

Kent AC Summer Newsletter 2014

Settled Down

Written by Larry Garnham

Well, after the upheaval of 2012 and the steadying of the boat in 2013, Kent AC looked to establish themselves as a meaningful force in British track and field athletics once more. Back in 2013 there was a deliberate move by the club to re-establish more Ladywell-based athletes following a few years where the commitment of some of the non Ladywell-based athletes was called into question. The club seems to be reaping the rewards for such a strategy, certainly on the roads and longer track distances. And with it there appears to be much more unity again – a bit like the ‘old days’ of the early part of this century when all the athletes in the team pulled together, no matter what their event.

The season started well enough with a very comfortable third place and Kent tried hard not to win this one. With quite a lot of athletes unavailable for the next match, it was a bit tough and Kent AC had a poor result but no alarm bells were ringing. We never really got going after that and with results turned on their heads in the final fixture Kent AC only just kept their division one status – a little bit tight but never ever any real concern and it appears that the club has now settled down in Division One and can look to build for the future.

On an individual front Conrad Williams had probably his best ever year and, despite not being picked for the Common-



The winning Kent AC Vet 40 Team at the Southern Road Relays, Aldershot

wealth Games in an individual spot as he started his season too late for selection, he gained a fantastic gold medal in the 4 X 400mtrs with young Matthew Hudson Smith running a blinder! Conrad then went on to make the individual final of the European Athletics Championships and then picked up his second gold of the season in the 4 X 400mtrs with GB running one of their fastest times for years as they stuffed all the opposition. I don't know how many relay medals Conrad has now won but I bet there aren't too many athletes in team GB or England with more medals!

One disappointment this year was that John Gilbert, although selected originally for the European team marathon championships, was denied a spot after GB pulled out and Paul Pollock had to pull out very late through injury when he should have been representing Ireland in the event. But just to add a little bit of glamour to Kent AC's European influence, David Lima represented Portugal

in the 4 X 100mtrs and was a member of their team in breaking the National record.

As noted earlier, there are quite a number of distance based athletes now training at Ladywell and, off the back of this, Kent AC had a huge 5000m night where athletes from all over enjoyed a festival of fantastic races. Nick Torry of Serpentine (HCA to Kent AC) won and dragged around young sixteen-year-old Alex Yee to a GB best ever U17 time and Chris Greenwood to a top three V40 time for 2014. And, with this, the camaraderie within the team is becoming ever stronger and it was no surprise that despite John Gilbert and Paul Pollock not being available for the Southern six stage, Kent AC still picked up Silver medals and the Vet40 team won convincingly. We even had a Vet50 team a 'B' team, a 'C' team and a women's team making their debut coming a creditable 10th in a top level competition.



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Keep up to date with Kent AC throughout the year at www.kentac.org.uk

Your newsletter was brought to you by volunteers within Kent AC.

If there's something you'd like to see included within the next newsletter, or to pen an article yourself, please get in touch with Siobhan Burke at: siobhan_annie@hotmail.com.

Thank you to all of our contributors:

Ken Pike ■ Larry Garnham ■ Siobhan Burke ■ Spenser Lane ■ Bob Harris ■ Paul Bell ■ Andy Gardiner ■ Kate Williams ■ Ted Aston ■ Robert Moye ■ Amy Clements



News

Dates for your diary

Club AGM

The Club AGM will be at a **NEW VENUE** this year – the Blythe Hill Tavern, Stanstead Road, Catford on **Tuesday, 2nd December '14** at 8.30pm. It's your chance to have your say and have input into the future of your club, plus the chance to elect key personnel. Do you have a view and any new ideas for us to take on board?

Club Presentation

will be at the Beckenham Cricket Club on **Saturday 3rd January '15** at 8.30pm. It's the same day as the Kent County Cross Country champs and this has proved to be a good way of stimulating interest for the event. Remember it is the **ONLY** time of the year that we all get together to celebrate everyone's successes – it's vital that everyone makes an effort to be there in order to support those athletes being awarded trophies, medals and certificates. We will have a full range of club kit for sale there including our smart new tracksuits.

Club 200

Written by Ken Pike

The Club 200 draw comes to a close after its second year – the last draw being in November. It is understood that most members will be renewing their entry into the monthly draw but it is believed that a few numbers are now available.

For just £6 a month you have the chance to win £200. Please contact Phil Sanders philpub@googlemail.com for details.

Sidcup 10 mile Road

Race

will take place on **Sunday 8th March '15** at 10.00am at Chislehurst and Sidcup Grammar School. This is **THE** major fund raising venture of the year and everyone in the club **is EXPECTED** to try and make an effort to help out on the day. Without this event the club would be short of about £2,000!

It is the **ONLY** time in the year when we expect **ALL** members to give something back to the club – it really is only a few hours help on just one morning in a year.

ALL members should put this date in their diaries and come and help on the day.

NO HELPERS – NO EVENT,

NO EVENT – NO MONEY,

NO MONEY – NO CLUB.

The year's winners were:

January: Marcus Graham
February: Danny McKay
March: Stuart Beaney
April: Janet Bell
May: Dennis Fairbrass
June: Richard Elliot
July: Val Fairbrass
August: Ken Pike
September: Tim Jones
October: Alicia Lovejoy

History of Kent AC – Information Required

Written by Larry Garnham

I am in the process of re-searching Kent AC and unfortunately my technological skills aren't all they should be, especially with the use of social media (Facebook and Twitter). Thus, whilst I have contacted some names from the past and have gradually put information together, I believe that there are younger more competent guys out there that could massively assist my task by gleaning info through these new technologies.

Firstly, I don't really need any info from 1990 onwards, although some photos of the period would be appreciated. I have got quite a lot of info on the 80s but perhaps Dennis and Norman Fairbrass could furnish me with our exploits in the Men's Southern League from 1983 (when I believe we re-entered). And, of course some photos of the period would be welcome.

Surprisingly, I have a lot of good information on the 60s, but I have not been able to identify many of the women of that period. If anyone has photos and can put names to them it would be very helpful. And I have hardly any photos of the men

at the time – so any would help.

The 70s are odd. I have loads of facts but very little information. I know that sounds contradictory, but I want to know what was happening in the club, not just a few performance facts. I know there was a club magazine produced in the 50s called Invicta – if anyone has knowledge where any issues might be, let me know. Perhaps Ron Hale or Peter Yates have some back copies. Maybe Len Reilly can locate them in the Borough of Lewisham's history archives.

From 1900 to 1950 there is very little information available. Is there a photo of William Wallace out there? Are there any press cuttings? If anyone can provide some info, please do.

Don't just swamp me with reams of info. Can you email me in the first instance and maybe provide me with a telephone number so that I can assess the usefulness of such information.

Contact:

Larry Garnham (Tel: 01637 874 573) (email: larreegee@yahoo.co.uk)

NEW CLUB RECORDS (During 2014)

Half Marathon

Paul Pollock 62 min 09 secs
 Copenhagen, World Championships

10,000m

Paul Pollock 28mins 32.18 secs
 Payton Jordan Meeting, California



British Athletics League

British Athletics League Review

Written by Ken Pike

Whilst we did not achieve our target of finishing 3rd in the league but in fact came 6th in the 8 team division we were incredibly close to achieving that target as at the end of the season 3rd place was only 2 points in front of us as 4 teams who were equally matched ended up finishing incredibly close to each other.

In line with our new policy we blooded no less than 8 new recruits this year (James Ansell, Elliott Gayle, Ben Harding, Andy Smitherman,

David Wellstead, O'Shane Witter, Shawn Wright and Alex Yee) nearly all of whom fit into our policy of bleeding young, improving athletes into our BAL team.

We averaged 23 athletes per match which is up on recent seasons and used 38 athletes across the year – again up on most years. The disappointing statistic was that only 6 athletes did all 4 matches, mainly as a result of injuries, as is shown by the fact that 13 other athletes did 3 matches.

This showed that we had nearly 20 athletes forming the core of the team across the whole season.

Our best 6 events were 3000 SC (86pts), Triple Jump (79pts), 5000/3000m (78pts), Shot Putt (77pts), 200m (72pts) and 1500m (65pts). We clearly have several events where we here we need more specialists such as 400m, Hammer, High Jump and Pole vault plus another hurdler and sprinter would really help the cause.

None the less we can look back on the season as being a good one as the team has clearly moved on a fair bit in terms of standard and numbers and we seem to have a more committed group of athletes who are real team players. Also with so many younger guys in the team things can only get better especially if we can get more of our top men out more often next season.

British League Division 1 - Windsor, Sat 10th May 2014

Written by Ken Pike

A great result as we came 3rd on the day despite the grim weather which consisted of strong winds and driving rain in regular spells that was strong enough to even drive those in the covered stand to seek better shelter! Everyone simply got on with their job despite the conditions which were at their worst in the Triple Jump, Pole Vault and Discus where good performances were virtually impossible.

Certainly our ability to scrap for points and never give up paid dividends on the day given how close the three teams behind us were - so well done to everyone as you all had a part to play.

We had no less than 6 athletes making their debut and all got into the groove as, without exception, they competed really hard. Ben Harding had "my best BAL to date" as he came 3rd in the A string in a quality 1500m race where 'find of last season' and training partner, Owen Hind, took 6 secs off his PB

as he came 4th in the B string.

In the 800m James Ansell, who was making his 'debut', in terms of being fit enough, did well to stick in as the pace quickened up and he came a solid 5th in the A 800m race. He was backed up well by Hassan Davis who also had his "best BAL race to date" as he nearly won the B string.

The sprints were top class events but David Lima and Daren Green did us proud in particular in the 200m where both were very close to winning. Andy Smitherman, making his debut, battled hard despite being ill in the week before and should be a real asset in the 400m this year and he had good support as our own Rawlston Morian ran a PB of 52.1 secs in the B 400m race.

GB decathlete Mike Holden seemed to suffer the worst of the conditions as he "struggled" (by his standards) in the PV and HJ but he more than made amends with a very good 2nd place in the A 110m

hurdles. Over the hurdles in the 3000m SC the ever reliable Chris Greenwood and Richard Phillips gained good points as they came 3rd in the A and B strings despite the wind being pretty bad in their race.

The jumps suffered badly from the ever changing wind, but that did not deter Joe Lawrence from showing what a prodigious talent he is as he opened the season with an impressive 7.39m in the Long Jump as he came 2nd in the A string. In the Triple Jump, things were even worse as they had to contend with the driving rain as well as the wind but Chuxx Onyia earned the Man of the Match award as he managed a 15.01m jump, which was good enough to win the A string and show that he is fast closing in on the Club Record of 15.52m. Another new boy, David Wellstead, got great points in the B string, again in his first competition this year, despite suffering a muck up by the offi-

cials as he was deprived the 3 extra jumps that he should have had.

The throws also suffered badly, in particular the Discus, where Irish International, Sean Breathnach, seemed to have the gods against him as the heavens opened up every time he got into the circle; he lost out badly through the lack of understanding by the officials regarding the extra 3 throws. As usual, he came back well in the Shot where he came 2nd in the A string to make his trip worthwhile and he had good backing from Courtney Green who came 3rd in the B string. Another Decathlete, Max Hall, gained vital points in the Javelin and Discus despite carrying an earlier injury (that lesser and less committed guys would have cried off with) and getting caught up in the madness of Twickenham Rugby 7's crowds on the way there.

A special mention to the three regular B team athletes, Shaun Mulligan, Rawlston

British Athletics League

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Morian and Kehinde Dauda, whose contribution of 29 points was fantastic in spite of having to contest the back end of events - they simply fought for every point earned.

Lastly the 3000m, where 16 year old Alex Yee ran 8' 28", which is an incredible 31 secs inside the English Schools qualifying time in his first ever track race! He ran an

amazingly mature race, sticking all the way to the pre-determined plan with great help from our "top man", John Gilbert, as they both got great points by coming 3rd in their respective A and B strings.

We have every reason to now be optimistic this season with our young team that has proved that the season's target of 3rd place is achievable.



Photo from British League meeting at Tooting, Saturday 5th July

British League Division 1 - Gateshead, Sat 7th June 2014

Written by Ken Pike

The long trip to the North East was a setback to our hopes of finishing 3rd in the league after our great start to the season at Windsor; in awful cold, wet conditions, we came 7th with the small consolation of pushing local rivals, Blackheath & Bromley, into last place.

We were only slightly down in terms of numbers as we had 20 athletes out but we had been stuck down with a whole spat of injuries to our big points scorers such as David Lima, Ben Harding,

Jon Browne, Matt Burton, Chuxx Onyia, Michael Holden and Nick Torry with Max Hall also carrying a restricting injury.

Nonetheless, we had some great events - in particular the distance events of 1500m, 5000m and 3000m SC where James Ansell, Russell Bentley (our only winner on the day), James Connor (Man of the Match), John Gilbert, Jack Wilson and Chris Greenwood all secured good points.

They were backed up in

the Shot and Javelin by Sean Breathnach, again showing fantastic commitment in awful conditions for throwers in particular, and Max Hall who managed a 50m throw as the other throwers gave impressions of 'Bambi on ice'.

Despite the conditions in a large deserted stadium, everyone was committed to the cause as we scrapped for points to avoid last place for the first time in the BAL.

New boy, Shawn Wright, down from Edinburgh, com-

peted well in the A 400m against good opposition and Jean Charles Roghi and Joe Appiah did well in the 110m hurdles, plus filled several gaps.

The man who was only up for the craic in the evening, Shaun Mulligan, again did us proud as he secured 17 points across 4 events and then went on to lead a great Saturday night out in Newcastle that lifted everyone's spirits and created a 'get up and at 'em' attitude for the next match.

British League Division 1 - Tooting, Sat 5th July 2014

Written by Ken Pike

A solid 5th place on the day, which was agonisingly close to our target of 3rd place at this match, but which still leaves us in 3rd place in the league with one match to go.

This was the first BAL match at Tooting for many years, but the revamped facilities were up to standard even if the weather was not! Heavy rain in the middle of the match made it miserable at times because of the lack of cover and made some events such as the Triple Jump very difficult.

This was the best standard match in Div 1 for a number of years, but plenty of our

guys more than lived up to it. David Lima had a great win in the A 100m against top opposition and then ran well in the A 200m, coming 3rd, despite just coming off a spell of hard training. He was more than matched by our GB international, Conrad Williams, getting some speedwork in before the European Champs as he produced the fastest 200m time of the day (21.18) and showed what a great club man he is.

A fantastic run from V40 Chris Greenwood not only produced a PB of 9mins 22secs in the 3000m

steeplechase but pushed him up to no. 5 in the UK all time rankings and earned him our Man of the Match. He was backed up in the same event by another season's best from Richard Phillips with new recruit, Andy Smitherman, producing another season's best of 49.3 secs in a top class A 400m race.

We produced good points in the Hammer with a couple of 4th places from Sam Chappell, who now lives a stone's throw from Tooting, and Steve Brunsden who was recruited at late notice with the enticement of a night out in London! Other good runs

came from James Ansell who produced a PB in the 1500m of 3mins 56 secs and Hassan Davis who really went for it in the B 800m, getting a season's best of 1min 54.6 secs as a reward for his brave run.

Both of our stalwarts, Sean Breathnach and Max Hall, produced great points with totals of 32pts and 30pts respectively. Sean threw 16.06m as he came 2nd in the A Shot and also came 2nd in B Javelin as well as picking up more points in the Discus for us. Max did well in the the A Javelin coming 2nd with a throw of 51.44m in still



British Athletics League

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conditions and came 3rd in the B 110m hurdles plus picked up valuable points in the Discus and Pole Vault – despite breaking a pole!

As usual we finished really stongly and the race of the day, the 5000m, produced near maximum points for us as a group of five pulled away

and kept up an unrelenting fast pace. Eventually Nick Torry just failed to catch the winner on the home straight but James Connor took no less than 11secs off his PB as he won the B string in a race where there were no less than 11 sub 15 min performances!

The other stirring performance for our very wet

supporters was the 4 x 100m Relay where a sensational first changeover between our prodical son Matthew Wepke and Conrad Williams put recent GB teams to shame and, with more good changeovers between Darren Green and David Lima (plus of course fast running), we came within a whisker of

winning with our second best time ever of 41.56 secs.

This result put no less than 5 clubs very close together in the league with the best team of these finishing 3rd in the league and the worst being relegated! So it was all to play for on Aug 9th at Lee Valley.

British League Division 1 - Lee Valley, Sat 9th August 2014

Written by Ken Pike

This match was always going to be a nervous one as 5 teams were battling it out to avoid 7th place in the league and the resulting relegation, whilst the best of these teams would finish 3rd in the league! It was always going to be down to fine margins and a bit of luck on the day and we could hardly have had a worse start as straight away we had 3 no throws in the Hammer and our first 'no show' in 4 years (our policy is that no shows usually earn a 2 match ban from BAL matches).

So, we were in last place after 3 events but good fighting performances produced good points from Antoni Davis-Phillip and Jean Charles Roghi in the opening track event, 400m Hurdles, lifted spirits.

The next event, the 100m, saw the return of one of our top men, John Browne, who had been injured all season but he showed his undoubted class as he came home in 3rd

place in a top class event. Coupled with more good points in the 800m through good tactical runs from regulars, James Ansell and Hassan Davis, this allowed us to steadily claw back the deficit.

The 3000m Steeplechase brought out the performance of the day as Chris Greenwood went out hard and kept it going really well despite a stiff breeze, eventually winning by a large margin to become no. 2 on the GB V40 all time list with a time of 9' 12". Another regular, Richard Phillips, also ran well to come home in 2nd place in the B string to secure near maximum points.

One of our new guys this year, Andy Smitherman, then had his best race of the year as he came home in 4th place in a windy A 400m beating guys with better SB's and, together with Hassan Davis, who ran well in the B string despite it being just after his 800m, they

earned great points.

We had not been doing well in the field events, but Chuxx Onyia then won the A Triple Jump and offered to do the Long Jump, which helped the cause greatly. These performances, coupled with the fact that he had travelled down from Aberdeen yet again, earnt him our Man of the Match award. Our other star in the field, Sean Breathnach, who again had come over from the West coast of Ireland, produced yet another A string win in the Shot coupled with good points in the A Discus and A Javelin to demonstrate what a great team man he is.

We were slowly gaining vital points elsewhere as the team filled in where needed and, with 14 events gone, we had pulled back up to 6th position. Next, a great run from John Browne in the 200m, where he came equal 1st, showed that he had more speed endurance than he had

thought and greatly lifted morale.

Our distance guys had performed well all day and two battling performances by Ben Harding and Russell Bentley in the 1500m produced great points. Not to be outdone, our two steeplechasers showed superb committment to the cause again as they stepped up to the mark in the 3000m to claw us up to 5th place.

The relays were to be vital and the two teams did us proud as they simply gave everything and both finished in 5th place, beating more fancied teams, as we secured 5th place on the day.

It had been a nervous day but team spirit had been superb with everyone scrapping for points all day and supporting each other as we secured our Div 1 status and were tantalisingly close to finishing 3rd overall for the season.

British League Division 1 table - Final 2014:

1. Woodford Green	32 (1547)
2. City of Glasgow	23 (1108)
3. Blackheath & Bromley	18 (1017.5)
4. Windsor S E & H	16 (1082)
5. Herne Hill	16 (1058.8)
6. Kent AC	16 (1036.3)
7. TVH	14 (1007)
8. Gateshead	9 (848)



2014 Southern Men's League

Kent AC Track & Field B Team

Written by Robert Moye & Ken Pike

When I started running for Kent AC, the B Team was in **Division 5** of the Southern Men's League. This year, the B Team **WON** the League, an amazing achievement for a B Team up against the A Teams of many large and well-established clubs. It's yet another example of how far the Club has come in recent years – across all disciplines, men and women – thanks to committed and talented athletes, great team spirit and a lot of behind-the-scenes organisation done voluntarily.

Our season kicked off with a narrow win over Hercules Wimbledon at **Wimbledon Park**. Lots of great performances and PBs included James Connor's B Team record in the 5000m; great wins for Rawlston Morian (800m), Richard Phillips (Chase) and the 4x400m team; and Darren Green, who won the new Soleus Man of the Match award for his sprint double. We're always delighted to welcome new athletes, with O'Shane Witter and Tim Lawrence making their B Team debuts at this match.

It was two wins out of two after a convincing victory in the second match at **Mile End**. Not only did we have our usual mix of athletes young and old, all willing to step in and cover an extra event where needed, but we provided eight officials to ensure that the meeting went ahead and ran (vaguely) to time. Jon Knigg (a decathlete, which is like gold dust in the Southern League), Shamar Eddie and Richard Mathie all made excellent scoring B Team debuts, with Luke Sargeant and Peter Lighting

also making impressive first appearances as non-scorers. Shaun Mulligan won the Kent AC Man of the Match award for his 32.5 points from five individuals events.

Second place at **Tooting** followed. We were behind a strong Herne Hill Harriers team, which you would expect at their home track. Once again, lots of good performances on a hot and sometimes windy day with PBs for Jack Wilson in the Chase and Said Gabo, who won Man of the Match for his big improvement in the 800m. (Thanks to Pete for getting him re-instated after he was wrongly disqualified initially). There were B Team debuts from Gareth Anderson (5000m) and Dean Phillips (non-scoring 100m). As ever, everyone was willing to pick up essential points by doing additional events. For example, we got 50 points in the throws with Sam Chappell and Jon, our only recognised throwers, ably assisted by Shaun and Rawlston; Chris Greenwood stepped up for the 110m hurdles at short notice.

With qualification for the League Play Off match already secured, our final match resulted in a third place for a slightly weakened team, once again at **Tooting**. There were impressive B Team debuts from James Ansell, Josh Correia and Pete Lighting. Notably good performances included: the throws, where Courtney Green, Sam, Erasmus Dwemoh and Shaun scored excellent points between them; victory in the 4x400m; and the Chase, where Chris almost broke his B Team record and Jack recovered well after a heavy

fall. A mention for Phil Sanders too, who ran so well in the 5000m despite illness. Man of the Match, however, was Elliott Gayle for stunning PBs in both the 100m and 200m.

We comfortably won Division 1C and qualified for the League Play Off at **Windsor**, where the top two from each of the three regional divisions met to decide the overall League Champions. The previous season, we had finished fourth in the Play Off. Sadly I was away for the season finale, so thanks to Ken Pike for the following report:

We had a depleted team, mainly because of holidays, but what our fifteen athletes lacked in numbers they more than made up for in terms of both quality and commitment. First up on the track were Jean-Charles Roghi and Shaun, who got us off the the perfect start as they won the A and B 400m hurdles respectively and later completed the double in the 110m hurdles. Again over the hurdles, we secured near maximum points as Richard ran away from the field in the Chase despite having to hurdle an extra barrier and run 50m further than normal! A good back up run from Richard secured second place in the B string.

Good points were also scored by Elliott as he gained 2nd and 3rd places in the A 100m and A 200m, and he had excellent backing from O'Shane, who came 2nd in the A 400m in a fine time of 50.4secs. Owen Hind also gained good points in the A 800m and A 1500m as he came 3rd in both high-quality races. Mark Hall then secured the surprise of the day when

he won the B 800m in fine style and as usual the 5000m produced great points as Gareth underlined his recent improvement coming 2nd in the race, backed up well by Stuart Beaney who came 2nd in the B section of the race.

The real stars of the day have to be the three men who between them covered the 16 slots in the Jumps and Throws. Jon covered no less than 7 events as he won the Long Jump and gained 2nd places in the High Jump, Pole Vault and Triple jump, scoring a huge total of 50 points. B team Captain, Shaun Mulligan, covered every gap in the field as he scored almost 40 points doing no less than 8 events on the day, with 6 of these in the field, demonstrating his versatility and talent as well as his commitment to the Club. The third key man in the field was Andy Murray, who did 5 events on the day, including the tough track double of 400m and 4 x 400m relay, to show just how vital he is to the Team.

In a tight match, we had moved closer to the lead as usual in the later events, through the Triple Jump, Chase and a good 4 x 100m relay. The last event of the day, the 4 x 400m relay, was delayed 10 minutes so that the scores could be announced before it was run. Then the news came through that Kent AC were just 0.5 points behind the leaders Windsor, Slough, Eton & Hounslow, so the whole season was down to the last race! In a great race, where the lead changed no less than 4 times, there was nothing to chose between the two teams as great legs from



2014 Southern Men's League

Kent AC Track & Field B Team (continued)

[continued from page 6] Mark Hall (54.2s), Andy Murray (52.5s) and Jean Charles Roghi (52.4s) got us to within 5 metres of our rivals at the last changeover. Excitement mounted as O'Shane first closed down the leader, then sat on his shoulder before finally overtaking him just 20 metres before the finish to win the Play Off and secure us the title of Southern League Champions!

Southern Men's League Division 1C - Final League Table:

Team	League Points	Match Points
1. Kent AC	25	(906)
2. Hercules Wimbledon	22	(839)
3. South London Harriers	21	(804.5)
4. Herne Hill Harriers	18	(751.5)
5. Victoria Park & Tower Hamlets	13	(564)
6. London AC/Queens Park Harriers	7	(199)
7. Dorking & Mole Valley/Reigate Priory	6	(83)

Kent AC - B Team Records:

Event	Name	Time/Dist	Date set
100m	C Williams	10.7	15 May 2010
200m	C Williams	21.5	02 May 2009
	D Green		15 June 2013
400m	J Browne	48.2	27 June 2009
800m	J Mays	1.52.2	02 May 2009
1500m	J Mays	3.56.9	02 May 2009
5000m	J Connor	14.50.8	03 May 2014
110mH	J Appiah	15.5	10 August 2013
400mH	S Mulligan	55.3	22 May 2004
3000m SC	C Greenwood	9.35.2	10 August 2013
LJ	J Brown	7-12	30 July 2011
TJ	M Burton	14-24	20 August 2005
HJ	P Ujah	1-97	3 May 2008
PV	H Frost	3-80	12 July 2008
Javelin	M Hall	54-93	26 June 2010
Shot	C Green	14-42	13 July 2013
Discus	C Oelofse	41-71	15 June 2013
Hammer	C Walsh	50-51	10 August 2013
4x100m	B Opoku/C Williams/A Broderick/J Barnes	43.7	02 May 2009
4x400m	A Hassan/A McCammon/C Williams/E Dawkins	3.24.1	15 May 2010

Southern Road Relays

Men's Southern 6 Stage Road Relays - Aldershot, Sunday 21st September

Written by Andy Gardiner

Chris Greenwood became a headline writer's dream after anchoring the Vet 40 Team to victory at Aldershot. He returned to the fray later in the afternoon to run a tactically astute race to secure third spot for the Senior Team – reeling in and passing Tonbridge's last leg runner in the closing stages. So, after the Women's Team had made a debut appearance in the Aldershot relays (finishing a very creditable 11th) the previous day, both the Vet 40 Team and Senior Men had cause to celebrate.

The Vet 40 team ran out convincing winners whilst the Senior Team secured their third place without talismen John Gilbert and Paul Pollock, who's previously posted a fastest lap on the course. The team of Russell Bentley, Ben Harding, James Connor, Owen Hind, Gareth Anderson and Chris (Super Vet) Greenwood ran an inspired race.

First up though were the Vets, who ran to form and achieved the victory that on paper had looked on the cards. However, it's all very well to look good on paper - the race had to be won, and as it turned out all the guys contributed to a great team performance.

Stuart Beaney gave the team a solid start despite the handicap of having to nurse a troublesome foot injury that saw him limping en route to the pub later. Taking over in seventh, Paul Griffiths sped through the field to take us right up into contention. His good work was carried on by Phil Sanders who closed in to give Chris a lead which he safely maintained, bringing the team home with a comfortable advantage at the finish. And as he was to demonstrate later, there was still plenty left in the tank for his glory leg heroics in the Senior race.

The Vet 50 team finished a respectable 9th, coming up against some top quality opposition at the front end. The Herne Hill Team went on to be impressive winners of this race.

Our Senior Team was led off by Russell Bentley (18.23) who was to post the team's fastest time (just), coming home in a fine 5th place. Ben Harding (18.50) and James Connor (18.48) then kept us right in the frame and, despite the pressure, got us up to 3rd place. James demonstrated the qualities we know so well yet watching him run you would-



Chris Greenwood crosses the line to take bronze for the Senior Men's team

n't have known it, but he's been running very little lately suffering with a back problem and having to take pain killers to help get him round.

Leg 4 saw Owen Hind (18.37) giving his all and running a terrific time – not far behind the times recorded by Russell and Chris. Whilst everyone ran well, perhaps Gareth Anderson (19.23) on leg 5 deserves a special mention. He was there to be shot at with some fast runners lining up behind hoping to make up time on us. Gareth kept calm in the face of considerable pressure and managed to keep the team in with a shout of a medal. And it was that man Greenwood (18.25) who duly delivered. While Chris took over in third, it was no surprise when Serpentine's international Nick Torry eased in front of Chris and subse-

quently went past Tonbridge's runner to claim second spot. However, it may have been the effort the Tonbridge runner put in trying to stay with Nick that left him vulnerable to Chris's big effort to first catch - and then overhaul the him. Up ahead, Aldershot made it two in a row by again running out clear winners. Not surprisingly, Chris' run sparked tremendous celebrations amongst the team and supporters - celebrations that the usual suspects happily continued at a debriefing session carried out at the King's Arms.

Finally, we again managed to turn out a B and C Team and whilst the B Team didn't manage to get into the top 25 but were 5th B team on the day, I can report that a number of decent runs were produced.

Women's Southern 4 Stage Road Relays - Aldershot, Saturday 20th September

Written by Amy Clements

The relays are a big event in the men's race diary, but this is the first year that Kent AC has fielded a women's team.

It was a high quality event, which attracted a number of high profile names including, in the women's event, Steph Twell, Jess Judd, and Emelia Gorecka. Due to injury, we sadly weren't able to have a vets team, but had a

senior team which was made up of Cath Stibbs, Dee O'Brien, Victoria Buck and Amy Clements.

Cath had a storming first leg and, although running in the senior event, in fact ran the 4th fastest V40 time of the day! Next up was Dee, who ran a strong 2nd leg and deserves a special mention for coming along to race after

only a few months of joining Kent AC (all those weeks of winning Hilly Fields Parkrun certainly put her in good stead for the undulating course at Aldershot!). Dee passed over to Victoria, who again deserves a mention and big thanks for stepping in last minute to run after Teresa Murphy unfortunately had to pull out with injury. Amy ran

the last leg and brought the team in to 11th place out of 61 complete teams. The women's team could have gone on to run in the national event, but due to other commitments decided not to this year.

It was a fantastic debut and the team beat many other London clubs, coming only 4 seconds behind the Serpentine A team, a real achievement.

Women's News

A blazing summer for Kent AC's Women

Written by Siobhan Burke

It's been a fantastic summer for Kent AC's women - they've gone from strength to strength across various distances. With individual wins for many this season, in particular Amy Clements and Cath Stibbs, plus an overall team win for the first time in annual Assembly League, Kent AC's women are certainly asserting their presence within the club and across the wider running community.

Bupa London 10km – 25th May

On a sunny day in May, Kent AC set out to compete in the hotly contested Bupa London 10km.

The race saw record numbers attend with more than 12,000 runners completing the race, which loops from the Mall to the City and back to St James's Park. Despite Mo Farah pulling out, the competition remained fierce amongst both the men's and women's races and Kent AC was there to take part in both the UKA Men's and Women's Championship Team Races.

After superb runs from Amy Clements (0:36:35), Victoria Buck (0:41:09) and Teresa Murphy (0:41:19), all of whom completed the race in personal best times, the Kent AC ladies finished 12th out of 80 teams, a fantastic result and not far from regular rivals, Dulwich Runners and Victoria Park Harriers, who finished 6th and 8th respectively.

In the absence of Mo Farah, Andy Vernon took top spot in the men's race, whilst Gemma Steel came first in the women's race. Many Kent AC athletes also took to London's streets that day, including Ellie Brown and Caroline Ev-

ans, so congratulations to everyone who took part.

North Downs 30k – 22nd June

The 22nd June marked the annual North Downs 30k event, a beautiful, scenic race that is often well-attended by Kent AC as a good target to keep up the recent marathon training!

This year was blisteringly hot for runners, but nevertheless it marked a successful outing for Kent AC who took a number of trophies home!

Amy Clements finished in 02:18:31 to take home the 2nd Lady prize. Following Amy, Cath Stibbs and Victoria Buck finished in 02:30:52 and 02:37:36 respectively to win the team prize for Kent AC, whilst Cath also walked away with the 1st V35 prize.

A number of other Kent AC runners also took on the hilly course with Mick Barlow, Kate Williams, Darryl Coulter and Ted Aston all finishing the race in under 3 hours and Fiona Canty completing the event in 03:21:11.

Bowl 15 – 6th July, East Sussex

The Bowl 15 Mile race is another scenic event set on the trails surrounding Bowl Water, near Wadhurst in East Sussex. Set to become an annual fixture (no doubt due to the tea, cake and free beer at the end!), Kent AC fielded a small team that nevertheless performed brilliantly.

Cath Stibbs was first Kent AC athlete home in 01:47:29, with Ronnie Haydon-Jones not far behind to finish in 02:06:31. Duncan Higgs finished the race just a minute behind Ronnie, whilst Ellie Brown, Karen Samuel and



Kent AC Women at the Bowl 15 in July

Jannet Ricketts also completed the race.

The event was also the British Masters Athletics Federation Multi-Terrain Championship race and our very own, Cath Stibbs, won as the first registered V40 to cross the line – congratulations Cath!

Kent AC Club Championships – various dates throughout the summer, Ladywell Track

With the summer sunshine comes the annual Kent AC Club Championships, which have taken place throughout the season at our home track in Ladywell. The Championships started with the 800m race on 22nd May, which was attended by Cath Stibbs of the Kent AC ladies, who came across the line in 2:42 (a PB according to Power of 10!).

On 26th June, the 400m race welcomed a number of Kent AC sprinters and younger athletes to compete for the club's top spot, but on 17th July, the Kent AC ladies were surely closer to their comfort zone with the 1500m championships where Amy Clements, Victoria Buck, Caroline Manning and Zoe Gaffen contested the race. Amy claimed first place in the B race in 4:51, with Victoria

finishing second lady in 5:29. Caroline and Zoe completed the distance in 6:09 and 6:41 respectively.

The final Club Championship, the 5,000 metres, is took place on Thursday 11th September. Amy Clements set a personal best in 17.04 to win the women's race, with Cath Stibbs placing 2nd and Teresa Murphy 3rd. Victoria Buck, Sarah Young and Caroline Manning also contested the race, all coming in within 22 minutes. Congratulations to all the runners for competing and representing the women on the track this season.

Kent AC Women reign supreme in the Assembly League!

The Kent AC Women's teams dominated in this year's Assembly League, topping the team podium in both the A and B categories.

Amy Clements was our star runner, coming in first in three out of the six races. Sarah Watson came out to win the two races in which she represented Kent AC, meaning there was just one race in the league that wasn't won by a Kent AC lady!

Victoria Buck, Teresa Murphy and Cath Stibbs also performed well to often make

Women's News

[continued from page 9] up the winning team on the night. Plus new member, Dee O'Brien, Jane Higgs, Sarah Young, Natasha McKenna, Clare McKenna, Ali Farrell, Caroline Manning and Abi Griffiths each had turns at making up the winning B team.

After the final race in Beckenham, Kent AC's women took away a haul of medals for their overall wins; Amy Clements took top spot overall; Teresa Murphy was the winner in the V35 category; Natasha McKenna took third in the V40 category; Ronnie Haydon-Jones won

the V50 prize (beating the Clare Elms of Dulwich!); and Zoe Gaffen and Annabelle Hadlow came 2nd and 3rd respectively in the V55 category. Congratulations to the Kent AC women for a fantastic Assembly League and we'll certainly be running to keep hold of the trophy for a second year in 2015!

Top performances!

Kent AC's women have also been performing brilliantly on an individual basis this season. Amy Clements recently won the popular Royal Parks Half Marathon in October with a staggering PB of

1:16:58. Cath Stibbs also topped the podium at the Chester Marathon, knocking 13 minutes off her PB to finish in 2:53:25. Finally, Jannet Ricketts also deserves a special mention for not only completing one marathon, but completing three in one week-end! The Atlantic Coastal Challenge (ACC) is a 78.6 mile route that takes runners along the south west coast, starting at Padstow and finishing at Lands End - congratulations Jannet on completing such an incredible, lung-busting challenge!



Amy Clements collects the team prize at the final assembly League race in Beckenham

Junior News

Written by Spenser Lane

The summer started with a shift across to the more conventional athletics programme whilst still retaining the technical training sessions on Thursdays. Each junior has been allocated a distance they were best suited towards and training was geared up around developing that for the future. We still have a significant number of juniors who prefer the longer distance but there are a couple who want to try 400m and under. What was reassuring to see was the usual holiday drift away on Tuesday didn't occur this year which in turn has led to the boys developing a better bond in their training and aspirations.

In addition, we started to attend the Assembly League races from the second one onwards. There were some excellent results with a good attendance record. The standout performances were from Oisin Brennan at the first Vicky Park event taking 4th place in the Kent 'A' team, 34th overall; at Battersea Park,

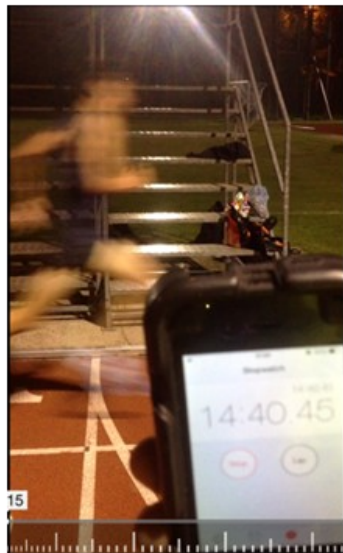
Josh Correia taking 4th place in the Kent 'A' team, 29th overall; and Chris Ho, who was consistently the fastest U15 at each race he attended. It was good to see the juniors had their part towards Kent's Assembly league third placing for the A team and 2nd in the B team. This looks to be something we will come back to next year as a regular event (especially as the coach doesn't seem to be coming last in them either!)

Some good results were found at the club championships with juniors taking part in most events. Nevertheless, the standout race was the club 5K championships which will surely be talked about for years to come. The majority of the junior boys were in the C race with Josh coming in third and Chris fourth, both gaining superb PBs. Olly Bright continues to show why he's someone to look out for in the future with his second best time at this distance (which isn't truly supported by the authorities). However,

all eyes were on the 'A' race which boasted a very fast line up, something which proved true with all competitors coming in under 16mins. Whilst the favourite was understandably Nick T, all eyes were on Alex Yee to see what he could do, and the two of them didn't disappoint with a beautifully paced race from start to finish. In the last four laps, Nick went to the front (and stayed there) but Alex remained with him to the very end and the difference between the two was 0.4sec – one of the closest finishes seen for years. A reward for Alex and the spectators as this turned out to be one of the fastest U17 5K races on record in this country and testament that there are occasions where competing can be more important than the result.

Going forward into the winter, the focus has shifted back towards Mini-marathon training with Alex being a very hot favourite to win the Borough Challenge again for the second time and a chance

at the overall British Athletics Road Championships. The rest of the group will be building towards a stronger performance and hopefully a higher position for the borough. We are also going to attend more Surrey League XC matches in the hope that this will encourage them in the future to take part in cross country events.





Junior News

News from the Girls' Group

Written by Kate Williams and Ted Aston

A brief history of the group by Kate Williams, Ladies Club Secretary

The girls group was first conceived by Sheryl Clarke as part of her PhD project to get Girls involved in Sport in 2010. With help from Lewisham council and backing from Kent AC, she targeted local schools sports departments with flyers.

The session was open to girls between the ages of 11-17 and ran for an hour before the general club night started at the track in Ladywell. It was attended regularly by up to 12 girls and the emphasis was on enjoyment rather than competition. Sheryl continued running the group with some additional support until her maternity leave in 2011.

From there, Ellie Brown

headed up a team of assistant coaches and the session developed incorporating more formal track disciplines such as hurdles which were always very popular.

A recent update by Ted Aston, Coach

After a good long summer break, the girls returned to the club in their numbers in early September. The girls group now has a regular weekly attendance of 10, of varying ages and abilities and has taken off with a flying start.

We vary the sessions to include a mixture of speed sessions and hill training, interspersed with some drills and games, which we undertake at Ladywell Arena and in the surrounding park. The convenient access to the park is great and this is where

we run our longer distances, train on the hills and have mini races. We sometimes use the landscape, street furniture and playgrounds as our session equipment, which the girls really enjoy and always manage to have a giggle.

The session is a fun 45 minutes and starts at 6 pm every Tuesday. Since the group has decided to set our sights on a 5 km race later on this year, we are building up to this with training focusing on endurance and speed.

Time trials were carried out at the beginning of the season and already we can see a vast improvement in the girls times, which gives everyone the incentive to 'keep at it' and the girls can see the benefit of what we are doing. It is hoped that the upcoming 5km race will be the first of

many, leading up to the mini-marathon trials next year.

The girls group is open to school years 7 to 11 (11-17 years old) and coaching is free with the exception of a 70p track entrance fee. We are currently aiming to expand the group, so please spread the word.

I have assisted Carly and Jannet over the past 2 years and, now that I have taken over from them, I have the task of keeping up the excellent coaching standards they set in contributing towards the success of the group. Looking ahead, I'm delighted that Sarah Young and Adel Prince will be joining me and together we are really looking forward to developing and expanding our 'Girls Group'.

TURN OVER FOR FULL RESULTS FROM THIS SUMMER



Results

Road Running

Supplied by Paul Bell

4 May			Amy Clements 36.35 264			14 June			21 July		
Great East Anglia Run 10k			(22)			Self Transcendence 10k			Self Transcendence 5k		
Chris Greenwood	31.23	3	Robert Laing	39.17	480	Cath Stibbs	40.20	48	Stuart Beaney	16.22	11
Phil Sanders	33.09	13	Victoria Buck	41.09	711	(3)			Ron Taylor	17.32	26
Stuart Beaney	34.10	27	(95)						Tim Alexander	17.57	34
Luke Armitage	35.07	48	Cath Stibbs	41.44	763	22 June			28 July		
11 May			(105)			Ranelagh Harriers Richmond 10k			Self Transcendence 5k		
Alton 10			Edinburgh Marathon			James Connor	31.14	1	Gareth Anderson	15.51	5
Richard Bidgood	60.42	17	Andrew Moreton	2.43.53	24	Run Hackney Half Marathon			2 August		
Bristol 10k			Folkestone Coastal 10k			David Longley	81.57	57	Self Transcendence 10k		
James Connor	30.53	8	David Child	37.18	14	Michael Longley	84.53	104	Cath Stibbs	40.30	50
Hasting Runners 5			Rye 10			26 June			9 August		
Ali Farrall	33.35	53	Ali Farrall	73.39	52	Self Transcendence 5k			Pride 10k		
(9)			(6)			John Cox	17.23	34	Cath Stibbs	39.33	43
18 May			31 May			29 June			5 September		
Chester Half Marathon			Kent Roadrunner Marathon			Runfest Wales 5k			Rye Summer Series Classic Series 5k		
James Savage	73.18	4	Mick Barlow	3.34.02	54	Russell Bentley	15.11	1	David Child	17.59	3
23rd May			2 June			10 July			7 September		
Brooks Serpentine Last Friday Of The Month 5k			Self Transcendence 5k			Standard Charter Great City 5k			BUPA Great North Run		
Richard Bidgood	17.47	16	Stuart Beaney	16.28	11	John Cox	17.23	34	Lawrence Avery	74.47	49
25 May			John Cox	17.28	41	13 July			Tim Lawrence	75.13	54
BUPA London 10k			Tom Webb	18.12	60	Dartford Half Marathon			Kent Coastal Marathon		
James Connor	30.34	9	9 June			Richard Bidgood	84.35	7	Mick Barlow	3.36.56	31
Russell Bentley	30.58	17	Self Transcendence 5k			Mick Barlow	89.41	15			
Chris Greenwood	32.12	46	Gareth Anderson	16.16	5	Victoria Buck	96.33	33			
Phil Sanders	35.25	184	Stuart Beaney	16.28	7						
			John Cox	17.14	23						
			Tom Webb	18.13	46						

Track Results

Supplied by Laurence Garnham

5 Apr 14 Par Open			16/17 Apr 14 Mt SAC Multi Events, Azusa			20 Apr 14 Scottish League, Grangemouth			26 Apr 14 NTC/PURE Spring Invitation, Clermont		
300 4th James Ansell	38.2		100 Michael Holden	11.21		100 1st Chuxx Onyia	12.08		100 5th Conrad Williams	10.72	
600 2nd James Ansell	1.23.4		LJ MH	7.05		LJ 1st Chuxx Onyia	6.88		200 3rd Conrad Williams	21.09	
9 Apr 14 Watford Open			Shot MH	12.38		400 1st Shawn Wright	51.01				
3000 19th Su Min Lee	9.10.97		HJ MH	1.93		23 Apr 14 Watford Open			26 Apr 14 Kinnaird & Sward Trophy, Kingston		
			400 MH	53.13		3000 28th Tom Muddiman	9.45.38		200 3rd Aaron Broderick	23.97	
12 Apr 14 HHH Open, Tooting			110H MH	14.96							
3000 8th Ian Grant	11.06.88		Discus MH	36.73		26 Apr 14 Loughborough Student Trials			26 Apr 14 Scottish University Champs, Grangemouth		
			PV MH	4.90		400 3rd Michael Holden	52.37		400 3rd Shawn Wright	49.83	
13 Apr 14 Kingston Upon Hull Open			Javelin MH	39.61		Shot 3rd Michael Holden	12.52		(50.48 in hts)		
Javelin 1st Max Hall	52.08		1500/Decathlon	DNF							
			19 Apr 14 SAL, Eltham								
			200 1st Aaron Broderick	24.25							



Results

[continued from page 12]

27 Apr 14 Sth London Network Open Series, Tooting

100 4th Max Harbord (U17) 12.2
1500
2nd Said Gabo (U20) 4.23.4
10th Josh Correia 4.34.3

3 May 14 BUCS, Bedford

400
Hts 2nd Shawn Wright 50.08
SF 5th Shawn Wright 50.09
3000S/C 12th Tom Muddiman 10.38.71

4 May 14 Interclub Meditteranee, Provence

PV 3rd Michael Holden 4.60

4 May 14 Payton Jordan Invitation, Palo Alto

10000 18th Paul Pollock 28.32.18

5 May 14 Mile End Open

400 3rd John Cox (V40) 61.96
800 1st John Cox (V40) 2.19.08
Mile 3rd John Cox (V40) 5.17.68

5 May 14 HHH Open, Tooting

100 5th O'Shane Witter 11.29
200 6th O'Shane Witter 22.44
5000 15th Ian Grant 20.21.54

7 May 14 Watford Open

1500 3rd James Ansell 4.00.26

10 May 14 NTC/PURE Elite Meet

200 3rd Conrad Williams 21.11
400 1st Conrad Williams 46.18

10 May Crystal Palace Open

100 Ht 5 2nd Aaron Broderick 12.37

10 May 14 Highgate Open, Parliament Hill

10000 9th Tim Lawrence 34.07.36

10 May 14 Cambridge University Meet

1500 2nd Su Min Lee 4.28.4

11 May 14 Newham Open Series

100
Ht 3 4th O'Shane Witter 11.40
Ht 6 3rd Aaron Broderick 12.05
200
Ht 1 5th O'Shane Witter 23.12
Ht 4 2nd Aaron Broderick 25.11

14 May 14 Loughborough Students V Army V Police

Shot 4th Michael Holden 12.03
LJ 2nd Michael Holden 6.59

15 May 14 USA High Performance Classic, Eagle Rock

5000 14th Paul Pollock 14.07.89

17 May 14 BMC, Watford

800
'G' 1st Ben Harding 1.54.4
'E' 6th James Ansell 1.55.37
'E' 7th Hassan Davis 1.55.89
'E' 9th Owen Hind 1.58.82
5000 2nd John Gilbert 14.58.13

17 May 14 Soleus SML, Mile End

400 2nd Luke Caister 55.08

17 May 14 SAL, Dartford

Javelin 1st Max Hall 54.23
Discus 1st Max Hall 37.36
Shot 3rd Max Hall 11.97
110H 3rd Max Hall 16.6

17 May 14 Great City Games, Manchester

LJ 5th Matt Burton 7.58

18 May 14 Loughborough International

200 4th Darren Green 21.80
TJ 5th Chuxx Onyia 15.07

19 May 14 Blackheath & Bromley Open, Norman Park

1500 Ht2
2nd Ian Grant 4.58.33
4th David Gilson 5.05.10

19 May 14 Southern Counties Vets, Croydon

1500 2nd Julian Spencer-Wood (V60) 6.23.2
HJ 3rd Julian SpencerWood (V60) 0.90

20 May 14 BMC Trafford

3000 3rd Russell Bentley 8.33.18

22 May 14 Kent AC Championships

800 'A'
1st Antoni Davis Phillip 2.03.5
2nd Ron Taylor 2.04.3
3rd Chris Greenwood 2.04.8
4th Richard Mathie 2.06.1
5th Said Gabo (U20) 2.09.2
6th Jean Charles Roghi 2.11.0
7th Ahmed Bouavioua 2.11.1

'B'

1st Richard Archer 2.20.1
2nd John Cox (V40) 2.21.0
3rd Ian Grant 2.24.9
4th Dave Gibson (V40) 2.27.6
5th Cath Stibbs (F35) 2.42.6
6th Hugh Manning 2.51.0

'C'

1st Oisin Brennan (U17) 2.14.0
2nd Chris Ho (U15) (S Fac) 2.15.0
3rd Kamal Gabo (U17) 2.35.0
4th Olly Bright (U13) 2.41.2
5th Edi Jugan (U15) 2.52.1

23 May 14 Scottish East Champs, Dunfermline

TJ 1st Chuxx Onyia 15.08

24 May 14 Pezenas, France

LJ 1st Matt Burton 7.69

24 May 14 Dorset County Champs, Bournemouth

Shot 1st Dan Brunsten 14.32
Discus 1st Dan Brunsten 41.20

24/25 May 14 England Combined Events Championships, Bedford

100 Michael Holden 11.42
LJ MH 6.86
Shot MH 13.08
HJ MH 1.90
400 MH 52.20
110H MH 15.17
Discus MH 34.67
PV MH 4.65
Javelin MH 45.27
1500 MH 4.51.31
Decathlon 2nd MH 6972 pts

24 May 14 Kent County Championships, Ashford

100 1st Darren Green 11.01
400
3rd Rawlston Morian 51.96
4th Antoni Davis Phillip 51.98
(51.86 in hts)
400H 2nd Shaun Mulligan 59.01
800 3rd Rawlston Morian 1.58.82

24/25 May 14 Surrey County Championships, Kingston

100 Ht 3 7th Aaron Broderick 11.73
200 Ht 3 5th Aaron Broderick 23.68
400 6th Luke Sargeant 53.26
(52.09 in hts)
TJ 1st David Wellstead 13.85
LJ 3rd David Wellstead 6.34

25 May 14 World Relay Championships, Nassau

L 2 4X400 Conrad Williams 44.6

28 May 14 BMC/Cambridge Harriers Open, Eltham

100 5th Neil Simpson 11.70
400
2nd Luke Sargeant 52.56
3rd Andy Murray 52.99
800 1st Said Gabo (U20) 2.10.47

1500
'A' 4th Alex Yee (U17) 3.59.92
'B' 11th Tim Lawrence 4.20.89



Results (continued)

'B' 12th Staurt Beane		5 Jun 14 Rome Diamond League		14 Jun 14 Sussex Schools Champs, Crawley		22 Jun 14 Newham Open Series	
	4.25.29						
'C' 8th Richard Bidgood		400 8th Conrad Williams		100 3rd Daniel Offiah (U20)		200 Ht5 6th Aaron Broderick	
	4.38.55		46.29		11.5		24.01
3000 5th Phil Sanders		7 Jun14, BAL Gateshead		TJ 2nd Daniel Offiah (U20)		400	
	9.17.57	5000 1st Russell Bentley			13.07	Ht 3 5th Luke Sargeant	
	3000		15.27.83	14/15 Jun 14 South of England Championships, Crystal Palace		Ht 4 3rd Aaron Broderick	
7th Peter Lighting	9.29.53	9 Jun14 Blackheath & Bromley Open, Norman Park		100 SF 4th Darren Green		25 Jun 14 BMC, Eltham	
12th Luke Armitage	9.47.82				10.87	800	
18th Ian Grant	10.57.17				(10.75 in hts)	'C' 1st Hassan Davis	
LJ 1st Neil Simpson	6.39					'C' 7th Said Gabo (U20)	
28 May 14 Lee Valley Sprint Meeting							2.02.79
100							3.59.23
Ht 12 7th Aaron Broderick	11.81						5000 2nd Chris Greenwood
Ht 15 8th O'Shane Witter	11.22						15.09.41
200							5000 3rd Peter Lighting
Ht 8 7th Aaron Broderick	23.93						16.34.60
Ht 9 2nd O'Shane Witter	22.78						5000 5th Luke Armitage
							16.56.28
31 May 14 Bedford International							
LJ 1st Matt Burton	7.66						
31 May 14 BMC, Sportscity							
800 3rd Ben Harding	1.54.48						
31 May 14 London Inter Club, Hendon							
400H 4th Jean Charles Roghi	58.03						
31 May 14 Universities International, Grangemouth							
400 3rd Shawn Wright	49.77						
1 Jun 14 Bedford International							
110H							
Ht 1 rd 1							
4th Michael Holden	15.30						
5th Thomas Riley	15.97						
Ht 1 rd 2							
3rd Michael Holden	15.07						
5th Thomas Riley	17.23						
2 Jun 14 Mile End Open							
100 2nd Darren Gree	11.13						
3 Jun 14 Gala dei Castelli, Bellinzona							
400 1st Conrad Williams	46.09						
14 Jun 14 Dorset Schools Champs							
1500 1st Rueben Wilson Connell	4.54.8						
21 Jun 14 Villa de Bilbao							
100 5th Jonathan Browne	10.66						
	(10.61 in hts)						



Results

400 2nd Conrad Williams 45.88 (45.79 in SF)	12 Jul 14 English Schools Champs Birmingham 3000 6th Alex Yee 8.48.66	9th Stuart Beaney (V40) 4.27.0 11th John Cox (V40) 4.39.7 12th Richard Bidgood 4.40.8	Discus 1st Courtney Green 32.34
LJ 3rd Matt Burton 7.73	12 Jul 14 BMC, Trafford 1500 'E' 3rd Russell Bentley 3.56.94	'B' 1st Amy Clements (W) 4.51.3 2nd Reuben Wilson Connell (U13) 5.01.4 3rd Victoria Buck (W40) 5.29.6 4th Olly Bright (U13) 5.37.3 5th Edi Jugan (U15) 5.44.5 6th Hugh Manning 5.47.9 7th Caroline Manning (W) 6.09.4 8th Zoe Gaffen (W55) 6.41.2	22 Jul 14 BMC, Stretford 800 1st James Ansell 1.54.08
29 Jun 14 South London Network, Coulsdon 200 2nd Elliott Gayle (U17) 22.7 800 10th Josh Correia (U20) 2.11.4	12 Jul 14 Croatian Champs 110H Ht 1 3rd Joe Appiah 16.34	18 Jul 14 Monaco Diamond League 400 6th Conrad Williams 45.53	23 Jul 14 Cambridge Harriers Open, Eltham 100 4th Joe Appiah 11.83 400 5th Andy Murray 53.38 Discus 3rd Courtney Green 31.39
29 Jun 14 Scottish League, Grangemouth 200 3rd Shawn Wright 23.1 LJ 3rd Shawn Wright 5.60 HJ 4th Shawn Wright 1.60 Javelin 5th Shawn Wright 31.04	12 Jul 14 Glasgow Grand Prix, Hampden Park 400 6th Conrad Williams 45.46	19 Jul 14 Crystal Palace Open 100 Ht 2 5th Elliott Gayle (U20) 11.32 Ht 6 4th Max Harbord (U17) 12.43	24 Jul 14 Worcester Open 200 5th James Ansell 24.5
2 Jul 14 National Prep Schools Champs, Birmingham 1500 8th Rueben Wilson Connell 4.58.98	12 Jul 14 BMC, Trafford 1500 3rd Russell Bentley 3.56.94	26 Jul 14 HHH Anniversary Games, Tooting 100 Ht1 1st Jonathan Browne 10.69 4th Darren Green 11.17 Ht 5 4th Joe Appiah 11.90 Ht 9 3rd David Wellstead 12.73 Shot 2nd Courtney Green 13.45	26 Jul 14 N&P 5Star, Par 200 James Ansell 24.3 1500 James Ansell 4.11.9 LJ James Ansell 4.77 Shot James Ansell 5.72 Jav James Ansell 11.16 Pent 3rd James Ansell 2132pts
5 Jul 14 British League, Tooting 100 N/S Ht 1 1st Conrad Williams 10.77 6th Matthew Wepke 11.27 Ht 2 4th Elliott Gayle 11.5	12 Jul 14 SAL, Tonbridge Javelin 1st Max Hall 57.30 Discus 2nd Max Hall 34.29 Shot 3rd Max Hall 11.57 HJ 1st Max Hall 1.85 110H 1st Max Hall 16.49 LJ 1st Max Hall 6.47 PV 1st Max Hall 3.80	19 Jul 14 BMC, Oxford 800 'E' 6th Hassan Davis 1.54.40 'G' 2nd James Ansell 1.54.98 Mile 1st Ben Harding 4.14.34 5000 2nd John Gilbert 14.36.82 4th James Connor 14.42.18	29 Jul 14 BMC, Tavistock 800 5th James Ansell 1.55.90
6 Jul 14 Isle of Man Champs LJ 5th Thomas Riley 5.21	13 Jul 14 Southern Inter Counties, Mile End 400H 'A' 3rd Jean Charles Roghi 57.36 100 6th Darren Green 11.20 TJ 3rd David Wellstead 13.65 Shot 2nd Courtney Green 13.83 Discus 6th Courtney Green 31.83	20 Jul 14 Newham Open Series 100 1st Jonathan Browne 10.52 200 4th O'Shane Witter 22.60 Ht 2 5th O'Shane Witter 11.23 Ht 4 2nd Joe Appiah 11.73 110H 2nd Joe Appiah 15.46	1/2 Aug 14 Commonwealth Games, Hampden Park Leg 1 4X400 Conrad Williams 45.2 (Gold) 10000 19th Paul Pollock 29.11.46
7 Jul 14 Mile End Open 400 Ht 1 3rd Andy Murray 52.90 Ht 2 4th John Cox (V40) 60.35	16 Jul 14 Newham Open Series 200 Ht 2 4th O'Shane Witter 23.06	21 Jul 14 Blackheath & Bromley Open, Norman Park 100 4th Andy Murray 12.39 200 4th Andy Murray 24.50 Shot 2nd Courtney Green 13.11	4 Aug 14 Mile End Open 400 3rd John Cox 61.32
9 Jul 14 Lee Valley Sprints Meeting 100 Ht 12 7th O'Shane Witter 11.23	17 Jul 14 Kent AC Championships, Ladywell 1500 'A' 1st Ron Taylor 4.17.4 4th Calum Fraser 4.21.3 5th Tim Alexander 4.22.1 7th Ahmed Bouarioua 4.26.1 8th Josh Correia (U20) 4.26.4	10 Aug 14 British Masters, Birmingham 5000 2nd Phil Sanders (V40) 16.13.33 5000 4th Stuart Beaney (V40) 16.34.10	
10 Jul 14 Biggleswade Open, Sandy 10000 2nd John Gilbert 31.19.1 4th Chris Greenwood 31.34.3 8th Stuart Beaney 33.43.8			
11 Jul 14 Messe Reid Meeting, Austria LJ 1st Matt Burton 7.86			



Results (continued)

12 Aug 14 BMC, Trafford 1500 3rd James Ansell 3.57.43	20 Aug 14 Lee Valley Sprints Evening 110 H Rd 1 1st Joe Appiah (3'3'') 15.07	6th Stuart Beaney (V40) 33.26.55	13th Rick Weston (Serp) 15.55.5
13 Aug 14 WLA Network, Willesden 5000 3rd Ryan Gibbons 18.04.87	Rd 2 1st Joe Appiah (3'3'') 15.21	23 Aug 14 CAU Inter Counties, Bedford 100 SF 5th Jonathan Browne 10.53	Race 'B' 1st Gareth Anderson 15.44.5 2nd Mark Worrington (RRR) 15.46.6 3rd Neil Aitken (Clap C) 15.48.2
13 Aug 14 Rosenheim League, Tooting 400 1st Owen Hind 55.95 2nd Said Gabo (U20) 57.32 800 2nd Said Gabo (U20) 2.04.56	Ht 11 4th Joe Appiah 11.82 Ht 16 6th O'Shane Witter 11.34 200 Ht13 5th O'Shane Witter 22.15	27 Aug 14 Watford Open 1500 1st Owen Hind 4.02.70	4th Pete Tucker (B&B) 15.49.1 5th Simon Barrett (Serp) 15.50.6
13 Aug 14 BMC, Watford 1500 'B' 10th Ben Harding 3.58.30	20 Aug 14 BMC, Eltham 800 'B' 3rd Ben Harding 1.53.91 'C' 5th Owen Hind 1.56.17 Ht 1 2nd Said Gabo (U20) 2.04.13 Ht 2 1st Reuben Moreton 2.18.63 5000 9th Phil Sanders (V40) 15.46.3	30 Aug 14 Scottish League, Scotstoun 400 2nd Shawn Wright 52.61 HJ 5th Shawn Wright 1.55	6th Phil Sanders (V40) 15.55.3 7th Paul Griffiths (V40) 16.00.5 8th Tim Lawrence 16.10.2 9th Mark Hall 16.14.2 10th Martin O'Connell (Serp) 16.18.8 11th Lawrence Avery 16.24.3 12th Ron Taylor 16.27.3 13th James Gordon (Cam H) 16.27.7 14th Tony Tuohy (Dul) 16.31.9 15th Jim Addison (Beck) 16.33.8
13 Aug 14 Civil Service Masters, Watford 800 2nd Paul Griffiths 2.12.21 5000 3rd Paul Griffiths 16.33.36	11th Stuart Beaney (V40) 16.09.0	5 Sep 14 Brussels Diamond League 400 5th Conrad Williams 45.64	16th Andy Moreton 16.49.2 17th Tom Muddiman 16.51.8 18th James Donaldson 16.54.0
12-17 Aug 14 European Championships, Zurich 400 5th Conrad Williams 45.53	13th Peter Lighting 16.16.1 20th Amy Clements (W) 17.14.1	6 Sep 14 Stretford BMC 10000 1st Chris Greenwood 30.39.64 16th James Savage 32.19.46	19th Keith Newton (HHH) 16.56.8 20th John Cox (V40) 17.00.9 21st Amy Clements (W) 17.04.0 22nd Luke Armitage (V45) 17.12.8 23rd Tim Alexander 17.29.6
Leg 1 4X400 Conrad Williams 44.9 (Gold)	22 Aug 14 Flame Games, Amsterdam 100 4th Joe Appiah 11.87	10 Sep 14 BMC, Watford 800 3rd Owen Hind 1.54.75	
16 Aug 14 Scottish Champs, Kilmarnock 400 Ht1 4th Shawn Wright 51.09	23 Aug 14 Crystal Palace Open 100 Ht 4 1st Elliott Gayle (U20) 11.54 Ht 6 1st Max Harbord (U17) 12.54 200 Ht 2 2nd Elliott Gayle (U20) 23.03 Ht 3 7th Max Harbord (U17) 25.52 800 Ht 1 3rd Ahmed Bouarioua 2.04.00 1500 1st Mark Hall 4.14.54	11 Sep 14, Kent AC Club Champs, Ladywell 5000 Race 'A' 1st Nick Torry (Serp) 14.40.0 2nd Alex Yee (U17) 14.40.4 3rd Chris Greenwood (V40) 14.47.0 4th Dean Lacy (Cam H) 14.52.9 5th Jonathan Poole (Serp) 14.58.1 6th Ben Noad (Highgate) 15.02.3 7th Russell Bentley 15.08.3 8th Owen Hind 15.11.6 9th John Franklin (Serp) 15.11.7 10th Richard Phillips (Serp) 15.21.1 11th Simon Coombes (HHH) 15.42.8 12th Hugh Torry (Serp) 15.46.5	
16 Aug 14 BMC, Solihull 800 'E' 6th James Ansell 1.56.23 'G' 5th Owen Hind 1.55.62			Race 'C' 1st Elliott Hind (Leigh B) 16.48.3 2nd Che Compton (V40) 16.57.7 3rd Josh Correia (U20) 17.05.5 4th Chris Ho (U15) 17.44.5 5th David Child (V50) 17.47.4 6th Robert Laing 17.50.0 7th Arif Merali 17.50.6 8th Jules Gevers (V45) 17.52.1 9th Tom Webb (V40) 17.55.5 10th Cath Stibbs (W40) 18.40.3
16 Aug 14 South of England U17 Champs, Crystal Palace 3000 1st Alex Yee 8.57.54			
17 Aug 14 Newham Open Series 100 6th Joe Appiah 11.87 110H 1st Joe Appiah (3'3'') 15.41	23 Aug HHH Open, Tooting 100 Ht 6 3rd David Wellstead 12.94 LJ 3rd David Wellstead 6.35 10000 4th Phil Sanders (V40) 32.51.38		
19 Aug 14 Trafford Grand Prix, Stretford 100 6th Thomas Riley 11.61 110H 2nd Thomas Riley 15.8			

Results

11th Kamal Gabo (U15)	19.07.1
12th Brendan McGill	19.37.4
13th Teresa Murphy (W35)	19.53.6
14th Neil Gordon-Orr	20.07.2
15th Ollie Bright (U13)	20.29.5
16th Victoria Buck (W40)	20.30.8
17th Brian Smith	21.19.9
18th Sarah Young (W45)	21.34.7
19th Hugh Manning	21.40.3
20th Caroline Manning (W)	21.56.5
21st Adrian Dracup (Unat)	22.18.3



Kent AC Women at an Assembly League meeting in Victoria Park

Kent AC Assembly League Results

Supplied by Bob Harris

3 April, Beckenham 3 miles		Team		110 D. Coulter	22.12	5 June Beckenham 3 miles	
8 M. Hall	16.20			113 V. Buck	22.19	3 P. Sanders	15.22
21 J. Cox	16.45	Men A		115 J. Gruter	22.32	8 M. Hall	15.50
27 R. Morian	17.06	4 Kent AC	102 points	118 D. Rees	22.40	11 P. Lighting	16.10
30 S. Watson	17.13			126 N. Park	22.52	26 J. Cox	16.53
34 M. Green	17.25	Men B		153 F. Sumaye	23.48	27 R. Taylor	16.53
35 R. Taylor	17.26	3 Kent AC	198 points	160 J. Higgs	23.57	28 H. Monro	16.56
44 C. Hangartner	17.41			161 S. Young	24.07	33 A. Clements	17.05
45 R. Archer	17.44	Women A		165 C. McKenna	24.24	35 R. Laing	17.12
46 A. Clements	17.45	1 Kent AC	13 points	179 J. Heron	25.10	36 T. Taylor	17.14
52 M. Barlow	17.55			182 H. Manning	25.28	43 R. Mathie	17.40
72 F. McKenna	18.46	Women B		190 R. Haydon	26.01	51 J. Correia	17.50
78 J. Spencer-Wood	18.55	5 Kent AC		194 S. Lane	26.30	63 R. Archer	18.21
79 I. Grant	18.56			195 F. Cawley	26.30	91 J. Spencer-Wood	19.11
85 D. Coulter	19.07	1 May Victoria Park 3.5 miles		196 S. Burke	26.32	92 T. Murphy	19.12
89 T. Murphy	19.14			205 C. Grady	27.28	97 C. Stibbs	19.20
93 A. Farrell	19.21	5 P. Sanders	18.43	207 C. Evans	27.44	99 B. Hutcheson	19.20
100 R. Moreton	19.38	13 P. Lighting	19.02	208 J. Phillips-Owen	27.45	102 V. Buck	19.27
110 N. Park	20.07	21 R. Mathie	19.27	217 Z. Gaffen	29.54	103 I. Grant	19.27
124 J. Heron	20.25	23 S. Watson	19.28	218 C. Canty	30.03	109 J. Gruter	19.40
132 J. Higgs	20.37	34 O. Brennan	19.43			115 B. McGill	19.47
133 C. Manning	20.53	35 J. Correia	19.43	Team		119 N. Park	19.50
135 S.Young	20.56	38 R. Elliott	19.52			120 S. Osaji-Gill	19.50
140 C. McKenna	21.03	40 A. Clements	20.03	Men A		127 N. McKenna	20.09
149 C. McEvier	21.24	44 L. Reilly	20.09	4 Kent AC	85 points	129 K. Williams	20.12
150 T. Aston	21.28	50 A. Merali	20.27			130 J. Higgs	20.14
160 H. Manning	22.00	54 F. Sumaye	20.30	Men B		141 H. Birch	20.36
165 A. Jeffries	22.24	55 T. Stephens	20.30	3 Kent AC	164 points	151 N. Cooke	21.04
174 L. Heron	23.09	57 C. Ho	20.34			157 O. Bright	21.19
178 N. Gathercole	23.36	74 R. Taylor	21.09	Women A		160 J. Heron	21.25
180 J. Ricketts	24.03	97 D. Gibson	21.54	1 Kent AC	11 points	162 T. Muddiman	21.28
191 S. Ferreira	25.25	101 I. Grant	21.57			172 R. Haydon	21.59
198 K. Samuel	27.45	104 F. McKenna	22.07	Women B		179 S. Young	22.54
		107 T. Murphy	22.07	6 Kent AC	63 points	184 C. Grady	23.07



Results (continued)

187 L. Heron 23.15	Men B	9 P. Sanders 15.51	4 Kent AC 36 points
188 S. Burke 23.34	3 Kent AC 164 points	10 P. Griffiths 15.55	
189 S. Lane 23.43		12 C. Fraser 16.07	Overall team awards
200 C. Canty 24.48	Women A	23 J. Cox 16.41	
208 Z. Gaffen 25.36	2 Kent AC 28 points	27 R. Elliott 16.55	Men A
214 K. Sharpe 28.05		30 R. Taylor 17.01	3 Kent AC 48 points
215 A. Hadlow 33.15	Women B	33 C. Compton 17.06	
217 J. Gaffen 35.35	7 Kent AC 71 points	35 A. Clements 17.10	Men B
		37 O. Brennan 17.14	2 Kent AC 50 points
Team	7 August, Victoria Park, 3.5 miles	40 R. Laing 17.15	
Men A	4 G. Anderson 18.07	47 C. Ho 17.32	Women A
2 Kent AC 48 points	9 P. Sanders 18.20	49 A. Merali 17.41	1 Kent AC 59 points
	11 P. Griffiths 18.31	55 M. Green 17.56	
Men B	30 R. Mathie 19.43	58 C. Stibbs 18.04	Women B
3 Kent AC 124 points	31 J. Cox 19.45	72 B. McGill 18.46	5 Kent AC 35 points
	33 C. Compton 19.46	79 J. Spencer-Wood 18.56	
Women A	43 A. Clements 20.06	82 T. Murphy 18.59	Overall Individual awards
1 Kent AC 19 points	44 A. Merali 20.09	83 D. O'Brien 19.00	
	47 C. Ho 20.19	95 V. Buck 19.28	Senior Men
Women B	59 R. Laing 20.38	96 R. Wilson 19.28	7 P. Sanders 23 points
5 Kent AC 43 points	62 T. Stephens 20.45	106 D. Coulter 19.49	
	81 C. Stibbs 21.39	107 Josh ? 19.49	V40 men
26 June, Beckenham 3 miles	86 R. Wilson 21.59	110 N. McKenna 19.55	1 P. Sanders 50 points
9 P. Sanders 16.06	88 T. Murphy 22.04	120 J. Higgs 20.10	2 J. Cox 42 points
12 P. Greenwood 16.14	97 A. Griffiths 22.21	122 K. Dwyer 20.15	4 P. Griffiths 27 points
17 P. Lighting 16.29	101 D. O'Brien 22.35	128 K. Williams 20.21	
29 J. Correia 17.08	110 N. McKenna 23.08	132 N. Gordon-Orr 20.31	V60 men
34 J. Cox 17.23	111 D. Coulter 23.09	149 A. Farrell 21.05	3 J. Spencer-Wood 29 points
35 R. Elliott 17.25	119 K. Dwyer 23.27	155 S. Young 21.24	
43 R. Laing 17.36	134 K. Williams 24.24	159 S. Henry 21.35	V65 men
44 A. Clements 17.40	155 R. Haydon 25.37	164 R. Hayden 21.52	3 E. Hadlow 35 points
56 C. Ho 18.00	161 S. Lane 25.54	165 H. Manning 21.54	
63 A. Merali 18.09	163 C. Manning 25.58	169 O. Bright 22.12	Senior women
65 T. Stephens 18.11	164 T. Aston 25.59	171 S. Lane 22.21	1 A. Clements 55 points
112 D. Coulter 19.43	166 E. Grant 26.04	173 E. Brown 22.30	5 T. Murphy 22 points
113 T. Murphy 19.46	169 E. Hadlow 26.27	180 S. Burke 23.03	6 S. Watson 20 points
119 B. McGill 19.54	172 S. Burke 27.16	181 A. Jeffries 23.22	
126 V. Buck 20.09	189 Z. Gaffen 29.18	183 E. Jugan 23.45	V35 women
128 D. O'Brien 20.12	196 J. Ricketts 30.23	188 E. Hadlow 24.05	1 T. Murphy 55 points
146 N. McKenna 20.54		196 Catherine. Canty 24.49	
150 O. Bright 21.03	Teams	198 N. Carpenter 24.55	V40 women
168 C. McKenna 21.52		200 Claire. Canty 25.06	3 N. McKenna 23 points
175 H. Manning 22.21	Men A	203 K. Sharpe 26.14	
179 C. Matthews 22.43	2 Kent AC 54 points	205 Z. Gaffen 26.29	V45 women
181 R. Hayden 22.49		210 A. Hadlow 29.10	4 S. Young 34 points
182 S. Lane 22.55	Men B		
195 L. Merun 23.42	2 Kent AC 160 points	Team	V50 women
200 E. Hadlow 24.17		Men A	1 R. Hayden 42 points
206 N. Carpenter 24.59	Women A	2 Kent AC 33 points	
211 K. Sharpe 25.48	1 Kent AC 16 points		V55 women
212 Z. Gaffen 25.55		Men B	2 Z. Gaffen 45 points
	Women B	2 Kent AC 101 points	3 A. Hadlow 23 points
Team	4 Kent AC 38 points		
Men A		Women A	
4 Kent AC 67 points	4 September, Beckenham, 3 miles	1 Kent AC 14 points	
	6 G. Anderson 15.34	Women B	



Results

British Athletic League Results

Supplied by Ken Pike

BRITISH LEAGUE – DIVISION 1 at Windsor on Sat 10 th May 2014									
A STRING					B STRING				
		Time	Pos.	Winner		Time	Pos.	Winner	Pts.
100	David LIMA	10.50	4	10.21	Darren GREEN	10.72	4	10.62	16
200	David LIMA	21.31	2	21.08	Darren GREEN	21.53	2	21.44	24
400	Andy SMITHERMAN	49.99	7	46.72	Rawlston MORIAN	52.11 *	6	48.08	8
800	James ANSELL	1 - 55.4	5	1-52.5	Hassan DAVIS	1 -55.3	2	1-55.2	18
1500	Ben HARDING	3 -58.8	3	3-57.3	Owen HIND	4-03.0*	4	4-00.7	18
3000	Alex YEE	8-28.4*	3	8-24.5	John GILBERT	8-42.5	3	8-29.4	20
3000SC	Chris GREENWOOD	9- 46.1	4	9-08.3	Richard PHILLIPS	10-06.7	3	9-41.2	18
110H	Mike HOLDEN	14.47	2	14.28	Shaun MULLIGAN	19.74	4	15.12	20
400H	Kehinde DAUDA	64.58	8	52.01	Shaun MULLIGAN	60.98	5	53.89	8
LJ	Joe LAWRENCE	7.39	2	7.47	Jody CHAPPELL	5.54	6	7.43	17
TJ	Chuxx ONYIA	15.01	1	-	David WELLSTEAD	13.33	3	14.30	24
PV	Mike HOLDEN	No Ht	-	4.60	Shaun MULLIGAN	1.50	5	3.00	4
HJ	Mike HOLDEN	1.80	6	2.05	Rawlston MORIAN	1.60	5	2.00	10
HT	Sam CHAPPELL	43.80	5	70.44	Rawlston MORIAN	16.91	7	69.81	10
DT	Sean BREATHNACH	38.97	5	55.83	Max HALL	33.59	6	47.65	11
SP	Sean BREATHNACH	15.97	2	16.77	Courtney GREEN	13.16	4	15.85	20
JV	Max HALL	46.65	6	58.14	Shaun MULLIGAN	30.05	7	57.03	8
4x100	1.O'shane Witter 3.Michael Holden				2.Darren Green 4.Andy Smitherman	43.12	6	42.27	6
4x400	1. Andy Smitherman 3. Rawlston Morian	50.4 51.1			2. O'shane Witter 52.9 4. Mike Holden 51.2	3-25.6	5	3-11.8	8
					TOTAL	Points		268	

MATCH RESULT:

1. Woodford Green & EL	399
2. City of Glasgow	282
3. KENT AC	268
4. Blackheath & Bromley	258
5. TVH	254
6. Herne Hill Harriers	241
7. Windsor Slough & EH	237
8. Gateshead	229

Kent AC - Man of the Match

Chuxx Onyia - A strong win in the worst of the appalling weather conditions

* means PB - we had 3 on the day



Results (continued)

BRITISH LEAGUE – DIVISION 1 @ Gateshead on Sat June 7 th 2014									
A STRING					B STRING				
		Time	Pos.	Winner		Time	Pos.	Winner	Pts.
100	Darren Green	11.18	8	10.77	O'Shane Witter	11.74	8	11.29	5
200	Darren Green	23.02	5	21.38	O'Shane Witter	31''inj	7	21.98	10
400	Shawn Wright	50.38	6	47.59	Luke Sargeant	53.87	8	48.37	7
800	Hassan Davis	2-02.1	7	1-54	Owen Hind	1-57.1	4	1-56	11
1500	James Ansell	4-02.4	5	3-58	Russell Bentley	4-03.7	1	---	20
5000	James Connor *	14-47.8	4	14-29	John Gilbert	14-58	2	14-46	20
3000S C	Chris Greenwood	9-49.5	3	9-05	Jack Wilson	10-41.1	3	9-40	20
110H	Joe Appiah	15.97	3	15.08	Jean C Roghi	18.09	3	16.83	20
400H	Jean Charles Roghi	59.54	8	52.80	Antoni D- Phillip	56.08	3	53.96	12
LJ	Joe Lawrence	6.87	4	7.30	Joe Appiah	6.33	4	6.40	16
TJ	David Wellstead	13.20	6	14.42	Shaun Mulligan	9.63	6	13.75	9
PV	Jean Charles Roghi	1.10	8	4.20	Shaun Mulligan	1.10	5	3.40	8
HJ	Max Hall	1.80	6	2.00	Shaun Mulligan	1.50	6	1.85	9
HT	Sean Breathnach	25.74	7	67.46	Shaun Mulligan	16.38	6	50.40	8
DT	Sean Breathnach	44.30	5	50.46	Max Hall	32.19	6	41.28	11
SP	Sean Breathnach	15.51	3	16.61	Courtney Green	12.33	5	16.07	16
JV	Max Hall	50.36	2	54.15	Sean Breathnach	37.46	5	50.74	18
4x100	1. Joe Appiah 3. Luke Sargeant				2. Shawn Wright 4. Shaun M	48.82	8	41.41	4
4x400	1. Shawn Wright 3. James Ansell				2. Hassan Davis 4. Antoni DP	3-32.6	5	3-17.5	8
					TOTAL	Points		232	

MATCH RESULT:

1. Woodford Green	372
2. Glasgow City	295
3. Gateshead	286
4. Thames V H	282
5. Windsor SE& H	279
6. Herne Hill	246
7. KENT AC	232
8. Blackheath & Bromley	181

Kent AC - Man of the Match

James Connor – PB plus a gutsy attempt to win the 5000m



Results

BRITISH LEAGUE – DIVISION 1 @ Tooting on Sat July 5 th 2014										
A STRING					B STRING					
		Time	Pos.	Winner		Time	Pos.	Winner	Pts.	
100	David Lima	10.63	1	/	Darren Green	11.13	5	10.79	20	
200	David Lima	21.28	3	21.16	Conrad Williams	21.16	1	/	24	
400	Andy Smitherman	49.3	7	47.0	Darren Green	51.65	6	48.40	8	
800	Ben Harding	1-57.0	5	1-53.7	Hassan Davis	1-54.6	4	1-53.	14	
1500	James Ansell	3-56.9*	6	3-55.2	Russell Bentley	4-04.5	6	3.57.0	9	
5000	Nick Torry	14-28.5	2	14-27.	James Connor *	14-36.	1	/	26	
3000SC	Chris Greenwood	9-22.3*	3	8-59.4	Richard Phillips	9-44.2	2	9-37	22	
110H	Joe Appiah	19.7	8	14.4	Max Hall	16.5	3	14.9	12	
400H	Antoni Davis - Phillip	56.0	7	51.5	Jean Charles Roghi	56.8	5	53.1	9	
LJ	Joe Appiah	6.29	6	7.34	Joe Lawrence	5.40	8	7.20	7	
TJ	Chuxx Onyia	14.50	3	14.62	David Wellstead	13.83	1	/	24	
PV	Jean Charles Roghi	1.10	8	4.90	Max Hall	1.10	8	4.20	5	
HJ	Rawlston Morian	1.65	8	2.10	Steve Brunsden	1.10	7	2.00	6	
HT	Steve Brunsden	43.19	4	69.61	Sam Chappell	39.15	4	55.58	16	
DT	Sean Breathnach	43.98	5	52.08	Max Hall	36.77	5	48.27	12	
SP	Sean Breathnach	16.06	2	16.54	Courtney Green	11.77	6	15.68	17	
JV	Max Hall	51.44	2	64.82	Sean Breathnach	45.66	2	57.47	24	
4x100	1.Matt Wepke 3.Darren Green	41.56			2. C. Williams 4. David Lima		2	41.43	14	
4x400	1.Hassan Davis 3. James Ansell	51.8 52.5		50.1 55.3	2. A. Smitherman 4. Russell Bentley	3-29.7	6	3-12	6	
					TOTAL	Points		274.5		

MATCH RESULT:

1. Woodford Green	384.5
2. City of Glasgow	303
3. Blackheath & Bromley	289.5
4. Herne Hill	284.5
5. KENT AC	274.5
6. Windsor SE&H	246
7. TVH	211
8. Gateshead	198

Kent AC - Man of the Match

Chris Greenwood – good PB in the Steeplechase that puts him No 5 in the UK V40 All time rankings



Results (continued)

BRITISH LEAGUE – DIVISION 1 @ Lee Valley on Sat Aug 9 th 2014									
A STRING					B STRING				
		Time	Pos.	Winner		Time	Pos.	Winner	Pts.
100	John Browne	10.73	3	10.60	Darren Green	11.28	4	10.87	18
200	Darren Green	22.43	8	21.03	John Browne	21.60	2	21.60	14
400	Andy Smitherman	50.12	4	47.09	Hassan Davis	51.65	5	48.74	14
800	James Ansell	1-54.6	5	1-53.3	Hassan Davis	1-56.3	3	1.55.6	16
1500	Ben Harding	3-57.9	5	3-55.3	Russell Bentley	3-59.9	2	3.56.5	18
3000	Chris Greenwood	8-41.9*	6	8-21.5	Richard Phillips	9-02.7	4	8-23	12
3000S C	Chris Greenwood	9-12.3*	1	-	Richard Phillips	9-51.8	2	9-28	26
110H	Joe Appiah	16.09	5	14.60	Jean Charles Roghi	17.05	5	14.69	11
400H	Antoni Davis - Phillip	56.16	6	52.29	Jean Charles Roghi	56.78	3	53.68	14
LJ	Chuxx Onyia	6.62	5	7.28	Jody Chappell	5.23	8	6.75	9
TJ	Chuxx Onyia	15.03	1	-	Joram Knigg	12.64	4	13.89	22
PV	Joram Knigg	3.00	5	4.40	Jean Charles Roghi	1.10	7	4.20	10
HJ	Joram Knigg	1.85	6	2.10	Antoni Davis - Phillip	1.00	8	2.00	7
HT	Sam Chappell	44.03	5	66.73	Steve Brunsten	None	-	56.65	8
DT	Sean Breathnach	47.56	5	53.21	Courtney Green	33.01	5	50.79	12
SP	Sean Breathnach	16.25	1	-	Courtney Green	12.98	3	15.36	24
JV	Sean Breathnach	46.32	5	64.82	Steve Brunsten	39.46	6	53.08	11
4x100	1.O'shane Witter 3.Andy S				2. Darren Green 4. Elliott Gayle		5	42.51	8
4x400	1.O'shane Witter 3. James Ansell	50.6 51.3		49.4 51.7	2. A. Smitherman 4. Ben Harding	3-23.0	5	3-13	8
					TOTAL	Points		261.5	

MATCH RESULT:

1. Woodford Green	391.5
2. Windsor SE & H	320
3. Blackheath & Bromley	289
4. Herne Hill	287
5. KENT AC	261.5
6. TVH	260
7. City of Glasgow	228
8. Gateshead	135

British League Div 1 table – FINAL 2014

1. Woodford Green	32 (1547)
2. City of Glasgow	23 (1108)
3. Blackheath & Bromley	18 (1017.5)
4. Windsor SE & H	16 (1082)
5. Herne Hill	16 (1058.8)
6. KENT AC	16 (1036.3)
7. TVH	14 (1007)
8. Gateshead	9 (848)

Kent AC - Man of the Match

Chuxx Onyia – won the A Triple Jump, volunteered for the Long Jump and did a 900mile round trip



Results

Southern 6 Stage Road Relays Results

Supplied by Ken Pike

A team

1. Russell Bentley	18.23	5 th
2. Ben Harding	18.50	4 th
3. James Connor	18.43	3 rd
4. Owen Hind	18.37	2 nd
5. Gareth Anderson	19.23	3 rd
6. Chris Greenwood	18.25	3 rd

Total time: 1hr 52min 21 sec

B team

1. Tim Lawrence	20.27	52 nd
2. Mark Hall	19.43	42 nd
3. Peter Lighting	20.28	42 nd
4. Paul Griffiths	20.40	39 th
		V40
5. Tom Muddiman	21.04	36 th
6. Ron Taylor	21.14	37 th

Total time: 2hr 3min 36sec
5th B team

C team

1. Josh Correia	22.05	76 th
		U20
2. Daniel Stauber	22.01	73 rd
3. Arif Merali	22.05	71 st
4. Richard Archer	23.45	73 rd
5. Shaun Mulligan	27.20	74 th
6. John Cox	22.06	70 th

Total time: 2hrs 19min 42sec
- 79 teams by end of leg 3

ENDS