



**Blackheath
& Bromley**

The Courier

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Unless otherwise attributed, views are those of the Editor.

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Country, Page 6 Track & Field.

From the editor:

The Under 15 boys rankings for the 2007 track and field season, recently published, feature notable performances by several Club athletes. Most notable is Phil Sesemann whose time of 9'19.25 for the 3000 metres (nearly two seconds quicker than the second ranked athlete) ranks him as the fastest runner in the country for that distance. Tom Bensted a young athlete coached John Powell capped an outstanding Summer winning both the English Schools and England Athletics National titles at 400 metres in a time of 50.96, which was the second quickest in the country. He is also ranked 5th in the 100 metres in 11.46 and 14th in the 200 with 23.36.

Despite being plagued by injury this season Matt Fletcher attained distinction in the 100 metres (11.6) and is ranked 6th in the long jump with 6.27 metres. The 4th fastest 80 metre hurdler in the country with 11.50 is Ben Hopkins in a successful year. In the pole vault lists are two debutant athletes in their age group, Charlee Debolla is who 10th equal with a clearance of 3 metres 11 centimetres and Mark Longhurst is 15th with 3.01. Mark is also 17th in the triple jump with 12.12. For the girls the highest ranked is Jessica Nicol Smith who is fourth equal in the pole vault with a clearance of 3 metres. Kelly Davey is 17th in the shot with a putt of 10.58.

SOME COMING EVENTS

- Dec 26. Fancy Dress Paperchase
- Dec 29. Orion Mob Match, Chingford.
- Jan 5. Kent County CC Champs, Detling
- Jan 6. U15/U17 Pents SEAA Indoor Champs, Lee Valley.
- Jan 12. Open 10km (inc. Vets' Champs)
- Jan 13. U20/Senior Pents SEAA Indoor Champs, Sheffield
- Jan 19/20 Individual SEAA Indoor Champs, Lee Valley
- Jan 26. SEAA CC Champs, Parliament Hill.
- Feb 2. Ranelagh Mob Match, Petersham.
- Feb 9. SEAA Masters Champs Ruislip
- Feb 16. Kent League (sen Men & Women), Nurstead Court.
- Feb 23. ECCA National Championships, Alton Towers.

SOCIAL

- Jan 26th Southern Supper
- Feb 9th Punch Bowl Night
- Feb 23rd National Supper

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884
Recent winners:
NEXT COURIER: Late
February 2008

Any contributions and articles from members are always welcome.

The Courier December 2007. Results

Road.

Marathons and Half Marathons

October 27th Beachy Head Marathon, Eastbourne

28. D. Ellison (3:34'.00)- 35. A. Tucker (3:36'.00)- 93. C. Aves (3:59'.00)- 105 P. Burford (4:02'.00)- 118. D. Mehmed (4:04'.00)-159. A. McDonough (4:13'.00)- 225 C. Pike (4:24'.00) - 233 J. Eastbury (4:26'.00)- 236 D. King (4:26'.00) -249 D. Lewis (4:28'.00)- 304 P. Rogers (4:35'.00)- 353. R. Bennett (4:44'.00)- 365 K. Pratten (4:46'.00)- 408 A. Walters (4:51'.00)- 413. M. Longstaff (4:52'.00)- 424. N. Webb (4:52'.00)- 437. R. Griffin (4:54'.00)- 479. C. Poole (5:00'.00)

October 28th Barnes Green Half Marathon.

48. G. Cook (mv40) (1:24'24)- 102. A. Tucker (mv40) (1:29'41)- 283. J.E. Turner (mv55) (1:40.39)- 331. D.Leal (mv50) (1:42.49)- 567. C. Fulford-Brown (mv50) (1:52.40)- 653. Ms E. Mikuska (fv40) (1:56'24).

October 28th Amsterdam Marathon. 45th Jamie Atkinson (2:33' 23)

November 25th Luton Marathon. 175th Dave King (3 :38'32)- 235th Pete Rogers (3 :48'41)- 236th Dave Leal (3 :49'23)- 255th John Turner (3 :52'23)- 483rd Colin Poole (4 :40'46).

Other distances

October 20th National 6 stage Road Relays, Sutton Park.

Senior men 32nd place. {leg 1. A. Bruce Littlewood (19'03) 62nd - 2. M. Skinner (20'29) 31st - 3. W. Foster (20'29) 49th - 4. J. Poole (18'04) 36th - 5. A. Conway (19'38) 35th - 6. A. Gibbins (18'53) 32nd} **Senior women** 34th place. {leg 1. Shavaun Henry (15'59) 47th - 2. Bryony Proctor (15'25) 31st - 3. Carolyn Jones Baldock (18'23) 38th - 4. Fran Green (16'30) 34th} **u15 boys** 9th place {leg 1. Hector Kurtyanek (13'35) 27th -2. Phil Sesemann (12'43) 7th - 3. Oliver Taylor (13'43) 9th} **u13 boys 'A' team** 32nd place {leg 1. Adam Willis 21st - 2. Tom Scott (16'52)- 3. Anthony Moore (15'32) 32nd}. 'B' team 47th place {Will Mercer Greg Proctor, Jonathan Hall} **u17 men no team placing** {1. Stephen Cavey 34th -2. Cameron Ward 29th} **u17 women no team placing** {Rebecca Smith 36th} **u 15 girls no team placing** {leg 1. Michelle Fewster 20th - 2. Melody Kane (d.n.f)}

October 28th Lexus Croydon 10km. 1st M. Skinner (30'51)- 24th G. Cook (38'00)- 39th C. Gentle (39'13)- 45th Ms R. Ferguson (2nd w)(39'49)- 50th J. Bradshaw (3rd w) (40'11)- 52nd S. Pairman (40'25)- 56th M. Russell (40'52)- 97th J. Osman (43'51)- 125th I. Reed (45'25)- 169th M. Compton (47'46)- 198th R. Hogwood (49'27)- 213. Ms R. Lloyd (50'09)-290th M. Hooper (54'19) *Blackheath & Bromley men won the team race.*

October 28th Wilmington 10km. Dartford. 66. S. Pairman (41'24)

October 28th Amida 10km, Amida Leisure Centre, Beckenham 1. Peter Tucker (35'.23)

Orpington Road Runners Winter Handicap 10km series. (net time in italics)

Race 1. November 6th. 48. T. Delahoy (49.35/46.35)- 54. N. Webb (49.46/44.46)- 60. P. Lovell (50.00)- 78. Mme A. McDonough (51.22/46.22).

Race 2. December 11th. 25. M. Ellison (48.44/38.44)- 36. N. Webb (49.21/44.21)- 60. Mme A. McDonough (51.54)

November 17th Colyton 10km* 68th Chris Woodcock (1st M65) (36'29)

November 18th Brighton 10Km 10th P.Tucker (32'48)- 23rd N. Gasson (34'02)- 24th J. Thorpe (34'07)- 104th C. Griffin (37'50)- 307th T. Simmons (41'08)- 463rd J. Bailey (43'06).

November 25th. Abbey Dash 10km, Leeds. G. Murray (m70) (1:06'56)

December 2nd Victory 5, Portsmouth 1 S. Overall (24'43) - 12 A. Raynor (26'06)- 14 D. Taylor (26'47)- 16 S. Newport (27'04)- 21 D. McKinlay (27'21) *Blackheath & Bromley Harriers AC 1st team 43 points*

December 9th Hogs Back 8, Artington, Guildford 511. P. Cobbett (mv60) (1:12'29)

December 9th Elan Valley 10 mile road race, Rhayader. 1.Tim Dickinson (57'.44).

December 9th Swanley Christmas Caper 1st Andrew Rayner (22'07)- 3rd Peter Tucker (*for Rowans School Runners*) (22'21) - 8th Nick Gasson (24'29)-.59th D. Mehmed (30'13)- 67th Clare Lodwig (30'58) -187th Abigail Jacobs (37'30)- 438th Jo Kift (48'53)

*shortened from 10k to 8.11k / 5m 80yds due to heavy rain + wind

Cross Country

October 27th Kent County Cross Country League Capstone Park, Chatham

Senior Men 10000m 6. Alex Gibbons (32'10)- 11. Alex Littlewood (32'52)- 19. Dave McKinlay (34'13)- 31. Steve Hough (35'28)- 45. John Vinter (36'36)- 87. Ian Taylor (40'33)- 94. Rob Brown (41'20)- 102. Tom Sutton (42'48)- *Senior men were 3rd team 67 points.* **Senior Women 5000m** 14. Ella Fisher (22'11)- 18. Carolina Jones-Baldock (22'48). **U17 Women 4000m** 9. Rebecca Smith (16'58). **U15 Girls 3000m** 3. Michelle Fewster (12'45)- 6. Sophia Maslin (12'57)- 8. Danielle Critchley (13'03)- 23. Mel Kane (15'18) *U15 girls were 1st team with 17 points* **U13 Girls 2500m** 8. Hannah Cook (11'56)- 11. Lauren Heria (12'07)- 17. Kayleigh Leonard (12'59)- 18. Holly Fletcher (13'10)-19. Hope Stenning (13'10) *U13 girls were 2nd team 36 points.* **Junior Men 5000m** 4. Richard Daniel (18'08)- 5. Alistair Cliff (18'08). **U17 men 5000m** 11.Cameron Ward (18'47) **U15 Boys 4000m** 6. Hector Kurtyanek (18'00)- 7. Oliver Taylor (18'01)- 9. Will Mercer (18'02)- 20. Ross Braden (19'27)- 22. Sam Jackson (19'36)- 27. Joseph Ewing (20'20)- 35. Jonathan Halls (21'41) *U15 boys were 2nd team with 22 points* **U13 Boys 3000m** 6. Adam Willis (12'31)-18. Anthony Moore (13'40)-19. Tom Scott (13'42) *U13 boys were 5th team with 43 points.*

November 3rd National Cross Country Relays at Mansfield

Senior Men 5000m - A Team 17th place (1:02'46) {leg 1.Peter Tucker (16.22.15) 60th - 2. Mike Skinner (14.33.85)13th - 3. James Poole (15'30.40) 12th - 4. Alex Gibbins (16'20.10) 17th *1st Kent team*}; B Team 60th place (1:08'16) {leg 1. Dave McKinley (16'56.70) 77th - 2. John Thorpe (16'52.80) 67th - 3. Nick Gasson (17'20.85) 63rd - 4.Andrew Conway (17'06.70) 60th}; C Team 101st place (1:14'44) {leg 1.Con Griffin (19'01.80) 141st - 2. Ken Daniel (19'26.10) 130th - 3. Richard Daniel (18'24.10) 115th - 4. Danny Brewer (17'52.15) 101st} **Senior Women no team placing** {Shavaun Henry (10'31) 21st}. **under 20s women no team placing** {Bryony Proctor (8'42).6th}; **Junior Men.** 22nd place (28'54.35){leg 1.Alex Bruce

Littlewood,(9'12.15) 14th -2. Richard Daniel (10.01.55) 25th - 3. Danny Brewer (9.40.65) 22nd *1st Kent Team*}; **under 17 men** 29th place (29'56.60) {leg 1. Stephen Cavey (9.53.45) 37th - 2. Ben Greenhalgh 9.55.95) 28th -3. Cameron Ward (10.07.20) 29th}; **under 15 boys** 19th place (20'21.60){leg 1. Phil Sesemann 6.12.25 1st - 2. Will Mercer (7.16.20) 11th - 3. Hector Kurtyanek (6'53.15) 19th }; **under 15 girls** 25th place (23'25.25){leg 1. Michelle Fewster (7'23.60) 16th - 2. Mel Kane (8'15.95) 29th -3. Sophie Maslin (7'45.70) 25th}.

November 10th Gateshead International UKA Challenge Race (8.7km) 4th Michael Skinner (27'47); **Senior Women** 21st Shavaun Henry (28'.58).

November 11th - Preston Park Races

Under 13 Girls (1.9Km): 4. Jessica Jones (7.38)- 9.Holly Fletcher (8.13)- 13. Kayleigh Leonard (8.26)

Under 13 Boys (1.9Km) 3. Taylor Bradley (7.01)- 4. Adam Willis (7.12). **Under 15 Girls** (2Km) 3. Michelle Fewster (6.53)- 18. Melody Kane (8.03)- 21. Rachel Robinson (8.19). **Under 15 Boys** (3.8Km): 1. Phil Sesemann (12.1)- 12.Will Mercer (13.13)- 15. Sam Jackson (13.51)- 17. Ross Braden (13.57)- 20. Greg Proctor (14.4).

Under 17 Girls (2Km) 5 Rebecca Smith (7.52). **Under 17 Boys** (3.8Km) 4 Cameron Ward (12.24).

November 17th Kent County Cross Country League, Danson Park.

Senior Women 5000m. 13. Ella. Fisher (21'17)- 16. Clare Ludwig (21'35)- 33. Carolina Jones-Baldock (22'21)- 39. Anne McDonough (wv50) (23'04)- 45. Elle. Harker (23'32)- 48. Anne Cilia (wv45) (23'47)- 49. Tara. Emery (23'54)- 74. Amanda McSorley (28'13). *Senior women team finished 2nd with 29 points.*

U17 women. 4000m 8. Rebecca Smith (15'14) **Under 15 women 4000m.** 2. Daniella Critchley (11'33)- 4. Michelle Fewster (11'38)- 11. Sophie Maslin (12'04)- 13. Krystal Galley (12'33)- 21 Mel Kane (13'25)- 26. Sophie Gordon (14'08)- 33. Danielle Webb (15'36). *U15 team finished 2nd with 17 points.* **Under 13 Girls 2500m.** 6. Jessica Jones (9'57)- 11. Hannah Cook (10'36)- 12. Holly Fletcher (10'41)- 16. Kayleigh Leonard (10'53)- 21. Hope Stenning (11'18). *(Under 13 team finished 3rd with 29 points).* **Junior Men 5000m** 1. Alex Bruce-Littlewood (16'07)- 7. Alistair Cliff (17'50). **Under 17 Men 5000m** 7. Stephen Cavey (17'13)- 11. Ben Greenhaigh (17'40). **Under 15 boys. 4000m.** 2. Philip Sesemann (13'52)- 10. Hector Kurtyanek (14'45)- 11. Will Mercer (15'46)- 16. Sam Jackson (15'22)- 17. Ross Braden (15'26)- 29. Greg Proctor (16'07)- 45. Jonathan Halls (17'40). *Under 15 team finished 2nd with 23 points.* **Under 13 boys 3000m.** 4. Adam Willis (11'29)- 24. Adam Owens (14'16).

November 24th European Cross Country Trials, Liverpool. 9.8km course 3rd Michael Skinner (30'.23)

December 8th Kent County Athletics Vets and Clubmans Champs. Sparrows Den.

MV40. 6. R. Beswick (32'59)- 24. A. Tucker (35'48)- 28. M. Ellison (36'27)--32. M. Russell (38'28). *MV40 team finished 3rd with 75 points.* **MV50.** 3. C. Griffin (41'34)- 15. G. Coates (43'34)- 17. P. Hamilton (43'59)- 21. R. Brown (45'36)- 22. A.Lawes (45'52)- 28. C. Pike (47'08)- 31. J. Bailey (47'53) *MV50 team finished 1st with 11 points.* **MV60.** 8. M. Cronin (21'32)- 9. J. Fenwick (21'39)-14. J. Robinson (23'45)-15. A. Grace (23'28)- 18. C.Rowe (23'37). *MV60 team finished 2nd with 31 points.* **WV35.** 6. Ms J.Bradshaw (19'02)- 11. Ms B. Davy (?)- 14. Ms M. Porritt (20'57)- 21. Ms T. Emery (22'15)- 22. Ms J. Eastbury (22'16). *WV35 team finished 3rd with 22 points.* **WV45** 10. Mme A. McDonough (21'41)- 13. Ms A. Cilia (21'58)- 18. Ms A. Taylor (22'57). *WV45 finished 1st with 26 points.*

December 9th European Cross Country Champs. Toro, Spain. 17th M.Skinner (*for Great Britain*) (32'31)

December 15th Kent County Athletics Cross Country League - Somerhill School, Tonbridge

Senior Men 10000m 4. Andy Rayner (30'17)-13. Alex Littlewood (31'27)- 23. Dave McKinlay (32'40)-

39. Martin Airey (35' 44)- 40. Jamie Saunders (35'49)-103. Nick Barber (42'51) *senior men finished 4th with 79 points.* : **Under 15 girls 3000m** 2. Danielle Critchley (14'09)- 6. Michelle Fewster (15'00)- 11. Amy Mitchell (15'50)- 14. Krystal Galley (16'26)- 15. Rachel Robinson (16'30)- 18. Georgina Chew (16'48)-19. Mel Kane (16'50) *u15 girls finished 2nd with 79 points* :**U13 Girls 2500m** 10.Hannah Cook (12'21)- 15.Jessica Jones (12'37)- 20.Hope Stenning (13'14)- 22.Kayleigh Leonard (13'21)- 28 Holly Fletcher (13'27): *u13 girls finished 4th with 45 points* **Junior Men 5000m** 6. Alistair Cliff (21'11): **U15 Boys 4000m** 3. Hector Kurtyanek (17'03)- 8.Will Mercer (17'41)- 16. Sam Jackson (18'06)- 24. Ross Braden (18'34)- 42. Jonathan Halls (20'54) *u15 boys finished 2nd with 23 points* : **U13 Boys 3000m** 12. Adam Willis (14'48)- 16. Richard Webb (15'33). Cove memorial Cup 3rd Adam Willis U15 Kent Womens Leauge 2nd M Fewster, 3rd Dan Critchley U15 Meday Cup. 3rd Hector Kurtyanek

December 15th . London and Southern Inter Counties Cross Country Championships, Parliament Hill Fields Hampstead Heath. Senior men 6 miles 5th J. Poole. (33'.32) (3rd u23)- 24th A. Bruce-Littlewood **U15 boys** 18th H. Kurtyanek; **u15 girls** 36th D. Critchley- 61st M. Fewster; **u13girls** 46th Jessica Jones **u13 boys** 68th Adam Willis

Bennett Cup

November 11th Club 10 mile cross country Championships, Hayes.

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

1 J. Poole (1st M) (58'15/50'35){26th/35} - 2 A. Gibbins (2nd M) (59'05/51'00){31st/30} - 3 A. Rayner (3rd M) (1:00'53/58'38){59th/2}- 4.P.Tucker (1:01'07/54'37){49th/12}- 5.R. Beswick* (1:01'55) - 6 N. Kinsey* (1:02'05) - 7. N. Gasson (1:03'22/50'58){29th/32}- 8. S. Cooper (1:03'41/49'36) {22nd/39}- 9. A. Cliffe (1:03'50/51'10) {33rd/28) -10.A. Draper (1:04'04/53'24){43rd/18}-11.D.Hilliar (1:05'31/54'06) {45th/16)- 12. A. Tucker* (1:07'17)- 13. G. Cook (1:07'50/49'35) {21st/40}- 22.)-14. G. Williams* (1:09'19)- 15 K. May* (1:10'41)-16. M. Ellison (1:10'48/51'18){35th/26}-17. D. Beadle(1:10'50/51'05){32nd/29}-18. C.Gentle* (1:11'05)- 19. S. Lloyd* (1:11'53)- 20. S. Pairman (/1:12'00/52'05){40th/21}- 21 Ms R. Ferguson (1st W) (1:12'29/51'39){38th/23}- 22 J. Sanders (1:13'00/54'55){52nd/9)-23 G. Coates (1:13'19/52'09) {41st/20}- 24 Ms F. Green (2nd W) (1:13'33/49'38) {23rd/38}- 25 Ms J. Bradshaw* (3rd W) (1:14'02)- 26 D. Ellison (1:14'26/54'31){48th/13}- 27 Richard Hall (1:14'53/53'23){42nd/19}-28 A. Lawes (1:14'58/50'43){27th/34}- 29 C. Pike*(1:15'26)- 30. D. Mehmed*(1:15'46)- 31 R. Brown (1:16'11/50'21") {25th/36} - 32 M. Salmon* (1:16'25) - 33 R. Penfold (1:16'43/54'18){46th/15} - 34 T. Sutton (1:17'27/54'27) {47th/14}- 35 R. Drake (1:19'09/56'49) {55th/6}- 36 J. Bailey (1:19'59/50'59) {30th/31}- 37 N. Barber (1:20'17/51'37){37th/24}- 38 W. Slack (1:20'30/50'45){28th/33}- 39 Ms C. Lodwig (1:20'42/51'42){39th/22}- 40 D. Carton (1:20'45/53'35){44th/17}- 41 J. Phelan (1:21:17/54:42) {50th/11}- 42 J. Fenwick* (1:22:05)- 43 A. Riches* (1:22:38){24th/37}- 44 S. Bigg (Guest)(1:22:53/54:53)- 45 J. Osman (1:23:0/55:03) {53rd/8} - 46 Ms A. McDonough (1:23:06/51:16) {34th/27} - 47 G. Read (Guest) (1:23:26/52:26) - 48 Ms K. Jones* (1:23:33) - 49 T. Delahoy* (1:24:06) - 50 Ms J. Eastbury* (1:24:17)- 51 I. Swatton* (1:24:25) - 52 D. Marks (1:24:32/1:09:02) {61st/1}-53. Ms S. Beloon (Guest) (1:24:32/47:32) - 54 S. Littlewood (Guest) (1:24:50/58:55)- 55 Ms A. Cilia* (1:26:09)- 56 M. Cronin (1:26:23/56:54) {56th/5} -57 A. Grace* (1:27:33) - 58 M. Gasson* (1:28:24)- 59 J. Morris*(1:30:48) - 60 Ms C. Jones-Baldock (1:32:47/1:00:18) {60th/1} - 61 A. Edwards (1:33:22/51:32) {36th/25} - 62 M. Compton (1:34:11/58:31) {58th/3}- 63 P. Lovell (1:36:17/54:52) {51st/10}- 64. Ms R. Lloyd (1:39:09/57:59) {57th/4}- 65. J. Clare (1:40:18/56:13) {54th/7}-66. D. Ko (1:49:47/1:23'27) {62nd/1}

Leading handicap placings*

1 Ms. J. Eastbury (46'07)(60 points)- 2 M. Gasson (46'08)(59)- 3 K. May (46'46)(58)- 4. S. Lloyd (46'58)(57)-

5. J. Fenwick (47'05)(56) -6.A. Tucker (47'22)(55) - 7.G. Williams (47'24)(54)- 8. N. Kinsey (47'30)(53)- 9.Ms K. Jones (47'38)(52) -10. J. Morris (47'39)(51)- 11. D. Mehmed (47'46)(50)- 12. A. Grace (48'08)(49)-13. T. Delahoy (48'16) (48) -14. Ms J. Bradshaw (48'32)(47)- 15. Ms A. Cilia (48'44)(46) -16 I. Swatton (48'45)(45) -17 C. Gentle (48'55)(44) -18. M. Salmon (49'05)(43) -19 C. Pike (49'16)(42)- 20.R. Beswick (49'20)(41).

Bennet Cup Leaders after 3 events

1 D. Beadle (127 points)- 2 G. Williams (125)- 3 C. Pike (121)- 4. J. Eastbury (120)- 5 A. Tucker (112)- 6 A. McDonough (110)- 7. J. Fenwick (108)- 8 T. Delahoy (105)- 9 A. Cilia (104)- 10. A. Riches (103).

Track & Field

December 12th South East Students Sports Association Championships at Lee Valley

60m. heats. 1. Daniel Haque (for Imperial College) (6.9)- SF. 1. Daniel Haque (7.1)- F. 2. Daniel Haque (6.9).

December 2nd Data Connection Open Meeting Lee Valley Athletics Centre.

Ladies Long Jump 1. Isobel Ivy (5.18m); 200m Daniella Annon (26.76)- Helen Godsell (28.8) (fv50); 400 m Katrina Cosby (60.39). Mens 200m 1. Dan Putnam (22.80)- 3. Neil Francis (23.9)- 400m Ben Hopkins (54.19)

Other disciplines

November 1st Maryon-Wilson Swimming Race the Eric Liddell Centre, Eltham.

(Two lengths of the 25 metres pool) 1. Darryl Hillier (31.631+ 0.64) - 2. Ian Swatton (41.740 +1.75) -3. Anne Cillia (50.145 +5.16) -4 Terri Shotton (51.7 52-0.32) -5. Mike Martineau (57.365-7.71) -6. David Johnson (62.562 + 0.53) -7 Tom Leeson (76.870 + 6.8 7)



Relishing the thrill of being crushed in a mad stampede...runners get into tight formation at the 10 mile event

The editor wishes all members and readers a merry Christmas and a happy new year 2008