

FROME RUNNING CLUB - RACE RESULTS 2006

Added 17th December 2006

The festive running season kicked off in fine style on 3rd December with the running of the ever popular Bromham Pudding 10K, held in the village of Bromham near Devizes. 470 runners completed the fast course and earned their Christmas pudding finishing prize.

Frome Running Club was well represented with 8 runners enjoying the atmosphere. First home for Frome was Jon Coles in 13th place in 37:10, followed by; 31st Kaine Dixon, 39:08, 51st Ted Sprules, V50, 40:28, 96th Vicky Plummer, 42:59, 112th Steve Hibberd, 44:19, 167th Chris Steele, V45, 47:32, 206th Joanne Fordham, V35, 44:19 PB and Margaret Plummer, V50, 50:30 for 235th place.

Some 21 Club runners took part in the Club's very own Fun Run, "The Jingle Bell Jog", on Sunday 17th December.

This run involves running a 5-mile route around the village of Berkley, before heading back to Frome Rugby Club for a well-earned mince pie and Cuppa! Runners are encouraged to wear some festive attire and most entered into the spirit.

The times recorded ranged from 28:59 through to 48:40.

Added 3rd December 2006

Sunday 26th November saw the final round of the 14 leg Somerset series take place at Burnham-on-Sea Rugby Club. This final race was a 6-mile multi-terrain affair, which involved a gruesome ascent and equally heart-stopping descent of the infamous Brent Knoll Hill in North Somerset.

Frome Running Club Captain Jon Coles was already assured of at least 3rd overall place in the series, but he had an outside chance of piping his two close rivals in the race for top spot.

The race proved to be the usual tough affair with parts of the descent being tackled by almost skiing them. Jon managed a creditable 5th place overall in the race and this promoted him to overall runner-up spot in the series. Meanwhile, over in Wiltshire, Kaine Dixon and Ted Sprules were racing in the Blacklands 7.25 mile MT run, held near Chippenham. Kaine managed his first ever podium, finishing 3rd in 47:37. Ted, V50, wasn't far behind and he finished 4th in 48:31.

Added 20th November 2006

Cheddar Running Club held it's annual half-marathon on Saturday 11th November and several Frome Running Club members took up the challenge in this popular race.

Despite its well known Gorge and Mendip flavour, the route is very flat and is run on the Levels below Cheddar. In a field of some 290 runners Jon Coles was first home for Frome in 11th place in a time of 1:22:05. Jon was followed in by; 22nd Kaine Dixon 1:25:24, 23rd Ted Sprules, V50, 1:25:26, 54th Vicky Plummer 1:31:31, 173rd Jo Fordham, V35, 1:52:29, 198th Karen Evans, V40, 1:56:31, 228th Catharine Dowling 2:02:16 and 252nd Emma Bates in 2:11:20.

Added 5th November 2006

The Great South Run, held at Portsmouth on 22nd October, is one of the highlights of the road-racing calendar and Frome Running Club was well represented in the 10-mile race. Lisa Hibberd was first Frome runner home in 1:30:14, followed by Steve Hibberd 1:30:15, Mark Aston, V45, 1:34:11, Mandy Aston, V55, 1:34:11, Alan Berry, V60, 1:40:47, Kate D'inverno, 1:44:00, Sally Peterson 2:02:18 and Debbie Weinstein 2:02:18.

The monthly Club 5k-time trial, held on 1st November saw 10 club runners' record quick times, ranging from 17:40 through to 26:14.

On Saturday morning, 4th December, 3 Frome runners competed in the unusual, but popular, City of Bath Victoria Park 4 mile race.

This race involves 5 laps of an undulating park, set in the World Heritage City. Brett Sadler came home 3rd V50 in 26:36, Vicky Plummer took 3rd Senior Lady in 27:03 and Ladies Captain, Sue Watts, came home in 33:29.

The Following day saw 5 Frome runners' head to the Limpley Stoke valley to race in the brutal, beautiful Over-the-Hills 7mile MT race.

Debutant Tom Dudden starred well to finish 12th in 50:02, Kaine Dixon finished 16th in 50:39, Ted Sprules, V50, was 28th in 52:21, James Farrow, V45, came home 57th in 55:51 and another Frome debutant, Kate Walton came home 162nd in 70:51.

Added 22nd October 2006

Three Frome Running Club members recently took part in the Broadchalke 10K, held near Salisbury on 8th October, and all three managed to finish in the top fifteen!

First home for Frome was Kaine Dixon, 6h overall in 40:02, followed by Ted Sprules, V50, in 40:20 and James Farrow, V45, finished 15th in 42:49.

Mother and Daughter combo Margaret and Victoria Plummer travelled to Cardiff on 15th October to race in that city's prestigious marathon and half-marathon respectively.

In her first ever marathon, Margaret, V50, completed the course in 4 hours and 47 seconds. Victoria opted for the shorter distance and recorded 1:33:31.

On 22nd October Club Captain Jon Coles travelled to North Dorset to race in the Gillingham Hilly 7.5 mile run. Although the weather was squally Jon enjoys hill running and clocked up a PB of 44:57 and finished in 14th place.

Added 8th October 2006

The Stourhead estate was the venue for the King Alfred's Torment multi-terrain race on Sunday 24th September. Two stalwart members of Frome Running Club went along to take part and got their "burnt cake" at the finish line. Brett Sadler, V50, came home in 53:03 and Chris Steele, V45, finished in 66:43.

Brett Sadler was in action only two days later as he went to Bristol to race in round 1 of the Bridge Inn Winter 5K series. Brett put in a good performance to put in a SB of 19:15.

The monthly club time trial was held on Wednesday 4th October, over a 5k route around the Stonebridge estate. 14 club runners put in some excellent performances with times ranging from 16:27 through to 28:02.

Added 25th September 2006

Wednesday 13th September saw the final round (of Six) of the RNAS Yeovilton 5K series. With many Frome Running Club athletes resting for the forthcoming weekend races, only 3 runners made their way to the Naval Air Station. Endurance specialist Vicky Plummer used the race as a sprint session and came home in 20:23. Paul Uphill, V45, made a return after injury and finished in 20:50 and Margaret Plummer, V50, got in some useful training, coming home in 25:31.

Sunday 17th September saw the running of two popular local races; the Bristol Half Marathon and the Shepton Mallett 10K fun run.

Frome Running Club had a good presence in both races, with some 16 runners racing in all.

Results for the Bristol Half Marathon: Ted Sprules, V50, 1:29:16, Vicky Plummer, 1:38:22, Steve Hibberd, 1:46:47, Margaret Plummer, V50, 1:55:29, Joanne Fordham, V35, 2:00:16, Karen Evans, V40, 2:05:41, Lisa Hibberd, 2:18:13 and Liz Dowling, 2:21:00.

Results for the Shepton Mallett 10K: 4th Overall and 1st Senior Male, Jon Coles, 36:37, 21st James Farrow, V45, 42:49, 25th Brett Sadler, V50, 43:37, 29th Paul Uphill, V45, 44:49, 42nd Nick Best 49:14, 64th Mandy Aston, V55, 55:16, 65th Mark Aston, V45, 55:16 and 71st Becky Eleanor, V50, 57:01.

Added 10th September 2006

Ted Sprules, V50, James Farrow, V45 and Chris Steele, V45 of Frome Running Club recently raced in the dauntingly named "Conkwell Killer" on 20th August 2006. The race is a scenic run through the Limpley Stoke area, near Bradford-on-Avon. Ted finished in 11th place in 58:01 followed by James in 46th place in 65:32 and Chris Steele in 63rd place in 72:01.

The following Sunday 27th August saw Ted running again, this time at the "Battle of Sedgemoor", a popular flat 10K, held at Langport. Ted was joined by several Club mates and Gary Eagle, V45 led the team home in 7th place in 34:34 followed by; 16th Jon Coles, 36:58, Ted Sprules, 39:24, Brett Sadler, V50, 41:45, James Farrow, V45, 43:42 and Jo Fordham, V35 in 52:37.

The next day saw Jon Coles racing again, this time in the South West Vets 5K, held at RNAS Yeovilton. Jon found that consecutive races helped his pace and he finished 4th overall and 1st V35 in 17:18.

Ted Sprules also raced again consecutively, this time at Baltonsborough, near Glastonbury. Ted was joined in the 5 mile run by Vicky and Margaret Plummer and Ted finished the race in 31:35, 1st V50, Vicky was 3rd lady in 34:10 and Margaret, V50, finished in 40:17.

Sunday 3rd September found Jon Coles racing over the beach and sand dunes of Berrow and Burnham-on-Sea in the Burnham beach run. The race is round 9 (of 14) in the Somerset race series and Jon maintained his series top three position by storming to 2nd place in 35:22. The club held it's monthly 5K time trial on Wednesday 6th September and some 12 runners took up the challenge. Results ranged from 20:08 through to 28:01.

Jon Coles was in action on Sunday 10th September, at the Ash Excellent 8. This trail race is round 10 in the Somerset series and Jon, once again, rose to the occasion, finishing 3rd overall and 2nd senior male in 44:00.

Added 6th September 2006

Results for the 5K time trial held on Wednesday 6th September are as follows:

Brett Sadler 20:08; Steve Hibberd 21:29; Nick Best 21:56; Chris Steele 22:38; Duncan Travers 23:12; Jo Fordham 23:57; Alice Travers 24:25; Lisa Hibberd 25:07; Liz Dowling 25:46; Catherine Dowling 26:05; Karen Evans 26:16; Kate Waltdon 26:40; Tony Blatchford 28:01

Two runners took a diversion (we thought we had nearly lost them) and their results are not included - you know who you are!!

Added 20th July 2006

Several Frome AC runners recently competed in the Warminster Forest 10 mile trail run, on 25th June.

The course starts in Warminster and circles through the Longleat estate and back to Warminster. First home for Frome was Jon Coles, in 7th overall 1:04:45. Next home for Frome was Ted Sprules, V50, in 1:09:17, followed by; James Farrow, V45, 1:15:21, Steve Hibberd, 1:19:04, Chris Steele, V45, 1:25:31 and Jo Dixon in 1:48:02.

Sunday 2nd July saw Jon Coles travel to Devizes to race in the "Kennet Kanter", a 10.4mile trail run. The route takes in Roundway Down and also a run up the famous Caen Hill locks towpath. The scorching heat affected all the runners and it was a case of survival for Jon, who managed a creditable 13th place (268 finishers) in 1:12:09.

Cooler conditions were on hand on Wednesday 5th July when the club hosted the monthly time trial. Ten runners raced over the Berkley Marsh 5K route and times ranged from 19:09 through to 27:56.

Wednesday 12th July saw the fourth round (of six) in the RNAS Yeovilton 5K series. Pleasant conditions were encountered and Jon Coles recorded a time of 17:41, followed by; Steve Hibberd, 21:22, Jo Fordham, V35, 23:26 and Lisa Hibberd, 25:25.

The club also staged a "Sports Relief" mile event on 15th July, with the help of Frome RFC. Some 300 runners turned up to run the mile, whilst spectators and runners alike enjoyed the party atmosphere that the event purveyed.

Added 20th July 2006

After race #9, Club Time Trial 5K, 5th July 2006

Men

Ted Sprules, 6 Diamonds.

Jon Coles, 6 Gold.

Kane Dixon, 3 Silver + 2 Bronze.

Steve Hibberd, 1 Bronze, 2 Gold jogger, 2 Bronze Joggers.

Chris Steele, Silver, 2 Bronze + Gold Jogger.

Paul Uphill, 3 Silver.

James Farrow, Gold, Silver + Bronze.

Duncan Travers, Bronze + Gold Jogger.

Mark Hawes, 2 Silver Jogger.

Gary Eagle, Platinum.

Ray Walker, Silver.

Brett Sadler, Silver.

Ewen Alcorn, Bronze Jogger.

Ladies

Margaret Plummer, 1 Diamond, 4 Gold.

Lisa Hibberd, 2 Bronze + 2 Gold Jogger + Silver Jogger.

Karen Evans, 4 Bronzes, Gold Jogger.

Jo Fordham, 2 Silver, 2 Bronze.

Vickie Plummer, 2 Gold.

Sue Watts, Silver + Bronze.

Rachel Cobb, Bronze + Gold Jogger.

Lizzie Davies, Bronze + Gold Jogger.

Emma Bailey, 2 Gold Jogger.

Jane Merrifield, Gold Jogger and Silver Jogger.

Annie Burkitt, Gold.

Lesley Fussell, Bronze.

Debbie Chambers, Bronze Jogger.

Next race, #10, Battle of Sedgemoor 10K, 27th August 2006.

Added 13th August 2006

After a brief lull in the running calendar, Frome AC runners, in the early part of August, resumed battle.

Jon Coles was first into action on Wednesday 2nd August when he travelled to North Perrot in Somerset to race in the Hazlebury Trail 10K run. The race is #8 (of 14) in the Somerset series and Jon managed a creditable 10th place in 40:33.

The following Sunday saw Jon return to native Devon to race in the Totnes 10K, a scenic trail run mainly following the beautiful Dart Valley in South Devon. Jon found the conditions to his liking and came home 23rd overall (529 finishers) in 39:58.

On the same day, Vicky Plummer and Ted Sprules, V50, were racing closer to home when they travelled to Sturminster Newton in Dorset. Ted raced in the Half-Marathon event and came home in 1:30:31 and Vicky opted for the short 5K race and was rewarded with a first female prize, with a winning time of 22:28.

Wednesday 9th August saw the 5th round (of 6) in the RNAS Yeovilton Summer 5K series. Jon, Ted and Vicky were once again in action and Brett Sadler and Margaret Plummer joined them. Jon Coles finished 20th in 17:42, followed by: Ted Sprules, 18:48, Vicky Plummer, 20:37, Brett Sadler, V50, 20:52 and Margaret Plummer, V50, in 25:04.

Added 4th June 2006

The recent bank holiday weekend saw several Frome AC runners travel to the City of Wells to race in the Wells 10K fun run, held on Sunday 28th May. Coming in 4th overall and 1st V45 was Gary Eagle, in a time of 35:08. He was followed home by: Ted Sprules, V50, 40:46, Paul Uphill, V45, 42:23, James Farrow, V45, 42:52, Vickie Plummer, 44:08 and Margaret Plummer, V50 in 51:10. The good turnout by Frome was enough to ensure second place in the team category.

The previous day saw Kaine Dixon running in Germany! Kaine was visiting the town of Murrhardt, which is one of Frome's twinned towns. Kaine, who is a member of the Frome Twinning Association, had a good run in the soggy conditions, finishing 18th overall and 1st M30, in a time of 37:53.

Added 24th May 2006

The second round (of six) of the RNAS Yeavilton 5K series took place on the 10th May and ten Frome AC members took part. Club Captain Jon Coles led the way coming home in 17:30, followed by: Kaine Dixon, 18:16, Ted Sprules, V50, 18:20, Paul uphill, V45, 19:02, James Farrow, V45, 19:54, Vicky Plummer, 20:54, Steve Hibberd, 21:00, Margaret Plummer, V50, 25:06, Lisa Hibberd 25:47 and Emma Bailey, 26:21.

The following Sunday, 14th May saw some of the same runners take part in a totally different race, The "Cowpat Canter". This is a multi-terrain race held at Midsomer Norton RFC and sees the racers dodge or go through; cowpats, mud, streams and a rancid pond! Jon Coles came home in 5th place in 41:09, followed by: Kaine Dixon, 45:09, Ted Sprules, V50, 45:33, Lizzie Davies, 55:03, Steve Hibberd, 55:15, Chris Steele, V45, 57:14 and Lisa Hibberd, 1:09:20. Ted Sprules was the 1st V50 male home and won this title for the fourth consecutive year.

Added 13th May 2006

Five Frome AC runners recently took part in the Flora London Marathon on 23rd April. Ted Sprules, V50, ran his second successive London and came home in 3 hours and 3 minutes. Vicky Plummer was also in her second successive London outing and recorded 3:29:57. Another second timer was Arthur Ayres, who came home in 4:01:28. Duncan Travers completed his first London marathon in 4:22:47, on the occasion of his fiftieth birthday! Karen Evans, V40, also completed her first marathon in 4:29:09.

Closer to home, on the same day, Paul Uphill, V45, travelled to Pensford to run in their 10K race. He finished 55th in 44:20.

Also on this patriotic day, Club Captain Jon Coles, travelled to Corsham to run in the St Georges day10K, some 438 runners finished this popular race and Jon had a good run to finish 14th place in 37:16.

The following Sunday saw Jon Coles travel across the Tamar to race in the picturesque, but hilly, Saltash Half-Marathon. Jon put in a good performance over this demanding course and finished 4th place in 1:21:58.

On the Bank-Holiday Monday, Vicky and Margaret Plummer travelled to Glastonbury to race over the unusual distance of 5.75 miles. Vicky put her recent London Marathon training to good effect and stormed home 2nd lady in 37:25. Mum Margaret, V50, also did well to finish in 46:58.

On the same day, Mark Hawes raced in the Bradford-on-Avon 3 mile race and was pleased to finish 20th in a time of 21:18.

Wednesday 3rd May saw the monthly club time trial, this time around a new 5 mile course at Berkley Marsh. Only seven runners were tempted and they were as follows: Paul Uphill 32:47, Brett Sadler 34:23, Steve Hibberd 34:56, Chris Steele 35:36, Mark Hawes 36:14, Jo Dixon 41:15, Nick Berry 45:22

Added 23rd April 2006

On 2nd April Kaine travelled to Bournemouth to race in the Bay 10K and came home in 18th place in 41:32.

The club held it's monthly time trial on Wednesday 5th April. 17 Club members pounded a new 5k route around the Berkley marsh area and finishing times ranged from 18:34 min through to 34:02 min.

Paul Uphill and Chris Steele made the short journey to Studley Green, near Trowbridge, to race in a 10k multi-terrain race on 9th April. Paul, V40 came home in 13th place in 45:45 and Chris, V45, finished in 21st place in 49:17.

On the other side of Wiltshire, 5 club runners raced in the Pewsey Vale 10K race on 9th April. Gary Eagle, V45, came home in 9th in 35:44, followed by Vicky Plummer, 43:06, Steve Hibberd, 45:15, Lisa Hibberd, 46:09 and Margaret Plummer, V50, in 50:34. The Ladies had obviously raced well as they won the Ladies team prize, a first for Frome AC in recent times.

Wednesday 12th April saw the first leg (of six), of the Yeovilton Summer 5K series. Gary Eagle, V45, came home in 10th place in 16:29, Jon Coles finished 23rd in 17:28, Vicky Plummer set a PB of 19:55 and Margaret Plummer came home in 25:10.

RNAS Yeovilton was also the venue for the popular Easter Bunny 10K, held on Easter Monday. 12 Frome runners took part and all received a chocolate egg at the finish. First home for Frome was Gary Eagle, V45, 7th place in 34:49. Next home for Frome was Jon Coles, 19th place in 36:38 PB, followed by; Kaine Dixon 39:25, Paul Uphill, V40, 42:08 PB, James Farrow, V40, 44:32, Steve Hibberd, 44:54 PB, Mark Hawes, 47:18, Margaret Plumer, V50, 49:36, Karen Evans, V40, 52:58, Lisa Hibberd, 53:46, Emma Bailey, 57:17 and Jane Merrifield, V40 in 59:31.

Added 28th March 2006

After race #4, Bath Half-Marathon 19th March 2006

Men

Ted Sprules, 2 Diamonds
Jon Coles, 2 Golds
Duncan Travers, Bronze + Gold Jogger
Steve Hibberd, 2 Bronze Joggers
Kane Dixon, Bronze
Paul Uphill, Silver
Chris Steele, Bronze
Ewen Alcorn, Bronze Jogger

Ladies

Margaret Plummer, 1 Gold and 1 Silver
Sue Watts, 1 Silver and 1 Bronze
Rachel Cobb, Bronze + Gold Jogger
Karen Evans, Bronze + Gold Jogger
Vickie Plummer, Silver
Lesley Fussell, Bronze.
Lizzie Davies, Gold Jogger
Lisa Hibberd, Gold Jogger
Jane Merrifield, Silver Jogger
Debbie Chambers, Bronze Jogger

Next race, #5, Easter Bunny 10K, 17th April 2006

Added 28th March 2006

The Somerset race series 2006 kicked off on 26th February with the usual curtain raiser, the Babcarry 7.5 mile road race.

Several Frome AC runners ventured to South Somerset to run the undulating course, and try the delicious cakes afterwards! Jon Coles chalked up a third successive top ten finish as he led the team home in 9th place in 45:24 PB. Next home for Frome was Paul Uphill, V40, in 53:53, followed by: Steve Hibberd, 57:33 PB, Sue Watts, V40, 1:01:43, Margaret Plummer, V50, 1:01:52, Karen Evans, V35, 1:04:03 PB, Rachel Cobb, V45, 1:09:07 PB and Jane Merrifield, V40 in 1:13:57 PB.

The following Sunday saw the second round of the Somerset series, this time a 7 mile Multi-terrain run at Butleigh, near Glastonbury.

Jon Coles was once again in form as he finished in 5th place in 45:14. New club member, Kane Dixon, ran his first race in Frome AC colours and didn't disappoint, coming home in 27th place in 52:04. On the same day, veteran sprinter Annette Burkitt (55), travelled to Cardiff for the British Masters track and field champs. Annette pulled off a fine hat-trick medal haul, winning bronze in the 200m, 33:28, silver in the 800m, 3:03:15 and gold in the 400m in 75:48.

Also on the 5th March, 3 marathon experts travelled to Gloucestershire to race in the Gloucester 20 mile run. Ted Sprules, V50, finished in 2:17:27, Andy Shakeshaft finished in 2:28:25 and Vickie Plummer came home in 2:30:53.

The club held it's monthly time trial on Wednesday 1st March. 19 Club members pounded the 5K Stonebridge route and finishing times ranged from 19 mins through to 38 mins.

Added 28th March 2006

One of the year's biggest local races, the Bath Half-Marathon took place on 19th March and Frome AC was well represented on the day.

Pete Grist, 2nd claim, came home in a storming 1:12:02, some 4 minutes in front of Dad Mike Grist, 2nd claim, V40, who finished in 1:16:05. Ted Sprules, V50, had another fine run to finish in 1:24:44.

Other Frome finishers were; Vickie Plummer, 1:38:38, Keith Robinson, V50, 1:43:54, Chris Steele, V45, 1:42:55, Margaret Plummer, V50, 1:50:47, Duncan Travers, V45, 1:53:46 and Sue Watts, V40, in 1:59:45

Added 27th February 2006

Sunday 19th February saw the running of the 3rd leg of the Bath University 10K series, and two Frome AC running families decided to test the fast course.

Vickie Plummer used the race as part of her London Marathon training and she finished in 42:02. Her mum Margaret, V50, finished in 48:37, a new PB.

Steve Hibberd ran a PB to finish in 44:55 whilst his wife Lisa knocked 6 minutes off her PB to finish in 50:48.

Club Captain Jon Coles travelled to the East Devon coast to race in the South West Veterans X-Country Championships, held on a damp and windswept Sidmouth course. Jon managed to finish 7th overall in 33:14 and also picked up a medal for finishing 2nd V35.

Away from the track, the Club held it's annual AGM and prize-giving dinner on Friday 24th February at the Orchardleigh golf club. Members were able to reflect on another progressive year for the club, with membership increasing and increased participation at open race meetings.

Veteran runners Ted Sprules and Annette Burkitt were crowned overall club champions for the second year running.

Added 13th February 2006

Veteran Frome AC runner Ted Sprules has opened his new year's racing campaign in fine style. Ted raced the gruelling Slaughterford 9 mile multi-terrain race, near Box, on Sunday 22nd January. Ted managed a quick time of **1:02:37** which was good enough to earn 20th place overall and 1st V50.

Over one thousand runners descended on to the Longleat estate on 5th February to run in the SIS Longleat 10K. Eleven Lion-hearted Frome AC runners went along to tackle the hilly, but scenic course and all achieved pleasing results.

Ted Sprules, yet again led home the Frome contingent, by finishing 1st V50 in 39:41
Duncan Travers, V45, was next home in 49:38, followed by;

Steve Hibberd - 50:10
Lesley Fussell, V40 - 54:42
Ewen Alcorn - 57:20
Lisa Hibberd - 58:21
Karen Evans V40 - 58:48
Lizzie Davies - 59:52
Rachel Cobb V45 - 1:00:21
Debbie Chambers - 1:08:51

Added 17th January 2006

Despite the temptations of turkey and Christmas pudding, Mother and daughter duo: Margaret and Vickie Plummer managed to race in a "fun run" on Boxing Day.

The Stoke stampede is a 10K race held near Taunton. Vickie managed 42:45 and Margaret managed 50:55.

Two weeks later the intrepid duo were once again in action. This time Gloucester was the venue for a 10mile road race. Vickie managed a quick time of 1:10:34 and Margaret finished in an equally impressive 1:23:15.