

THE ROTARY CLUB OF CHICHESTER PRIORY

PRIORY POST

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Welcome to the first edition of Priory Post Two, which features last-minute items that scraped out of, rather than scraped into, the recent edition.



10K RACE REPORT by Graham Jessop

The organisers of the 2012 Chichester Priory 10km were very relieved to get last Sunday's race underway. The atrocious snowy weather conditions over the previous 24 hours had been a real headache, but fortune favoured the brave and the morning of the race dawned very cold, but with no further snow to hamper the arrangements.

So the 2012 race went ahead as planned.

Although some 100 runners were disappointed that they were unable to travel to Chichester because of the adverse weather conditions, most of the runners had made an amazing effort to get to the race and cheerfully took up their positions at the starting line in College Road.

The weather conditions also could not prevent the 21st Chichester Priory 10 km being a resounding success. This is one of the major road races in the English road running calendar and is recognised nationwide as a top quality road race. The high standard and depth of the race over the previous years resulted in a race turnout of some 1500 runners who despite the weather enjoyed one of the most popular and prestigious events in the South of England. Many athletes whether elite, club runners or recreational runners were delighted to achieve their personal bests, despite the cold, and some running for the first time commented on how much they had enjoyed the course and the scenery.

For 2012 the event had a number of changes from previous years – an earlier start time, a new start position and a revised route for the first two

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10K RACE REPORT



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kilometres of the course. This year the start was in College Lane and the runners went northwards before turning into Graylingwell Park and then joining the previous route at Barnfield Drive.

This year the race was once again organised splendidly by the Rotary Club of Chichester Priory and was fortunate to have the same two sponsors, Peter Cooper, the local Volkswagen Group and Brooks Sports the international suppliers of sports clothing. The starting party included representatives of the two sponsors and the President of Chichester Priory Rotary Club, Bob Syme. The 1500 runners were an impressive sight as they streamed up College Lane and it was quite a spectacle as they wound their way along Connolly Road and into Graylingwell Park.

The race was expected to be very competitive with a number of runners capable of going under or close to the 30-minute mark. It got off to a cracking pace and after 5 km there was a large breakaway group of some 9 runners. They went through 5 km in 15.10 that set the pattern for the rest of the run home, with little changing of places amongst these first nine runners.

This leading group included Benedict Whitby of Windsor, Slough Eton and Hounslow; Chris Powner of Winchester AC; Paul Whittaker of Chelmsford A.C; Neil Gamester of Shaftesbury Barnet Harriers; Jermaine Mays of Kent AC; Todd Leckie of Hailsham Harriers; Jon Pepper of Enfield and Haringay AC; Chris Busaileh of Herne Hill Harriers; and Matt Dumigan of Swansea AC. At 6 km Whitby accelerated and only Powner, Whittaker and Gamester stayed with him.



By the top of Pook Lane he had a further gap, leaving those following three runners to fight for second place. They did close on Whitby in the final stages of the race but he held on to win in 29.37 with the next 3 runners also breaking the magical 30 min barrier. Mays led home six men in times under 31 minutes with 21 others achieving below 32 minutes, an incredible achievement particularly in the cold weather - the sign of a quality race.

For Ben it was his first time here in Chichester and he really enjoyed it, but it was quite a contrast for him as he had only returned two days before from a UKA/London Marathon training camp in Kenya, where he did a 10k in 28 degree C temperature. Chris was pleased to come 2nd as he missed last year through injury and remains determined to win the race one day!

The male 40+ vet title went to Zippy Grice of City of Portsmouth AC followed by Charlton Rudwick of Arena 80 AC and in 3rd place Bryan Camfield of Horsham Joggers. 1st Men's vet 50 home was Richard Drage of Tavistock AC, 1st men over 60 was Terry Avey of Pheonix AC and 1st Over 70 was Anthony Boxall of Fittleworth Flyers.

In such a competitive field it was good to see local runner James Baker of Chichester Runners in 27th place in a good time of 32.19, but he thought it

was a few degrees too cold for him to achieve a quicker time, especially as he is in training for the marathon distance. Thanks to the generosity of the *Chichester Observer*, the Ben Steppel memorial prize to the first local under 23 man home went to Ashley Thompson. The men's team event was won by Winchester and District AC, consisting of Chris Powner, Thomas Payn and Matthew West with a combined time of 1.33.28. Herne Hill Harriers were a close 2nd with 1.34.16 followed by Southampton AC with 1.34.34. In 12th place was the local club, Chichester Runners, who, in addition to James Baker, had Chris Jack and Lee Neumann in the scoring team.

The women's race was also of a high standard, but to some extent rather a one woman race with GB international runner 20 year old Charlotte Purdue, of Aldershot and District AC, leading from start to finish with a comfortable victory in a winning time of 33.19. She had missed the Kenya camp through injury, but showed that her recent injury worries were a thing of the past and she looks set to achieve a place in the GB team in the London Olympics.

She said, *"I am really pleased with the way the race went today. I have only been back running for 3 weeks and I needed to see what shape I was in."* She also said that she had really enjoyed the course and the race. She finished more than two minutes clear of her nearest rival, Rebecca Moore of Worthing, also 20, but the race represented something of a breakthrough for her as she knocked nearly two minutes from her previous best with 35:44. Louise Vallier of Arena 80 AC was in 3rd place and 1st women's veteran overall.

In the team stakes, the girls from Arena 80 totally dominated the race (Louise Vallier, Caroline Wood and Emily Proto) in 1st place with a time of 1.57.48. It was pleasing to see local team Chichester Runners (Angela Carpenter, Annaliese Dziubak and Lucy Thraves) home 2nd in 2.06.41 and they also were the winners of the inaugural Nuffield Health prize, awarded to the first local team. They were followed by the Worthing and District Harriers team consisting of 3 members of the Moore family, (Rebecca, Emily and Clare) in a time of 2.08.02.

The Colin Thorne memorial prize for the first local U23 woman finisher went to Lucy Thraves of Chichester Runners.

All the above awards were made at the traditional Prize giving event after the race at Chichester Hockey Club. The presentation party included representatives of the sponsors Brooks and Peter Cooper and the President of the Rotary Club of Chichester Priory, the event's organisers. The Chichester Observer was also well represented at the race. There were many accolades about the organisation of this highly successful event. Once again all the Rotarians, athletes, spectators and officials went home to warm up, pleased that they had been part of yet another successful Chichester Priory 10km road race.

NAME PROGRESSION COMPETITION

Your President, Bob, was the first club member to submit a successful entry to last month's progression poser. Sadly, the prize is purely self satisfaction.

The members' names we were seeking are:

**Doman
Dennett
Turner
Rose
Guest
Gingell
Donabie
Balaam
Hillman
Hodge
Gardener**

CAPTION COMPETITION



Many of you seem to have been inspired by the photograph of Ritchie Stevenson's discomfort on Sunday, because I have already received a number of imaginative entries. Ritchie will be judging this competition, so why not have a go yourself? Captions as cutting as possible, please!

If you have a puzzle, quiz, quip, anecdote, limerick, whatever, that you would like to share with us, do send it to me and I'll publish it and be damned.



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Some John Donabie Photographs you may not have seen.

