

Kent AC Winter Newsletter 2013/14

Is cross country the key to success?

Written by Ken Pike

The ‘Golden Era’ of the club’s endurance section is continuing! Over the winter season we have moved forward significantly on three main fronts – the quality of our A team, the quality, and in particular the depth, of our B team and even more so with our women’s section breaking new ground.

This was clearly demonstrated by our success in retaining the Surrey Div 1 CC League with a fantastic average turnout of 24 runners with no less than 29 running in the second match. Many of our non scoring guys in this 10 to score competition would have been good scorers in virtually every other team in the league, which shows that we now have depth in quality as well as strength in numbers. Also it was great to see John Gilbert become overall champion and Chris Greenwood win the M40 title into the bargain.

The other competition that showed just how significant the rise in numbers and quality of our B Group at Ladywell has been was the Southern 12 Stage Road Relay which is a 12 man competition taken seriously by all the clubs in the south of England. Our A team showed that we are now right up amongst the top dozen teams in Great Britain as they gained silver medals and we fielded a B team for the first time. Not only did we have 24 runners out but we even had some reserves on standby and the B team surprised



The Kent AC Men's Team at the National Cross Country Championships in Nottingham

everyone by coming 25th - qualifying for the National 12 Stage! At the National 12 Stage in Birmingham, our A team had our best ever position of 11th (to go with our best ever result in October in the National 6 Stage of 12th place) and the B team made the top 50 as they came home as the 3rd B team in GB to seal a great day all round.

Our Women have certainly moved on as well as in November we fielded a team in the South of Thames CC Champs for the first time in 30 years, then had a good performance and representation in the Kent County CC champs before embarking on a new venture – the S of England 6 Stage Road Relays which like the men’s 12 stage is only contested by the best clubs. They did really well as they came home as 19th team and this, coupled with us contesting the National CC in Nottingham for the first time (excepting a few individual entries over the years) and beating Herne Hill, Tonbridge, Cambridge Harriers and Blackheath &

Bromley into the bargain, showed just how far they have come on. Next lots of PBs in the London Marathon with no less than 6 women getting under 3 hours 30mins and our first ever win in the Assembly League showed that the earlier performances were no fluke.

Lastly, the other significant day as far as team competition for the men is concerned was the London Marathon where, despite losing our potential 2nd and 3rd scorers through illness, we became National Champions for the second year running in the team event. They were led home superbly by John Gilbert, who bravely went for it on the day, earning him selection for GB in the European Champs in Zurich in August to join Paul Pollock who has been pre-selected for Ireland. First timer, Chris Greenwood ran a superb 2 hours 27 mins to be first vet home and Paul Griffiths took 4 minutes off his PB to get a gold team medal this year after just

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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:

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News

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being edged out last year – great to spread the gold medals!

Other great team results were winning Gold medals in the S of Thames Team race for both the 4 and 8 to score, winning the S of England Vets CC and the Kent County Vets CC Champs. Silver medals were also gained in the S of Thames Senior CC and the Kent County CC which spread our medal haul nicely. Perhaps as significant as any result all winter was the great performance of our U17 boys (Said Gabo, Josh Correia, Francis Sumaye and Oisin Breenan) as they came 4th team in the London Mini Marathon despite Alex Yee being prevented from running, which cost them the team win!

Enough of team performances. Many individuals also performed with distinction, notably Paul Pollock running a superb Northern Ireland Record in the World Half Marathon champs in a time of 62mins 10 secs, Joe Appiah winning the



The Kent AC Ladies at the National Cross Country Championships

World Masters 110m Hurdles in sunny Brazil (plus the Bronze medal in the World Indoors at the 60m Hurdles) and Chris Greenwood winning the English Masters CC before coming home 3rd in the Masters International, representing England. John Gilbert had an amazing run in the National CC as he came home in 6th place (every year he is edging nearer a coveted medal) and he also won the Kent County CC for the third successive year, despite the top level opponent in it this

year. More gold as Julian Spencer-Wood and Chris Greenwood won the M60 and M40 Kent Masters CC champs respectively plus Paul Griffiths gained the silver medal behind Chris.

Not only was there success amongst some of our 'older' members, but Alex Yee, amazingly being in the A Group at the age of 16, showed what a talent he is as he came home 3rd in the English Schools CC earning an England Schools International vest (as did

Noah Armitage-Hookes – Luke's son who is a regular in the Ladywell B Group). Well done to Spenser Lane for bringing Alex on so well.

Yet again our own Conrad Williams, despite being a GB International for so many years, performed well on the world stage again as he gained a Silver medal in the 4 x 400m Relay in the World Indoor Champs in Poland after running a superb opening leg. Amazingly this is his 7th medal at a Major Games – why on earth is this not given the recognition it deserves?

One observation HAS to be made by this correspondent which is that those who did a full cross country season were the ones who peaked in the National CC, the 12 stage relays and even the Marathon – indicating that there is a positive correlation between them (which was very firmly held in GB's Golden Era in the 80' and 90's) and is an obvious truth to be taken on board if athletes want to be successful and contribute even more to Kent AC's own 'Golden Era'.

New league territory for Kent AC's women, U17s and U20s

Written by Ken Pike

■ Our women's section has decided to apply to join the Surrey Ladies Cross Country League next season, which is a 5 to score team competition. They will hopefully join the 20 team Div 2 and it will consist of 4 matches across the winter with most venues being in SW London.

If we can get 10 out each time then the next 5 home count as our B team and will score as such. It is thought that having to get 5 scorers each time will encourage more to compete and the far

easier distances to travel should also help turnout.

■ The new venture of the GAL Cross Country League for secondary schools in Lewisham and Greenwich, which we have been the main organisers of together with Abi Tickner, has got off to an excellent start in its first season. There have been about 50 finishers in each of the girls and boys races at the 4 venues after school on Wednesdays with the match taking less than an hour each

time. We have had 8 schools involved this year and we hope to get it up to 10 schools next season with the age groups being extended up to year 9.

A big thank you to Dennis, Ted, Bernie and Ken for organising the start/finish each time and doing the results where schools have known every runners position and the team placings before they have left the match.

■ Another new development is that we have entered the

South London Network U17/ U20 League for this summer.

It consists of 3 open meeting in South London where a limited programme of track and field events will be offered at each meeting. You can enter as many athletes in an event that you want to, so it means that every one of our squad of ten U17 and U20 boys can compete in their favoured event rather than have to do alternative events.

News

Latest from the AGM

Written by Phil Sanders

The AGM was held at the traditional venue of The Goose on the Green pub in Catford on 3rd December 2013.

During the meeting, the club's sole London Marathon entry was awarded to Tom Webb (as the only person to throw his name into the hat!) and other items of note were the inauguration of the new

club President, Andrew Dunwoody, who takes over from Larry Garnham after his three years of service in the post, and the creation of a new post of Women's Cross Country Manager; Ellie Brown was proposed and elected into the new role.

Other posts were by-and-large unchanged, including the following:

General Secretary: Phil Sanders
Coaching Secretary: Ken Pike
Treasurer: Kehinde Dauda
Vets Secretary: Luke Armitage
Track Manager (A Team): Ken Pike
Membership Sec: Bernie Hutchinson
Track Manager (B Team): Rob Moye + other
Trophies Secretary: Richard Bidgood
Cross Country Manager: John Gilbert
Surrey League Captain: Stuart Beaney
Women's Secretary: Kate Williams
Newsletter Organiser: Siobhan Burke
Young Athletes Manager: Spenser Lane
Kit Officer: Adrian Musson
Assembly League Manager: Richard Elliot
Presentation Promoter: James Connor
Assembly League Captain: Paul Bell
Website Manager: Matt Burton

Thank you to everyone who volunteers their time to run the club.

Club 200

Written by Phil Sanders

The Club 200 draw has now been operating since December 2012 and has proved to be a great success, raising vital funds for the club, whilst throwing up a good spread of winners (with the occasional lucky double winner!) including both club members and non-member supporters of the club. 49 members of the club have a

chance to win £200 on the first Saturday of each month, with the winning number being the bonus ball of the National Lottery Lotto draw. This year's winners so far have been:

January: Marcus Graham
 February: Danny McKay
 March: Stuart Beaney
 April: Janet Bell

New members

Written by Ken Pike

This is a selection of new members since Oct '13 where we have been given some information by coaches.

Gareth Anderson (24)

Gareth immediately made an impact when he ran the Surrey CC League in November and he has worked his way up the A Group at Ladywell pretty quickly. He moved to London last summer after finishing at Cambridge University and he has made real progress despite a couple of injuries since Christmas. Now up to 16th in the Surrey CC League, Gareth had an excellent debut in the A team at the National 12 Stage. When injury free he should be a key man for Kent AC.

Shamar Eddie (21)

Shamar lives in Catford and joined us from S Factor. He has been training in Junior Field's sprint group at Ladywell since November. Relatively new to the sport, Shamar has made good progress and he should give our B team some real depth at 100m and 200m this season. One for the future?

Chris Hangartner (22)

Chris lives in Blackheath, has been a regular in our B Group since joining and he has raced regularly for us over the winter. He has made good progress in that time and he is about to get under 18min for 5km, plus he made a good debut in the Half Marathon in 86mins before getting injured. A real team player who will continue to improve.

Ben Harding (26)

Ben joined us from Blackheath & Bromley Harriers and he has a good pedigree winning the English Schools CC and getting the Silver medal in the 800m at the English Schools - both as an Intermediate. He has since run 1'51"/3'54" for 800m and 1500m respectively and has gained an England senior vest. Ben was only recently cleared to compete for us but he made his mark straight away with a great run at the National 12 Stage. He has contributed really well for us in the Surrey CC League this winter and he has a real chance of bringing down his PBs this season. He should be a major player in all disciplines for our A team as they aspire to do even better at national level.

Tim Lawrence (25)

Tim has made spectacular progress since joining in January and is now at the front of the B Group on a regular basis, such is his progress in that time. He lives in Catford and teaches in the borough. Already down to 57' for 10 miles and 75' for the Half Marathon, he also possesses a good turn of speed. Ben ran excellent opening legs for our B team in both the Southern and National 12 Stage Relays and with his committed approach we expect him to be challenging for a place in the A team next year.

Richard Mathie (28)

Richard recently moved to Hither Green and he joined us from Kingston & Poly.

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News

New members (continued)

[continued from page 3] Currently he is finishing his PhD at Imperial College. Richard has a wide range of events from 800m up to 5 miles and he has PBs of 2'01" and 4' 21" for 800m and 1500m. He regularly does cross country, in particular the Surrey CC League, and he has a good National CC best of 331st, from the freezing swamp that was Sunderland! Richard will be a real asset to our SML team this summer.

Tom Muddiman (32)

Tom is a student at Goldsmiths College and he has joined us from Southampton AC. He has good PBs of 15'53" and 10'24" for the 5000m and 3000m SC, plus an excellent marathon PB of 2 hours 38 minutes. Now that Tom is beginning to get back into regular training, in particular with the B Group guys, then we should see him near to his

best by the end of the summer. A real team player who is keen to race and who will be an asset to the club.

Henry Munro (30)

Henry lives in Blackheath and is beginning to train regularly with the B Group at Ladywell. He did well in the Club 5000m, running 17'35", and he has since run 86' for the Half Marathon. He clearly has the talent to improve substantially if he maintains his presence in the B Group and races more regularly.

Luke Sargeant (25)

Luke trains with several other Kent AC guys in Donovan Reid's sprint group at Crystal Palace and he has joined us from Crawley AC. He is keen to compete with the guys he trains with and he is keen to get back to his best after a year out from the sport. Luke has impressive PBs of 22.2" and 50.4" for 200m and 400m

respectively so he should be a very welcome addition to our British and Southern League teams.

Terry Stephens (28)

Again another very recent recruit to our ever expanding B Group. Terry lives locally and he has mainly done marathons in the past, running a PB of 2 hours 58mins in the Paris Marathon this year. He has done very little racing other than his marathons in Paris, Boston, Barcelona, Berlin and Amsterdam! If Terry gets fully involved in the B Group, which seems very likely, and races regularly over shorter distances then sub 2 hours 50 mins is on the cards for him.

David Wellstead (31)

David has joined us from Belgrave Harriers as they pulled out of the British League last year. As he is a Triple Jumper, then good

competitions in his event are very limited unless he is in a British League club. David lives in SW London and he has an impressive PB of 14.98m. He will be a real asset in our B string in the British League where he will gain good points compared to recent years.

Shawn Wright (19)

Shawn has just joined us from Livingston AC in Scotland and he is at Stirling University. He is keen to get good competition, such as the British League can offer, hence the move. He has an impressive PB for an U20 athlete of 49.05" over 400m, so when matches are not too far from his base then he will be a valuable addition to our BAL team in an event where we need young and improving athletes such as him.

Alex Yee takes centre stage

Written by Ken Pike

■ Alex Yee lived up to his billing as one of the best U17 athletes in GB as he worked his way into the lead group of the Intermediate Boys race at the English Schools Cross Country Champs held at Castle Donington, Derbyshire.

As the pace quickened, he did well to stay in the lead group as he recovered from catching them after being boxed in badly at the start. Soon the lead group was down to just three runners and, at the start of the last hilly lap, he pushed on in a brave attempt to secure the title, nearly getting a decisive lead. However, his early efforts took their toll as he

was edged into 3rd place by the finish. Nonetheless, a medal and an England vest in the upcoming Schools International were a just reward for a brave run, especially after his early setback.

Our other representative was in the Senior Boys race. Josh Correia fully justified his selection for London as he worked his way through the field after a steady start. He finished really strongly to come home in 255th place in a field of over 330 runners and had the satisfaction of making the scoring team for London into the bargain.

■ On a really tough and hilly

course in Bolton, Alex Yee took centre stage in the Intermediate Boys race as he represented England in the Home Countries Schools International Cross Country race. Despite an injury scare in the week beforehand, he took the race by the scruff of the neck on the first lap as he pushed on in the lead in filthy wet conditions. He was still very much in the mix when he took a heavy fall, which pushed him down the field but he is nothing but a brave runner as he showed by getting on with it

and working his way up to 4th place by the finish.

Initially disappointed, he had the satisfaction of being 3rd scorer in the winning England team and knowing that he had really gone for the win rather than opting for safer tactics, which he may always have regretted.



Cross Country

Surrey Cross Country League - Division 1

Written by Ken Pike

First Meeting @ Wimbledon Common, Sat 19th Oct 2013

The defence of our title got off to a great start as we won the match - be it by only 16 points from Thames Hare & Hounds who had obviously made a good effort to start with a bang in order to get the title back from us.

On a near perfect autumnal day our guys set off in earnest as, after a mile, we had the top 3 in the race. Paul Pollock took the race by the scruff of the neck as he put in a big burst at the bottom of the course on the first lap to then steadily build up a commanding lead. He eventually won by over 40secs from our own Frank Tickner, twice National CC Champion, who, despite being nowhere near full fitness, showed his class in what was one of the best fields assembled in this race for several years.

Cross Country Captain, John Gilbert, had his usual gritty run and just lost out on 3rd place – probably as a result of only running the Berlin Marathon 3 weeks before-hand. Not to be outdone, Chris Greenwood ran another good race in the Surrey League as he came home in 9th place, despite being in heavy training for the upcoming Masters International in Cardiff.

There was a great battle just behind him as two new boys, Ben Harding and Owen Hind, slugged it out and went through the field together as they finished 10th and 12th respectively after giving it all in the race.

So, 6 men in 12 places seemed to sew it up, but this 10 man scoring league is determined by a club's later



The start of the Surrey League match at Putney Heath

scorers as much as their fastest guys. Good packing from Jack Wilson (37th after a mad start!) showing his recent real improvement, Phil Sanders (41st), Stuart Beaney (44th) and Calum Fraser (45th after travelling from Bath) sealed our narrow but impressive win.

We had a record number of finishers, 22 in all, and it was good to see no less than 7 new guys in addition to Ben and Owen (David Longley - 56th, Tim Alexander - 61st, Michael Longley - 83rd, Henry Munro - 98th, Tom Webb - 108th, Chris Hangartner - 119th and Arif Merali - in a field of nearly 190 finishers) all enjoy the race and the usual post race debriefing in a local hostelry.

For everyone this was a new course (it was the Hercules Wimbledon course) but when we move to another new course, Mitcham Common, for the second match we need to get closer to the Thames H&H guys, who packed well with their last 5 scorers between 26th and 32nd place. The good news is that this only requires a 40 second improvement from our last 4 scorers

if we are to challenge the false perception that we are too dependent on our top men and also go on to do 'the double'.

Full results can be found at www.belgraveharriers.com.

Second match @ Mitcham Common, Sat 9th November 2013

A day that was so good it feels like the zenith that we can achieve as a club! After all the first two home, five in the top ten, a club record turnout of 29 runners, a 100 point lead in the team competition, some outstanding runs and a great night in the pub – this is what the sport is all about!

It was one of the best standard races that the league has had for several years and both Frank Tickner and John Gilbert got stuck in straight away before Frank took a fall - but John, like a true Team Captain, went to the front to slow it down and Frank had a chance to get back before the others realised!

John pushed the pace on, which broke the rest of the field by early on the second lap, as he built up a 20m lead on Frank, who is nothing other than tough. Frank

clawed the lead back before pushing on hard on the final lap to win by 9 secs as John stayed 20 secs clear of the rest. Behind them, Ben Harding and Chris Greenwood were locked together with two other runners before they broke clear on the last lap to come home 7th and 8th and, into the bargain, they both beat the 6th, 7th and 8th guys from race 1 to show how much they have improved recently.

New boy Owen Hind and Jim Savage, who made the long trip from Manchester, both adopted similar tactics with easy starts and both positively stormed through the field from early positions of 25th and 50th to finish in 10th and 14th – both great runs with Jim's highest position in the league showing what a valuable team member he is, and Owen showing what a great prospect he is.

Another new recruit, Gareth Anderson, fresh from his first session at Ladywell last Tuesday, impressed with a controlled strong run to work his way into the top 30, and 'prodigal son', Jack Wilson, again did well – expect a lot more from these two as the miles kick in.

A re-enactment of past glory days at M&M was taking place between our last two scorers Tim Alexander and Stuart Beaney (with much email traffic in the preceding days) before Stuart's strength told, but both made the top 50 in a much higher standard race than last time showing that both are getting fitter by the week.

However, there was another 'race within a race' as

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Cross Country

Surrey Cross Country League - Division 1 (continued)

[continued from page 5] Pete Boxshall's 400m group had been tasked with showing their mettle with some good racing that saw Rawlston Morian come out top dog, and Antoni Davis-Phillip and Ron Taylor producing the finish of the day.

So, a record turnout of 29 runners with 20 in the top 100 in a field of nearly 200 shows that we are getting far more depth – our 15th runner home would have scored for most of the other clubs!

Our collective efforts gave us a 40 point win over a much improved Herne Hill Harriers and an 82 point win over Thames Hare & hounds which gives us a 98 point lead with 2 matches to go – but as we've seen before that can be lost easily if a club backs off slightly.

So much to celebrate by the large party in a great pub in Tooting, selected by our XC Captain, and a few sore heads the next day.

Third match @ Putney Heath, Saturday 11th Jan 2014

Second place on the day, but still everything to play for!

The third Surrey League fixture coincided with the 125th anniversary of Herne Hill Harriers, and so not surprisingly they were out in force as a club – both in terms of quantity and quality. And it was that little bit of extra quality they had at the front end that saw them come out on top.

However, although their margin of victory was just over 50 points, we shouldn't be too downcast. To a man, the team we had out on the day all ran well. In fact, if Ben Harding hadn't had the mis-

fortune to take a tumble and damage his ankle, we might have been a lot closer to Herne Hill as Ben has been in good form and was a decent bet for a top ten finish. Unfortunately, Ben had to drop out, but there were many fallers in the race held at Thames' home course, Putney Heath. The recent monsoon-like conditions had made the course quite treacherous and amongst the fallers was our own John Gilbert.

John was having his usual absorbing battle with Belgrave's, Paskar Owor, but this time the pair had company in the form of guest runner, Dan Davis, from Leeds City. It was Davis who was to go on to win the race although, by the sound of it, his victory owed something to first Paskar tumbling, then John falling over Paskar. It seems John was first to his feet and he managed to get away from Paskar and, although he didn't catch Davis, it was John who was able to claim a league victory. Typically of John, though, there were rather muted celebrations as he was conceding that the result might have been different had the fall not occurred.

As mentioned, the team all ran well and deserve credit for their efforts on a day when Herne Hill had clearly pulled all the stops out to get a victory. On a day of great collective spirit, it seems churlish to pick out individuals, but nevertheless I'm going to do so!

I thought both Chris Greenwood and Owen Hind were unnecessarily hard on themselves after the South of Thames race when not perhaps finishing as high as might have been expected. Today was a welcome return to form for both with top ten

finishes – 7th and 9th respectively. Not far behind Owen in 12th was Jack Wilson giving further proof of the benefits of training on his native Ilkley Moor. On the day, he got the better of Gareth Anderson who has been making such a significant contribution this winter. He was just a few places back, but also fell victim to the conditions sustaining two quite nasty gashes from a fall. Although he made light of it, when we were going our separate ways the pronounced limp indicated the damage might have an impact on training.

As well Ben, we had Andy Rayner turning out for us again and it was great to see him returning to form and finishing just outside the top twenty. Mention must also go to Tim Alexander, Stuart's old mucker from his Maidstone days. Tim had one of his best races for us just outside the top 30 and a fair distance ahead of Stuart on the day. But, as I said earlier, this was essentially a great team effort. It was vital that that we didn't ship too many points and the position we are in for the final fixture is still a strong one.

Prior to the senior race, Alex Yee, who announced his talent at the Kent County Championships the previous Saturday, claimed another victory in the junior race and had representatives from other clubs muttering, "where's he come from?"

Perhaps on a special day for Herne Hill we can't begrudge them a victory. Not only were they celebrating their anniversary, they were also paying tribute to long standing club servant, Stan Allen, who died earlier in the week. A fitting minute's applause was paid before the

race, whilst Stuart ensured we as a club showed our own respects with team members wearing black ribbons.

We go into the final fixture with everything to play for. We have a lead, but we know there must be no complacency. Hopefully, the guys who performed so well today can be joined by a couple of others who can get the Team over the line for another league victory.

Fourth meeting @ Richmond Park, Saturday 8th February 2014

The final league fixture at Richmond Park was held on a course that's usually noted for being dry and fast. However, on the day the course had long tracks of mud interspersed with the drier stretches. Fortunately the gale force winds predicted didn't materialise, and neither did the expected challenge of Herne Hill. They were surprisingly below par in the race, instead it was Thames who were out in force and it was them who prevailed in the fixture. But, although we couldn't manage a win in the final fixture, a terrific team effort saw us not a big distance behind in second and clinch the league title with something to spare this year.

At the sharp end, John Gilbert was again slugging it out with Belgrave's Paskar Owor. On the first lap, four runners got away. John and Paskar had company in the shape of guesting, Danny Davis, and Belgrave's Phil Wicks on the come-back trail. John put in his usual shift, but having been logging the miles for the London Marathon, when Paskar put in one of his impressive bursts of acceleration, he was away and gone. Nevertheless, John's sec-

Cross Country

Surrey Cross Country League - Division 1 (continued)

ond place finish ensured he was the overall league winner - a great achievement and coming on the back of his tremendous run in the Southern's.

The rest of the team put in a terrific effort that reflected the spirit that has been a feature throughout the campaign. Although we'd gone into the race with a decent lead, there was still that little bit of anxiety around - especially as we were deprived of several of our top performers (Owen, Gareth and Ben Harding). We needn't have feared though as some excellent runs got us the points tally we required.

After John, our next scorer was again Chris Greenwood (9th) who's been so consistent in the series. Unsurprisingly, Chris secured the Vet 40 title and was 5th in the series over all. We then had some solid packing with Andy Rayner (15th) who again chose

to show his commitment to our cause and likely cop some flak from his first claim club. Special mention must go to Jim Savage who journeyed down from Manchester to turn out; he was just behind Andy in (16th). Not far behind, it was good to see Ben Hope (23rd) returning to our colours after a long injury lay off. Again impressing, Tim Alexander was next home in 26th.

However, without doubt the story of the day belonged to our second, 2nd claimer and long term associate, Sam Coombes. His appearance for us was the stuff that legends are made of. A ninth place finish in the Kent League at Swanley, was followed by mad dash by train and bike to get to start line which he made, just as the runners were lining up. He was given his vest and away he went to a highly creditable 30th place -



Kent AC retained the Surrey Cross Country League title at Richmond Park

Shades of Alf Tupper! Although, of course, Alf would have won the race.

Skipper Beaney appeared to have got his mojo back; there was a definite spring in his step post match, clearly delighted at getting the better of Jack Wilson, Stuart was home in 36th. Our scoring positions in full were 2, 9, 15,

16, 23, 26, 30, 36, 39 and 53. They were ably backed by the rest of the team who contributed to making it such an excellent day.

Special thanks again go to the triumvirate that is Ken, Stuart and John for the energy and industry that made possible this second league win in a row.

Kent County Cross Country Championships, Hythe, 4th Jan 2014

Written by Ken Pike

Despite the appalling weather, which worsened as the driving rain got worse, it was a 'good day at the office' for Kent AC as we produced not one but two individual winners and a whole host of good runs.

First up was Alex Yee in the U17 race, who was up against Tonbridge's, George Duggan, English Schools 1500m champion and favourite for the title. Despite Alex giving away nearly 1.5 years in age, he went straight to the front on the first of the two laps then intelligently eased as he settled into his own rhythm. As the leading group lessened in numbers, there was only the two of them left at the front going up the long

hill at the end of the first lap. Alex then put in an effort on the flatter but muddy start to lap 2 easing him away from his opponent, which he continued to do for the rest of the lap to secure a great victory by 14 seconds that took all the other clubs by surprise!

Next up was the Senior Men's race, which produced the best race of the day over the 4 laps contested as Mike Skinner of Blackheath & B, who was silver medallist in the National CC in 2011, turned up expecting an easy victory. Our own John Gilbert was having none of it however and decided that he would have to work for it, so John went straight to the front

and pushed on hard. This destroyed the rest of the field except Skinner who hung on for 2 laps as John relentlessly pushed hard on all the turns and climbs.

Finally, at the muddy start to lap 3 Skinner broke and, as his opponent weakened, John pushed even harder to open up a 50m gap quickly. He even continued to push hard on the last lap and secured his 4th successive title, but easily his best one, to much acclaim as he won by nearly 30 seconds.

Behind him, despite the club not having a full strength team, there were some great runs as first Gareth Anderson came home in 13th place, showing great physical and

mental strength as he had not really eased back for this race. Just one place behind him was a contender for 'run of the day' as Jack Wilson, who had intelligently worked his way through from the mid 20s, produced his best run to date as a result of an increased training programme.

Another good performance behind him came from Stuart Beaney, who again produced his best run of the season as he finished in 21st place, despite having a lonely run for much of the race, which set him up nicely for a drink after the Club Presentation that evening! Not far behind him in 27th place was second claimer, Dave Mor-

Cross Country

Kent County Cross Country Championships (continued)

[continued from page 7] gan, who battled really well all the way, despite not being someone who enjoys the mud. Still more good runs were evident as newcomer, Michael Longley, worked his way steadily from the mid 40s to finish an excellent 29th to close the scoring team. This not only represented a breakthrough run by him but secured our silver team medals comfortably from Blackheath & B - despite them having a 1 point lead over us at the end of 2 laps.

With a record turnout of 21 Seniors, far more than any other club, there were plenty more good runs, in particular from Richard Bidgood, in 45th place, and Richard Archer, in 50th place, who closed our scoring 12 inside 50 in a field of 160 runners. This got us agonisingly close to winning the 12 score but with our 19th man home before any other clubs last scorer in the 12 to score competition. This shows just how much depth that we now have and all these later guys had the satisfaction of

pushing down other clubs scorers.

Lastly, not to be outdone we had a good presence in the Senior Women's race, despite the school holidays depleting the turnout, as 5 women contested the contest which earned us 8th place in the team competition with Siobhan Burke running well to secure 35th place.

They were led home by Amy Clements who simply stormed round to 5th place (after her 20th place last year), which again represented a



John Gilbert wins his 4th successive Kent XC Championship title

breakthrough run from her and shows that we now have talent in our women's section to medal in both the 3 and 6 to score team competition next year.

Southern Cross Country Championships, Parliament Hill, 25th Jan 2014

Written by Ken Pike

Although John Gilbert showed considerable potential as a junior, what people tend to forget is that, in relative terms, he hasn't been running as a senior for that long. But since returning to the sport he has achieved a great deal - both on the road and track. Of course, people in the sport have admired his fine marathon runs, but the bronze medal he secured at the Southern's has got to rate as a real highlight in his career so far.

To come third in the prestigious Southern Cross Country Championships at the always challenging Parliament Hill course is a tremendous achievement. Many distinguished runners have never managed a medal at these championships. And the way John claimed his medal was typical of John as a runner. Although he found himself in exalted company - there was no question of just settling for a medal.

Spectators could see that John was constantly forcing

the pace and putting in sharp bursts, to try and get away from the two top class runners who were keeping him company at the front of the field. It was clear from quite a way out that, barring a fall, the medallists' would be John, Frank Tickner (two time former National CC winner) and Richard Goodman, a former National Junior Champion, and just back from an extended period of training in Kenya. After one of John's uphill efforts, Frank Tickner did seem to be feeling the pace a bit, and for a while it looked as though John might even get second. However, it was not to be.

John's unrelenting effort took its own toll, and when Goodman made a move he was able to impressively accelerate away. Then, perhaps typically, Frank Tickner recovered and with John slowing slightly, Frank was able to overhaul him. But, it should be said that Frank was only 12 seconds ahead at the finish and the winner,

Goodman, only 36 seconds ahead. So a memorable day for John and a pretty decent day for the Team in a race we hadn't actually targeted. We still managed to have a turnout of 14 runners (with 13 finishers) all of whom acquitted themselves well in the predictably swampy conditions.

Chris Greenwood's 25th place was a very creditable run, again by some margin the first V40. Our next runner home was Jack Wilson, who started cautiously and worked his way up to 90th. Not far behind in terms of time, was Tim Alexander (121st) - again with another solid showing at a distance that a few years ago he probably thought he wouldn't be running. He was again ahead of Stuart Beaney, but perhaps Stuart had him in his sights and, although he was a little undecided about the quality of his run (136th), with some decent runners behind him most observers felt it should be viewed positively.

The scoring six was made up by Tim Lawrence (189th), amazingly in his first XC race. Inside the top 200 on your XC debut is quite something and really bodes well for the future. And, as mentioned earlier, there were commendable runs from the rest of the team we had out today. The scoring six were tenth team. And whilst we might have been behind Tonbridge and Herne Hill in the six to score, we retained the Camden Cup for the first 12 to score team from Kent. And it was fitting that Tom Webb, who's quickly shown he possesses the clubman spirit, was to be 12th scorer and so will be custodian for the year.

Finally, today marked a first. Our esteemed leader, Mr Pike, was perhaps outshouted in the encouragements stakes. It was a different pitch and tone, but it was none other than Owen Hind. Being a true team player, he was lending his support after a tough hill session earlier in the day.

Cross Country

National Cross Country Championships, Nottingham, 22nd Feb 2014

Men's race report written by Len Reilly and women's race report (overleaf) by Ronnie Haydon-Jones

Men's race report:

'The National' needs little introduction, but here's one anyway. Long-established championship open to all English club runners, still highly coveted, despite the recent use of the Inter Counties and/or a trial for selection for the World Champs cross team. Venue rotates on 3 year cycle: south, north and, this year, midlands. Previous winners are a roll-call of our best runners: Sidney Wooderson, Gordon Pirie, Basil Heatley, Ron Hill, Mel Batty, Dave Clark, Tim Hutchins (and our very own, Frank Tickner - twice) and, despite trying, some of the greatest missing: Dave Moorcroft, Dave Holden, or failing to dominate: Brendan Foster, Dave Bedford, only one win each. Ultra competitive, Spartan (no showers or changing), challenging courses. Senior Men's over 12k, Senior Women over 8k - Senior Men used to be 15k.

This report focuses on the Senior Men's event, but arguably from the club's point of view the most important thing was that we showed and closed a women's team for the

first time in decades. Their report follows.

The second most striking feature was the number of runners we had: 22 closed in the men's, 7 in the women's and one in the U17. The Senior Men's team fell into three groups: the front guard, the young guard and the old guard and, of course, there was John Gilbert's stunning performance at the sharp end to finish 6th!

In reverse order. The old guard: Pete Boxshall, Bernie Hutchinson, Mick Barlow and Len Reilly (nearly 120 years of club membership between them). The new guard: Richard Archer, Arif Merali, David and Michael Longley, Calum Fraser. And the front guard: John Gilbert, Russell Bentley. Chris Greenwood, Jack Wilson, Stuart Beaney, Tim Alexander (top 6) then to 9th man home, Tim Lawrence, David Longley and Calum Fraser. We were 11th team in the 6 to score and 10th team in the 9 to score. Solid. Chris 2nd V40 and Stuart 6th V40. And the spectators: Ken, Norman and Dennis Fairbrass, Adrian Musson and Nick Park.

Now I'm rather out of



Kent AC Women's Team - the first in decades

touch and so poorly placed to distinguish good, indifferent or poor runs. Yet, to anybody's eyes, John Gilbert's was exceptional: fearless and relentless and putting him firmly in the eyes of selectors. Additionally, Jack Wilson, Stuart Beaney, Tim Alexander, Calum Fraser, Arif Merali and Richard Archer did themselves more than justice.

The very new guard was Alex Yee's 7th place in the U17 race, still competing against lads up to a year older than him. Spectacular run, congratulations. Definite one to watch next year, when he will have an age advantage.

The organisers are to be congratulated on the course; scenic (Wollaton Hall is an amazing piece of Elizabethan bling), challenging with hills, mud, ditches, rough ground and a tree to hurdle, a relatively uncongested start and quite a bit of dry fast going, and a location reasonably easy to get to.

Nottingham lacked Sunderland's earthy evening diversions but a cross section of our contingent found a night-club and queue jumped their way in through Stuart's exaggerated claims of his and the

club's athletic prowess.

Our very own travel agent, Mr Pike, did an excellent job arranging trains, hotels, getting the best deal from both. And ex-Nottingham resident Mr JJ Gilbert also provided an indispensable Nationals survival guide and, if you did survive, he took you for a 20 mile run on Sunday morning.

Chris 'the tent' Greenwood provided an excellent shelter and Lee Adams a splendid banner that enabled us to find it. On this rate of improvement over last year's gazebo I expect a portakabin with heating, a tea urn and showers next.

The most important news of the day was that the sweepstake was a) hefty and b) won with the most pessimistic bid, which was still lower than the final points score of 755. Next year's punters take note.

Norman Fairbrass took lots of pics and he is happy to provide a CD to anybody interested, not just for this, but for previous Nationals to which he's given similar coverage.

Down south next year, and Parliament Hill is rumoured.



Alex Yee makes his mark in the U17 race

Cross Country

National Cross Country Championships (continued)

Women's race report:

The Kent AC ladies were proud to represent the club as a team for the first time (except for a few individual performances over the years) at the National Cross Country Championships in Nottingham. This fantastically atmospheric open championship attracted more than 7,000 runners from across the clubs of England, including a few famous names such as Jonathon Brownlee and Gemma Steel (who won the Senior Women's race). With a glorious sunny day ahead of us, with just a little wind, the conditions were perfect for our national debut!

A magnificent seven Kent AC women, shepherded by coach Adrian Musson, boarded the train for Nottingham to take part in the Nationals. They were accompanying the men's team, and their brand new gazebo, all ready to pitch on the greensward of Wollaton Hall's deer park, not far from the city centre.

The Kent AC gazebo was one of the more modest of the headquarters hastily assembled by runners of the 83 clubs who descended from all corners of the country to race

in the gently undulating park.

The weather was set fair, however, and no waterproofing was required of the gazebo, so Kent's athletes were very happy to kick back with their bananas and cereal bars within its comforting shelter. Some athletes, having run their little socks off, (16-year-old Alex ran a blinder in the Under 17s race) were comfortable enough to have a pleasant snooze while the women toiled round at a slightly less brisk pace.

Jogging the course before the 2.20pm kick off revealed that Nottinghamshire has not suffered from the torrential rain and subsequent waterlogging that has made all the Kent Cross Country courses such a challenge this season. The 15mm spikes hastily screwed into shoes seemed somewhat de trop. However, there were some slithery banks and a couple of knee-deep bogs (ankle deep if you chose your route wisely) to contend with, and a log to leap, so the spikes had a job to do on the five-mile slog.

It was a beautiful course to run, in fact, circuiting as it does the lovely old English Renaissance Wollaton Hall;

slower runners toiling up the hill towards it had plenty of time to admire its stately lines.

It's a pleasure (and something of a relief) to report that every member of the seven-strong team running with 701 other hardy women managed to stay off the final page of the results print out, so even the slowest woman (that's me, that is) held off 201 others to run the course in 42:07.

The day belonged to the radiant, Cath Stibbs, who shot round in 34 minutes exactly. Victoria Buck, whose trying morning had involved a tumble down the stairs while carrying a two-year old (he was unhurt, she was bruised), was a strong second in the team, finishing in 35.39. Kate Williams, who really goes from strength to strength, must have felt Ali Farrell breathing down her neck, because they were just a breath apart, at 36:21 and 36:23 respectively. Siobhan Burke, putting a disappointing run in the final Kent Cross Country race firmly behind her, kicked strong to the end to nudge ahead of Ellie Brown in 38:50. Ellie, whose pretty little shorts win her the unoffi-

cial (and politically incorrect) 'pin-up of the day' title, snuck in under 40 minutes, in 39.53.

The combined efforts of Cath, Victoria, Kate and Ali were enough to win the team 30th position in a field of 83 teams. A fantastic effort, a brilliant day, a delightful women's club. Coach Adrian must feel very proud of his team. Onwards and upwards, sisters.

Full results and photos can be found at: www.englishcrosscountry.co.uk



All seven ladies (including Siobhan Burke, pictured) completed the race within 42:07

South of Thames Team Race, Streatham Common, 23rd November 2013

Written by Ken Pike

This race produced one of the best races from a spectator's point of view for several years, as Paskar Owar of Belgrave and our own John Gilbert traded places throughout the race with Paskar gaining the advantage on the long descent each lap, and John regaining it on the long climb.

Finally, in the last half mile, Paskar got away for a

narrow victory, but John was pleased "to have got a hard race under my belt".

Another good battle was taking place behind him as Chris Greenwood, our GB M40 Champion, and 'new boy', Owen Hind, were contesting 4th place with Owen leading for much of the contest before Chris's greater strength won through.

Another 'new boy', Gareth Anderson, proved again what an asset he will be as he worked hard all the way on this tough course to come home in 12th place, which lead Kent AC to an easy victory in the 4 to score team event after a gap of 3 years.

Nonetheless, the performance of the day came from, David Longley (also new to

the club), as he positively stormed through the field on the last lap to come home in 19th place - which, like our other new boys, really showed just how much potential he has. Despite him tearing past both Jack Wilson and Stuart Beaney late in the race, nothing should take away the shine of both of them having their best runs this season as

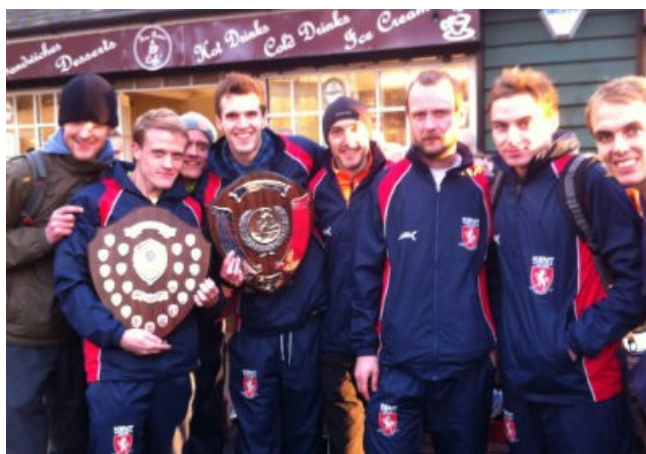
Cross Country

they came home in 21st and 24th place respectively in a race that was the best standard for a decade or more and significantly better than last year.

The 8 to score team race seemed fairly tight until we saw Michael Longley come home inside the top 40 in a field of over 200 to seal the win and see him take home the trophy as our last scorer.

This race has been going since 1910 and despite only 2

victories in the 20th Century for us we now have won it 7 times in the last 10 years. It was also great to see an old course being re established again in Inner London and the historic theme was continued as we retired to HHH Winter HQ between 1893 and 1897, The Pied Bull, for our usual celebrations.



South of Thames Senior XC Championships, Wimbledon Common, 21st Dec 2013

Written by Ken Pike

Yet another near miss! We managed to pick up the silver medals this year for the 8th time since these champs first started in 1888, and we've somehow failed to win the gold medals in the intervening 125 years that we have contested this competition.

We were close though and at least we had the satisfaction of winning the 12 to score trophy, plus having our first ever female runner contesting what ended up being 8.1 miles of cross country.

On a day that got steadily worse and ended up being 'filthy weather' as the rain and wind picked up, John Gilbert was in the leading pack of 5 runners early on but, before the end of the first of 3 laps, his regular battle with Paskar Owar was taking place as they each exchanged the lead. Paskar then got away from John at the start of the last lap and went on to win by an impressive 20 seconds.

Our next 3 runners behind him were not as far up the field as had been hoped, mainly through all 3 of them taking recent breaks from training, and at the end of the first lap we were 35 points behind Tonbridge. To their

credit they all stuck to the task well with Russell Bentley (recently married and living up a mountain being the cause of his break) coming home in 12th place, and Chris Greenwood (taking a well earned break but still racing every week, making him fatigued) battled to get up to 16th position as he overtook 10 throughout the race. One of the new boys, Owen Hind, was wishing he was still on holiday in warm California, but he dug deep to hold onto 24th place and, between the three of them, they had clawed back 15 places on the last 2 laps.

Our other new boy, Gareth Anderson, had a good run as he worked his way steadily through the field to get 21st place – a tactic that Jack Wilson also used to good effect as he took 20 places to finish in 31st place. However, it was to no avail as we finished an agonising 9 points behind the winners, Tonbridge, who to their credit had a good day all round.

The 12 to score trophy was still up for grabs and we were packing well with some great runs from Calum Fraser, 36th, and Richard Bidgood,

64th, coupled with a regular in these champs, Andy Moreton, 47th, showing that he is returning to form. Behind them was Ron Taylor, 71st, (running what was probably further than he has ever done in training?) and another new recruit, Chris Hangartner, who closed the winning 12 to score team and earned the privilege of having the Coleman Cup on his mantelpiece for a year.

Another piece of history was being made as 'pathfinder', Amy Clements, became our first ever female runner in these championships; she made light of the 8 miles of cross country, coming home in 9th place after an

excellent run in tough weather.

Lee Adams in 107th place gave us some backup on the day and came close to taking the Coleman Cup home and another good run from new recruit, Richard Mathie, in 68th place, despite being a non scorer, gives us even more depth for next year.

So, a mixed day in all as we nearly achieved our targets, but after a 125 year wait, what's another year?



Road Running

National 6 Stage Road Relay, Sutton Coldfield, 12th October 2013

Written by Ken Pike

Our annual trip to Birmingham, after qualifying at the SEAA relays earlier, proved to be a good day out as we matched our best ever showing of 12th place as a team (after Central AC were disqualified for running an illegal athlete from another club).

A solid run from Andrew Agnew set us on our way with a time of 18mins 29secs on the opening leg after his trip from Belfast - which was par for the course as he begins to get miles in his legs after a break. Next up, Russell Bentley took no less than 18 places to move us up to 25th position in a field of 84 teams - all of

whom had to qualify for these National Champs via the area relays. Again this was a solid run of 17mins 54 secs, especially as he had been doing manual labouring on his return to living up a mountain in Snowdonia!

On leg 3, and fresh from his selection for England in the upcoming Masters International in November, Chris Greenwood paced himself really well as he surged round taking 3 more places in a time of 18mins 40secs to place us 22nd at the halfway point.

Star man, Paul Pollock, then really committed himself, despite the biggest gap of the

day in front of him, as he closed that down and then gained 7 places with the 10th fastest leg of the day, 17mins 23secs. Clearly he is beginning to get fit again after his break and his exploits in Moscow at the World Champs.

As usual, our other star, John Gilbert, pushed himself all the way, despite having only run the Berlin Marathon 13 days beforehand and feeling heavy legged, to gain 2 more places to put us up to 13th place. On the last leg, new boy, Owen Hind, showed that he has great endurance for an 800m runner as he really was competitive, de-

spite having a couple of top men just in front of him. He was expected to drop a couple of places but he clearly had other ideas as he gained a place running a good time of 18mins 36secs - well inside his target time, showing that he is certainly one to look out for in the future.

So, we finished in 12th place in a total time of 1 hour 49mins and 9secs, which is our best ever by over a minute, and yet again showed that our endurance section is up with the best in GB.

SEAA 6 & 12 Stage Relays, Milton Keynes, 16th March 2014

Written by Andy Gardiner

In marked contrast to last year's freezing wintry conditions, which saw the event called off while some of us were actually en route, spring sunshine was the order of the day for the 2014 event.

The day provided three reasons for celebration. The men's 'A' team went one better than 2012 and achieved a fine second place in the race. In addition to the 'A' team's tremendous result, we demonstrated the new found strength in depth of the club, turning out a 'B' team who came home in a qualifying position for the National 12 stage. Thirdly, and significantly in terms of the club's development, for the first time we had a women's team in the six stage who acquitted themselves really well on their debut in a major event.

In the run up to the race, there was talk of the 'A' team possibly winning the race

having what was pretty close to a full strength team, barring perhaps our occasional visitor from Germany. But, although we were a very convincing second, even if Florian had made the trip, it would not have made much difference to the outcome as a very strong Aldershot team were worthy winners. They had a very solid team with no weaknesses, but the inclusion of US based, Chris Thompson, undoubtedly made a difference. He scorched round the course to set a new long leg record by some margin. On another day, the time of our own Paul Pollock would have received more attention.

On the day, everyone contributed to a fine team performance. Chris Greenwood set the tone, showing fine pace judgement to bring us home in 8th position on the always tricky opening leg. After Chris' run, we were



never out of the top ten. Russell Bentley running smoothly on leg five brought us up to third. There was some variation but we were always in contention for the medals. As mentioned, Paul Pollock ran quickly with the second fastest long leg of the day. He handed over to track man, Hasan Davis, who held his nerve really well to keep us in an untroubled second place.

The 'B' team's performance was a great boost; they were ahead of a few 'A' Teams and managed to secure the last qualifying spot for the National event. All the guys gave a good account of themselves. Perhaps a special mention for Phil Sanders - out for a long time with various injury problems but posting the team's fastest long stage.

It was great to have a

Road Running

women's team at the event. This team of pioneers deserve special praise for deciding to test themselves on the big stage. It was great to see Shavaun Henry who's had a long association with the club, but now actually with us as a first claimer, running the opening leg. And then, following Sha-

vaun, it made great viewing to see Amy Clements really slice through the field and bring the team briefly up to the giddy heights of 6th spot in the race. Amy posted a very impressive 18.33, but also well done for fine efforts from Kate Williams, Eliza Grant and Teresa Murphy.

Finally, a postscript on what might become known as "the number incident". I refer to Owen having the wrong number on for his leg – the last leg stint. It led to a worrying period of anxiety, before common sense prevailed. Its' still a bit of a mystery as to what happened to the correct

number. As someone who may have played in part in the drama, I can see myself personally pinning the correct one to Mr Hind's chest before the start next year to save us from a repeat of such a heart stopping moment.

National 12 Stage Road Relay, Birmingham, 5th April 2014

Written by Ken Pike

What a good day all round for the club! This race is the blue riband event of road running with all the great names of the past having competed in it (Steve Ovett, Seb Coe, Steve Cram, Peter Elliot, Dave Moorcroft, Mo Farah, Bernie Ford). It represents the true test of any of the 1200 clubs in GB's strength in depth, in terms of their endurance section.

So the A team coming 11th and our B team coming 44th from the 66 clubs on the start line, all of whom had to qualify first via the Area Relays, represents a great day for the club by any standard.

Russell Bentley gave us a fantastic start as he really got stuck in and competed all the way to come in 4th on leg one before Ben Harding, on his debut for the club, competed really well and grew in confidence as the race went on to bring us up to 2nd place.

Next out was James Connor, making a record 11th appearance for the club in this race, and he quickly overtook the leader as he had a fantastic head to head battle with Norwegian International, Auden Nordveit of Highgate Harriers. They swapped the lead time and time again as they drew well away from the group behind before James was just edged out at the finish after a confidence-boosting, great run.

Paul Griffiths, however, had been set up with a potentially difficult leg where he could only go one way, but yet again, in a top class relay he held his nerve really well to come home in 4th place - still only 15 secs off the lead. On Leg 5, Jim Savage had to work hard but the fact that he had been ill all of the previous week really took its toll as he slipped to 12th place, but no one could question his commitment to the cause or just how hard he had pushed himself.

We held this position for legs 6, 7 and 8 as Owen Hind, Chris Greenwood and Gareth Anderson all pushed themselves well, showing good pace judgement, as they ran above expectations despite being so new to this event.

Leg 9 saw John Gilbert having a lonely leg, but as usual he gave it his all and ran inside his target time as he gained just one place but drew us back to several other teams. Next up was Phil Sanders, our esteemed Secretary, who ran well to hold 11th place, despite his long break from training for much of the winter.

On the last leg, Jack Wilson dropped just one place as he had a good leg, showing just how much he has improved this winter, before Hassan Davis (pictured) on the last leg ran a really smart

leg after being caught early on. He just sat in for the next mile or so before overtaking him and then pushing on before spotting another runner 100m in front of him with only 1000m to go. He then really gave it a go and amazingly caught him before surging up the hill to the finish impressively, to bring us home in our target position of 11th place – our best ever position in this event.

However, we had 12 other guys present with nearly all of them making their debut at Sutton Park. Tim Lawrence gave our B team a solid start as he came home on the high quality opening leg in 53rd place before Su Min Lee produced the performance of the day to gain 6 places with a time only 7 secs slower than one of the A team! On long legs, Stuart Beaney, Tim Alexander and Calum Fraser all held or gained places as did Michael Longley, Glyn Parry and Len Reilly - who was in the team at our first appearance in Sutton Park in 1996! On leg 9, Tom Merriman lost a couple of places on a surprisingly good standard leg before another new boy, Peter Lighting, gained them back with a great run. Team Captain, Paul Bell, on leg 11 then pulled out a good run to gain 4 places to get us up to 44th place before Richard Archer anchored us

home to hold 44th position for our B team.

We finished 3rd B team which can't be bad out of 1200 clubs in GB beating 10 A teams plus Tipton, Bristol and Serpentine's B teams – an achievement to be really proud of.

Next up was the pub where the atmosphere was celebratory to say the least before we encountered the only hiccup on the day – "where is Tom" and 24 guys simultaneously glimsing him through the train windows still unlocking his bike on the platform as we pulled out of Sutton Coldfield station.





Road Running

World Half Marathon Championships - club record destroyed!

Written by Ken Pike

In the World Half Marathon Championships in Copenhagen, our own Paul Pollock had a magnificent run as he destroyed our Club Record for the distance, coming home in 62min 10 secs, which is also a Northern Ireland Record.

In good conditions, he set off steadily in a true world

class field as he went through 5km in 63rd place in a time of 14' 57". He then increased his pace slightly to 14' 46" in the next 5km which earned him a few more places as he got up to 59th position.

He really started motoring in the second half of the race as his next 5km split was 14' 40" (!) as he surged through

the field gaining 19 places. Amazingly, he continued this pace exactly till 20km, which got him up to 32nd place before taking 2 more in the last kilometre to finish in 30th position and 4th non African.

A fabulous performance that is very much a breakthrough run that puts him 3rd on the All-Time Irish

list and is fully deserved. He was Ireland's only representative and GB's only runner was Ben Moreau who used to train at Ladywell before emigrating to Sydney, Australia, and who was only just outside his PB with a time of 64' 09" before he teamed up with Paul for a celebratory drink.

London Marathon Report

Written by Len Reilly

The question left hanging in the air after last year's London Marathon was: can it get any better? Remember, it was PBs all round and the senior men won the England Athletics Championships. Well, although different, this year's event came good with plenty more impressive performances.

Pride of place must again go to John Gilbert who ran 2.16.46 for a PB and a European Team Champs and Commonwealth Games qualifying time. Surely the selectors will see not just his time, but his consistency and ability to push it when utterly alone. He was 16th in the race, 4th Brit (after Mo, Chris Thompson and Steve Way) and third place in the UKA champs (assuming that Thompson, not wearing a club or national vest, is ineligible). For once, the leading GB 'club' runners (including John and James Connor) had a pacemaker, but sadly nobody told them what time he was going to run and they weren't given the chance to ask for a suitable pace. So, they were taken round at 2.15 pace, reaching halfway in 67 minutes and, unsurprisingly,

seeing the group that had consisted of 9 at 6 miles reduced to two – John and Steve Way – by the 20 mile mark.

James Connor, suffering from stitch, was one of the victims, which shows just how cruel top level marathon running can be, no matter how well prepared, determined and talented you are. This left John with 6 solo miles, which must have been easier than the 20 he ran alone last year. As an additional reward for men under 2.18 (and women under 2.38), the organisers pull out the stops and, er, pay the athletes' travelling expenses – so, I hope John enjoyed his morning taxi ride from his parents' house in Warrington!

Second Kent AC man home was first timer, Chris Greenwood. Debuting at a marathon is a very difficult affair – just look at Mo's experience that fell below (his high) expectations, compared to Chris Thompson, who ran superbly. Chris Greenwood was in the Tomo bracket and ran a perfectly judged race to finish in 2.27.59, with even splits, destroying the club V40 record and being first V40 home. Third was Paul Grif-

fiths, who goes third on the V40 list with 2.32.04, coming 7th in the V40 category.

By my calculation (on Sunday afternoon), this means Kent AC won and so retained the EA team title. Our 7.16.49 pipped Bournemouth's 7.18.28 (who says seconds don't count in marathon running?) and Victoria Park finished third in 7.23.50, just nudging Serpentine out of the medals.

Other finishers were Jim Savage who, realising that a good run wasn't on the cards, eased back at halfway and still got round in exactly 6 minute miling; who wouldn't like to be able to do that on a bad day?! Next was John Cox (3.04), Robert Laing (3.11), Tom Webb (3.12) and Mick Barlow (3.30). Peter Lightning (2.42) and Andy Moreton were spotted in Kent AC vests but were invisible to the results.

Phil Sanders did a spot-on job pacemaking for the 3 hour group; sadly he wasn't given a banner and was flying what looked like an orange bin liner from the pole on his back. At least it matched his shorts – perhaps it was his spare pair?

In terms of club records, full fanfare goes to Amy Clements for her 2.58.38 and first Kent AC woman under 3 hours – perfectly paced and strong to the end. She was ably followed by Ali Farrell (3.18), Cath Stibbs (3.20), Kate Williams (3.21 – age does not diminish), Carly O'Hara Ralston (3.28) and Sarah Young (3.39) – undoubtedly the best women's squad we've put out.

Other headlines:

From Ladywell, Serpie's Dave Morgan got an excellent PB with 2.28.24. Less good news for Thames' Simon Wurr in 2.44. Further afield, Thames' Ben Reynolds had a superb run to take the V50 spot with 2.33.53.

At the very front there was a new course record, but otherwise a disappointing show from the elite of the elite men; there was more depth from the women with a very close finish.

Fairly good conditions again this year (Dave Bedford must have behaved well in a previous life), if a touch breezy and warm.

Road Running

One unfortunate security lapse came when a disorderly woman and her unruly dogs got onto the course on Creek Road, splitting up the John and James paced group when the pacemaker put in an unprofessional 60 sec 400m to get clear. It could have been worse, the infamous (ex-father) O'Horan of Nunhead, the man who disrupted the Athens Olympic marathon, was dancing an Irish jig in traditional Irish costume in Shooters Hill Road before the start, closely (and ultimately effectively) marked by a very determined and stern-looking marshal. Almost as disconcerting was a bloke in a lime green mankini warming up

with the elite Africans on the heath while they did their level best to avoid eye or any other contact! Nearby, marshals were our very own Julian Spencer-Wood, Andrea Jeffries, Adrian Musson and Barry Dix, all of whom had something more pressing to do than intervene.

More Kent AC spectators turned out than I've seen in a long while, some being inspired to give it another go (Dan) and others to do it (Jack); some ground covered quickly and hoarse voices at Blackfriars. It's increasingly difficult to run along the course and I'm happy to advise spectators in future years what is and isn't possible.



After the race, the Chandos pub on the corner of St Martin's Lane did very good business from us!

So, with my two favourite events in athletics (the 12

stage and this) taking place in consecutive weekends, there's another full year of anticipation to come.

London Marathon Results

J. Gilbert	2.16.46
C. Greenwood	2.27.59
(1 st V40)	
P. Griffiths	2.32.04
J. Savage	2.37.37
A. Moreton	2.47.30
L. Avery	2.49.56
A. Clements	2.58.38
J. Cox	3.04.16
R. Laing	3.11.02
T. Webb	3.12.04
A. Farrall	3.18.25
C. Stibbs	3.20.29
K. Williams	3.21.55
C. O'Hara	3.28.38
M. Barlow	3.30.46
S. Young	3.39.07
E. Aston	4.07.09
A. Griffiths	3.29.36
J. Ricketts	4.33.02



Pictured: James Savage puts in a strong performance (above) and John Gilbert heads for first across the line for Kent AC (below).

Indoor season round up

Written by Joe Appiah

Although, there is just a little to report from this year's indoor season, there are a few special mentions to make.

It is great to see Jonathan Browne back running indoors again after a year, and getting close to his PB of 6.79secs, clocking 6.80secs three times.

Darren Green ran some indoor races without proper speed training and still managed a 22.40secs at the Kent Champs. He has now joined Donovan Reid's group.

Eon Dawkins raced indoors for the first time and had a very good season with 7.23secs. He is now settled in Josh Wood's training group at Crystal Palace.

We have recruited two 400m guys recently; Oshane Witter and Luke Sargeant. Both train with Donovan Reid and are looking to go under 50secs this summer.

The young guy, Max Harbord, had an amazing 2014 indoor season with a PB of 7.79secs from 2013. He improved to 7.46secs and made the semi finals of the U17 SEAA champs. He also ran a PB of 24.66secs in 200m at the same championships.

Finally, Joe Appiah, who was injured in January, came back in March to win the British Masters Champs 60m H (M40) and finished 3rd in Budapest at the World Masters Athletics championships, clocking 8.21secs. The winner in Budapest was 2002 Commonwealth 110mH champion and 2001 World Indoor Bronze medallist, Shaun Bownes.

Women's News

PBs galore in this year's winter road running season

Written by Siobhan Burke

Many Kent AC women took to the roads this winter season, racking up new half marathon and marathon PBs as well as performing well across shorter distances. Starting with the popular Royal Parks Half and Ultra Marathon back in October 2013, Kate Williams showed fantastic form by finishing 44th of just 256 finishers, completing the 50km course in 04:27:05. Ellie Brown also braved the half marathon following a cross country league race the day previous kick-starting what would prove to be a fruitful half marathon season for the ladies.

Kent AC turned out a strong team for the Canterbury 10 on 26th January; Amy Clements took home the prize for second lady in 01:04:31 with Cath Stibbs and Ali Farrell finishing shortly after in 4th and 5th female positions. This added up to first team prize for Kent AC, whilst Cath also took home the prize

for first V35. Victoria Buck, Kate Williams, Siobhan Burke, Ellie Brown, Yasia Williams-Ledham and Jacqueline Phillips Owen also completed the race.

We were also pleased that 2014 became the first year that the Kent AC Ladies made their debut at the Southern Road Relays in Milton Keynes. The women completed the six-stage race to finish in 19th place out of 39 teams to qualify for the National Road Relay Championships in Birmingham; although unable to attend the Nationals this year, it was a promising start to what we hope will become another permanent fixture in the ladies' winter calendar.

Finally, March saw many Kent AC women putting their winter training to good use at a number of half marathons and marathons across the country! On Sunday 2nd March, Amy Clements, Kate Williams and Siobhan Burke



The winning female team (Cath Stibbs, Amy Clements and Ali Farrell) at the Barretts Canterbury 10 (January 2014)

took to the road at the Bath Half, a fast, flat two-lap course that winds around the roads surrounding the historic city. All three ladies came away with new PBs for the distance, as did Victoria Buck and Fiona Canty at Reading Half Marathon, which took place on the same day. Sisters Catherine and Clare Canty also represented the Kent AC ladies in Reading. The Tunbridge Wells Half Marathon also took place on 2nd March this year, and Ali Farrell ran a brilliant race to complete the

course in 01:29:42 and finish first for her category. Ronnie Haydon kick-started the marathon season by taking part in the first women's only 261 Marathon de Mallorca and finished in a brilliant time of 04:01:50. Many of the ladies also went on to compete in the London Marathon in April, details of which can be found in Len's race report on page X – Amy Clements in particular stormed home in under 3 hours, improving her PB of 3:09 achieved at Amsterdam Marathon last October.

The ladies make their mark in cross country

Written by Siobhan Burke

This year, the Kent AC Women competed in the Kent County Cross Country League and this season stands out as one of the more successful of recent years. We had fast runners repeatedly turning out to represent the club including Amy Clements, Cath Stibbs and Teresa Murphy, backed up by strong performances from Captain, Ellie Brown, as well as Kate Williams, Ali Farrell, Siobhan Burke, Sarah Young, Ronnie Haydon-Jones, Silvia Ferreira,

Jannet Ricketts, Annabelle Hadlow, Zoe Gaffen and others including first-timer, Ella Day.

It was an incredibly wet season, with many races marred by driving rain and thick mud – but it wouldn't be cross country without it! Nevertheless, the final race in Swanley was dry, providing better conditions for the teams to gain some valuable points. Amy Clements led the team, coming in 4th overall, followed by Cath Stibbs in 10th place and Ali

Farrell in 23rd to complete the three-to-score team. Kate Williams, Sarah Young and Ellie Brown completed the 6-to-score, all finishing in the top 50.

In the final league standings, Medway & Maidstone AC took the top prize overall for both 3- and 6-to-score teams. However, Kent AC finished 3rd overall in the 6-to-score competition (out of 12 clubs represented) and 5th out of 15 teams in the 3-to-score. Added to this, our own Cath Stibbs came 3rd in

the Senior Women's table and in the Veteran's table, with Ellie Brown taking 2nd place overall in the league for the V45s.

This year's women also took part in the Kent Masters Cross Country Championships in Danson Park in December. Ten ladies took to the undulating course on a chilly day (leaving the thoughts of Christmas shopping far behind) and Victoria Buck, Ali Farrell and Nicola Gathercole were the first three Kent AC ladies to cross

Women's News

the line in the V35 category (finishing 5th team overall) followed by Jannet Ricketts. Ellie Brown, Sarah Young (who lost a little time boldly assisting a distressed tumbler), Andrea Jeffies and Ronnie Haydon-Jones made up the V45 category to finish 4th, whilst Zoe Gaffen competed alongside Annabelle Hadlow for the V55s.

We were also pleased to enter a ladies team alongside the men in the South of the Thames Cross Country League at Streatham Common in November. Cath Stibbs,

Amy Clements, Ellie Brown and Kate Williams debuted for the team, completing the longer-than-usual 5 mile course to finish 7th overall. Amy was first Kent AC lady (and 11th overall) in a time of 35:40, Cath followed in 19th place finishing in 37:14, Kate Williams came 39th in 39:51 and Ellie 46th in 42:18. As the ladies' performances continue to get stronger, we hope this marks the start of many more races competing alongside Kent AC's men's teams.

A high from the season was undoubtedly the female team that entered the National Cross Country Championships in Nottingham, the first Kent AC Ladies team to be fielded in years. It was a proud moment as seven ladies represented the club on the national stage, all completing the race to finish 30th team overall. It was a dry and decent day, an interesting course and an event the ladies are set to repeat. You can read the full race report from Ronnie on page 10.



Kent AC Ladies enjoy cake post-race at the XC Nationals!

The Girls Group goes from strength to strength

Written by Carly O'Hara Ralston

As for many of the Kent athletes, the start of the year indicated the run up to one of the season's highlights: the London Marathon, or in the case of our young athletes, the Mini Marathon. This prestigious event is the official British Athletics three mile road championships for athletes aged between 11-17 years that saw 1485 runners on the start line. The race follows an exciting course stretching from Old Billingsgate before finishing on the Mall.

With 33 London Boroughs competing as teams, the selection process to make the squad is fierce with a qualifying race held several weeks before the main event. This fast and furious two and a half mile dash (held for Lewisham at our very own Ladywell track and park) saw our runners pitched against the local talent within their age groups in a bid to make the team. The no-nonsense selection process saw the runners handed a 'congratulatory' letter as they crossed the finish line if they

ranked high enough within their age group. Even with the home advantage, I did not envy our runners in this high pressure event. However, I can safely report that all the girls held their nerve marvelously and refused to be swept up in the initial melee that was the start to qualify for the Lewisham squad as either a named runner or first reserve. The trials left me exhausted... and I didn't even run.

With 5 weeks before the big day, our Tuesday training focused on stamina, form and confidence. As not all of the group were competing in the MM, our sessions still needed to appeal to everyone and remain varied and interesting and so we often moved away from the track to conduct our sessions in the park. Building the girl's confidence in their own ability was a massive challenge and simple things made rapid improvements. For example, a suggestion of running a rep of 4 laps of the track was often met with horrified faces, but one lap of the park (exactly the same dis-

tance - if not a few metres further) was done with ease.

As ever, we were always refining technique with the group trying to instil the best running practice in these budding athletes. The hill sessions are always good for this with the girls going from strength to strength as they realise how important their arms are to help drive them on as they tackle a gradient. Recently an agility session using mini hurdles and speed ladders was met with great enthusiasm and proved to be a really fun session. Going back to basics and looking at our agility, balance and coordination was a really useful exercise and showed us all that we could definitely make some improvements in the fundamentals of our technique.

The morning of the London Marathon bathed the city in glorious sunshine and runners of all ages and abilities made their way to a start line. With the full coaching team of Jannet, Ted and I participating in the full distance, it was a shame that none of us

were able to cheer our girls on. However, reports from parents and friends who did support informed us they performed excellently. Keeping in mind this was the furthest distance that they had ever competed in, we are as ever hugely proud as to what our group has achieved. Let's hope this is the start of some great distance running careers and for the rest of the group to continue improving as they have been.

Here is a great quote from Aoife, one of the U13 athletes: 'It was great fun running with my friends on Team Lewisham. It was really encouraging hearing people shouting out their support for Lewisham as I ran past!'

Here are the results from the group:

Gabrielle Day (U17)	20:16
Natasha Bateman (U15)	23:16
Aoife Brennan (U13)	23:56
Agnes Parish Watts (U15)	23:58
Roisin Spencer (U13)	24:55
Molly Aston (U15)	25:57

Junior Corner

Rising talent in Kent AC's junior team

Written by Spenser Lane

The boys group has continued to grow and we now have a dedicated nucleus of 16 boys who attend both sessions on a regular basis through the year. We have an established programme with track work happening on Tuesdays, whilst we take to the parks and hills on Thursdays.

The plan for 2014 was to target the Mini-marathon for the first third of the year then athletics development for the second third. Finally, the remainder of the year will be back to training for the mini-marathon along with other London and national school competitions that take place. Last year's mini-marathon winner, Alex Yee, started the year taking the Kent county title in preparation for his race at the England Schools Cross Country Championship in March. At the ESAA XC championship, Alex had a tough start on what was a very windy day but made up the ground in the subsequent lap. Leading the race at one point, the initial push proved tiring but still he came in a very impressive third place. He achieved his goal of a top 8 place and with it, a prized England spot at the following week's international with the Home Countries. He confirmed his place as England third place and 4th overall in the race.

Unfortunately, the London schools race that is the trial for the England Schools was cancelled on H&S ground (some mud on the ground or something!), which meant selection for the London team was placed in the hands of the selectors. This worked well for one, Josh



Correia, and not so for the others. Josh did well at the race, finishing strong posting an admirable 28:23.

Step forward to the Lewisham Mini-marathon trials where most of the boys took part. Alex placed a strong marker in the U17 section, winning by a clear minute. Said, Oisin, Francis and Josh all comfortably qualified, with Oisin just shading Josh for the third place.

Kamal made the U15s, whilst two new lads, Chris Ho and Archie Katama-Atkinson, also made the team. In the U13, there was a strong Kent presence with Shem & Harvey making the team and Eddy taking one of the reserve slots, where he was promptly upgraded. However, the day belonged to the group's youngest member, Oliver Bright. Despite being below the usual minimum age, new boy Olly joined the group on the back of some impressive Park Runs and has shown some promising racing talent. He won the U13 race with a controlled, mature run, even more remarkable given he would have been one of the youngest boys at the race, qualifying by just 4 days!

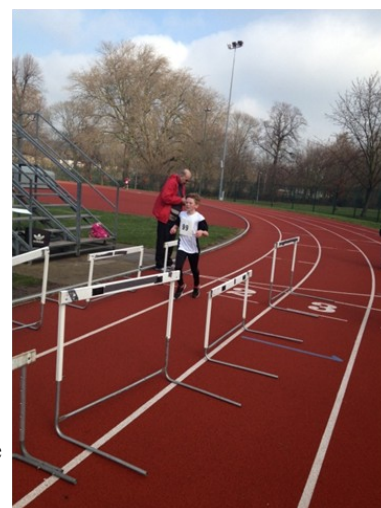
Many Kent members may recognise him from his many races at Hilly Fields Park Run (Ruben had already gained selection to the Greenwich team several weeks earlier but will be taking advantage of selection criteria rules to transfer to Lewisham in the future).

On the day of the Mini-marathon, we had one withdrawal due to illness but the rest of the team were looking strong and relaxed. Unfortunately, Alex couldn't make the event due to a commitment insisted on by British Tri. Given the boy he beat in the trials came second, I think it's safe to say that he was a pretty safe bet for a podium again. However, the rest of the squad all excelled with faster than expected times in every case. The standout performances on the day were Oisin Brennan, who finally proved to himself and the rest of the world that he is capable of running fast times in a race, and Ruben Wilson-Connell who made his debut with a fantastic 19th place in U13s for London. I feel pretty confident we have some more podiums in this event coming in the next few years and a shot at the borough title.

Now the summer has almost reached us, we have already attended our first athletics meeting. The South London Athletics Network U17/U20 open track & field meeting took place at the end of April at Tooting Bec Athletics Track. Kent AC took along four boys to take part in the 100m, 1500m and a 800m fun relay(!). Max Harbord

came back from a small layoff to clock a useful 12.2s in the 100m (manual timing). Unofficially, we had him down for 12 so he's on course to beat his PB this year. Said Gabo beat his PB in the 1500m to come second with 4:23:40, whilst Josh and Francis continued to prove steady progress with 4:31:50 and 4:34:30 respectively. By gently persuading Max that he could step up to take the first leg in the 800m relay, the four put together a very respectable third place, given their heroic efforts earlier.

The summer will hopefully bring some interesting results ahead with entries in the London Schools and Southern League's events. And of course the club championships will give those who are not able to travel an extra chance to take part in some competitive racing. We are also going to take part in this year's assembly league. Having missed the first event, we have attended the next at Vicky Park and will report on the series in the next newsletter.





Results

Road Running

Supplied by Paul Bell

6th October, 2013

Dulwich Runners Charity 10k

Lawrence Avery	2	35.34
Glyn Parry	3	35.45

13th October, 2013

Givaudan Ashford 10k

Jack Wilson	4	34.15
Ron Taylor	22	36.47
Tom Webb	42	38.50

Great Eastern Half Marathon

Paul Griffiths	15	72.30
Phil Sanders	21	73.53
Richard Bidgood	60	77.53

Essen Marathon

Florian Neuschwander	1	2.21.27
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20th October, 2013

Mill Town to Moors Old-ham Half Marathon

James Savage	2	76.23
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27th October, 2013

Emer Casey 10k

Glyn Parry	1	36.44
Peter Lighting	6	40.02

Fleet 10k

Richard Bidgood	4	36.31
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17th November, 2013

Gosport Half Marathon

James Connor	14	73.01
David Longley	18	74.28

Leeds Abbey Dash 10K

James Savage	98	32.25
Jack Wilson	180	33.51

24th November, 2013

South London 10k

Tom Webb	15	38.07
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Southwold 10K

John Cox		
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San Sebastian Marathon

Lawrence Avery	101	2.43.47
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1st December, 2013

Regents Park Winter Series 10k

Richard Bidgood	4	35.17
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8th December, 2013

Bedford Half Marathon

James Connor	2	69.46
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19th Jan, 2014

Stubbington Green 10k

Owen Hind	3	31.58
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26th January, 2014

Canterbury 10

Amy Clements	30 (2)	64.24
Robert Laing	34	64.50
Cath Stibbs	51 (4)	67.16
Ali Farrall	58 (5)	67.30
Victoria Buck	91 (12)	69.46
Kate Williams	132 (19)	73.17
Ted Aston	181	76.05
Siobhan Burke	206 (30)	78.30
Ellie Brown	232 (37)	79.39
Yasia Williams-Ledham	371 (90)	87.43
Jacqui Phillips Owen	394 (101)	88.53

9th February, 2014

Great Bentley Half Marathon

James Connor	1	70.30
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16th February, 2014

Wrexham Village Bakery

Half Marathon (13.7 NAD)

James Savage	4	72.32
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Reading Roadrunner Bramley 20

James Connor	3	1.48.07
Peter Lighting	34	2.04.05

20th February, 2014

Armagh International Road Race (5k)

Russell Bentley	31	14.44
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2nd March, 2014

Anglesey Half Marathon

Russell Bentley	3	69.22
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Bath Half Marathon

Paul Pollock	3	63.52
Lawrence Avery	31	73.58
Amy Clements	259 (18)	85.07
Ellie Brown	228 (37)	79.39
Kate Williams	853 (90)	94.18
Siobhan Burke	2003 (273)	1.42.18

Reading Half Marathon

John Gilbert	5	65.49
James Connor	11	66.44
Chris Greenwood	33	69.20
Paul Griffiths	65	72.22
Victoria Buck	830 (78)	90.03
David Gibson	1036	93.09
Fiona Canty	4197	1.47.33
Clare Canty	9135	2.06.00
Catherine Canty	9126	2.05.59

3rd March, 2014

Greenwich Meridian 10k

Luke Armitage	5	36.35
Tom Webb	7	37.59
Will Pitt	8	38.39
Richard Hawkins	33	43.27
Andy Gardiner	68	46.47
Ellie Brown	75 (9)	47.27

9th March

Lydd Half Marathon

Tom Webb	16	82.50
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Worthing 20

Ali Farrall	83 (4)	2.29.52
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21st March, 2014

March Track 5k (Rhyl)

Russell Bentley	1	15.01
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23rd March

Eastleigh 10k

Jack Wilson	25	32.36
Stuart Beaney	30	33.35
Luke Armitage	100	35.24
Tom Webb	168	37.19

Brentwood Half Marathon

James Connor	1	67.46
Ted Aston	307	98.35

30th March, 2014

Cheshire 10k

Russell Bentley	2	30.43
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Paddock Wood Half Marathon

Jack Wilson	14	72.49
Tim Alexander	26	74.51
Tim Lawrence	29	75.39
Teresa Murphy	244 (20)	91.51
Mick Barlow	107	84.31
Henry Munro	131	86.43
Chris Hangartner	135	86.53
Ali Farrall	194 (15)	89.44
Jannet Ricketts	1222 (318)	1.59.42

6th April, 2014

Manchester Marathon

Fiona Canty	3084 (504)	4.05.44
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Results

Supplied by Bob Harris

CROSS COUNTRY

6 November, Civil Service Championships, Parliament Hill

11 L. Avery 38.10

Surrey Cross Country League Race 1

19 November, Wimbledon Common

1 P. Pollock 25.05
2 F. Tickner 25.43
4 J. Gilbert 26.02
9 C. Greenwood 27.14
10 B. Harding 27.18
12 O. Hind 27.27
37 J. Wilson 28.42
41 P. Sanders 28.54
43 S. Beaney 29.05
44 C. Fraser 29.07
50 A. Moreton 29.20
56 D. Longley 29.31
61 T. Alexander 29.41
83 M. Longley 31.00
98 H. Munro 31.34
108 T. Webb 32.06
110 P. Clark 32.16
119 C. Hangartner 32.44
124 L. Adams 32.57
128 R. Archer 33.13
160 B. Hutchinson 36.05
+ A. Merali (no number)
183 finishers
Team Competition
1 Kent AC 203 points

Race2

9 November, Mitcham Common

1 F. Tickner 27.40
2 J. Gilbert 27.51
7 B. Harding 29.01
8 C. Greenwood 29.07
14 J. Savage 29.46
29 G. Anderson 30.40
38 J. Wilson 31.15
46 S. Beaney 31.37
47 T. Alexander 31.38
52 P. Griffiths 32.02
55 H. Davis 32.12
63 L. Avery 32.33
71 R. Elliott 32.50
77 L. Reilly 32.59
82 L. Armitage 33.10

88 T. Jones 33.41
93 R. Archer 34.02
97 R. Morian 34.06
101 R. Bidgood 34.25
110 T. Webb 34.38
117 A. Davis-Philip 35.03
118 R. Taylor 35.03
131 C. Hangartner 35.42
139 J. Cox 36.00
141 A. Murray 36.05
165 B. Hutchinson 38.25
176 N. Park 40.51
183 finishers
Team
1 Kent AC 202 points

Race 3

11 January, Putney Vale

1 J. Gilbert 28.44
7 C. Greenwood 30.37
9 O. Hind 30.43
12 J. Wilson 30.55
15 G. Anderson 31.03
21 A. Rayner 31.22
32 T. Alexander 31.58
49 S. Beaney 32.47
58 P. Bell 33.22
60 M. Longley 33.26
72 R. Mathie 33.44
90 Su Min Lee 34.17
93 P. Lighting 34.26
99 L. Avery 34.43
102 R. Elliott 34.47
118 R. Archer 35.30
130 T. Jones 35.52
151 A. Merali 37.09
152 C. Hangartner 37.13
190 J. Spencer-Wood 39.58
Team
2 Kent AC 264 points

Race 4

8 February, Richmond Park

2 J. Gilbert 29.34
9 C. Greenwood 30.44
15 A. Rayner 31.40
16 J. Savage 31.42
23 B. Hope 31.58
26 T. Alexander 32.05
30 S. Coombes 32.21
36 S. Beaney 32.33
39 J. Wilson 32.47
53 P. Griffiths 33.17
65 T. Lawrence 33.36
73 R. Bidgood 33.50
74 L. Avery 33.52

79 D. Longley 34.13
84 P. Lighting 34.24
90 R. Mathie 34.36
101 G. Parry 35.07
118 R. Taylor 35.46
124 L. Armitage 36.06
137 A. Merali 36.45
149 L. Adams 38.06
175 D. Gibson 40.38
195 P. Boxshall 43.59
Team
2 Kent AC 249 points

Overall Individual Awards

Senior

1 J. Gilbert 8 points

V 40

1 C. Greenwood 4 points

Overall Team Competition

1 Kent AC 918 points

OTHER CROSS COUNTRY

16 November, British & Irish Masters International, Cardiff

3 C. Greenwood 24.22

17 November All Ireland Juvenile Even Age Championships, Dublin

1 P. Pollock 31.02

23 November, South of Thames Team Race Streatham Common

Men
2 J. Gilbert 26.53
4 C. Greenwood 28.15
5 O. Hind 28.21
12 G. Anderson 29.08
19 D. Longley 29.35
21 J. Wilson 29.46
24 S. Beaney 29.56
39 M. Longley 31.22
45 A. Moreton 31.46
83 L. Adams 34.19
162 finishers
Team (4 to score)
1 Kent AC 23 points
(8 to score)
1 Kent AC 126 points
Ladies
11 A. Clements 35.40

19 C. Stibbs 37.14
37 K. Williams 39.51
46 E. Brown 42.18
66 finishers
Team
7. Kent AC 113 points

7 December, Kent Veterans Championships Danson Park, Bexley

M V40

1 C. Greenwood 33.59
2 P. Griffiths 34.36
6 S. Beaney 35.17
7 P. Bell 35.55
11 L. Armitage 36.54
15 T. Webb 37.56
60 finishers
Team

1 Kent AC 16 points

MV50

30 B. Hutchinson 42.50
(4th V55)
47 P. Boxshall 45.47
(11th V55)

53 A. Gardiner 46.31

70 finishers

Team

11 Kent AC 130 points

MV60

1 J. Spencer-Wood 19.40
32 T. Hadlow 24.43
(10th V65)

Womens V35

13 V. Buck 21.24
16 A. Farrell 21.45
(6th V40)

29 N. Gathercole 25.42

30 J. Ricketts 27.32

35 finishers

Team

5 Kent AC 58 points

V45

13 E. Brown 22.50

14 S. Young 23.16

21 A. Jeffries 24.07

(6th V50)

24 R. Haydon-Jones 24.21

(7th V50)

45 finishers

Team

4 Kent AC

14 December, SEAA Veterans Championships, Biggleswade



Results (continued)

V40		41 C. Fraser	50.23	1 Kent AC – to win the Cam-	22 March Home Countries		
2 C. Greenwood	34.01	43 P. Bell	50.32	den Cup	International, Bolton		
8 P. Griffiths	35.55	45 R. Bidgood	51.01		Intermediate Boys		
10 S. Beaney	36.32	49 R. Elliott	51.31	1 February, BUCS Champi-	4 A. Yee	16.44	
13 P. Sanders	37.15	50 R. Archer	51.35	onships, Stirling			
16 P. Bell	37.52	51 T. Jones	51.40	152 C. Fraser	41.03	ROAD	
Team		54 R. Mathie	52.07				
1 Kent AC	20 points	56 L. Reilly	52.15	22 February National XC	6 October,Dulwich Runners		
V45		71 T. Webb	54.14	Championships	Charity 10k		
15 L. Armitage	38.42	80 L. Armitage	54.57	Wollaton Park Nottingham	3 G. Parry	35.45	
		82 L. Adams	55.03	Senior men			
21 December South of		86 C. Hangartner	55.55	6 J. Gilbert	36.51	6 October, Isle of Wight	
Thames Senior,		131 D. Gibson	64.31	72 R. Bentley	38.58	Marathon	
Wimbledon		137 T. Aston	65.46	98 C. Greenwood	39.28	Cowes	
Men		155 finishers		185 J. Wilson	41.11	29 D. Coulter	3.41.29
2 J. Gilbert	42.28	Team (6 to score)		192 S. Beaney	41.18		
12 R. Bentley	45.04	2 KentAC	105 points	202 T. Alexander	41.28	6 October, Bournemouth	
16 C. Greenwood	45.19	(12 to score)		308 T. Lawrence	42.39	Half	
21 G. Anderson	45.45	2 Kent AC	373 points	349 D. Longley	43.09	Marathon	
24 O. Hind	46.10			397 C. Fraser	43.50	6 M. Longley	82.26
31 J. Wilson	46.56	Senior Women		399 L. Avery	43.50		
36 C. Fraser	47.17	5 A. Clements	34.46	464 O. Hind	44.45	12 October, National 6	
40 S. Beaney	47.59	35 S. Burke	40.44	479 R. Mathie	44.55	Stage Road	
47 A. Moreton	48.47	62 R. Haydon-Jones	44.43	505 L. Armitage	45.13	Relay, Sutton Park, Bir-	
64 R. Bidgood	50.11	77 J. Ricketts	50.48	558 M. Longley	45.56	mingham	
71 R. Taylor	50.46	82 A. Hadlow	56.16	579 L. Reilly	46.11	43 A. Agnew	18.29
102 C. Hangartner	53.44	84 finishers		620 A. Merali	46.31	25 R. Bentley	17.54
107 L. Adams	54.11	Team (3 to score)		667 R. Archer	47.01	22 C. Greenwood	18.40
68 (non scorer)		8 Kent AC	102 points	812 L. Adams	48.40	15 P. Pollock	17.23
R. Mathie	50.24	18 January, Veterans AC 5,		997 M. Barlow	50.46	13 J. Gilbert	18.07
189 finishers		Wimbledon Common		1145 B. Hutchinson	52.51	12 O. Hind	18.36
Team (6 to score)		5 L. Reilly	28.18	1489 P. Boxshall	59.53	Team time	1.49.09
2 Kent AC	106 points	19 January, Bath Skyline		(1657 finishers)		Team	
(12 to score)		10k Series		Team (6 to score)		12 Kent AC (out of 84 teams)	
1 Kent AC	466 points	(multi terrain)		11 Kent AC	755 points		
Women		12 C. Fraser	48.30	U17 Men		13 October, Perkins Great	
9 A. Clements	55.14			7 A. Yee	19.53	Eastern	
						Half Marathon, Peterbor-	
4 January British Athletics		25 January, Southern		Senior women		ough	
Cross		Championships		143 C. Stibbs	34.00	21 P. Sanders	73.53
Challenge, Antrim		Parliament Hill Fields		229 V. Buck	35.39		
9 P. Pollock	30.08	3 J. Gilbert	50.23	265 K. Williams	36.21	13 October, Givudan Ash-	
		25 C. Greenwood	54.07	266 A. Farrell	36.23	ford 10k	
4 January Kent County		90 J. Wilson	57.56	388 S. Burke	38.50	4 J. Wilson	34.15
Championships,		121 T. Alexander	58.55	437 E. Brown	39.53	22 R. Taylor	36.47
Hythe		136 S. Beaney	59.22	507 R. Haydon-Jones	42.07	42 T. Webb	38.50
U17		189 T. Lawrence	61.05	708 finishers			
1 A. Yee	20.45	247 L. Avery	63.03	Team (4 to score)		25 October Brooks Serpen-	
		251 L. Armitage	63.08	30 Kent	903 points	tine Last	
Senior Men		323 T. Jones	65.12			Friday 5k, Hyde Park	
1 J. Gilbert	42.13	356 A. Merali	66.02	15 March English Schools		25 T. Webb	18.08
13 G. Anderson	45.47	383 J. Cox	66.38	Championships, Castle Don-			
14 J. Wilson	45.58	409 T. Webb	67.12	nington		27 October, Emer Casey	
21 S. Beaney	47.23	489 L. Adama	69.08	Intermediate boys		London 10k	
27 D. Morgan	48.40	Team (6 to score)		3 A. Yee	18.59	Herne Hill	
29 M. Longley	48.58	10 Kent AC	564 points	Senior Boys		1 G. Parry	36.44
40 T. Alexander	50.15	(12 to score)		255 J. Correia	28.23	6 P. Lighting	40.02



Results

14 November, Gravesend Floodlit 10k

15 D. Gibson	40.50
59 R. Howe	51.29

17 November, Gosport Half Marathon

20 D. Longley	74.28
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24 November, San Sebastian Marathon

101 L. Avery	2.43.47
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24 November, Adnams Southwold 10k

14 J. Cox	37.32
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24 November, Chelmsford 10k

1 J. Connor	32.17
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29 November, Brooks Ser- pentine Last Friday 5k Hyde Park

5 T. Alexander	17.04
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1 December, Regents Park Winter

Series 10k

4 R. Bidgood	35.17
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1 December, Thanet 10, Ramsgate

10 miles

34 J. Spencer-Wood	68.16
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8 December, Stockport 10 mile

4 J. Savage	54.28
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15 December, Southend Ru- dolph

Run 5 mile

12 D. Coulter	33.06
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26 December, Leyland Box- ing Day 10k

6 L. Avery	35.27
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26 December, Poole Round The Lakes

10k

40 J. Spencer-Wood	40.11
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26 December, Witham Box- ing Day 5

5 miles

18 R. Taylor	28.53
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19 January, Stubbington Green 10k

3 O. Hind	31.58
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26 January, Canterbury 10 mile

75 D. Coulter	68.25
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178 E. Aston	76.05
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31 January, Serpentine Last Friday 5k,

Hyde Park

16 R. Bidgood	17.13
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16 February, Bramley 20 mile

3 J. Connor	1.48.07
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34 P. Lighting	2.04.05
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16 February, Brighton Half Marathon

1487 P. Boxshall	1.43.42
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28 February, Brooks Ser- pentine Last Friday 5k

19 G. Parry	17.44
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1 March, Self Transcen- dence 10mile, Battersea

1 J. Wilson	54.59
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2 S. Beaney	55.06
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3 T. Alexander	56.35
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6 T. Lawrence	57.11
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30 D. Coulter	66.53
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2 March, Reading Half Marathon

11 J. Connor	66.44
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33 C. Greenwood	69.19
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55 P. Griffiths	72.19
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1035 D. Gibson	91.52
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2 March, Thames Riverside 20

62 D. Coulter	2.29.06
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2 March, Bath Half Mara- thon

3 P. Pollock	63.52
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31 L. Avery	73.58
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2 March, Greenwich Merid- ian 10k

5 L. Armitage	36.35
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7 T. Webb	37.59
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9 W. Pitt	38.42
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68 A. Gardiner	45.47
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75 E. Brown	47.27
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241 S. Girdwood	62.33
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7 March, Ealing Mile

7 D. Coulter	5.36
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9 March, Finchley 20, Ruis- lip

47 A. Moreton	2.09.44
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9 March, Trafford 10k, Partington

39 J. Savage	32.16
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9 March, Lydd Half Mara- thon

16 T. Webb	82.50
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13 March, Gravesend Floodlit 10k

12 D. Coulter	40.24
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50 R. Howe	50.26
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16 March, Southern 12 Stage Road

Relay, Milton Keynes

A team

8 C. Greenwood	24.28
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6 J. Savage	15.58
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7 A. Agnew	24.58
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8 S. Beaney	17.00
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3 R. Bentley	24.08
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3 T. Alexander	16.43
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2 P. Pollock	23.06
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2 H. Davis	16.11
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2 J. Gilbert	23.24
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2 P. Griffiths	16.15
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2 J. Connor	24.22
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2 O. Hind	16.01
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Team	4.03.00
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2 Kent AC (from 50 teams)	
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B team

32 T. Lawrence	26.25
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31 T. Muddiman	17.49
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28 C. Fraser	27.16
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30 G. Parry (off course)	18.29
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30 P. Bell	27.00
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28 R. Taylor	17.26
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29 D. Longley	27.32
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29 T. Webb	18.33
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29 M. Longley	28.18
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29 L. Adams	18.58
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26 P. Sanders	26.00
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25 R. Archer	18.43
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Team

25 Kent AC	4.32.29
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Womens Team

26 S. Henry	20.13
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14 A. Clements	18.33
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17 K. Williams	21.39
----------------	-------

25 E. Grant	24.12
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23 T. Murphy	20.38
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19 A. Clements	19.31
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Team

19 Kent AC	2.04.46
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16 March, Colchester Half Marathon

74 D. Coulter	90.25
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16 March, Broadlands Half Marathon

South Walsham

7 J. Cox	82.24
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23 March, Wilmslow Half Marathon

10 J. Savage	70.25
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23 March B & Q Eastleigh 10k

25 J. Wilson	32.36
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50 S. Beaney	33.35
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67 P. Bell	34.21
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100 L. Armitage	35.24
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168 T. Webb	37.19
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23 March, Brentwood Half Marathon

1 J. Connor	67.46
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307 E. Aston	98.35
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29 March, Copenhagen Half

Marathon (IAAF World Champs)

30 P. Pollock	62.09
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2453 D. Coulter	90.39
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30 March, London AC Cele- bration

Launch 10k

5 G. Anderson	34.16
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30 March, Paddock Wood Half Marathon

14 J. Wilson	72.49
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26 T. Alexander	74.51
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29 T. Lawrence	75.39
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131 H. Munro	86.43
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135 C. Hangartner	86.53
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[continues]



Results (continued)

5 April, National 12 Stage Relays, Sutton Coldfield

A Team

5 R. Bentley	24.59
2 B. Harding	13.01
2 J. Connor	25.01
4 P. Griffiths	13.49
12 J. Savage	27.51
12 O. Hind	13.34
12 C. Greenwood	25.48
12 G. Anderson	13.55
11 J. Gilbert	25.11
11 P. Sanders	13.59
12 J. Wilson	27.18
11 H. Davis	13.53
Team	
11 Kent AC	4.03.00

B team

53 T. Lawrence	28.01
47 Su Min Lee	14.06
46 S. Beaney	28.23
48 G. Parry	15.13
49 T. Alexander	29.25
49 L. Reilly	15.35
48 C. Fraser	28.54
48 M. Longley	15.27
50 T. Muddiman	29.48
49 P. Lighting	14.48
46 P. Bell	28.36
45 R. Archer	15.58
Team	
44 Kent AC B Team	4.24.14

6 April, Titanic Quarter 10k, Belfast

1 P. Pollock	30.39
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6 April, White Horse Half Marathon

16 A. Moreton	79.28
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13 April, Virgin London Marathon

J. Gilbert	2.16.46
C. Greenwood (1 st V40)	2.27.59
P. Griffiths	2.32.04
J. Savage	2.37.37
A. Moreton	2.47.30
L. Avery	2.49.56
A. Clements	2.58.38
J. Cox	3.04.16
R. Laing	3.11.02
T. Webb	3.12.04
A. Farrell	3.18.25
C. Stibbs	3.20.29
K. Williams	3.21.55

C. O'Hara	3.28.38
M. Barlow	3.30.46
S. Young	3.39.07

INDOOR

7 December, Loughborough Students AC Open

1 M. Holden (60h)	8.15
1 M. Holden (HJ)	1.95
6 M. Holden (SP)	12.82

14 December, Brunel Jumps and Shot Festival, Uxbridge

1 M. Holden (PV)	4.85
2 M. Holden (SP)	13.63

4/5 January, England and Wales Combined Events Championships, Sheffield Heptathlon

2 M. Hall	5073 points
DNF M. Holden	

18/19 January, SEAA Championships Lee Valley

6 J. Appiah (60h)	8.68
2 J. Lawrence (LJ)	7.07
4 E. Dwemoh (SP)	13.75

25 January, BA International Match, Emirates Arena 4x400

1 GB (C. Williams leg 3)	3.06.27
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25 January, London Indoor Games, Lee Valley

400 race 7	
3 H. Davis	51.48
Race 8	
4 R. Morian	53.15
5 A. Murray	54.27
800 race 7	
4 R. Taylor	2.06.6
60h	
1 M. Holden	8.30

1 February, Loughborough Students Open Tril

1 M. Holden	2501 points
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2 February, Cardiff Met GP

1500	
6 J. Ansell	4.00.06

8 February, Midlands Championships, Birmingham

800	
3 J. Ansell	1.56.19

8/9 February British Athletics Championships, Sheffield

60	
7 C. Williams	6.91
200	
3 C. Williams	21.46
(21.38 in heat)	
3000	
6 P. Pollock	8.09.54
60h	
5 M. Holden	8.14

9 February, Essex & Eastern AA Championships

1 M. Hall (LJ)	6.54
2 M. Hall (PV)	4.40

16 February, Newham Athletics Network Open Series

60	
3 J. Browne	6.80
6 D. Green	7.03

25 February, Prague Indoor

500	
2 C. Williams	61.59

2 March WSEH AC Winter Series

60	
1 J. Browne	6.80

8 March, BMAF Championships, Lee Valley

3 J. Appiah (60)	7.42
1 J. Appiah (60h)	8.45

9 March World Championships, Sopot, Poland

4x400	
2 GB (C. Williams leg 1)	3.03.49

15 March, Kent Championships, Lee Valley

60

1 J. Browne	6.82
200	
2 D. Green	22.40
800	
5 R. Morian	1.59.23
SP	
3 C. Green	12.96

22 March, Midland Counties Open, Birmingham

60h	
1 J. Appiah	8.36

29 March, World Masters Championships, Budapest

60h	
3 J. Appiah	8.21

TRACK & FIELD

18/25 October, World Masters Championships, Porto Alegre, Brazil

100	
4 J. Appiah	11.86
100h	
1 J. Appiah	14.95
(w+3.9)	
LJ	
2 J. Appiah	6.43
(w+3.4)	

29 March, Crawley Pre-Season Open

300	
2 D. Green	34.48

29 March, John Rumbold Mens Open, Bournemouth

2 D. Brunsten (DT)	44.65
1 D. Brunsten (SP)	14.14
1 S. Brunsten (HT)	42.93

5 April, Par Open

300	
4 J. Ansell	38.2
600	
2 J. Ansell	1.23.4

[Ends]