

Kent AC Winter Newsletter 2014/15

Surrey Cross Country League - Division 1

Written by Andy Gardiner

First match @ Fathing Down, 11th Oct 2014

After team members had been recipients of Captain Beaney's rousing call to arms earlier in the week, the Team duly delivered in this first fixture - winning in fairly convincing fashion. It was South London Harriers' turn to host this fixture on their scenic, but testing course at Farthing Down, Coulsdon. We had a tremendous turn out of nearly 30 runners which must be close to a record for the club.

Back in action after being side lined with injury, John Gilbert led from the front. In typical style he was soon pushing the pace with his usual adversary, Belgrave's Paskar Owor, paying close attention. Slightly off the pace in the early stages was eventual winner, John Pepper, running for his second claim club Ranelagh Harriers.

Whilst he didn't manage to win the race, John Gilbert did brilliantly to take second considering it was achieved on a diet of steady running and cycling. We were to score heavily in the first 13 home, with Chris Greenwood coming home fourth and James Connor hard on his heels taking fifth. A good rivalry over the country looks set to develop as Owen Hind and Gareth Anderson came home almost together in 12 and 13 respectively. Our sixth scorer was the "real" Jim Savage managing to take in the race on a trip down to London. He's so consistent in the way he



starts off very steadily and then works his way through.

A little further down the field, a number of other good performances all helped the cause. Amongst some of the newer faces turning out it was great to see the legend that is Steve McGrory back in club colours. And on the handicap front, those who like a bet were thinking both Pete Lighting and Tom Muddiman might be worth a punt with the performances they put up on the day.

In previous years we have had some stellar names turn out for us 2nd claim. Today we might not have had a big name but we had a very useful contribution from Neil Philips, who now trains at Ladywell. Neil was our 7th scorer of the day.

Post-race most of the Team adjourned to the very convivial setting of South London's own bar on the first floor of their clubhouse. Further refreshment was also taken by some of the more thirsty runners at a Pub in Coulsdon and then closer to home.

Second match @ Lloyd Park, Croydon, 8th Nov 2014

The second fixture of the 2014/15 Surrey League saw us returning to Lloyd Park, Croydon, a venue we visited on our ascent through the leagues as well as a previous South of the Thames fixture. Following on from our convincing win at Coulsdon, we again managed to get out a quality team. And at this second fixture we were able to demonstrate the depth of the squad available.

There was no James Connor at this fixture, but instead we had Paul Pollock returning to club colours. As well as Paul, it was quality at the front end of the field that meant we would come away with an even more convincing win than in the first fixture.

Today we came away with a victory margin of 123 points. However, the contribution of some of our other finishers should not be underestimated. There was a string of other fine performances – most notably Tim Lawrence's fine 38th finish. He seemed



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Surrey Cross Country League - Division 1 (continued)

particularly strong on the second lap and it augurs well for the upcoming races for Tim and the team.

The race at the sharp end produced another fine battle for supremacy. As is often the case in the Surrey League, one of the main protagonists was Belgrave's Paskar Owor. Paskar was apparently suffering from a cold at the first fixture, but he was bang on form at Lloyd Park. It is invariably John Gilbert who Paskar is battling with, but today although John was in the mix, the latter stages of the race became a contest between Paskar and Paul. Although Paul has reportedly only recently been back in training, it shouldn't detract from Paskar's fine run. It was an absorbing contest and there were only a few seconds between them at the end. As usual John Gilbert was a top finisher, just missing out on third with the winner of the first fixture, John Pepper overhauling John towards the end of the second lap. Typically, although a gap had developed, John doggedly pursued things to the end and again was only a few seconds down at the finish. Our next finisher was Chris Greenwood (6th) in a fetching pair of red shorts as well as a pair of gloves (and no, they weren't matching). With Chris running so well, I guess we can forgive him his little fashion eccentricities.

Missing from the first fixture, but again running very solidly was Ben Harding who was our next finisher in 11th. Not far behind was Owen Hind in 13th, closely followed by Sam Coombes turning out for us again. Sam is always good value. He's irrepressible

at the start of races and is almost always, like today, up with the leaders at the start of a race. Although he faded a bit, he came back well, and was just behind Owen (14th). A performance that should be mentioned is that of Pete Lighting our tenth man home. Pete was 52nd but until the closing stage was considerably higher. Whilst he lost a few places it was still an impressive run and showed his regular racing of late is paying dividends.

On the day we had 28 runners out, representing a wide cross section of the club – from top liners to B group stalwarts and a sprinkling of old timers.

Third match @ Streatham Common, 10th Jan 2015

The pre-race emails indicated that Captain Beaney was a worried man. Anxieties about a third fixture wobble were clearly leading to frayed nerves and sleepless nights. However, it turned out that his worries were ill founded as the team performed heroically, securing another convincing win and one that leaves us on course to retain the league title.

The win was accomplished by team members turning out in force and responding to the skipper's clarion call, as well as runners performing above expectations and a truly courageous run from that man John Gilbert.

In the fixture that we co-hosted with Herne Hill, the course was another tester. The boggy common provided a long drag of a hill while the woodland section of the course gave a different challenge to runners. When fit, it is invariably John

Gilbert who provides a stern challenge to the Surrey running legend that is Paskar Owor. But today, unwell and nursing an injury, John was never going to be in a position to challenge. As mentioned, his was a truly courageous run, managing to finish when lesser mortals would have called it a day. However, we did have a runner who gave the Belgrave legend a race, and that was none other than the headline grabbing Vet, Chris Greenwood.

As those who have been following events will be aware, Chris' has been having a fantastic season. You can almost run out of superlatives to describe his season so far (steady on I hear you say - his head will be swelling). Seriously, though, he's really been in a rich vein of form and to be able to match Paskar for so much of the race was further evidence of what an accomplished runner Chris has become. So a very fine second place for Chris in the race.

Behind him, Owen Hind who has been running so consistently this season gained his highest Surrey League placing coming home in seventh spot. There were so many good runs behind Owen; it's difficult to pick out just a few when the whole team ran so solidly. However, Tim Lawrence's improvement can't go by without another mention. This was Tim's highest placing in a Surrey league (17th) but he was just edged out by Neil Phillips (16th), proving what a good acquisition he's going to be. As skipper Beaney suggested in his post-race email, Michael Longley's run (31st) again demonstrated his

mastery of the hills and was a candidate for the run of the day.

As referenced in the email there were runs of note from Pete Lighting (42nd) the steadily improving Glyn Parry (45th), closely followed by Jack Wilson (48th) who looks as though he might be coming into form at just the right time. A little further back was Calum Fraser (55th), who's been having a very solid season this winter. And whilst just out of the scoring team, it was good to see that Paul Griffiths had answered the captain's call and managed to make one of his sparing winter appearances.

In the B group bragging rights, Luke Armitage put his below-par Kent County run behind him. Perhaps burdened by his fatherly responsibilities last week (chaperoning his boys), Luke was disappointed with his run at the County. On Saturday, though, he got one over on many of his B group rivals. And what I hear you say of our skipper, the esteemed Mr Beaney, on the comeback trail after a long period out. Now equipped with orthotics and resplendent with what I have to concede is a very impressive beard, he was somewhat despondent after his run. In fact on route back he was something of a tortured soul, ruminating about his weight and other training related imponderables. But of course, it wouldn't be Stuart if there wasn't something to worry about. Keep the faith Stuart. I am sure it won't be long before you're back in the scoring teams – especially if you keep up the no beer regime!

So after all the agonising it



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proved to be another fairly comfortable victory. It's put us in an extremely strong position to secure the title for the third time in a row.

Junior Men

Prior to the senior race Alex Yee showed what a class act he is- yet again running away from the field right at the start, and winning by a considerable margin. As many of you know, Alex is an international GB triathlete and in the morning before the race he'd apparently done 100k on his bike - yes, that's right 100k! I wasn't sure if I'd heard correctly but on seeking clarification I was told it was indeed that far. We know he's talented but he obviously really works at it as well. We also had two other representatives in the race where the age groups are run together – they were Oisín Brennan in the U17's and Oliver Bright in the U13 both of whom performed well on the short but challenging course.

Final match @ Richmond Park, 7th Feb 2015

Whilst we missed out on winning all four fixtures, we nevertheless safely secured a third consecutive league title at Richmond Park. Our

ambitions of making four wins in a row were thwarted by a very strong Thames side. On the day, their superior packing got the better of us. We had our usual top ten finishers, but Thames, as they have done in previous seasons, had a procession of runners from 10 to 34 that did for us. But perhaps we shouldn't be too greedy. Missing out on the final fixture shouldn't detract from what has been another marvellous campaign.

As a result of injuries, we haven't perhaps seen John Gilbert at his best this season. However, today he looked as though he made Paskar Owor work for his victory. Before Paskar got away on a downhill stretch, John seemed to be making a real contest of it. Incredibly it seems the winning margin of last year's fixture at Richmond was replicated exactly at this year's fixture - 17 seconds. Again showing his ability to "manage" a race, Chris Greenwood was home in third. We then had Ben Harding just getting the better of Neil Phillips in eighth and ninth places respectively. Ben's eighth place was impressive given that he's had a period out injured.

As mentioned previously,

Neil is really showing his worth to the club. On the first lap he was even better placed, but a top ten finish in a Surrey league is quality running.

Making a welcome return to racing, our next finisher was James Connor in 23rd. Not far behind in 26th was Tim Lawrence, thankfully untroubled by the digestive problems that had "hampered" his Southern race. Having another impressive run was Michael Longley (or Nick as listed in the results.) I think it rather suits him – you never know it could catch on.

Completing our scoring ten were Pete Lighting again running solidly, Phil Sanders returning to form and Tim Alexander, classy 800 metre runner turned marathon man.

There were a number of good performances further down the field from our runners. Yet again there was a really good cross section of the club making a contribution to the team's success. All the Tuesday night training groups were represented. On this, the final fixture, it would seem only right that everyone gets a mention, so after our tenth scorer, the roll of honour reads: 62nd David Longley, 64th Glyn Parry, 66th Jack Wilson (Scottish ancestry in the results - Jock!), 80th

Richard Matie, 81st Stuart Beaney, 103rd Tom Webb, 105th Arif Merali, 113th Andrew Scutts, 115th Nick Roberts, 133th Daniel Rees, 144th Bernie Hutchinson, 151st Nick Park, 156th Ted Aston, 158th Neil Gordon Orr, 172nd Spencer Lane.

Unsurprisingly, celebrations of our hat trick of wins took place at The White Cross, scene of the previous year's post-race victory party. Three wins in a row would seem to be quite some achievement which it certainly is for our club. Especially so after joining the league and quite properly going through the divisions before we could join them at the top table. However, it seems in the history of the Surrey League there have been much longer winning streaks. So the pressure is on for next season already - it would appear we've got some way to go before we can be amongst the history makers.

Match 4 Result:

Thames Hare & Hounds: 208
Kent AC: 250
South London Harriers: 326

Final Division 1 Result:

Kent AC: 934
Thames: 1163
South London Harriers: 1388

Kent County Veterans Cross Country Championships, Sparrows Den, 6th Dec 2014

Written by Andy Gardiner

It was another terrific weekend for the club with a tremendous medal haul for our Vets – both men and women. In addition, Amy Clements managed a superb 4th place (1st in our division) in the hugely competitive Surrey Women's League.

The Kent County Vets were hosted this year by

Blackheath Harriers using a course at Sparrows Den that many of us know well. The very cold early morning temperatures gave way to bright sunshine that made for great running conditions. First up were the over 50s and the make-up of the team gave us high expectations of success. Before the event there was

some hope that we might be capable of winning team gold here. However, a look at the start line led to something of a reappraisal - for not only did Tonbridge have Graeme Saker (who'd won the event on the past three occasions) but also running was Ben Reynolds who last week had won the 50s section at the Home Inter-

national whilst he's also recorded a number of Vet 50 records in recent months.

Perhaps predictably then Tonbridge took the team gold with Ben Reynolds dominating from the start and having well over a minute on his club colleague, Saker, at the end. But whilst Tonbridge were very convincing winners, our



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[continued from page 3] 50s team were very convincing second placers. In fact in previous years I wouldn't be surprised if their finishing positions would have secured victory.

Luke Armitage was a fine 4th and was well backed by Len Reilly in 7th and then David Childs in 11th spot. Also running to form was Bernie Hutchinson (27th) who had a battle with a number of Cambridge Harriers – several of whom he was competing against over 25 years ago in the Kent league.

Luke, who is making his mark in Vet 50s, ran his usual dogged and determined race. He had the company of a Blackheath Harrier for a large chunk of the race but managed to shake him off and come home an unchallenged 4th.

Len Reilly who reported he was some way from full fitness proved what a canny racer he is in these events. Also not up to full fitness but running a solid race and showing good pace judgement was David Childs. A few years ago when David was in great shape he'd been second in this race. With the interruptions he's had that wasn't go-

ing to be repeated and in the circumstances of his comeback, 11th was a very decent placing.

After the male 50s, next up was the women running in a combined race that meant the Vet 35 – 45s were running with the over 45 women and over 60s men. With the women's sections running together, supporters trying to tot up the scoring knew the team were doing well but were a little uncertain of the colour of the medal our 35-45 women's team were going to come away with.

In the event, with the actual race winner, multi record-holder Clare Elms, running in the older age category, our women's team came away with the gold medal.

So after securing silver medals at the South of the Thames, minus Amy for this event, there were more medals, but this time gold. Cath Stibbs was a fine 2nd and she was very well backed by Victoria Buck in 6th and Theresa Murphy in 7th. Although not in the scoring team, Ali Farrell and Jannet Ricketts ran well for the team in 19th and 39th places. In the over 45s, we didn't close a team but there were strong

runs by both Kate Williams in 8th and Ronnie Haydon in 26th.

Last year Julian Spencer Wood had won the over 60s and he has been in good form of late. Julian managed 5th today in a strong field of shall we say the more mature gentlemen. Never one to make excuses, Julian had been suffering from a virus and I'm sure it may have had an impact on his race.

Finally it was the turn of the Vet 40 men. Here again, this is a race in which we have had considerable success in recent years. And today we showed our strength in depth, winning the event comfortably without Stuart Beaney and Phil Sanders who earlier in the year had been part of our gold winning Southern Vets Road relay team.

Just as Ben Reynolds had been dominant in the 50s race, Chris Greenwood proved equally so in the last race of the day. He eased to the front and his controlled, seemingly relaxed, running saw him come away with a winning margin of approaching a minute and a half.

Behind Chris our team packed really well coming in

7th, 8th and 9th. Paul Griffiths was 7th, not quite the performance of last year when he was 2nd, but it was still a good run on a course that probably didn't suit him. Next up was Steve McGrory who put in his usual shift. Perhaps the revelation of the day, though, was relative newcomer to the club Che Compton who regularly wins the Crystal Palace Park run. His 9th place, in very good company, was a fine run and I think will have club colleagues looking over their shoulders in future races. We also witnessed good runs from Julian Gevers (14th), John Cox (30th) and Mick Barlow (38th).

Although there was a big contingent of our women at the Vets race, we still managed to put out a team in the Surrey Women's League. Amy Clements had another great run, coming 1st in our division and 4th in the race overall. The standard in this league is very high and this surely boded well for when she took on some of the best in Kent at the County Championships in January.

South of Thames Senior Championships, Farthing Downs, 20th Dec 2014

Written by Andy Gardiner

For this traditional fixture, it was a return for the men to the venue of the first Surrey league, Farthing Downs. However, for this race there was the added pleasure - some might say pain - of some extra mileage. Unlike the Surrey League course, this race saw the runners having to complete three laps. Also, the race now sees men and women running together. As Ken had reported in his pre-race email, this is a race the men have

come second in on no less than eight occasions. Beforehand, although the Team may not have been up to Surrey League strength, there were hopes we might get the win that had for so long eluded us.

Unfortunately on this score our hopes were dashed on the start line. John Gilbert had been experiencing hamstring problems but was thinking of "giving it a go". However, a brief warm up told John to take the sensible option and

not to do further damage. Not surprisingly, John's absence made a huge difference to our scoring – especially as some of our rivals had strong squads out.

Nevertheless we still came quite close to getting in the team medal frame, coming home fourth team. This in part was due to that man Greenwood. You just can't keep him out of the headlines.

Readers will be aware that he's been on fire in recent

weeks, winning three championship races for Vets. Here he was second in the race which is some achievement for an over 40. And unlike his success in the Vet races where he led from gun to tape, here he ran a clever tactical race against two younger rivals from Tonbridge. Sensibly Chris didn't try and go with the early pace set by an in form Dean Lacy (impressive winner of the race) and bided his time until he was able to



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make a move on the two Tonbridge runners and create a gap on the last lap that they couldn't bridge.

Behind Chris in our scoring team were the consistent rivals, Owen Hind and Gareth Anderson coming home in 13th and 16th respectively. Just ahead of Gareth was Neil Phillips who unfortunately couldn't score for us today as he is still serving the time required after joining us from Aldershot. Obviously it was a real shame Neil couldn't score as he would have made a real difference. However, I understand it won't be long before he is eligible and clearly he is going to be a valuable counter in races like this.

In the six to score, our other scorers were Tim Lawrence a very creditable 37th followed by Mark Hall in

39th and Callum Fraser closing in at 44th. Mark was definitely one of the stories of the day. Running-wise he's a real stylist. To observers he seemed to float over the ground effortlessly - even managing to smile as he went round. Rumour has it that he'd never run this far. On this showing we clearly need to see more of him - both for the style and for making it into scoring teams. Mention should also go to Callum who had an excellent run to bring the team home.

So we were fourth team in the six to score, but actually third in the 12 to score. Unfortunately not so many teams can muster a 12 to score and there are no medals to be had in this part of the competition. Chris' silver was clearly something to celebrate. He

also came away with the age group medal that is also awarded in the race.

Although our men couldn't quite get in the team medal frame, our women were able to claim bronze - just being squeezed out of the silver by Dulwich. Amy again led the way with another super run, winning a bronze medal for her efforts. The race was won by Belgrave's accomplished performer Mel Wilkins who had a storming last lap. Second was a young Tonbridge runner who had set a blistering pace on the first lap. Amy was closing her down towards the end, but just ran out of distance to carry on the chase.

Cath Stibbs followed Amy home again with another fine run. Cath was home in eighth spot. Next came Victoria Buck who wasn't alone

amongst Kent ladies in producing a fearsome finish. Spectators were treated with a number of Kent women finishing the race off with formidable sprint finishes. Not sure if this is down to Pete Boxshall's coaching or perhaps it's just something that happens when they put on the navy blue vest with the white horse crest on.

Following on from Victoria, our next three scorers were Kate Williams in 25th, Ali Farrall 39th and Ronnie Haydon 49th. Like Chris, Cath came away with the Vet 40 age group medal.

So despite the disappointment of losing John to injury, overall it has to be classed as another very successful day for the club.

Kent County Cross Country Championships, Hythe, 3rd Jan 2015

Written by Ken Pike

The 2015 Kent County Championship, held for the second year running at Brockhill Country Park, Hythe, turned out to be a real triumph for the club. Although we have had success in these championships in the past - there has been nothing on this scale.

We secured victory in the senior men's six and twelve to score as well as both the three and six to score in the women's competition. Furthermore we also had individual gold medallists in the shape of Alex Yee in the U17 men's race and Amy Clements claiming the women's title.

All in all it was an eventful day, with courses for the senior races being altered after a young athlete had been injured on one of the steep descents on the originally designated course. Understandably this led to a bit of a delay for

the seniors. It also led to a bit of confusion amongst supporters when it came to how many laps the seniors were actually doing.

Anyway, our first competitor of the day was Ruben Wilson-Connell in the Under 13 boys' race. Ruben set the tone for the day with a highly creditable tenth place in what is always a very competitive division. Then I think we need to mention Christopher Ho who competed in the Under 15 boys' race. Running in a Kent vest, the occasional trainer with Spencer's group at Ladywell came home in an impressive sixth place. With this taste of success, we hope we might see more of him at future events.

The next race for us saw Alex Yee running out a very convincing winner of the Under 17 men's race. In fact the race was combined with the

Under 20s and Alex beat all the under 20s - bar one. And the runner he couldn't get the better of, Abel Tesgay, of Invicta had won the Euro Cross trial for under 20s back in November. Alex ran a tremendous race and really made Tesgay work for his victory. Also running in the race was Oisín Brennan who finished a very respectable 13th on the stamina sapping course.

As mentioned, the senior men's race was delayed, but when it did get under way there was perhaps no surprise to see Cambridge's Dean Lacy at the head of proceedings. He's been in great form of late and went on to win the race with plenty to spare and so scuppering John Gilbert's hopes of another victory in the race. However, John's fine 2nd place shouldn't be underestimated. He had a far from perfect build up to the race

with hamstring problems causing disruption to his training. In typical John fashion he really battled to secure the second place. Mike Coleman, also a former holder of the county title and enjoying something of resurgence in form, really made it a hard run race. He pursued John relentlessly but couldn't get the better of him.

Completing our scoring six were Chris Greenwood in sixth, Gareth Anderson ninth, this time winning out in his battle with Owen Hind, 12th then Tim Lawrence 13th and David Morgan 23rd. Both Tim and David perhaps deserve special praise. Tim's undoubtedly been running well this season, but just outside the top ten in the County is a real step up. And David, a Serpy, but second claimer for



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[continued from page 5] us, really stepped up to the mark. Not noted for his love of cross - country he ran hard for our cause.

It really was a race in which every place gained was important - a fact brought home by our winning margin over Tonbridge in the six to score of just three points. That was tight but in the 12 to score it was even tighter with us heading Tonbridge again, but this time by a single point. It was a nice touch at the medal presentation for the Kent official to read out all of our 12 scorers. Fittingly perhaps on this special day our 12th scorer was Len Reilly. It would be surprising if there were many athletes running on the day who'd run in as many county championships as Len - certainly I wouldn't think there were any who had actually made the scoring team as consistently as Len has done. On the day Len was

only just outside the top 50, coming home in 52nd place.

I think I'd have to agree with the Kent official who also spoke of the women's race being probably the best of the day. It was a really tight, gripping battle with Amy Clements eventually coming out on top in what was a superb race to watch. It was a race of real drama. In the early stages Tonbridge's Lucy Reid set a fierce pace. Amy went with the pace, while the experienced Clare Elms was a bit further back, but making determined efforts to get on terms. The Tonbridge girl's early pace setting may have been her downfall, as eventually, with Amy pushing her hard she dropped back, and was to finish just outside the medals. The next part of the race was really absorbing as Amy kept trying to push on while Dulwich's, Clare Elms, was battling to get on terms. A couple of times Clare just about got on

Amy's shoulder only for Amy to respond and force another little gap. Eventually on an incline on the last lap Amy forced a gap and we saw Clare slow and her threat recede.

However, the added drama was that Gravesend's Melanie Frazier, who had started rather cautiously, had come storming through and was now looking a real threat to Amy being able to claim victory. There was a bit of gap between them on the long drag of a hill before the run in, but it appeared the Gravesend girl was gaining. Amy was still holding a very narrow lead on the last twisty bit of course before the finishing straight. With hearts in our mouths the Kent supporters roared her on to what was a famous victory. Although Frazier started to charge, Amy produced a spirited finish to win by two seconds and spark great celebrations amongst the Kent contingent.

The rest of the Kent women gave further cause for celebration with the way they performed. It did them huge credit that they managed to win the six and three to score with what could be considered a below strength team. Whilst not in the Len Reilly category of longevity, it was heartening to see long standing women members like Ellie Brown and Ronnie Haydon getting Kent County medals.

Later on, the evening after the race, it was great that so many who had competed could attend the club's annual presentation at Beckenham. Much of the silverware gained on the day could be displayed. Ken had done the maths - apparently we had come away with 30 medals. The club's certainly come a long way since a certain Mr Reilly started his county championship career. In those days the sort of medal haul achieved was something that dreams were made of.

SEEA Cross Country Championships, Stanmer Park, Brighton, 24th Jan 2015

Written by Ken Pike

A cold, crisp day, greeted our runners at the scenic setting of Stanmer Park, near Brighton. The nine mile men's course was another gruelling test of stamina and staying power, featuring long winding hills that seem to go on forever. It wasn't just runners toward the back of the field that were reduced to a walk on the last lap.

After his painful run at Streatham two weeks ago when he was hampered by injury, John Gilbert's been able to put in very few training miles. This, and the fact that he has had such a disrupted season, made his tenth place finish in the race pretty remarkable. Not far behind

him was Chris Greenwood with a tremendous top 20 finish, coming home in 15th. Another terrific performance in its own right, but also quite something to secure such a high placing as a Vet. The statisticians amongst you might correct me, but I doubt as though there have been that many Vet 40s finish so highly in the recent history of this race.

Although we were out in force again as a club, circumstances meant that we were missing some of our big scorers and we didn't have ambitions on the day to be challenging for top team positions. Nevertheless, 7th club overall was by no means a shabby

result whilst the retention of the Camden Cup (top 12 to score team in Kent County) was very satisfying.

With Owen having bowed out for the season (someone tell him about Steve Ovett and Parli Hill) and Gareth injured, there was a bit of a wait for our next scorer. It was Neil Phillips just outside the top hundred (101). Neil was a bit downhearted post -race as he had faded a bit over the closing couple of miles. But I think maybe he was being a bit hard of himself. If he gets it right he could be on for a really good showing at the Nationals.

Not far behind Neil in a highly creditable 113th was

Michael Longley. He seems to be showing that he's a man for the tough courses, so Parli Hill could be to Michael's liking. Our fifth scorer was Tim Lawrence who has been running so well recently. Supporters were wondering why Tim's position seemed to be fluctuating so much. All was later revealed. Unfortunately Tim experienced internal digestive problems, the kind made famous by Paula Radcliffe in the London Marathon. Similarly Tim had to make a couple of pit stops - something which meant his finish in 127th had to be seen as a very decent run. Obviously Tim will have been disappointed as he had realistic

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hopes of a high finish, but he did well to finish when others might not have persevered.

Closing the six to score and coming well within the top 150 was Pete Lighting in 141st. The rest of the team ran solidly and contributed well to our effort in keeping hold of the Camden Cup. It was good to see Richard Bidgood and Lawrence Avery back racing after being side lined with injury lay- offs.

The race was won by long-time friend of the club, and someone who has turned out for us on the track, Ben Tick-

ner. Running for Brighton Phoenix now, Ben had a tremendous tussle with Belgrave's Paskar Owor, again showing what an incredible range he has. It was a nail biting, frantic finish with the narrowest of margins between the first four runners. Bedford and County, who have a formidable record of success in this race, won the team Championship with Belgrave as runners up and Highgate in third.

A combination of injuries, and prior commitments to road racing, meant we had just

one representative in the women's race. So well done to Kathy Boxshall for flying the Kent AC flag and giving it a go on such a tough course.

When our party had assembled at the station we were all amused to see that Bentley the corgi (henceforth official club mascot) was resplendent in a Kent AC vest. At the time, little did we know that Bentley would play a part in post -race celebrations. He took on a role normally the preserve of club skipper Stuart Beaney – that is getting us excluded from a Pub. Well to

be more precise our first port of call was a pub that was not "dog friendly" and just as when Stuart receives his marching orders, being a loyal bunch, we moved to another pub where Bentley was more favourably received.

Teams:

Bedford & C 150;
2 Belgrave H 229;
3 Highgate 328;
4 Herne Hill 333 ...
7 Kent AC 507

National Cross Country Championships, Parliament Hill, 14th Feb 2015

Written by Ken Pike & Siobhan Burke

Men's Race

The highlight of the season was this year held at the spiritual home of cross country running and no less than 26 good and true men from Kent AC turned up to do battle with this testing course. The course was a pretty difficult one over the usual hilly, rugged terrain which had been made all the more difficult by rain in the week prior to the race – a true test.

Much to everyone's surprise John Gilbert, who has had all sorts of injury problems this year, was immediately noticeable in the lead group early on and as the race developed he held his own in the second group and despite the lack of miles in his legs he held on to a superb 14th place.

One of the real finds of the season, Chris Greenwood, also had a very good day – despite the miles in his legs from Marathon training, he worked his way steadily through the field to finish in 36th position, easily earning the distinction of being first Vet home.

New boy to Kent AC, Neil

Phillips, had a good National as he held onto a place in the top 100 for the majority of the race before losing 30secs in the last mile to come home in 131st. He was just edged out by an "unfit" Russell Bentley who had been juggling with the demands of running and doing up two houses in Wales in the preceding months but was nonetheless keen to represent us in this blue riband event.

Ben Harding performed pretty well despite an injury prior to the race and came home in 146th position despite the lack of miles, but the performance of the day was from Michael Longley who came home in 165th position. Easily surpassing the pundits' expectations, he showed what he can do once he gets a spell of unbroken training – watch this space for his performance next year.

We had 26 runners out on the day with many running their first ever 'National' and the club doing well by coming home in 8th place, despite a much depleted A team. Surely medals are the order of the

day if our top guys go for them!

Women's Race

The Kent AC women were also out in fine form for the National Cross Country Championships with ten ladies out to represent the club.

First over the line was Cath Stibbs, who finished in 118th place out of a field of 865. Not far behind her was Teresa Murphy, who finished just outside the top 250 in 251st place. Finally, Kate Williams and Sarah Young made up the four to score team, which ended up a respectable 35th in the table of 93 teams.

Other ladies who braved the mud for this event included our very own captain, Ellie Brown, plus Carol Grady, Ronnie Haydon-Jones (who can be seen modelling the Parliament Hill mud in the picture above), Jannet Ricketts, Annabelle Hadlow and Kathy Sharpe. Amy Clements was unable to race this time around, but given her amazing form throughout the cross country season this



year, she remains the one to watch for next year's National outing.

Results:

Cath Stibbs (118)
Teresa Murphy (251)
Kate Williams (319)
Sarah Young (358)
Ellie Brown (421)
Carol Grady (507)
Ronnie Haydon-Jones (537)
Jannet Ricketts (745)
Annabelle Hadlow (793)
Kathy Sharpe (814)

Cross Country

South of the Thames 5 Mile Team Race, Wimbledon, 22nd November 2014

Written by Ken Pike

Pride of place on this weekend must go to Kent AC's women's team, which secured a fine second place in the four to score race at the South of the Thames 5 Mile Team Race. It was a special occasion for, although we have had women running in this historic race in the past, this was the first time we have had a full eight to score team.

The race was hosted by Hercules Wimbledon on one of the more testing courses the common has to offer. The day brought unseasonably warm weather, with wet conditions underfoot on what is often a very dry course.

The women were led home by Amy Clements and Cath Stibbs "fresh" from their recent marathon exploits. Amy finished a fine 4th in the race while Cath came home in 12th.

Our leading two were ably backed by Victoria Buck (25th) and Dee O'Brien (27th). They were well sup-

ported by the rest of the team who made up the eight – the other runners on this great day for the club were Heather Taylor, Kate Williams, Ellie Brown and Ronnie Haydon-Jones.

The South of the Thames Junior is a race that has yielded a fair amount of success for the men in recent years. This weekend we had another extremely good turnout, but due to injury or other commitments one or two of our leading runners were missing. Consequently team medals were a bit beyond us this year when faced with some very strong opposition.

As usual Tonbridge, the winners, turned out in force for the race. Whilst we couldn't manage Team medals this year, typically John Gilbert didn't disappoint, coming home 2nd after a very close tussle with a familiar rival, Dean Lacy of Cambridge. Belgrave's Paskar Owor who is in such fine form at the mo-



ment was the victor, putting daylight between him and John on the second lap.

On the day, our scorers were sixth in both the four and eight to score. Also making the top ten was Owen Hind in 7th - a fine reward for his consistency. Along with John and Owen, our scoring four were made up of David Longley (36th) and Jack Wilson (38th). David showed his training is really starting to pay off and the signs seem to be that Jack is getting back some of the

form he displayed last year.

Whilst there may have been a number of key absences in the men's team, there was certainly a good representation of the club out on the day. Further down the field a good battle took place between two club stalwarts who have clocked up many miles and races for the club. In the battle of the oldies, Bernie Hutchinson got the better of his older rival, the venerable Super Vet, Julian Spencer Wood.

Latest from the AGM

Written by Phil Sanders

The Club AGM took place at a new venue this year, the Blythe Hill Tavern in Catford. In a largely smooth-running meeting aided by a choice range of ales, some key items on the agenda included:

- A draw for the club's two places in the London Marathon, which were awarded to Spenser Lane and Ted Aston, from a list of five hopefuls.

- A motion to increase the rate of female membership subscription in line with the

men's, which was passed unanimously.

- The annual subscription year has been changed to start in April, in line with EA membership period.

- A new non-committee post of Women's Representative was created. Amy Clements was proposed and seconded to the post.

Club 200

Written by Phil Sanders

The Kent AC Club 200 draw entered its third year. Based on the National Lottery numbers, the draw rewards one lucky participant each month with £200, and continues to raise vital funds to ensure the club's survival.

The past six months' winners were:

February: Andy Gardiner
March: Andy Moreton
April: Julian Spencer-Wood
May: Che Compton
June: David Child
July: Kate Williams

KENT AC GIRLS GROUP

Just a reminder that Kent AC offers a group for any young girls looking to get into athletics. Flyers are being sent to local schools to drum up interest, but if you know someone that would be interested in attending and joining the girls that are already showing great improvement, please email Ted Aston on ted@trineire.com. Next year, they hope to enter more races, guided by the qualified coaches at the club.

Road Running

National 6 Stage Road Relay, Sutton Park, Birmingham, 14th October 2014

Written by Ken Pike

Our annual visit to the spiritual home of British road running produced a great performance from the team as we finished in 11th place – our best ever position. This was made all the more pleasing as it was without three of our big hitters, Paul Pollock, John Gilbert and James Connor, all of whom were injured.

Russell Bentley got us off to a great start on the usual highly competitive Leg 1 as his gritty approach kept him in the mix all the way and he handed over to Alex Yee in 22nd position with a time of 18' 00". Alex was only there for the experience so that next

year we can really do some damage but he had been set up nicely and he stuck to orders with a mature approach as he held back for the first mile before picking off no less than 14 athletes running 17' 55" to hand us over in 10th place.

Next up was Ben Harding who had a bit of an off day possibly through the long drive down from N Wales, but he never gave up and battled all the way only dropping 5 positions in a crowded part of the race. This however was more than made up by another relative newcomer, Owen Hind, who produced a real breakthrough run which au-

gers well for next year as he demolished his expected time and ran 18' 00" to get us up to 12th place after 4 legs.

Another new boy, Gareth Anderson, despite having to handle the huge pressure of being the slowest guy on paper more than lived up to expectations as he ran a good time of 19' 01" as he only dropped a couple of places. Our super vet, Chris Greenwood, was on last leg because of his good finishing speed and the fact that he had just come off his 2 week break but despite 'feeling sluggish' he gained 4 more places to bring us home in our best ever posi-

tion of 11th.

This performance was all the more pleasing as virtually everyone performed above expectations on the day and seemed to thrive on the pressure of running in a top class event. There can now be no doubt that we are developing into one of the top teams in GB as our depth is increasing and we seem to have a squad now where virtually everyone seems to run well under pressure.

So what of 2015? Well, we were only 1 minute away from 5th place and 2' 10" from 3rd place – food for thought?

London Marathon, 26th April 2015 - Men's Report

Men's report by Andy Gardiner

Men's Report:

It's difficult to know where to start when there were just so many positives for the club on this, the 35th running of the London Marathon. The race, and the club's success, prompted a large number of talking points – from the amazing turnout of runners to some really high quality runs – and even a little romance, with a marriage proposal that was duly accepted (more of this particular highlight later).

In terms of numbers, incredibly, Kent AC actually had over 40 runners toeing the start line – by some distance a club record – and I'd be surprised if there was another club who came close to rivaling such a turnout. In what turned out to be favourable conditions, there were some sparkling performances.

At the sharp end John Gilbert yet again went sub 2.20

by some margin - 2:18:12.

This will come as no surprise to those familiar with his form, as John is just so consistent when it comes to marathons. Yet when you take into consideration the fact that his winter season had been disrupted by injury, and only weeks before he was running in pain due to a cracked rib, his time seems all the more remarkable.

With Chris Greenwood performing so well at the previous week's Manchester Marathon, there was some uncertainty about who might be our next man home. And it turned out to be a little unexpected. Despite perhaps having slipped slightly beneath the radar, not being seen training at Ladywell for some time, Tim Jones ran a very fine 2:35:14. As well as the quality of the run, it's worth noting that unlike some of our run-



ners, Tim looked untroubled throughout – indicating that there's perhaps more to come there.

Running the times they did, both Tim and Pete Lighting bagged themselves quite a bit of TV exposure. It can't have escaped people's notice that Paula Radcliffe was having one last hurrah, with the Queen of British distance run-

ning 2.36, and there was more than a glimpse of our guys in such exalted company.

Neil Phillips (2:35:59) came in just 26 seconds ahead of Pete Lighting, and he was followed in by Tim Lawrence with a more than useful 2:38:36. I described how Tim Jones looked composed throughout, but Rich Bidgood also fell comfortably into this



Road Running

[continued from page 9] category. He bided his time in the first half, then ran a very impressive negative split, coming home with a big PB of 2:43:29. David Longley and Stephen Thackeray followed with times well under 2.50 (2:46.30 and 2:47:36)

Our next man was Tim Alexander - who despite a crew of supporters sporting 'Team Beast' t-shirts (a reference I believe to his days as a feared 800 metre runner), it seems is quite the romantic. His time of 2:53:34 was respectable, if slower than he initially looked to be on for, and although he suffered in the later stages, any pain was quickly dissipated when long-term partner Linda accepted his marriage proposal. He actually did the deed at the 21 mile mark, as tradition has it - going down on one knee. Tim was armed with an expensive looking sparkler, and his gallantry clearly went down well with the ladies.

Terry Stephens, 2:54:05, seemingly enjoying the whole

experience, came not far behind Tim. A short distance behind was Che Compton recording 2:54:25. Next up was that sage of marathon running, none other than Len Reilly, who has acquired much wisdom from his many marathon appearances. In the light of the injury plagued run-up to the race, his 2:56:33 was testimony to Len's know-how and experience.

Quite what Len was doing when he bared his torso at the seven mile mark, though, I'm yet to discover. Spectators were treated to the sight of him running side by side with John Cox, his Kent vest in his hands. Was this a performance-boosting trick, or was Len auditioning for the new *Poldark* series? I'm yet to find out! John Cox was previously running alongside Len back at seven miles, and at the finish there was very little between them.

Not too far away from the coveted 3 hour mark was Daniel Rees with a 3:06:10 clocking. It's clearly got to be

within his sights if he goes for another one. Then special mention must go to Ted Aston. Ted does a lot of hard work for Adrian's training group, not least the organising of the popular social events. And clearly some hard work in the training department had paid dividends for Ted. He was another to make a substantial improvement on his previous best.

At the time of writing it's unclear as to whether our women might have secured a championship medal. But medal or not, I would say they distinguished themselves with fast times from Amy Clements, Cath Stibbs, Victoria Buck and a really courageous run by Teresa Murphy. Teresa had been unwell the night before the race, but was determined not to let the side down. Obviously in difficulty from some way out, she persevered and amazingly did a more than decent time.

It's not easy to do in marathons, but Amy and Cath performed to expectation – per-

haps even a bit beyond. Amy knocked minutes off her PB clocking 2:43:02, while Cath was only seconds down on her Chester Marathon winning time of last year. This was quite some achievement as Cath's preparations and training for London have been severely disrupted by injury worries. And while many runners achieved PBs, Victoria's was a massive one – I believe over ten minutes quicker than her previous best.

There were more PBs and individual success stories from the other runners who I hope will be listed at the end of this report. Each and every one of them did themselves and the club proud. It was great to round the day off with supporters and runners coming together to show what Kent AC also does well – celebrate in style. Although there were other teams represented, Kent AC were the majority club in the Chandos. It hasn't been confirmed, but I would think Sunday takings at the pub proved to be a record.

London Marathon, 26th April 2015 - Women's Report

Women's report by Ronnie Haydon-Jones

The atmosphere's always a bit feverish down at Ladywell track in the pre-marathon taper weeks. With no fewer than 47 Kent AC members taking part in this year's Virgin Money London Marathon, and about 17 us from Adrian's women's group, there was plenty of excitable chit chat as we each ticked off the last few sessions outlined in that sacred scroll: The Training Plan On The Fridge.

We're all secretly focused on personal bests, even if we're talking cheerfully about 'just getting round'. It's a bit like exam bluster: 'oh really, I've done NO revision...'

Although in my case it was 'oh lordy I haven't done a single 20 miler ...I think I have a shin splint/hip pain/calf strain...'

Few people dared articulate what their actual target time was, for fear of looking like abject failures by lunch-time on 26 April.

It seemed apposite to keep a respectful silence about bids for PB glory around our two sub-three-hour women, Amy Clements and Cath Stibbs. Of course they wanted to better their marathon times, but we didn't want to jinx them, or indeed irritate them, and they didn't want to jinx themselves,

so predicted times remained an elephant on the track, as it were.

As the taper weeks approached, the training chat gathered pace, both on the track and in the Twittersphere and via the Google group. Meanwhile, the Women's Team coach Adrian Musson answered queries and tailored training sessions accordingly. One of our many honorary women, Ted Aston, had shared his punishing training plan with us, and organised run-from-work and Thursday tempo sessions to keep us all in the zone. Thursdays also saw Amy Clements, Cath

Stibbs, Victoria Buck and Teresa Murphy rattling round the track under the critical eye of Pete Boxall. No one could accuse us of being underprepared.

Typically, for a Very British Marathon, the last few days before the Big Day were taken up with angsting over climatic conditions, which joined the injury/nutrition/sleep/travel/training anxieties jostling for headspace. Heavy rain was forecast, so Kent AC marathon hopefuls cast weather eyes over gathering clouds as they made their way to the Expo in time-honoured fashion to ostensibly pick up

Road Running

numbers, but also to gorge themselves on free Clif bar samples (or is that just me?) and gels. I also made full use of the opportunity to grill Mary Keitany on her pre-race diet. Tea. FYI, and Bread. Any more on that, Mary? More tea. More bread. Illuminating.

26 April 2015 dawned wet, as predicted. We had until after 10.10am to fret about the effect of soggy socks on our times and queue for what seemed like hours for the woefully inadequate porta-loos. I, for one, was crestfallen at the absence of disposable [shewees](#) at the Green Start.

By the 10.10 start time, however, the rain had gone and the conditions were perfect. Grey, yes, but neither warm nor cold, and no headwinds to battle with.

The downside of participating in the world's most popular marathon is the sheer weight of running traffic. With 38,296 runners taking part, there's much jostling in the starting pens and it's elbows out on many of the more congested points along the course. Presumably (I will never know this) championship runners, like Amy and Cath, don't suffer the indignity of having an unfeasibly tall, heavyset man shoving a

sweaty elbow into their eye socket as they attempt to glide past him. Indeed, some Kent AC champs were cock-a-hoop that their running companion for a little while was the cheerfully loping, non-competitive Paula Radcliffe (she strolled in in 2:37).

The upside of The Virgin Money London Marathon's record breaking number of runners is that each runner, it seemed, had an entourage, and all these friends and family, plus thousands of interested onlookers, lined every metre of the route. Many had jelly babies to offer. It was like being buoyed along on a 26.2-mile-long wave of bonhomie. And then there were the volunteers, proffering water, energy drinks, gels and encouragement. We all, fast and slow, felt like pampered (and exceedingly well nourished) celebrities.

Pheidippidean spirit gripped us all on 26 April. Unlike the legendary Athenian, we all survived, crossing the finish line relatively unscathed and tottering to the Chandos to make merry. Many of us recorded hard-earned PBs; those who were disappointed with their (excellent) times were philosophical about how much they enjoyed trying. Huge kudos in the Chandos for



Amy and Cath's stunning 2:43.02 and 2:53.56 respectively. Not long after them were our own supermum Victoria Buck (3:08.41), an extraordinarily resilient Teresa Murphy (3:13.46, despite having been ill the night before) and a radiant Ali Farrell (3:20.25). Special mention has to go to the scorching Scouser Kersha Dwyer, who surprised even herself with her 3:22.44. Beers, tears and cheers all round then, and a pub so full of, er, glowing athletes in navy blue vests and/or rather fetching vivid blue finishers T-shirts that it was standing room only.

In the following days, the inability to walk downstairs was as nothing compared to the happy memories and wonderfully absorbing vital statistics provided by the VMLM results pages online. The stat that roused my feminist instincts was the one that generously calculated that I beat 68% of all the male runners to the finish. Not bad for a grandma.

Then I just had to check that same column on Amy's results graphic: she left 98% of all the blokes in her dust. That Girl Really Can.

ber of fine 'honorary women', are listed below. Must also mention that, if my memory serves, Ellie Brown ran Rotterdam in 4:10, Alison Thomson ran the Brighton Marathon in under 3:30, Jan Gruter ran Manchester in just over 3 hours; Kate Williams dispatched Boston in 3:18. Forgive me if that's not accurate.

Results:

Ted Aston 3.25.37
Lydia Blackmore 3:35.01
Victoria Buck 3:08.41
Amy Clements 2:43.03
Francesca Debney 4.12.47
Kersha Dwyer 3.22.44
Ali Farrell 3:20.25
Neil Gordon-Orr 3.51.49
Ian Grant 4.13.38
Abi Griffiths 3.26.54
Ronnie Haydon 3.44.08
Nicky Hayes 3.55.32
Dan Hollas 3.36.31
Laura McCrave 3.56.03
Johanna Mott 3:50
Hugh Manning 4.05.59
Teresa Murphy 3.13.46
Harriet Riley 4.01.22
Cath Stibbs 2.53.56
Sarah Young 3.32.52

[Pictured left, a smiling Victoria Buck; pictured above, Cath Stibbs crosses the line in 2:53:56]



The VMLM results for Adrian's and Peter's women's groups, which include a num-

Indoor Round Up

Indoor season round up

Written by Joe Appiah

This indoor season some of our big name athletes were injured and either didn't compete or very little: Matt Burton is still injured and Jon Brown is racing smartly this outdoor season having only competed once indoors.

Those that competed had numerous season's bests and two members obtained international vests. Josh Street and Darren Green both made the podium at SEAA Championships with 2nd and 3rd. Again

both represented the club at the British Senior Championships in Sheffield where Josh made the semi finals. At BUCS Univ Championships Josh came 6th in the final and was disappointed not to have medalled.

Joe Appiah at the older end of the team scale participated at the European Masters Athletics Championships and came 4th in the 60m final and won gold in 60mh M40 age group. Conrad Williams also

represented GB at two international matches including the European Indoor Championships in Prague. He led the team in 4x400m relay and had a bad race where he was boxed at the start and never recovered.

I am not sure if the relay team that day had a chance of a medal because they didn't have their regulars or a strong team. I travelled to Prague with Donovan Reid to support him and also witnessed a great

60m women's hurdles race where Serita Solomon (trains at Ladywell Arena) won bronze for her 1st international medal. Chuxx Onyia won the Triple Jump at the Scottish Senior Championships and also competed at the British Senior Championships. Bring on the summer!!!! Special thanks to Max Harbord for his assistance in putting these results together. Papa Joe



Above, European Indoor Senior Championships, Prague;
Pictured right, European Masters Championships, Poland



Indoor Results:

Chuxx Onyia

Indoor Achievements – Scottish Senior Champion with TJ 15.40m
PB in 60m with time of 7.12secs

Event	Perf	Pos	Venue	Meeting	Date
60	7.12 ↓	1	Emirates Arena	Scottish National Open	17 Jan 15
100	11.48 -0.5	2	Meadowmill	Team East Lothian Track Time Trials	23 Jun 15
TJ	15.40 ↓	1	Emirates Arena	Scottish National Senior Championships	1 Feb 15
TJ	15.20 1.4	2	Loughborough	Loughborough International	17 May 15
TJ	15.09 ↓	6	Sheffield	Sainsbury's Indoor British Championships	14 Feb 15
TJ	14.21 ↓	1	Emirates Arena	Scottish National Open	

David Wellstead

Indoor Achievements – 4th Surrey County Championships

LJ	6.47 ↓	4	Carshalton	Surrey County Championships	14 Feb 15
TJ	13.66 ↓	7 A	Lee Valley	London Senior /U20 Indoor Games	31 Jan 15



Indoor Round Up

Indoor Results (continued)

Max Hall

Indoor Achievements – England Senior Combined Events Championships came 5th in Heptathlon PB of 4149 points. PB in 60Mh with time of 8.73secs and run his 1st indoor 200m for over 10 years.

HJ	1.85	↓	2	Uxbridge	Brunel Jumps & Throws Festival	21 Mar 15
200	23.84	↓	2 h2	Lee Valley	Essex & Eastern AA Championships	8 Feb 15
200	24.23	↓	4	Lee Valley	Essex & Eastern AA Championships	8 Feb 15
PV	4.30	↓	2	Lee Valley	Essex & Eastern AA Championships	8 Feb 15
LJ	6.38	↓	1	Lee Valley	Essex & Eastern AA Championships	8 Feb 15
1000	2:43.24	↓	H	Sheffield	England & Wales U20/Senior Combined Events Championships	11 Jan 15
60H	8.85	↓	H	Sheffield	England & Wales U20/Senior Combined Events Championships	11 Jan 15
PV	4.31	↓	H	Sheffield	England & Wales U20/Senior Combined Events Championships	11 Jan 15
Hep1	5149	↓	5	Sheffield	England & Wales U20/Senior Combined Events Championships	11 Jan 15
60	7.19	↓	H	Sheffield	England & Wales U20/Senior Combined Events Championships	10 Jan 15
HJ	1.85	↓	H	Sheffield	England & Wales U20/Senior Combined Events Championships	10 Jan 15
LJ	6.65	↓	H	Sheffield	England & Wales U20/Senior Combined Events Championships	10 Jan 15
SP7.26K	12.05	↓	H	Sheffield	England & Wales U20/Senior Combined Events Championships	10 Jan 15
60H	8.73	↓	3 2	Lee Valley	Metaswitch Games	4 Jan 15
60H	8.86	↓	4 1	Lee Valley	Metaswitch Games	4 Jan 15

Thomas Riley

60H	9.02	↓	3	Birmingham	Midland Counties Open	22 Feb 15
60H	9.10	↓	7 A	Birmingham	Birmingham Games	8 Feb 15

Stuart Chisholm

Indoor Achievements – 4th in PV London Games

PV	3.20	↓	2	Chelmsford	Chelmsford Pole Vault Festival	3 Apr 15
PV	3.00	↓	7	Lee Valley	Essex & Eastern AA Championships	8 Feb 15
PV	3.21	↓	4 A	Lee Valley	London Senior / U20 Indoor Games	1 Feb 15

[Newsletter continues overleaf]

Women's News

Kent AC Women rise to the challenge

Written by Siobhan Burke

Kent AC's Women's team has gone from strength to strength this winter season. It often sounds like a cliché to say, but the team, plus many individuals, have performed beyond expectations and have firmly asserted Kent AC as a force to be reckoned with in the cross country league as well as county and national competitions.

This has been Kent AC Ladies' first foray into the Surrey XC League, a decision made to better align the women's competition with the men's - and a good one at that. Although still not racing in the same locations as the men, being pushed into this more competitive league has seen many club runners improve significantly.

Competing in Division 2, but running against Division 1 runners, the first race in Richmond saw Kent's A team finish 13th in the field with Cath Stibbs taking 4th place, Dee O'Brien 8th, Ellie Brown, 64th, Caroline Evans 112th and Annabelle Hadlow 146th. Missing some of our usual cross country athletes, we did well to secure a place in the middle of the league table on our debut in this league.

The second meeting at Nonsuch Park in Cheam was slightly hampered by the Masters Cross Country Champs taking place on the same day, but Kent AC still managed to field a small team with Amy Clements taking the top spot. It's worth noting that she secured first place with a margin of more than a minute over her nearest rival.

The third match in Wimbledon was bolstered once more with blistering performances from Amy and Cath,

who took 1st and 7th places respectively. They were supported by Kate Williams (26th), Wendy Mathie (35th) and Siobhan Burke (37th) to finish 4th team overall in a field of 34 teams, a much improved position on our first outing.

Cross Country regulars Ronnie Haydon (64th), Jannet Rickets (123rd), Kathy Sharpe (150th) and Annabelle Hadlow (152nd) also pushed through the mud to form Kent AC's B team on the day - although we needed just one more member to take our Bs into the scoring teams proper.

The Ladies were 7th going into the final league match at Farthing Down in Coulsdon and, with some of our top runners present, managed to assert our position to come 3rd team on the day. Cath Stibbs fought on as always to equal her first outing with 4th place. Close behind her and taking the team to a convincing 3rd place on the day - our best yet - was Victoria Buck (11th), Kate Williams (15th), Natasha McKenna (32nd) and Captain, Ellie Brown (47th). These final impressive performances (it has been reported that every runner picked off 1 or 2 competitors in the final 200m of their race - evidence that the track sessions are coming into play in the final sprint) propelled Kent AC's women into 6th place in the Div 1 league overall out of a total of 21 teams. A fantastic start to what will surely be an even more promising finish next season.

Ken has already gone some way to describe the brilliant performance of the Kent AC ladies at the Kent County



Cross Country Championships with Amy leading the field through thick mud with a bitter battle to the end to finish in first place. Dee O'Brien and Kate Williams made up the winning team in the three-to-score competition, plus Natasha McKenna, Ellie Brown and Ronnie Haydon-Jones completed the winning six-to-score team. Quite the medal haul for the Kent AC ladies that wet day in January!

Of course, it was good preparation for the equally muddy National Cross Country Championships at Parliament Hill, which, as previously reported on page 7, saw 10 Kent AC ladies flying the flag for the club. In difficult conditions at one of cross country's more notorious locations, the ladies did well to finish 35th out of more than 90 teams.

Beyond the cross country leagues, Kent AC's women have been performing well on the roads, with wins at a number of high profile races, including Amy Clements taking first place in the Maidenhead Easter 10 with a margin of 2 minutes and a PB of 57:12, plus 2nd place in the Eastleigh 10km in 34:45.

Cath Stibbs also hit her sub-3 hour target to win the Chester Marathon in an in-

credible time of 2:53:28 - a result that increased her ranking to 4th in the V40 category across the whole of the UK.

There have been further impressive marathon performances from Ellie Brown at Rotterdam, Alison Thomson at Brighton, Siobhan Burke in Paris, Jan Gruter in Manchester and Kate Williams in the prestigious Boston race.

Ronnie Haydon ran through a wet and windy Paddock Wood Half Marathon and Jane Bradley achieved a half marathon PB (01:35) in Barcelona, not to mention the huge Kent AC contingent in this year's London Marathon (full report on page 10).

Kent AC was also represented at the Southern Six Stage Road Relays with Alison Thomson, Amy Clements, Dee O'Brien, Kate Williams, Victoria Buck and Teresa Murphy competing to finish 13th out of 37 teams.

I can only apologise as there are no doubt plenty of other races and performances that I've neglected to include here; I know there have been many club members hitting the pavements up and down the country (and abroad) in preparation for the summer season and what will surely be an even more exciting and impressive winter 2015.

Junior Corner

Kent AC Junior report

Written by Spenser Lane

A lot of progress has happened with the junior boys as more competitions have been entered with good success. Whilst there has been one individual who has been winning/podiuming most of them to cement his position as London's leading u17 distance runner, we have seen impressive progress with all the boys in the group. The decision to start attending more races has paid off handsomely and will continue into 2015 and beyond.

The Surrey League competition is proving very successful in Kent AC and the junior section has enjoyed taking part. Whilst some members have found it tougher than they expected, what has been very useful is the team-building aspect of the venture. There are no egos and genuine support within the group, irrespective of age and this has been a positive influence on all.

The Surrey League U17s was won convincingly by Alex Yee, with performances coming from Oisín Brennan, Oliver Bright and Josh Correia. All eyes will be on Alex



moving up to the senior level in the coming years.

2015 saw Chris Ho joining the club formally and making huge progress on his performance, starting with a very credible performance in the Kent County Championships where he made a very strong start and finished in 6th position in the U17. Ruben Connell-Wilson made a welcome return taking 10th in the U13, whilst Oliver wasn't too far behind in 37th. Oisín performed well to take 13th in the U17. Alex strolled round to win the U17 title by nearly a minute and selection into the Intercounties competition, where he came third overall and helped Kent County win the team event.

In February, there was the now infamous National XC champs which was held at Parliament Hill. The day started early with a quick walk round what seemed a very wet and slippery course. Chris Ho started well in the U15 coming a good 92/371. Strong start with it being a tough race but a big improvement on his England Schools position last year.

In the U13, we had two entrants. Ruben came in a tad tired (which I put down to some mad huge training program he's done elsewhere) but a great 72nd out of 395 (only 26s from 30th place). Olly, still bottom of his age group, fought to take 213th out-sprinting many in the finishing straight. They took the conditions on the chin and it was clear that they were giving everything they had. These two are beginning to put together a competitive but friendly push towards bigger and better things in the future and it will be interesting to see how high they push the benchmark. Young Olly went onto the London Schools XC to take third place in the year 7 section.

Of course, all eyes were on the U17. Whilst expectations were high, I must confess my heart sunk a bit at the beginning of the week to see a photo of Alex Yee jetting off to training camp in Spain. And that was reflected in the finish. So those who witnessed the end saw the winner came in nearly a minute in front of him, which looked

odd as the difference in the top threes' abilities was not that vast by any stretch of the imagination. However, Alex pushed hard in the home straight and narrowly missed 2nd by a shoulder (hence the same time). This is the first time I've seen him put a Gilbert-like push in and completely give everything he had. With that kind of determination, I have absolutely no doubt he is a future champion if he continues.

[After the presentation, Russell Bentley jokingly scoffed Alex for just a third. I made a pledge that if Russell won a medal I would clean his shoes A safer bet than Roger Federer taking on Stephen Hawking in a Wimbledon final methinks].

Following this, the main focus for the remainder of the first half of the year was the Virgin Minimarathon Borough Challenge. From the



Lewisham trials, we had a good representation, with Alex, Chris and Ruben winning their respective age categories comfortably, whilst Olly and Oisín came in 2nd and 3rd respectively. Automatic selection into the Lewisham team for the main event 8 weeks later.



Junior Corner

[continued from page 15]

Given recent performances, we calculated the expected finish times for each member. For example, it was expected that Alex could crack 14:20 for the Borough Challenge, 15secs quicker than last year's winner. In the end, he won by one of the biggest margins in living



memory, with a time of 14:04, over a minute ahead of the second place runner. In the British athletics road championships, he held third place, a few seconds behind the first two. Oisin also put in a great show, with a better than expected time and 20th place to show. Chris Ho showed his continued progress upwards with a fantastic 9th place in the U15 whilst Ruben and Olly took 11th and 37th in the U13. Newcomer Jeffrey Igbowke took 164th. In fact every member of the squad exceeded their expected times by some way with Kent AC taking 5 out of the top 6 positions in the overall Lewisham squad.

Whilst every member of the group has put in some good training, it should be

noted one individual has seen a very big jump in his recorded performances. Olly Bright has shown that hard work and dedication pays huge dividends with his continued efforts in the Park Run Series with which he is making a name for himself in the area. Finally believing that he can run faster, he finally cracked the 5K 20min barrier after several years of trying in March 2015. What was more remarkable was him following that up two months later by cracking the 19min barrier in Burgess Park and more impressively at Hilly Fields a fortnight after that. The book is closed on sub-18 happening this year I feel.

Finally, we've continued to attend the assembly league this year. Whilst the series hasn't



finished yet, Chris Ho has excelled in the u20 section winning all four matches so far in his class. Away for the fifth, he remains hot favourite to win the title in the final 6th match this September.

Results: Road Running

Supplied by Bob Harris

12 October, 2014

Great Eastern Half Marathon, Peterborough

15 B. Hope	73.12
20 P. Lighting	74.03
56 C. Compton	77.01

29 November, 2014

Seeley Cup 10k, Belfast

1 P. Pollock	30.15
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18 January, 2015

Stubbington Green 10k

4 O. Hind	31.35
6 B. Harding	32.17

15 February, 2015

Wrexham Village Bakery Half Marathon

5 R. Bentley	72.18
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15 February, 2015

Bramley 20 miles

3 J. Connor	1.48.07
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19 February, 2015

Armagh International 5k

38 O. Hind	14.38
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65 B. Harding	15.11
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1 March, 2015

Greenwich Meridian 10k

1 J. Connor	33.31
4 S. Beaney	36.26
6 J. Gevers	37.05
13 T. Webb	38.52
18 W. Pitt	40.41
21 T. Murphy	41.25
70 S. Austin	46.16
106 E. Brown	49.25

Bath Half Marathon

11 C. Greenwood	69.25
115 A. Clements	78.54
330 C. Smith	85.47

8 March, 2015

Roding Valley Half

Marathon, Woodford Green

1 J. Connor	72.19
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Trafford 10k, Manchester

28 O. Hind	30.35
64 R. Bentley	32.21

22 March, 2015

Reading Half Marathon

2 P. Pollock	64.05
16 J. Gilbert	66.49
38 C. Greenwood	68.24
95 P. Lighting	72.55
375 T. Stephens	82.31

Eastleigh 10k

9 P. Sanders	32.49
102 D. Child	36.27

25 March, 2015

Powerade Queens 5k, Belfast

1 P. Pollock	14.43
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28 March, 2015

Omagh Half Marathon

2 P. Pollock	66.24
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Paddock Wood Half Marathon

24 R. Bidgood	77.12
57 J. Cox	81.36
74 D. Child	83.28

3 April, 2015

Maidenhead Easter 10miles

16 S. Beaney	57.36
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19 April, 2015

Greater Manchester Marathon

7 C. Greenwood	2.23.37
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26 April, 2015

Virgin London Marathon

J. Gilbert	2.18.12
T. Jones	2.35.14
N. Phillips	2.35.59
P. Lighting	2.36.25
T. Lawrence	2.38.36
A. Clements	2.43.02
R. Bidgood	2.43.27
D. Longley	2.46.30
S. Thackeray	2.47.36
T. Alexander	2.53.34
C. Stibbs	2.53.56
T. Stephens	2.54.05
C. Compton	2.54.25
L. Reilly	2.56.33
J. Cox	2.56.46
P. Sanders	2.59.20
L. Avery	2.59.23
D. Rees	3.06.10
J. Gevers	3.07.12



Results

D. Coulter	3.08.24	E. Aston	3.25.37	S. Lane	3.55.46	Virgin Mini marathon
V. Buck	3.08.41	A. Griffiths	3.26.54	H. Manning	4.05.59	3 miles
T. Murphy	3.13.46	S. Young	3.32.52	I. Grant	4.13.38	3 A. Yee
F. Mc Kenna	3.14.14	L. Blackmore	3.35.01			14.04
A. Farrell	3.20.25	R. Haydon	3.44.08			

Results: Cross Country

Supplied by Ken Pike

4 October, 2014

National 6 Stage Road Relay Sutton Coldfield, Birmingham

Russell Bentley	18:00	22 nd
Alex Yee	17:55	10 th
Ben Harding	18:49	15 th
Owen Hind	18:00	12 th
Gareth Anderson	19:01	15 th
Chris Greenwood	18:20	11 th
Total time: 1hr 50min 05sec		
– 11 th Position		
Best ever position - 80 teams		

11 October, 2014

Surrey XC League, Div 1 (Men), Coulsdon

2 John Gilbert	28:36
4 Chris Greenwood V40	29:07
5 James Connor	29:10
12 Owen Hind	29:51
13 Gareth Anderson	29:52
21 Jim Savage	30:27
30 Neil Phillips	30:47
39 Peter Lighting	31:22
42 Paul Griffiths V40	31:30
50 Tim Lawrence	31:52
54 Tom Muddiman	32:13
56 Glyn Parry	32:21
57 Steve McGrory	32:23
65 Calum Fraser	32:51
66 Richard Mathie	32:55
70 Jack Wilson	32:58
72 David Longley	33:00
86 Michael Longley	33:50
90 Richard Elliott	34:00
95 Tim Alexander	34:11
106 Arif Merali	34:47
112 Rob Laing	35:21
118 Josh Correia U20	35:45
140 Bernie Hutchinson	38:04
162 Spenser Lane	42:31
165 Neil Gordon-Orr	43:14
167 Ted Aston	43:55
(185 Finished)	

Teams

1st Kent AC	218
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2nd Thames H&H	299
3rd South London H	365
4th Hercules W	400
5th Ranelagh H	420
6th Herne Hill H	438
7th Belgrave H	605
8th Croydon H	612
9th Reigate P	738

U17 Race

1st Alex Yee	14:43
48th Oisin Brennan	18:50
54th Francis Sumaye	20:21

U13 Race

16th Ollie Bright	18:38
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8 November, 2014

Surrey XC League, Div 1 (Men), Croydon

2 Paul Pollock	25:53
4 John Gilbert	26:24
6 Chris Greenwood	26:47
11 Ben Harding	27:06
13 Owen Hind	27:16
14 Sam Coombes	27:19
17 Gareth Anderson	27:36
35 Neil Phillips	28:33
37 Tim Lawrence	28:39
51 Peter Lighting	29:13
59 Steve McGrory	29:26
66 Glyn Parry	29:52
78 Tim Alexander	30:27
84 Jack Wilson	30:48
90 Che Compton	31:02
92 Luke Armitage	31:09
93 Calum Fraser	31:10
98 Tom Webb	31:19
107 Len Reilly	31:45
108 Arif Merali	31:46
114 Jules Gevers	32:00
115 Josh Correia U20	32:03

144 Mick Barlow	34:33
150 Julian S-Wood	34:54
173 Ian Grant	38:24
178 Ted Aston	39:14
182 Spenser Lane	40:03

Teams:

1st Kent AC	190
2nd Thames H&H	307
3rd South London H	369
4th Hercules W	376
5th Belgrave H	399
6th Herne Hill H	408
7th Ranelagh H	586
8th Croydon H	694
9th Reigate P	766

U17 Race

1st Alex Yee	13:12
43rd Oisin Breenan	16:-:25
(70 finishers)	

U13 Race

22nd Olly Bright	17:16
(50 finishers)	

20 December, 2014

South of Thames Senior Championships, Coulsdon MEN:

2 Chris Greenwood	44:24
13 Owen Hind	46:00
Ns (15) Neil Phillips	46:05
16 Gareth Anderson	46:09
37 Tim Lawrence	48:17
39 David Longley	48:30
44 Calum Fraser	48:55
56 Steve McGrory	50:02
58 Jack Wilson	50:10
62 Glyn Parry	50:22
81 Phil Sanders	51:23
86 Ron Taylor	52:00
108 Arif Merali	54:15

119 Richard Mathie	56:17
129 Richard Archer	57:06
154 Daniel Rees	59:30
158 Bernie Hutchinson	59:41
179 Ted Aston	64:31
199 Spenser Lane	70:38
(208 Finished)	

Teams:

1st Tonbridge AC	114
4th Kent AC	141

WOMEN:

3 Amy Clements	52:14
8 Cath Stibbs	56:25
18 Victoria Buck	59:37
25 Kate Williams	61:43
39 Ali Farrell	
49 Ronnie Haydon	65:49
69 Jannet Ricketts	84:32
(75 finished)	

Teams:

1st Belgrave H	92
2nd Dulwich R	138
3rd KENT AC	142

3 January, 2015

Kent County Cross Country Championships, Hythe MEN:

2 John Gilbert	32:21
6 Chris Greenwood	33:01
9 Gareth Anderson	33:58
12 Owen Hind	34:22
13 Tim Lawrence	34:23
23 Dave Morgan	35:33
28 Calum Fraser	36:03
30 Peter Lighting	36:07
40 Glyn Parry	36:53
43 Phil Sanders	37:02
44 Tim Alexander	37:07
52 Len Reilly	38:20



Results

[continued from page 17]

55 Jack Wilson	38:29
64 Arif Merali	39:09
65 Daniel Stauber	39:12
67 Richard Elliott	39:17
74 Luke Armitage	40:20
132 Ted Aston	47:28
133 Nick Park	47:35
144 Spenser Lane	50:46
154 Ted Hadlow	54:38
(158 Finished)	

Teams : 6 to score

1st Kent AC	65
2nd Tonbridge AC	68
3rd Cambridge H	205

Teams : 12 to score

1st Kent AC	302
2nd Tonbridge AC	303

U17 Race:

1 Alex Yee	20:35
13 Oisin Brennan	24:31
(33 finishers)	

U15 race:

6th Chris Ho	16:21
(60 finishers)	

U13 race:

10th Ruben Wilson-Connell	12:40
37th Ollie Bright	14:21
(58 finishers)	

WOMEN:

1 Amy Clements	26:24
14 Dee O'Brien	29:59
16 Kate Williams	30:13
24 Natasha McKenna	31:11
38 Eloisa Brown	33:25
40 Ronnie Hayden-Jones	33:27
46 Siobhan Burke	34:13
68 Jannet Ricketts	39:07
72 Annabelle Hadlow	42:34
(75 finishers)	

Teams : 6 to score

1st Kent AC	132
2nd Medway & M	196

10 January, 2015

Surrey XC League, Div 1 (Men), Streatham Common

2 Chris Greenwood	28:25
7 Owen Hind	29:15
13 John Gilbert	30:05
16 Neil Phillips	30:18
17 Tim Lawrence	30:18
31 Michael Longley	30:49
42 Peter Lighting	31:22
45 Glyn Parry	31:31
48 Jack Wilson	31:46
55 Calum Fraser	32:04
60 Paul Griffiths	32:16
72 Phil Sanders	32:46
76 Tim Alexander	33:01
79 Luke Armitage	33:09
83 Richard Mathie	33:17
86 Jules Gevers	33:23
88 Richard Elliott	33:29
91 Stuart Beaney	33:35
94 Daniel Stauber	33:38
106 Andrew Scutts	34:10
118 James Donaldson	35:06
121 Arif Merali	35:21
144 Bernie Hutchinson	38:30
155 Adrian Dracup	40:46
156 Ted Aston	40:50
164 Neil Gordon-Orr	42:42
172 Jeremy Belbin	44:59
(180 Finishers)	

Teams:

1st Kent AC	276
2nd South London H	328
3rd Herne Hill H	340
4th Thames H&H	349
5th Ranelagh H	407
6th Belgrave H	452
7th Hercules W	460
8th Reigate P	730
9th Croydon H	753

U17 race:

1 Alex Yee	10:34
5 Chris Ho (1st U15)	11:23
26 Oisin Brennan	12:23
(53 runners)	

U13 race:

29 Ollie Bright	13:55
(42 runners)	

24 January, 2015

South of England Cross Country Championships, Stanmer Park, Brighton

9 John Gilbert	51:24
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14 Chris Greenwood	52:03	5th Herne Hill H	431
100 Neil Phillips	56:39	6th Belgrave H	476
112 Michael Longley	57:00	7th Ranelagh H	580
126 Tim Lawrence	57:18	8th Reigate P	691
139 Peter Lighting	57:56	9th Croydon H	735

U17 Race

1st Alex Yee	14:20
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U13 Race

26th Ollie Bright	19:08
(50 finishers)	

Final League Positions:

1st KENT AC	934
2nd Thames H&H	1163
3rd South London H	1388
4th Herne Hill H	1617
5th Hercules W	1634
6th Belgrave H	1932
7th Ranelagh H	1993
8th Croydon H	2794
9th Reigate P	2925

Team: 7th (500 points)

7 February, 2015

Surrey XC League, Div 1 (Men), Richmond Park

2 John Gilbert	28:56
3 Chris Greenwood	29:07
8 Ben Harding	29:53
9 Neil Phillips	29:56
23 James Connor	30:40
27 Tim Lawrence	30:48
34 Nick Longley	30:57
44 Peter Lighting	31:38
49 Phil Sanders	31:52
60 Tim Alexander	32:24
62 David Longley	32:30
64 Glyn Parry	32:38
66 Jack Wilson	32:43
80 Richard Mathie	33:17
81 Stuart Beaney	33:19
103 Tom Webb	34:28
105 Arif Merali	34:34
113 Andrew Scutts	34:54
115 Nick Roberts	35:13
133 Daniel Rees	38:16
144 Bernie Hutchinson	39:09
151 Nick Park	40:44
156 Ted Aston	41:30
158 Neil Gordon-Orr	41:43
172 Spenser Lane	48:51
(174 finishers)	

Teams:

1st Thames H&H	208
2nd KENT AC	250
3rd South London H	326
4th Hercules W	398

14 February, 2015

National Cross Country Championships, Parliament Hill

14 John Gilbert	40:27
36 Chris Greenwood	41:41
129 Russell Bentley	44:06
131 Neil Phillips	44:08
146 Ben Harding	44:25
165 Michael Longley	44:39
251 Tim Lawrence	45:58
284 Calum Fraser	46:33
316 Peter Lighting	47:10
326 Tim Alexander	47:16
327 Phil Sanders	47:17
335 Glyn Parry	47:25
446 Richard Mathie	48:40
564 Daniel Stauber	50:01
570 Richard Elliot	50:07
667 Luke Armitage	51:13
679 Len Reilly	51:20
778 Jules Gevers	52:19
780 Richard Bidgood	52:20
818 Arif Merali	52:42
870 John Cox	53:37
1207 Daniel Rees	57:07
1483 Bernie Hutchinson	60:46
1506 Ian Grant	61:12
1672 Ted Aston	64:10
1745 Neil Gordon-Orr	65:49

A team (6 to score):
8th place (621 points)



Results

29 March, 2015

Southern 12 Stage Road Relay, Milton Keynes

A team:

1. Chris Greenwood	24:23	5th
2. Neil Phillips	16:12	4th
3. Owen Hind	24:21	3rd
4. Josh Herrera	16:15	2nd
5. Russell Bentley	25:52	4th
6. Calum Fraser	16:44	4th
7. Ben Harding	25:01	3rd
8. Michael Longley	16:48	5th
9. John Gilbert	24:18	3rd
10. Tim Lawrence	16:38	3rd
11. James Connor	24:49	2nd
12. Mark Hall	16:12	2nd

Total Time:

4 hrs 7mins 33secs

B team:

1. Stuart Beane	27:49	36th
2. Ben Smith	18:08	35th
3. Richard Mathie	28:43	38th
4. David Longley	18:24	37th
5. Phil Sanders	26:06	30th
6. Richard Elliot	18:14	29th
7. Glyn Parry	27:43	29th
8. Arif Merali	18:33	29th
9. Jack Wilson	27:54	29th
10. Tom Webb	18:23	28th
11. Tom Muddiman		
	28:00	29th

12. Len Reilly 19:12 28th

Total time:

4 hrs 37 mins 09 secs

Only 24 A teams in front,
so B team qualified

11 April, 2015

National 12 Stage Road Relay, Sutton Coldfield, Birmingham

1. Chris Greenwood	27:43	13 th
2. Neil Phillips	16:26	12 th
3. Owen Hind	28:23	8 th
4. Russell Bentley	16:28	10 th
5. Paul Pollock	26:49	3 rd

6. Phil Sanders	16:39	4 th
7. Ben Harding	28:43	5 th
8. Calum Fraser	16:44	6 th
9. John Gilbert	28:57	7 th
10. Tim Lawrence	16:35	7 th
11. James Connor	28:18	6 th
12. Mark Hall	16:17	6 th

Total time:

4hrs 27min 56sec

Best ever position of 6th place

[Ends]