



The Courier

VOL 25 . No. 8. April 2008. PRESIDENT 2008/9 Tim Soutar . HON SEC:- Duncan Flagg
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Unless otherwise attributed, views are those of the Editor.

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From the editor:

A most "Soutarble" choice for president

The club AGM on March 29th saw the succession of a new club president and rather uniquely one who had not previously been awarded a vice-presidency. Tim Soutar will of course be familiar figure to those long serving club members with memories of his performances both home and abroad, and despite a long foreign sojourn he's been around in some capacity, in different parts of the world, for many years and of course as a distinguished victor in many competitions on track, road and cross country since he joined the club in March 1976. He is therefore one of a generation including our outgoing president Les Roberts that made up the famous "Thrash and Field" team which ascended from the Southern League to British League Division 1 in the early 1980s. He was at this time Captain and Winter Captain, until a chance move in 1982 took him to Hong Kong. In a professional capacity he was assigned to his firm's office there but in athletic activity he became involved, running in the HK Distance Runners Club and in the organisation, of the Hong Kong Amateur Athletics Association, representing the then protectorate in marathons and events throughout the Far East.

Like Les he would acquire an impressive collection of victories at club level on the track at 5000m (twice) and in the 10 mile cross country championships of 1981 and 1982. However it is abroad where the list is particularly impressive: victories at the Ho Chi Minh Marathon in 1992 ; at two Coast of China half marathons ; and a whole range of track honours at various distances for the Hong Kong AAA between 1983 and 1993,



Now as our new President and by no means dormant in active running as performances on track and country testify, and on taking office he has made clear what is his own mission statement regarding the running of the club.

We've never shirked a challenge and that's why we are who we are today... But, we can't afford to be complacent: the management and administration of our Club continue rely

Heavily on a relatively small band of dedicated volunteers. Each of them deserves our thanks., but they also deserve our help... every challenge enshrines an opportunity – just grasp it! Let's get involved,... let's continue to build a strong foundation for the future and let's not forget: at the end of the day, our Club is what we want to make of it .(cont. Page 2)

SOME COMING EVENTS

- April 26th AAA M12/W6 stage road relays, Sutton Coldfield
- April 26th Southern Women's League, Norman Park.
- April 27th. Nat. Junior Athletic League, Cophall.
- May 2nd Kent Master's League, Deangate.
- May 3rd Southern Women's League, Crawley.
- May 4th Nat Young Athletes League, Basildon.
- May 5th. Ted Pepper 10km,
- May 6th KCAA 5000m Champs, Tonbridge
- May 10/11. KCAA Champs. Ashford.
- May 14. Club 10000 Champs (Norman Park)
- May 17. British Masters Road relay champs

(continued on page 2)
SOCIAL

- June 14. Summer Supper
- June 27. Quiz night
- July 19th French Night

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884
Recent winners: Hugh Morton, Margaret Chapple, Margaret Baldwin (April 2nd)

NEXT COURIER: Late June.
Any contributions and articles from members are always welcome

For those of you who saw and heard him on his inauguration, you will agree that he has well established his credentials as a most “Soutarble” choice for president. Not one to be raised on a pedestal of “Soutar-human” majesty but to be acknowledged as a “Timeous”* appointment of an involved and dedicated president.

WHO.

* timely.

John Fenwick wins the Bennett Cup competition 2007/8

The 2008 Bennet Cup was won by John Fenwick in a more comfortable manner than winners of recent years. Although as in the previous two years, the leader after 8 events went on to clinch the title at the deciding last event, the winning margin of 32 points was a more resounding one than before.

The progress of the competition this season threw up a few twists and turns and at first glance suggests it was as open as last season's. Indeed at most its stages there was very little in it for the leaders with the first place being shared after the 4th and 6th events, and in that one, the 10km in January, only 14 points separated the top ten. However as more points came into the equation in later events this gap was to be stretched as key players such as the Garys Cook and Williams, Trevor Delahoy, Chris Pike, Jane Bradshaw and John Fenwick himself, pulled away to dominate matters. Also despite the apparent openness of the competition before March, the leaders came from a select group of runners who constantly appeared in those top ten positions, regularly exchanging places with each other.

Two of these who would eventually finish outside this elite, David Beadle and Mark Ellison were in fact joint leaders after six events ; David Beadle had maintained an early, if albeit a slim lead, laying down a solid challenge to the rest of the field, notably Andy Tucker who, after third places in successive years, was mounting yet another strong challenge for the trophy. After the fourth race at Christmas these two were joint leaders on 163 points each, and after the Orion mob match Andy had moved ahead of Mr Beadle with Gary Williams and Alex Bruce-Littlewood (all scoring heavily that day) close behind. The next race brought a new front runner as Mark Ellison staging a strong defence to his trophy shared the leadership with David Beadle, and as John Fenwick came back into the frame.

Andy Tucker's bid receded slightly before reviving with a vengeance as he established a small but useful lead after the next mob match, whilst the chasing pack shuffled positions much in the manner of the charts on “top of the pops”. Whilst John Fenwick fell back here, he was to save his best to the last, claiming 3rd place in the handicap in the SLH mob match, sending him into an 8 point lead with one event to go. This advantage was finally converted into a comfortable margin of victory on March 29th by a strong showing in the closing 5, finishing well ahead of all other possible winners that day and winning the Bennett Cup comfortably. It was a deserved victory for this unassuming recent recruit to the ranks of the heathern, consistent throughout the season with only one low score and high scores when it mattered.

Second place went to Gary Cook following up high placings in recent years, coming into the frame late, and third was Gary Williams one point behind, with all top six compiling totals which would have won the cup in previous years. Although the earlier front runners (Andy Tucker and Dave Beadle) fell away towards the end Trevor Delahoy, Chris Pike and Jane Bradshaw held ground for high places. In all 13 runners completed all 9 events. The ladies had the upper hand in trophies taking 7 first places to 2 men. (although for the other major places the share was unanimously in favour of the men.). More paradoxically two women actually won 2 handicaps each. Elle Harker claimed both for the first and last event, whilst two in successive events fell to Justin Eastbury for the 5 and 10 mile championships. There were even back-to-back tankards for Alex Bruce-Littlewood (a 3rd and 2nd) in his brief appearance in the frame for the 4th and 5th events. Some might cynically imply from this that the handicapper had shown his generous streak, but in truth this indicates a sustained level of quality performance by competitors enabling them to attain impressive results, and the desire for those of reasonable abilities to raise their performances to new heights and personal bests, which surely is the purpose of the handicap.

WHO. (Final positions on page 7)

SOME COMING EVENTS (cont)...May 18 Nat. Young Athletes League, Norman Park- May 19 Kent Masters League, Norman Park- May 21 Parris Handicap (2)- May 24/25 SEAA U15/17 champs- May 25/26 CAU champs, Bedford- May 31/June 1 England Combined events champs (Sen/U20) Birmingham- May 31. Southern Women's League, Harrow- June 1 Nat. Young Athletes League, Mayesbrook Arena- June 1 SVAC champs, Ashford- June 4th Club champs (inc. Mile), Norman Park- June 7 British Athletics League, Abingdon- June 8 Kent Young Athletes League, Canterbury- June 9 Kent Masters League, Ashford- June 14. SEAA U20/sen. Champs, Crystal Palace- June 18. Parris Handicap(3).

The Courier April 2008. Results

Road.

Long distance & Marathons

April 6th Gaz de France Paris Marathon. 1190th D. Hilliar (2:59'46)

April 13th Flora London Marathon. (incorporating the club marathon championships, finishing positions in event and in club champs given)

1) 25th P. Tucker (2:23'12) -2) 294th N. Kinsey (M45) (2:44'35) -3) 786th K. May (M40) (2:56'29) -4) 875th A. Tucker (M40) (2:57'50) -5) 1005th G. Cook M40 (2:59'05) -6) 1243rd D. Beadle (M40) (3:02'15) -7) 1263rd R.A. Hall (3:02'34) -8) 1601st R.W. Hall (3:07'30) -9) 1651st C. Gentle (M45) (3:07'56) -10) 2355th J. Godsell (3:14'47) -11) 2437th C. Aves (M40) (3:15'32) -12) 2355th D. King (M50) (3:16'49) -13) 3556th S. Pairman (M45) (3:25'42) -14) 4297th M. Newins (M40) (3:30'17) -15) 5000th J. Fenwick (M60) (3:35'30) -16) 726th (w) Mme A. McDonough (W50) (3:39'13) -17) 762nd (w) Ms J. Eastbury (3:40'20) -18) 798th (w) Ms K. Jones (3:41'27) -19) 6273rd T. Delahoy (M55) (3:43'39) -20) 6928th A. Riches (3:47'21) -21) 7258th M. Salmon (M55) (3:49'09) -22) 1144th (w) Ms A. Brown (3:49'24) -23) 8011th P. Rogers (M40) (3:52'57) -24) 8101st R. Bennett (M65) (3:53'21) -25) 8518th I. Swatton (M40) (3:55'07) -26) 8540th R. Walsh (M50) (3:55'14) -27) 9701st J. Morris (3:59'52) -28) 2005th (w) A. Hemsley (4:01'52) -29) 10592nd N. Webb (M50) (4:04'53) -30) 10594th T. Webb (M45) (4:04'54) -31) 11979th M. Peel (M65) (4:12'28) -32) 13727th R. Griffin (M55) (4:21'45) -33) 3527th (w) Ms T. Nightingale (W45) (4:22'48) -34) 3529th (w) Ms D. Harker (4:22'48) -35) 17601st R. Gardner (M60) (4:45'08) -36) 17729th C. Illingworth (M45) (4:45'54) -37) 19738th D. Lawrie (M60) (5:02'06) -38) 20384th M. Fletcher (M55) (5:10'14) -39) 20525th T. Leeson (5:12'23) -40) 20526th J. Leeson (M50) (5:12'23) -41) 7893rd (w) Ms J. Kift (5:16'46) -42) 20999th D. Larcombe (M60) (5:18'51) -43) 23407th L. Clement (M50) (6:46'55). As second claim J. Galley 776th (2:56'16)

March 2nd Thanet 20 & KCAA 20 mile Championships, Sandwich

1st Jamie. Atkinson (1:52'29) - 2nd Peter. Tucker (1:52'33) - 17th Darryl. Hilliar (2:11'46) - 21st Kev May (mv40) (2:14'26) - 39th Richard Hall (2:19'31) - 53rd John McConville (mv45)(2:24'38) - 71st . Colin Illingworth (mv45)(2:30'08) - 132nd Trevor Delahoy (mv50) (2:40'07) - 162nd Justine Eastbury (2:48'05) - 182nd Andy Riches (2:51'11) - 266th Peter Lovell (mv60) (3:06'40).

March 2nd ASICS Sweatshop Reading Half Marathon. 3522nd . Tara Emery 3731 (1:51'49/1:48'21) - 3896th Claire Hobson 4815 (1:53'44/1:53.07) - 4176th Kate Jones 4751 (1:55'11/1:52'52)

March 16th Observer Hollingsworths Hastings Half Marathon.

5th J. Atkinson (1:09'47/1:09'47) - 48th D. Hilliar (1:21'14/1:21'14) - 63rd A. Tucker (Mv40) (1:22'27/1:22'35) - 69th Robert Hall 1:23'14/1:23'11 - 71st Richard Hall (1:23'25/1:23'28) -77th A. Mulcock (1:23'55/1:24'01) - 140th S. Pairman Mv45 (1:27'17/1:27'27) -186th C. Aves (Mv40) (1:29'15/1:29'19) -194th J. Bradshaw (1:29'25/1:29'33) - 257th M. Blunden (1:31'01/1:31'23) - 304th J. McConville (Mv45) (1:32'49/1:32'52) - 497th K. Pratten (1:36'35/1:37'12) -504th T. Delahoy (Mv55) (1:35'32/1:37'19) - 567 M.Skelly (1:38'28/1:38'32) - 645th J. Fenwick (Mv60) (1:39'36/1:40'25) - 707th A. Riches (1:40'16/1:41'34) - 797th C. Jones-Baldock (01:42'34/1:43'11) - 838th A. McDonough(Fv50) (1:43'09/1:43'42) -877th J. Eastbury (1:43'59/1:44'20) - 1245th C.Fulford-Brown (Mv50) (1:49'30/1:50'04) - 2090th C. Poole (Mv65) (2:01'32/2:02'05) -2133rd R. Saiz (Mv65) (2:01'21/2:02'34) -2896th F. Ward (Mv50) (2:15'40/2:18'07) - 3002nd C. Pallen(F) (2:19'16/2:21'09) - 3005th J.

Kift (2:19'16/2:21'09)-3109th A. Pickering (Mv55) (2:21'24/2:24'35)- 3110th M. Cronin (Mv60) (2:21'24/2:24'35)- 3149th C. Illingworth (Mv45) (2:24'35/2:26'10) -3169th T. Leeson (2:24'50/2:26'54)- 3170th J. Leeson (Mv50) (2:24'51/2:26'55)

March 16th Cranleigh 21miles. 32nd G. Cook (MV40) (2:24.00)

March 30th Brooks Paddock Wood Half Marathon.

1. J. Atkinson (1:10'37)- 23. J. Galley (v40)(1:18'25)- 29. K. May (v40) (1:19'22)- 53. Robert Hall (1:22'09)- 113. A. Crowder (1:26'16/1:25'37)- 147. Richard Hall (1:28'16/1:27.10)- 278. M. Skully (1:34'40/1:34'08)- 431. T. Delahoy (v50) (1:39'37)- 445. A. Riches (1:39'56/1:39'51)- 451. D. King (v50) (1:40'05/1:38'53)- 452. J. Eastbury (fv35) (1:40'07/ (1:39'31)- 643. K. Duffy-Penny (1:45'29/1:45'06)- 1048. R. Siaz (m70) (1:56'50/1:51'16)- 1318. D. Larcombe (2:08'36/2:08'33). (chip times in italics)

March 30th ASICS Breakfast Run, Kingston 16 miles. 20th N. Kinsey (1:38'55)- 81st. C. Aves (1:48'08)- 203rd T. Simmonds (1:55'28)- 490th J. Morris (2:07'14)- 647th K. Jones (2:11'27). **8 miles.** 214th . Ms K Philp (1:03'29)

April 6th White horse Half Marathon, Grove. 305. C. Poole (v60) (1:22'53)

Other distances

16th December 2007 Gaston Roelants 10km, Brussels. 2. A. Rayner (32'45)- 18. N. Gasson (35'29)- 35. R. Smith (37'38)- 100. C. Ward (41'04)- 158. N. Ayrton (42'50)- 159. T. Simmons (42'51)- 259. J. Saunders (45'44)- 332. Ms C. Jones Baldock. **Womens 10km.** 2. S. Henry (38'34). **5km.** 5. D. Griffin (19'25)- 6. A. York (19'26)- 28. Ms S. Maslin (3rd w) (23'04)

March 2nd - London Mini-Marathon Trials

BOYS 11/12 1st Luke Saywell-2nd Tom Scott-3rd Louis Parkinson : **BOYS 13/14** 1st Hector Kurtanek- 2nd Sam Jackson- 3rd Gregory Proctor: **BOYS 15/16/17** 1st Cameron Ward- 2nd Robert Donohue- 3rd Daniel Kennedy **GIRLS 11/12** 1st Georgina Kennedy-2nd Louise Davison-3rd Holly Fletcher: **GIRLS 13/14** 1st Michelle Fewster- 2nd Sophia Maslin- 3rd Krystal Galley; **GIRLS 15/16/17** 1st Danielle Critchley- 2nd Amy De Matos- 3rd Catharine Chambers.

March 4th Crystal Palace Canter, Crystal Palace Park. 2. R. Ferguson (FV40) (18'51)

March 21st Folkstone Running Club 10miles. 3. P. Tucker (54'53)- 337. R. Saiz (1:30.30)

March 23rd Mid-Kent 5 miles Staplehurst 6. N. Ayrton (30'34)- 12. P. Delicata (31'35).

March 29th Blue water 4km, Greenhithe. 2nd. P Ross-Davies (mv50)(14'11.50)

March 30th Wimbledon Audio 10km. 247. Ms T. Emery (47'26")- 770. P. Wilson (mv60) (1:08'43"/1:09'31)

April 6th Dunsfold Park 10km. 4. K. Ewing (mv45) (36'50)

April 13th London Mini Marathon Billingsgate to Mall

Boys Race. 3. Alex Bruce Littlewood (3rd Boys 15-17) (15'15) - 4. Phillip Seseman (4th Boys 15-17) (15'25) - 18. Stephen Cavey (17th Boys 15-17) (15'53) -23. Ben Greenhalgh (21st Boys 15-17) (16'06) -27. Hector Kurtyanek (3rd Boys 13-14) (16'27)- 63. Cameron Ward (53rd Boys 15-17) (17'21) -91. Robert Donohue (73rd

Boys 15-17)(17'41) -118. Sam Jackson (29th Boys 13-14)(17'56) -145. Daniel Kennedy (104th Boys 15-17) (18'12) -166. Gregory Proctor (48th Boys 13-14) (18'23)- 223. Robert Yates (75th Boys 13-14) (18'51) -259 James Clack (88th Boys 13-14) (19'08) -345. Jonathan Halls (190th Boys 15-17) (19'46) - 402. Luke Saywell (68th Boys 11-12) (20'10) - 446 James Murphy (92nd Boys 11-12) (20'33) -470. Tom Scott (104th Boys 11-12) (20'46) - 472. Luke Jackson (162nd Boys 13-14) (20'50)- 481. Louis Parkinson (109th Boys 11-12) (20'55) - 485. William Owen (110th Boys 11-12) (21'00)- 518. Thomas Hamilton - Cox (130th Boys 11-12) (21'29)- 562. Gavin Benson (154th Boys 11-12)(22'07) -567. Thomas Desborough, (159th Boys 11-12 (22'13) -592. Jonathan Pettet (201st Boys 13-14) (22'32)

Girls' Race. 7. Danielle Critchley (6th Girls 15-17) (18'28)- 18. Georgina Kennedy (2nd Girls 11-12) (19'00) - 22. Michelle Fewster(8th Girls 13-14) (19'06)- 48. Krystal Galley (19th Girls 13-14) (19'49) -64 Jessica Jones, (28th Girls 13-14) (20'11) -71. Sophia Maslin, (32nd Girls 13-14) (20'22) -73. Catharine Chambers, (32nd Girls 15-17) (20'26) -80 Amber Reed (34th Girls 13-14) (20'39) - 98. Amy De Matos, (46th Girls 15-17) (20'58) -99 Georgina Naessens, (20'59)- 102. Lauren Rose Heria (40th Girls 13-14) (21'00) -114. Louise Davison, (18th Girls 11-12) (21'12) -122. Melody Kane (56th Girls 13-14) (21'21)- 130. Harriet Field (21'33) -136. Sonia Woolhouse, (21'36) -144. Georgina Chew (58th Girls 13-14) (21'40)- 173. Issy Jackson, (21'54)- 209. Vr Hannah Cook, (43rd Girls 11-12) (22'19) -211. Holly Fletcher, (45th Girls 11-12) (22'19) -217. Hanna Garcia, (22'22) -253. Helen Phillips (22'42) -285. Rebecca Smith (108th Girls 15-17) (22'58) -385. Mollie Rae Miller, (23'45) -556. Sophie Rose Tucker (26'16) *All runners participating for London Borough of Bromley*

Roy Parris Shield 5km Series

Race 1. April 16th. 1. T. Delahoy (35.30/21'15)(29 pts)- 2. J. Leeson (36'57/22'42)(27)- 3. Mrs A.Cook (37'43/22'58)(25)- 4. Ms T. Emery (38'12/23'12)(23)- 5. G. Williams (38'16/18'46)(22)- 6. Ms J. Bradshaw (38'27/18'57)(21)- 7. A. Tucker (38'29/18.29)(20) - 8. A. Ms A. Cilia (38'39/22'54)(19)- 9. D. Carton (38'42/20/27) (18)- 10. P. Mackrell (38'54/18'54)(17)- 11. J.E Turner (38'55/21'10)(16)- 12.M. Gasson (39'03/23'03) (15)- 13. P. Ross-Davies (39'05/18'50)(14)- 14. M. Cronin (39'07/21'37)(13)- 15. T. Souter (39'13/17'43)(12)- 16. D. Beadle (39'17/(19'02)(11)- 17. K. Duffy-Penney (39'22/21'07)(10)- 18. J. Osman (39'33/21'33)(9)- 19. C. Keen (39'36/17'51)(7)- 20. I. Swatton (39'36/22'21)(8)- 21.Ms C. Jones-Baldock (39'53/22'08)(6)- 22. T. Leeson (40'11)(5)- 23.B. Bater (40'24/20'54)(4)- 24. M. Salmon (40'43/22'13)(3)- 25. R. Watkins (41'27)(2)- 26. W. Orton (42'42/24'57)(1)- 27.M. Ellison (DNF)
Fastest Finishers: 1. T. Souter- 2. C. Keen- 3. A. Tucker- 4. G. Williams- 5. P. Ross-Davies- 6. P. Mackrell.

Cross Country

February 6th Police Sport UP National Cross Country Championships, Pontypool Park, Gwent. 5th P. Tucker (41'46)

March 5th Metropolitan Police Cross Country Champs, Richmond Park

1 Peter Tucker (*Pol Rec*) (30'44)- 59. Dick Griffin (*SO14*) (V55) (42'36) (*3rd Vet Over 55 and scored for the SO14 team who won team silver medals*)

March 8th ESAA Sainsbury's English Schools Cross Country Championships, Sefton Park, Liverpool

Junior Boys 3750m 138. Felix Harding (Kent) (14'19)- 179. Will Mercer (Surrey) (14'31)- 306. Joe Ewing (London) (15'11): **Intermediate Boys 5900m** 9. Sebastian Harding (Kent) (20'13)- 78. Phillip Sesemann (Kent) (21'26)- 152. Hector Kurtyanek (Kent) (22'09)- 312. Will Mitham (Kent) (23'41): **Senior Boys 6500m** 68. Alex Bruce-Littlewood (Kent) (22'55)- 289. Liam Corcoran (London) (25'44) : **Junior Girls 3500m** 43. Rebecca Weston (Kent) (14'03)- 95. Pandora Banbury (Kent) (14'28)- 129. Lucy Blackstone (Kent) (14'42): **Intermediate Girls 3750m** 46. Danielle Critchley (Kent) (14'49)- 192. Michelle Fewster (Kent) (16'02): **Senior Girls 4200m** 11. Amy Smith (Kent) (15'47)- 237. Briony Walsh (Kent) (19'24).

March 15th Inter Counties Cross Country Championships, Nottingham.

All Blackheath running for Kent. **Senior Men.** 3. Michael Skinner (37'19)- 67. Andrew Rayner (40'19)- 107. James Poole (41'25). **Senior Women.** 120. Shavaun Henry (32'35). **U20 men.** 42. Alex Bruce-Littlewood (27'54) **U15 girls.** 181. Michelle Fewster (17'35) **Under 15 boys.** 46. Phil Sesemann (16'00) - 75. Hector Kurtyanek, (16'13) **Under 13 girls.** 161. Jessica Jones (15'05) - 290 Hannah Cook. (17'06).

March 16th USPE European Police Sport Cross Country Championships, Vichy, France. 43rd P. Tucker (for Police Sport UP team) (35'08)

March 18th World Masters' Championships, Clement Ferrand, France. Over 60s cross country 8km. 2. P. Hamilton (30'48)

March 29th BMAF cross country champs, Warriner School, Banbury. 55. P. Hamilton (mv60) (35'51)

March 30th. IAAF World Cross Country Champs, Edinburgh. 66. M. Skinner (2nd Great Britain) (37'35)

Bennett Cup

March 8th Mob Match v South London Harriers

Match Result : 1. Blackheath & Bromley 1231 points 2. South London Harriers 1634 points

Unless shown below under leading handical placings (for top 20 in handicap) the clock time and net time (in italics) of each athlete is given with handicap points and position)*

3. A. Gibbins (41'45/46'05){40 pts/21st} - 4. P.Tucker (42'08/46'58){35/26th} - 5. J. Atkinson (43'20/47'35) (21/40th) -6. D. McKinlay* (47'51) - 8. S. Cooper* (48'44) - 9.R. Smith (43'03/49'23) {36/25th} -12 R. Beswick (41'54/49'49) (39/22nd) -13. A. Cliffe* (49'57)- 14. T. Soutar (43'19/50'24) {22/39th} -16. N. Gasson (43'07/50'37) {24/37th} -19. D. Hilliar* (51'30) -20. N. Ayrton (42'48/52'33) {29/32nd} -21 C. Keen (42'53/52'43) {27/34th} - 23. D.Ellison* (53'05) -24. A. Tucker (43'50/53'15) {15/46th} -25. G. Cook (43'15/53'20) {23/38th} -29 G. Williams (42'35/53'55) {30/31st}- 33 Robert Hall (42'58/54'23) {26/35th}- 34 S. Pairman (42'21/54'41) {33/28th} -35 Ms J. Butler* (55'00) -36 D. Beadle (44'48/55'03) {9/52nd} -39 S. Lloyd* (55'44)- 40. R. Ferguson (43'43/55'53) {18/43rd} -41. J. Bradshaw (42'07/56'22){36/25th} - 43 P. Mackrell* (56'35) - 44 G. Coates (44'36/56'56) {11/50th} - 48. A. Lawes (43'44/ 58'19) {17/44th} -52. N. Barber* (59'29) - 53.C. Pike (42'51/59'31) {28/33rd}-54. M. Salmon* (59'47) -55 T. Delahoy (42'31/ 59'56) {32/29th}-57. K. Pratten* (1:00'07)- 60. R. Brown (44'14/ 1'00'34) {13/48th} -61. J. Phelan (43'37/1:00'37) {19/42nd}- 64. J. Fenwick*(1:02'28) -65 D. Carton (44'03/1:02'33) {14/47th}- 66 J. Osman* (1:02'54) -67. N. Webb* (1:02'57)- 68 A. Riches (43'28/1:02'58) {20/43rd}- 70. W. Slack* (1:03'19)- 71 T. Brightwell (42'34/1:03'49) {31/30th}-72. C. Lodwig (45'09/1:03'54) {8/53rd}- 73. A. Stocks (45'58/1:03'58) {6/55th}- 74. I. Swatton* (1:04'09) -76. S. Haley (43'44/1:04'29) {16/45th} -77. D. Lewis (42'03/1:04'58) {38/23rd}- 79. J. Eastbury (45'17/1:06'02) {7/54th} -80. A. McDonough (44'46/1:06'21) {10/51th} -82 C. Jones-Baldock (48'24/1:06'39) {4/57th}- 83. A.Cilia (44'31/1:07'11){12/49th}- 84. M. Cronin (47'56/1:07'31) {5/56th}- 85 M. Gasson* (1:07'35) -89. A. Edwards* (1:09'39) -91. S. Gascoigne* (1:10'33) -92 C. Rowe* (1:13'31)- 95 A. Jelly (42'10/1:21'50) {34/27th}- 96. R. Chambers (42'03/1:44'58) {37/24th}- 98 B. McShane {1} DNF- 99. A. Pontifex {1}DNF.

Leading handicap placings*

1. K. Pratten (36'37)(60 pts)- 2. D. Ellison (37'30)(59)-3. J. Fenwick (38'28)(58)-4. S. Gascoigne (38'33)(57)- 5. P. Mackrell (38'35) (56)- 6 N. Webb (38'42) (55) - 7. D. McKinlay 39'21 (54) - 8 M. Gasson (39'25)(53) -9. I. Swatton (39'34) (52) -10. A. Cliffe (39:47) (51)- 11. C. Rowe (39'56) (50)- 12. J. Osman (39'59) (49) - 13. W.Slack (40'04) (48)-14. J. Butler (40'10) (47)-15. A. Edwards (40'39) (46)-16. S. Cooper (40'54) (45)- 17 N. Barber (41'14) (44)- 18. S. Lloyd (1:24'43)- 19. M. Salmon (41'32) (42)- 20. D. Hilliar (41'40) (41).

March 29th Closing 5 handicap

1. Ms E. Harker (21'47/43:42){60 pts} -2. R.Chambers (23'10/1:02:40) {59}-3. D. Ko (23'17/35:52) {58} -4. R. Barratt (24'10/40:45){57} -5. A. Pontifex (24'13/44:38) {56}- 6. Ms J. Jones (24'22/41:27) {55} -7. C. Daniel (24'32/33:07) {54}. -8 O. Taylor (25'46/33:56) {53}- 9 Prestley (Guest)(25'52/36:27) -10. S. Littlewood (Guest) (25'58/39:03) -11. Richard Hall (26'01/35:01){52} -12 Ms T. Emery (26'11/43:41){51}-13 W. Slack (26'13/39:53) 50 -14 P. Sessemann (26'25/32:00) 49-15 P. Long (26'31/59:01) 48 -**16 J. Fenwick (26'37/39:22)** {47} -17. D. Griffin (26'42/33:37) {46} -18 A. Bruce-Littlewood (26'44/30:24) {45}-19. S. Ridgewell (26'52/44:22) {44} -20. G. Cook (26'55/33:45) {43} - 21. T. Sutton (26'58/35:23) {42}-22. A. Brown (27'00/44:15) {41}-23. M. Cronin (27'08/41:28) {40} -24. P. Mitchell (27'10/44:00) {39}-25. C. Rowe (27'10/46:30) {38}-26. B. Fisher (27'14/42:24) {37} -27. I. Taylor (27'14/36:09) {36}-28. G. Williams (27'18/34:43){35}-29. D. Hilliar (27'24/32:59){34}-30. A. Cliff (27'29/32:39){33} -31.S. Haley (27'31/41:11) {32} -32. P. Mackrell (27'33/36:23) {31}-33. M. Gasson (27'37/43:27) {30}-34. C. Pike (27'37/38:17) {29}-35. Ms J. Eastbury (27'37/41:57) {28} -36. R. Brown (27'27/38:27) {27}-37. M. Blunden (27'43/41:03) {26}-38. D. Carton (27'43/39:48) {25}-39. J. Osman (27'47/40:37) {23}-40. T. Delahoy (27'47/38:52) {24} -41. Ms J. Butler (27'52/35:52) {22} -42 J. Leeson (27'54/44:29) {21} -43 R. Smith (27'54/32:04) {20}-44 C. Keen (27'58/34:08) {19}-45. S. Lloyd (28'10/36:20) {18}-46. R. Penfold (28'12/38:47) {17}-47 N. Barber (28'15/38:50) {16}-48. S. Cooper (28'18/32:08) {15}-49. M. Salmon (28'22/39:12) {14}-50 G. Coates (28'24/37:14) {13}-51 D. Ellison (28'28/35:13) {12}-52 A. Lawes (28'32/38:17) {11}-53 Ms A. Cilia (28'32/44:02) {10}-54 Ms A. Mitchell (28'42/43:37) {9}- 55 A. Gibbins (28'58/31:13) {8}-56 S. Pairman (28'58/36:33) {7}-57 A. Grace {29'03/45:08} {6}-58 Mme A. McDonough (29'06/43:41) {5} -59 J. Phelan (29'18/40:08) {4} -60 A. Lambert (Guest) (29'34/39:49) -61 J. Bailey (29'34/41:49) {3}-62 Ms J. Bradshaw (29'55/38:30) {2} -63 J. Copley (30'17/50:02) {1} -64. D. Brewer (30'31/38:21) {1}-65 M. Ellison (30'33/38:43) {1} -66 Ms C. Jones-Baldock (30'35/43:20) {1}-67 M. Longstaff (30'39/50:54) {1}-68 T. Soutar (31'18/36:08) {1} -69 A. Tucker (33'52/40:32) {1}-70 Ms N. Luck (Guest)(33'55/56:15)-71 W. Morris (Guest) (34'23/48:48) -72 R. Morris (34'26/48:51) {1}-73 D. Appleton (37'31/47:26) {1}-74 Ms K. Pratton {1} DNF

Time order (top 20)

1. A. Bruce-Littlewood (30'24)- 2. A. Gibbins (31'13)- 3. P. Sesemman (32'00)- 4. R. Smith (32'04)- 5. S. Cooper (32'08)- 6. A. Cliffe (32'59)- 7. D. Hilliar (32'59)- 8. C. Daniel (33'07)- 9. D. Griffin (33'57)- 10. G. Cook (33'45)- 11. O. Taylor (33.56)- 12. C. Keen (34.08)- 13. G. Williams (34'43)- 14. Richard Hall (35'01)- 15. D. Ellison (35'13)- 16. T. Sutton (35'23)- 17. Ms J. Butler (35'52)- 18. D. Ko (35'52)- 19. T. Soutar (36'08)- 20. I. Taylor (36'09).

Bennett Cup 2007/8 Leading Final positions

*(The following results are the placings of those competitors totalling 100 points or more with points for each event given e.g 1) 4km relays 2) opening 5m 3) 10m champs 4) xmas yacht h'cap 5m 5) Orion mob 6) 10km open 7) Ranelagh mob 8) Sth London mob 9) Closing yacht 5, if competing in all events. Those marked with * indicate athletes finishing in all 9 events. Figures in bold italic indicate 1st, 2nd & 3rd handicap placings in each event)*

1 J. Fenwick* (44,8,56,24,46,44,27,**58,47**) =354 points -2 G. Cook* (1,36,40,40,57,50,32,23,43)= 322 -3 G. Williams* (20,51 54,28,56,12 35,30,35)= 321 - 4. T. Delahoy * (1,56,48,39,34,27,**58,32,24**)= 319- 5 C. Pike* (25,54,42,26,44,35,34 28,29)= 317 - 6 N. Barber* (1,29 24,55,50,52,44,44,16)= 315 -7 W. Slack* (16,14,33, 33,39,38,30,48,50)= 301 -8. Ms J. Bradshaw (52,47,44,49,28,38,36,2)= 296- 9 A. Lawes* (40,23,34,46,42,36, 41,17,11)= 290 -10. A. Tucker (57,55,51,54,2,54,15,1)= 289 -11. Ms A. Cilia* (37,21,46,30,28,48,56,12,10)= 288 -12. G. Coates * (26 27,20,56,55,34,45,11,13)= 287 -13. M. Cronin * (1,37,5,38,51,57,51,5,40)= 285 -14. R. Brown* (17,9,36,42,43,37,57,13,27)= 281 -15 Ms A. MacDonough* (51,32,27,25,32,47,50,10,5)= 279- 16 S. Lloyd (57,31,48,39,39,43,18)= 275 -17 D. Beadle (48,50,29,36,52,18,31,9) = 273 -18 A. Riches (49,17,

37,43,30,4,59,20)= 259 -19. A. Bruce-Littlewood (47,38,58,59,45)= 247 -20. M. Gasson (13,59,29,26,32,53,30)= 242 -21. Ms J. Eastbury (60,60,27,8,49,7,28)= 239 -22. M. Ellison (3,49 26,49,53,53,1)= 234- 23. I. Swatton (19,45,37,29,46,52)= 228 - 24 D. Carton (55,17,34,20,53,14,25)= 218- 25 A. Cliffe (22,45,28,32,51,33)= 211 -26 Richard Hall (23,11,19,59,45,52)= 209 -27 Ms K. Pratton (31,4,50,51,60,1)= 197 -28 Ms C. Jones-Baldock (28,43,1,49,60,4,1)= 186 -29 S. Pairman (1,21,45,31,47,33,7)= 185 -30 Ms C. Lodwig (45,31,22,21,48,8)= 175 -31. J. Bailey (7,30,31,41,17,43,3)= 172- 32 R. Chambers (1,57,10,37,59)= 164 -33 R. Smith (58,26,29,25,20)= 158 -34 J. Phelan (8,11,40,16,55,19,4)= 153 -35 C. Rowe (35,29,50,38)= 152 -36 R. Beswick (1,42,41,28,39)= 151 -37 P. Mackrell (58,56,31)= 145 -38 Ms R. Ferguson (1,23,60,42,18)= 144 -39= B. Fisher (35,36,33,37)= 141 -39 S. Gascoigne (54,30,57)= 141 -41. A. Gibbins (27,34,30,40,8)= 139 - 41 N. Webb (53,31,55)= 139 - 43 D. Hilliar (16,11,36,41,34)= 138 - 44 S. Cooper (36,39,45,15)= 135 - 44 Ms E. Harker (60,12,3,60)= 135 - 46 Ms J. Jones (54,22,55)= 131 - 46 T. Soutar (60,15,33,22,1)= 131 -48 M. Salmon (18,43,13,42,14)= 130 - 49 A. Edwards (58,25,46)= 129 -50 P. Lovell (59,10,53)= 122 - 51 N. Gasson (1,19,32,42,24)= 118 -52 J. Halls (57,1,59)= 117 -53 P. Hills (52,44,19)= 115 - 54 R. Daniel (50,40,24)= 114 -55 T. Sutton (14,52,42)= 108 -55. O. Taylor (55,53)= 108 -57. D. Ellison (13,23,59,12)= 107 -58 J. Osman (8,25,49,23)= 105 -59 A. Grace (1,47,49,6)= 103 -60 A. Seddon (56,46)= 102 -61 D. Griffin (55,46)= 101.

The editor offers his most sincere apologies for the incorrect results in the last edition for the following event and herewith encloses the corrected results.

January 5th Kent County Cross Country Championships, Detling Show Ground.

Senior Men 12400m 3. A. Rayner (41.02)- 6. J. Poole (41.30)- 7. J. Atkinson (41.48)- 15. P. Tucker (43.14)- 18. A. Gibbins (43.59)- 24. A. Conway (45.08)- 29. D. McKinlay (45.56)- 30. (45.57-)77. S. Hough (51.15)- 84. R. Hall (52.01)- 109. I. Taylor (54.06)- 175. A. Edwards (1 :03.22) *Blackheath & Bromley team 2nd*

Junior Men 7200m 1. A. Bruce-Littlewood (24'57)- 7. D. Brewer (26.10) 14. A. Cliff (27.03)- 22. J. Vintner (28.20) *Blackheath & Bromley team 2nd with 22 points* **Under 17 Men 6300m.** 14. A. York (23.35)- 16. S. Cavey (23.37). **Under 15Boys 4200m.** 3. P. Seseman (15.07)- 4. H. Kurtyanek (15.34)- 13. O. Taylor (16.14)- 17. S. Jackson (16.33)- 28. G. Proctor (17.20)- 32. R. Braden (17.50)- 38. J. Halls (18.11)- 40. G. Gregory (18.16)- 47. T. Chapman (19.24) *Blackheath & Bromley team 2nd with 37 points*



Lean and hungry...for victory. The Heathen mob would finally get it against the South Londoners

Track & Field

February 27th Inter Varsity match, Birmingham (for Brunel University). Women's 60 metres 1. Montell Douglas (7.33); triple jump 1. Sandra Alaneme (12.14m); Mens' Pole vault 4. Scott Huggins (4.90m)

February 23/24th National Vets Championships, Lee Valley Athletics Centre.

(This event was printed in the February edition but here is included all results) **Mens' v35** 60m 1st heat 2. M. Richards (7.32)- F. 1. M. Richards (7.19) **Mens' v50**. 60m. 1st heat 2. T. Phillips (7.93) {DNQ}; 200m 1st heat 3. T. Phillips (25.73)- Final 4. T. Phillips (25.82); Pole Vault 1. A. Williams (3.70m) **Mens' v60**. 1500m Final. 1. P. Hamilton (5'2.99); 3000m F. 1. P. Hamilton (10'47.57). **Mens' v70**. Shot putt 2. G. Hickey (10.36m). **Womens' v50**. 60m Final A. 1. H. Godsell (8.58); 200m Final A. 2. H. Godsell (28.56). **Womens v60**. shot put 2. B. Terry (9.37m); heavy weight 2. B. Terry (9.80m); Hammer 1. B. Terry (26.64m).

March 15th BUSA Indoor Athletics Championships, E.I. Stadium, Sheffield.

Men. Pole Vault. 2. S. Huggins (*Brunel University*) (5.00m) ; 60m 4th Heat 1. D. Haque (*Imperial College*) (7.09) Q- 2. T. Sodeyi (*East London U.*) (7.26) Q- 1st SF. Race. 2. D. Haque (6.97) Q- 7. T. Sodeyi (7.15)- F. 7. D. Haque (7.05); 60m Hurdles. 1st Heat 1. T. Sodeyi (8.22) Q. - F. 2. T Sodeyi (8.12m) ; LJ 3. J. Grocock (7.16m)

Women. 800m. 1st Heat. 2. E. Murty (*Brunel U.*) (2'17.10) Q- F. 6. E. Murty (2'17.21)

March 29th Crawley A.I.M 6 hour race. J.E Turner (38 miles)- D. Leal (36 miles)- C. Poole (34 ½ miles)

April 5th Havering Maysbrook AC, Maysbrook Arena, Barking. womens 800m. 4. M. Miller (wv40) (2'29.7)

April 5th US Intervarsities race meeting, Stanford. 5000m 4. S. Overall (13'41)

April 19th Mt Sacramento Relays meeting, USA. 5000m 1. S. Overall (13'28.33)

April 19th Kinnaird & Sward Trophies meeting, Kingston

Kinnaird Trophy. 100m A string. 1. D. Haque (10.84)- B. String. 3. N. Francis (11.42) ; 200m A. 2. F. Owolade (22.31)- B. E. Harrison (22.43)- N/S 1. T. Sodewi (23.85) ; 400m A. 2. F. Owolade (50.38)- B. 2. N. Francis (51.55) ; 800m A. 6. R. Daniel (2'06.46)- B. 3. J. Vintner (2'08.60) ; 1500m 1. A. Rayner (4'07.0) ; 3000m 3. A. Gibbins (9'11.96)- 9. A. Bruce-Littlewood (9'45.54) ; 110m hurdles 1. T. Sodevi (14.65) ; 400m hurdles 1. E. Harrison (53'04)- 2. D. Paisley (56.89) ; 2000m s/chase 1. A. Bruce-Littlewood (6'21.6)- 7. R. Daniel (7'43.9) ; 4 x 100m relay 2nd team. Blackheath & Bromley (43.9) ; 4 x 400m relay 1st team. Blackheath & Bromley (3'26.6). *Winners of Kinnaird Trophy Blackheath & Bromley (234 points)*

April 19th Alpha & Beta Trophy meeting, Lee Vally Athletics Centre, Picketts Lock

Alpha. Senior Women. A string 100m. 3. L. Ugen (12.51); 200m 4. L. Ugen (25.95); 400m 7. S. McLennan (1'03.74) 800m 2. E. Fisher (2'22.06); 1500m 6. J. Butler (5'03.01); 400m hurdles 2. S. McLennan (1'06.58); HJ 3. L. Blackie (1.50m)- LJ. 2. L. Blackie (5.26m)- Discus 8. E. Fisher (8.65m) Shot 6. A-S. Gnadou (9.91m)- Javelin 7. A-S Gnadou (25.65m)

B string. 100m 2. L. Blackie (12.79) 200m 7. A-S. Gnadou (29.2) ; 1500m 5. M. Fewster (5'34.42) HJ. 4.A-S. Gnadou (1.40m) ; LJ. 1. L.Ugen (5.15m) ; Shot 5. C. Shaw (7.60m) ; Javelin 7. C. Shaw (13.29m). *Blackheath & Bromley SW finished 6th with 103 points*

U15 girls. A string 100m. 7. E. Sargent (14.3) ; 200m. 6. J. Moore (28.55) ; 800m 7. R. Robinson (2'40.17) ; 1500m. 6. H. Stenning (5'32.67) ; HJ A. 7. F. Road (1.30m) ; LJ. 7. F. Read (4.22m) ; Shot 8. A. Williams (5.33m) ; Javelin 7. F. Read (10.14m). B string. 100m. 6. A. Williams (13.75) ; 200m 5. A. Williams (29.49) ; 1500m 2. A. Read (5'35.63) ; LJ 3. J. Moore (4.13m) ; Shot 8. E. Sargeant (3.86m). *Blackheath & Bromley U15 finished 8th with 54 points*

On the combined senior & under 15 scores Blackheath & Bromley relegated to the Beta Trophy for 2009

April 20th Kent Young Athletes Leauge, Division 1 Sutcliffe Park, Eltham. (NG=National Grade)

Boys U15. A string. 100m 3. Jonathan Pettet (12.1) NG2 ; 200m 1. Jonathan Pettet (24.4) NG2 ; 400m 4. Joseph Ewing (59.6) NG4 ; 800m 3. R. Yates (2'20.8) NG4 ; 1500m. 1. Oliver Taylor (4'34.0) NG1 ; 3000m 2. Greg Proctor (10'29.3) ; 80m hurdles 2. Aaron Lloyd (12.9) NG3 ; 2000m walk 3. Oliver Taylor (17'31.7) ; LJ 3. Adam Willis (4.75m) NG4 ; Shot 3. Joseph Cooper (9.44m) NG4; Javelin 5. Anthony Moore (12.55m). B string 100m 5. Aaron Lloyd (14.0) ; 200m 3. Adam Willis (27.8) ; LJ 1. Jonathan Pettet (4.51m) ; 4x100m 2nd place (50.9) ; 4x400m 3rd place (4'12.4)

Girls U15. A string. 100m 2. Amara Lalemi-Jacobs (13.1) NG2 ; 200m 3. Amara Lalemi-Williams (27.2) NG2 ; 300m. 4. Jessica Moore (46.4) NG4 ; 800m 3. Jessica Jones (2'33.8) NG4 ; 1500m 4. Hannah Cook (5'49.5) ; 75m hurdles 2. Lauren Stevens (12.7) NG3 ; 2000m walk 2. Victoria Lunt (17'43.2) ; HJ 2. Lara Lalemi (1.40m) NG4 ; LJ 3. Jessica Moore (4.38m) NG4 ; Shot 3. Eleanor Dumper (8.12m) NG3 ; Discus 1. Elanor Dumper (19.86m) NG3 ; B string. 100m 2. Rachel Dickens (13.8) NG4 ; 200m 3. Lauren Stevens (29.3) ; 300m 3. Jessica Jones (47.1) ; 800m 1. Georgina Chew (2'36.2) G4 ; 1500m Lauren Heria (5'52.5) ; 75m hurdles 3. Rachel Giannini (14.8) ; HJ 1. Christine Lyston (1.40m) ; LJ 3. Lauren Stevens (4.07m) ; shot 2. Lara Lalemi (6.85m) NG4 ; Discus 1. Christine Lyston (14.90m) ; 4x100m 3rd place (53.5)

Boys U13. A string. 100m 2. Jovan Elliott (14.3) NG4 ; 200m 2. Benjamin Akande (30.1) NG4 ; 800m 3. Daniel Waller (3'00.5) ; 1500m 2. Tom Crawley (5'14.0) NG4 ; 75m hurdles 6. Matthew Millard (18.6) ; HJ 6. Matthew Millard (1.00m) ; LJ 4. Max Hodson (3.59m) ; Shot 2. Liam Cater (6.41m) NG4 ; Discus 2. Liam Cater (16.55m) NG3 ; Javelin 1. Liam Cater (30.84) NG2 ; 4x100m relays 2nd team (59.8) ; B string. 100m 2. Max Hodson (15.7) ; 200m 3. Tom Crawley (31.8) ; 1500m Richard Webb (5'24.1) NG4; 75m hurdles 4. Max Hodson (17.4) ; HJ 2. Aaron Plumridge (1.00m) ; LJ 5. Thomas Desborough (2.86) ; shot 2. Jon Pairman (4.91m) ; Discus 3. Matt Millard (9.49m) NG3; Javelin 1. Jon. Pairman (19.12) NG4 ; 4x100m 2nd place (59.8)

Girls U13. A string. 75m 2. Shannon Hylton (10.8) NG3 ; 150m 1. Dina Asher-Smith (19.7) NG1 ;600m. 1. Holly Fletcher (1'51.4); 1000m 5. Sonia Woolhouse (3'45.1) ; 75m hurdles 1. Amber Bryan-Isaacs (13.0) NG3 ; 2000m walk 1. Shannon Cordell (15'07.9) ; HJ 4. Irene Mcintosh (1.15m) ; LJ 2. Irene Mcintosh (4.03m) NG3 ; Shot 3. Hayley Smith (6.81m) NG3 ; Discus 5. Gemma Leggatt (8.43m) Javelin 5. Mollie Miller (8.76) ; 4x100m relays 1st place (55.1) ; B string. 75m 1. Anne Hurlock (11.3) NG4 ; 150m 1. Cherice Hylton (21.6) NG3 ; 600m 1. Janae Galley (1'56.4) ; 1000m 3. Mollie Miller (4'02.7) ; 75m hurdles 1. Evie Syron-Russell (14.0) NG4 ; 2000m walk 1. Fern Butler-Korro (16'58.9)- HJ 2. Fern Butler-Korro (1.15m) ; LJ 1. Amber Bryan-Isaacs (3.91m) NG3 ; shot 1. Irene Mcintosh (5.90m) NG4 ; Discus 5. Katie Purkis (7.20m) ; Javellin 1. Jemma Leggatt (6.56m) ;

And finally congratulations



To Peter Tucker as first Heathen finisher in the London Marathon in 2:25 and Michael Skinner in the World Cross Country Championships as second Briton



To Jamie Atkinson on winning the Thanet 20 and the Paddock Wood Half Marathon in March.



To John Fenwick on winning the Bennett Cup and Alex Gibbons for leading performances in mob matches.

Colemanballs and Juanterinisms

The following come from the same firm that brought you Juantorena opens his legs and shows his class and other such commentary gems. Clearly it goes without saying that athletes and athletics commentators can really put their mouth in it, so to speak.

'Watch the time- it gives them an indication of how fast they are running.' Ron Pickering

We estimate, and this isn't an estimation that Greta Waitz is 80 seconds behind - David Coleman

That's the fastest time ever run but it's not as fast as the world record- David Coleman

In Russia if a male athlete loses he becomes a female athlete - Yakov Smirnoff

As a runner Daley Thompson is excellent, as a jumper he is excellant, and as a thrower he is an excellant runner and jumper - Cliff Temple

Morcelli has the four fastest 1,500 metre times ever. And all those times are at 1,500 metres. - David Coleman

Bradford, who has gone up from 200 metres to 400, found the transition hard-going and for the last 100 was always going backwards – David Coleman

In a moment we hope to see the pole vault over the satellite – David Coleman

If Diane Modahl was 40 times over the testosterone limit, she'd have a deep voice and we'd be calling her Barry White - Tony Jarrett

The Kenyans havn't done much in the last two Games. In fact, they havn 't competed since 1972 – Brendan Foster

Zola Budd : so small , so waif-like, you literally can't see her. But there she is. – Alan Parry.

Henry Rono, the man with those tremendous asbestos lungs - Ron Pickering

The Americans heads are on their chins a little bit at the moment - Ron Pickering

Somewhere inside that flabby body was an athlete trying to get out - Stuart Storey on Geoff Capes.

She hasn't run faster than herself before – Zola Budd

This could be a repeat of what will happen in the European games next week - David Coleman

It's gold or nothing....and it's nothing. He comes away with a silver medal – David Coleman.