

<b>KENT ATHLETIC CLUB</b>  <b>NEWSLETTER – ISSUE no 58</b>	<b>Kent Athletic Club</b>
	<b>November 2015</b>

## HELP

With Siobhan moving on it has passed to me to get the next Newsletter out and try and keep things going until such time as a new enthusiastic helper appears on the horizon and it has put me in a reflective mood. When I first joined the club in 1990 (26 years ago) I was keen to get involved and soon was making contributions to the Newsletter as well as regularly coaching and officiating at every match. I even competed now and again, just for a point. The process was a bit more involved than it is now. Ken Pike co-ordinated the whole affair, gathering contributions from all and sundry, Bernie Hutchinson used to produce the Newsletter using a special publication program and I used to type up the majority of the copy to help Bernie. Tables were a nightmare! So 26 years on and I'm still here picking up the pieces, even though I live 300 miles away and don't really have much to do with the day to day affairs of the club any more. Bernie is the membership secretary. He's been doing that job since

eternity!

And Ken – well he is Kent AC  
So come on you guys out there. As I type up this article, Neil Gordon Orr has volunteered to take over the running of the Newsletter so I have scrapped my next three paragraphs. However, there are always lots of jobs to do. Bernie, Ken and myself are not getting any younger and no doubt our healths are going to become a factor and I'm sure that maybe someone might approach Bernie to see if he needs help on the club membership administration. Certainly Ken would probably like a little bit of assistance in managing the British League team.

On a more athletic note, the track and field is seeing some major changes for next season. The Southern Men's League has ceased operating, so the club has joined the Southern Athletics League which is mixed athletics and will consist of five fixtures a year with a full program of track and field events for both men and women. I understand that Tim Lawrence is the team

### Help

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Manager, but I am sure that he would welcome some help as the job is now more involved than last season. And after many years in the British League at the incredibly high standard of division one (even making it to the Premier division for one season) the team have at last fallen into division two where the level is not quite as high and the club should be able to stabilise and rebuild for the future. But don't forget Ken might like some help

***Larry Garnham***

## NEWS & VIEWS

**200 Club:** recent winners of the monthly draw were:

August	Bernie Hutchinson
September	Andy Gardiner
October	Ron Hale
November	James Connor

The 200 club draw is continuing again this year and at this point I am not too sure if we still have numbers available. £6 per month if there are any left.

### Club Records:

I'm not sure that we picked up some club records from 2014. They were:

Senior 10,000m Paul Pollock	28.32.18
Under 17 3000m Alex Yee	8.28.44 (wiping Paul Pollock from the record books)
1500m Alex Yee	3.59.23 (taking Jermaine Mays's record)
5000m Alex Yee	14.40.4 (New club mark –The fastest in the UK ever by an under 17 at the time. Note that Ben Dijkstra has broken it this year)

Now for 2015. Despite a poor year on the track. They were:

Senior Shot Putt Sean Breathnach	17.84
Discus Sean Breathnach	51.11
400m Conrad Williams	45.06
Junior 3000m Alex Yee	8.14.8
5000m Alex Yee	14.09.18 (Over a minute quicker than Jermaine's old record)

### National Champions:

Scottish triple jump Champion:	Chuxx Onyia
Irish Shot Put Champion	Sean Breathnach

Autumn 2015



## ROAD RUNNING

As we are trying to get this edition out in production in a relevant time span, I make no apologies for perhaps missing some road races, some of which may even be important to a number of members. I have obviously started off with reports on the 12 stage road relays, both Southern and National. (Full results appeared in last issue) There are snippets on the Assembly League and Len Reilly has kindly contributed a piece on the New York Marathon

## SOUTH OF ENGLAND 12 STAGE ROAD RELAY

at Milton Keynes on Sun March 29<sup>th</sup> 2015

After a successful winter campaign in which Kent AC's men retained the Surrey League Cross Country title and put on another impressive showing at the National, the team showed that they can be equally as strong on the roads by again recording a fine second place finish behind a resurgent Shaftsbury Barnet team. Gusting winds and heavy rain made life miserable for runners and spectators alike. Just as well we had plenty to cheer at the end of the day.

The team were always in contention, but had to battle to the end to make sure they featured on the podium. Shaftsbury Barnet Harries, a club who hadn't featured for a while in the medals, but have a long tradition in the event, were really very strong today and some way from the closing legs it looked as though they would definitely secure victory. However, although we'd always been in the leading pack it wasn't clear until the last couple of legs what colour of medal we might finish with. The ever dependable James Connor set off on the penultimate leg some considerable distance behind Newham's runner who was holding second place. But James, who probably of our current runners has made more appearances in this prestigious race, knows how to reel in a runner ahead of him and this is precisely what he did. He was perhaps given a little help by the Newham runner taking a wrong turn, but James had definitely been taking large chunks out of the initial advantage and in the end the Newham runner's little detour probably made no difference - in effect James was looking likely to run him down anyway. So James handed over in second place to Mark Hall. And although some were perhaps a little apprehensive as Mark is not the most experienced at this level, any fears supporters had were dispelled as Mark ran a terrific closing leg - posting a very quick 16.:12 (a time that proved our joint fastest short leg of the day)

Essentially all our runners ran well. Like last year, man of the moment Chris Greenwood got the team off to a fine start on what is always tricky to gauge lead off leg. Neil Phillips who has been such a good addition to our ranks then really put a shift in to keep us in the frame. Then came Owen Hind, the man who took a bit of good-

natured flack for bowing out of the Cross Country season a bit early. As those who pour over results will be aware, Owen has recently been in a rich vein of form - recording some superfast 10k times. He carried on here with a highly creditable long leg time of 24:21, but frustratingly for Owen a priceless three seconds slower than the man who loves these relays - John Gilbert. This year John was on leg nine and in his own, inimitable style, he again put in a charge to overhaul the two runners that were ahead of him at the start of his lap. John's leg was enhanced for spectators by him sporting a sparkling pair of almost fluorescent new shoes. They may be garish but they certainly did the trick. Earlier in proceedings (leg 4) our new American friend, Joshua Hasse, made an impressive debut for the club. For a while he held the lead but he was overhauled on the track at the end of the stage. Josh was just three seconds slower than Mark proved to be on the last leg. As mentioned, though, all our runners ran well for the cause as will be seen in the full results that can be seen at the end of the report.

In addition to the very fine 'A' team performance, we again put out a 'B' team who acquitted themselves well. At one stage it looked as though they might finish top 25. It wasn't to be, but coming home 28 of 39 starters was another indicator of the growing strength of the club. Special thanks go to some late call ups who stepped into the breach - not least Chris Lydon, who had the unenviable task of bringing the B Team home when the weather was really foul, and he had to run a very solitary race. There were some very decent performances in amongst the B Team - none more so that Phil Sanders showing that Mr Greenwood isn't the only talented Vet in our ranks. His long leg time looks as though it will put him in the frame for an 'A' team call up for the upcoming National 12 stage relays.

**Team Result: Men:** 1. Shaftsbury Barnet H 4:05:27, 2. **Kent AC 4:07:33**, 3. Newham &EB 4:08:54

Chris Greenwood (5) 24:23; Neil Phillips (4) 16:12 ; Owen Hind (3) 24:21; Joshua Hasse (2) 16:12; Russell Bentley (4) 25:52; Calum Fraser (4) 16:44; Ben Harding (3) 25:01 ; Michael Longley (5) 16:48; John Gilbert (3) 24:18; Tim Lawrence (3) 16:38; James Connor (2) 24:49; Mark Hall (2) 16:12

## **National 12 Stage Road Relay**

at Sutton Park, Birmingham on Sat April 11<sup>th</sup> 2015

In many ways this, together with the National Cross Country Champs, is the 'blue riband' event of the endurance calendar. Virtually every club aspires to doing well in this event and we are no different as it pits the best 12 men from every endurance club in GB against one another in the great setting of Sutton Park in Birmingham.

We had one of our strongest teams ever to contest this event and we knew that we should be in the top 8 or so teams. Chris Greenwood took the responsibility of leg 1 and more than lived up to expectations as he came home in 13<sup>th</sup> place in a time of 27' 43" in a highly competitive leg. New recruit, Neil Phillips, shouldered the responsibility of the other highly competitive leg 2 and ran well, managing to gain a place as he ran 16' 26". Next up was one of our really improving runners, Owen Hind, who showed his talent coupled with surprising maturity as he stormed through the field gaining 4 places to hand over in 8<sup>th</sup> place in a time of 28' 23".

Russell Bentley, despite the long journey from North Wales, ran a solid leg of 16' 28" despite struggling to get any real training done – showing what a good team man he is. Next up was our star, Paul Pollock, who stormed through the field to gain 7 places in all to hand over to Phil Sanders in 3<sup>rd</sup> place. It was great to see Paul back in a Kent AC vest again and running so well – he ran the 2<sup>nd</sup> fastest long leg of the day with a time of 26' 49". Phil more than lived up to his promotion from the B team as he ran an excellent time of 16' 39" and handled the pressure well of being so near the front of the race, only losing 1 place.

A cool head was needed next and we had one in Ben Harding who ran an intelligent long leg of 28' 43" only losing one place to hand over in 5<sup>th</sup> place to Calum Fraser who handled the pressure well to come home in 6<sup>th</sup> position running a time of 16' 48". Next up was John Gilbert who had disguised the fact that he had a bad fall off his bike in the

week but he really battled hard, despite the pain of sore ribs, coming home in 28' 57" only losing one place. He put himself back a few weeks but such is his commitment to the cause of our best ever position in this prestigious event.

Another recruit from the B team was Tim Lawrence who more than justified his promotion to the A team as he ran a great time of 16' 35" to hold onto his position of 7<sup>th</sup> place. Then came one of the original guys to the 12 Stage, James Connor, who ran a superbly judged race in a time of 28' 18" as he gained one position. Last up was new boy, Mark Hall, in a rare outing who set off with a runner 1sec in front and another 1sec behind – so much for the later legs being lonely! He stuck to his task really well with a real maturity and he managed to split the two other runners both of whom had 5km PB's 40 secs better than his.

So a final position of 6<sup>th</sup> place was a reward for all the work that had gone before – a record position and just over 2 minutes from medals for us to aim for next year!

We also had a full B team also competing who ran well above expectations to come home in 38<sup>th</sup> position in a field of nearly 70 teams, all of whom had to qualify via their Area relays – we were 3<sup>rd</sup> B team home which says a lot about a strength in depth !!!

## **2015 ASSEMBLY LEAGUE**

My favourite part of the Assembly League is the participation that we see from Kent AC club members. They are really inclusive events which everyone gets behind, whether they are looking for a run out or to improve their personal best time. We had more than forty Kent runners at each event this year with representation from the junior right through to the senior categories which was fantastic. Let's go for a higher turn out next year!

We had the traditional season opener in Beckenham at the start of April and then following races in Victoria and Battersea parks, The Dome returned to the calendar after several years away. I never ran the

original course, but I understand the new course has a different configuration after all the building work that has taken place in the past few years around the Greenwich peninsula. The course is fast and flat, and despite a few sharp turns, I enjoyed my run alongside the river and am looking to a race there next year. My positive impressions of the course might be skewed by the fact I ran my quickest time of the summer at The Dome!

We went into September's season closer in Beckenham with a great chance of medals. The men's teams were relatively secure, but both women's team were in a very close battle with Dulwich to come top in their respective competitions. Some excellent running on the evening meant we emerged victorious. Well done to the ladies team!!

Result highlights (apologies if I have missed anyone)

Women's A Team - 1st

Men's A Team 1st

Women's B Team - 1st

Men's B Team 1<sup>st</sup>

U20 - Chris Ho 1st

Senior Women - Amy Clements 1st

W35 - Victoria Buck and Teresa Murphy joint 1st (although Victoria was placed in the wrong age category despite several attempts to correct the results!)

W40 - Cath Stibbs joint 1st, Ali Farrell 3rd

W50 - Ronnie Haydon

M40 - Paul Griffiths 1st & Phil Sanders 2nd

M45 - John Cox - 2nd

M55 - Bernie Hutchinson - 2nd

M60 - Julian Spencer-Wood - 1st

***By Richard Elliot***

The title of this post - 'All over Battersea, some hope and some despair' is a line from Morrissey's 1992 song, 'You're the One for Me Fatty', [the video for which](#) was filmed in the park).



### **The Assembly League in Victoria Park**

The second of this year's [Assembly League](#) races was held in Victoria Park on Thursday 7th May, with 314 runners from 13 clubs completing the 3.5 mile course

The race was won by Chris Greenwood (Kent AC) in 17:40, followed by Mark Hall (Kent AC) in 17:50 and Alan Barnes (Stock Exchange) in 17:55. In the women's competition the winner was Amy Clements (Kent AC) in 19:22, with Clare Elms (Dulwich Runners) runner up in 20:21 and Sarah Pemberton (Serpentine) third in 20:37.



In the team competition, first three teams were as follows:

- Men's team: 1. Kent; 2. Stock Exchange; 3. VPHTH
- Men's B-team: 1. Kent; 2. VPHTH; 3. Serpentine
- Women's team: Joint first: Dulwich and Kent; 3. VPTH
- Women's B-team: 1. Kent; 2. Dulwich 3. VPTH

So after two races, Kent are leading in both men's competitions, while Kent and Dulwich are neck and neck in points in the two women's competitions



These posts on the Assembly League have been taken from Neil Gordon Orr's blog – GO FEET. As you can see from the photo above, the Kent AC turnout was excellent and a full range of ages. Well done to the organiser of the Assembly League and hopefully I can include a fuller set of results next year if those involved can get them to me.

#### [Assembly League on Greenwich Olympian Way](#)

Posted: 17 Jul 2015 12:55 AM PDT

253 runners (from 13 clubs) took part in the fourth of this season's [Assembly League](#) races, in north Greenwich on 2 July. It was a hot evening for a run along the river Thames on the Greenwich peninsula on a flat course that was about 60m short of 5k.

#### **Men**

1. John Gilbert (Kent AC) - 15:11

#### **Women**

1. Amy Clements (Kent AC) 16.52

Kent AC 'Down by the Riverside' - photo supplied by Neil Gordon Orr



## 26 Miles in New York

26 miles in New York – but not all in one go

Less than a week as a tourist is hardly long enough to judge the running scene of one of the world's great cities, but these short reflections might be of use to anybody visiting New York, or toying with the idea of running the marathon there.

We were there for just under a week at the end of October and watched the marathon, which is held on the first Sunday of November. We stayed in Manhattan.

There is a running scene, but finding anywhere to run is a bit tricky. If you are lucky, or have deep pockets and can stay within a mile or so of Central Park, then you are in luck. It's big and undulating. Otherwise the only places which are traffic free and uninterrupted are the parks (read hard surfaces) and cycle lanes around the perimeter of the southern half of the island. Some of these go through industrial areas or are under or beside main roads. I know of one track, beside the East river in the south east corner of the island. If you are very keen to run in central Park and are a distance from it, New York Road runners have their office just outside it on East 89<sup>th</sup> St and you could travel by public transport, leave kit in a locker in the lobby (bring your own lock) and go from there.

I didn't investigate formal running clubs but came across a group of urban street runners based across the road from where we stayed on the Lower East Side (very trendy in a Shoreditch or Brixton sort of way i.e. a once very poor area, with residual first-, second- or third-generation immigrant populations (Chinese and Jewish) with their own businesses, alongside trendy youth, bars, and art galleries, the latter with nobody in them. Their forte is on-road runs i.e. through traffic - on weekday evenings, or road races with checkpoints but not set courses, so you choose your own route based on local knowledge of traffic, etc. I didn't manage to join them for a run, but their website suggests it's for the urban-savvy and reasonably quick runner. So any Kent AC member will fit in fine. It's not quite as edgy as it sounds, New York drivers are much less aggressive than London ones and the quickest group was 7 min miles. See: [orchardstreetrunners.com/](http://orchardstreetrunners.com/).

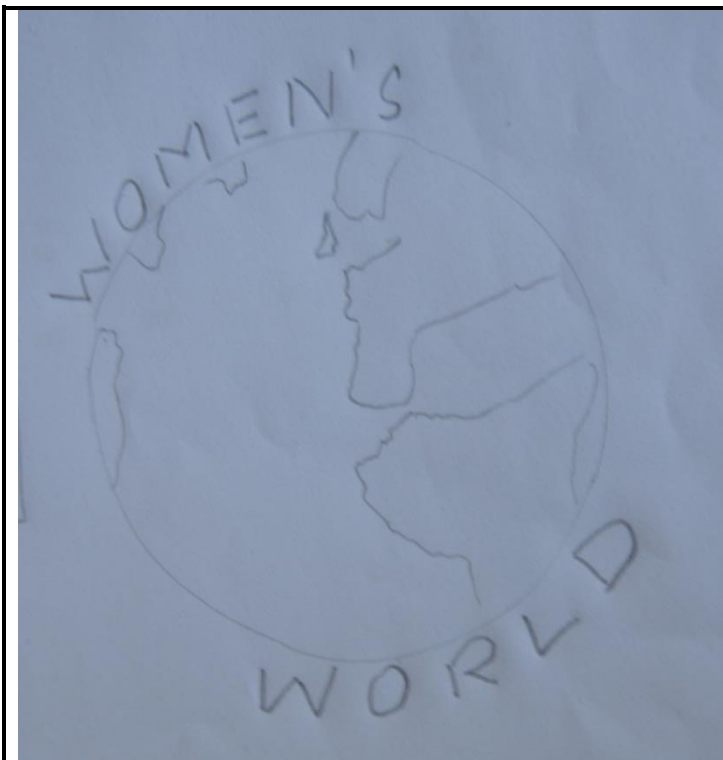
The New York marathon is one of the world's greats and was Brasher's inspiration to establish one in London. It's a point-to-point course, net south to north and not flat,

particularly towards the end. It has some very long straight roads (3 1/2 miles along First Ave for instance). It's slower than London by about 90 seconds per hour run, and that's in good conditions. These are not guaranteed: in 2014 it was run into a bitter north wind and in 2012 it was cancelled due to a hurricane. Nor is the standard that high: 26 inside 2.30 and just over 200 inside 2.45. Nor is it as well supported as London: at best spectators are one deep for some of the course; even at mile 23 on Fifth Ave near Central Park we had loads of room. Curiously, for a country that relies heavily on philanthropy, there was little evidence of people running for charity. Nor is there much fancy dress, New Yorkers get that out of their system in their Halloween Parade.

For a first-hand account of the event ask Amy Clements, who ran it in 2014.

One exciting plus was on the Thursday afternoon before the race when we were wandering through Central Park and went into one of the corporate tents at the finish area. An awards ceremony was in progress, and a low-key one; maybe 50 people were there. It was compered by Geoff Wightman (Dartford Harriers - 2.13 marathon and career highlight being in the winning Dartford team in the Kent county XC). He was paying tribute to one Paula Radcliffe and showing video of her NY victories. Much to my surprise she then appeared on stage to receive her award. Followed by Haile Gebrselassie to get his. Closer inspection of the stage revealed that Tegla Loroupe and Paul Tergat were already there. And a later speech revealed that Dick Fosbury was also in the room. Sadly I had no Kent AC membership forms, or a camera for photographic evidence. To the great credit of the five of them, all disguised any sense of being star-struck, despite being in the company of not one but two winners of team golds in the Kent County cross country championships.

*By Len Reilly*



## WOMEN'S WORLD

We veteran members of Kent AC's women team have always maintained that ours is the friendliest running club by miles, and now we have the numbers to prove it. At last count, we had 78 members. Of course, some cynics might say that all these new women just want to be on the winning team, and it's true, some of us – notably **Amy Clements** and **Cath Stibbs** – do have a tendency to pick up fistfuls of gold medals and armfuls of silverware at most races. The rest of us bathe in their reflected glory and all of us – winners and back-of-the-packers alike – welcome newcomers to the track with an encouraging smile.

We have **Adrian Musson** to thank for this wonderful inclusivity. He encourages beginners and gently pushes us out of our comfort zones, and is a cheering presence every Tuesday night.



The frontrunners in our midst have achieved some extraordinary results under the watchful eye of **Pete Boxshall**, and it's their achievements over the summer that we're applauding here.

Another factor that has helped to swell the numbers at Kent AC is the even friendlier **Hilly Fields parkrun** family we've embraced over recent years. Loyal Kent AC athletes and coaches, including **Sarah Young** and **Adele Prince** have been enthusiastic promoters of the club to the Brockley and Lewisham Saturday athletes, so it's a matter of some pride to me, a devoted Hilly Fields parkrunner, that our course record is held by one Amy Clements, who skipped round at on 30 May in 18.25. Perhaps **Jane Higgs** or **Caroline Manning**, other speedy parkrunners, will challenge that time in the coming year.

Meanwhile, cast your eyes over the impressive set of results that Cath has recorded over the last seven months or so, and put together below. You'll notice Amy's name pops up a lot, but many of us recorded PBs to make us feel both proud and energised as we face winter training and muddy Saturdays on the punishing cross country courses of Kent and Surrey: bring 'em on.

*By Ronnie Haydon*

**March 22<sup>nd</sup> – Eastleigh 10k** – a PB for Amy Clements, 34:45 – earned her second place in this Hampshire fixture.

**29<sup>th</sup> – SEAA 6 stage relays at Milton Keynes** – Kent AC women were placed 13<sup>th</sup> out of 37 teams, with Amy Clements running the 5<sup>th</sup> fastest leg of the day. Her teammates **Victoria Buck**, **Kate Williams**, **Dee O'Brien**, **Alison Thomson** and **Teresa Murphy** all ran extremely well.

**29<sup>th</sup> – Paddock Wood Half** – Kersha Dwyer's elegant and excellent 1:32.49 boded well for a happy London Marathon. Ronnie Haydon and Adele Prince also ran this scenic half, which is always a pleasure, even in the rain.

**April 3<sup>rd</sup> – The Maidenhead Easter 10** – and Amy Clements had a VERY Good Friday, she won the race in 57:12, followed by Johanna Mott in 1:11:20 and Emma Malcolm in 1:39:44.

**12<sup>th</sup> – Rotterdam Marathon** – **Ellie Brown** ran this beautiful Dutch marathon and enjoyed every minute

**20<sup>th</sup> – Boston Marathon** – a wet, cold Patriots Day, on which Kate McCarthy ran a stunning 3:18 on a notoriously challenging course

**26<sup>th</sup> – Virgin Money London Marathon** – a huge contingent from Kent AC squelched up to Blackheath in the pouring rain to wear Tiger ponchos, queue for portaloos and imagine niggles in the long wait before the gun. This was the first year we had a compete team in the Championship start (presumably no portaloos issues there), with everyone ogling the relaxed and smiling Paula Radcliffe as she strolled round in a relaxed fashion. Many of us scored PBs and the team finished fifth in the UKA club competition.

**May 23<sup>rd</sup>** – Cath and Lydia came 1st and 2nd in Kent County 5000m

**30<sup>th</sup>** – Seven women competed in the Bupa London 10k, with **Sarah Watson**, **Lydia Blackmore** and Victoria Buck making up the championship team, which came eighth out of 85 teams. Other runners also raised Kent AC's profile, notably Teresa Murphy, Alison Thomson, **Caroline Manning** and **Emma Malcolm**.

**June 17<sup>th</sup>** – Victoria Buck, in strong form, took gold in the County 3000m. Amy Clements claimed gold in the 10 000m

**28<sup>th</sup> – North Downs 30K** We won team gold (and individual gold for Amy). Nine women ran from Kent AC: Amy Clements, Cath Stibbs, **Ali Farrell**, Kate Williams, Teresa Murphy, Ronnie Haydon and the fabulous Canty sisters: Fiona, Catherine and Claire.

Also in June – Amy and Cath represented Kent at the Southern Intercounties 3000m (Amy came second)

– Cath won 5000m gold and 1500m bronze in the British Masters Track and field champs  
**July 15<sup>th</sup>** – an evening trip to the seaside for the Brighton Phoenix 10K. Amy not only won the women's race, she set a new course record in 34:54. Kent AC ladies won First Team prize for Amy, Victoria and Kate Williams. Emmanuelle Navarri also competed.

**August 2<sup>nd</sup>** - Amy represented Kent AC in the inter-counties track and Field Champs 5000m, finishing fourth

– Amy won the Pride 10k

**19<sup>th</sup>** – Caroline Manning and Alison Thomson ran their first sub-20 minute 5000ms at the British Milers Club meeting on 19th August

**September 3<sup>rd</sup>** – we had a huge turnout for the final assembly league match at Beckenham and rounded off the series with team (on the night and overall) wins, with the B team also faring well. Amy finished the series having won every darn race. Victoria, Teresa, Ronnie and **Annabelle Hadlow** also came away with Vets prizes

**6<sup>th</sup>** – we came away from the Wissey Half and British Masters HM champs laden with prizes: individual gold for Amy, V40 gold for Cath, V40 Silver for Victoria and V50 Gold for Kate

**19<sup>th</sup> – Aldershot 4 stage relays:** All credit to the Kent AC women that they fielded two competitive teams: veterans (Ali, Kate, Vic, Cath) all bagged medals behind the regular high placers in this event, Dulwich and Winchester. Cath Stibbs ran the third fastest lap time in the race.

The senior team (Amy, Teresa, Jen, Lydia), meanwhile, finished an impressive 11<sup>th</sup> in a race that attracted 73 teams. Amy Clements continued to mine her rich seam of form – running the fastest lap of the day – a scorching 12.54. A glance back at the records of previous fastest lap runners shows that Amy's in really exalted company, joining a list that contains both current and past GB internationals.

**27th- Berlin Marathon.** As part of a large Kent AC contingent competing Amy nailed a great PB of 2:40. **Bethany Shakespeare** paced herself perfectly for a sub 4 hr marathon, coming in at 3:59.

**THE KENT AC GIRL'S GROUP** is a dedicated group and have been working hard at the track and also gritting their teeth on the hills, with sessions led by a coaching team of Ted, Sarah and Adele, taking it in turns to put them through their paces. There has been some strong representation, in particular by Edie Crompton, who regularly runs for the club at the local Hilly Fields parkrun and now junior parkrun. In fact, she recently passed the milestone of running her 50th parkrun, the first junior runner to do so at Hilly Fields. Also showing determination on a muddy course is Aoife Brennan, who took part recently in the London Youth Games, as part of the Lewisham team. All girls are keen to work towards qualifying for the Mini London Marathon in April, so expect to see a strong turnout at the trials in 2016. The coaching team is also targeting schools in the borough to publicise and grow the group in 2016, with parkrun a very helpful influence also, and which KAC will no doubt benefit. With thanks to KAC for support.

*By Sarah*

## ***VET'S VOICE***

### **CHRIS GREENWOOD RARELY OUT OF THE HEADLINES BUT THERE'S PLENTY OF SUCCESS FOR OTHER KENT AC VETS**

The period covered by this newsletter has been one of great success for Kent AC Veteran athletes – both individually and on the team front. As a reflection of that success, at the British and Irish Masters International held in Dublin on November 10, the club were able to boast no less than three athletes representing England. Chris Greenwood, who was the

reigning V40 title holder, not only retained his title but was also the overall winner of the race that included runners in the V35 category. In addition, we had Phil Sanders running very

competitively for England, while Cath Stibbs was part of the gold winning England Vet 40 women's team.

Earlier in the year Chris Greenwood's exploits as an over 40 runner earned him the accolade of a full page article on his life and times in Athletics Weekly. However, since the article appeared Chris has achieved a great deal more – and what's more his achievements have come on all surfaces - the track, road, cross country and even mountain. Yes, apparently on a diet of running along the Thames towpath Chris managed to come second in the World Masters Mountain Running Championship, that were held at Betws-Coed, North Wales.

In 2014 Chris ran 2:27:59 in the London Marathon, an impressive time for a V40, but one he was confident he could improve on. He duly did that this year, but on what could be considered 'home turf', as he chose the Manchester Marathon this year where he ran a speedy 2:24:20. Chris has run fast in a number of other road races as well recording PB's in the 5 and 10k on the track. As regards the track, Chris has made rapid progress since he took up the steeplechase. He has lowered his PB to the point where he is now second in the V40 all-time list. He has a target of trying to beat the very tough long-standing record, held by Tecwyn (Taff) Davies, set way back in the 80s. Some of the older

members of Kent AC will remember Taff Davies as a formidable, fiercely competitive runner. Chris has still some way to go if he is going to beat the record, but with his capacity to keep on improving I wouldn't bet against him.

With Chris Greenwood riding high at the top of the Vet's rankings, it says something for the strength of V40 running at the club that we managed to retain the Southern Vets 4 stage title with some ease, even without Chris's services. Che Compton came in for him and ran an excellent leg. The team comprised of Stuart Beaney, Che Compton, Paul Griffiths and Phil Sanders. Stuart, who'd said he never runs well at Aldershot, had to revise that by providing a very solid platform for the team on a first leg that proved just as competitive as usual. Che then ran a very assured leg to take the lead that the next two runners for the club just built on. Paul Griffiths ran one of the fastest times of the day, but the fastest leg honour actually went to Phil Sanders who anchored the team in fine style.

A combination of injuries and unavailability made the V50's team at the relay more like a 60's team; the only actual V50 was the ever youthful Len Reilly. The other three members of the team – your correspondent Andy Gardiner, John Barron, and Julien Spencer Wood are

all V 60's. In fact Julian is approaching V65 status. Considering our venerable age we didn't actually fare that badly. John Barron, who has only been running seriously for a relatively short time, did well on what can be quite an intimidating first leg - certainly it's a lot different to John's normal Saturday morning parkrun at Hilly Fields. Len, who races sparingly but always seems to deliver, ran solidly, as did Julian. If it hadn't been for my rather pedestrian effort we would have been even further up the field. The positive thing it demonstrated was that when Bernie Hutchinson joins our ranks next year, we should have a half decent V60 team. Although I believe the Assembly League will be covered in detail elsewhere in this newsletter, the performances of many of our runners in the Vets category are certainly worth highlighting here. Awards are given in age group categories at the end of the six race series. We scooped a fair number of these awards. In the V40 section Paul Griffiths, who seems to be well suited to these races, ran out the winner of the series. He was followed in second place by Phil Sanders. Then in the V45 category John Cox ran really well to take second spot, and was beaten by a runner who ran in all six races. In the Assembly League they have separate awards for V50 and

V55's. Bernie Hutchinson's consistency over the series earned him second place in the series. Then, in a competitive 60's section, Julian Spencer Wood again came away victorious. John Barron, who, as mentioned earlier, is comparatively new to serious running, secured third spot. While I have to confess to not being a great fan of the V35 category, in the women's section there were awards to be won, and Victoria Buck and Teresa Murphy duly came first and second over the series. It should be said that both Victoria and Teresa ran well regardless of the category. Cath Stibbs came second in the V40 section, but she didn't compete in as many races as the winner which clearly influenced the outcome. Then in the women's V50 section, behind Dulwich's imperious Clare Elms, was Ronnie Hayden. Her second place was clearly a very popular result among Kent AC's contingent present at the awards. Similarly well received was Zoe Gaffen's second place in the women's V55 category.

The weekend after the last Assembly League a sizeable party of Kent AC athletes journeyed to Norfolk to take part in the British Masters Half Marathon Championships. It proved another race where there was plenty of silverware brought home. Phil Sanders 1:11:28 won the race in convincing fashion with Stuart Beaney 1:14:14 coming home second. Both Phil and Stuart beat the over 35's in the race. We also had the fourth placer in Masters Federation race, Darryl Coulter 1:31:56. Ted Aston, (1:37:43) had a solid run in the race coming just behind club colleague, Kate Williams 1:37:18. Cath Sibbs 1:24:06 won the women's V 40 section and the previously mentioned Kate Williams was first in the women's V50 section. So a very satisfying trip with the team coming away with a rich haul of medals. A number of the runners mentioned above travelled to Berlin at the end of September, to run on a course noted for producing fast times. And fast times were the order of the day. With our Vets Phil Sanders led the way, but not that far

behind him was Paul Griffiths. Phil had been gunning for sub 2.30, and while it just eluded him, his time of 2:30:30 put him well up in the V40 marathon rankings. Paul Griffiths recorded a PB with 2:31:59 and Stuart Beaney, also had the satisfaction of recording a PB with 2:38:37. We also had Darryl Coulter, a V40, and running 3:12:41, followed by Ted Aston, V50, again running a PB, 3:24:42.

By all accounts, Stuart, who has been dubbed 'party boy', lived up to the label at the post-marathon celebrations. As well as consuming sizeable quantities of alcohol, I hear his dance moves were something to behold. There's no doubt if there was a competition for partying, Stuart would be at the top of the rankings.

At the time of writing, we are just coming up to some cross country races that we have traditionally done well in - particularly our V40's. I hope, and anticipate by the time the next newsletter comes round there are more medals and trophies to report on.

*By Andy Gardiner*

## JUNIOR

**C** It has been one of the most successful summers in recent times at the Junior Boys  
**O** section, in terms of results and performance. Overall, there is a strong team ethic that has  
**R** been noticed not just within the club but to many of the parents as well. And this  
**N** positivity creates a fantastic environment for the boys to not only train but compete as  
**E** well.

## R

Alex Yee has moved on this year to compete in some of the biggest events on the world stage for his age category. At the IAAF World Youth Track Championships, he ran a hard 3000m in warm conditions only just missing out on the 5th place despite closing down on a very tired Japanese boy on the final lap. At the Commonwealth Youth Games in Samoa, he rose



up the positions to take the bronze medal behind the two Africans (both who have PBs in the sub 8mins). In both cases, he was the leading European runner.

Ollie Bright has continued to progress onwards and upwards as he is running consistent sub-19mins on the difficult Hilly Fields Parkrun. And now he's achieved several top 5 placings in the Surrey League XC and a first place at Hastings Parkrun. The culmination of his efforts have been rewarded in the recent London Youth Games where he came an impressive third, only 2 seconds behind the 2<sup>nd</sup> place. He is clearly one of the top U13 runners in London with another year to go, and laying a substantial marker for the future.

Chris Ho has continued his rise in performance, culminating in what is sure to be the first of many series titles, winning in the U20 Assembly League. Strong performances meant he was unbeaten in all his events and even contributed to several A team scores as Kent retained the overall team event. With GCSEs taking priority over the next few months, he is still training and looking towards some specific events next year.

Oisin Brennan has had a much better six months with a new found belief in his ability being rewarded with some high positions in the Surrey and Assembly leagues. Josh Correia has gone to university so we hope he continues his training and returns to the club in his breaks.

We have had several strong joiners come in at the u13 level, Isaac & Conrad, and another very keen parkrunner, Guy who has showed the same promise we have seen in others from the past.

The focus for the coming months will be cross country, both Surrey League and the various organisations that run events (Kent, EA, SEAA and Schools). And of course the end of April is the Mini Marathon where we hope to see several finishers in the top 10 within the Borough Challenge



*Oisin Brennan waiting for the start of the opening race of the 2015/16 Surrey League XC series.*

## BRITISH ATHLETICS LEAGUE

### **British League at Windsor on Sat 9<sup>th</sup> May 2015**

A solid start to the year with a 5<sup>th</sup> place for the team and a whole host of good performances. In particular a World Youth Championship qualifying time of 8 m14.8s

for 16 year old Alex Yee who took the pace on all the way despite a strong headwind down the back straight. He was eventually just edged out of 1<sup>st</sup> place but now leads the rankings- a fitting reward for a brave run.

Sean Breathnach showed that he had wintered well with a superb PB in the Shot of 17.50 m followed by not far off 50 m in the Discus and was his usual ebullient self. New recruit Ed Boorman did well in the pole

vault recording a height of 4.00 and with Stuart Chisholm is a welcome addition to this event for us.

Another good scorer for the team saw old timer (despite just making 30 years old) James Connor who ran a solid 3000 m Steeplechase to record a B string win in a time of 9 mins 55 secs.

We did really well in the 100 m/200m where class performances from David Lima saw two fine 2<sup>nd</sup> places in excellent times of 10.42 /20.93 secs. There was superb backing up from Jon Browne who won the B 100m with a time of 10.58 secs despite easing across the line! Conrad Williams also made a welcome return to the scene as he came 2<sup>nd</sup> in the B 200m in another top level performance of 21.1 secs to seal a pretty solid day for the team all round.

### **British League at Southampton on Sat 6<sup>th</sup> June 2015**

Generally a disappointing day where we recorded our first ever last place in our British League in the 14 years we've been in it. We simply had too many key men missing on the day and despite some great performances from our B team who filled in admirably we were not good enough on a day where top flight performances were the order of the day.

Nonetheless one of our top men, Sean Breathnach showed his class in the shot

as he recorded our only win of the day in the A Shot with a good throw of 17.26 m. This coupled with a good performance in the Discus where he came 3<sup>rd</sup> showed just how vital he is to the team. We had some good performances in the 1500 m where Alex Yee showed that he was in good shape for the upcoming World Youth Champs in S America with a good 3<sup>rd</sup> place in the A 1500 m and a fine B 2<sup>nd</sup> place from Owen Hind in a good time of 3 min 57 secs off of a slow pace.

Good solid runs from Nick Torry who came 3<sup>rd</sup> in the A 5000 m and from recent marathon man John Gilbert who came 2<sup>nd</sup> in the B race relieved the pressure as did Darren Green who ran well in the A 100 m and A 200 m.

So we live to fight another day but I must say that spirits were never dampened - which says a lot about the great morale of the team.

### **British League at Norman Park, Bromley on Sat July 5<sup>th</sup> 2015**

Another disappointing result which despite some stirring performances from our B team filling in was ultimately undone by officialdom. The incident was in the A 400m where Josh Street was judged to have put his foot on the line and was disqualified when he would have come at least 3<sup>rd</sup>. The overzealous officials failed to notice two later

disqualifications which would have earned us valuable points and we had to settle for 7<sup>th</sup> place whereas a place higher was what we deserved.

None the less Josh acquitted himself well in the A 100m where he came 3<sup>rd</sup> in 10.78 secs and he ran an excellent 4 x100 m relay leg, well backed up by Max Harbord, making his debut in the team, O'Shane Witter and Luke Sargeant as the team came home in 3<sup>rd</sup> place. He had solid backing from Darren Green in the 100 m and 200m who recorded times of 10.98 and 22.35 to earn valuable points for the team.

Great backing came in the 800m from Ben Harding who ran well to come 4<sup>th</sup> in a tight race and from Owen Hind who was just edged out of a win in a time of 1 55.5 secs in the B race. Good points were also scored from Jean Charles Roghi in the 110m H and in the 400m H.

The 3000m SC provided excellent points as both Chris Greenwood and Richard Phillips ran well to earn 2<sup>nd</sup> paces in their respective strings. Again good backing for the team came from David Wellstead who filled in the Long Jump and secured solid points in the A Triple Jump as he came 4<sup>th</sup> with a jump of 13.22 m.

As usual the highlight of the team was Sean Breathnach who earned great points in the Discus with a throw of

48.25m and coming 2<sup>nd</sup> in the

shot with a throw of 16.67 m.

So we move on to Liverpool where the odds are stacked against us to preserve our place in Div 1 but stranger things have happened.

### **British League at Liverpool on Sat 8<sup>th</sup> Aug 2015**

We couldn't do enough to preserve our status in Div 1 as we only took a team of 17 athletes to Liverpool but we at least had the consolation of earning 6<sup>th</sup> position on the day.

Star of the day had to be Sean Breathnach who performed brilliantly as he gained 2<sup>nd</sup> place in the Discus with a throw of 51.11 m and then did one better in the Shot to seal the win with a throw of 17.84 m – again another Club Record and two personal bests.

**For Full Results see page 17**

Another one of our top men, David Lima, performed excellently as he first gained a win in the 100m in a time of 10.51 secs then backed it up with another win in the 200 m in a time of 21.50 secs – top drawer performances into a headwind.

Two more wins came from Chris Greenwood in the A 3000 m SC when he ran 9mins 26.3 secs but was foiled by the strong headwind from a PB but our other SC man, Richard Phillips, ran a lifetime best of 9 min 37.0 secs to seal a great event for us.

Another PB came from Owen Hind who ran well in a competitive A 800 m and recorded a time of 1m53.15s. Good backing came from

Ben Harding who just lost

out on a win in the B race as he recorded a time of 1 min 54.0 secs.

Good backing up from David Wellstead in the Long Jump and Triple Jump where he recorded a jump of 12.84 m to get 2<sup>nd</sup> in the B competition.

Lots of other solid performances came as amazingly we filled every event with our small team earned us good points but we could not avoid relegation for the first time in over 20 years.

Still with a bit more commitment from some of our guys next year then there is no reason why we will not be chasing the title in Div 2 next season.

***By Ken Pike***

## **SOUTHERN MEN'S LEAGUE**

**May 7<sup>th</sup>.**

The SML season opened at Tooting, a track that was to become a second home, in early May. There were some notable victories: Max Hall in the Long Jump; Owen Hind's early season 1500m marker; Chris Greenwood re-establishing his steeplechase dominance and the 4x100 and 4x400 teams started the season as they mean to continue. These performances were complemented by the multi-eventers: Shaun Mulligan, Darren Green, Courtney Green, Rawlston and Ron Taylor.

Once the results had been counted and re-counted we were unfortunate to finish third in a titanic clash, three points off first place.

**May 31<sup>st</sup>**

A disappointing day out at Mile End saw Kent AC finish 4<sup>th</sup> with 140 points, nearly 30 down on the first match of the season. We had to thank the sprinters for their particular depth and success, which showed in completing the 4x100 and 4x400 relays.

Kent AC man of the match was O'Shane Witter for a great result winning the 100m A and a close 2nd in the 200m A string before anchoring the 4x400 home.

Other first places included: Shaun Mulligan 400mh B race; Richard Mathie 3000 steeplechase B race; Courtney Green, Shot A string.

This left the team with a lot to do in the remaining fixtures to confirm their place in the final at Windsor.

### **June 20<sup>th</sup>:**

Possibly the best overall performance of the season took place at Tooting. Maybe unsurprisingly this success combined with our best turnout of the season, before BAL eligibility rules kicked in. we were grateful to some unexpected faces for turning up and running and throwing to a high level. We scored a season high 184 points, the highest of any team in our division this season.

Calum Fraser in particular did his best Seb Coe impression, doubling up successfully in the 800 and 1500 while we saw 5000m dominance from Chris Greenwood.

After three fixtures there were four teams tied on four points, with all to race for in the final fixture.

### **July 4<sup>th</sup>.**

On a very warm day in South London we finished second on the day and second overall so our annual trip to Windsor was on.

We filled most events with people willing to contribute in unfamiliar events and events not of their preference to ensure we got maximum points. Shaun Mulligan competed in the most events, closely followed by Rawlston, others like Andy Murray and Neil Philips were willing to compete in events outside their chosen ones.

Our Kent AC man of the match was Max Harbord. Stepping into the scoring events at 100 and 200 he ran pbs in both, achieving very creditable finishes.

### **Play off final. Windsor. 1<sup>st</sup> August.**

A slightly depleted Kent team participated in a hard fought competition at Windsor coming second to Windsor, Slough, Eton & Hounslow but comfortably ahead of third placed Luton. Once again we were grateful to Shaun Mulligan, Erasmus Dwemoh and Rawlston Morian for steady accumulation of points across events that aren't their first choice. O Shane Witter and Jean Charles Roghi continued their consistently excellent performances from the league season into the final. Their efforts, linked with full points in the 5000 and 3000 Steeplechase from James Connor, Phil Sanders, Richard Philips and Peter Lighting ensured a creditable performance all round.

Thank you to everyone who raced, threw, jumped or supported in our final SML season and I look forward to seeing you at the track for the new season in the SAL.

Alongside the competitors our whole team of officials provided sterling support throughout the season, even when they had evening engagements to attend so a huge thank you to:

Dennis, Norman, Bernie, Nick, Ted Annabelle, Rob and Ken. Thanks in particular to Pete Boxshall for his consistently excellent race day support.

***By Tim Lawrence***

**For Full Results see page 21**



BRITISH LEAGUE – DIVISION 1					@ Windsor on Sat May 9 <sup>th</sup> 2015				
A STRING		Time	Pos	Winner	B STRING		Time	Pos.	Winner Pts.
100	David Lima	10.42	2	10.29	Jon Browne	10.58	<b>1</b>	/	26
200	David Lima	20.93	2	20.92	Conrad Williams	21.2	2	21.1	24
400	Josh Street	48.63 *	4	47.51	Andy Smitherman	50.04	5	48.07	14
800	Owen Hind	2-00.2	7	1-54.0	Ben Harding	1-56.1	4	1-54.9	11
1500	Owen Hind	4-10.4	8	3-50.7	Ben Harding	4-56.5	7	3-57.	6
3000	Alex Yee	8-14.8*	2	8-13.8	Nick Torry	8-33.3	2	8-32.0	24
3000SC	Chris Greenwood	9-43.1	2	9-37.1	James Connor	9-55.6	<b>1</b>	/	26
110H	Max Hall	15.96	7	13 81	Kehinde Dauda	20.74	5	14.41	9
400H	Kehinde Dauda	64.22	8	51.73	No competitor		0	52.79	4
LJ	Max Hall	6.26	7	7.27	Joe Appiah	5.97	5	6.97	8
TJ	O'shane Witter	10.10	8	15.36	Kehinde Dauda	9.12	7	13.11	6
PV	Ed Boorman	4.00	4	4.60	Stuart Chisholm	3.00	5	4.20	13
HJ	Joe Appiah	1.60	8	2.00	Max Hall	1.50	7	2.00	6
HT	Pete Boxshall	10.83	8	60.23	No Competitor		0	49.71	4
DT	Sean Breathnach	47.40	4	53.04	Courtney Green	29.39	7	47.65	12
SP	Sean Breathnach	17.50 *	2	18.11	Courtney Green	12.51	3	14.00	22
JV	Max Hall	54.36	3	67.23	Ed Boorman	36.94	5	57.27	16
4x100	1. Matthew W 3.Josh S				2.Conrad W 4. David L	41.32	2	41.31	14
4x400	1.O'shane W 3.Andy S				2. Josh S 4. Max H	3-25.7	6	3-18.4	6
					TOTAL	Points			<b>251</b>

### MATCH RESULT:

1. Windsor Slough & E 357
2. Liverpool Harriers 332
3. Southampton AC 298
4. Blackheath Harriers 277
5. **KENT AC 251**
6. Basingstoke AC 230
7. Cardiff AC 224
8. Herne Hill Harriers 190

### Kent AC - Man of Match

Alex Yee – qualifying time for World U17 Championships  
and Sean Breathnach – great PB in the shot despite injury

BRITISH LEAGUE – DIVISION 1 at Southampton on Sat June 6 <sup>th</sup> 2015									
A STRING		Time	Pos	Winner	B STRING		Time	Pos.	Winner Pts.
100	Darren Green	11.15	4	10.89	O'shane Witter	11.55	5	10.97	14
200	Darren Green	22.72	4	22.26	Luke Sargeant	23.79	5	22.30	14
400	Hassan Davis	53.12	8	48.33	O'shane Witter	52.44	6	48.71	7
800	Ben Harding	1- 54.9	6	1-53.1	Owen Hind	1- 57.0	5	1-52.6	10
1500	Alex Yee	3-57.4	3	3-54.5	Owen Hind	3-57.9	2	3-56.5	22
5000	Nick Torry	14-53.6	3	14.35.	John Gilbert	15-03.2	2	14-43	22
3000SC	Chris Greenwood	9-38.4	4	9-05.4	Richard Phillips	9-58.4	3	9-28.2	18
110H	Joe Appiah	16.69	8	14.84	Shaun Mulligan	19.99	6	15.30	7
400H	Ron Taylor	66.79	8	51.49	Shaun Mulligan	61.40	6	53.08	7
LJ	Joe Appiah	6.36	7	6.97	David Wellstead	6.15	4	6.56	11
TJ	David Wellstead	13.00	5	14.50	Shaun Mulligan	11.20	5	14.18	12
PV	Stuart Chisholm	3.00	6	4.60	Ed Boorman	DQ.	0	4.40	6
HJ	Joe Appiah	1.75	7	2.00	Andy Murray	1.00	8	2.00	6
HT	Shaun Mulligan	17.77	8	66.28	Ron Taylor	12.43	7	65.27	6
DT	Sean Breathnach	46.57	3	51.76	Courtney Green	34.64	5	43.01	16
SP	Sean Breathnach	17.26	<b>1</b>	/	Courtney Green	12.34	3	14.63	24
JV	Andy Murray	25.31	8	62.98	Ron Taylor	16.80	7	53.90	6
4x100	1. O'shane Witter 3 .Joe Appiah				2. Darren Green 4. Luke Sargeant	45.21	7	41.97	5
4x400	1. Andy Murray 3.Darren Green	55.2 55.5			2. Hassan Davis 4. Ben Harding	52.7 53.5	D Q	3-16.4	0
					<b>TOTAL</b>	<b>Points</b>			<b>213</b>

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### MATCH RESULT:

- 1. City of Liverpool 343**
- 2. Southampton 311**
- 3. Basingstoke & MH 287**
- 4. Windsor S & EH 278**
- 5. Herne Hill H 258**
- 6. Blackheath & B 252**
- 7. Cardiff AC 228**
- 8. KENT AC 213**

**Kent AC - Man of the Match**  
**Sean Breathnach - superb win in the shot**

BRITISH LEAGUE – DIVISION 1					@ Norman Park, Bromley on Sat July 11 <sup>th</sup> 2015				
A STRING		Time	Pos		B STRING	Time	Pos.		Winner Pts.
Winner									
100	Josh Street	10.78	3	10.70	Darren Green	10.98	5	10.87	15
200	Darren Green	22.35	5	21.26	Luke Sargeant	23.27	7	21.78	10
400	Josh Street	DQ	0	47.13	O'shane Witter	50.05	5	47.84	4
800	Ben Harding	1-53.36	4	1-52.2	Owen Hind	1-55.5	2	1-55.	20
1500	Owen Hind	4-04.5	8	3-56.8	Ben Harding	4-08.4	7	3-57.	6
5000	Nick Torry	15-03.6	4	15-01	James Connor	15-46.	4	15-07	16
3000SC	Chris Greenwood	9-24.1	2	9-19.4	Richard Phillips	9-47.7	2	9-47.	24
110H	Jean –C Roghi	22.26	7	14.45	Kehinde Dauda	20.97	7	14.67	7
400H	Jean – C Roghi	56.26	6	50.83	Kehinde Dauda	64.22	6	52.42	9
LJ	Chuxx Onyia	6.24	6	7.00	Joe Appiah	5.86	7	6.90	8
TJ	David Wellstead	13.22	4	15.05	Chuxx Onyia	12.65	3	14.22	18
PV	Stuart Chisholm	3.00	8	4.60	Ed Borrman	NH	0	4.40	4
HJ	Joe Appiah	1.65	8	2.03	Rawlston Morian	1.50	6	1.90	7
HT	Rawlston Morian	16.02	8	67.57	Joe Appiah	7.67	8	58.21	5
DT	Sean Breathnach	48.25	3	59.82	Courtney Green	32.53	6	47.03	15
SP	Sean Breathnach	16.67	2	17.93	Courtney Green	12.24	4	14.71	20
JV	David Wellstead	41.21	7	64.24	Ed Borrman	35.11	6	60.56	8
4x100	1.Max Harbord 3.Luke Sargeant				2.O'shane Witter 4.Josh Street	42.95	3	41.95	12
4x400	1.Luke Sargeant 3. J C Roghi				2. Rawl. Morian 4. O'shane W.	3-30.1	8	3 14.7	4
					TOTAL				<b>211.5</b>

**MATCH RESULT:**

1. City of Liverpool	338
2. Windsor SE & H	326
3. Southampton	302
4. Herne Hill	291.5
5. Blackheath & B	276
6. Basingstoke & MH	215
<b>7. KENT AC</b>	<b>211.5</b>
8. Cardiff AC	201

BRITISH LEAGUE – DIVISION 1					@ Liverpool on Sat Aug 8th 2015				
A STRING		Time	Pos	Winner	B STRING		Time	Pos.	Winner Pt
100	David Lima	10.51	1	/	O'shane Witter	11.14	4	10.94	22
200	David Lima	21.50	1	/	O'shane Witter	22.66	5	21.61	20
400	Richard Phillips	60.57	8	48.13	Andy Murray	55.71	8	49.13	5
800	Owen Hind *	1-53.15	5	1-51.1	Ben Harding	1-54.0	2	1-54	18
1500	Owen Hind	4-05.8	7	3-55.8	Ben Harding	4-48.9	8	3-57	6
3000	John Gilbert	8-39.8	5	8-25.8	Chris Greenwood	8-42.1	2	8-28	18
3000SC	Chris Greenwood	9-26.3	1	/	Richard Phillips *	9-37.0	1	/	28
110H	Jean-C Roghi	17.31	6	13.65	Kehinde Dauda	21.07	7	14.44	8
400H	Jean – C Roghi	57.88	7	52.14	Kehinde Dauda	62.34	6	56.66	8
LJ	Chuxx Onyia	6.28	7	7.08	David Wellstead	6.23	4	6.97	11
TJ	Chuxx Onyia	14.74	2	14.96	David Wellstead	12.84	2	12.95	24
PV	Stuart Chisholm	3.00	7	4.40	Andy Murray	1.10	7	4.00	7
HJ	Stuart Chisholm	1.30	8	2.05	Andy Murray	No Ht	/	2.00	4
HT	Andy Murray	11.18	8	64.99	Hassan Davis	4.68	7	49.52	6
DT	Sean Breathnach *	51.11	2	53.94	Courtney Green	32.35	5	41.05	18
SP	Sean Breathnach *	17.84	1	/	Courtney Green	12.16	4	14.68	22
JV	Sean Breathnach	47.58	5	56.77	David Wellstead	37.11	5	42.82	12
4x100	1.Andy Murray 2. Jean-C Roghi				3.O'shane Witter 4.David Lima	44.17	5	41.92	8
4x400	1.Andy Murray 3. O'Shane W				2.J C Roghi 4.Ben Harding	3-37.1	7	3-21.	5
					TOTAL				250

**MATCH RESULT**

1. City of Liverpool	327
2. Windsor S & EH	324
3. Southampton	307
4. Herne Hill H	282
5. Basingstoke & MH	265
6. KENT AC	250
7. Blackheath H	229
8. Cardiff	202

**Final League Positions:**

City Of Liverpool	31	1344pts
Windsor,S,E&H	27	1277pts
Southampton	25	1210pts
Basingstoke & MH	16	1010pts
Herne Hill Harriers	15	1015pts
Blackheath Harriers	14	1045pts
<b>KENT AC</b>	10pts	928pts
Cardiff	6	858pts

**Kent AC Man of the Match****David Lima and Sean Breathnach**



SOUTHERN MEN'S LEAGUE – DIVISION 1 CENTRAL TOOTING 2 <sup>nd</sup> May 2015									
A STRING					B STRING				
		Time	Pos.	Winner		Time	Pos	Winner	Pts
100	O'Shane Witter	11.32	2	11.28	Luke Sargeant	11.47	2	11.32	10
200	Darren Green	22.20	2	22.10	Aaron Broderick	24.13	2	24.04	10
400	O'Shane Witter	53.19	3	48.87	Max Harbord	60.93	2	57.84	9
800	Callum Fraser	2.05.94	4	1.56.49	Josh Corriea	2.13.01	4	2.04.45	6
1500	Oliver Hind	4.03.30	1	4.03.30	Ron Taylor	4.19.80	2	4.14.52	11
5000	Lawrence Avery	16.18.40	2	16.03.21	Tom Webb	17.31.03	3	16.03.61	9
3000SC	Chris Greenwood	9.48.49	1	9.48.49	James Connor	9.57.77	1	9.57.77	12
110H	Max Hall	16.48	2	15.20	NO ATHLETE			15.02	6
400H	Kehinde Dauda	64.43	2	56.32	Shaun Mulligan	70.71	1	70.71	11
LJ	Max Hall	6.59	1	6.59	Shaun Mulligan	4.78	3	5.83	10
TJ	Shaun Mulligan	11.18	4	13.76	Ron Taylor	7.86	2	12.07	8
PV	NO ATHLETE			4.15	NO ATHLETE			2.05	0
HJ	Shaun Mulligan	1.50	4	1.85	Ron Taylor	1.50	3	1.60	7
HT	Shaun Mulligan	19.62	3	27.40	Rawlston Morian	16.91	2	23.70	9
DT	Max Hall	36.38	3	47.69	Courtney Green	32.68	3	38.04	8
SP	Courtney Green	12.34	3	13.27	Rawlston Morian	8.08	3	11.56	8
JV	Max Hall	52.21	2	64.18	Courtney Green	30.02	3	39.67	9
4x100						45.12	<b>1</b>	45.12	7
4x400						3.34.55	1	3.34.55	7
									157

Non- scoring: 3000S/C Callum Fraser 11.44.15  
 100m Darren Green 10.94  
 100m Max Harbord 11.97  
 100m Elliott Morgan 12.47  
 200m Max Harbord 24.87

#### MATCH RESULT:

- 1. Herne Hill Harriers 160**
- 2. South London Harriers 158.5**
- 3. Kent AC 157**
- 4. Victoria Park & TH 119**
- 5. London AC/D&MV 69.5**

## SOUTHERN MEN'S LEAGUE – DIVISION 1 CENTRAL MILE END

30<sup>th</sup> May 2015

A STRING		Time	Pos.	Winner	B STRING		Time	Pos	Winner	Pts
100	O'Shane Witter	11.36	1	11.36	Luke Sargeant	11.57	2	11.22	11	
200	O'Shane Witter	23.25	2	22.87	Luke Sargeant	23.49	2	23.09	10	
400	Andrew Murray	54.46	4	48.80	Rawlston Morian	54.14	2	53.88	8	
800	Mark Hall	2.05.94	4	1.58.61	Josh Correia	2.16.69	4	2.06.90	6	
1500	Richard Mathie	4.32.67	4	4.11.81	Peter Lighting	4.41.61	3	4.27.19	7	
5000	Peter Lighting	16.33.87	4	15.49.81	Stuart Beaney	16.39.51	3	16.16.73	7	
3000SC	Neil Phillips	10.29.36	3	9.58.21	Richard Mathie	11.34.79	1	11.34.79	10	
110H	Jean Charles Roghi	18.41	2	14.89	Kehinde Dauda	20.70	2	19.92	10	
400H	Jean Charles Roghi	58.77	2	54.58	Shaun Mulligan	62.04	1	62.04	10	
LJ	Max Harbord	4.96	4	7.01	Shaun Mulligan	4.74	4	5.84	6	
TJ	Shaun Mulligan	11.07	4	13.01	Max Harbord	NJ		11.54	4	
PV	NO ATHLETE			2.80	NO ATHLETE			2.40	0	
HJ	Rawlston Morian	1.60	4	1.95	Shaun Mulligan	1.20	3	1.70	7	
HT	Shaun Mulligan	17.16	4	40.62	Rawlston Morian	16.17	4	29.14	6	
DT	Courtney Green	33.99	3	40.06	Rawlston Morian	14.78	4	37.89	7	
SP	Courtney Green	12.50	1	12.50	Rawlston Morian	7.87	4	11.30	9	
JV	Courtney Green	31.51	3	49.62	Shaun Mulligan	30.48	2	36.38	9	
4x100	Aaron Broderick Luke Sargeant				Max Harbord Richard Martin	46.16	2	45.53	6	
4x400	O'Shane Witter Mark Hall				Said Gabo Andrew Murray	3.47.14	2	3.37.54	6	
									140	

Non-scoring: 100m Max Harbord 12.25  
 100m Richard Martin 11.87  
 100m Elliott Morgan 12.93  
 200m Max Harbord 24.62  
 200m Richard Martin 24.29  
 5000m James Gordon 17.01.87  
 5000m Josh Correia 18.34.42

400m Harvey Harbord 61.23  
 400H Kehinde Dauda DQ

**MATCH RESULT:**

- 1. Victoria Park & TH 162**
- 2. Herne Hill Harriers 153**
- 3. South London Harriers 150**
- 4. Kent AC 140**
- 5. London AC/D&MV 9**

20<sup>th</sup> June 2015

[illegible]

110H Trevor JamiesonAgard	19.0
110H Kehinde Dauda	19.5

1.	Kent AC	184
2.	South London Harriers	150
3.	Victoria Park & TH	144
4.	Herne Hill Harriers	141
5.	London AC/D&MV	45

SOUTHERN MEN'S LEAGUE – DIVISION 1 CENTRAL TOOTING										4 <sup>th</sup> July 2015
A STRING					B STRING					
		Time	Pos.	Winner		Time	Pos	Winner	Pts	
100	Matthew Wepke	11.08	2	11.07	Max Harbord	11.963	2	11.02	10	
200	Max Harbord	23.56	3	22.58	Andy Murray	24.74	3	22.93	8	
400	O'Shane Witter	50.43	2	49.39	Rawlston Morian	52.75	2	52.51	10	
800	Ron Taylor	2.04.4	4	1.56.8	Neil Phillips	2.18.1	3	1.59.4	7	
1500	Tim Lawrence	4.22.4	3	4.11.2	Richard Mathie	4.25.9	2	4.17.2	9	
5000	Phil sanders	16.07.3	2	15.54.6	Gareth Anderson	16.25.4	2	16.01.8	10	
3000SC	Chris Greenwood	9.47.8	1	9.47.8	Richard Phillips	10.02.0	1	10.02.0	12	
110H	Kehinde Dauda	19.62	2	19.32	Shaun Mulligan	18.42	1	18.42	11	
400H	Jean Charles Roghi	57.82	1	57.82	Shaun Mulligan	76.46	1	76.46	12	
LJ	Neil Simpson	5.90	2	7.25	Shaun Mulligan	4.97	3	5.65	9	
TJ	Shaun Mulligan	11.19	4	13.38	Neil Phillips	7.67	3	11.51	7	
PV	Shaun Mulligan	2.30	3	3.50	Rawlston Morain	1.00	2	2.60	9	
HJ	Neil Simpson	1.60	3	1.72	Shaun Mulligan	1.50	3	1.72	8	
HT	Sam Chappell	41.13	2	50.25	Erasmus Dwemoh	29.53	2	39.95	10	
DT	Courtney Green	34.38	2	40.55	Rawlston Morian	17.66	4	39.87	8	
SP	Courtney Green	12.58	2	12.85	Erasmus Dwemoh	12.09	1	12.09	11	
JV	Coutney Green	32.82	2	36.41	Rawlston Morian	32.19	2	36.39		
4x100	Matthew Wepke O'Shane Witter				Shaun Mulligan Max Harbord	44.72	1	44.72	7	
4x400	Rawlston Morian O'Shane Witter				Andy Murray Ron Taylor	3.35.1	2	3.29.7	6	
										17

Non-scoring: 100m Kehinde Dauda 12.28 200m Andy Lewis 25.48  
 100m Andy Lewis 12.31  
 100m O'Shane Witter 11.07  
 100m Rhys Edwards Whittle 11.45  
 3000S/C Neil Phillips 10.55.66

**MATCH RESULT:**

1. South London Harriers 175
2. Kent AC 174
3. Victoria Park & TH 140
4. Herne Hill Harriers 135
5. London AC/D&MV 0



SOUTHERN MEN'S LEAGUE – DIVISION 1 FINAL ETON 1 <sup>st</sup> August 2015										
A STRING					B STRING					
		Time	Pos.	Winner		Time	Pos	Winner	Pts	
100	O'Shane Witter	11.08	1	11.08	Ricardo Martin	11.80	4	11.06	13	
200	O'Shane Witter	22.24	2	22.18	Max Harbord	23.84	4	23.33	12	
400	Rawlston Morian	93.8	7	51.07	Mark Hall	58.47	6	50.06	5	
800	Mark hall	2.04.65	4	1.56.26	Callum Fraser	2.01.46	3	1.57.70	10	
1500	Callum Fraser	4.13.26	3	4.06.89	Lawrence Avery	4.19.96	4	4.08.18	11	
5000	James Connor	15.30.7	1	15.30.70	Phil Sanders	15.57.79	1	15.57.79	16	
3000SC	Richard Phillips	9.49.03	1	9.49.03	Peter Lighting	11.07.55	1	11.07.55	16	
110H	Jean Charles Roghi	17.01	2	15.52	Trevor J-Agard	18.68	1	18.68	15	
400H	Jean Charles Roghi	57.23	1	57.23	Shaun Mulligan	58.84	2	58.60	15	
LJ	Rawlston Morian	4.96	6	6.78	Shaun Mulligan	4.58	4	5.92	8	
TJ	Trevor J-Agard	10.57	6	13.79	Shaun Mulligan	10.23	4	13.15	8	
PV	Shaun Mulligan	2.20	4	3.20	Rawlston Morian	1.20	4	3.00	10	
HJ	Trevor J-Agard	1.55	5	1.80	Shaun Mulligan	1.50	4	1.60	9	
HT	Erasmus Dwemoh	32.53	5	50.10	Rawlston Morian	16.98	6	35.75	7	
DT	Shaun Mulligan	23.62	6	39.83	Erasmus Dwemoh	21.31	5	37.04	7	
SP	Erasmus Dwemoh	12.94	2	13.22	Callum Fraser	6.43	7	12.68	9	
JV	Erasmus Dwemoh	31.11	5	51.43	Rawlston Morian	27.97	5	39.66	8	
4x100	Ricardo Martin Shaun Mulligan				Max Harbord O'Shane Witter	45.48	3	44.71	7	
4x400	Shaun Mulligan Jean Charles Roghi				Mark Hall O'Shane Witter	3.40.57	4	3.30.33	6	
										192

Non-scoring 100m Max Harbord 11.60  
TJ Daniel Offiah 12.99

# MATCH RESULT:

1. W, S, E & H 241.5
2. Kent AC 192
3. Luton AC 179
4. Harlow AC 177
5. South London Harriers 164.5
6. Herne Hill Harriers 136
7. Newquay & Par 109

<b>21Mar15 Crawley Open</b>		<b>16May15 Highgate Harriers Open, Parliament Hill</b>	
300m 5 <sup>th</sup> O'Shane Witter	38.69	10000m 23 <sup>rd</sup> Staurt Beaney	34.45.01
<b>1Apr15 Portsmouth Open</b>		<b>17 May15 Loughborough International</b>	
3000m 10 <sup>th</sup> Tom Muddiman	9.58.0	300m 3 <sup>rd</sup> Conrad Williams	33.70
3Apr15 Gainesville, Florida		TJ 2 <sup>nd</sup> Chux Onyia	15.20
4X400m leg 3 Jack Green	45.5	<b>18May15 Southern Vets League, Kingston</b>	
<b>11Apr15 Bloomington, USA</b>		400 2 <sup>nd</sup> Julian Spencer Wood(V60)	69.2
200m ht2 4 <sup>th</sup> Shawn Wright	23.25	1500 4 <sup>th</sup> Julian Spencer-Wood(V60)	5.27.5
400m ht1 1 <sup>st</sup> Shawn Wright	49.75	<b>20May15 BMC, Watford</b>	
<b>18Apr15 Clermon, Florida</b>		800m 2 <sup>nd</sup> Owen Hind	1.57.36
100m 3 <sup>rd</sup> Conrad Williams	10.60	<b>23 May15 Munich Sportsfest</b>	
200m 3 <sup>rd</sup> Conrad Williams	20.89w	400H 1 <sup>st</sup> Jack Green	50.02
400h 1 <sup>st</sup> Jack Green	50.23	<b>23/24May15 Kent County Champs, Ashford</b>	
<b>19Apr15 London Inter Club, Lee Valley</b>		100m ht1 1 <sup>st</sup> Darren Green	10.95
PV 8 <sup>th</sup> Stuart Chisholm	3.20	Final 2 <sup>nd</sup> Darren Green	10.90
<b>24Apr15 Gainesville, Florida</b>		5000m 8 <sup>th</sup> Stuart Beaney	16.27.77
200m 4 <sup>th</sup> Conrad Williams	21.17	10 <sup>th</sup> Tom Webb	17.37.96
400H 3 <sup>rd</sup> Jack Green	49.55	<b>23/24May15 Surrey County Champs, Kingston</b>	
<b>29Apr15 Lee Valley Sprints</b>		100m ht2 2 <sup>nd</sup> Josh Street	11.01
200m 4 <sup>th</sup> Aaron Broderick	24.28	SF 3 <sup>rd</sup> Josh Street	11.2
<b>2May15 Palo Alto Invite, USA</b>		Final 7 <sup>th</sup> Josh Street	11.07
10000m 15 <sup>th</sup> Paul Pollock	29.15.51	Ht1 7 <sup>th</sup> Aaron Broderick	11.93
<b>2/3May15 World Relay Champs, Nassau</b>		200m h2 1 <sup>st</sup> Josh Street	22.24
4X400 leg 1 Conrad Williams	46.3	Final 1 <sup>st</sup> Josh Street	21.80
leg 3 Jack Green	45.22	110H 3 <sup>rd</sup> Shaun Mulligan	19.71
<b>2/3May15 BUCS Champs, Bedford</b>		400H 2 <sup>nd</sup> Shaun Mulligan	62.16
100m Ht 13 2 <sup>nd</sup> Josh Street	11.27	TJ 1 <sup>st</sup> David Wellstead	14.09
SF 6 <sup>th</sup> Josh Street	11.38	LJ 3 <sup>rd</sup> David Wellstead	6.63
<b>4May15 Herne Hill Open, Tooting</b>		<b>24May15 Bucks County Champs, Horspath</b>	
100m 4 <sup>th</sup> Max Harbord (U20)	12.07	100m 2 <sup>nd</sup> Luke Sargeant	11.40
200m 4 <sup>th</sup> Max Harbord (U20)	24.71	200m 2 <sup>nd</sup> Luke Sargeant	23.88
<b>6May15 Watford Open</b>		<b>24May15 Westminster Mile</b>	
100m 2 <sup>nd</sup> Luke Sargeant	11.39w	Mile 3 <sup>rd</sup> Alex Yee (U20)	4.17.0
<b>13May15 Newham Open</b>		226 <sup>th</sup> Che Compton	5.54.0
100m ht1 5 <sup>th</sup> Darren Green	10.84w	<b>25May15 Grote Prijs Stad, Lokeren</b>	
6 <sup>th</sup> Darren Green	11.01	100m 1 <sup>st</sup> Jon Browne	10.70
ht2 4 <sup>th</sup> O'Shane Witter	11.21	200m 1 <sup>st</sup> Jon Browne	21.20w
200m 6 <sup>th</sup> O'Shane Witter	23.11	<b>26May15 Ostrava, Chekoslovakia</b>	
400m 7 <sup>th</sup> Darryl Coulter	67.93	300m 7 <sup>th</sup> Conrad Williams	33.54
<b>13May15 Rosenheim League, Battersea</b>		<b>27May15 Cambridge H Open, Eltham</b>	
100m 1 <sup>st</sup> Matthew Wepke	11.22	100m 1 <sup>st</sup> Darren Green	11.09
1500m 4 <sup>th</sup> Chris Greenwood	4.17.62		
3000m 2 <sup>nd</sup> Chris Greenwood	8.56.62		
<b>13May15 Lee Valley Sprints</b>			
100m 2 <sup>nd</sup> Aaron Broderick	11.73		
15May15 Diamond League, Doha			
400H 4 <sup>th</sup> Jack Green	49.31		
<b>16May15 BMC, Stretford</b>			

5000m 3 <sup>rd</sup> Paul Pollock 14.11.09	5000m 10 <sup>th</sup> Peter Lighting 16.39.40 11 <sup>th</sup> Richard Bidgood 16.55.65 15 <sup>th</sup> Darryl Coulter 18.54.53 Shot 1 <sup>st</sup> Courtney Green 12.66
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<b>27May15 Lee Valley Sprints</b> 100m 5 <sup>th</sup> Aaron Broderick 12.03w <b>27May15 Lee Valley Sprints</b> 100m 4 <sup>th</sup> Khuwayne Linton (U17) 13.85w <b>30May15 BMC, Sportscity</b> 1500m 2 <sup>nd</sup> Owen Hind 3.53.43 5000m 8 <sup>th</sup> Paul Pollock 14.05.78 <b>31May15 Bedford Int Games</b> 100m 3 <sup>rd</sup> Josh Street 10.84 200m 1 <sup>st</sup> Josh Street 21.19 400H 1 <sup>st</sup> Jack Green 50.39 <b>1Jun15 Mile End Open</b> Mile 1 <sup>st</sup> Darry Coulter 5.33.80 <b>2Jun15 Tonbridge Open</b> 800m 7 <sup>th</sup> Darry Coulter 2.30.27 3000m 7 <sup>th</sup> Darry Coulter 11.03.13 <b>6Jun15 Geneva, Switzerland</b> 400m 1 <sup>st</sup> Conrad Williams 45.06 <p style="text-align: center;">CLUB RECORD</p> <b>7Jun15 Medway Open, Gillingham</b> 3000m 1 <sup>st</sup> Ron Taylor 9.27.23 <b>7Jun15 Norfolk County Champs, Norwich</b> PV 1 <sup>st</sup> Stuart Chisholm 3.20 <b>8Jun15 Blackheath Harriers Open</b> 800m 7 <sup>th</sup> Darry Coulter 2.29.96 <b>8Jun15 Odlozila Memorial, Prague</b> 400m 2 <sup>nd</sup> Conrad Williams 46.16 <b>9Jun15 Woodford Green Open</b> 800m 8 <sup>th</sup> Darryl Coulter 2.31.15 <b>10Jun15 Newham Open</b> 100m ht3 1 <sup>st</sup> Matthew Wepke 11.01 ht4 2 <sup>nd</sup> Joe Appiah (V45) 11.85w ht4 3 <sup>rd</sup> Max Harbord 11.93w 200m 1 <sup>st</sup> Max Harbord 24.36 110H 3 <sup>rd</sup> Joe Appiah (V45) 16.06w <b>10Jun15 Wormwood Scrubs</b>	<b>13/14Jun15 Southern Champs, Lee Valley</b> 100m ht5 3 <sup>rd</sup> Darren Green 11.17 SF 6 <sup>th</sup> Darren Green 11.42 ht6 8 <sup>th</sup> Aaron Broderick 12.08 ht 4 7 <sup>th</sup> Max Harbord (U20) 11.94 200m ht4 2 <sup>nd</sup> Jon Browne 21.70w ht 2 1 <sup>st</sup> Conrad Williams 21.69 SF 2 <sup>nd</sup> Conrad Williams 21.28w Final 3 <sup>rd</sup> Conrad Williams 21.25w ht3 2 <sup>nd</sup> Darren Green 21.95w SF 2 <sup>nd</sup> Darren Green 21.82w Final 6 <sup>th</sup> Darren Green 21.85w ht 5 5 <sup>th</sup> O'Shane Witter 23.01 SF 7 <sup>th</sup> O'Shane Witter 22.77w ht 3 6 <sup>th</sup> Aaron Broderick 24.18w ht3 6 <sup>th</sup> Max Harbord (U20) 24.74 400m ht2 1 <sup>st</sup> Josh Street 49.14 TJ 4 <sup>th</sup> David Wellstead 14.38w <b>15Jun15 Southern Vets League, Ewell</b> 800m 7 <sup>th</sup> Julian Spencer-Wood(V60) 2.40.5 3000m 3 <sup>rd</sup> Julian Spencer-Wood 11.30.9 <b>17Jun15 BMC, Watford</b> 1500m 10 <sup>th</sup> Owen Hind 3.56.34 <b>20Jun15 Bilbao, Portugal</b> 100m ht1 1 <sup>st</sup> Jon Browne 10.51 Final 7 <sup>th</sup> Jon Browne 10.61 200m 1 <sup>st</sup> Jon Browne 21.43 <b>21Jun15 European Super League Team Champs</b> 4X400m leg 3 Conrad Williams 45.11 <b>21Jun15 U23 Champs, Bedford</b> 200m ht1 2 <sup>nd</sup> Josh Street 21.5
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600m 10 <sup>th</sup> Darryl Coulter 1.47.18		Final 3 <sup>rd</sup> Josh Street 21.52	
3000m 13 <sup>th</sup> Darryl Coulter 10.58.33		23Jun15 East Lothian 100m 2 <sup>nd</sup> Chux Onyia 11.48	
<b>10Jun15 Lee Valley Sprints</b>		<b>24Jun15 BMC, Eltham</b>	
100m 6 <sup>th</sup> Luke Sargeant 11.43		5000m 1 <sup>st</sup> Calum Fraser 15.41.22	
3 <sup>rd</sup> Aaron Broderick 11.62		2 <sup>nd</sup> Peter Lighting 16.25.60	
<b>13Jun15 Sussex County Schools, Crawley</b>		6 <sup>th</sup> Amy Clements 16.49.22	
100m ht1 2 <sup>nd</sup> Daniel Offiah (U20) 11.3		8 <sup>th</sup> Richard Bidgood 17.12.39	
TJ 1 <sup>st</sup> Daniel Offiah (U20) 13.35		14 <sup>th</sup> Phil Sanders 19.46.19	
<b>14Jun15 Inverness</b>		<b>27Jun15 Sopot, Poland</b>	
400m 3 <sup>rd</sup> Shawn Wright 51.00		400m 2 <sup>nd</sup> Conrad Williams 46.06	
Javelin 2 <sup>nd</sup> Shawn Wright 29.72		<b>27Jun15 London Inter Club, Hendon</b>	
<b>14Jun15 City of London</b>		100m 7 <sup>th</sup> Luke Sargeant 11.31w	
Mile 1037 <sup>th</sup> Joe Appiah (V45) 7m43s		4 <sup>th</sup> Khuwayne Linton (U17) 13.56	
		TJ 4 <sup>th</sup> David Wellstead 14.17	
		Shot 2 <sup>nd</sup> Khuwayne Linton (U17) 8.13	

<b>27Jun15 BMC, Watford</b>		<b>22Jul15 Cambridge H Open, Eltham</b>	
1500m 9 <sup>th</sup> Owen Hind 3.52.34		100m 3 <sup>rd</sup> Jermaine Jones 12.32	
5000m 1 <sup>st</sup> Alex Yee (U20) 14.09.18		4 <sup>th</sup> Mark Hall 12.90	
<b>1Jul15 Watford Open</b>		4 <sup>th</sup> Khuwayne Linton (U17) 13.81	
100m 7 <sup>th</sup> O'Shane Witter 11.05		800m 4 <sup>th</sup> Mark Hall 2.03.54	
5 <sup>th</sup> Luke Sargeant 11.23		1500m 2 <sup>nd</sup> Calum Fraser 4.17.07	
<b>1Jul15 Rosenheim League, Battersea</b>		5000m 1 <sup>st</sup> Lawrence Avery 16.02.65	
100m 3 <sup>rd</sup> Joe Appiah (V45) 11.87		<b>23Jul15 Willesden Open</b>	
200m 6 <sup>th</sup> Joe Appiah (V45) 25.37		400m 3 <sup>rd</sup> Josh Street 48.67	
3000m 4 <sup>th</sup> Lawrence Avery 9.35.49		<b>25Jul15 Lausanne, Switzerland</b>	
<b>1Jul15 Ashford</b>		100m ht1 1 <sup>st</sup> Josh Street 10.61	
3000m 2 <sup>nd</sup> Darryl Coulter 11.26.37		'A' 1 <sup>st</sup> Josh Street 10.70	
<b>3/4/5Jul15 Sainsburys British Champs</b>		200m 1 <sup>st</sup> Josh Street 21.13	
100m ht8 2 <sup>nd</sup> Jon Browne 10.78		<b>25Jul15 Herne Hill Open, Tooting</b>	
SF 8 <sup>th</sup> Jon Browne 10.77w		100m 4 <sup>th</sup> Luke Sargeant 11.63	
200m ht2 6 <sup>th</sup> Jon Browne 21.49		1500m 4 <sup>th</sup> Lawrence Avery 4.20.08	
Ht1 6 <sup>th</sup> Josh Street 21.47		<b>25/26 Jul15 British Vets Champs, Birmingham</b>	
400m ht4 3 <sup>rd</sup> Conrad Williams 47.32		100mm ht2 3 <sup>rd</sup> Joe Appiah (V45) 11.79w	
SF 2 <sup>nd</sup> Conrad Williams 46.82		Final 4 <sup>th</sup> Joe Appiah (V45) 11.74	
Final 6 <sup>th</sup> Conrad Williams 46.50		110H 1 <sup>st</sup> Joe Appiah (V45) 15.40	
TJ 10 <sup>th</sup> Chux Onyia 14.97		5 <sup>th</sup> Kehinde Dauda (V40) 17.37	
<b>6Jul15 Mile End Open</b>		400H 3 <sup>rd</sup> Kehinde Dauda (V40) 63.31	
100m 7 <sup>th</sup> Mark Hall 13.59			
200m 1 <sup>st</sup> Mark hall 26.93			

1500m 1 <sup>st</sup> Mark Hall 4.23.86	5000m 3 <sup>rd</sup> Phil Sanders 16.02.83
<b>12Jul15 Southern Inter Counties, Crawley</b>	9 <sup>th</sup> Stuart Beaney 16.45.32
1500m 1 <sup>st</sup> Owen Hind 4.01.59	<b>29Jul15 Watford Open</b>
TJ 1 <sup>st</sup> David Wellstead 14.05	200m 5 <sup>th</sup> Luke Sargeant 23.35
<b>15Jul15 Livingstone</b>	<b>1Aug15 CAU Inter Counties, Bedford</b>
400m 3 <sup>rd</sup> Shawn Wright 51.21	100m ht3 5 <sup>th</sup> Jon Browne 10.68
<b>15Jul15 Crawley Open</b>	SF 8 <sup>th</sup> Jon Browne 10.70
1500m 1 <sup>st</sup> Mark Hall 4.13.97	3000S/C 5 <sup>th</sup> Chris Greenwood 9.17.16
<b>16Jul15 World Youth Champs, Columbia</b>	<b>1Aug15 London Inter Club Challenge, Hendon</b>
3000m ht1 5 <sup>th</sup> Alex Yee (U20) 8.28.18	100m 4 <sup>th</sup> Conrad Williams 10.99
Final 6 <sup>th</sup> Alex Yee (U20) 8.28.26	6 <sup>th</sup> Joe Appiah (V45) 11.93
<b>18Jul15 BMC, Oxford</b>	200m 1 <sup>st</sup> Conrad Williams 21.75
800m 3 <sup>rd</sup> Owen Hind 1.54.58	<b>2Aug15 Grangemouth</b>
Mile 7 <sup>th</sup> Ben Harding 4.12.97	100m 4 <sup>th</sup> Shawn Wright 11.71
5000m 3 <sup>rd</sup> Chris Greenwood 14.51.78	400m 3 <sup>rd</sup> Shawn Wright 51.03
<b>20Jul15 Blackheath Harriers Open</b>	<b>4Aug15 Woodford Green Open</b>
800m 4 <sup>th</sup> Darryl Coulter 2.29.20	3000m 9 <sup>th</sup> Darryl Coulter 11.11.73
<b>22Jul15 Newham Open</b>	3000m 14 <sup>th</sup> Nick Park 12.15.50
100m ht4 1 <sup>st</sup> Matthew Wepke 10.92w	<b>5Aug15 Hercules Open, Wimbledon</b>
ht2 6 <sup>th</sup> O'Shane Witter 11.17	3000m 4 <sup>th</sup> Lawrence Avery 9.13.5
ht5 8 <sup>th</sup> Joe Appiah (V45) 11.95	6 <sup>th</sup> Mark Hall 9.29.1
ht6 2 <sup>nd</sup> Max Harbord (U20) 11.66	17 <sup>th</sup> Darryl Coulter 11.03.2
200m 5 <sup>th</sup> Max Harbord (U20) 23.66	<b>9Aug15 Irish Champs</b>
<b>22Jul15 Lee Valley Sprints</b>	Discus 4 <sup>th</sup> Sean Breathnach 46.72
100m 3 <sup>rd</sup> Luke Sargeant 11.38	Shot 1 <sup>st</sup> Sean Breathnach 17.63

<b>9Aug15 Newham Open</b>	<b>29Aug15 London Inter Club Challenge, Hendon</b>
100m 1 <sup>st</sup> Jon Browne 10.71	100m 2 <sup>nd</sup> Jon Browne 10.77
400m 2 <sup>nd</sup> Rueben Moreton 59.15	200m 2 <sup>nd</sup> Jon Browne 21.35
600m 1 <sup>st</sup> Conrad Williams 1.19.85	<b>29Aug15 Herne Hill H Open, Tooting</b>
<b>10Aug15 Blackheath H Open, Bromley</b>	100m 1 <sup>st</sup> Matthew Wepke 10.98
100m 6 <sup>th</sup> Jermaine Jones 12.32	400m 3 <sup>rd</sup> Rawlston Morian 52.26
200m 2 <sup>nd</sup> Jermaine Jones 25.26	100000m 2 <sup>nd</sup> Lawrence Avery 32.57.56
6 <sup>th</sup> Mark Hall 26.11	4 <sup>th</sup> Peter Lighting 33.40.30
400m 6 <sup>th</sup> Rueben Moreton 59.35	6 <sup>th</sup> Stuart Beaney 34.10.56
<b>12Aug15 Watford Open</b>	<b>1Sep15 Woodford Green Open</b>
100m 3 <sup>rd</sup> Luke Sargeant 11.55	3000m 8 <sup>th</sup> Darryl Coulter 11.13.56
<b>15Aug15 World Master, Lyon France</b>	<b>5Sep15 Medway Open, Gillingham</b>
110H ht2 1 <sup>st</sup> Joe Appiah (V45) 15.42	100m 3 <sup>rd</sup> David Wellstead 12.72
SF 2 <sup>nd</sup> Joe Appiah (V45) 15.14	<b>5Sep15 BMC, Stretford</b>
Final 3 <sup>rd</sup> Joe Appiah (V45) 15.06	10000m 3 <sup>rd</sup> John Gilbert 30.06.29
15Aug15 Scottish Champs, Aberdeen	6 <sup>th</sup> Chris Greenwood 30.36.83
TJ 1 <sup>st</sup> Chux Onyia 15.16	8 <sup>th</sup> Russell Bentley 31.06.55
<b>16Aug15 Southern U17 Champs, Ashford</b>	

100m ht2 6 <sup>th</sup> Khuwayne Linton	13.50	12 <sup>th</sup> James Savage	32.45.05
Shot 5 <sup>th</sup> Khuwayne Linton (U17)	8.01	<b>9Sep15 Highgate Open, Parliament Hill</b>	
<b>19Aug15 Lee Valley Sprints</b>		LJ 1 <sup>st</sup> David Wellstead	6.24
100m 2 <sup>nd</sup> Jon Browne	10.69	<b>9Sep15 Watford Open</b>	
23Aug15 CAU Inter Counties, Bedford		800m 7 <sup>th</sup> Darryl Coulter	2.32.41
200m ht2 5 <sup>th</sup> Josh Street	22.23	<b>9Sep15 Commonwealth Youth Games, Apaia</b>	
SF 7 <sup>th</sup> Josh Street	21.97	3000m 3 <sup>rd</sup> Alex Yee (U20)	8.18.12
<b>19Aug15 BMC, Eltham</b>		<b>10Sep15 Kent AC Champs, Ladywell</b>	
800m 1 <sup>st</sup> Ben Harding	1.52.34	5000m 1 <sup>st</sup> John Gilbert	14.57.0
800m 2 <sup>nd</sup> Rueben Moreton	2.18.91	2 <sup>nd</sup> James Connor	15.00.5
Mile 1 <sup>st</sup> Mark Hall	4.36.94	3 <sup>rd</sup> Neil Phillips	15.02.1
5000m 7 <sup>th</sup> Lawrence Avery	15.47.40	4 <sup>th</sup> Ben Harding	15.10.4
9 <sup>th</sup> Phil Sanders	15.58.57	5 <sup>th</sup> Mark Hall	15.28.2
1 <sup>st</sup> Peter Lighting	15.55.75	7 <sup>th</sup> Lawrence Avery	15.30.2
5 <sup>th</sup> Che Compton	16.44.44	12 <sup>th</sup> Phil Sanders	15.37.0
12 <sup>th</sup> Alison Thompson	19.43.40	Race 2 1 <sup>st</sup> Peter Lighting	15.41.3
13 <sup>th</sup> Carloine Manning	19.53.13	2 <sup>nd</sup> Paul Griffiths	15.42.8
<b>19Aug15 Wimbledon</b>		12 <sup>th</sup> Michael Longley	16.10.9
5000m 3 <sup>rd</sup> John Gilbert	14.48.53	13 <sup>th</sup> Stuart Beaney	16.11.7
4 <sup>th</sup> Chris Greenwood	14.51.21	15 <sup>th</sup> Chris Ho (U17)	16.28.8
6 <sup>th</sup> Calum Fraser	15.49.03	16 <sup>th</sup> Che Compton	16.29.9
3 <sup>rd</sup> Michael Longley	16.31.13	17 <sup>th</sup> Amy Clements	16.33.8
<b>22Aug15 BMC, Solihull</b>		18 <sup>th</sup> Daniel Stauber	16.45.8
1500m 1 <sup>st</sup> Alex Yee (U20)	3.51.66	19 <sup>th</sup> Robert Laing	16.58.2
1500m 5 <sup>th</sup> Owen Hind	3.52.28	20 <sup>th</sup> Richard Bidgood	17.12.0
5000m 8 <sup>th</sup> John Gilbert	14.47.05	21 <sup>st</sup> Ron Taylor	17.17.2
<b>23Aug15 St Marys open, Twickenham</b>			
100m 4 <sup>th</sup> David Wellstead	12.7		
<b>26Aug15 BMC, Watford</b>			
800m 1 <sup>st</sup> Ben Harding	1.53.81		
1500m 5 <sup>th</sup> Owen Hind	3.50.37		

<b>10Sep15 Kent AC Champs, Ladywell</b>		<b>12Sep15 Great North City Games</b>	
Race 3 2 <sup>nd</sup> Richard Elliott	17.04.2	5K 3 <sup>rd</sup> Conrad Williams	60.8
3 <sup>rd</sup> James Donaldson	17.12.8	<b>12Sep15 Kent Masters Champs. Erith</b>	
6 <sup>th</sup> Adam Garcia	17.37.9	400H 1 <sup>st</sup> Kehinde Dauda (V40)	64.05
7 <sup>th</sup> Josh Correia (U20)	17.46.9		
8 <sup>th</sup> Neil Simpson	18.21.7		
9 <sup>th</sup> Ollie Bright (U15)	18.31.7		
10 <sup>th</sup> Sarah Watson	18.39.2		
11 <sup>th</sup> Cath Stibbs	19.04.0		
12 <sup>th</sup> Darryl Coulter	19.04.6		
13 <sup>th</sup> Gemma Game	19.25.5		
14 <sup>th</sup> Victoria Buck	19.30.3		
15 <sup>th</sup> Adrian Dracup	19.41.2		
16 <sup>th</sup> Conrad Scmolck (U15)	19.41.5		
17 <sup>th</sup> Alison Thompson	19.43.4		
19 <sup>th</sup> Alan Curtis	20.58.2		

### **Club history and records**

Approaching 120 years old, Kent AC is one of London's oldest athletics clubs, but members will note there is no grand printed club history of the sort Blackheath or Herne Hill can boast. Despite this there are a number of places to go if you want to find out more about our past, or athletics in south London.

There is a short essay on the website, which started off as the talk I gave at our centenary dinner in 1998 and has been expanded since.

Larry Garnham, once very active with the track team and now based in Cornwall, is working on a more detailed history and you may have seen his appeals for information. We await the fruit of his labours with great interest.

There are also two blogs worth looking out: Go Feet - [go-feet.blogspot](http://go-feet.blogspot.com): 'about running, running history and culture, writing and thinking about running', by one of our members and Running Past - [runner.500.wordpress](http://runner.500.wordpress.com) 'running and south London Local History. Inevitably being blogs they are unstructured but there is excellent stuff in both - that a one-time British marathon record holder lived in Ladywell for instance.

Finally there is the raw material for research, the clubs surviving archives and records. Those I have been able to get together are now at Lewisham Archives in the Central Library where they will be both safe and available for consultation by whoever wants to see them. Sadly they are far from complete, but usefully included is a full set of newsletters from 1980 and a scrapbook of newspaper cuttings mainly of the 1960s. If you have any material to add to the collection I'd be very grateful to know about it, in particular committee records earlier than the 1970s and for the 1980 ad 1990s, and photos, even recent ones. I have a full list of what's there and can send it on to whoever is interested.

***Len Reilly***