

Kent AC Newsletter

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Kent goes to Rio

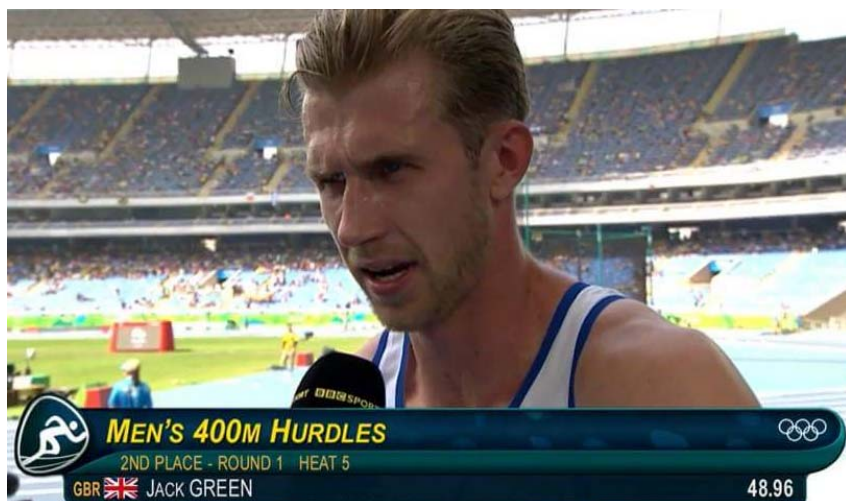
Kent AC was proud to have two club members taking part in August's 2016 Olympic Games in Rio de Janeiro – Paul Pollock running for Ireland in the Marathon and Jack Green for Team GB in the 400m hurdles.

Paul's preparations got off to a good start in March 2016, when he finished 14th in the World Half Marathon Championships in Cardiff in a season best 62.46. In July he finished 17th in the European Half Marathon Champs in Amsterdam. And so on to Rio, where Paul moved steadily through the field, up from 96th place at the half way point to finish in 32nd place (and the first of the Irish finishers) in 2:16:24.



Jack Green's international preparations started in June with Olympic qualifying times at races in Bratislava and Prague, the latter with his fastest time since before the London 2012 Olympics – 49.18. A few days later he improved to 49.05 at an event in Geneva, and then qualified for Rio after coming 2nd in the British Championships 400m hurdles in Birmingham on June 26th. Before heading to Rio, Jack won a team bronze in the 400m relay at the European Champs in Amsterdam, and dipped under 49 seconds (48.99) in the 400m hurdles running for Team GB in the Diamond League event at London's Olympic Park on 23 July.

At the Olympics, Green came second in his opening heat with a season best time of 48.96 following a strong surge at the end. In the semi-final though he was to be disappointed, never recovering from clipping a hurdle.



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Kent AC is one of South London's top athletics and running clubs. We cater for both men and women, and all levels from parkrun improvers to Olympians.

We are based at Ladywell Arena, near to Lewisham Hospital and 15 mins from Central London by train. We regularly compete on road, cross-country and track & field.

We have been in existence since 1898 and are still getting stronger!

British Athletics League

The British Athletics League is the top level track and field national men's competition, held over four matches each summer. There are five divisions (a Premiership and One to Four), and Kent AC are in Division Two.

*This year Kent finished 6th out of eight, enough to ensure that the club stayed up while Kingston and Bedford were relegated. It was a Welsh double at the top of the Division, with Cardiff and Swansea both promoted to the next flight. At the top of the League, Birchfield Harriers are champions for the second year in a row. Reports of the four matches below by **Ken Pike**.*

Match One: Cardiff, 7 May 2016

Well done to all the team as we miraculously got out of jail with a performance where we scrapped really hard for every point and we came 5th team – with no less than 3 teams within 15 points of us.

A great win for Jack Green who looked awesome in the 400 Hurdles with a near Olympic qualifying time set us on our way and soon an injured Sean Breathnach showed how to compete with everything strapped up as he won the Discus with a throw of 47.18 m. He was soon back in action in the Shot where he used all his experience really well to seal another win with a throw of 16.20 m to demonstrate what a great club man he is.

Chuxx Onyia, who had made the trip down from Edinburgh, sustained an injury in the Long Jump but again like Sean somehow pulled out a winning jump in the Triple Jump of 14.64 m – all with a very limited run up!

Our distance guys Ben Harding and Owen Hind were pulling out the stops and scored well in the 800m and 1500m with the highlight being Owen's 2nd place in a high class 1500m in a time of 3 min 50.4 secs – all before a very long trek to the Lake District! Chris Greenwood then showed his class as he ran a wily Steeplechase as he came an excellent 2nd, and he was backed up well by Richard Phillips won the B race before he embarked on his next two non-scheduled events.

Our young star Alex Yee then ran an aggressive race as he took the Swansea runner apart in the 3000m and earned another win for us. He managed to take 15 secs from his PB and he also maintained his perfect record for 2016. Again good backing up from Chris Greenwood secured 3rd place in the B race but by now he was feeling the effects of a long day.

Courtney Green was earning key points in the B string throws for us, especially in the Shot where he threw 12.57

m, as we were in 5th place (just) with 4 events to go. O'Shane Witter seemed to be doing nearly every event for us earning vital points as was Team Captain Joe Appiah who was leading from the front and was only just edged out in the 110 m Hurdles as he came home in 5th place.

Even our Pole Vaulters, Ed Boorman and Stuart Chisholm, were earning 6 points filling in at the Javelin after their first competition in their main event where they performed creditably. Our other young man, Max Harbord, did really well in the high class sprints and he was only just edged out in the 200 m – he is certainly one to watch for the future.

So when tired athletes filled in both the relays we were nearly there and we were confident that we had probably secured 6th place until the last version of the results late on Sunday showed that we had come 5th on the day.

A great result for us with a weak team, in terms of numbers competing. From a personal point of view it was a great match to manage with our superb team spirit coming to the fore again.

Match Two: Bedford, 4 June 2016

A pleasing result where we came 5th out of 8 teams again – finishing only 13 points away from 2nd place but we were 23 points clear of the next team.

We were given an excellent start by the ever reliable Conrad Williams who was just edged out in the A 100 m running a good time of 10.73 secs, and he also came an excellent 2nd in the A 200 m despite having an outside lane. Not to be outdone Josh Street ran really well in the same two events and he was rewarded with a double win in times of 10.76 secs and 21.62 secs in the B races – great runs which duly earned him the Man of the Match!

Our middle distance duo of Ben Harding and Owen Hind then delivered with 3rd places in the surprisingly high standard 800m races before they produced great runs in the 1500m with Owen just being edged out of the A string win in a time of 3 min 54.2 secs and Ben recording an excellent win in the B race in another excellent time of 3 min 56.0 secs.

In a very high standard 5000m race Anthony Johnson held his nerve after the race shot off at an excellent pace coming through well as the race settled down and he was rewarded with a PB of 15 min 9 secs. In the 3000 m steeplechase, despite stalwart Chris Greenwood taking a well-earned rest from racing, we performed well with

Richard Phillips taking 15 secs off his season's best coming home in 4th place in the A race in a time of 9 min 50.6 secs. He was backed up well by another guy making his debut, Neil Phillips, who came 1st in the B race in a time of 10 min 3.3 secs despite having raced 2 days beforehand.

Club Captain Joe Appiah then earned us vital points in the A 110 m Hurdles just being edged out in a high quality race as he came in 5th place in a time of 15.95 secs - after earning good points in the Long Jump. Shaun Mulligan then proved what a great club man he is by filling in no less than 4 events with the highlight being the 400 m hurdles where he came 5th in a time of 60.66 secs and earned us key points.

Our throwers were to earn us great points. Sean Breathnach earned us a key A string win in the Shot with a throw of 16.57 metres plus a great 2nd place in the A Discus with a throw of nearly 48 metres, as well as completing the set of 4 throwing events. He was backed up well by Courtney Green who earned an excellent 2nd place in the B Shot with a throw of 12.62 metres plus key points in the B Discus and Hammer.

Almost the last guy to compete for us was new recruit Rory Gunning who really delivered as he threw a distance of 62.97 metres, nearly a Club Record, as he came 2nd in the A Javelin – a fine debut in a tough event.

We had a fine 3rd place in the 4 x 100 m relay, despite a dodgy changeover, as Darren Green, Luke Sargeant plus our two sprinters came through in a time of 42.62 secs.

Match Three: Kingston, 2 July 2016

Match Three was at Kingsmeadow, home of Kingston Athletic Club and Polytechnic Harriers.

Once again Ben Harding and Owen Hind scored well in the 800m, finishing 3rd and 2nd in the A String and B String races respectively. Owen also came 2nd in the 1500m A race in 3:59:24, while Alex Yee came 2nd in the B race in a time that would have put him in 3rd place in the A race (3:59.65)

James Connor came 2nd in the 3000m steeplechase A String in 9:43:5, with Richard Phillips winning the B race in 10:05:3. Kent also dominated the 5000m, in their first match of the season Nick Torry won the A race (14.55.04) and Anthony Johnson the B race (15.11.10).

Jean-Charles Roghi earned valuable points coming third in the 400m hurdles B string.

Once again Sean Breathnach was a major factor in the club's performance, winning the shot put (17.76) and coming 2nd in the discus (49.31), while club colleague

Rory Gunning won the javelin (60.73). Chuxx Onyia was triumphant in the triple jump.

With a 4th place in the 4 x 100m relay (O'Shane Witter, Darren Green, Joe Appiah, Yomi Adeyemi) and 3rd in the 4 x 400m relay (Rawlston Morian, Andy Smitherman, O'Shane Witter and Ben Harding), Kent once again finished in 5th place on the day and in the League overall.

Match Four: Nottingham, 6 August 2016

This match, the last of the season, proved to be far more exciting than expected mainly through the slow results service helping the excitement. Our usual slow start where we were just obtaining minimum points, or slightly better, saw us expectedly in last place after 4 field events before Sean Breathnach produced a fine win in the Discus with a throw of over 48 metres and he was backed up well by Courtney Green who came 4th in the B section.

Then the track started with some solid performances by Kehinde Dauda and Shaun Mulligan in the 400m hurdles where they came 6th and 4th respectively. A superb win in the 800m got us going as a team- Ben Harding took the race on and led coming off the final bend before being challenged strongly but he held on for his first ever win in the A race. Solid runs in the 100m followed with Conrad Williams and Darren Green producing good runs as they both came 3rd despite a strong headwind – this after Neil Phillips took the 3000m Steeplechase on, coming home 4th just outside 10 mins.

Next up was team captain Joe Appiah who produced a solid performance of 16.1 secs in the 110m Hurdles backed up well by Ethelbert Metzner who was also 6th in the B race and who should be a real asset next season. Next we had a rare appearance from one of our boys from Edinburgh, Shawn Wright, who ran well in the A 400m coming home in 49.37 secs and who has rejuvenated a weak event for us.

Our sprinters then came back in the 200m and delivered as Conrad Williams first came through to get 2nd place in the A section despite a slow start and then Luke Sargeant ran well into a – 3m/s wind gaining a great 3rd place in the B section. Again with a good winter and luck with injuries we should see a real improvement from him. Another excellent run from Ben Harding in the 1500 m earned him 3rd place only just being edged out by a couple of guys who had not done the 800 m earlier.

Amazingly we were still in last place at this stage, mainly through a slow results service, so it was possible to still go down! Then Chuxx Onyia produced some good jumps before retiring through injury as he jumped 15.09 metres in the Triple Jump to earn 2nd place in the A section. He was backed up really well by a guy returning for the craic,

Antoni Davis–Phillip, as he jumped 11.28 m to earn a great 4th place in the B section.

Then came a series of great throws, nearly all over 17 m, with a best of 17.33m from Sean Breathnach, a real highlight for us in the Shot Putt as he strolled to victory showing the rest of the team what real commitment is. He was backed up well by Courtney Green who delivered his best with a throw of 13.04m earning him 3rd place in the B section in our best event on the day. Not to be outdone our other man from the Emerald Isle, Rory Gunning, delivered a fine 2nd place in the A Javelin despite an injury, before going over to Ireland for another competition on the Sunday.

The results were still way behind the events finishing and a good performance from our 4 x 100 m team secured a

fine 3rd place before Conrad was asked to do the 4 x 400m – making it his 4th event on the day!

A great opening leg of 49.9 secs brought Shawn Wright home in 1st place before Conrad destroyed the field with a 45.9 leg to give us a 40m lead. Next up was Luke Sargeant who ran well running 52.2 secs and who handed a 20m lead to our last man Ben Harding. A very fast runner from Cardiff closed the lead and was about to overtake us when Ben responded really well to seal a great win for the team and earn the Man of the Match award.

Despite some errors in the table that are being investigated by the BAL we secured a fine 5th place in the BAL this season and with good winters behind them we look to do even better next year.



The Kent AC squad at the final BAL fixture of the season, with coach/team manager Ken Pike front left

Southern Athletics League

The Sweatshop Southern Athletics League is the area track and field league for clubs in the South of England Athletic Association region, with joint male and female teams competing. The League started in 2011, and 2016 was the first time that Kent AC took part – with men's team captained by Tim Lawrence and women's by Cath Stibbs.

The League structure includes a Division One, two Division Twos (East and West) and three sub-regional Division Threes. As a new entry to the League, Kent AC have started out in Division Three (South East). Each team plays in five matches per season. In its first season, Kent finished in 13th out of 18th place, a great foundation to build on in coming years. The League as a whole was won by Chelmsford AC, with Eastbourne Rovers winning our Division.

The Southern Athletics League provides members with some enjoyable days out and a whole range of competitive opportunities across a full range of track and field events. Teams need to be able to cover most of these events for men as well as women, and Kent had a difficult start to the season as the women's team in particular was too small to do this. However the team got larger and stronger at each fixture, with some determined multi-tasking as athletes tried events outside of their comfort zone. Look out for the 2017 season - and if you know any lapsed pole vaulters who can be persuaded to join, get in touch!

Match 1: Sutton Arena, 17 April 2016

Tim Lawrence writes:

Despite not finishing where we needed to start a serious promotion push there were some excellent performances on a cool afternoon in South London. Thank you to all the men who turned out, filling all events bar the Triple Jump B string and Pole Vault. A huge thank you and welcome to Tracey Griffiths, who scored 9 points from her three throwing events.

There were some feisty Kent AC rivalries across the day. Courtney Green and Rawlston Morian competed admirably in the throws while Trevor Jamieson Agard and Kehinde Dauda started their battle in the Long Jump sandpit and finished it neck and neck in the 110m Hurdles.

The highlight for many Kent AC and other watchers was the return of Jack Green in the final event of the fixture, the 4 x 400m relay. Led out by Harvey Harbord, Jack took the baton in third and put considerable time and distance into the two men who had been in front of him. Jack handed over to Luke Sargeant, an athlete running a 400 to test his coach's theory about his strongest event, in a comfortable first place. Luke maintained his position leaving Max Harbord to anchor the team home in 3:34.7.

Particular mention must go to Rob Moye and Norman Fairbrass who turned out to officiate so early in the season.

Match 2: Wimbledon, 22 May 2016

Match 2 saw Kent competing against Epsom & Ewell, Eastbourne Rovers and Hercules Wimbledon. The team

came in 4th place, despite some strong individual performances.



Rawlston Morian and Tom Muddiman at Wimbledon

There were wins for Darren Green (Men's B 100m), Rawlston Moran (Men's B 800m), Phil Sanders (Men's B 3000m), Jean-Charles Roghi (Men's A 110m hurdles and Men's A 400m hurdles), Neil Phillips (Men's A 3000m Steeplechase), Tom Muddiman (Men's B 3000m steeplechase), Kehinde Dauda (Men's B 110m hurdles), Glen Gray (Men's B 400m hurdles) and Courtney Green (Men's A Discus and Men's B Javelin).

Amy Clements won woman of the match after winning both the Women's A 5000m and 1500m, while Cath Stibbs and Teresa Murphy also won events (Women's B 1500m and Women's B 5000m respectively).



Amy Clements hands over to Isabel Bradley in relay at Wimbledon

Match 3: Eltham, 18 June 2016

An improved performance saw us finish 3rd with 217 points, our highest total so far this season. This improving trajectory is best seen on the women's side, from 14 points at Carshalton we scored 68 at Eltham. There were some excellent performances across the day. For the men, Darren Green grudgingly competed in, and won, all three sprint events. Nathan Brown made an excellent debut on the track, anchoring the 4x100 home in style. Tim Alexander showed what a natural racer he is with a classic sit and kick in the 800m. Calum Fraser showed hitherto unknown high jump skills and also won the 1500 A string. Max Harbord filling in in the 400m won the race and there was a classic Kent tussle in the 110m hurdles between Shaun Mulligan and Kehinde Dauda. Out in the field, Courtney Green continued his one man throwing masterclass earning many valuable points, ably supported by Shaun and Rawlston Morian.

Cath Stibbs completed multiple running events, while Kathy Sharpe once again held things together in the field. Victoria Buck showed a sharp turn of pace in the 200 and 400 then dazzled in the discus, where Kent AC debutant Sarah Hanley earned good points. Coming second in the 4x400, the relay team achieved their best result yet. Initially coming down to official, Ellie Brown showed that muscle memory doesn't disappear when completing the long and high jump.

Thank you to everyone for coming along, particularly our officials team, Norman, Nick, Rob and Andy. The support from the sidelines was great throughout the afternoon.

Match 4: Tooting, 9 July 2016

Determined and enthusiastic, the Kent AC upward trajectory continued at Tooting. Results put Kent AC third, just 5 points from second but a distance behind the fixture winners Herne Hill. A key reason for the continued success and improvement is filling as many events as possible: thank you to everyone who stepped up to complete an event that may not have been their first choice.



Tim Lawrence talks tactics at Tooting

There were some great performances across the day. Amy Clements destroyed the field in both the 5000 and 1500, ably supported by Kersha Dwyer in the 5000. Anthony Johnson and Phil Sanders claimed top honours in the 3000m. SAL debutant David Wellstead claimed top honours in the Triple Jump, as did Ellie Brown in her hop, step and jump. Despite not being at his best Courtney Green won the Shot Putt. Victoria Buck continued to show the hidden talents of Kent's marathon runners winning the B string discus. While the hurdlers continued their fine run of form, Glenn and J-C dominating the 400m and Kehinde Dauda won the 110 B string. A special mention must also go to our u15s Ollie Bright and Conrad Schmolck who both ran PBs in the 1500.

Match 5: Gillingham, 20 August 2016

The final match was won by Medway and Maidstone AC, with South London Harriers in 2nd place and Kent AC in third - finishing ahead of Lewes and Haywards Heath and Medway Park Phoenix. Kent's Nathan Brown was man of the match after winning both the Men's A 100m and 200m, and Luke Sargeant won the Men's B 200m. Alison Thomson won the Womens's 3000m B race. Valuable points were picked up by people competing in multiple events - Courtney Green did all the throwing events (shot putt, discus, hammer and javelin); Joe Appiah took part in high jump, long jump and discus, while three women did four events each: Victoria Buck (100m, 200m, 400m, Discus), Kathy Sharpe (100m, Long Jump, Shot Putt, Javelin) and Cath Stibbs (400m, 800m, 1500m, Long Jump) – and that's not even counting the relays!



Pete Lighting



Joe Appiah



Cath Stibbs on the outside, Isabel Bradley on the inside



Anthony Johnson and Joe Hartley



Luke Sargeant



Tracey Griffiths

*Photos above of Southern Athletics League final match at Gillingham by **Ted Aston***

Assembly League

Kent AC had another good year in the 2016 Assembly League, winning both the men's and women's A and B competitions. In fact the increasingly strong women's squad won every race. The Assembly League is a series of six London road/park races held over the summer, in which men and women run together. The League was set up in the mid 1970s and was originally mainly for workplace-based teams in an era when many employers had their own athletics teams. As many industries have vanished from London along with their sports clubs, the League has shifted to consisting largely of established running clubs from the London/Kent area, with teams from the Stock Exchange and Lloyds keeping up the workplace running tradition alongside 11 other local clubs. **Neil Gordon-Orr** reports:

Race One: Beckenham, 1 April 2016

The season got off to a good start in Beckenham in April, with victories for both men and women, A and B teams. The three and half mile course there follows roads broadly around the perimeter of Beckenham Place Park, starting with a long climb up towards Ravensbourne station and finishing with another uphill stretch in the park itself.

In the League it is the first four finishers for each club whose positions count towards the final A team score, and this time round for the men this included Adrian Lowther in 4th, Pete Lighting (6th), Rob Laing (10th) and Tom Muddiman (11th).

Amy Clements won the women's race by 39 seconds from Dulwich's Clare Elms, with Teresa Murphy in 4th place separated by just 3 seconds from Alison Thomson in 5th. Lydia Blackmore (7th) rounded up the scoring.

Race Two: Victoria Park, 5 May 2016

There always seems to be some political drama going on to coincide with the May Victoria Park race. In 2015 it was on the same day as the General Election, this time round Londoners were still voting for a new Mayor of London as the runners set off on the flat 3.5 miles course.

The women continued their winning streak, with both A and B teams coming first. Clare Elms (Dulwich Runners) was first overall, but Alison Thomson (5th), Isabel Bradley (6th), Theresa Murphy (8th) and Lydia Blackmore (10th) all finished in the top ten to secure the team win.

The men did not field quite such a strong team as in the opening race, and finished in 4th place in a race won by Serpentine. Neil Phillips was the club's top scorer on the night, in 9th place. Rob Laing (26th), Oisín Brennan (28th) and Pete Lighting (33rd) also scored for the A team.

Race Three: Battersea, 2 June 2016

In the busiest of this year's races, 307 runners took part in the Battersea Park event hosted by Serpentine Running

Club. The home club dominated the men's A race, with Serpentine's sometime Kent 2nd claimer Nick Torry winning the race and 4 other Serpies in the top ten. Paul Martelletti, in 2nd place, led VPHTH to a similar position in the team race. Kent men had to settle for 3rd in the A race, led by Neil Phillips in 7th place. Phil Sanders was next home for Kent in 13th, with Ben Hope (17th) and Pete Lighting (19th) making up the A team scorers.

The men's B team finished in second place to Serpentine, thanks to Rob Laing, Adrian Lowther, Niall Robinson and Rowan Crichton- who all finished in a 16 second burst between 25th and 36th position.

The women's team completed their domination of the league, with Amy Clements in 1st place nearly a minute ahead of 2nd place Elkie Mace (Dulwich Runners). Alison Thomson (5th), Teresa Murphy (7th) and Isabel Bradley (11th) made up the A team scorers. Sarah Hanley (13th), Victoria Buck (17th), Ali Farrall (21st) and Jane Higgs (22nd) made up the winning B team.



1,2,3 – Bernie Marshall, Beth Shakespeare & Adele Prince at the Battersea bandstand

Race four: Greenwich O2, 7 July 2016

The Greenwich race is one of the summer's more iconic fixtures, starting by the O2 Dome and running up and down the riverside path. It was good to see John Gilbert back in action, winning the race as last year and ably supported in securing victory by a cluster of Rob Laing, Jonathan Tipper and Daniel Ansell who finished 10th to 12th.



John Gilbert at O2

Phil Sanders wasn't far behind in 14th, leading the B team victory with Rob Crichton (19th), Che Compton (26th) and Calum Fraser (28th).

Amy Clements won the women's race by a 48 second margin from Clare Elms (Dulwich), with Teresa Murphy (4th), Alison Thomson (6th) and Sarah Hanley (7th) also in the winning A team. Ali Farrell (10th), Dee O'Brien (11th), Victoria Buck (13th) and Caroline Manning (18th) made up the winning B team.

Race five: Victoria Park, 4 August 2016

No political upheavals to coincide with Victoria Park this time, though West Ham were playing their first home match at the Olympic stadium which made the journey via Stratford a bit more of an ordeal than usual.

Once again Kent women dominated, with winning A and B teams. The men came 2nd to Serpentine amongst the A teams, but had a comfortable win amongst the B teams.

Paul Martelletti (Victoria Park Harriers) stormed ahead to win the race with a minute's margin – well he is the world's fastest superhero costume marathon runner (2:29). But it was Kent's James Bowler who came in 2nd, joined by Chris Greenwood (5th), Adrian Lowther (13th) and Rowan Crichton (15th) as the club's A team scorers. Rob Laing, Ben Hope, Pete Lighting and Gareth Anderson were all in the top 25 to score for the B team.



James Bowler (168) and Dave Morgan (321) in the fight for 2nd place in Victoria Park

Dulwich's Clare Elms was first women, but Teresa Murphy in 3rd place led the winning Kent A team followed by Alison Thomson (4th), Isabel Bradley (7th) and Dee O'Brien (10th). Victoria Buck, Caroline Manning, Andrea Barber and Sheryl Clark were the B team scorers.



Teresa Murphy, first Kent AC women's finisher in Victoria Park

After the race, many of the 280 runners stayed behind on a fine summer's night to drain VPHTH's well stocked bar, with its always good spread of refreshments supplemented by one of their members launching his new salt beef bagel business in the garden outside.



Zoe Gaffen is determined not to be beaten to the line!



Rob Tharle in hot pursuit of... not sure who, guess the guy had nowhere to pin his number!

Race six - Beckenham, 1 September 2016

Going into the final race, Kent were ahead in all team categories, but while the women were fairly sure of victory the men's team were only ahead by three points and needed a strong final performance. Although Victoria Park Harriers won the race on the night, in the end of season standing it was Kent who were victorious (followed by VPHTH and Serpentine), thanks to the men's four A team scorers all finishing in the top ten - Neil Phillips (4th), James Bowler (5th) and Pete Lighting (6th) and Rob Laing (10th).

The women's A team won the race and clinched the League thanks to Teresa Murphy (3rd), Alison Thomson (7th), Cath Stibbs (11th) and Isobel Bradley (12th). Dulwich Runners finished 2nd in the League, and VPHTH third.

As in the other races this season, it wasn't just Kent's scorers who counted. There was a great turnout of 49 club members in the final race and the sea of navy blue vests throughout the season showed that the club really meant business.

Kent featured in several of the individual age categories for the League. John Barron secured the M60 medal, after being the fastest for age in four of the six races he ran. Ollie Bright was the top U20 and Victoria Buck the top W40 woman runner. Dave Morgan (Serpentine) won the overall individual trophy for the season, as he trains at Ladywell and occasionally guests for Kent AC we will take a bit of the credit.



Above: Kent AC women with the trophy at Beckenham. Left to Right, Sarah Hanley, Zoe Buck, Cath Stibbs, Theresa Murphy, Annabelle Hadlow, Alison Thomson. Right: men with medals, including left to right at front: Ted Hadlow, John Barron, Joe Hartley, Neil Philips and James Bowler.



Kent AC Club Championships

400m and 3000m championships, Ladywell Arena, 9 June 2016

Ben Harding was 400m club champion in 51.8 sec, ahead of Rawlston Morian in 52.7 and Shaun Mulligan (57.0). Adrian Dracup (63.8) narrowly beat Marcus Karia (64.4) and Paul Crompton (64.8) in the B race.



Ben Harding and Rawlston Morian

Anthony Johnson became 2016 club men's 3000m champion by winning the A race in 9.00 minutes, ahead of Neil Philips and Simon Coombes (Herne Hill Harriers). Amy Clements was the first female finisher in 9.57 and therefore club women's champion - Alison Thomson was 2nd fastest on the night, with a time of 10.55 in the B race, Teresa Murphy 3rd in 11.06.

The B race was won by Adam Garcia in 9.59, with Barny Day 2nd and Liam Stogden 3rd. A few runners who had just taken part in the 400m with little recovery suffered accordingly!

800m Champs, 30 June 2016

The 800m champs took place at Ladywell Arena on 30th June. Isabel Bradley was club women's champ, winning her race in 2.26, with Clare Elms (Dulwich Runners) in second place and Victoria Buck in third.

Tim Lawrence won the Men's A Race in 2.05, ahead of Calum Fraser and Noah Armitage-Hookes. The B race was won by Joseph Yee in 2.14 (pictured in lead below) - a time that would have put him in the top 5 in the A race. His first win at Ladywell and if he's anything like his older brother, not his last. Adam Garcia was 2nd.



1500m Champs, 11 August 2016

The men's A race at this year's 1500m champs were paced by Alex Yee, with Ben Harding winning in 3.52 ahead of Mike Cummings (Herne Hill Harriers) and Ben Murphy (Tonbridge AC). The B race was won by Kent's Joe Hartley (4.31), and the C Race by Barny Day (4.52).

Clare Elms (Dulwich) was the fastest woman on the night, finishing the B race in 4.45 while in the same race, Isabel Bradley became Kent women's 1500m champion in 5:05.



Barny Day on way to winning to 1500 C Race

At the end of the evening club coach extraordinaire Pete Boxshall celebrated his 60th birthday with a sub-6 minute mile (5:54), in the company of an elite pacing group – Amy Clements, James Bowler, John Gilbert and Cath Stibbs (pictured below – Cath obscured by John).



5000m Champs, 15 September 2016

The 5000m championships featured four races over a fine evening of running. The A race was won by Ben Toomer of Hercules Wimbledon in 14.58, with Rob Wilson (Highgate) in 2nd place and Mike Cummings (Herne Hill Harriers) in third. Neil Phillips was the first Kent AC finisher in 15.18 (5th place) making him the club men's 2017 champion, ahead of Chris Greenwood and James Bowler.

Ben Goddard (Hillingdon) won the B race in 16.13, with Alex Hobley (HHH) 2nd and Daniel Stauber (Kent) in third. Louise Small (Aldershot Farnham & District) was the fastest woman on the night in a time of 15.56. Amy Clements was the Kent women's champion in 17.06.

The C race was by Steven Starvis (Striders of Croydon, 17.36) ahead of Kent's Andrew Moreton (2nd) and Richard Elliot (3rd). John Gilbert was the pacer in both the B and C races, with Phil Sanders doing likewise (pictured right) in the D race where he took the top three to sub 20 times with junior newcomer Luke Abrahams (19.44) pipping Neil Gordon-Orr by half a second, followed by Alan Curtis.



Special thanks are due to Adrian Lowther and Stuart Beaney for their efforts in organising the excellent 2016 club champs, as well as everybody else who helped out, ran or came along to support. Some very competitive running, and PBs at all levels of all the club.



Adrian Lowther in 1500m champs



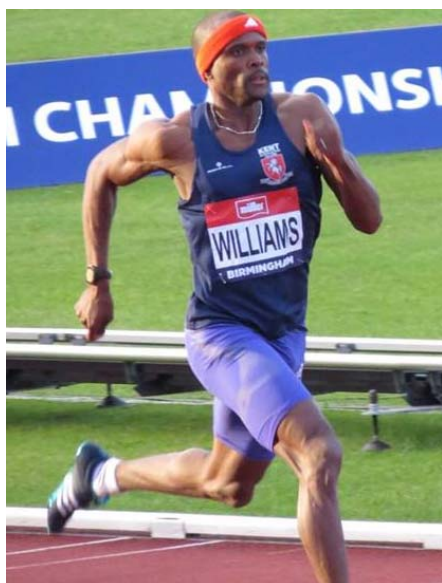
Stuart Beaney rings the bell in the 3000m champs
(Dan Hollas behind him)



Start of the women's 800m – left to right: Ellen Budd, Clare Elms, Ali Farrall, Victoria Buck, Sarah Hanley and winner Isabel Bradley.
Thanks to all who helped out including shown here trackside Spenser Lane, Ted Hadlow and Andy Gardiner.

Summer Track News

Conrad Williams

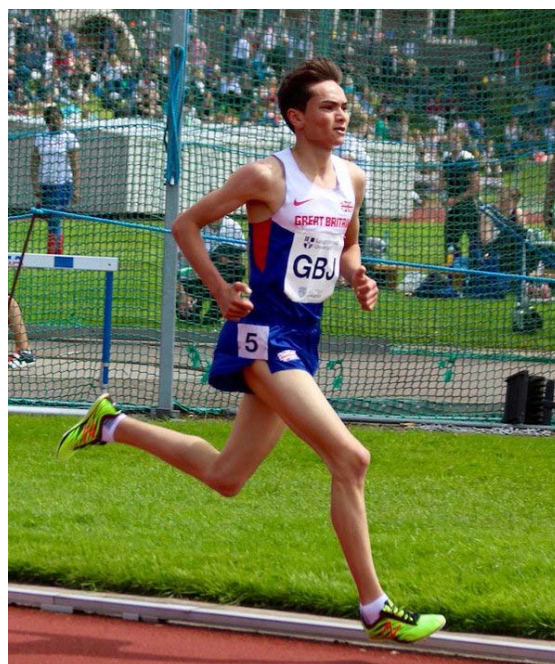


Kent AC's 2012 Olympian Conrad Williams ran in the winning Team GB 400m relay team at the Loughborough International Athletics even on 22 May 2016, before getting a season best time of 46.02 in the 400m at Copenhagen Athletics Games in June

Conrad had a tougher time of it at the British Championships 400m in Birmingham in June. He came through his heat in 3rd place (wearing Kent vest, pictured) but in his semi final stuck in the outside lane he didn't hear the gun and the delay in starting led to him coming in 4th and not qualifying. However he made up for it later in the summer, winning the 400m in the England Athletics Championships in Bedford on the 31 July (pictured below).



Alex Yee



A couple of weeks after setting a 3000m PB while running for Kent in the British Athletics League in Cardiff, Alex took another five seconds off it when winning the 3000m at the Loughborough International on 22 May. His time of 8.01.63 was the fastest by a U20 in 2016.

He also ran the fastest U20 5000m of the year, when in July he ran for Team GB in the World Junior Championships at Bydgoszcz in Poland (pictured above). His time of 13.52.01 was actually the ninth fastest of all time for a U20 UK athlete, and indeed the 13.55.29 that he ran in the British Milers Club Gold Standard 5000m at Watford on 15 June was still quicker than Mo Farah's best at that age. Still his response to the 13.52.01 was a measure of his ambition – he commented afterwards 'Bit bummed out about the 0.1 but I'll take it'.

Herne Hill Harriers Open, Tooting Bec

There were some good performances at the series of Herne Hill Harriers Opens over the summer.

John Gilbert won the 3000m at Tooting Bec on 27 July AND got a 1500m PB of 4:22 on the same day.

In the HHH Open on 27 August, Nathan Brown won the 100m and the 200m, the former with a PB of 10.86. Max Harbord also ran strongly. Jonathan Tipper came 3rd in the 10,000m with a 32.56 PB.

Josh Street

Josh Street was the club's fastest 100m sprinter of the year, thanks to a 10.55 time at Lee Valley Summer Sprint Open on 25 May. In the same month, he came third in the British Universities (BUCS) Champs 200m in Bedford on 2 May, and won Surrey County Champs for 200m.

Josh took part in an international meeting at Palafrugell on Spain's Costa Brava on 28 May 2016, competing in both 100m and 200m - getting a season best 21.35 in the latter.

Although he ran strongly to qualify in his 100m heat at the British Athletics champs in Birmingham in June - which doubled as the Olympic Trials - he got hurt in the semi final and had to pull out of the 200m.



Josh Street head to head with Richard Kilty

Kent County Championships

In the Kent County 3000m and 10,000m Championships at Dartford on 22 June 2016, Amy Clements won the women's 10,000m in 35.41, while Rob Laing was the fastest M35 man at the same distance. Isabel Bradley won the women's 3,000m.



Amy Clements, Adam Garcia (PB in 10,000m) & Rob Laing



Isabel Bradley

Aaron Broderick and Max Harbord represented the club at the Kent County Championships sprint competitions at Ashford, 14 and 15 May. Max Harbord got successive 100m PBs in his U20 heat (11.28) and final (11.20). Jack Green won 400m and 400m hurdles.

British Milers Club

In the British Milers Club Grand Prix at Watford on 18 May, Owen Hind ran the 1500m in 3:50.79 - less than half a second slower than his and Kent AC's fastest 1500m of the season, also in May at the British League match in Cardiff (3:50:40). Ben Harding won the BMC 1500m B race with a PB of 3:54.08.

Returning to Watford on 28 May for the next BMC Grand Prix, Ben improved his 1500m PB to 3:52:34, while Owen achieved a 5000m PB of 14:06.23.

The BMC Gold Standard event at Watford on 15 June saw Owen Hind run another fast 1500m (3:50.50), while Alex Yee came 2nd in the 5000m with a 13:55.29 PB. This was the fastest U20 5000m of the season so far, though he was to go faster still in Poland in the following month. Alex was in fact the only UK U20 to go under 14 minutes in 2016.

James Connor and Neil Phillips took part in the BMC Regional 5000m at Eltham on 22 June, the former finishing in third place.

Ben Harding's 1:52.96 at the BMC Grand Prix at Oxford on 23 July 2016 was not only a season best for him, but Kent AC's fastest 800m of 2016.

Active Newham Open, 5 June 2016

Jonathan Browne (21.45), Luke Sargeant (22.23) and Aaron Broderick (23.43) all achieved Season Best 200m times in Newham.

Night of 10,000m PBs, Highgate, 21 May 2016

The Night of 10,000m PBs hosted by Highgate Harriers has become one of the great events in the running calendar, for both runners and spectators kept entertained with the music, beer tent and close proximity to top class running. The 2016 event was given an extra edge as it included the Olympic trials, ensuring a top field with running legends including Andy Vernon and Jo Pavey.

Chris Greenwood and Anthony Johnson took part in Race 3, finishing 3rd (31.05) and 10th (31.29) respectively in a competitive field of 20 runners. Kent AC's contribution also included providing two pacers - Neil Phillips and Owen Hind.



Neil Phillips pacing Chris Greenwood



Owen Hind pacing

ROADS & ULTRAS

Vitality London 10k, 31 May 2016

Kent AC women performed well in the Vitality London 10k on 31 May 2016. Amy Clements came 8th in the women's competition and set the club's season best of 34.54, and there were also PBs for Alison Thomson (38.55) Jennifer Smith (40:58) and Francesca Iannini (42.44), with Victoria Buck coming in at 40.57.

For the men, Chris Greenwood (31.50), James Connor and James Bowler (31.58) all finished in the top 30.

Banff 10k, Alberta, 19 June 2016

Good to see Kent AC members representing the navy vest in all parts of world. Malc Kent, currently based in Canada, came 2nd in the Banff 10k in June on a mixed road and cross country course in harsh conditions – but with some picturesque views of the Canadian rockies!



Summer Halfs and Marathons

- Joe Hartley and Abby Clyndes ran the Severn Bridge Half Marathon on 28 August, Joe coming 7th out of more than 2000 runners in 1:19:25.
- Tim Alexander was third man home in the Guernsey Marathon on 28 August, in 2:59:19.
- Rob Laing came third in Canterbury Half on 29 August in 1.18.56
- Che Compton won the Caterham Rotary Half on 3 July in 1:19:41.

Brighton Phoenix 10k, 13 July 2016

James Connor won the Brighton Phoenix 10k on 13 July in 31:00.



London City Mile, 19 June 2016

There were lots of PBs and strong performances in the London City Mile, a series of races held in the streets around St Pauls Cathedral. Ollie Bright was the club's fastest on the day in 4:58.



Andrea Barber, Edie Crompton and Paul Crompton in the family wave at London City Mile

Sri Chinmoy 10ks, Battersea Park

Pete Lighting won the Sri Chinmoy 10k in Battersea Park with a 33.55 PB on 11 June 2016. Terry Stephens ran a 39.03 PB in the same race.

Several Kent AC runners took part in 30 July race, with Gareth Anderson finishing in 5th place in 34:46 and Will Pitt coming 18th in 37:42. Cath Stibbs was 8th woman in 42:04.

Snowdonia International

Russell Bentley ran for Wales in the Snowdonia International Mountain Race on 16 July, finishing in 9th place. Honorable mention too to Tonbridge AC's Max Nicholls, who sometimes trains at Ladywell, winning the Snowdon International Super Cup race on the same day. In the latter the runners only (!) have to run to the top of the mountain, not down again afterwards.

West Highland Way Race, 18 June 2016

Well done Darryl Coulter for completing the 95 mile West Highland Way race, despite a fall, cuts and a broken rib.

Darryl said: 'I was 24 mins ahead of my PB when I fell and broke a rib at mile 50. A very audible crack that resulted in me being grassed up to the medics at the next checkpoint. They let me complete the next 45 on the basis I could breathe so had probably not punctured a lung. Meant I missed sub-24 hours by 16 mins but hey ho, I did that last year'.



Darryl also took part in the North Downs 100 on 6 August, completing its 102.9 miles in 27 Hours 38 minutes.

Gritstone Grind, 4 September 2016

James Savage won the Gritstone Grind race, completing the 35 miles peak district trail (with 4,764 feet of climbing) in 5 hours and 23 minutes.

Kent AC History: 1950s at Ladywell Arena

Former club coach Larry Garnham is currently finalising a history of the club, and has gathered together a treasure horde of photographs and documents dating back to the club's origins. Some of these have already been deposited in Lewisham Archives, and others will be shortly.

Here's some great photos from the 1950-51 season of women runners at Ladywell - women only began running at the club after the Second World War.



'Ladywell Fields Start Of The 80 Yards Flat, Ladies 14-16 Race at Ladywell Track Jubilee Celebrations 23 Sep 1950'. The starter is club president Fred Lane.



Women training at Ladywell – probably taken at same time as photo below.



This photograph is captioned 'KAC Ladies Section - Winter training 1950-51, Ladywell Track'. The caption also lists the women - presumably left to right - as Joyce Lane, Audrey Bell, Beryl Lane, Maureen Theakstone, Shirley Marlow, Olive Hynes, Edna Wittey and Audrey Homewood. Note old railway bridge in the background, now replaced by the 'curly wurly' concrete bridge.

Kent AC News

Tim and Linda's wedding



Club members Tim Alexander and Linda Eyre got married in August at Royal Blackheath Golf Club. Tim famously proposed to Linda at mile 20 of the 2015 London Marathon (above), and the couple both ran London in 2016. So no surprises perhaps that they went for a Marathon themed wedding, including this rather fine running shoes wedding cake.



Lawrence Avery in Kenya

Lawrence Avery spent 25 days in August training in Kenya at Lornah Kiplaget's High Altitude Training Centre in Iten. He took part in some of the famous fartlek sessions - 'one minute at easy pace followed by one minute at hard pace, twenty times each (so 40 minutes of running)' and getting up to running 120

miles per week, Kenyan style taking the 'easy runs very easy... to help their bodies recovery for hard training sessions to come'. You can read about his experiences at:

<https://runningwithaltitude.wordpress.com>

Mary Decker and Zola Budd in Greenwich

1980s running legends Mary Decker and Zola Budd were in South London in July for the launch of the film 'The Fall' about their famous clash in the 1984 LA Olympics 3000m final. Seemingly there were some Kent AC photo opportunities outside Greenwich Picturehouse, with Andrea Barber pictured with Mary D. and Sarah Young with Zola:



Layla – dog champion at Bewl 15

The 17th annual Bewl 15 race took place on July 3 2016, a 15 mile multi-terrain race around Bewl Water in East Sussex organised by Wadhurst Runners.

The women's team finished in second place, with runners including Jen Smith, Kate Williams, Laura McCrave and Sarah Young. But there was also a first place Cani Cross place (where you run with your dog) for Sarah Young and Layla- is that the club's first dog champion?!



When Kelly met Ted

The last issue of the newsletter showed Darryl Coulter finishing the 2016 London Marathon close to double Olympic Champion Kelly Holmes (golds in 800m and 1500m at Athens 2004 Olympics). Somehow missed this picture from March 2016 of Kelly offering words of encouragement to Ted Aston near to the finish of Tonbridge Half.



A few highlights from parkruns over the season:

- On 18 June 2016, Che Compton and Anthony Johnson were first men home at Crystal Palace and Peterborough, while Dee O'Brien and Andrea Barber were first women at Whitstable and Bois de Boulogne respectively.
- Quite a chase for the finish from two Kent AC runners at Hilly Fields parkrun on 23 July, with Robert Laing and Joe Hartley both finishing in 17:33. No photo finish available but Robert was held to have just pipped Joe to 1st place. Not that it's a race of course!
- Oliver Bright is a great example of a young athlete using parkrun as part of his training and development. The U15 runner has been putting seniors to shame wherever he goes, including coming first at his home Hilly Fields parkrun on 28 May in 17.32 and winning Colchester Castle parkrun in 17.47 on 16 July 2016.

Check out Kent AC parkrun performances each week at <http://www.parkrun.com/results/consolidatedclub/?clubNum=667>

Results

British Athletics League, Division Two, Round 1, Cardiff, 7 May 2016

A String					B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	O'Shane Witter	11.2	7	10.34	Max Harbord	11.38	7	10.64	7
200	O'Shane Witter	23.24	8	21.20	Max Harbord	23.17	8	21.81	
400	Ben Harding	65.01	8	48.1	Rich Phillips	67.32	8	49.45	5
800	Ben Harding	01.54.27	6	01.50.75	Owen Hind	01.55.21	3	01.53.87	16
1500	Owen Hind	03.50.40	2	03.49.74	Ben Harding	04.06.72	5	03.49.75	18
3000SC	Chris Greenwood	09.32.71	3	09.22.26	Rich Phillips	10.06.96	1	10.06.96	24
3000	Alex Yee	08.05.83	16	08.05.83	Chris Greenwood	09.02.07	3	08.42.27	24
110H	Joe Appiah	16.11	5	14.61	Shaun Mulligan	21.99	5	15.31	9
400H	Jack Green	49.87	1	49.87	Shaun Mulligan	72.98	5	15.31	18
LJ	Chukwudi Onyia	6.36	7	7.01	Joe Appiah	6	7	6.6	7
HJ	Joe Appiah	1.75	8	2.13	Max Hargold	NM	8	1.9	6
TJ	Chukwudi Onyia	14.64	1	14.64	Shane O'Witter	NM	8	13.83	16
PV	Edward Borrman	3.4	8	4.2	Stuart Chisholm	3	6	4	7
Hammer	Courtney Green	24.34	6	61.12	Chris Greenwood	11.13	6	53.6	9
Discus	Sean Breathnach	47.18	1	47.18	Courtney Green	29.07	5	42.06	20
Shot	Sean Breathnach	16.2	1	16.2	Courtney Green	12.57	3	12.89	24
Javelin	Edward Borrman	37.23	8	66.38	Stuart Chisholm	20.56	7	54.97	6
4 x100m		47.82	7	42.74					5
4 x400m		03.46.31	8	03.46.31					4

MATCH RESULT			LEAGUE	Event
	Pos.		Pts	Pts
	1	Cardiff	8	378.0
	2	Swansea	7	334.0
	3	Kingston and Polytechnic	6	296.0
	4	Crawley	5	280.0
	5	Kent AC	4	229.0
	6	Bedford & County	3	228.0
	7	Bristol and West	2	221.0
	8	Notts	1	215.0

British Athletics League, Division Two, Round 2, Bedford, 4 June 2016

A String					B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Conrad Williams	10.73	2	10.58	Josh Street	10.76	1	10.76	26
200	Conrad Williams	21.28	2	21.10	Josh Street	21.52	1	21.52	26
400	Neil Phillips	67.67	8	48.04	O'Shane Witter	53.49	7	49.21	6
800	Ben Harding	01.54.18	3	01.51.99	Owen Hind	01.56.03	3	01.55.10	20
1500	Owen Hind	03.54.22	2	03.54.09	Ben Harding	03.56.04	1	03.56.04	26
3000SC	Richard Phillips	09.50.64	4	09.27.53	Neil Phillips	10.03.20	1	10.03.20	22
5000	Anthony Johnson	15.09.33	7	14.27.41	James Connor	15.35.19	7	15.35.19	7
110H	Joe Appiah	15.95	6	14.78	Jean-Charles Roghi	18.14	5	15.78	10
400H	Jean Charles Roghi	61.14	7	50.91	Shaun Mulliga	60.66	5	52.54	9
LJ	David Wellstead	6.08	8	7.01	Joe Appiah	6.08	4	6.64	10
HJ	Joe Appiah	1.65	8	2.05	Shaun Mulligan	1.4	8	1.90	5
TJ	David Wellstead	12.64	7	14.85	Shaun Mulligan	10.66	6	13.23	8
PV	Stuart Chisholm	3.4	8	4.40	Shaun Mulligan	2.05	7	4.00	6
Hammer	Sean Breathnach	32.47	7	59.95	Courtney Green	26.81	4	44.12	11
Discus	Sean Breathnach	47.91	2	60.89	Courtney Green	33.07	4	39.75	20
Shot	Sean Breathnach	16.57	1	16.57	Courtney Green	12.62	2	13.63	26
Javelin	Rory Gunning	62.97	2	66.26	Sean Breathnach	45.28	4	55.45	18
4 x100m		42.73	3	41.39					12
4 x400m		03.42.04	8	03.15.71					4

MATCH RESULT			LEAGUE	Event
	Pos.		Pts	Pts
	1	Bristol and West	8	328
	2	Cardiff	7	285
	3	Swansea	6	280
	4	Kingston and Polytechnic	5	277
	5	Kent AC	4	272
	6	Bedford & County	3	249
	7	Crawley	2	246
	8	Notts	1	244

British Athletics League, Division Two, Round 3, Kingsmeadow, 2 July 2016

A String					B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Darren Green	11.09	5	10.76	Yomi Adeyemi	11.46	4	11.01	
200	Darren Green	22.50	4	22.00	O'Shane Witter	23.33	5	22.47	
400	Andy Smitherman	50.42	4	48.43	Rawlston Morian	52.99	6	50.44	
800	Ben Harding	01.54.85	3	01.53.11	Owen Hind	01.55.39	2	01.54.03	
1500	Owen Hind	03.59.24	2	03.58.69	Alex Yee	03.59.65	2	03.58.84	
3000SC	James Connor	09.43.50	2	09.29.50	Richard Phillips	10.05.03	1	10.05.03	
5000	Nick Torry	14.55.04	1	14.55.04	Anthony Johnson	15.11.10	1	15.11.10	
110H	Joe Appiah	16.53	5	14.79	Ethelbert Metzner	18.99	5	15.57	
400H	Shaun Mulligan	61.60	6	52.28	Jean-Charles Roghi	65.57	3	58.60	
LJ	Rawlston Morian	3.80	8	7.00	Shaun Mulligan	3.47	7	6.69	
HJ	Rawlston Morian	1.60	6	1.95	Joe Appiah	1.50	5	1.85	
TJ	Chukwudi Onyia	15.19	1	15.19	Shaun Mulligan	9.34	7	13.53	
PV	Ed Boorman	3.0	7	4.40	Stuart Chisholm	2.20	5	4.00	
Hammer	Sean Breathnach	29.07	7	59.68	Richard Phillips	9.37	7	47.80	
Discus	Sean Breathnach	49.31	2	59.20	Richard Martin	26.48	7	44.93	
Shot	Sean Breathnach	17.76	1	7.76	Courtney Green	11.63	5	14.01	
Javelin	Rory Gunning	60.73	1	60.73					
4 x100m		45.23	4	42.70					
4 x400m		03.27.69	3	03.18.38					

MATCH RESULT			LEAGUE	Event
	Pos.		Pts	Pts
	1	Kingston and Polytechnic	8	347
	2	Crawley	7	343
	3	Swansea	6	314.5
	4	Cardiff	5	297
	5	Kent AC	4	290.5
	6	Bedford & County	3	210
	7	Notts	2	208
	8	Bristol and West	1	138

British Athletics League, Division Two, Round 4, Nottingham, 6 August 2016

A String					B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Conrad Williams	11.15	4	10.88	Darren Green	11.12	3	10.96	18
200	Conrad Williams	21.62	2	21.48	Luke Sargeant	22.71	3	21.92	22
400	Shawn Wright	49.37	5	48.39	Shaun Mulligan	54.55	8	50.08	9
800	Ben Harding	01.53.50	1	01.53.50	Nick Torry	2.15.90	7	01.56.00	18
1500	Ben Harding	03.57.00	3	03.55.24	Neil Phillips	4.32.29	6	03.57.99	15
3000SC	Shaun Mulligan	10.01.90	4	09.28.30	Neil Phillips	13.16.10	6		13
3000	Cameron Johnston	8.57.70	7	8.09.08	Nick Torry	8.58.80	5	8.19.90	9
110H	Joe Appiah	16.30	6	13.8	Ethelbert Metzner	19.40	6	16.60	9
400H	Shaun Mulligan	65.31	6	53.17	Kehinde Dauda	61.75	4	57.02	12
LJ	O'Shane Witter	5.90	8	7.11	Antoni Davis-Philip	5.82	7	6.78	6
HJ	Antoni Davis-Philip	1.75	8	2.09	Joe Appiah	1.7	5	1.95	8
TJ	Chukwudi Onyia	15.09	2	16.14	Kehinde Dauda	11.28	4	13.17	20
PV	Stuart Chisholm	2.6	8	4.60	Edward Borrman	2.60	8	4.20	5
Hammer	Sean Breathnach	29.98	8	61.41	Courtney Green	22.34	6	41.31	7
Discus	Sean Breathnach	48.51	1	48.51	Courtney Green	31.25	4	38.25	22
Shot	Sean Breathnach	17.33	1	17.33	Courtney Green	13.04	3	14.05	24
Javelin	Rory Gunning	58.43	2	64.55	Edward Borrman	31.94	7	53.91	16
4 x100m		42.81	3	40.76					12
4 x400m		03.20.70	1	03.20.70					16

MATCH RESULT			LEAGUE	Event
	Pos.		Pts	Pts
	1	Cardiff	8	368.5
	2	Notts	7	286
	3	Swansea	6	273
	4	Bristol and West	5	268
	5	Crawley	4	264
	6	Kent AC	3	260
	7	Kingston and Polytechnic	2	251.5
	8	Bedford & County	1	228

End of season positions:

1. Cardiff AAC
2. Swansea Harriers
3. Kingston AC & Polytechnic Harriers
4. Crawley
5. Bristol and West
6. Kent AC
7. Notts AC
8. Bedford and County

Southern Athletics League, Division 3 SE, Round 1, Sutton Arena, 17 April 2016									
Men's A String					Men's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Luke Sargeant	11.20	2	11.00	Harvey Harbord	13.4	4	11.60	6
200	Luke Sargeant	22.80	2	22.00	Zachary Epton	25.6	3	23.30	7
400	Zachary Epton	56.60	3	52.40	Harvey Harbord	60.0	2	53.1	7
800	Calum Fraser	2.18.7	4	2.05.9	Tim Lawrence	2.26.40	2	2.13.9	6
1500	Anthony Johnson	4.28.1	1	4.28.1	Calum Fraser	4.37.2	1	4.37.2	10
2000SC	Tom Muddiman	6.34.8	1	6.34.8	Tim Lawrence	7.10.20	1	7.10.20	10
5000	Anthony Johnson	15.34.20	1	15.34.20	Tim Lawrence	16.20.9	1	16.20.9	10
110H	Kehinde Dauda	20.00	1	20.0	Trevor Jamieson Agard	20.1	1	20.1	10
400H	Shaun Mulligan	66.7	1	66.7	Kehinde Dauda	67.1	1	67.1	10
LJ	Trevor Jamieson Agard	5.15	3	6.31	Kehinde Dauda	5.04	2	5.81	7
HJ	Shaun Mulligan	1.30	4	1.90	Calum Fraser	1.30	3	1.85	5
TJ	Trevor Jamieson Agard	10.04	3	13.79					3
PV									
Hammer	Rawlston Morian	17.78	4	40.47	Trevor Jamieson Agard	16.23	2	38.05	6
Discus	Courtney Green	33.69	2	34.33	Rawlston Morian	15.25	4	32.33	6
Shot	Courtney Green	12.62	1	12.62	Rawlston Morian	7.95	3	10.5	8
Javelin	Courtney Green	32.42	4	40.94	Rawlston Morian	30.71	4	38.56	4
4 x100m		47.4	2	45.1					4
4 x400m		03.34.70	1	03.34.7					5
Women's A String					Women's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
Discus	Tracey Griffiths	21.40	3	33.05					3
Shot	Tracey Griffiths	7.46	2	10.05					4
Javelin	Tracey Griffiths	17.18	4	26.04					2

(Kent had no women competitors in other events)

Match result:

1	St Mary's Richmond	239
2	Sutton & District AC	226
3	Swale Combined	157
4	Kent AC	137

Southern Athletics League, Division 3 SE, Round 2, Wimbledon 22 May 2016									
Men's A String					Men's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	O'Shane Witter	11.4	2	11.3	Darren Green	11.2	1	11.20	9
200	O'Shane Witter	23.5	3	22.6	Harvey Harbord	25.7	4	23.50	5
400	Rawlston Morian	53.9	3	52.0	Shaun Mulligan	55.4	4	53.2	5
800	Tim Lawrence	2.13.9	4	1.52.9	Rawlston Morian	2.09.1	1	2.09.1	7
1500	Anthony Johnson	4.26.7	3	4.21.6	Tim Lawrence	4.29.2	2	4.27	7
3000SC	Neil Phillips	10.18.0	1	10.18.0	Tom Muddiman	11.02.1	1	11.02.1	10
3000	Jonathon Tipper	9.21.20	2	9.11.7	Phil Sanders	9.29.7	1	9.29.7	9
110H	Jean-Charles Roghi	18.9	1	18.9	Kehinde Dauda	18.9	1	18.9	10
400H	Jean-Charles Roghi	61.9	1	62.9	Glenn Gray	59.5	1	59.5	10
LJ	Kehinde Dauda	4.91	3	6.32					3
HJ	Shaun Mulligan	1.40	3	1.72	Kehinde Dauda	1.20	3	1.69	6
TJ	Kehinde Dauda	8.36	4	12.65					2
Hammer	Courtney Green	26.86	4	35.84	Rawlston Morian	16.23	3	26.76	5
Discus	Courtney Green	37.63	1	37.63	Rawlston Morian	15.13	4	29.22	7
Shot	Courtney Green	12.67	2	13.10	Rawlston Morian	8.26	2	9.01	8
Javelin	Rawlston Morian	36.51	2	46.98	Courtney Green	34.15	1	34.15	9
4 x100m		50.1	3	45.0					3
4 x400m		03.51.9	4	03.35.2					2
Women's A String					Women's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Shamariah Jamila	14.5	4	12.7	Kathy Sharpe	18.5	4	13.6	4
200	Shamariah Jamila	30.0	4	25.8	Isabel Bradley	30	4	28.6	4
400	Cath Stibbs	68.8	4	62.8					2
800	Isabel Bradley	2.25.0	2	2.10.1	Cath Stibbs	2.38.6	2	2.20.8	8
1500	Amy Clements	4.48.8	1	4.48.8	Cath Stibbs	5.31.6	1	5.31.6	10
5000	Amy Clements	17.11.6	1	17.11.6	Teresa Murphy	19.01.5	1	19.01.5	10
LJ	Kathy Sharpe	2.54	4	5.4					2
HJ	Isabel Bradley	1.25	4	1.5					2
Hammer	Sally Ash	21.29	3	29.49					3
Discus	Sally Ash	11.61	4	26.85					2
Shot	Sally Ash	7.62	3	10.80	Kathy Sharpe	5.07	3	9.8	6
Javelin	Sally Ash	12.8	4	32.79	Kathy Sharpe	4.35	4	19.44	4
4 x100m		64.5	4	52.6					2
4 x400m		4.43.5	4	4.18.1					2

(no Kent competitors in men's or women's pole vault, women's hurdles, triple jump, or steeplechase)

Match result:

1	Epsom & Ewell	272
2	Eastbourne Rovers	260
3	Hercules Wimbledon AC	246
4	Kent AC	184

Southern Athletics League, Division 3 South East - Round 3 - Eltham - 18 June 2016

Men's A String					Men's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Darren Green	11.14	1	11.14	Max Harbord	11.52	2	11.31	9
200	Darren Green	22.50	1	22.50	Nathan Brown	22.54	1	22.54	10
400	Max Harbord	53.94	1	53.94	Harvey Harbord	53.59	1	53.59	10
800	Tim Alexander	2.04.22	1	2.04.22	Rawlston Morian	2.06.13	1	2.06.13	10
1500	Calum Fraser	4.26.44	1	4.26.44	Tim Lawrence	4.27.95	1	4.27.95	10
2000SC	Pete Lighting	7.15.33	2	6.49.17	Neil Phillips	9.09.89	2	7.46.21	8
5000	Phil Sanders	16.04.14	2	15.41.56	Ben Hope	16.14.15	1	16.14.15	9
110H	Kehinde Dauda	18.19	1	18.19	Shaun Mulligan	18.72	1	18.72	10
400H	Glenn Gray	59.55	2	58.43	Shaun Mulligan	70.15	1	70.15	9
LJ	Kehinde Dauda	5.18	2	5.62	Calum Fraser	4.01	2	5.59	8
HJ	Calum Fraser	1.55	2	1.83	Shaun Mulligan	1.45	2	1.75	8
TJ	Kehinde Dauda	9.87	4	11.92	Tim Lawrence	8.50	3	11.62	5
PV									
Hammer	Courtney Green	24.56	3	36.21	Shaun Mulligan	15.06	2	17.52	7
Discus	Courtney Green	34.13	2	36.83	Rawlston Morian	21.41	2	32.34	8
Shot	Courtney Green	11.52	1	11.52	Rawlston Morian	7.88	3	10.84	8
Javelin	Courtney Green	27.43	5	42.12	Tim Alexander	25.69	2	28.37	5
4 x100m		44.93	1	44.93					5
4 x400m		3.35.55	2	03.34.74					4
Women's A String					Women's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Kathy Sharpe	18.82	4	12.33	Cath Stibbs	16.95	4	13.25	4
200	Victoria Buck	30.62	4	25.88	Ellie Brown	35.74	4	26.62	4
400	Victoria Buck	67.86	2	64.7	Cath Stibbs	68.78	1	68.78	9
800	Cath Stibbs	2.37.24	2	2.35.37	Sarah Hanley	2.48.50	2	2.30.28	8
1500	Teresa Murphy	5.21.97	2	5.05.93	Cath Stibbs	5.24.43	1	5.24.43	9
3000	Teresa Murphy	11.06.03	2	10.47.12	Sarah Hanley	10.57.84	1	10.57.84	9
LJ	Ellie Brown	3.27	4	5.82	Kathy Sharpe	2.58	4	4.61	4
HJ	Ellie Brown	1.15	5	1.51					1
Discus	Victoria Buck	17.72	2	27.68	Sarah Hanley	15.76	2	19.61	8
Shot	Ellie Brown	5.53	5	9.61	Kathy Sharpe	5.02	4	8.52	3
Javelin	Victoria Buck	11.28	5	30.72	Kathy Sharpe	7.51	4	18.40	3
4 x100m		62.49	4	52.76					2
4 x400m		4.50.45	2	4.41.28					4

(no Kent competitors in men's or women's pole vault, women's hurdles, hammer, triple jump, or steeplechase)

Match result:

1	Cambridge Harriers	266
2	Hastings AC	222
3	Kent AC	219
4	East Grinstead AC	135
5	Medway Park Phoenix	37

Southern Athletics League, Division 3 SE, Round 4 - Tooting - 9 July 2016

Men's A String					Men's B string				
Event	Athlete	Time	Pos.	Winner	Athlete	Time	Pos.	Winner	Points
100	Max Harbord	11.6	2	11.2	Ethelbert Metzner	12.4	2	11.20	8
200	O'Shane Witter	23.5	2	22.6	Max Harbord	27.3	3	23.00	7
400	Rawlston Morian	52.8	2	50.3	Kehinde Dauda	63.5	3	49.6	7
800	Tim Lawrence	2.11.6	3	1.57.5	Calum Fraser	2.22.1	3	2.03.0	6
1500	Jonathon Tipper	4.29.2	3	4.20.6	Oliver Bright	4.31.60	2	4.25.4	7
3000SC	Jonathon Tipper	11.46.6	3	10.08.0	Tim Lawrence	11.03.6	2	11.46.6	7
3000	Anthony Johnson	8.55.0	1	8.55.0	Phil Sanders	9.19.0	1	9.19.0	10
110H	Jean-Charles Roghi	18.1	2	15.6	Kehinde Dauda	18.3	1	18.3	9
400H	Glenn Gray	60.1	1	60.1	Jean-Charles Roghi	60.7	1	60.7	10
LJ	David Wellstead	6.14	2	6.21	Max Harbord	4.63	4	5.20	6
HJ	Rawlston Morian	1.65	2	1.65	Calum Fraser	1.25	2	1.55	6
TJ	David Wellstead	12.81	1	12.81	Kehinde Dauda	11.00	2	11.2	9
Hammer	Courtney Green	23.44	2	50.37	Rawlston Morian	15.44	3	43.09	7
Discus	Courtney Green	32.25	2	45.23					4
Shot	Courtney Green	12.70	1	12.70	Rawlston Morian	8.19	2	9.13	9
Javelin	Rawlston Morian	31.06	5	64.65	Courtney Green	28.64	2	34.76	5
4 x100m		47.9	3	44.5					3
4 x400m		3.42.1	2	03.39.1					4
Women's A String					Women's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Victoria Buck	14.8	4	12.9	Linda Eyre	20.7	4	12.9	4
200	Victoria Buck	30.7	2	26.2	Ellie Brown	37.0	2	26.6	8
400	Victoria Buck	66.3	2	60.9	Alison Thomson	74.9	2	64.7	8
1500	Amy Clements	4.50.4	1	4.50.4	Kate Williams	6.01.9	2	5.00.7	9
5000	Amy Clements	17.01.0	1	17.01.0	Kersha Dwyer	21.14.0	1	21.14.0	10
LJ	Sally Ash	3.96	2	4.27	Linda Eyre	2.20	3	4.22	7
HJ	Sally Ash	1.23	3	1.43	Ellie Brown	1.18	2	1.23	7
TJ	Sally Ash	8.82	2	9.46	Ellie Brown	6.37	1	6.37	9
Hammer	Sally Ash	20.28	4	33.68					2
Discus	Tracey Griffiths	19.01	4	29.63	Victoria Buck	18.88	1	18.88	7
Shot	Sally Ash	7.77	3	8.45	Tracey Griffiths	7.14	2	7.41	7
Javelin	Tracey Griffiths	19.46	3	24.79	Linda Eyre	8.60	5	20.42	4
4 x100m		56.7	2	54.4					4
4 x400m		5.00.1	2	4.31.1					4

(no Kent competitors in men's or women's PV, women's hurdles, hammer, 800m or steeplechase)

Match results:

1	Herne Hill Harriers	285
2	Holland Sports and Dorking & Mole Valley	221
3	Kent AC	216
4	Thanet AC	83
5	Medway Park Phoenix	26

Southern Athletics League, Division 3 SE, Round 5 - Gillingham - 20 August 2016									
Men's A String					Men's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Nathan Brown	11.0	1	11.0	Max Harbord	11.4	3	10.9	8
200	Nathan Brown	21.8	1	21.8	Luke Sargeant	22.3	1	22.3	10
400	Max Harbord	53.5	2	52.8	Darryl Coulter	70.9	4	54.8	6
800	Darryl Coulter	2.40.7	4	2.02.6					2
1500	Joe Hartley	4.29.8	3	4.25.2	Anthony Johnson	4.35.7	2	4.30.2	7
2000SC	Pete Lighting	7.32.6	3	6.52.6					3
5000	Anthony Johnson	15.38.0	3	15.29.9	Pete Lighting	16.32.7	2	13.39.5	7
110H	Kehinde Dauda	19.0	3	16.5					3
400H	Kehinde Dauda	69.9	3	58.3					3
LJ	Joe Appiah	6.11	2	6.33	Kehinde Dauda	5.36	3	5.52	7
HJ	Joe Appiah	1.65	3	1.75					3
TJ	Kehinde Dauda	10.22	4	13.39					2
Hammer	Courtney Green	20.29	3	35.01					3
Discus	Courtney Green	35.30	3	39.93	Joe Appiah	12.66	3	29.50	6
Shot	Courtney Green	11.88	2	12.6	Darryl Coulter	5.55	3	8.50	7
Javelin	Courtney Green	31.61	3	55.54					3
4 x100m		44.6	1	44.6					
Women's A String					Women's B string				
Event	Athlete	Time	Position	Winner	Athlete	Time	Position	Winner	Points
100	Kathy Sharpe	18.4	4	12.4	Victoria Buck	14.8	4	12.9	4
200	Victoria Buck	29.9	4	25.3	Isabel Bradley	30.5	4	26.1	4
400	Victoria Buck	66.3	3	63.6	Cath Stibbs	69.5	2	65.6	7
800	Isabel Bradley	2.29.9	3	2.24.7	Cath Stibbs	2.47.2	3	2.26.3	6
1500	Cath Stibbs	5.31.6	4	5.01.0	Alison Thomson	5.57.2	3	5.01.0	5
3000	Teresa Murphy	11.03.4	2	10.33.4	Alison Thomson	11.32.8	1	11.32.8	9
LJ	Kathy Sharpe	2.31	4	4.72	Cath Stibbs	2.27	3	4.37	5
HJ	Lydia Blackmore	1.35	3	1.55	Isabel Bradley	1.30	2	1.45	7
TJ	Isabel Bradley	9.05	1	9.05					5
Discus	Victoria Buck	20.35	2	26.05	Tracey Griffiths	19.17	2	19.88	8
Shot	Tracey Griffiths	7.76	2	9.84	Kathy Sharpe	4.49	4	7.94	6
Javelin	Tracey Griffiths	20.10	3	22.62	Kathy Sharpe	8.46	4	16.49	5
4 x100m		66.5	4	51.0					2
4 x400m		5.09.8	4	4.16.8					3

(no Kent competitors in men's or women's PV, women's hurdles, hammer or steeplechase)

Match result:

1	Medway & Maidstone AC	287
2	South London Harriers	257
3	Kent AC	167
4	Lewes and Haywards Heath	144
5	Medway Park Phoenix	4

**Kent AC 400m Championships,
Ladywell Arena, 9 June 2016****A race**

1 Ben Harding	51.8
2 Rawlston Morian	52.7
3 Shaun Mulligan	57.0
4 Neil Phillips	57.9
5 Anthony Johnson	62.0

B race

1 Adrian Dracup	63.8
2 Marcus Karia	64.4
3 Paul Crompton	64.8
4 Alan Curtis	65.9
5 Isabel Bradley	67.3
6 John Barron	70.6

**Kent AC 3000m Championships,
Ladywell Arena, 9 June 2016****A Race**

1 Anthony Johnson	9:00.7
2 Neil Phillips	9:04.9
3 Simon Coombes(HHH)	9:08.3
4 Sean Fitzpatrick (HHH)	9:13.7
5 Peter Lighting	9:21.7
6 Tim Lawrence	9:24.3
7 Robert Laing	9:27.8
8 Phil Sanders	9:27.9
9 Tom Muddiman	9:34.5
10 Joe Hartley	9:42.8
11 David Sparshott	9:45.5
12 Che Compton	9:48.7
13 Adam Paterson	9:51.9
14 Amy Clements	9:57.5

B Race

1 Adam Garcia	9:59.9
2 Barnaby Day	10:26.3
3 Liam Stogden	10:52.2
4 Alison Thomson	10:55.5
5 Teresa Murphy	11:06.4
6 Darryl Coulter	11:07.1
7 Sarah Hanley	11:08.8
8 Victoria Buck	11:23.8
9 Neil Gordon-Orr	11:36.6
10 Marcus Karia	11:41.0
11 Paul Crompton	11:48.0
12 Robert Tharle	11:55.0
13 Adrian Dracup	12:05.9
14 Alan Curtis	12:42.9
15 Eliza Grant	12:49.4

**Kent AC 800m Championships,
Ladywell Arena, 30 June 2016****Men's A Race**

1 Tim Lawrence	2:05.9
2 Calum Fraser	2:08.6
3 Noah Armitage-Hookes	2:13.9
4 David Sparshott	2:14.4
5 Robert Laing	2:17.5
6 Peter Lighting	2:18.2
7 John Cox	2:20.0
8 Julian Gevers	2:20.7

Men's B Race

1 Joseph Yee	2:14.6
2 Adam Garcia	2:17.8
3 Clare Elms	2:22.5
4 Paul Crompton	2:25.4
5 Adrian Dracup	2:26.3
6 Marcus Karia	2:27.4
7 Matthew Green	2:28.1
8 Craig Phillips	2:30.7
9 Alan Curtis	2:38.2
10 Neil Gordon-Orr	2:40.2

Women's Race

1 Isabel Bradley	2:26.1
2 Clare Elms (Dul.R.)	2:28.3
3 Victoria Buck	2:34.4
4 Sarah Hanley	2:37.5
5 Ali Farrall	2:48.8
6 Ellen Budd	3:06.1

**Kent AC 1500m Championships,
Ladywell Arena, 11 August 2016****A Race**

1 Ben Harding	3:52.2
2 Mike Cummings (HHH)	3:59.9
3 Ben Murphy (Tonb)	4:02.6
4 Neil Phillips	4:08.1
5 Chris Greenwood	4:13.6
6 James Bowler	4:14.2
7 Daniel Ansell	4:15.6
8 Adrian Lowther	4:17.1
9 Christopher McGurk	4:17.9
10 Robert Laing	4:30.1

B Race

1 Joe Hartley	4:31.9
2 Mark Lally (Beck. RC)	4:33.9
3 Matthew Moroney	4:36.9
4 Ruben Connell-Wilson	4:41.0

5 Ben Smith	4:41.6
6 John Cox	4:42.0
7 Adam Garcia	4:42.0
8 Julian Gevers	4:43.2
9 Clare Elms (Dulwich R)	4:45.2
10 Ian Ellwood	4:50.6
11 Len Reilly	4:54.7
12 Marcus Karia	5:00.1
13 Adrian Dracup	5:00.1
14 Isabel Bradley	5:05.9

C Race

1 Barnaby Day	4:52.7
2 Paul Crompton	4:56.4
3 Isaac Maxwell	4:57.7
4 Craig Phillips	5:07.5
5 Kim Hainsworth (Dul.)	5:10.6
6 Tim Sharp	5:11.5
7 Cath Stibbs	5:12.3
8 Steve Smythe (Dul.)	5:16.2
9 Alan Curtis	5:21.9
10 Neil Gordon-Orr	5:25.4
11 Lucy Elms (Dul)	5:28.3
12 Caroline Manning	5:35.3
13 John Barron	5:44.4
14 Andrea Barber	5:47.6
15 Eliza Grant	5:52.5
16 Zoe Gaffen	7:02.7

**Kent AC 5000m Championships,
Ladywell Arena, 15 September 2016****A Race**

1 Ben Toomer (Herc. W)	14:58.5
2 Rob Wilson (Highgate)	15:12.4
3 Mike Cummings (HHH)	15:16.4
4 Dave Morgan (Serp.)	15:16.7
5 Neil Phillips	15:18.7
6 Jonathan Laybourn (High)	15:27.1
7 Elliot Hind (L.Buzzard)	15:30.4
8 Peter Hawkings (High.)	15:31.0
9 Chris Greenwood	15:37.1
10 James Bowler	15:38.7
11 George King (Winch)	15:40.1
12 Richard Phillips (Serp.)	15:41.7
13 Lawrence Avery	15:43.7
14 Gareth Anderson	15:45.0
15 Robert Tuer (Herc. W)	15:46.0
16 Martin O'Connell (Serp.)	15:48.2
17 Xavier Gruot (Serp.)	15:48.4
18 Louise Small (AFD)	15:56.0
19 Noah Armitage-Hooke	15:58.4
20 Robert Laing	16:18.6
21 Sean Fitzpatrick (HHH)	16:23.1
22 Calum Fraser	16:38.9
23 Tom Muddiman	17:07.0

B Race

1 Ben Goddard (Hillingdon)	16:13.5
2 Alex Hobley (HHH)	16:22.7
3 Daniel Stauber	16:30.8
4 Chris Minns	16:34.5
5 Joe Hartley	16:40.6
6 Richard Purdy (Serp.)	16:41.0
7 Sophie Cowper (Lincoln W.)	16:47.4
8 Christopher Ho (S Factor)	16:55.5
9 Matthew Moroney	16:56.6
11 Amy Clements	17:06.7
12 Ian Ellwood	17:10.1
13 Nicholas Ostrowski	17:11.4
14 Simon Messenger (HHH)	17:15.0
15 John Cox (Dul. R)	17:18.4
16 Tony Tuohy (Dul. R)	17:25.5
17 Barnaby Day	17:32.3
18 Julian Gevers	17:38.0
19 Clare Elms (Dul. R)	17:51.7
20 Luke Armitage	17:54.4

C Race

1 Stephen Starvis (Striders Croydon)	17:36.2
2 Andrew Moreton	17:39.7
3 Richard Elliot	17:47.2
4 Tom Webb	18:08.1
5 Ella Newton (HHH)	18:17.2
6 Martin Bright (Highgate)	18:42.3
8 Paul Crompton	18:56.1
9 Darryl Coulter	19:05.2
10 Steve Smythe (Dul. R)	19:11.3
11 Adrian Dracup	19:12.5
12 Tim Sharp	19:18.0
13 Dee O'Brien	19:50.3
14 Conrad Scholk	19:58.7

D Race

1 Luke Abrahams	19:44.4
2 Neil Gordon-Orr	19:44.8
3 Alan Curtis	19:55.0
4 Guy Barnett	20:41.3
5 Theo Gaymes	20:46.5
6 Daniel Bowers	20:50.4
7 John Barron	20:51.4
8 Ross Goulden	21:06.3
9 Beth Shakespeare	21:09.2
10 Sheryl Clark	21:14.4
11 Ian Wood	21:20.1
12 Andrea Barber	21:23.1
13 Sarah Young	21:40.7
14 Ian Mizen	23:17.7
15 Claire Martin	23:28.3
16 Adrian Young	24:34.8
17 Abby Clyndes	24:54.8

London City Mile, 19 June 2016

88 Oliver Bright	4.58
102 Robert Laing	5:01
205 Liam Stogden	5:25
219 Paul Crompton	5:27
240 Adrian Dracup	5:32
268 David Devlin	5:36
321 Neil Gordon-Orr	5:42
521 Laura McCrave	6:09
648 Andrea Barber	6:29
671 Eric Glover	6:31
758 Hugh Manning	6:43
762 Caroline Manning	6:43
1278 Jacqueline Francis	7:51
1723 Philippa Smith	9:00
2085 Esther Hunt	10:07
2109 Louise Gibbons	10:12

Assembly League Race One, Beckenham, 7 April 2016

1 Simon Wurr (Stock Exch)	15:21
3 Mark Hall	15:27
4 Adrian Lowther	15:28
6 Pete Lighting	15:39
10 Rob Laing	15:45
11 Tom Muddiman	15:46
16 Phil Sanders	16:00
22 Andy Rayner	16:09
30 Callum Fraser	16:26
1W/40 Amy Clements	16:46
42 Adam Paterson	16:47
44 Michael Longley	16:49
46 Stuart Beaney	16:52
48 Gareth Anderson	16:59
51 Dave Sparshott	17:02
52 John Cox	17:02
60 Joe Hartley	17:10
64 Adam Garcia	17:13
65 Matt Moroney	17:16
70 Oliver Bright	17:25
71 Ruben Wilson-Connell	17:25
77 Jonathan Ratcliffe	17:37
79 Len Reilly	17:40
80 Richard Elliott	17:50
83 Matt Green	17:58
4W/89 Teresa Murphy	18:10
5W/91 Alison Thomson	18:13
98 Marcus Karia	18:22
100 Liam Stodden	18:29
7W/102 Lydia Blackmore	18:32
11W/115 Cath Stibbs	19:05
120 Paul Crompton	19:10
122 Daniel Bowers	19:16
129 Adrian Dracup	19:24
15W/130 Ali Farrall	19:25

136 Conrad Schmolck	19:35
151 John Barron	19:58
165 Rob Tharle	20:22
25W/166 Kate Williams	20:23
29W/175 Natasha McKenna	20:35
185 Alan Curtis	20:53
195 Andrew Gardiner	21:40
196 Ted Aston	21:43
215 Ian Wood	22:47
43W/217 Ronnie Haydon	22:58
220 Jim Wai	23:11
48W/226 Kirtsy Baxter	23:51
56W/237 Stephanie Gordon	25:08
243 Ted Hadlow	25:41
63W/248 Annabelle Hadlow	27:16
66W/252 Sylvia Ferreira	27:43
257 Spencer Lane	31:06

Assembly League Race Two, Victoria Park, 7 May 2016

1 Adam Kirk-Smith (Eton M)	17:47
9 Neil Phillips	18:15
26 Rob Laing	19:01
28 Oisin Brennan	19:03
33 Pete Lighting	19:11
34 Rowan Crichton	19:13
54 Joe Hartley	19:55
61 Richard Elliott	20:05
63 Adam Garcia	20:07
64 Jonathan Ratcliffe	20:11
66 Edward Hezlett	20:21
89 Marcus Karia	21:14
5W/94 Alison Thomson	21:26
6W/95 Isabel Bradley	21:28
8W/108 Teresa Murphy	21:52
110 Ron Taylor	21:55
112 Adrian Dracup	21:58
10W/119 Lydia Blackmore	22:11
125 Isaac Maxwell	22:26
126 Paul Crompton	22:28
13W/130 Sarah Hanley	22:36
137 Dan Hollis	22:43
15W/139 Victoria Buck	22:46
141 Liam Stogden	22:51
147 Neil Gordon-Orr	23:05
149 Bernie Hutchinson	23:05
157 Alan Curtis	23:27
159 Rob Harle	23:31
20W/161 Natasha McKenna	23:37
167 John Barron	23:47
24 W/172 Beth Shakespeare	24:03
183 Ted Aston	24:18
196 Ian Wood	24:43
43W/219 Ronnie Hayden	25:35
65W/257 Nicola Cartlidge	27:35
66W/260 Sarah Llanwarne	28:11
263 Ed Hadlow	28:30

268	Hugh Manning		28:57	Assembly League Race Four, Greenwich Dome, 7 July 2016	Assembly League Race Five, Victoria Park, 4 August 2016				
79W/280	Zoe Gaffen		31:16						
Assembly League Race Three, Battersea Park, 2 June 2016				1	John Gilbert	15:25	1	Paul Martelletti (VPH)	16:49
				10	Rob Laing	15:54	2	James Bowler	17:52
				11	Jonathan Tipper	15:54	5	Chris Greenwood	18:00
1	Nick Torry (Serpentine)		14:43	12	Daniel Ansell	15:58	13	Adrian Lowther	18:22
7	Neil	Phillips	15:50	14	Phil Sanders	16:01	15	Rowan Crichton	18:23
13	Phil	Sanders	16:04	19	Rowan Crichton	16:14	16	Rob Laing	18:25
17	Ben	Hope	16:13	26	Che Compton	16:23	18	Ben Hope	18:33
19	Pete	Lighting	16:22	28	Callum Fraser	16:24	21	Pete Lighting	18:40
25	Rob	Laing	16:26	32	Adam Paterson	16:39	24	Gareth Anderson	18:45
27	Adrian	Lowther	16:30	34	Joe Hartley	16:40	25	Phil Sanders	18:45
28	Niall	Robinson	16:31	38	Matt Moroney	16:50	31	Joe Hartley	19:03
36	Rowan	Crichton	16:42	1W/42	Amy Clements	16:55	35	Che Compton	19:16
1W/41	Amy	Clements	16:53	47/46M	John Cox	17:00	36	Calum Fraser	19:17
43	Che	Compton	16:56	53/52M	Luke Armitage	17:12	42	Matt Moroney	19:33
44	Adam	Paterson	16:56	55/54M	Jonathan Ratcliffe	17:17	48	Ron Taylor	19:44
46	David	Sparshott	16:57	61/60M	Reuben Connell-Wilson	17:34	53	Jonathan Ratcliffe	19:55
58	Joe	Hartley	17:11	64/63M	Matthew Green	17:38	76	Asif Merali	20:58
59	Matt	Moroney	17:13	68/66M	Oliver Bright	17:49	77	Richard Elliott	20:59
64	Oliver	Bright	17:17	4W/80	Teresa Murphy	18:10	3W/86	Teresa Murphy	21:09
69	Reuben	Connell-Wilson	17:23	95/89M	Isaac Maxwell	18:43	93	Marcus Karia	21:25
75	John	Cox	17:28	7W/96	Alison Thomson	18:45	4W/100	Alison Thomson	21:41
81	Jonathan	Ratcliffe	17:44	8W/100	Sarah Hanley	18:50	7W/106	Isabel Bradley	21:57
83	Richard	Elliott	17:48	102/94M	Adrian Dracup	18:53	114	Paul Crompton	22:19
94	Matthew	Green	18:07	12W/110	Ali Farrall	19:04	10W/119	Dee O'Brien	22:29
108	Terry	Stephens	18:31	112	Paul Crompton	19:10	12W/125	Victoria Buck	22:45
5W/114	Alison	Thomson	18:39	13W/114	Dee O'Brien	19:16	128	Craig Phillips	22:54
7W/117	Teresa	Murphy	18:50	117	Conrad Schmolck	19:21	132	Neil Gordon-Orr	22:56
121	Liam	Stogden	18:57	122	C Phillips	19:29	14W/139	Caroline Manning	23:06
122	Isaac	Maxwell	18:58	126	Liam Stogden	19:33	149	Bernie Hutchinson	23:25
130	Marcus	Karia	19:08	15W/130	Victoria Buck	19:37	156	Alan Curtis	23:41
11W/136	Isabel	Bradley	19:16	134	Bernie Hutchinson	19:47	165	JohnBarron	23:59
138	Joe	Robertson	19:18	140	Neil Gordon-Orr	19:57	22W/168	Andrea Barber	24:02
13W/148	Sarah	Hanley	19:30	152	John Barron	20:10	174	Rob Tharle	24:11
151	Paul	Crompton	19:32	160	Ian Wood	20:25	24W/175	Sheryl Clark	24:13
17W/163	Victoria	Buck	19:47	20W/162	Caroline Manning	20:27	42W/206	Eliza Grant	25:42
21W/176	Ali	Farrall	20:02	23W/166	Kersha Dwyer	20:34	238	Ed Hadlow	28:43
22W/178	Jane	Higgs	20:06	24W/168	Laura McCrave	20:38	59W/239	Abby Clyndes	29:00
179	Daniel	Bowers	20:07	25W/169	Andrea Barber	20:41	70W/252	Zoe Gaffen	30:28
188	Bernie	Hutchinson	20:31	26W/174	Beth Shakespeare	20:55	79W/266	Annabelle Hadlow	33:33
205	John	Barron	20:56	200	Robert Tharle	21:42			
208	Ian	Wood	20:59	201	J Wai	21:43	Assembly League Race Six, Beckenham, 1 September 2016		
30W/212	Kersha	Dwyer	21:06	206	Ted Aston	21:54			
38W/227	Beth	Shakespeare	21:36	44W/210	Ronnie Hayden	22:00			
237	Alan	Curtis	21:49	47W/214	C Martin	22:11	1	Paul Martelletti (VPH)	15:19
45W/239	Laura	McCrave	21:51	242	Ted Hadlow	24:42	4	Neil Phillips	15:36
240	Eric	Glover	21:52	64W/243	Nicola Cartlidge	24:46	5	James Bowler	15:37
71W/288	Sarah	Llanwarne	23:00	65W/245	Abby Clyndes	24:56	6	Peter Lighting	15:38
73W/292	Adele	Prince	24:34	71W/254	Zoe Gaffen	26:42	10	Rob Laing	15:42
80W/300	Zoe	Gaffen	26:58	74W/259	Annabelle Hadlow	27:14	11	Gareth Anderson	15:42
							15	Andy Rayner	15:50
							24	Daniel Ansell	16:14
							25	Joe Hartley	16:15
							35	Callum Fraser	16:36
							37	Oliver Bright	16:40
							45	Matt Moroney	16:53

48	Barney Day	17:04	Men's 10,000m M35		200m A Race	
58	Jonathan Ratcliffe	17:23	1. Robert Laing	34.23	1. Nathan Brown	21.87
60	Asif Merali	17:25				
62	Richard Elliott	17:26			200m B Race	
63	Steve Starvis	17:26	Kent County Championships, Ashford, 14-15 May 2016		2. Max Harbord	23.40
65	Julian Gevers	17:31			10000m	
74	Jon Staines	17:55	100m		1. Matthew Sharp (Hercules)	32.46
79	Marcus Karia	18:05	7. Aaron Broderick	11.76	3. Jonathan Tipper	32.56
3W/82	Teresa Murphy	18:09			John O'Callaghan Memorial 5, Luton, 26 June 16	
97	Matt Green	18:39	100m U20 heat 3		1. Paul Pollock	24.09
7W/100	Alison Thomson	18:42	3. Max Harbord	11.28 PB		
104	Paul Crompton	18:47	100m U20 final			
105	Adrian Dracup	18:48	5. Max Harbord	11.20 PB	British Milers Club Grand Prix, Watford, 28 May 2016	
110	Craig Phillips	19:06	200m			
11W/113	Cath Stibbs	19:11	5. Aaron Broderick	24.22	1500 C	
118	Daryl Coulter	19:14			1. Emil Danielsson (Sweden)	3:46.84
12W/119	Isobel Bradley	19:17	200m U20 heat		8. Ben Harding	3:52:54
14W/122	Dee O'Brien	19:21	6. Max Harbord	23.40	5000m	
16W/126	Sarah Hanley	19:31	200m U20 final		1. Adam Hickey (Southend)	13:53.97
18W/135	Victoria Buck	19:41	6. Max Harbord	23.29	4. Owen Hind	14:06.23
137	Luke Abrams	19:47	400m Heat 1		5000m C	
19W/138	Ali Farrall	19:47	1. Jack Green 50.57		16. Neil Phillips	15:33.77
139	Alan Curtis	19:56	400m			
152	John Barron	20:17	1. Jack Green 46.97		BMC Gold Standard Races, Watford, 15 June 2016	
153	Neil Gordon-Orr	20:18	400m Hurdles			
156	Liam Stogden	20:24	1. Jack Green 50.12		1500m B	
166	Dave Devlin	20:38			1. Peter Glans (Denmark)	3:44.09
27W/174	Laura McCrave	20:52	Herne Hill Harriers Open, Tooting, 23 July 2016		13. Owen Hind	3:50.5
30W/181	Andrea Barber	20:57			5000m	
188	Adrian Frost	21:17	100m B		1. Adam Hickey (Southend)	13:53.97
37W/196	Sarah Young	21:40	1. Tshon Carnegie	11.40	2. Alex Yee	13:55.29
205	Jim Wai	22:10	4. Max Harbord	11.61	BMC Regional 5000m, Eltham, 22 June 2016	
216	Andrew Gardiner	22:37	200m B Race			
47W/218	Ronnie Haydon	22:41	2. Max Harbord	23.32	1. Paul Martelletti (VPH)	14:28.34
61W/244	Carol Grady	25:02	1500m		3. James Connor	15:03.80
248	Ted Hadlow	25:23	1. Ramone Martinez-Rodny (VPH)	4.08	16. Neil Phillips	16:30.46
69W/256	Zoe Gaffen	26:37	7. John Gilbert	4.22	BMC Grand Prix, Solihull, 9 July 2016	
75W/263	Annabelle Hadlow	29:17	3000m			
			1. John Gilbert	8.59	1500m C Race	
			Herne Hill Harriers Open, Tooting, 27 August 2016		1. John Cove (Cardiff)	3:50.81
			100m		11. Ben Harding	3:59.93
			1. Nathan Brown	10.86	BMC Grand Prix, Oxford, 23 July 2016	
			6. Max Harbord	11.59	800m C Race	
					1. Michael Salter (Leeds City)	1:51.60
					7. Ben Harding	1:52.96

Kent County Championships (3000 & 10000m), Dartford, 22 June 2016

Women's 3000m

1. Isabel Bradley 10.30.81

Women's 10,000m

1. Amy Clements 35.41.30

Men's 10,000m

1. Tewelde Menges (Medway & Maidstone) 32.42
 4. Jonathan Tipper 33.28
 6. Adam Garcia 36.58
 8. James Doladson 39.02

BMC Regional, Eltham, 17 August 2016**800m B race**

1. George Duggan (Tonbridge) 1.51.94
7. Ben Harding 1.53.42

Soar Mile, Battersea, 20 July 2016**Race 3**

1. Martin White (West 4) 5.22.45
7. Paul Crompton 5.37.62

Race 8

1. Christopher Olley (Tonb) 4.13.54
2. Ben Harding 4.17.34

Lee Valley Summer Series Open Series**25 May 2016****100m SX 1.7**

4. Aaron Broderick 11.55 SB

100m SX 2.7

4. Aaron Broderick 11.50 SB

100m SX 1.8

3. Max Harbord 11.44

100m SX 2.8

2. Max Harbord 11.46

100m SX 1.12

1. Josh Street 10.55 SB

100m SX 2.12

2. Josh Street 10.6

20 July 2016**100m SX 1.13**

7. Joe Appiah 11.95

100m SX 1.16

6. Max Harbord 11.51

100m SX 1.17

6. Luke Sargeant 11.48

17 August 2016**100m SX 1.12**

1. Max Harbord 11.58

100m SX 2.10

1. Max Harbord 11.48

Night of 10,000 PBs, Highgate, 21 May 2016**Race Three**

1. James Hoad (Beds & County) 30.46
4. Chris Greenwood 31.05
10. Anthony Johnson 31.29

Hercules Wimbledon 5000m Open, Wimbledon, 17 August 2016**A Race**

1. Peter Chambers (Highgate) 14.37.62
15. Chris Greenwood 15.20.83

B Race

1. Ben Toomer (Herc. W) 15.12.49
2. Neil Phillips 15.27.51
20. Pete Lighting 16.07.40

C Race

1. Patrick Chesser (Newham) 16.01.89
3. Rob Laing 16.13.49

Active Newham Open Series,**8 May 2016****100m Heat 3**

8. Emanuel Adeyami 11.28

100m Heat 8

4. Luke Sargeant 11.43

100m Heat 10

2. Aaron Broderick 11.62

100m Heat 12

7. Harvey Harbord 12.66

5 June 2016**200m SX2**

2. Jonathan Browne SB 21.45

200m SX 5

1. Luke Sargeant SB 22.23

200m SX 9

2. Aaron Broderick SB 23.43

Bewl 15, 2 July 2016

121. Adrian Dracup 2.01.12
154. Jennifer Smith 2.05.01
211. Kate Williams 2.11.06
278. Laura McCrave 2.17.10

330. Sarah Young 2.13.38

Canterbury Half Marathon, 29 August 2016

3. Robert Laing 1.18.56
55. Darryl Coulter 1.39.59

Caterham Rotary Half, 3 July 2016

1. Che Compton 1.19.41

BUCS Championships, Bedford, 2 May 2016**200m semi 2**

2. Josh Street 22.40

200m final

3. Josh Street 21.72

IAAF World Challenge, Kawasaki, 8 May 2016**400m**

6. Conrad Williams 46.78

Surrey County Championships,
Kingston, 14 May 2016

200m heat 1

1. Josh Street 22.06

200m final

1. Josh Street 21.76

Loughborough International, 22 May 2016**100m C**

4. Conrad Williams 10.7

200m A

7. Conrad Williams 21.20

3000m

1. Alex Yee 8.01.63

Miting Internacional d'Atletisme, Palafrugell, 28 May 2016**200m**

4. Josh Street 21.35

Copenhagen Athletics, 18 Jun 16**100m h3**

5. Conrad Williams 10.8

400m race 3

3. Conrad Williams 46.02

IAAF World Junior Championships, Poland, 23 July 2016**5000m**

9. Alex Yee 13.52.01

Inter-County Championships (inc England Athletics Senior Championships), Bedford, 30-31 Jul 16**400m Heat 1**

1. Conrad Williams 47.66

400m semi-final

1. Conrad Williams 46.68

400m Final

1. Conrad Williams 47.11

Newham Parallel Success & Open Event, 10 July 2016**200m Race One**

2. Josh Street 21.49

5. Conrad Williams 21.79

Manchester International, 17 August 2016**400m**

2. Conrad Williams 46.62

Great City Games, Manchester, 20 May 16**200m Hurdles**

3. Jack Green 23.29

Pravda - Televízia - Slovnaft, Šamorín (Slovakia), 4 Jun 16**400H**

1 Jack Green 49.39

AtletiCAGenève, Geneva, 11 Jun 16**400H**

1. Jack Green 49.05

200m 4

3. Conrad Williams 21.25

400m Race One

5. Conrad Williams 46.87

Memorial Josefa Odložila, Prague, 6 Jun 16**400H**

1. Jack Green 49.18

British Athletics Championships, Birmingham, 24-26 Jun 16**100m Heat 7**

4. Josh Street 10.62

100m Semi 2

6. Josh Street 10.7

400H Heat 2

1 Jack Green 50.55

400H final

2 Jack Green 49.49

400m Heat 3

3. Conrad Williams 47.61

400m S2

4. Conrad Williams 47.59

European Athletics Championships, Amsterdam, 6-10 July 16**400m Relay**

1. Team GB, Jack Green leg 45.64

Half Marathon

17. Paul Pollock 64.58

Olympic Games, Rio de Janeiro, August 2016**400H Heat 5 (15 Aug 16)**

2. Jack Green 48.96

400H Semi 1 (16 Aug)

8 Jack Green 49.54

Marathon (21 Aug)

32. Paul Pollock 2.16.24

Great North City Games, Gateshead Quay, 10 Sep 16**500m**

1 David Rudisha (Kenya) 57.69

5 Jack Green 59.30

Results shown for Kent AC athletes only, except for club champs guests or sometimes winners of races from other clubs for comparison.

Unfortunately it's impossible to include all events taken part in by Kent AC athletes in this newsletter - there are more than 300 people running, jumping and throwing things around! More statistics can be found in club's section at Power of 10:

<http://www.thepowerof10.info/clubs/club.aspx?clubid=732>

If you have an outstanding performance you would like to highlight for the next issue, please contact the editor.

Kent Athletic Club, Web: <http://www.kentac.org.uk>

twitter: @Kent__AC

facebook: <https://www.facebook.com/groups/KentAC/>

The newsletter is published twice yearly. This issue covers the 2016 Summer season (approximately May – September). The next issue will be out in May 2017 after the Spring Marathon/indoor track season. Please send any comments, reports, photos, articles or ideas to the editor, Neil Gordon-Orr (neilgordonorr@gmail.com)