


VOL 26 . No.8 April 2010. PRESIDENT 2010/11 Richard Coe. HON SEC:- Mrs Hanna Cordell
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From the editor:

Hail to the Chief



Outgoing President Alison Brand introduced her successor at the recent AGM with the words..” I give you your new president for 2010/11 Richard Coe”. In the midst of recent events the succession of Richard is a welcome one and no doubt he will bring to the post his own unique style. This style includes acting skills for Richard did once grace the stage at the National Youth Theatre but aspirations as an actor were replaced by a career in teaching. He joined the Club in 1981, became a vice-president in 1997 and competed regularly for the Club in Cross Country, road and track and field. He is a former manager of the Club’s Masters team and over the years has been heavily involved in the organisation of Bromley Primary Schools Cross Country races. A full interview with the new president appears in the forthcoming Gazette which I am now editing. Meanwhile I shall still edit the Courier until the end of June when I formally stand down as previously mentioned. Hopefully Bromley Borough may find a willing soul from their volunteer register as a potential successor but if anyone else is interested the job is still free for the taking. Meanwhile the club gained an early success on the track at Kingston as the Men were winners of the Kinnaird Trophy for track events. Amongst some impressive performances were Daniel Haque in the 200 metres and Alloy Wilson who in running the fastest 400 time in the match. received the RS Hawkes Trophy *WHO*

SOME COMING EVENTS.

May 1/2/3. BUCS Champs,
Bedford
May1. Southern Men’s League,
Norman Park
May 2. Nat. Young Athletes
League, Norman Park.
May 3. Ted Pepper 10km.
May 7. Kent Masters League,
Canterbury
May 8/9 KCAA
Championships, Ashford
May 15. British Masters Road
Relay Champs, Sutton Park
May 15 Southern Mens League,
Walton
May 16 Nat. Young Athletes
League, Handy Cross
May 17. Kent Masters’ League,
Erith (18.45)
May 19 Parris Handicap (race
2) (19.15)
May 22. Southern Womens’
League, Milton Keynes
May 23. NJAL, Eton
May 26. Club 10000m Champs,
Norman Park
(continued on page 10)

SOCIAL

(All events held at BHHQ
unless otherwise stated)
June 25. Quiz night

200 CLUB

Organizer: Roger Counter
Recent winners 24th March.
Scott Watling, Roy Watkins.

NEXT COURIER:

late June 2010
Any contributions and articles
from members are always
welcome

At about 3.35 in the afternoon on Saturday March 27th a staggered posse of runners stumbled in a heap over the finishing line of the Closing Five, the last of the nine Bennett Cup events. Emerging from this disparate group was an exhausted and half asphyxiated figure, eyes tight shut and short of breath who promptly collapsed on the ground, his face locked in a grimace of pain and torpor. As I turned and watched to see who had come in after me, having just finished myself I surveyed the writhing figure prostrate on the ground with particular interest. It could be none other but the winner of the Bennett Cup himself, and for me it brought back familiar memories for I'd been there myself four years previously.

John Leeson had just won the famous cross country prize in a manner which perhaps didn't fully reflect the comfortable advantage he'd enjoyed for most of the winter. However in the closing 5 he still needed to drive hard to victory for anything less than this would have been a poor reward for a fine and highly improved performance all season, and no doubt he was from mid-September to late March the athlete most expected to take the winner's place and the cup itself.

In fact right from the start when he scored 52 points in the opening event, the Will Bolton Relays John showed that he meant business. With 102 points after two events, when he shared the lead with Ross Braden he was clear leader from then on, reaching a peak in January when he established a lead of over 40 points from Chris Pike after the 10km championships. It could have been tempting to speculate whether or not he would now open up a lead of gargantuan proportions in the remaining events, but it was remarkably kept to a reachable level by the efforts of the chasing group which had pared it down to 9 points going into the last event, thanks to a late surge by Andy Tucker and Trevor Delahoy. This diverse group was always tight with a handful of points separating the leading ten chasers although ultimately the contestants for the major places began to move away from the other 'possible outsiders' by the penultimate event. At the end of this, the last of the three mob matches, John Leeson had indeed been pulled back enough by Trevor Delahoy and Andy Tucker, to keep the issue open but the rivals seemed to cancel each other out so allowing John to establish enough daylight for himself as the leading three came over the final finishing line in immediate succession to each other with John in the middle between the other two. His victory was therefore not in doubt.

With the Bennett Cup winner seemingly well clear of any possible challenge the attention seemed to shift to the scramble for places below him. By the winter this had formed into a familiar group of stalwart veterans of previous seasons described by Pat Calnan as 'the chasing pack of seasoned Bennett Cuppers... coming through to seize victory.' They included Chris Pike, fresh from his Parris Handicap triumph of the summer, Anne Cilia, Andy Tucker, a regular 'bridesmaid' in recent years, Steve Pairman, Rob Brown and Trevor Delahoy who like the winner had raised his performance notably this season. The pack was joined by Steve Hollingdale, cup holder Will Slack who would put up one of the more determined defences to the trophy, and by Wilf Orton, making something of a comeback after a few disappointing years. They all remained regularly in or close to the top ten, exchanging positions according to their individual fortunes on any given day.

The top ten in the final table all scored final points totals exceeding that of that of last year's winner, scores which would in other seasons have won them the cup. Such heavy scoring in the top flight of the finishing table was contrasted with fewer numbers of runners achieving a total of 100 points or more (47 compared with 69 in 2007), a sign perhaps that possibly the cross country season has been supported by a slowly decreasing number of runners or that the handicapper was favoring a select few. Well maybe not, although in some races the points were definitely there for the taking especially in the Christmas Yacht Handicap when only 27 runners braved the snow and ice-bound course, in some cases just to get round. The field over the 9 events totalled 368 (down on the 454 of last season) with the 30 main prizes awarded to 26 runners, and as many as four of these won two awards each including Trevor Delahoy, Wilf Orton, Roy Smith and Justin Eastbury both of whose awards came in consecutive races.

Finally though returning to John Leeson; his total of 401 points was higher than any in recent years with the exception of the 2004 winner Daryl Hilliar. Despite losing some ground towards the end he held on and with increased fitness and resolution improved on his previous performances, by six minutes on average in events such as the 5 miles, raising him to a higher rating according to the handicapper. This surely was a testament to the Bennett Cup as an opportunity for the ordinary to be transformed into the special by the incentives offered by this form of competition.

WHO

The Courier April 2010. Results

Road.

Marathons & other long distance

February 28th Tunbridge Wells Half Marathon. 489. T. Delahoy (1:44'36)

March 7th Nike Milton Keynes Half Marathon. 6. A. Gibbins (1:13'04)

March 14th Surrey Spitfire 20m, Cranleigh. 1. A. Gibbins (1:56'27)- 13. K. May (4th vet) (2:11'18)- 19. R. Hall (2:13'20)- 34. M. Skelly (2:19'36)- 139. F. Thompson (2:39'25)- 152. R. Griffin (2:40'51)- 203. Ms J. Eastbury (2:47'12)- 227. P. Rogers (2:49'41)- 228. J.E. Turner (2:49'41)- 438. P. Lovell (3:11'00)

March 21st Hastings half marathon 1 Ben Fish (1:07'08)- 29 Nick Kinsey (1:19'16)- 54 Richard Hall (1:23'08)- 157 Kevin May (1:28'47)- 233 Sarah Dowling (1:31'51)- 282 Neil Ayrton (1:32'56)- 350 Dave King (1:34'21)- 423 Adrian Stocks (1:36'26)- 493 Lisa Page (1:37'09)- 570 Richard Griffin (1:38'58)- 597 Andy Riches (1:39'43)- 660 John Fenwick (1:40'23)- 1021 Kate Jones (1:46'18)- 1966 Stephen Hollingdale (1:57'32)- 3527/8 Alan Pickering & Mike Cronin (2:28'22)

April 11th. Paddock Wood Half Marathon. 164. J. Beck (1:29'21)-196. S.Pairman (1:30'36)- 231. Ms S. Dowling (1:31'37)- 235. D.Hassett (1:31'29)- 313. A. Stocks (1:34'34)- 412. C.McEntee (1:37'51)- 433. Ms J. Eastbury (1:38'08)- 535. Ms C.Jones-Baldock (1:41'14)- 1315. Ms C.Brooks (1:59'55)- 1398. N.Roberts (1:57'39)

April 25th Virgin London Marathon *(incorporating the club marathon championships)*

50 Peter Tucker*, (02:29'27)- 1/110 Alex Gibbins (2:36'00) -2/423 Nicholas Kinsey (2:49'11)- 3/970 Richard Hall (2:58'25)- 4/1090 David Beadle, (2:59'35) - 5/1208 Kevin May (3:01'42) -6/2270 Christopher Gentle (3:13'51) -7/2611 Mark Skelly (3:16'40)- 8/3048 Gareth Evans (3:20'56)- 9/3462 Julie Reynolds (3:24'19) - 10/3686 John Mcconville (3:25'50)- 11/4153 John Beck (3:28'44)- 12/4994 Richard Griffin (3:33'47)- 13/5079 James Cunningham, (3:34'16)-14/5152 Kate Pratten, (3:34'38)-15/5989 Francis Thompson, (3:39'21)-16/6516 Adrian Stocks, (3:42'11)- 17/7352 Peter Rogers (3:46'20) -18/7873 David Lewis (3:48'42)- 19/8313 Angela Cook, (3:50'39)- 20/8416 Justine Eastbury, (3:51'06) -21/9186 John Fenwick, (3:54'02)- 22/12102 Amanda Taylor (4:04'44)- 23/14934 Nick Barber (4:15'46)- 24/25695 Peter Lovell (4:56'57)-25/26009 Colin Illingworth (4:58'26)- 26/30572 Mike Peel (5:25'05) -27/33028 David King (5:47'30) * second claim !

Other distances

February 26th. Brooks Serpentine Last Friday 5km, Hyde Park. 39. S. Henry (3rd lady) (19'45)- 78. C. Pike (21'19)

March 6th Bushy Park Run. 1. M. Skinner (14'46)

March 7th Cambridge Harriers Greenwich Meridian 10km. 14. E. Murty (1st lady)(36'49)- 108. C. McEntee (45'21) **March 9th Orpington RRC Winter handicap 10km.** 4. R. Griffin (44'56/42'56)- 37. N. Webb (50'02/46'02)- 60. P. Lovell (57'18)

March 21st Saucony 12-stage Road Relays, Milton Keynes. Long leg. 26. J. Poole (24'59)- 29. A. Bruce-Littlewood (25'10)

March 21st. Epilepsy Action Bradford 10km. 842. G. Murray (1:10'07/1:08'51)

March 27th Victoria Park 5 miles. 10. A. Bruce-Littlewood (25'27)

March 28th Energized Sports Hyde Park 10km. 12. Ms E. Murty 1st lady (37'59)

April 2nd Folkstone 10 miles, Hythe. 3. P. Tucker Met Police (54'20)- 382. R. Siaz (1:33'36)

April 2nd Maidenhead Easter 10 miles. 17. A. Gibbins (55'17)- 79. A. Crowder (1 :00'58)

April 2nd Isle of Man Running Festival. 10km. 4. A. Bruce-Littlewood (32'09)

April 25th Virgin Mini London Marathon, Borough Challenge. (*all runners competed for L.B Bromley*)

Girls 15-17. 10. A. Reed (18'50)- 21. M. Kane (19'37)- 23. D. Critchley(19'47)- 28. L.Heria (19'59)- 32. K. Galley (20'01)- 41. J. Jones (20'22)- 56. H. Stenning (20'57) ; **Girls 13-14** 15. G. Kennedy (20'20)- 24. L. Sidey (20'48)25. J. Galley (20'54) ; **Girls 11-12** 6. G. Taylor (19'49)-20 S. Leighton (20'32)-36. H. Warman (21'12) ; **Boys 15-17.** 12. P. Sesemann (15'46)- 27. G. Proctor (16'21)- 41. R. Yates (16'38)- 53. T. Greenhill (16'59)- 66. S. Jackson (17'20)- 91. G. Vacharopoulos (17'55)-109. R. Braden (18'13) ; **Boys 13-14.** 78. L. Hopgood (19'00)- 125. T. Desborough (19'59)-175. W. Ruiz (21'26) ; **Boys 11-12.** 5. W. Ruiz (18'12)

Walking events

March 6th Molly Barnett Inter-Counties, Men(10km) Coventry 20. S. Lightman (57'54)- 32. D.Hoben (1:11'41).

March 13th Enfield League 5 miles, Lee Valley 12. P.Hannell (48'35)- 24. D.Hoben (57'20).

March 27th Slater-Bryce Track 10km 6. D.Hoben (1:12'.0)

March 28th National Masters Championship 3km, Lee Valley 5. P.Hannell (*1st M65*) (17'15.46).

April 11th National 20km Championships, Victoria Park Senior Men's 10km: 17. S.Lghtman (2 : 4'52) - 24. P.Hannell (2:14'0)-31. D.Hoben (2 :32'47).

April 17 Veterans AC 5 mile series, Battersea Park 8. P.Hannell (49'20)-14. D.Hoben (56'4)

Cross Country

March 6th South-East Inter-Counties Cross-Country Match, Fleming Park, Eastleigh

Under 14 girls. 18. Samantha Leighton (*Kent Schools*) (9'48)- 22. Lucy Sidey (*Kent Schools*) (9'55) ; **under 13 girls.** 20.Holly Walman (*Kent Schools*) (8'40)- 23. Charlotte Rhule (*Surrey Schools*) (8'40)

March 13th Bromley Vets Open 5, Sparrows Den.

6. K. Daniel (1st mv50) (37'27)- 10. A. Lawes (38'00)- 12. G. Coates (38'20)- 15. R. Brown *Bromley Vets* (39'17)- 20.W.Slack (42'42)- 22.W.Orton (43'17)- 24. J. Smith (44'11)- 25. Ms A.Cilia (1st fv 50)(44'24)- 26. M.Compton (44'59)- P. Burford (DNF) *winner M. Cummings (HerneHillH.) (32'17)*

March 13th National Vets Cross Country Champs, Belfast. 8. A.Camp m50 (27'42)

March 13th McCain Cross Challenge, Cofton Park, Birmingham. **Sen men** 12km. 4. M. Skinner (35'54)- 37. A. Rayner (37'26)- 47. A. Bruce-Littlewood (37'39)- 112. J.Poole (39'24). **Sen women** 8km. 44. B. Proctor (30'33)- 56. E. Murty (30'42). **U17 women** 6km. 186. D.Critchley (22'43)- 197. E. Nolan (22'56). **U15 girls** 62. Amber Reed (16'40). **U13 girls** 172.Lucy Sidey (12'46)

March 20th English schools cross country Champs, Heaton Park, Manchester. **Sen girls.** 151. Amy Mitchell *Kent* (18'40) ; **Int. Girls** 58. Amber Reed *Kent* (14'40)- 219. Emily Nolan *London* (15'50) ; **Jun.girls** 92. Saffron Salih *Kent* (10'59)

March 28th IAAF World Cross Country Champs, Bydgosziz, Poland. 65. M. Skinner GB (35'31)

Bennet Cup Events

*The clock time and net time (in italics) of each athlete is given with handicap points and position, unless finishing in the top 10 in handicap (signified by * against name), in which case handicap details are shown under leading handicap placings.*

March 6th Mob match Blackheath & Bromley v South London Harriers, Hayes

1 Alex Bruce-Littlewood (41:09/45:49){50} -3 Roy Smith (42:36/49:36){37} - 7 Jamie Darling 43:07/50:37 {32} -9 Gregory Proctor 41:55/51:25 {44} -11 Sam Jackson 42:13/51:43 {43} -12 Will Mercer* 51:53 -16 Richardall* 52:42 -19 Mark Watling* 54:58 -21 Andy Tucker* 55:21 -22 Brendan McShane*55:31 -23 Steve Pairman* 56:09 -24 Jane Bradshaw (1st Lady) 42:17/56:27 {41} -25 Ross Braden 42:20/ 57:00 {39} -26 Mick Jones 43:05/ 57:35 {33} -29 Peter Rogers* 58:24 -31 Simon Lloyd 42:55/ 59:25 {34} -32 Chris Pike 42:14/ 59:34 {42} -34 Rob Brown 43:28/ 1:00:38 {29} -35 John Leeson 45:19/ 1:01:19 {26} -37 John Fenwick 41:14/ 1:02:14 {49} -39 David Carton* 1:02:19 -41 Adrian Stocks 41:52/1:02:22 {45} -47 Carolina Jones-Baldock (2nd Lady) 42:43/ 1:04:43 {35} -48 Glen Read 45:58 /1:04:58 {25} -49 Trevor Delahoy*1:05:08 -51 Will Slack 42:25/1:05:55 {38} -53 Mike Wade 43:40/1:07:10 {28} -55 Gordon Cooper 42:42/1:07:42 {36} -56 Anne Cilia (3rd Lady) 43:15 /01:07:55 {31} -57 Wilf Orton 41:43/ 01:08:43 {46} -58 Justine Eastbury 42:18/1:09:18 {40} -59 David Leal 41:20/ 01:09:50 {47} -61 Mark Compton 46:57/ 01:11:27 {24} -63 Alison Jelly*01:13:17 -66 Steve Hollingdale 41:17/ 01:14:37 {48} -67 Peter Horton 43:20/ 01:15:20 {30} -68 Colin Illingworth 43:48/ 01:15:48 {27} -69 Neil Roberts 1:05:54/ 01:15:54 {23}

Leading handicap positions

1. Alison Jelly (37'17){60}- 2. Richard Hall (37'42){59}- 3. Trevor Delahoy (39'28){58}- 4. Mark Watling (40'48){57}- 5. Brendan McShane (40'51){56}- 6. Peter Rogers (40'54){55}- 7. David Carton (40'59){54}- 8. Andy Tucker (41'01){53}- 9. Will Mercer (41'03){52}-10. Steve Pairman (41'09){51}

March 28th Closing 5 yacht handicap.

1 Steve Hollingdale *winner DK Saunders Cup* {60 points (44'10/ 27'40)- 2 Peter Horton {59} (45'00/28'50)- Paul Ross-Davies (DQ) (33'15/ 29'05)- 3 Ms Amber Reed {58} (35'46/ 29'06)- Mark Russell (Guest) (39'00/29'10)- 4 Ms Justine Eastbury {57} (41'45/ 29'14)- 5 Andy Lawes {56} (36'45/ 29'45)- 6 Wilf Orton {55} (41'43/ 29'53)- 7 John E Turner {54} (42'11/ 30'01)- 8 Dan Brewer {53} (32'47/30'07)- 9 Barry Wetherilt {52} (40'10/30'10)-10 Gregory Proctor {51} (31'47/ 30'27)-11 Will Slack {50} (40'31/ 30'31)-12 Rob Brown {49} (38'03/ 30'33)- 13 Ms Sarah Dowling {48} (36'48/ 30'38)- 14 Trevor Delahoy {47} (40'46/ 30'46)- 15 John Leeson {46} (38'44/30'54)-16 Andy Tucker {45} (34'47/30'57)-17 David Carton {44} (39'38/ 30'57)-18 Robert Yates {43} (32'19/ 30'59)- 19 Mark Compton {42} (42'50/31'00)- 20 Mick Jones {41} (36'15/31'05)- 21 Graham Coates {40} (37'06/31'06)- 22 David Leal {39} (44'23/31'13)- 23 Ms Carolina Jones Baldock {38} (40'24/ 31'14)- 24 Ms Jo Smith {37} (42'25/31'15)- 25 Colin Rowe {36} (48'43/ 31'23)- 26 David Beadle {35} (35'06/31'26)- 27 Ms Jane Bradshaw {34} (36'08/ 31'38) -28 Ms Anne Cilia {33} (43'50/ 31'40)- 29 Steve Pairman {32} (36'22/ 31'42)- 30 Chris Pike {31} (38'46/31'46) -31 Iain Swatton {30} (41'45/32'15) -32 John Fenwick {29} (40'46/32'36) -33 Ms Melody Kane {28} (41'51/32'41)- 34 Adrian Stocks {27} (41'12/ 33'22)- 35 Philip Sesemann {26} (33'32) -36 Paul Hills {25} (44'18/ 33'48)- 37 Mike Wade {24} (44'46/ 34'06) -38 Sam Jackson {23} (35'45/34'25) -39 Will Mercer {22} (36'06/34'25)-40 Ron Chambers {21} (11'21/37'31)- 41 Terry Brightwell {20} (46'37/ 38'27)- 42 John Copley {19} (56'44/ 40'34)

Fastest times 1. G. Proctor (31'47)- 2. R. Yates (32'19)- 3. D. Brewer (32'47)- 4. P. Ross- Davies (33'15)- 5. P. Sesemann (33'32)- 6. A. Tucker (34'47)- 7. D. Beadle (35'06)- 8. S. Jackson (35'45)- 9. Ms. A. Reed (35'46)-10. W. Mercer (36'06).

Fastest women. 1. Ms. A. Reed (35'46)-2. Ms. J. Bradshaw (36'08)- 3. Ms S. Dowling (36'48)

Bennett Cup Final Positions.

*(The following results are the placings of the top 50 competitors with points for each event given e.g 1) 4km relays 2) opening 5m 3) Orion mob 4) xmas yacht h'cap 5m 5) 10km open 6) 10m champs 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 John Leeson* (52/50/49/47/54/47/30/26/46= 401 points) -**2 Trevor Delahoy*** (5/39/53/54/31/55/49/58/47=391) -**3 Andy Tucker*** (36/33/50/44/44/36/50/53/45= 391)- 4 Rob Brown (31/47/56/56/54/51/29/49= 373) – 5 Wilf Orton (**60/52/34/23/59/43/46/55 = 372**) -6 Will Slack* (24/26/39/53/58/40/40/38/50 = 368)- 7 Chris Pike*(27/43/48/42/50/46/34/42/31= 363) -8 Steve Hollingdale (46/28/37/38/56/48/48/**60**= 361) -9 Justine Eastbury* (10/21/41/45/29/**60/58/40/57**= 361)- 10 Anne Cilia*(41/22/57/48/35/49/45/31/33 =361)-11 Steve Pairman* (19/41/51/57/25/44/31/51/32=351) -12 Carolyn Jones-Baldock (**58/34/37/49/45/47/35/38**= 343) -13 David Carton (29/30/26/45/50/54/54/44= 332)- 14 Adrian Stocks (35/34/56/41/34/59/45/27= 331) -15 David Leal (21/25/39/28/52/56/47/39= 307)- 16 Sarah Dowling (44/51/51/**58/38/48**= 290) -17 John Fenwick (23/50/30/57/46/49/29= 284) -18 Mick Jones (44/49/24/49/32/33/41= 272)- 19 Barry Wetherilt (28/52/39/42/53/52= 266) -20 Mike Wade (47/**59/41/48/28/24**= 247) - 21 Jane Bradshaw (37/46/33/51/41/ 34= 242)- 22 Mark Compton (**59/22/43/27/23/24/42**= 240) -23 Mark Ellison (28/38/38/**59/36/29**= 228) -24 Roy Smith (**58/ 60 39/ 33/37 = 227**)- 25 John E Turner (55/37/55/54= 201) -26 Amber Reed (26/ 51/52/ **58**= 187)- 27 Alex Bruce-Littlewood (54/32/43/50= 179) -28 Con Griffin (43/42/33/**59/ 1**=178) -29 Richard Hall (32/48/30/ **59**= 169) -30 Graham Coates (56/27/1/44/40= 168)-31 Andy Lawes (33/24/42/56= 155)- 32 Robert Yates (55/36/21/43= 155) -33 Mark Watling (53/45/57=155)- 34 Gregory Proctor (49/44/51= 144) -35 Ross Braden (50/52/39= 141) -36 Philip Sesemann (57/57/26= 140)- 37 Gareth Evans (**58/42/35**= 135) -38 Peter Horton (35/30/59= 124) -39 David Beadle (40/47/35= 122) -40 Brendan Mcshane (37/29/56=122)- 41 Iain Swatton (45/ 43/1/30= 119) -42 Sam Jackson (51/43/23= 117)- 43 Will Mercer (42/52/22= 116) -44 Peter Rogers (**60/55**= 115)- 45 Andy Riches (**60/52**=112) -46 Annie McDonough (11/35/31/32=109)- 47 Simon Lloyd (31/42/34=107)- 48. Alex Gibbins (**58/40**=98)- 49. Colin Rowe (15/46/36=97)- 50. Jennie Butler (7/26/57=90)

Those achieving awards in the events are marked in bold. Other competitors achieving awards but not featured here were : Steve Holmes 1st **60** in relay ; Dick Griffin 1st **60** in xmas 5 ; Steve Haley 2nd **59** in club 5. Alison Jelly 1st in MM3 **60**



And on the podium..Trevor Delahoy, John Leeson and Andy Tucker, glasses raised for a few drams.

Track & Field

February 27& 28th U20,U17 & U15 Indoor Champs, NIA Birmingham.

U20 women Pvault 8= C. Moore (3.30m) ; Ljump 4. L. Ugen (5.94) U20 men Tjump K. Adedoyin (14.98m) ; shot 5. S. Efiannayi (12.48m) ; Ljump 3. J. Olasain (7.09m) U17 women 60m H (heats) 4. R. Jones 9.28)-SF R. Jones DNF ; 60m (heat 4) 4. G. Middleton (8.00)- (SF) 5. G. Middleton (8.02)

February 27th & 28th. Aviva England Athletics U20,U17 & U15 Indoor Champs, NIA Birmingham.

U17 women. 60m H (heat 1) 4. R. Jones (9.28)- (SF3) 8. R. Jones (DNF) ; 60m (heat 4) 3. G.Middleton (8.00)- (SF5) 5. G. Middleton (8.02) ; Pvault 10. A.Huggins (2.80m) ; Tjump 9. F. Read (10.20m) ; U20 women Pvault 8= C. Moore (3.30m) ; Ljump 4. L. Ugen (5.94) ; Shot 5. S. Efiannayi (12.48m) ; U20 men Tjump 2. K. Adedoyin (14.98m) ; Ljump 3. J. Olasan (7.09m)

March 1-6th World Masters Indoor Champs, Kamloops, Canada M50. 3000m. 1. W. Foster (9'23.28) ; 15000m 3. W. Foster (4'27.29) ; Tjump 7. C. Leon (10.62m) ; 60m prelims 14. C. Leon (8.31)-SF 13. C. Leon (8.19) ; 200m prelims. 17. E. Leon (27.16)- SF. C. Leon (27.24) ; 400m Prelims. 11. C.Leon (59.99) ; (C. Leon in relay team 4x200m on 4th leg)

March 4th Inter-Universities Match, Birmingham. Womens 60m (race A) 1. A. Godsell *Brunel Un.* (7.68) ; 200m (race B) 2. A. Godsell (24.84) ; Hjump 1. P. Hughes *Brunel Un.* (1.75m). Mens 60m 4. Jermaine Alexander *Birmingham Un.* (7.22)

March 12th World Indoor Champs, Doha, Qata. 3000m (heats). 8. S. Overall (8'08.02)

March 13 & 14th. BUCS Indoor Athletics Champs, EIS Sheffield. Mens 60m (heat 10) 4. J. Alexander *Birmingham Un.*(7.37) ; 200m (heat 4) 2. J. Alexander (23.30)- (SF5) 4. J. Alexander (23.38) ; 3000m (heat 3) ; 60m H (heat 3) 7. A. Al-Ameen *Middlesex Un.* DQ . Womens (heat 2) 1. A. Godsell *Brunel Un.* (7.7)- (SF3) 1. A. Godsell (7.67)- (F) 3. A. Godsell (7.60); 200m (heat 2) 1. A.Godsell (25.07)- (SF1) 1. A.Godsell (24.74)- (F) 1. A. Godsell (24.40) ; 60mH (heat 2) 1.S.Solomon *Middlesex Un.* (8.61)- (F) 2. S. Solomon (8.48) ; Hjump 1. P. Hughes *Brunel Un.* (1.77m)

March 13. Belgian Masters Indoor Champs, Topsportal, Ghent. M55. 60m (heat 1) 1. T. Phillips GB (8.07) ; 200m (heat 1) 2. T. Phillips (26.04) ;4x200m T. Phillips ran 4th leg for GB team

March 27/28th BMAF winter throws championships, Lee Valley M55. Pvault 1. A.Williams *SCVAC* (3.50m); M70 Javelin 1. C.Brand (36.79m) ; M75 weight 3. G. Hickey (9.82m)

April 4th Mansfield Open meeting. Womens hammer 1. S. Hitchon (65.83m)

April 5th Norman Fowler Memorial Open Meeting, Tonbridge. 75m U11 mixed. (race 1) 2. Andi Desborough (12.42) ; 150m (race 11) 2. A. Lalemi-Jacobs *U17W* (19.37)- (race 14) 1. D. Asher-Smith *U15G* (18.86) ; 300m (race 4) 5. V. Munt *U17W* (44.53)- 6. J. Moore *U17W* (44.56) ; 600m (race 3) 2. S. Cavey *U20M* (1'31.95)- 2. C. Crouser *U20W* (1'45.01)- (race 4) 3. Holly Fletcher *U15G* (1'45.86)- 5. A. Reed *U17W* (1'47.23)- (race 5) 6. J. Jones *U17W* (1'45.13)- (race 6) 9. A. De matos *U20W* (1'48.21)- (race 7) 8. I. Frith (1'40.60)- (race8) 7. D. Ryan (1'29.41) ; 3000m 10. William Fuller *U15B* (10'57.23)- 12. Tom Desborough *U15B* (11'49.12) ; 80m Hurdles 2. R. Jones *U17W* (12.6) ; Ljump 7. J. Moore 4th *U17W* (4.39m) ; Hjump 11. Shannon Clarke *1st U15G* (1.40m)- 15. Sophie Jones *U13G* (1.15m) ; Tjump 7. H.Nouch *3rd SW* (10.17m) ; Pvault 1. M. Longhurst *U20M* (4.30m)- 9. A. Hardy *M50* (2.70m); Discus Female 11. Brooke Hollett *3rd U13G* (16.04m)- Male 10. Dan Hollett *U15G* (27.58m) ; Hammer Male 1. A. Jordon *U20M* (64.18m) – 6. J. Haylock *U20M*(54.19m) ; Shot Female 13. Brooke Hollett *4th U13G* (6.71m)- Male 6. Dan Hollett *1st U15B* (11.96m).

April 10th Pepsi Invitational Eugene,Oregon,USA. Mens 100m. (heat 1) 1.J.Alaka *Washington Un.*(10.32)- Final 2. J.Alaka (10.32)

April 10th Malta International Meeting, Matthew Micallef St John, Marsa. Men 100m 2. D. Bovell *County Kent* (10.97)- 3. E. Harrison *County Kent* (10.97)- 10. K. Daly (11.27)-12. A. Daly (11.42)- 15. E. Zorro (11.71) ; 200m 11. K.Daly (22.91)- 12. A. Lloyd (24.61)- 14. S. Lloyd (24.93) ; 110mH. 2. S. Lloyd (16.08) ; 400mH 1.E. Harrison (54.05) ;4x100m Relays 4.BBHAC (44.28){A. Lloyd- L.Wooldridge-K.Daly-A. Daly}

Women 100m 2. S. Echell-Thompson *Southern Athletics UK* (12.48)- 3. F. Foster *Southern Athletics UK* (12.58) ; 200m 7. N. Nelson Roberts (27.04)-10. S. Duffy Smart (28.17) ; 400m 3. F. Foster (57.86) ; 4x100m relays 4. BBHAC (57.59){S. Echell Thompson-2. N. Nelson Roberts-S. Duffy Smart-F. Foster}

April 10th Kent Young Athletes League, Canterbury. U13 Girls. 75m A 2. J.Ray (10.9)- B. 3. A. Andrews (12.5) ; 150m A. 2. J. Ray (21.4)- B. 3.A.Andrews (25.4) ; 600m A.2. N.Bridson-Hubbard (2'00.2)- B.1.E. Ibidunni (2'02.5) ; 1000m A. 2. C. Rhule (3'23.4)- B.2.S.Risky (3'50.1); 70m Hurdles A. 2. N.Bridson-Hubbard (15.2)- B. 1. S.Risky (15.6) ; Hjump 1. S.Jones (1.20m)-B. 2. S. Risky (1.05m) ; Ljump A.3.N. Bridon-Hubbard (3.23m) –B. 3. A. Dufass (3.16m) ; Shot A. 3. B. Hollette (6.84m)- B. 3. C. Rhule (4.32m) ; Discus A. 3. B. Hollette (13.30m) ; Jav. A. 4.C. Rhule (7.73m) ; 4x100m Relay 3rd (64.5){J. Ray, A. Duffass,C.Rhule, A. Andrews} U15 Girls. 100m A :1. D.Asher-Smith (12.6)- B2.V.Olatunji (13.8) ; 200m A. 1. D. Asher-Smith (25.2)- B. O. Ogbeta (28.0); 300m A.3.E.Waugh (47.9)-B. 3. S. Woolhouse (47.1); 800m A. 2. J. Galley (2'37.3)- B.2.A. Myers (2'48.9) ; 1500m A. 3. S. Leighton (5'39.2)- B.2. S.Woolhouse (6'14.4) ; 75m Hurdles A. 2. A. Hurlock (14.5)- B. 1. A. Bryan-Isaacs (14.6); 1200m Walk 4. A.Wheelwright (8'35.7)- B. 2. E. Waugh (8'50.3) ; Hjump 1.S. Clarke (1.48m)-B.1.A.Wheelwright (1.40m) ; Ljump A.1.S.Cordell (4.41m) –B. A.Bryan-Isaacs (4.31m) ; Shot A. 2. J.Falana (8.95m)- B. 1. E.Lawrence (8.76m) ; Discus A. 2. E. Lawrence (22.62m) ; Jav. A. 3.A. Hurlock (9.62m)-B.1.E.Lawrence (19.58m) ; 4x100m Relay 1st (54.5){V.Olatunji,O.Ogbeth,D. Asher-Smith,A. Hurlock} *BBHAC Girls finished 1st with 363 points*
U/13 boys 80m A.1. J.Dalson (10.4)-B.1. J.Eversley (11.9); 200m A.1.J.Dalson (28.0) –B.1.J. Eversley (31.3); 800m A. 4.D.Eversley (2'51.6);1500m A.4.M. Bargeran (6'12.6); Ljump A.2.D.Eversley (3.81m)- B.1.J.Eversley (3.64m); Shot A. 3. M.Bargeran (4.94m); 4x100m Relay 1st place {J.Dalson,J.Eversley, D. Eversley, M.Bargeran(60.4)}U15 Boys 200mA.5.J.Pairman(29.8) ; 1500m A.3.W.Fuller (5'10.8); 3000m A.3.J.Selway (12'12.9) ;80m Hurdles A. 4.T. Desborough (19.4) ; Hjump A.5.J.Pairman (1.35m) ;LjumpA. 4. J. Pairman (4.04m)- B. 2. J.Selway (3.56) ;Shot A.1.D.Hollett (11.83m)- B.4. J.Selway (4.38m ; Shot A.1. D.Hollett (11.83m); Discus A.1.D.Hollett (29.70m) *BBHAC Boys 5th/162 points*

April 11th Hercules Wimbledon Young Athletes Meeting, Crystal Palace U17 Women 100m 2. R. Dickens (12.39)- 200m (race 1) 1. R. Dickens (25.14)- (race 2) 2. V. Munt (27.66)- 3. J. Moore (27.93) ; 800m (race 1) 3. H. Fletcher (2'29.47) ;1500m 3. A. Reed (5 '10.59) ; Ljump 2. J. Moore (4.53m) ; Shot 4. E. Duffy-Penny (8.23m) ; Discus 2. E. Duffy-Penny (28.61). U13 Girls 100m 1. M. Bruney (13.17) ;200m (race 1) 1. M. Bruney (26.81) (meeting record) 800m (race 2) 1. I. Vowles (2'51.8) ; Ljump 1. M. Bruney 4.44m U17men 100m(race 2) 2. R. Fakoya (11.67)- (race 4) 1. J.Pettet (11.36) ;200m (race1) 3. J.Pettet (22.60)-(race 2) 4. R. Fakoya (11.67)

April 16th Mt Sac Relays, Hilmer Lodge Stadium, Walnut California. 5000m.33.M.Skinner *GB* (14'04.47)

April 17th. Bryon Clay International Meeting, Azusa, California. Team England Men 200m 1.T.Gilling (21.79) ; women 100mH 4. S. Solomon (14.54) ; 200m 8. A. Shand-Whittingham (25.35)

April 17th Sward & Kinniard Trophy, Kingsmeadow, Kingston.

Kinniard. 100m A. D. Bovell (11.14)- B. D. Haque (11.04) ; 200m 1. D. Haque (21.58)- B. E. Harrison (22.44) ; NS1 3. B. Barikor (22.33) : 400m B. 2. A.Wilson (49.37)- 800m. A. 6. R. Holt m35 (56.00)- B. 2. A. Bruce-Littlewood (1:56'35) ; 800m 4. D. Ryan (2'03.05)-B. 2. D. McKinlay (1'58.81);1500m 2. J. Darling (4'18.13)- 4. I. Frith (4'22.63) ; 3000m 2. A. Bruce-Littlewood (8'50.95)- 8. A. Gibbins (9'27.60) ; 110mH 2. T. Sodeyi (15.44) ; 400mH 1. Harrison (53.81)- 2. B. Barikor (57.08) ; 4x100m relays 2. BBHAC (42.76) ; 4x400m 1. BBHAC (3'26.74) (*BBHAC won the Kinniard Trophy with 214 points*)

Sward. Pvault A. 3. N. Moore (3.90m) ; Pvault B. 3. A. Hardy m50 (2.80m) ; Ljump A. 1. J. Olusan (7.12m) ; Shot A. 3. C. Baker (11.94m) ; Discus 3. C. Baker (36.76m) ; Hammer A 2. R. Al-Ameen (48.00m) ; Javelin A. 2. C. Baker (49.95)- B. M. Van den Dobbstein (48.77m). *BBHAC 4th with 98 points*

April 17th Sacramento State Mondo International. 200m 1. J. Alaka *Washington* (20.94)

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

Alpha. Senior Women. *A string* 100m. 6. C. Colegate (13.53); 200m 6. C. Colgate (27.90); 400m hurdles 1. K. Murray (1'04.62) **U15 girls.** *A string* 800m 3. H. Fletcher (2'267.89) ; 1500m. 4. L. Sidey (5'25.97) ; LJ. 7.H. Fletcher (3.78m) ; *B string.* LJ 7. W.Sidney (2.91m)

April 19th National Junior Athletic League (Match 1), Cophthall

Men. 100m A string 1st A. Campbell (11.32) – B string 2nd J. Olasah (11.13) ; 200m A.5th K. Daly (22.81)- B.J. Pettit (22.88) ; 400m A.1st S. Putnam (48.35)- B. 2nd S. Corbin (50.28) ; 800m A. 5th S. Cavey (2'06.14)- B.4th O. Taylor (2'03.73) ; 1500m A.2nd P. Sesemann (4'05.67)- B.5th R. Yates (4'26.82) ; 2000m s/c A.7th S. Jackson (7'27.19) ; 400mH A. 2nd B Parkin (57.40)- B.1st B. Hopkins (57.34) ; 4 x 100m 4th place (D. Putnam, A. Jolaoso, A. Campbell, K.Daly) (43.91) ; 4 x 400m 5th place {(H. Smith, J. Oyedele, B Parkin, S. Sultan) (3'35.81)}; Discus A. 6th S. Brown (31.51m) ; Shot A. 5th E. Zorro (10.85m)- B. 3rd M. Longhurst (9.58m) ; Hammer A. 3rd J.Haylock (55.29)- B. S.Brown (20.14m) ; Javelin A. 6th S Brown (42.88m)- B. 4th J. Pettet (36.06m) ; LJump A.1st J. Olasah (6.89m)- B. 3rd M.Longhurst (5.87m); HJump A.6th M Longhurst (1.65m)- B.5th B. Parkin (1.65m) ; TJump A. 6th T Jenkins (12.41m)- B. 5th J. Allen (10.47m); PVault A.3rd S Brown (4.10m)- B.1st M.Longhurst (4.10m). **Women** 100m A 2. L Ugen (11.97) - B 4 G. Middleton (13.05); 200m A 1.R.Dickens (25.32) B 4.G.Bitulu (26.64); 400m A 1 K. Galley (58.66) - B 3. G. Bitulu (64.84); 800m A.3 H.Edwards (2'15.18)- B 2. A. De Matos (2'24.0); 1500m A 5. D. Critchley (5'00.69)- B. 3. J. Jones (5'14.08); 3000m A .7. A. Mitchell (11'33.34) - B.2. A. Reed (11'39.61); 100mH A 4. N. Nelson-Roberts (16.29)- B 5. C. Crouser (19.69); 400mH A. 1 K. Crosby (1.01.65)- B.2. C. Crouser (1'08.36); 1500m S/c A 2 R. Smith (5'57.93)- B.1 M.Kane (6'14.91); Discus A. 1. S. Milner (39.53m)-B.1. E. Duffy-Penny (29.40); Hammer A. 6. S. Milner (26.86m)- B. 4. G. Cousins (25.63); HJump A. 5. C.Lyston U17 (1.55m)- B.5 G. Sheppard (1.45m); Javelin A.7. E. Penny-Duffy U17 (23.11m)- B. 5. S. Milner (21.03m); LJump A 1 L.Ugen (5.80m) –B.1. S. Abrams (5.37m); Pole Vault A 1 C. Moore (3.20m)-B. 1 A. Huggins (2.75m); Shot A 2. S. Milner (11.23m) - B.4. G. Cousins (8.50m); TJump A 1. S. Abrams (11.93m) –B. 1 L. Stevens (10.20m); 4x100m Relay 1st place B&B (G. Middleton, A. Lalemi-Jacobs, R. Dickens, G. Shepard) (49.38); 4x400m Relay 1st place B&B (K. Galley, A. De Matos, H. Edwards, K.Cosby (3'58.59))

April 23rd. Brutus Hamilton International, University of California.100m.(invitational) 2. J. Alaka (10.41)

April 24th Southern Women's League, Portsmouth.

A string. 100m 1. G. Middleton (13.0) ; 200m 2. G. Middleton ((27.4) ; 400m 4. R. Robinson (1'05.8) ; 1500m 2. S. Henry (4'58.2) ;100mH 4.C.Crouser (19.7); 400mH 2.C.Crouser (1'08.9); Hjump 2.R.Robinson (1.25m) ; Ljump 4. R.Robinson (4.04m) ; Tjump 3.G.Middleton (9.08m) ; Shot 3. S.Milner (9.72m ; Discus 1. S. Milner (39.35m) ; Hammer 4. C. Wickham (28.03) ; Javelin 4. E. Duzzy-Penny (23.65m) ; 4x100m 3rd place (52.3) {G. Middleton, C.Colegate, C.Crouser, H.Godsell} ; 4x400m 4th place (4'34.4) {R. Robinson, S. Milner, C. Crouser, H.Godsell}. **B string.** 100m 3.C.Colegate (13.6); 200m 1.G.Middleton (27.4);1500m 2.R.Smith (5'24.1);100mH 2.R.Smith (21.1); 400mH 2. S. Henry (1'15.7); Hjump 2. R. Robinson (1.25m) ; Ljump 3. E. Duzzy-Penny (3.70m) ; Tjump 4. C. Colegate (8.58m) ; Shot 2.C.Wickham (8.81m); Discus 1.E. Duzzy-Penny (29.92m) ; Hammer 3. S. Milner (26.95m) ; Javelin 3. C.Wickham (21.63).

April 24th London Inter Club Challenge, Cophthall. **Men** Tjump 3. J. Ilori (14.27m). **Women** Ljump 1. L. Ugen (6.03m); 100m 2. L. Ugen (12.23) ; 200m 5. M. Bruney (25.69)

Multi-disciplinary

March 6th Spring Ballbust Duathlon, Box Hill (8 mile run / 24 mile bike / 8 mile run)

1.Andrew Mercer (2:47'40)- 6. Nick Kinsey (2:58'16)(1st V50) (48'45/1 :14'53 / 51'53)- 121. Jim Phelan (3 :46'02) (1st V60) (1 :04'08 /1 :33'51 / 1 :03'01)

Ever Present force of habit.



Past President Mike Peel has sustained his record as one of a now very small group of ever-present London Marathon finishers. Last year at the London Marathon Supper he talked about his experiences at that running of the race. "I started on the green start" he began... "It took only a

minute to cross the start line..I managed to get on tv and radio..I got the medal but the t-shirt was a load of crap. As this was Flora's last year as sponsors.. I suppose they didn't really give a toss...." As the custom of the supper is for those present to wear all their medals accumulated so far Mike's ever increasing collection has become an increasing weight around his neck. As for the t-shirts one finisher suggested that all t-shirts should also be worn at the supper, a prospect perhaps unappealing to Mike who I suspect would not want to be seen in polite society wearing the 2009 one, nor all the other t-shirts acquired so far at the same time.

Having appeared on two forms of media Mike was in the running publicity eye again this year and the following appeared in Runner's World recently. Mike was featured as one of the Ever-Presents due to run again in this year's London Marathon. This is what he had to say.

'There are quite a few people who've run every London Marathon except for the first one. Given that it was so hard to enter in the early year, people often wonder how it is that so many Ever Presents managed to get entry year after year.

The answer is that in the early years of the race, from the second race onwards, the principal clubs involved in the marathon did the bulk of the race administration. Our reward for this was that we got guaranteed entry. As the

years went by, we began to qualify for the older age brackets. So then we were all good for our age, and the qualifying times weren't a problem. Then, after 10 years, the London Marathon recognized our status as Ever Presents.

What strikes me most looking back on the first race is that there photographs were in black and white. There was no colour, no digital photography, or barcode technology. We've seen lots of technological changes over the years.

The race in 1984 sticks out my mind. I helped a blind man from my club Blackheath Harriers, around the course. We got round in 4:15'35, and it was hard work getting two people through the little gaps in the crowds. But it was worth it.

The rest of the races merge into one. We've done them all and people expect us to carry on. Sometimes being an Ever Present seems like an albatross around my neck. To be honest I'd be pleased to break my leg and have an excuse not to run. Every year people say they're not going to bother keeping it up, but sure enough when you turn up at the start the following year, there they are. Most of us are going backwards. It gets harder each time. This year I've had a chest infection and I'm struggling to get through runs of two miles. I've run it so many times now that I should be able to eke it out. And the overall standard is pretty pathetic these days. The race used to be a really tough competition. It was for athletes, not joggers. Now we see all the celebrities there; we line up at the Green Start with the Steve Redgraves and the football managers.

That said, the profile of the marathon has never been higher. It was sagging about 15 years ago, but now it's picking up again. The spectators treat it as a big party, and it's great to have them all there. And we're all proud to have ran every race, even if we're slower than we used to be.'

Mike Peel

Forthcoming events cont.....

May 29. SEAA U15/U17 Champs, Ashford- May 30/31 CAU Champs, Bedford- May 31 Kent Young Athletes League, Erith- June 5 British Athletics Lge, Cardiff- June 5/6 England Combined Ev. Champs Sen/U20) Stoke- June 5. UK Womens Athletic League, Birmingham- June 6 SCVAC Champs, Ashford- June 12 Kent Schools Champs, Ashford- June 12/13 SEAA U20/Sen Champs, Crystal Palace- June 14. Kent Masters Lge, Gillingham- June 16. Parris Handicap, Hayes race 3- June 19/20 England U20/U23 Champs, Bedford- June 26. Southern Womens Lge, Crawley- June 27. NJAL Woodford- June 28 Kent Masters Lge, Ashford.