

FROME RUNNING CLUB - RACE RESULTS 2005

Added 19th December 2005

Results for the Jingle Bell Jog held on Sunday 18th December are:

Brett Sadler - 40:03
Sue Watts - 41:54
Lisa Porter - 43:14
Jane Merrifield - 49:12
Rachel Cobb - 49:16
Karen Evans - 47:13
Michelle Fullard - 45:22
Ted Sprules - 33:23
Vickie Plummer - 33:56
Paul Uphill - 35:00
Ray Walker - 33:55
Paul D'Inverno - 36:18
Rob Walker - 36:17
Chris Steele - 37:24
Nick Best - 40:25

Added 18th December 2005

Christmas "fun runs"

In the Bromham 10K, held near Devizes on the 4th December, 5 club runners had a go at this popular event. Ted Sprules won yet another 1st V50 gong, finishing in 38:12. Ray Walker managed a PB of 39:49; Vickie Plummer came home in 43:41, Chris Steele, V40, finished in 46:20 and Margaret Plummer, V50, finished in 52:39.

The following Sunday, 11th December, saw the Wyvern Christmas Cracker take place. The race is a 10k that starts and finishes on the golden sands of Weston-Super-Mare. Sue Watts, V40, came home in 50:50, Karen Evans finished in 55:19, Rita Johnson, 2nd claim, finished in 55:28 and running partners; Mark Bailey and Emma Bates ran under a sprig of mistletoe to finish in 56:37.

Added 7th December 2005

Sunday 6th November was the occasion of the "Over the Hills" 12K multi-terrain race, at Bradford-on-Avon. The race is run over a tough course, based around the Avon valley at Freshford. The heavy rain led to tricky running conditions but this didn't stop Frome AC putting in a good show. Kevin Sparey, 2nd claim, was 5th overall and 1st V50 in 50:38. Jon Coles made a good comeback from recent injury and finished 6th in 51:06. Ted Sprules, V50 was 12th overall in 53:08 and Annie Burkitt enjoyed the mucky conditions as she finished in 1:45:00.

Also on the 6th November was the "Gillingham 7.5 mile".

Peter Grist, 2nd claim, wasn't able to continue his run of top 3 finishes but he did well to finish 4th in 40:28. Peter's father, Mike Grist, 2nd claim, came home 8th overall and 1st V40 in 41:54. Chris Steele completed yet another outing, coming home in 58:12.

The second round of the Street 5K winter series took place on the evening of Wednesday 10th November. Peter Grist was able to lead the race from start to finish to claim yet another first place in 15:46. Ted Sprules, unusually in a short distance race, came home in 14th place in 18:36. Paul Uphill, V40, finished 20th in 19:08. Another runner who prefers longer distances is Vickie Plummer. She opted to use the Street race as a speed session and finished 36th in 20:41.

On 13th November, Ted Sprules was in action again. This time he took on the fearsome "Sodbury Slog", a fearsome 10-mile multi-terrain race that has a reputation and as such is the most subscribed off-road race in the West Country. Ted enjoyed the tough course and was able to record a time of 1:15:27 on the day.

Annie Burkitt was also in action on 13th November. She competed in a Wessex league cross-country meeting, held at Salisbury.

Two days later she was in action on the track, competing in a Yeovil Olympiads hosted meeting. Annie did the 600 metres in 2:12 and the 300 metres in 58 seconds.

Sunday 27th November saw the 2nd leg of the Bath University 10K series. The quality field and flat conditions led to some fast times and Frome AC's contingent all came home with PB's. Peter Grist, 2nd claim, won the 1st leg back in October, but this time he finished 4th, despite setting a PB of 31:07. Ted Sprules, V50, shaved 50 seconds of his PB to finish in 37:17. Vickie Plummer clocked up some more miles to her race log as she came home in ~~~~PB. Recent new members Steve and Lisa Hibberd are new to the racing scene but they are getting the bug, as evident in them claiming new PB's.

On the same day three veteran Frome runners travelled to the south coast to race the Hayling Island 10 mile. Mike Grist, 2nd claim, came home 2nd V40 in 54:43 which was also good enough for 10th overall. Gary Eagle, 2nd claim, came home 3rd V40 in 56:53 and Kevin Sparrey, 2nd claim, came home 2nd V50 in 59:04.