

2019 ROAD RUNNING AWARDS

As there are so many variables, the Road Running Awards do not have a set criterion and may vary year to year. As there is no specific road running season, races are taken generally when the report is put together, prior to the Annual General Meeting, so normally April to April each year. This season there were many runners training for Spring races, mainly marathons and pre-marathon races. Unfortunately, due to corona virus, the season was curtailed and they never got chance to run their planned races. The following report is, therefore, based on races until early March.

This year, in the younger age groups, the club has seen many PBs, as well as some high UK rankings in a wide range of age groups. It was good to see more women taking part in road events in 2019/2020 and this year there are awards to reflect their involvement.

KENT ROAD CHAMPIONSHIPS

The club had some great results in the Kent Short (10 km) and Long Course (½ marathon) Team and Individual Championships.

In the Short Course competition, the club took team Gold in the Seniors (Marley Godden 4th, Ben Tyler 5th and Tom Collins 6th) as well as Gold in the M40 category (Neil Wright 1st, Justin Lane 2nd and Stephen Turpie 7th). Neill Wright and Justin Lane took the individual Gold and Silver medals.

In the Long Course competition, the club took Team Silver in the Seniors (Tewelde Menges 1st, Ben Tyler 14th and Noel Sutton 44th), Team Silver in the M40 category (Noel Sutton 11th, Stephen Turpie 35th, and Stephen McGlynn 69th) and Team Silver in the M50 category (Richard Tomlinson 1st, Alun Rodgers 14th and Bob Fursey 41st). Tewelde Menges took the individual Senior Kent Gold and Richard Tomlinson the individual M50 Gold.

KENT ROAD GRAND PRIX SERIES

The competition in this series consists of 10 road races of differing lengths. In the individual competition runners score their best 6 races. No one from the club ran more than 3 races this year. In the overall individual league, Tom Collins was the highest scorer in 24th, this from just 3 scoring races. In the M40 league, Lee McMeekin was 11th and Justin Lane 12th, both from only scoring 2 races. Richard Tomlinson was 4th in the M50 league from only 2 races. There were 572 individuals recorded in the men's league. In the women's league, Taryne McPherson was 22nd overall and 9th W35 from only 3 races. There were 293 individuals recorded in the women's league.

Amazingly, considering the club had very little involvement in the league this season, they were an impressive 5th in the team league out of 39 scoring teams.

Overall performances and awards

The following table outlines the 2019/2020 awards and the individual's achievements. In addition, special mention goes to the improving Marley Godden and Jacques Cunningham-Marsh, both having significant PBs this season in the 10 km. Also worthy of note are Sean

Rodwell who continues to improve in a wide range of distances, Tom Collins (winning the Lydd 20 m race), Ben Tyler (70.55 PB for the half marathon), Harry Collins, Chris Rampling, Justin Lane (M40) and Lee McMeekin (M45) who all had some very good results through the season.

AWARDS

Overall Best Performance	Robert Meyer	10 km 30.09, currently ranked UK No 1 Under 23
Best Senior	Tewelde Menges	In addition to track PBs in the 5 km and 10 km, Tewelde had PBs on the Road in the 10 km (31.15) and ½ marathon (67.18, UK ranked 4 th Under 23). He was also Kent Road Long Course Champion.
Senior Merit	Mark Wilkins	Mark has maintained very competitive times for many years. His 2 nd place at the Canterbury 10 m (55.51) was only 44 seconds of his PB, recorded in 2009. Mark was also 3 rd (2 nd in the Kent Long Course Championships) at the Dartford half-marathon and recorded a very respectable 34.29 for the 10 km.
Best M40	Noel Sutton	In spite of getting injured later in the season, Noel had some outstanding results over the longer distances. Noel recorded a 75.01 in the ½ marathon (UK Ranking 41 st M45), 2.03.52 in the 20 mile (UK ranked 15 th M45) and a 2.42.26 PB in the marathon.
M40 merit	Neill Wright	A very tight decision between Neill, Justin Lane and Lee McMeekin with Neill just shading it. Neil recorded good times and PBs in both the 10 km (35.21) and 20 miles (2.11.25).
Best M50	Richard Tomlinson	Richard was another athlete to suffer serious injury mid-season. However, he still recorded some great results early on. His 27.29 5-mile race ranked him UK 4 th M50 in 2019 and his 34.37 PB ranked him 25 th M50 in the 10 km. He also had PBs in the 10 mile (60.19 UK 38 th M50) and ½ marathon (75.13 UK ranked 13 th M50).
M50 Merit	Alun Rodgers	With good times across a wide range of distances Alun continues to improve year on year, testimony to his hard work. Alun had good races at 10 miles (M50 winner), ½ marathon and 20 miles
Best women	Jemma Whyman	Jemma had a very good year, with PBs over a very wide range of distances. Jemma recorded a 10 km (40.48), 10 miles (67.07), ½ marathon (90.54), 20 mile (2.20.42 – UK ranked 10 th W35) and a 3.14.00 marathon showing she is a very capable and versatile runner.

Women's Merit	Emily Hale	Although limited by injury later in the season, Emily had some good times, considering her age and the fact she hadn't run on the road previously. Her ½ marathon time of 99.24 ranked her 44 th Under 20 in the UK and her 40.51 10 km time ranked her 85 th Under 23.
Best W35	Taryne McPherson	Taryne got close to her PBs in both the 10 Km and 10-mile distance. This, along with her 20-mile result, gave her the club's highest position in the Kent Grand Prix Series.
Best W45	Karen Cudmore	Karen had good runs in both the ½ marathon and marathons this season with PBs in both.