

KENT ATHLETIC CLUB NEWSLETTER – Issue 54	Kent Athletic Club
	Kent Athletic Club October 2013

JOB DONE

Quite a strange season was Summer 2013. The aim was to re establish Kent AC as a purposeful British League club after falling apart last year in the Premiership. To be honest we never really got going but somehow we strolled through Division One - never in any trouble and finished sixth but well in front of the relegated teams of Basingstoke & Mid Hants (Jermaine picked a gem there!) and Southend AC who really did look out of their depth.

The worry was that if we pulled out all the stops and got a proper full strength side out each match we would probably get promoted again! I think it's safe to say that we are in a rebuilding phase and we got some quite useful guys on board this year with Chris Walsh in the Hammer, Jean-Charles Roghi in the 400H, Steve Brunsden seemingly more involved than ever and Richard Phillips taking on the Steeplechase plus Christian Oelofse is another that is looking to make his mark. We also had great contributions from 'B' team athletes who are now staking a claim on 'A' team posts. Talking of the 'B' team they

had a pretty good season making the Southern League Championship play off at Windsor in August and finishing runners up in Division One Central behind Herne Hill Harriers. Most satisfying were the numbers of athletes supporting the club.

In the Assembly League after a poor start our new team managers really improved matters. The men finished second overall and the women fourth. The club we are sure could dominate this event as in the past

On an individual front, Jack Green has struggled post Olympic but Conrad Williams went to the World Championships again and ran excellent first legs in the 4X400 only to be denied a medal (for the second time – remember the Olympics) by shit team selection by the powers to be!

Paul Pollock, representing Ireland, ran magnificently in the World Championship Marathon to finish 21st (2nd European). Matt Burton won the British indoor long jump championships but then couldn't quite take that form to outdoors because of a few niggly injuries. Chuxx Onyia became Scottish triple jump

Job Done

News and Views

Women's World

Girls Aloud

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British Athletic League

New Members

Results

Champion and gained a Scottish vest. Michael Holden established himself as an international decathlete, finishing third in Woerden with a new club record of 7233 points.*

All in all it was rather a flat season with a few more athletes now being based at Ladywell – a deliberate club policy and overall a very comfortable year was had. No dramas and no massive highlights. So let's get going and get people talking again!

By Larry Garnham

*See other club records in 2013 under News and Views.

NEWS AND VIEWS

NEW to KENT AC

Website: Most of you will by now have visited the new Kent AC website which will allow us to communicate with club members and visitors, included those who are looking for an athletics club to join, far more effectively. It has far more scope for development than the previous site and it also has the advantage of being far easier for our nominated five people to add items to it on a regular basis.

A big thank you has to go to Jules Gevers who managed the previous site excellently for a number of years and who helped move the club into the 21st Century especially as he was the only person putting up material - which was a big task for one person. Matt Burton designed the new site with some flair and set up its overall structure so that it should be easy to expand the site when necessary. So keep looking out for developments as we hope to be able to add extra features to it before Xmas.

XC Posts: Our Cross Country posts do not span the usual timescale of other posts in the club as our AGM is always mid season for XC - so here's news of the new post holders. Firstly though, a big thank you to James Connor and to Rich Munn who through a lot of effort over the last 4 years have moved us on so that now we are one of the top 10 clubs in GB for XC.

Surrey League Manager: Stuart Beaney

Championship Manager: John Gilbert

XC Handicapper: John Gilbert

Women's post: We are pleased to announce that because of our expanding Women's section (we now have 60 female members) we have created the new post of Women's XC Secretary. This post will be filled at our AGM on Dec 3rd.

Assembly League: The post of AL Manager is being shared by Richard Elliot and Paul Bell who did a great job this year in getting the troops out (after a poor start before they took over) and got us up to Runners Up in the team competition by the end of the 6 race summer road race series.

New XC league: We have teamed up with Abi Tickner (Frank's wife), who is teaching at Colfe's School, in organising a 3 race XC series for Greenwich and Lewisham Schools. It will be for Year 7 & 8 runners and together with the Lewisham Schools and London Schools Championships should create a reasonable number of races in a season for these youngsters to enjoy and hopefully take up the sport. Races will be relatively short in distance and will be after school on Wed afternoons. We've kept it easy for staff to organise so that they can get all their runners into one minivan and have made sure that each fixture will last less than an hour.

Askes, Blackheath High. Colfe's, Eltham College, Forest Hill, St Dunstan's, St Ursula's and Thomas Tallis have joined the league so that we have reached our target of 6 boys and 6 girls teams. We hope to recruit a steady number to join Spenser Lane's training group at Ladywell Arena as the season progresses.

DATES FOR YOUR DIARY:

Club AGM will be at the Goose on the Green, Catford on **Tuesday, 3rd December '13** at 8.30pm. It's your chance to have your say and have input into the future of your club plus the chance to elect key personnel.

Club Presentation will be at the Beckenham Cricket Club on **Saturday, 4th January '14** at 8.30pm. It's the same day as the Kent County Cross Country champs and this has proved to be a good way of stimulating interest for the event. Remember it is the **ONLY** time of the year that we all get together to celebrate everyone's successes – it's vital that everyone makes an effort to be there in order to support those athletes being awarded trophies, medals and certificates.

We will have a full range of club kit for sale there including our smart new tracksuits.

Sidcup 10 mile Road Race will take place on **Sunday 9th March '14** at 10.00am at Chislehurst and Sidcup Grammar School. This is **THE** major fund raising venture of the year and everyone in the club is **EXPECTED** to try and make an effort to help out on the day. Without this event the club would be short of about £2,000!! Note that the date is later than we have had in the past due to recent years of cold icy weather in February. Nonetheless all members should put this date in their diaries and come and help on the day. **NO HELPERS – NO EVENT, NO EVENT – NO MONEY!!**

CLUB 200 DRAW comes to a close after its second year - the last draw being in November. It is understood that most members will be renewing their entry into the monthly draw but it is believed that a few numbers are now available. For just £6 a month you have the chance to win £200. Please contact Phil Sanders philpub@googlemail.com for details. The year's winners were:

December	Alicia Lovejoy	January	Phil Sanders
February	Brian Sanders	March	Paul Bell
April	Chris Greenwood	May	Dan Hale
June	Richard Elliot	July	Val Fairbrass
August	Rob Moye	September	Mick Barlow
October	Rich Munn	November	To be drawn

NEW CLUB RECORDS (During 2013)

High Jump	2.01 indoors	Michael Holden	5 th Jan 13 Sheffield
Long Jump	7.94 indoors	Matt Burton	9 th Feb 13 Sheffield
Discus	49.56	Sean Breathnach	16 Jun13 Limerick
Pole Vault	5.13	Michael Holden	25 th Aug 13 Woerden
Decathlon	7233pts	Michael Holden	25 th Aug 13 Woerden

NEW KENT AC NEWSLETTER PRODUCER REQUIRED

Must be computer literate

Must have a few hours spare every six months

No salary or benefits whatsoever

APPLY TO KENT AC COMMITTEE on 3rd DECEMBER 13 at AGM or e mail philpub@googlemail.com

WOMEN'S WORLD

KENT AC WOMEN'S GROUP

Assembly League

There was a strong and consistent turn out from Kent AC's ladies at this year's Assembly League, which led to both the Women's A and B teams finishing 4th overall in the league. There were particularly strong performances from Sarah Watson and Amy Clements who shared the position of first Kent AC lady at every race; both women repeatedly finished amongst the top ten. The last meeting at Beckenham on 5th September saw the women earn valuable points with both teams finishing 3rd on the night to secure their final place in the league. Special congratulations go to young Molly Aston (from the girls group) who joined us for her first Assembly League race and her longest run ever in Victoria Park!

Top 4 Women's A
Team 1. Dulwich
4. Kent AC

Top 4 Women's B Team:
1. Dulwich
4. Kent AC

Club Championships: A number of the Kent AC ladies took part in this summer's Club Championships on the track, including the 400m, 800m, 1,500m and 5,000m. Although the shorter distances pushed many of the women outside their comfort zone, it was brilliant to see enough women taking part to offer a good race for all competitors. Sprinters Clare Newbury and Jackie Daley made their mark in the 400m, placing first and second respectively, whilst Sarah Watson stormed to victory in the 5,000m in 17:48. Sarah also won the 1,500m with Amy Clements in second place in a time of 5:07 and Sarah Young finished third in 5:56.



Out on the road:

Throughout the summer, the Kent AC women have also been competing in longer distance races both at home and abroad. Five club members took part in the North Downs 30km on 23rd June, a popular scenic race, known for its iconic poppy fields and friendly atmosphere, which tests runners across tough, undulating terrain. Kent AC walked away with a good haul of prizes with Cath Stibbs finishing 5th lady overall, Kate Williams finishing 1st V45 and Cath, Victoria Buck and Carly O'Hara-Ralston completing the race as 1st Ladies Team overall. Congratulations to Ellie Brown, who also completed the race in a fantastic time of 03:20:58.

With the British heat wave in full swing, one Kent AC lady also took on the Dartford Half Marathon on 14th July – another popular race. Congratulations to Jacqui Owen for completing the race in 02:16:06. Finally, Carly O'Hara-Ralston, Kate Williams, Yasia Williams- Leedham and Ellie Brown completed the summer in style with the Marathon du Médoc. Not your average 26.2 miles, the race is famed for its relaxed, carnival-style atmosphere and the wine stops that replace the usual water stations! Congratulations to all the women who ran and finished together.

By Kate Williams

GIRLS ALOUD

Despite the many pressures of school life and exams that coincide with the summer months, the Kent AC girls group remained dedicated to their Tuesday night training session.

The improvement with all of the girls remains undeniable as they continue to flourish on the track. I'm sure that we can all sympathise with the perils of pacing and the girls continue to work hard on this, often surpassing their own expectations as their endurance increases. As ever, we try and keep the sessions varied to give the group the opportunity to try other aspects of athletics. Hurdles are still a firm favourite and as their confidence has grown over the past few coaching evenings, some excellent technique is starting to shine through. This was highlighted by one of the group winning the hurdles event at her school sports day- an excellent result.

Other exciting sessions that were scheduled during the warm and light evenings, led us into the neighbouring park where we embarked on some hill training. Although not everyone's favourite, we know that it is these kind of session that can give you the edge on race day, especially with cross country season



now upon us, as well as developing excellent core strength.

As ever, we are proud of the group for their continuing commitment to their training as they all strive to become fitter and better athletes. We hope that as we progress into winter this enthusiasm continues to grow. A big thank you to all of the coaches for their help and willingness to encourage new athletes into the sport and a very warm welcome to our newest coach Ted- we look forward to the new ideas that you will bring to our sessions!

By Kate Williams

JUNIOR

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After the incredible start to the year, it has been a quieter summer in the boys group. The training sessions have continued in the holidays though it has been obvious that the boys have been less interested in conventional athletics and looking forward more towards the longer distance races & XC season in the autumn.

We have seen more newcomers, Tom, Jamie, Anthony, Shem, Harvey, Kevin and Archie attend on a regular basis on Tuesdays. Max Harbord has continued his enthusiastic sprint training, posting sub-12s 100m and sub-25s 200m races . Oisin Brennan continues to work towards his Duke of Edinburgh bronze award and making noises towards extending that to the next level.

Two promising U13 lads have been putting in the hours to good effect. [Reuben Wilson-Connell](#) and [Shem Asaji-Gill](#) have shown an aptitude for high mileages and it will be interesting to see these two develop. Their friendly rivalry culminated in an interesting club 1500m championship with Reuben's impressive 5'08" just edging Shem's 5'13". I expect to see these times plummet over the oncoming years.

Representation was also made in the club 5K championships with Francis Sumaye battling through a difficult pre-race build-up to post a gutsy 17'44", whilst Shem, cracked the 21min barrier with a well-paced run to clock 20'19" but a heck of a kick in the final lap. In the Park runs, Josh Correia continues to do well with some good times.

The emphasis over the winter is very much endurance work and we will try to have some representation in the Surrey League XC

series. Several local Lewisham schools have setup an inter-schools XC league which we hope takes off. In addition, we plan to have the second Xmas 5k Junior race in late December.

The focus for the coming 6 months is going to be the London / England schools races and of course the Mini Marathon in April.

By Spenser Lane

Young Athletes Manager



Southern 6 Stage Road Relays at Aldershot on sun 22nd Sept 2013

A good day at the office for Kent AC as expectations were achieved or even surpassed in our annual visit to Aldershot for the 23rd time. It's hard to believe that we have come so far in that time as this year we put out a record 5 full teams and we were right at the front end in both races. Our Senior team, despite not being at full strength, achieved a great result by coming home in 4th place and were only 36 seconds away from the medals. Both of the guys who were drafted in to replace some of our missing top men performed well - despite the pressure of having to perform at this top level event for the first time. On the opening leg Paul Griffiths ran a mature race as he paced his run really well to run 10 secs inside his target time and Owen Hind on Leg 5 kept his nerve, despite setting off in 5th place, holding his position with a well judged run that was 13secs inside Ken's target time. Both are now firmly in the frame for our A team in the future.

Then John Gilbert on Leg 2 produced a storming run to take no less than 34 places

that pulled us up to 12th place running a PB on this course of 18' 17" (after running the same time for the last three years of 18' 22")- so he should go to the start line next week in the Berlin Marathon full of confidence. Another member of last year's winning team, Chris Greenwood, was next up and ran a positive race gaining 4 places at the top end of the race, which is no mean feat, despite having to run all of the second lap on his own. It was great to see Paul Pollock in a Kent AC vest again after his exploits in the World Champs marathon in Moscow despite only having done a couple of weeks easy running since his fine run there. None the less he ran 18' 29" and got us up to 5th place despite feeling "very heavy in the legs" to confirm yet again what a good club man he is. After our next man's (Owen Hind) run Russell Bentley set off really hard to cruise past the Belgrave runner and despite hardly being able to see the 3rd placed runner who was 1' 30" ahead he took a minute out of him as he produced a big PB run of 18' 27".

Despite the tinge of disappointment at just missing out on medals this result coupled with our 3rd place in 2011 and 1st place in 2012 confirmed that we have moved on as a club

and expect to be at the sharp end even if we are not at full strength.

Our B and C teams had no less than 8 guys making their debut with all of them seeming to enjoy this new experience and virtually all of them ran above expectations. We currently have a new input of runners in our B group reminiscent of 3 years ago and quite a few of

them have the ability to move on considerably.

The day finished off well with over 20 of our runners heading off to The King's Arms at Waterloo for a team debriefing and bonding exercise.

By Andrew Dunwoody

SOUTHERN MENS LEAGUE ROUND UP

B TEAM REPORT 2013

SOUTHERN MEN'S LEAGUE, DIVISION 1C

The Southern Men's League had a new format this year, with three regionalised divisions. We were in Division 1C, comprising six teams with the top two going through to a Play Off match against the best teams in the other divisions to decide the League Champions.

I think the new format was felt by competitors and officials to be a success. In each match we competed against five established and reliable teams, which resulted in a consistently high standard of competition and a good atmosphere too.

Match 1: Mile End 4th May

A very good start to the season with a second place to Herne Hill Harriers, which was a position we had to get used to. Man of the Match was awarded to Chris Greenwood for his 5,000m pb and A-string win in the Chase, an indication of the excellent season that was to come for Chris.

Match 2: Horsham 18th May

Another really good day for the B team despite having a weakened team due to injuries. We were in 4th place for much of the match but our last three events were outstanding as the Triple Jump, Chase and 4 x 400m Relay pushed us into 2nd place. Rawlston (8 events) and Shaun (7 events) were massive players on the day and both somehow got stronger as the day went on with Man of the Match Shaun Mulligan's fantastic last leg in the relay clinching our

second place.

Another real bonus was to have no less than four new guys making their debuts and all performing really well: U17's Elliott Gayle (100/200), Said Gabo(1500) and Max Harbord (4x100), plus Tom Webb (1500).

Match 3: Sutton 15th June

A convincing victory, which guaranteed us a place in the Play Off with one match still to go. We had a record twenty five scoring athletes plus four guests, including three U17's and two U20's. New B Team records were set in the hammer by debutant Chris Walsh and in the discus by Christian Oelofse, and Darren Green equalled Conrad Williams' B Team 200m record. None of that was enough to win Man of the Match though, which went to Elliott Gayle for his two sprint wins (the 100m results are wrong in the results, by the way, we have video evidence to prove it) and an excellent leg in the 4 x 400m.

Match 4: Kingston 13th July

A third place behind Herne Hill and Hercules Wimbledon, who fielded a very strong team in their home match, but another good result given the number of injuries we sustained on the day, and more than enough to give us a comfortable second place in the final league table. Highlights included impressive debuts by Owen Hind and Daniel Offiah; pb's for Paul Griffiths and Su-Min Lee despite the blistering heat; Rawlston's terrific leg in the 4x400m; Kehinde's 400m Hurdles non-scoring race, which put him in the top ten for his age category; and finally Courtney's very big pb and new B Team record in the shot.

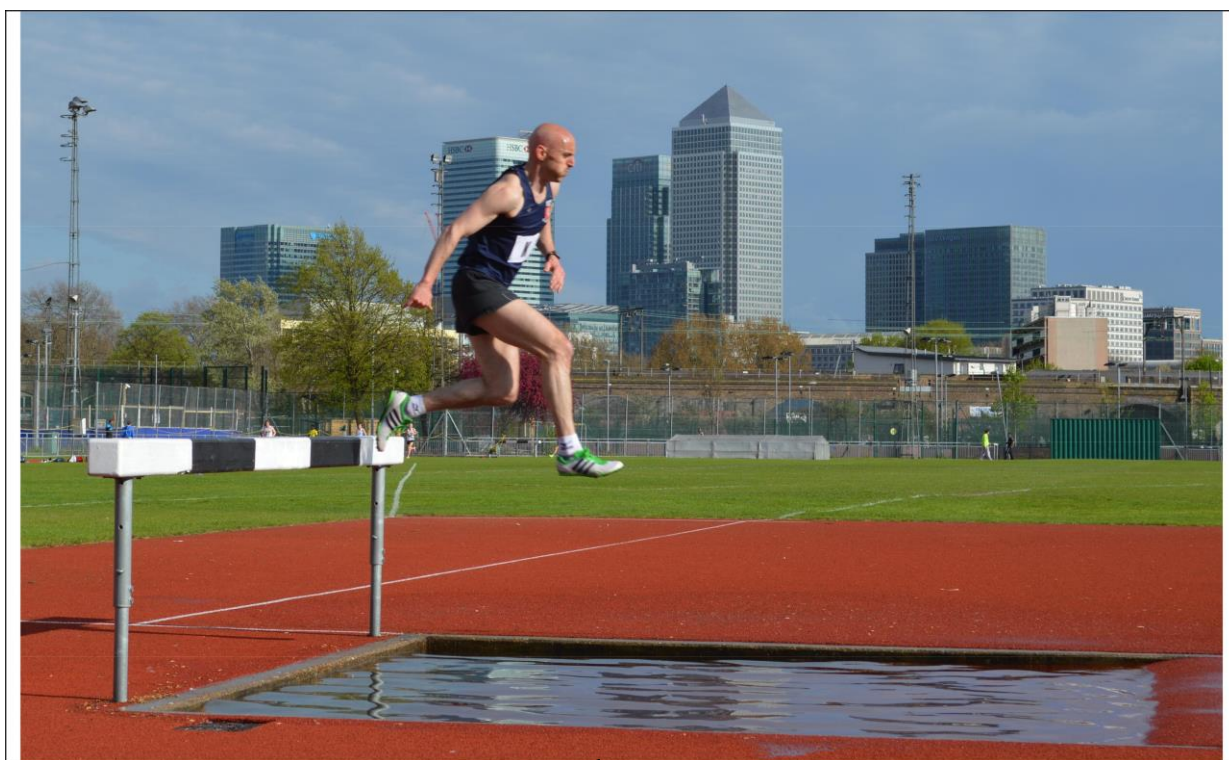
New B Team record doesn't always mean Man of the Match, but it did on this occasion.

Play Off: Windsor, 10th August

In a very high quality match, which was actually a higher standard than the Division 4 British League Match the week before, we finished a very respectable 4th. That means that Kent AC's B Team finished the season as the fourth best team in the Southern Men's League, with Windsor Slough Eton & Hounslow the only B Team ahead of us (and they don't count because there are four of them).

The high standard inspired some great performances. After much deliberation, Man of the Match was awarded to Richard Phillips for a second massive pb in the Chase in two weeks. Paul Griffiths and Stuart Beaney also ran pb's in the 5k, and there were three new B Team records set by Joe Appiah, Chris Greenwood and Chris Walsh in the 110m Hurdles, Chase and Hammer respectively. Congratulations and thanks to all athletes, officials, managers and helpers for another successful B Team season.

By Rob Moya



CHRIS GREENWOOD AT MILE END – 4th MAY 2013

BRITISH ATHLETICS LEAGUE ROUND UP

Cardiff 11th May 2013

Despite turning up with only twenty one athletes and not really having the 'run of the ball' we managed to finish fourth despite it feeling like we were struggling. Debutant James Ansell hadn't really recovered from illness and injury and struggled in both of his events. We had no one in the 'B' string pole vault then Andy Murray pulled up lame in the 400mtrs.

Wind conditions were appalling yet the sprinters took almost maximum points in the 100m and 200m with Jeffrey, despite winning, running his slowest 100m time since his first race, six years ago! (This may have led to his decision to retire this year). Conrad Williams, another of our star athletes, was there only to do the relays and helped our 4X100m squad through to a win in 42.40 secs - our fastest time for ages!

James Connor won the 'B' string 5000m and seems to be returning to some sort of form after a series of niggly injuries over the past year. In the long jump, Joe Lawrence leaped out to a massive 7.22, albeit with a plus 4.1 following wind, and with Max Hall jumping an excellent 6.73 it turned out to be the best field event of the day along with the discus (now there's a surprise) where Sean Breathnach won the 'A' string and the versatile Max Hall came 4th in the 'B' string. Man of the Match went to Sean for his double 'A' string win, with a 15.82 in the shot putt. *By Larry Garnham*

West London Stadium 8th June 2013

So close but yet so far ! (see below). We battled hard all day and but for the bad luck of Joe Lawrence getting injured in his first jump of the day we would have finished in a comfortable 4th place.

Some great performances were balanced by some weak events, which were usually a result of injuries, but the highlights were Conrad Williams comfortable win in the 400m in 47.17secs despite the strong wind that affected times all day and some top class sprinting from John Browne in the 100m and 200m to prove that he is getting back to his best.

Irish International, Sean Breathnach, again made the journey over from the west coast of Ireland and yet again gained a double win in the Shot and Discus and Chuxx Onyia produced his second best ever jump in the Triple Jump as he came close to winning his event.

As usual our distance runners, Chris Greenwood and John Gilbert, produced near maximum points in the 3000m steeplechase despite suffering the worst of the wind all day. In addition good debuts from Erasmus Dwemoh and Christiaan Oelofse in the throws coupled with Hassan Davis' breakthrough run in the 800m showed genuine promise for the team later in the season.

So we are proving that we can more than hold our own at this level and we are still 4th

in the table with 2 matches to go so hopefully we can pull up to 3rd by the end of the season - which would be great in a season in which we are rebuilding as a team with young, committed team players.

By Ken Pike

Windsor

6th July 2013

The meeting started at a high alert. Ken was in hospital and everyone was expected to keep the ship afloat. It was a strange meeting without Ken, the first he'd missed since Kent AC have been in the British League (13 years)

We covered every event. Had the shittiest set of officials that we have ever had the privilege to meet and believe me in my 24 years in athletics I have come across some absolute tossers!

Jon Browne sprinted brilliantly winning both 100m and 200m 'A' string races. The old man of the team Joe Appiah showed he's still got it with a sub 12sec clocking in the 'B' string 100m. In the 5000mtrs – the race of the day! Nick Torry and John Gilbert ran extraordinary races to take a maximum 28pts and confirm our excellent pedigree in this event.

The first of our disappointments came when Richard Phillips, in sweltering heat removed his vest at the end of the steeplechase and what can only be described as a pitifully insecure official ran across and immediately disqualified him for using a heart rate monitor. A rule that NO ONE knows about – we do now!!

Sean Breathnach continued his run of wins in the shot and discus and partnered by Courtney Green we got maximum points in the shot. Nearly as good was the pole vault with a welcome return to action by Michael Holden breaking the club record in the pole vault with 5.00mtrs and supported by Max Hall with 4.20m for second in the 'B' string. Michael was voted Man of the Match and then went on to run in the 4X100. The match was close so we decided to put out a 4X400 team, just for the 4 points for last place. And despite the official in charge of baton take

overs telling John Gilbert that he was outside the take over zone, and John complying by stepping inside before taking the baton, the official then duly disqualified the team in order to get his 'fix' of power!. Those ten points stolen from us ensured we finished 5th instead of second.

Liverpool 3rd August 2013

Again we covered all the events and with the team being 'safe' there wasn't much to go for. We had no sprinters. We had debuts from Oliver Hind and Andrew Agnew and a rare outing for the ever eager Shaun Mulligan. Chris Walsh turned the hammer into a respectable event and guess what, Sean won the shot and discus again.

The 3000m turned out to be our best track event of the day, but it was in the 3000 S/C

that the talking points were provided. Chris Greenwood took a massive fall but still got up to finish 4th and Richard Phillips (minus the heart rate monitor) ran a big PB to take second in the 'B' string. The best field event of the day was of course the shot but surprisingly we scored highly in the javelin where Steve Brunsden just filled in and won the 'B' string with the irrepressible Sean coming fourth in the 'A' string.

Man of the Match went to Chris Greenwood for his sheer guts and determination. Special mention must go to Joe Appiah, now in his umpteenth year with the club and still producing performances that most vet 40s would just dream of. A superb 6.64m in the long jump – that must put him high up on the Vets listings!

By Larry Garnham

NEW MEMBERS

This is only a selection of new members where we have been given some background information by coaches etc. (since May 2013)

JOHN COX (45): Already a regular in the B group at Ladywell he's really improving fast with his PB for 5km now down to 17' 19" (in our Club Champs) and he's taken 3 mins off his 10km PB in a year so he should be a real asset in our Vets teams from now on.

SAM FRAMMINGHAM (26): Lives in Catford - he's new to running and whilst he's only done a few races so far his regular stints in the B group show that he should make dramatic progress if he maintains his new regime of running.

ELLIOTT GAYLE (16): He lives in Catford and he has been training in Junior Field's group for several years but this summer in particular he's begun to realise his enormous potential over 200m. He has reduced his 200m PB by nearly a second this season (down to 22.6secs) despite injury for the second half of the season which cost him a decent run for London in the English Schools Champs. If he keeps working at it he should be in our British League team next year over 200m and over 400m in the future?

OWEN HIND (23): The find of the season as he arrived at Ladywell in late June looking for a club and since then he's made spectacular progress as he's brought down his PB to 1' 54.7" from 1' 59.1". He's only been running for a year and already has a 10km PB of 32' 30" so with a decent winter behind him he should really help our road relay teams - he's already run in our A team at the Southern 6 Stage Road Relay where he responded well to the pressure with a well controlled run. He's determined to succeed so he should be a real asset to the top end of the club in the future.

TIM JONES (31): He's only done a few races in the 3 years that he has been running but he has run 2* 43' 54" in the Rotterdam Marathon. Provided that he gets fully involved in the B group at Ladywell (he's always trained on his own before) and concentrates on racing the

shorter distances then there is no reason why his marathon time will not get down to 2* 35' next year -just like several of the B group have done before him.

ROBERT LAING (35): A keen cyclist who has started to do more running he has been involved in the Assembly League several times this year and he has improved his 5km time down to 18' 25". Hopefully he can get fully involved in the groups at Ladywell so that he can improve even more over the winter.

MICHAEL LONGLEY (23): He's the brother of David who has also started to do a lot more running recently and who was making good progress until a nasty injury held him back for some months. He has a 10km PB of 36' 23" which judging by his performances in our B group is due for a dramatic improvement. Clearly he has the talent to be down to 16' 30" for 5km soon and just like his brother he has the potential to go under 16' 00" (and even more ?). Already he's involved in the club and we expect to see his progression every time he races for us over the winter.

GLYN PARRY (24): A newcomer to running who did the London Marathon in 3* 07' in April off relatively little training. Despite just becoming a dad recently he's kept up training in our B group and he has caught the eye as he has moved forward in the group each week. He won our B 5000m club champs comfortably in 17' 41" and again we expect him to take well over a minute off that time in the next year as he undertakes more structured training.

RON TAYLOR (26): He's been running for us in the Assembly League for several years and he has been training in Pete Boxshall's middle distance group on and off in that time. He has now joined us First Claim from Kingston & Poly and hopes to get more involved all round. He has a PB of 2' 00.8" for 800m which given how little training he does is remarkable but what would he do if he did some more miles ?

TOM WEBB (43): A friend of Stuart Beaney's who has really got involved in a short space of time and who is a regular member of the B group each Tuesday. He's already competed for our B team at 1500m and did the Southern 6 Stage plus he ran 18' 09" in our 5000m club champs. He also is making good progress and will soon be trying his hand at the longer distances once the miles start to kick in.

British League – Div 1 - Final Table 2013

1. City of Liverpool	31	(1463)
2. Cardiff	26.5	(1253)
3. City of Glasgow	21.5	(1113)
4. Windsor SE&H	21	(1153)
5. TVH	17	(1053)
6. KENT AC	15	(1033)
7. Basingstoke &MH	7	(889)
8. Southend AC	5	(785)

SOUTHERN MEN'S LEAGUE - DIVISION 1C - FINAL LEAGUE TABLE

		League points	(Match points)
1.	Herne Hill Harriers	23	(816)
2.	Kent AC	20	(753)
3.	Hercules Wimbledon	14	(555)
4.	South London Harriers	12	(612.5)
5.	Horsham Blue Star	8	(579)
6.	Victoria Park & Tower Hamlets	7	(564)

Thanks to Ken Pike, Rob Moye, Spenser Lane, Kate Williams and Andrew Dunwoody for contributions.

The following pages are full league results and if you are receiving this Newsletter electronically you will have a separate folder to open with results compiled by Rob Harris and with additional road race results compiled by Paul Bell. A big thank you to both for all their hard work with what is an onerous task.

Results Below.

ROAD RESULTS 2013**6 April, Victoria Park Open 5 miles**

5 J. Connor 24.33

7 April, Paddock Wood Half Marathon

7 S. Beaney 72.09

10 P. Bell 72.40

76 S. Loach 83.53

97 T. Webb 85.40

14 April, Darenth Valley 10k Eynsford

224 E. Brown 50.02

14 April, Bungay Marathon, Ditchingham

2 J. Cox 3.13.14

21 April, London Marathon

P. Pollock 2.17.10

J. Gilbert 2.17.43

P. Sanders 2.35.54

P. Griffiths 2.36.14

S. Beaney 2.39.00

D. Hale 2.39.29

L. Avery 2.49.43

R. Bidgood 2.52.15

C. Stibbs 3.06.16

A. Farrell (F40) 3.20.24

C. Hirschmann 3.48.15

C. Evans (F50) 3.48.17

28 April, Capital Runners 10k, Bushy Park

8 R. Taylor 37.09

28 April Goudhurst 10k

14 M Barlow 37.36

28 April Derby 10k

6 R Bentley 31.11

5 May, Geneva Marathon

26 D. Lothian 2.58.30

5 May, Bristol 10k

6 J. Connor 30.32

7 N. Torry (2nd claim) 30.40

6 May, Milton Keynes Marathon

45 J. Gevers 3.08.15

130 T Webb 3.23.23

6 May, Ted Pepper 10k, Beckenham

14 J. Cox 38.50

45 J. Spencer---Wood 42.52

12 May, Stelling Minnis 10k

2 L. Armitage 35.50

5 D. Child 38.01

12 May, NYRR Japan 4, New York 4m

587 I. Grant 29.28

12 May, Larkfield 10k

20 M Barlow 39.19

37 C. Stibbs 41.07

19 May Invicta Sittingbourne 10k

5 R Bidgood 36.37

26 May, Westminster Mile

54 D. Longley 5.12

57 M. Longley 5.13

26 May, Folkestone Central 10k

8 D. Child 36.37

26 May Great Manchester Run

35 R Bentley 31.24

27 May BUPA London 10k

7 N. Torry (2nd claim) 30.40

26 C. Greenwood 31.47

118 P Bell 34.03

345 J. Cox 37.50

738 A. Farrell 41.53

1026 A. Clements 43.45

1097 C. Stoneham 44.46

31 May Serpentine Last Friday 5k

9 R Bidgood 17.20

1 June Kent Roadrunner Marathon

47 M Barlow 3.20.17

3 June, Self Transcendence 5k,**Battersea**

18 S. Loach 17.47

10 June Self Transcendence 5k

9 S Beaney 16.23

20 J Cox 17.37

29 T Webb 18.31

16 June Horwich 5k

2 C. Greenwood 15.19

19 June Lisburn Half Marathon

1 P Pollock 67.58

23 June, Shrewsbury Marathon

98 L. Adams 3.38.34

23 June BUPA Great North 10k

3 P. Pollock 30.37

23 June, Ranelagh Richmond 10k

31 R Bidgood 35.51

36 M. Longley 36.18

23 June Shrewsbury Marathon

98 L Adams 3.38.34

24 June, Self Transcendence 5k,**Battersea**

5 D Hale 16.42

7 A Moreton 16.46

15 J. Cox 17.24

24 T. Webb 18.03

27 June Dulwich Midsummer 5k		8 September Weald of St George 10k	
11 R Bidgood	17.28	26 M Barlow	41.49
28 June Ards Half Marathon		15 September, Bristol Half Marathon	
1 P Pollock	67.45	8 N. Torry (2 nd claim)	67.46
30 Jun Orpington 10k		100 L. Avery	79.44
8 R Taylor	40.59	1479 I. Grant	99.21
1 July Self Transcendence 5k		15 September, Ickenham 5 miles	
9 S Beaney	16.25	2 J. Gilbert	25.00
11 July Standard Chartered Great City 5k		3 P. Sanders	26.48
183 T Webb	19.00	8 R. Taylor	29.25
14 July, Dartford Half Marathon		22 September, Aldershot, Southern	
6 R Bidgood	82.56	6 stage road relay	
8 D. Lothian	84.47	<i>A Team</i>	
14 July, Romney Marsh 10k		<i>Leg--- position time</i>	
12 T. Webb	39.04	1 46 P. Griffiths	19.40
21 July, National Lottery Run 5m		2 12 J. Gilbert	18.17
Olympic Park, London		3 8 C. Greenwood	19.08
202 M. Longley	31.22	4 5 P. Pollock	18.29
393 D. Gibson	33.15	5 5 O. Hind	19.47
2022 I. Grant	39.07	6 4 R. Bentley	18.27
29 July, Self Transcendence 5k		4 Kent AC	1.53.48
13 D. Hale	16.38	<i>B Team</i>	
19 R Bidgood	17.15	1 71 R. Bidgood	21.19
38 T Webb	18.14	2 71 R. Taylor	22.07
9 August, Ashford Summer Series 5k		3 61 C. Fraser	20.39
18 J. Spencer---wood	19.21	4 53 D. Longley	20.49
11 August Mid Kent 5 Miler,		5 51 J. Ansell	20.58
Staplehurst		6 48 L. Avery	21.09
8 R Bidgood	28.58	48 Kent AC	2.07.01
10 R. Taylor	29.02	(9 th B team)	
17 August, IAAF World Championships		<i>C Team</i>	
<i>Marathon</i>		1 84 m. Longley	22.12
21 P. Pollock	2.16.42	2 77 S. Loach	22.36
18 August, Burnham Beeches Half		3 79 R. Archer	23.24
Marathon		4 71 D. Lothian	21.26
166 S. Burke	1.48.46	5 70 T. Webb	22.46
18 August SVHC Open Masters 10k		6 67 P. Sanders	20.31
3 C Greenwood	32.03	<i>V40</i>	
21 August, Coventry Autumn 5 miles		1 13 L. Armitage	21.25
7 P. Bell	26.46	2 7 S. Beaney	20.52
23 August Serpentine Last Friday 5k		3 4 P. Sanders	20.00
31 T Webb	18.35	4 3 P. Bell	19.39
31 August Great Pink Run, Dublin 10k		3(of 30 teams) Kent AC	1.21.56
7 J. Cox	37.07	<i>V50</i>	
7 September, Middlesex 10k, Victoria Pk		1 15 J. Spencer---Wood	23.52
6 J Gilbert	31.23	2 8 D. Child	22.07
20 P. Bell	33.53	3 9 B. Hutchinson	24.15
122 A. Clements	39.22	4 9 L. Reilly	22.02
8 September City of Salford 10k		9(of 17 teams) Kent AC	1.32.16
4 C Greenwood	32.13		

22 September Tonbridge Half Marathon		Race 2, 9 May, Victoria Park 3.5 miles	
76 C. Stibbs	93.43	10 P. Griffiths	18.53
22 September, Admiral Swansea Bay 10k		11 S. Beaney	18.55
3 N. Torry (2 nd claim)	29.13	15 L. Armitage	19.08
28 September Bangor 10k		31 R. Taylor	19.56
1 P Pollock	30.45	33 R. Elliott	20.00
29 September, Redcar Half Marathon		54 B. Phillips	21.00
5 P. Pollock	66.09	76 R. Long	21.48
29 September, Berlin Marathon		93 B. Lee	22.16
25 J. Gilbert	2.19.11	116 A. Farrell	22.59
78 P. Bell	2.32.40	159 J. Mott	24.50
29 September, Cheshire 10k, Arley		168 C. Hirschmann	25.17
1 R. Bentley	30.21	204 C. Canty	28.37
MULTI TERRAIN		210 A. Musson	28.59
9 June, Karrimor Great Trail challenge, Keswick 22k		211 Z. Gaffen	29.01
12 L. Avery	1.47.14	215 L. Murdock	29.25
23 June, North Downs 30k, Gravesend		<i>Teams: Men A</i>	
303 E. Brown	3.20.58	3 Kent AC	66 points
20 July Snowdon Fell Race 10m		<i>Men B</i>	
22 R Bentley	78.11	3 Kent AC	238 points
ASSEMBLY LEAGUE		<i>Women A</i>	
Race 1 , 18 April, Beckenham		6 Kent AC	72 points
5 P. Bell	16.05	<i>Women B</i>	
21 L. Reilly	17.01	4 Kent AC	167 points
22 J. Gevers	17.03	Race 3, 6 June, Dulwich 5k	
46 L. Adams	18.19	7 P. Bell	16.22
67 R. Archer	19.10	8 T. Alexander	16.33
74 B. Hutchinson	19.16	14 D. Hale	17.00
111 C. O'Hara	20.45	15 C. Fraser	17.01
125 T. Aston	21.42	17 L. Armitage	17.02
149 C. Grady	22.56	23 R. Bidgood	17.18
155 Y. Williams	23.34	30 D. Child	17.37
160 D. Mackay	24.09	31 D. Cox	17.42
170 S. Ferreira	25.26	41 R. Taylor	17.56
171 Z. Gaffen	25.30	45 S. Loach	18.02
173 J. Ricketts	25.43	46 S. Watson	18.02
177 S. Fairbrass	26.32	71 R. Laing	18.50
178 A. Aston	26.39	74 S. Scott	18.54
<i>Teams: Mens A</i>		85 L. Adams	19.11
5 Kent AC	92 points	104 D. Gibson	19.38
<i>Mens B</i>		116 B. Hutchinson	20.03
6 Kent AC	285 points	120 A. Clements	20.08
<i>Womens A</i>		143 N. McKenna	20.50
7 Kent AC	75 points	148 C. Stoneham	21.05
<i>Womens B</i>		170 T. Aston	22.27
5 Kent AC	120 points	195 N. Gathercole	24.49
		200 E. Hadlow	25.23
		205 S. Ferreira	25.40
		206 Z. Gaffen	25.47
		209 Catherine Canty	26.07

210 Claire Canty	26.10	19 J. Wilson	19.21
216 J Ricketts	27.40	23 D. Longley	19.27
218 A. Hadlow	29.00	25 R. Bidgood	19.31
<i>Teams: Men A</i>		30 J. Gevers	19.40
3 Kent AC	44points	33 R. Elliott	19.45
<i>Men B</i>		36 D. Lothian	19.55
1 Kent AC	99points	83 A. Clements	21.38
<i>Women A</i>		87 D. Gibson	21.48
4 KentAC	40points	101 B. Hutchinson	22.24
<i>Women B</i>		115 T. Murphy	22.48
3 Kent AC	123points	117 I. Grant	22.49
Race 4 Battersea Park, 4 July		142 J. Mott	23.57
17 S. Beaney	16.26	172 S. Burke	25.39
24 C. Fraser	16.40	194 E. Hadlow	27.25
28 L. Armitage	16.52	201 N. Gathercole	27.55
36 R. Bidgood	17.11	210 A. Fairbrass	29.23
41 J. Wilson	17.19	212 S. Fairbrass	29.37
49 R. Taylor	17.39	213 J. Ricketts	29.52
54 D. Child	17.46	216 M. Aston	31.51
55 R. Elliott	17.47	217 T. Aston	32.25
75 R. Long	18.25	218 A. Hadlow	32.35
100 D. Gibson	19.12	<i>Teams: Men A</i>	
109 R. Archer	19.22	1 Kent AC	38 points
121 A. Clements	19.35	<i>Men B</i>	
134 B. Hutchinson	19.45	1 Kent AC	94 points
137 S. Cooper	19.50	<i>Women A</i>	
171 I. Grant	21.04	5 Kent AC	42points
207 T. Aston	22.45	<i>Women B</i>	
220 E. Hadlow	24.01	5 Kent AC	190 points
226 N. Gathercole	24.36	Race 6, 5 September, Beckenham	
233 S. Ferreira	25.19	2 P. Griffiths	15.37
236 C. Canty	25.41	6 P. Sanders	15.57
237 C. Canty	25.41	9 C. Fraser	16.11
245 A. Musson	26.43	18 J. Gevers	16.31
246 S. Fairbrass	26.54	21 D. Longley	16.38
247 J. Ricketts	26.57	27 L. Avery	17.05
253 A. Hadlow	28.31	38 S. Watson	17.30
<i>Teams: Men A</i>		60 S. Scott	18.11
4 Kent AC	100points	66 P.Clark	18.21
<i>Men B</i>		68 C. Hangartner	18.26
3 Kent AC	170points	75 A. Clements	18.40
<i>Women A</i>		99 T. Murphy	19.39
6 Kent AC	77points	100 R. Morton	19.43
<i>Women B</i>		105 B. Hutchinson	19.47
5 Kent AC	114 points	110 A. Farrell	19.53
Race 5, 8 August, Victoria Park		124 F. Iannini	20.21
2 C. Greenwood	17.40	127 K. Ray	20.31
8 D. Hale	18.38	132 B. Lee	20.47
12 P. Sanders	18.51	151 C. Grady	21.51
16 C. Fraser	19.04	152 T. Aston	21.53

166 S. Burke	22.42	13 May ,Blackheath & Bromley Open Championships	
185 E. Hadlow	24.32	<i>1500m</i>	
186 N. Gathercole	24.38	5 J. Gevers	4.39.31
188 S. Ferreira	24.58	13 I. Grant	5.00.05
197 S. Fairbrass	26.12	19 May, Grote Prijs Stad Lokeren, Belgium	
198 C. Canty	26.22	<i>200</i>	
199 C. Canty	26.23	4 J. Browne (wind +5.1)	21.20
204 K. Samuel	27.20	22 May, Cambridge Harriers Open	
209 A. Hadlow	28.55	<i>100m</i>	
<i>Teams: Men A</i>		1 D. Green	10.82
2 Kent AC	35points	<i>SP</i>	
<i>Men B</i>		2 C. Green	12.88
1 Kent AC	157points	25 May, Manchester City Games	
<i>Women A</i>		<i>200h</i>	
3 Kent AC	28 Points	2 J. Green	22.64
<i>Women B</i>		25 May, Surrey Championships, Kingston	
3 Kent AC	69 points	<i>LJ</i>	
<i>Overall League Results</i>		1 J. Lawrence	7.62
<i>Men A</i>		25/26 May, Kent County Championships, Ashford	
2 Kent AC		<i>200</i>	
<i>Men B</i>		2 D. Green	21.42
3 Kent AC		<i>800 heat</i>	
<i>Women A</i>		5 S. Gabo	2.08.45
4 Kent AC		<i>1500</i>	
<i>Women B</i>		7 S. Gabo	4.34.46
4 Kent AC		<i>5000m</i>	
<i>Individual awards</i>		4 I. Armitage	17.12.93
<i>Men 45---49</i>		<i>400h</i>	
3 L. Armitage		1 K. Dauda	69.52
<i>Men 55---59</i>		<i>SP</i>	
3 B. Hutchinson		4 C. Green	13.13
<i>Women 55---59</i>		26 May, Hampshire County Championships, Portsmouth	
3 Z. Gaffen		<i>1500m</i>	
TRACK & FIELD		2 O. Hind	4.10.03
6 April, Aberdeen Spring Meeting		27 May, Bedford International Games	
<i>200</i>		<i>100 race 1.1</i>	
5 C. Onyia	24.51	6 J. Lawal Balogun	10.69
<i>LJ</i>		<i>Race 2.1</i>	
2 C. Onyia	6.30	4 J. Browne	10.75
10 April Highgate Harriers Open		5 D. Green	10.88
<i>3000m</i>		<i>Race 2.2</i>	
7 Su Min Lee	9.41.8	4 D. Green	10.85
20 April, Woodford Green Open		<i>200</i>	
<i>400</i>		6 C. Williams	21.58
6 D. Peleckas	55.57		
<i>800</i>			
7 D. Peleckas	2.07.45		

<p>15/16 June English Athletics U20/U23 Championships & European Trials</p> <p><i>400</i></p> <p>2 J. Green 47.24 (47.05 in heat)</p> <p><i>400h</i></p> <p>3 J. Green 50.60</p> <p>19 June BMC Regional races, Eltham</p> <p><i>5000m</i></p> <p>7 P. Bell 16.02.07 8 S. Beaney 16.05.24</p> <p>19 June, Lee Valley Sprint Evening open</p> <p><i>100m</i></p> <p>2 Y. Adeyemi 11.37</p> <p>20 June, Ladywell, Kent Club Championships</p> <p><i>800m men</i></p> <p>1 H. Davis 1.58.9 2 R. Bentley 1.59.2 3 A. Davis---Philip 1.59.9 4 R. Morian 2.00.1 5 R. Taylor 2.02.8 6 A. Murray 2.02.9 7 S. Gabo(U17) 2.09.9 8 L. Caister(U20) 2.11.6 9 C. Fraser 2.15.4 10 P. Clark 2.16.9 11 B. Jauniaux(U17) 2.19.6 12 I. Grant 2.30.8 13 R. Moreton 2.33.4</p> <p><i>800m women</i></p> <p>1 S. Watson 2.34.8 2 A. Clements 2.39.9 3 C. Newbury 2.47.5 4 C. Stoneham 2.47.8 5 J. Daley 2.55.1 6 E. Brown (V45) 2.59.8 7 S. Burke 3.00.0 8 J. Ricketts(V40) 3.28.7</p> <p>21 June, Reunion Inter de Atletismo "Villa de Bilbao" Spain</p> <p><i>100m</i></p> <p>2 J. Browne 10.49</p> <p>22 June, European Athletics Team Championships, Gateshead</p> <p><i>4x400</i></p> <p>1 G B team 3.05.37 (C. Williams 46.2 leg2)</p>	<p>22 June, Northern Championships, Sportcity</p> <p><i>110h</i></p> <p>4 T. Riley 15.58</p> <p>26 June, Dartford, Kent County Championships</p> <p><i>10000m</i></p> <p>2 S. Beaney (1st V35) 33.16.12</p> <p>27 June, Ladywell, Kent Club Championships</p> <p><i>400m men</i></p> <p>1 A. Davis---Philip 50.9 2 E. Gayle (U17) 51.2 3 R. Morian 53.2 4 L. Caister 54.6 5 D. Peleckas 54.6 6 Q. Mays 55.6 7 K. Dauda 56.5 8 J. Correia (U17) 57.2 9 S. Gabo(U17) 57.5 10 P. Clark 57.9 11 C. Fraser 58.6</p> <p><i>400m women</i></p> <p>1 C. Newbury 69.7 2 J. Daley 76.4 3 J. Mott 78.1 4 E. Brown (V45) 78.1</p> <p>2 July, National Prep School Championships, Birmingham</p> <p><i>1500m</i></p> <p>2 J. Wilson--- Connell 5.10.58</p> <p>11 July, Biggleswade Track Fest, Sandy</p> <p><i>10000m</i></p> <p>1 N. Torry (2nd claim) 30.17.8 2 J. Gilbert 30.35.5 6 C. Greenwood 32.01.6</p> <p>13/14 July Sainsbury's British Championships, Birmingham</p> <p><i>200m heat</i></p> <p>4 J. Browne 21.32 6 D. Green 22.09</p> <p><i>400</i></p> <p>2 C. Williams 45.59</p> <p><i>LJ</i></p> <p>6 M. Burton 7.60</p> <p><i>PV</i></p> <p>5 M. Holden 5.05</p> <p>17 July, BMC Open, Eltham</p> <p><i>1500</i></p> <p>12 Su Min lee 4.19.27</p>
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17 July, Cambridge Harriers Open, Eltham		<i>Race E</i>	
<i>DT</i>		2 R. Morian	2.00.13
2 C. Green	34.02	<i>Race SX</i>	
18 July ,Ladywell, Kent Club Championships		4 J. Gevers(V45)	2.20.73
<i>1500m men</i>		15/16 August IAAF World Championships	
1 R.Taylor	4.20.1	Moscow	
2 R. Morian	4.21.0	<i>4x400 relay heat</i>	
3 D. Morgan(guest)	4.23.7	1 GB Team	3.00.50
4 Mark Hall	4.24.6	(C. Williams 45.3 leg 1)	
5 B. Shepherd	4.25.2	<i>Final</i>	
6 S. Beaney	4.26.5	4 GB Team	3.00.88
7 D. Hale	4.38.1	(C. Williams 45.3 leg 1)	
8 R. Bidgood	4.39.3	17 August Bedford Jumps and Throws	
9 S. Mulligan	5.04.5	Fest	
10 D. Gibson	5.05.3	<i>LJ</i>	
11 I. Grant	5.05.8	1 M. Burton (w+2.7)	7.84
12 R. Wilson---Connell (U13)	5.08.2	3 J. Appiah	6.46
13 R. Moreton	5.12.2	21 August, Watford Open Meeting	
14 S. Osagi---Gill(U13)	5.13.2	<i>1500</i>	
<i>1500m women</i>		1 R. Bentley	3.55.74
1 S. Watson	5.01.8	24 August, Herne Hill Harriers Open	
2 A. Clements	5.07.9	<i>400m</i>	
3 S. Young	5.56.1	4 R. Morian	52.81
4 C. Newbury	6.01.7	5 A. Murray	52.82
5 J. Daley	6.06.7	6 O. Hind	53.69
6 S. Burke	6.11.9	<i>800m</i>	
7 L. Wilson	6.35.8	1 H. Davis	1.54.29 (pb)
8 N. Gathercole	6.40.7	2 O. Hind	1.54.73 (pb)
20 July, BMC Grand Prix, Oxford		<i>SP</i>	
<i>5000m</i>		1 E. Dwemoh	13.81 (pb)
1 N. Torry	14.18.38	24/25 August Woerden Championships,	
24 July, Watford Open Meeting		Holland	
<i>1500m race 16</i>		<i>Decathlon</i>	
11 S. Beaney	4.20.01	3 M. Holden	7233 points
<i>race 10</i>		100---11.29/400---51.87/1500--- 4.59.6/	
6 L. Armitage	4.41.39	110h---14.78/HJ---1.84/PV---5.13/LJ---7.12	
3 August, Flanders Cup, Belgium		SP---12.87/DT---36.97/JT---47.32	
<i>400</i>		4 September, BMC Races, Watford	
3 J. Green	46.46	<i>200m</i>	
14 August BMC, Sutcliffe Park		6 A. Murray	24.46
<i>400 Race A</i>		<i>800m</i>	
4 A. Murray	52.38	2 H. Davis	1.54.31
<i>Race B</i>		12 September, Ladywell, Kent Club	
1 Mark Hall	53.52	Championships	
3 L. Caister	55.21	<i>5000m A Race</i>	
<i>800 Race B</i>		1 C. Greenwood(V35)	15.31.9
2 H. Davis	1.54.60 (PB)	2 P. Griffiths(V35)	15.57.0
<i>Race C</i>		3 C. Fraser	16.06.1
8 O. Hind	1.56.83	4 P. Sanders(V40)	16.17.5
		5 J. Wilson	16.31.1

6 T. Tuohy(Dulwich)	16.35.2	
7 Su Min Lee(U20)	16.37.4	
8 D. Longley	16.38.6	
9 L. Armitage (V45)	16.47.2	
10 J. Gevers (V45)	16.55.9	
11 S. Gabo(U17)	17.13.2	
12 J. Cox	17.19.8	
13 H. Munro	17.35.5	
14 R. Morian	17.39.9	
15 F. Sumaye	17.44.7	
16 S. Watson(1 st woman)	17.48.1	
17 T. Webb	18.09.4	
18 C. Hangartner	18.46.2	
<i>B Race</i>		
1 G. Parry	17.41.5	
2 P. Gibson	19.10.2	
3 K. Gabo(U15)	19.29.5	
4 I. Grant	19.36.9	
5 S. Osagi---Gill	20.19.6	
6 E. Grant(2 nd woman)	21.15.4	
7 P. Squires	22.35.5	
8 J. Daley (3w)	22.53.0	
9 C. Newbury(4w)	22.57.7	
10 N. Gathercole (5w)	24.18.2	
11 S. Ferreira(6w)	24.19.9	
12 Z. Gaffen(7w)	25.17.0	
INDOOR		
7 April, English Masters Inter Area Challenge Match		
<i>60h</i>		
1 J. Appiah	8.56	