

Dear All,

The Valentine's 10k took place on Sunday at Chessington.

Report

The conditions were cold and damp, not very pleasant for spectating, but pretty good for running fast times. Kevin Armstrong decided that in his new role as men's captain leading by example was the best approach and put in a very impressive performance to take top club honours, knocking 40s off his PB in the process. He just pipped Matt Alexander to the post, catching and passing him in the final 400m.

Michelle Rawle also had a good run to be first Elmbridge lady, I believe also managing to set a PB in the process. Other performances of note were a from new member John Foster, getting off to a good start with Elmbridge and to Lyndsey Sullivan for breaking 50 minutes for the first time.

One final point to note was that the facilities were excellent and beautifully organised, Chessington College was an almost luxurious venue to collect chips before and t-shirts after and the marshalling on un-closed roads was without fault. The t-shirts and goodie bags were top notch too, with 'Goodness Shakes' and chocolate biscuits.

Results

25 0:36:48 Kevin Armstrong
26 0:36:50 Matt Alexander
61 0:38:41 Peter Boatright
81 0:40:25 Graham Shaw
88 0:40:34 Stefan Skwara
100 0:41:17 John Foster
110 0:41:37 Chris Atkins
155 0:44:13 Michelle Rawle
208 0:46:22 Nigel Waller
259 0:48:35 Eddie Howard
279 0:49:40 Lyndsey Sullivan
308 0:50:48 Lynn Howard
324 0:51:26 Glyn Watkins
341 0:52:18 Ron Marshall

Full results can be found [here](#)

After round 2 of 14, the Trophy Series men's and ladies' competitions are now being lead by Pete Boatright and Lynn Howard, with Graham Shaw leading the way in the age-graded competition.

Future races

The next three races in the series are:

[Bushy Park Trail Run 4.8 - 28.03.10](#)

This is a low key, friendly run on trails in Bushy Park. We always get a good number of Elmbridge runners out and do well in the overall results. Don't forget to change your clocks!

[Sutton Runners 10k - 02.05.10](#)

This is a three lap affair through a small park and on residential streets. A good course to go for a PB.

[Richmond Half - 16.05.10](#)

A fast, flat half marathon around Richmond, Twickenham and Kingston. A nice(?) early start at 8:30.