Group 2 winner James Wall with runner-up Jason Mercer in the background

Group 3 (8 registered competitors)
None raced.

Unfortunately, none of the Group 3s turned out at Larkfield. Tim Williams heads the championship table, but if neither he nor Matthew Pond contest the last round then Johnny Gill or parkrun victor Cameron Swatton could match his points tally with a win. None of the four have to drop scores so the title is very much still up for grabs.

Championship: 1 Tim Williams (74 points), 2 Matthew Pond (72), 3= Johnny Gill & Cameron Swatton (54), 5 Emma Stevens (50), 6 Adam Shahin (33), 7 Kobus Kellermann (31), 8 Steve Bowley (0).

Group 4 (10 registered competitors)
1 Tom Medhurst 41.14, 2 John Kingscott 43.46, 3 Steve Wilde 44.11, 4 Jamie White 45.00, 5 Mark Franks 46.32.

Tom Medhurst made it three wins in a row at Larkfield to put himself in pole position for the title. The other runners to have won races this year were next up, with John Kingscott heading Steve Wilde and Jamie White. Mark Franks was 5th.

This is another tight championship with Kingscott currently leading Medhurst by one point, who in turn is just one ahead of Wilde. They are all guaranteed a podium spot with Tonbridge deciding who takes top honours.

Championship: 1 John Kingscott (94 points), 2 Tom Medhurst (93), 3 Steve Wilde (92), 4 Jamie White (82), 5 Mark Franks (70), 6 Elly Phillips (45), 7 Marcus Elwes (42), 8 Oliver Evans (27), 9 Nick White (18), 10 Charles Crabtree (0).

A third Group 4 win in a row for Tom Medhurst

Group 5 (12 registered competitors)
1 Simon Keyes 43.54, 2 Chloe Haffenden 44.37, 3 Kerrie Donohue 47.49.

The top three in the championship did battle at Larkfield, with parkrun quickee Simon Keyes the winner on the day from Chloe Haffenden and Kerrie Donohue.

Haffenden leads Keyes by two points in the championship with either able to take the title should they win at Tonbridge. Donohue can't catch them but is guaranteed 3rd overall.

Championship: 1 Chloe Haffenden (94 points), 2 Simon Keyes (92), 3 Kerrie Donohue (83), 4 Stuart Scott (62), 5 Paul Edmonton (60), 6 Jeremy Belbin (47), 7 Catherine Round (31), 8 Laura Elvin (29), 9= Ben Nash, Jim Winbourne, Sam Gibbs & Steven King (0).

Group 5’s victor Simon Keyes

Group 6 (11 registered competitors)
1 Andy Hall 45.42, 2 Ellen Ball 48.01, 3 Chloe Wilkinson 51.14.

Championship leader Andy Hall took his first win of the year from Ellen Ball and two-times race winner Chloe Wilkinson.

Just two points separate Hall and Wilkinson at the top of the table going into the last round with either able to take the title should they win on the day. However, their title hopes also depend on whether Steven Wynne races. Wynne has been the standout competitor in Group 6 this year having won all 4 races he has entered. If he finishes in the top five at Tonbridge he will be champion whatever the rest do. Ball's place on the final podium step is also dependent on Wynne's attendance.

Championship: 1 Andy Hall (92 points), 2 Chloe Wilkinson (90), 3 Ellen Ball (81), 4 Steven Wynne (80), 5 Trevor Adams (62), 6 David Moore (36), 7 Michael Reeves (16), 8= Alison Horn, Callum Biggins, Greg Farrell & Paul Whelan (0).

Group 6 championship leader Andy Hall won at Larkfield

Group 7 (8 registered competitors)
1 Kirsty Caulfield 46.35, 2 Roger King 49.51, 3 Jonathan Bond 49.52, 4 Ed Bossert 50.45, 5 David Welfare 53.29.

Apart from one defeat by Kevin Ly at the Darent Valley 10k, Kirsty Caulfield has won every time she has raced, and at Larkfield she again came out on top, this time by over 3 minutes ahead of Roger King. There was far less to choose between King and 3rd placed Jonathan Bond, just one second in fact! Ed Bossert was 4th and David Welfare 5th.

Caulfield's latest win gives her the maximum 100 points and the Group 7 title a round early. King is best placed to take 2nd, but Bond, Bossert and Ly are all still in with a chance of lining up on the podium alongside Caulfield.

Championship: 1 Kirsty Caulfield (100 points), 2 Roger King (87), 3 Jonathan Bond (84), 4 Ed Bossert (83), 5 Kevin Ly (73), 6 David Welfare (43), 7 Guy Sims (13), 8 Matt Leggett (0).

Group 7 race winner and champion Kirsty Caulfield

Group 8 (9 registered competitors)
1 Seaton Giles 49.27, 2 Stuart Isaacs 54.31.

Seaton Giles had set the pace in August, posting the fastest parkrun time, and was comfortably clear of the only other Group 8 at Larkfield - Stuart Isaacs.

Giles' three wins and two 2nd places mean he has won this group and doesn't need to contest the final round if he so wishes. Isaacs is well placed in 2nd but could be pipped by Mark Burgess depending on how Tonbridge pans out. Ian Bauly who dominated the early rounds, winning the three races he took part in, can now only finish 4th at best.

Championship: 1 Seaton Giles (96 points), 2 Stuart Isaacs (87), 3 Mark Burgess (82), 4 Ian Bauly (60), 5 Adam Waterman (49), 6 Mike Roberts (48), 7 Liane Evans (34), 8 Tabitha Rogers, 9 Scott Haragan (16).

Seaton Giles has won the Group 8 title

Group 9 (10 registered competitors)
1 Andrew Vadron 46.17, 2 Agne Zavistanvice 48.31, 3 Adam Jenkins 48.46, 4 Paul Strachan 49.01, 5 Steve Burnett 50.06.

Just like Caulfield in Group 7, when Andrew Vadron races, he wins. Having missed the previous three rounds he was back for Larkfield and duly took the victory from Agne Zavistanvice who is the only one in the group to have contested every race. Adam Jenkins who was fastest at the August parkruns was 3rd from mid-season double winner Paul Strachan and Steve Burnett.

Strachan tops the table but has 4 others who could in theory challenge him for the title - Zavistanvice, Burnett, Vadron and Jenkins. The danger man is Vadron as he has only raced 4 times so anything he scores at Tonbridge gets fully added to his score, with a win taking him to the maximum 100 points, well out of reach of what any of the others can achieve.

Championship: 1 Paul Strachan (86 points), 2= Agne Zavistanavice & Steve Burnett (84), 4 Andrew Vadron (80), 5 Lucy Tang (78), 6 Adam Jenkins (77), 7 Emma Chapman (51), 8 Anthony Donohue (49), 9 Julian Edmonds (15), 10 Edwina Cheng (13).

Andrew Vadron has won every Group 9 race he has contested

Group 10 (9 registered competitors)
1 David Groom 47.19, 2 Paul Munday 50.05, 3 Amelia Isaacs 50.52, 4 Vassilis Sakizlis 50.57, 5 Rachel King 52.39, 6 Katie Isaacs 55.23, 7 Rachel Knowles 57.24.

Following knee surgery, Dave Groom is getting back up to speed and, having sat out the first six rounds, is now the fastest in Group 10. Speediest at parkrun, he backed this up with a win at Larkfield, almost three minutes ahead of the next best, which was Paul Munday. Amelia Isaacs was just 5 seconds quicker than Vassilis Sakizlis for 3rd, with Rachel King, Katie Isaacs and Rachel Knowles completing the strong entry.

By my calculations, Munday can't be caught in the championship but don't take my word for it! Even if his nearest challenger Knowles wins the last round and he doesn't take part, she will still be a point behind. Both Isaacs sisters, Millie Haffenden and Sakizlis could all challenge for an end of year trophy.

Championship: 1 Paul Munday (93 points), 2 Rachel Knowles (85), 3 Amelia Isaacs (83), 4 Katie Isaacs (80), 5 Millie Haffenden (79), 6 Vassilis Sakizlis (78), 7 Rachel King (50), 8 David Groom (40), 9 Stephen Woodgate (20).

Dave Groom has won the last two Group 10 races

Group 11 (10 registered competitors)
1 Viral Tanna 50.01, 2 Nigel Hewson 51.41, 3 David Horsfield 54.55.

Viral Tanna has come good right at the end of the championship. Quickest of the seven who recorded a parkrun time in August, he then produced the goods again at Larkfield beating three-times winner Nigel Hewson and David Horsfield.

It is tight at the top of the championship with Iain Jameson just two points ahead of Hewson and Tanna. They are all guaranteed podium places with the final order to be decided at Tonbridge.

Championship: 1 Iain Jameson (96 points), 2= Nigel Hewson & Viral Tanna (94), 4 David Horsfield (83), 5 Wendy Everest (60), 6 Andrew Cochrane (39), 7 Dean Chapman (29), 8 Steve Munday (26), 9= Ben Clarkson & Hilary Morton (0).

Group 11's victor Viral Tanna

Group 12 (11 registered competitors)
1 Stuart Collins 49.16, 2 Joe Murray 52.05, 3 Maxine Horsfield 52.49, 4 Pippa Niven 53.40.

Stuart Collins is another one who if he runs, he wins. Victories at both parkrun and Larkfield have put him right into championship contention. Behind him it was close at Larkfield with Joe Murray edging out Maxine Horsfield and Pippa Niven, all of whom have taken wins this year.

Murray leads the championship and is guaranteed 2nd place at worst, but whether he takes the title depends on Collins who has maximum points from the 4 rounds he has taken in. Any points he takes at Tonbridge will count and will likely make him champion. One of Horsfield and Niven will make the top three.

Championship: 1 Joe Murray (94 points), 2 Maxine Horsfield (88), 3 Pippa Niven (85), 4 Stuart Collins (80), 5 Louis Strover (73), 6 Sally Callaghan (65), 7 Jackie York (45), 8 Neil Sutton (13), 9= Steven Dong, Summer Bond & Tara Dennehy (0).

Four wins this year for Group 12's Stuart Collins

Group 13 (10 registered competitors)
1 Emma Horan 55.39, 2 Richard Bodie 56.18, 3 Damian Parker 58.18, 4 Nick Squires 59.26.

Emma Horan’s first win of the year puts her firmly into championship contention, while Richard Bodie's 2nd place also puts him into the title mix. Damian Parker took 3rd from Nick Squires.

Tracey Isaacs, Horan, Rebecca Sampson and Bodie could all be champion if the Tonbridge results go their way, while Parker can take 3rd overall at best. Three-times winner Jo Stephens-Smith has run out of races to mount a successful title challenge.

Championship: 1 Tracey Isaacs (87 points), 2 Emma Horan (86), 3 Damian Parker (73), 4 Rebecca Sampson (71), 5 Richard Bodie (69), 6 Matt Smith (65), 7 Jo Stephens-Smith (60), 8 Nick Squires (58), 9 Kevin Castle (14), 10 Catherine Crabtree (11).

Emma Horan’s first Group 13 win

Group 14 (9 registered competitors)
1 Emma Alford-Smith 56.45, 2 Colin Logier 59.14, 3 Pam Dodds 59.34.

Emma Alford-Smith made it three wins from her last four races to set up a grandstand final round. Colin Logier was 2nd, just 20 seconds ahead of two-times winner Pam Dodds in 3rd.

Rob Sampson and Alford-Smith share the championship lead and both have three wins and two 2nd places from their five scoring rounds. Again, the winner takes all at Tonbridge. Dodds can't catch them but is guaranteed 3rd overall.

Championship: 1= Rob Sampson & Emma Alford-Smith (96 points), 3 Pam Dodds (89), 4 Colin Logier (62), 5 Liz Delamain (61), 6 Jim Kirkland (34), 7 Daisy Makin (16), 8 Rob White (15), 9 Hannah LLoyd (0).

Joint Group 14 championship leader Emma Alford-Smith

Group 15 (13 registered competitors)
1 Nathalie Juchau 47.57, 2 Ian Matthews 51.22, 3 Julie Medhurst 57.14, 4 Denise Eva 58.28, 5 Matthew Bradshaw 63.52.

Nat Juchau set a cracking time, and a post op PB, to dominate Group 15. Ian Matthews' 51.22 against any other opponent in his class would undoubtedly have been good enough for the victory but he had to settle for 2nd. Julie Medhurst took 3rd from Denise Eva and Matt Bradshaw.

Juchau had already confirmed her championship crown by setting the fastest parkrun time and so this victory was just confirmation that she has been the dominant force this season, the only "blip" being a 2nd place at the Midsummer 10k. Matthews has taken the runner-up spot, leaving Medhurst and Eva to battle it out for the final podium spot.

Championship: 1 Nathalie Juchau (100 points), 2 Ian Matthews (90), 3 Denise Eva (83), 4 Julie Medhurst (81), 5 Olivia Senbanjo (76), 6 Lou Stocks (58), 7 Matthew Bradshaw (38), 8 Amy Vistuer (20), 9 Terry Stocks (15), 10 John Perks (14), 11= Julie Travers & Richard Dunstan (12), 13 David Allison (10).

Group 15 champion Nat Juchau

Group 16 (11 registered competitors)
1 Sandra Goodwin 62.11, 2 Rachel Inman 62.12, 3 Eleanor Pinkerton 62.16, Paula Gleeson 65.56.

The top three in Group 16 at Larkfield were evenly matched, just 5 seconds separating 1st from 3rd! Sandra Goodwin took the honours from Rachel Inman, just 1 second slower, and parkrun winner Eleanor Pinkerton was just 4 seconds further back. Paula Gleeson was 4th.

Pinkerton heads the table going into the final round but could be pipped to the title by Goodwin or Biljana Petrushevska. Inman or Gleeson are in with a shout for a podium place if results go their way.

Championship: 1 Eleanor Pinkerton (91 points), 2 Biljana Petrushevska (88), 3 Rachel Inman (83), 4 Paula Gleeson (81), 5 Sandra Goodwin (73), 6 Eric Nash (41), 7 Archana Patil (36), 8 Katie Garvey (35), 9 Oscar Engles (29), 10 Jenny Waterman (18), 11 David Smyth (0).

Sandra Goodwin won Group 16

Group 17 (9 registered competitors)
1 Karen Mercer 59.50, 2 Chris Haydon 64.10, 3 Jan Bodie 64.38, 4 Christina Springbett 65.08, 5= Emma Bossert & Paul Pester 66.32.

Karen Mercer was the class of the Group 17s at Larkfield, her winning margin over 4 minutes. It was much closer behind, with Chris Haydon beating parkrun winner Jan Bodie by 28 seconds, and Christina Springbett just another 30 seconds slower. Emma Bossert and Paul Pester who were next up were so evenly matched that they recorded identical times!

Springbett has the points on the table but needs to win Tonbridge to make sure of the title. If Mercer is victorious there then they will be tied on points and it will have to be seen whether they can be separated on a tie breaker. Haydon should take 3rd overall as long as he has a reasonable race.

Championship: 1 Christina Springbett (96 points), 2 Karen Mercer (92), 3 Chris Haydon (84), 4 Jan Bodie (79), 5 Emma Bossert (78), 6 Paul Pester (58), 7 Barbara Carr (54), 8 Sonia Lowing (20), 9 James Fisher (14).

Karen Mercer was well clear in Group 17

Group 18 (9 registered competitors)
1 Clare Evans 67.49, 2 Kary Leggett 76.52.

Just the two Group 18s at Larkfield with both recording their best finishes of the year, Clare Evans taking a comfortable win from Kary Leggett in 2nd.

Kathy Strachan's parkrun win secured her the title and she could get maximum points if she wins in Tonbridge. Evans and Leggett are in a tussle for the second step on the podium with Evans currently on top.

Championship: 1 Kathy Strachan (98 points), 2 Clare Evans (88), 3 Kary Leggett (86), 4 Lyttleton Barrett (56), 5 Anne Hanifin (35), 6 Christina Bird (20), 7 Polly Branch (16), 8= Giovanni Figoni & Linda Bowley (0).

Clare Evans won Group 18

Group 19 (7 registered competitors)
1 Sarah Davis 69.36.

Sarah Davis was the only Group 19 at the penultimate round and duly picked up 20 points for the win as she had done at the August parkruns where she was quicker than championship leader Holly Hutson.

Hutson is the class champion and like Strachan in Group 18 could end up with a maximum score if she wins Tonbridge. Davis and Kumiko Broadhurst are the only other registered competitors to have raced and either could take the runner-up spot currently held by Davis.

Championship: 1 Holly Hutson (98 points), 2 Sarah Davis (56), 3 Kumiko Broadhurst (40), 4= Catherine Jones, Corinne Hollamby, Emma Sims & Pherenice Worsey-Buck (0).

Sarah Davis took the honours in Group 19

Group 20 (9 registered competitors)
1 Karin Bradshaw 67.57, 2 Simon Gleeson 70.06, 3 Colleen Harding 72.54, 4 Liz Squires 77.21.

Simon Gleeson had set the quickest time at the August parkruns but it was the in-form Karin Bradshaw who took the Larkfield win from Gleeson, Coleen Harding and Liz Squires.

Bradshaw has 98 points which could be matched by Squires if she wins in Tonbridge. Bradshaw will be champion if she takes the victory. Gleeson is guaranteed championship 3rd.

Championship: 1 Karin Bradshaw (98 points), 2 Liz Squires (96), 3 Simon Gleeson (92), 4 Colleen Harding (79), 5 Ruth Feltham (42), 6 Hannah Harrison (15), 7= Edmund Purves, Natasha Figoni & Sherry Bevan (0).

A fourth Group 20 win for Karin Bradshaw

Report: Mark Burgess
Results: Nat Jacques
Photos: Lucy Tang & Tagmyrun

Remaining rounds:
Round 9: Tonbridge 10k October 4th.