



The Courier

VOL 24 . No9 FEBRUARY 2006. PRESIDENT 2005/6: Anne Cilia
HON SEC:- J, Baldwin, 25 Forge Rise, Uckfield, E Sussex TN22 5BU (01825 768193)
EDITOR:- W. Orton, 9 Jenson Way, Fox Hill, London SE19 2UP (0208-771-1128) (email
wilfred.orton@hmcourts- service.gsi.gov.uk or wilf.orton@btinternet.com
Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way, Hayes, Kent (Tel
020 8462 3115)
Unless otherwise attributed, views are those of the Editor.

From the editor

Despite the disappointment of defeat in the mob matches the news from Swanley in the senior mens' cross country league was of victory. On Saturday the 11th of February the mens senior team finished second in the individual match but won the overall series with 53 points from Medway & Maidstone AC, thus winning the Kent Men's League team title for the first time. Key to this was the performance of Jamie Atkinson who ran with the leading pack tracking the leader. Although eventually finishing second, he pulled away from the nearest rivals to finish the 5,5 mile race in 30 minutes and 35 seconds. Well done lads!

Race Night. 18th March.

No nothing to do with any multi-ethnic community project sponsored by the club or even anything remotely athletic. This is quite simply a chance for self-indulgent fun and heinous, wanten gambling. Tickets are eight pounds from Pete Burford and this includes a fish and chip supper. Sponsor a horse and you could win a small fortune that would put the bonus ball to shame. Roll up then, it looks like great fun!

SOME COMING EVENTS.

18th Feb. Mob Match v SLH (Hayes).
2 5th Feb. ECCA National CC Champs. Parliament Hill.
4th March. Club 10m champs.
11th March. Bromley Primary Schools Races, Sparrows Den.
UK Inter Counties & World CC Trials, Nottingham.
25th March Closing 5 yacht handicap, Hayes.
ESSA Cross Country Champs, Mansfield.
SOCIAL
25th February. National CC Supper
10th March. Fundraising dinner for Will Bolton Fund, The Warren, Hayes
18th March. Race night at club house
25th Club AGM & supper.
200 CLUB
Organizer: Roger Counter
Tel 020 8776 0884

NEXT COURIER: late March to early April

Club AGM 25th March.

After all the excitement of race night the club's AGM might not offer quite the same surprises although there's always the expectation of who will succeed the divine Anne Cilia as president. There will also be other changes as John Baldwin stands down as club secretary and other retirements from the Wine Committee. Hopefully there will be able replacements but do consider standing for election of the committee. This great club needs to be continually well organized and committed.

STOP PRESS. MOB MATCH BLACKHEATH & BROMLEY v SOUTH LONDON HARRIERS 18/2/06.

At the time of going into press the mob match against South London Harriers took place on Saturday the 18th. Unfortunately we lost again by the narrow margin of 39 points (BBH 1989 v SLH 1950), despite another second place for Alex Gibbins in 46m 17s) and a fifth place from Nick Kinsey (who was also first veteran) , so the Nicholls cup goes back to Coulsdon. There were 44 runners scoring on either side and the Bennett handicap was won by Alistair Cliff in a net time of 36 mins 32 secs. After seven events the Bennett cup standings are 1. Gary Cook (264points) from 2. Kate Pratten (258), joint 3rds Richard Hall and Wilf Orton (both 255) and 5th Andy Tucker (253). Full results in the next courier.

Poetry please!

Courtesy of our club archivist I have agreed to include some classic verse on the subject of cross country which came to us from the collection of the late Harold Thompson. This long-lost epic lay from the 1930s has recently seen the dawn of day and is now recited for your inspiration to encourage all eligible runners for future mob matches. Here in its entirety is an epic tale of mud, misery and sheer guts:

THE LAY OF THE LAST HARRIER

**The way was long, the wind was cold
The harrier was infirm and old.
His tattered shorts and jersey grey,
Seemed to have known a better day.
The last of all the Heathens he
Was plodding on in misery,
For welladay, the rest had fled,
His faster friends were home – in bed
And he, neglected and oppressed,
Wished he were with them and at rest.
No more he pranced with eager bound
Or pattered lightly o'er the ground;
No more at captain's firm request
In every match a welcome guest,
He elbowed others from his way
And took the lead in every fray.
Old times were changed, old manners gone
Now Juniors led the club team home.
The zealots of the coaches' class**

Called his efforts just a farce
A wandering runner, tired and sore,
He stumbled on with feet unsure
And strained to contact at the rear
The race he once had led full clear.

Ron had left him long ago
With Ol' Dave Churchus well in tow
And Steve and Shepo just close behind
With Drew and Ponty in conflict twined
O that Peel or J.R still did race
Or Pirie or Pollard to save his face.

He passed where Blackness' muddy track
Leads to Layhams by fierce swtichback
Up from Furze Bottom in mud and chalk
He wished he dared but stop and walk
But on leaden legs he stumbled still
With lungs near bursting, up the hill;
As, light in head, he gained the brow
A linnet sang on a blackened bough.
The watchers who had chanced to wait
To see each runner reach the gate
Muttered perfunctory words of praise
Then hurried back in cars to Hayes.

Across flat fields and down he toiled
Then up again through barbed wire coiled;
A ghastly sight there met him now -
Acre on acre of stubbly plough;
But what was that just in his sight
It couldn't be a trick of light?
His eyes did not deceive him quite
It was a runner – dressed in white!
How strong on man the urge of Hope
Makes failing forces strangely cope
With obstacles that just before
Had seemed to daunt for evermore.
So was it now: his pace did quicken
As shades of night began to thicken.
Over fields and muddy track
The hunt was on: no holding back;
The distance in between the two
Got shorter as they homewards drew.
A hundred yards – he was getting near
The man in front looked round in fear.
Now he too knows a race is on.
They struggle each, all caution gone.
Oblivious, they forget the Fox

Until it takes its toll and knocks
Them both aback with eyes a-pop
To start again once at the top.
As the breath comes back again
It's but twenty yards between the men.
For half a mile they struggle, then
The twenty yards' reduced to ten,
And when at last the road they reach
They're neck and neck extended each.
There but remains the dreadful path
Where a quarter of a mile seems a mile and a half.
And neck and neck they gasp and grin.
The other runners cheer them in.
The judges by the finishing booth
Start in fright at the sigh uncouth
As the man in black and the man in white
Pass as the passing of day into night:
No space between they come so fast
The judges give them "Equal last".

And did they after suffer pain?
Perhaps they did, but they'd count it gain
For in that pleasant aftermath
When reclining in the bath,
The thought of having done it all
Makes all the other things seem small
And may it ever be that way
For that is why we've raced today.

Black...lack..lack..lack..BlackHEATHHHHHH!

The Courier February 2006. Results

Road.

Marathons

4th September. Thanet Marathon. T. Brightwell (3:15.30) (1st over 50)

11th September. Robin Hood marathon, Nottingham. 4th T. Dickinson (2:32.03)

15th January. Genk Marathon, Belgium. D. King (3: 40)- B. Smith (3:52)- C. Poole (4:00)

29th January. Elbe Tunnel, Hamburg Marathon. 48th D. King (3:37.07)- 104th B. Smith (3:59.07)- C. Poole (4:00). (*Running on behalf of 100 Marathon Club GBR*)

Other distances

11th December. Swanley Christmas Caper (4.2m) 1st. P. Tucker (22.53).

18th December. Gaston Roelants 10km. D. Ryan (35.00)- D. Griffin (36.00).

29th January. Barretts Canterbury 10m. (inc. Kent County Championships): 17th S. Smythe (58.59)- 209th J.E Turner (1:13.34)- 302nd . D. Leal (1:17.28)- 259th . M. Longstaff (1:17.32) (*alias Steve Wright running for Orpington Road Runners*)

Orpington Road Runners winter 10k & 5 mile Handicap Series. (finishing time/actual time) 8th November. 10km. 35th. R. Griffin (49.21)- 37th M. Longstaff (49.50/46.50)- 39th D. King (50.18/45.18)- 71st P. Lovell (56.30/51.30).

13th December 10km. 26th D. King (49.18/44.18)- 40th M. Longstaff (49.53/46.53)- 46th P. Lovell (51.09/50.09)- 50th R. Bennett (52.38/47.38)- 52nd R. Griffin (52.59)

10th January. 5 miles. 35th A. McDonough (50.08/45.08). 10km. 52nd M. Longstaff (51.39/48.39)- 64th P. Lovell (53.49/52.49).

14th February. 10km. 24th A. McDonough (50.08/45.08)- 33rd M. Longstaff (51.19/48.19).

5th February. Loughton AC London Open Walks meeting, Victoria Park. 10km. 4th. R. Bain (47.33)(1st junior finisher) : Womens 5km. 5th C. O'Rawe Hobbs.

Cross Country.

10th December Kent County Athletics Vets and Clubmans Championships Goodnestone Park, Canterbury
Vets M40 9500m -4. A Camp (33:41)- 7. R Smith (34:19) -24. M Ellison (37:09)-35. M. Reeve (38:39) (Winner *A Farqharson (KENT) 33:10*)(*team position 3rd 70 points*) ; **Vets M50 9500m**; 2. T. Soutar (35:31)- 9. Hamilton (36:41)-12. G Coates (37:54)- 23. R Brown (40:12)- 24. T Brightwell (40:38)- 25. C Pike (40:49) (*team position 2nd with 23 points*) : **Vets M60 5000m** 3. M Cronin (21:38)- 18. P Shephard (29:56) **Vets W35** 2. M. Porritt (22:16)- 4. A. Cook (22:53)- 10. D. Osborn (24:33)- 14. T. Emery (27:42)- (*team position 2nd with 16 points*) : **Vets W45 5000m.** 9. A. McDonough (24:16)- 16. A Cilia (26:08)- (*team position 2nd with 23 points*).

11th December. European Cross Country Championships, Tilburg. 35th M. Skinner (2nd GB finisher).

17th December. South of the Thames Championships. Wimbledon Common. 171. W. Orton (59.29).

18th December. Venta De Baros cross country 10km, Spain. 12th T. Dickinson (33.06)

27th December Cambridge Harriers 7.5 mile X-C Championship Joydens Wood 3. Pete Tucker (45:24)- 5. Alan Camp (47:02)

7th January (2006) Kent County Athletics Cross Country Championships - Wildernesse School, Sevenoaks
Senior Men. 8th Jamie Atkinson (40:23)- 14th Peter Tucker (40:47)- 20th Alex Gibbins (41:48) -34th Alan Camp (43:33) - 41st Dave McKinlay (44:09) - 45th Roy Smith (44:29)- 47th Daniel Ryan (44:46) - 69th Mark Ellison (47:16) -112th Mick Jones (51:21) - 118th Darryl Hilliar (52:29)- 121st Richard Hall (52:43)- 163rd Andy Tucker (57:18) *Winner Michael Coleman (Medway & Maidstone AC) 38:08 (Team position 4th with 162 points).* **Junior Men 8000m** 5th Andrew Conway (30:41)- 6th Richard Daniel (30:47)- 22nd Dale Willis

(35:37)- 25th Thomas Sutton (37:46). Team finished **1st with 14 points**. **U17 Men 6000m** 5th Jonathan Vintner (20:06)- 8th Danny Brewer (20:22)- 9th Richard Davies (20:24)- 15th Alex Bruce-Littlewood (20:47)- 21st Alistair Cliff (21:25)- 30th Samuel Simpson (22:22)- 35th Beau Szczepanski (23:13) (**1st with 37 points**). **U15 Boys 4000m** 6th Stephen Cavey (13:10)- 26th Cameron Ward (14:58)- 36th Oliver Robinson (15:58)- 37th . Calum Fraser (16:01) (**2nd with 105 points**). **U13 Boys 3000m** 5th Hector Kurtyanek (11:22)- 7th Philip Sesemann (11:24)- 10th Robert Yates 11:30- 17th Oliver Taylor 11:47- 20th William Andrew (11:51)- 24th George Gregory (11:58)- 40th Gregory Proctor (12:32)- 58th Toby Robinson (13:43) **Senior Women 7000m winner Jenni Pereira (M&M) 23:38**; 7th Shavaun Henry (25:20) –10th Siobhan Budd (25:32)- 19th Fran Green (26:57)- 21st Bella Clayton (27:18)- 24th Kate Pratten (27:56)- 34th Annie McDonough (29:20)- 37th Kirsty Philip (29:32)- 40th Clare Lodwig (29:55)- 41st Abi Brown (29:56)- 43rd Diane Osborn (30:07) –51st Elle Harker (31:18)- 64th Anne Cilia (33:21)- 65th Carolina Jones-Baldock (33:24)- 71st Alison Jelly (35:24). *Team finished 2nd with 36 points* **U17 Women 4000m** 3rd Kate Murray (15:21)- 5th Rebecca Taylor (15:29)- 15th Lauren Smith (17:40) *Team position 1st with 23 points*. **U15 Girls 3500m:** 1st Amy Smith (12:16)- 3rd Amy De Matos (12:39)- 6th Rebecca Smith (13:23)- 20th Jenny Linker (14:59). *Team finished 1st with 10 points* **U13 Girls 3000m** Michelle Fewster (11:55)- 8th Danielle Critchley (12:28)- 24th Georgina Chew (13:57)- 30th Jessica Jones (14:19). *Team finished 3rd with 17 points*.

7th January. Amorbieta Cross Country 10.7km. 11th . M. Skinner

14th January. Great Edinburgh International meeting, Holyrood Park. Mens short course (4.3km). 5th S. Overall (12.29)- 12th A. Raynor (12.51)

14th January Exeter Arena 11,500m 37th C. Woodcock (48m 0s) (1st V60)

22nd January. Sherman Cup XC 10km. 109th. C. McEntee (41.51) (*for Heaton Harriers*)



28th January The Saucony South of England Cross Country Championships Bicton College, Exmouth **U13 girls.** 10th M. Fewster (11.38)- 25th D. Critchley (12.18)- 32nd S. Gordon (12.27)- 53rd E.Hook (12.56) (*team finished 2nd with 120 points*): **U15 girls.** 10th A. Smith (16.00)- 13th A. Dematos (16.29)- 19th R. Smith (16.41)- 51st. C. Chambers (17.48) (*team finished 3rd with 93 points*): **U17 women.** 72nd L. Smith : **Junior women.** 20th B. Proctor (21.34): **Senior Women, 8k** 59th Fran Green (34.28)- 90th Bella Clayton (36.22)- 99th Kate Pratten (36.48)- 112th Kirsty Philp (37.31) (14th team).-125th Clare Lodwig (38.08)- 130th Elle Harker (38.23)- 134th Annie McDonough (38.36)- 142nd Abi Brown (39.23)- 153rd Carolyn Jones-Baldock (39.57)- 182nd Anne Cilia (42.10). (*team finished 14th*): **U13 Boys** 31st J. Harding (11:11)- 36th H. Kurtyanek (11:14)- 43rd R. Yates (11:20)- 44th J. Clack (11:20)- 59th W. Andrew (11:35)- 61st P. Sesemann (11:37)- 74th G. Gregory (11:51)- 100th G. Proctor (12:32) (*Team finished 4th with 154 points*) : **U15 boys.** 28th S. Carey (15.59)- 74th C. Ward (16.55)- 124th R. Evans (18.28)- 133rd O. Robinson (19.04)- D. Pigott (22.15) (*team finished 16th with 357 points*): **U17men.** 42nd A. Bruce-Littlewood (22.31)- 49th J. Vintner (22.43)- 93rd B. Szczepanski (24.40): **Junior**

Men. 25th J. Poole (28.54)–45th A. Conway (30.19) –51st R. Daniel (30.39) –77th D. Willis (34.30) (*Team Position 3rd with 223 points*): Senior men. 44th A. Gibbins (53.15)- 46th J. Atkinson (53.15)- 93rd P. Tucker (56.11)- 153rd R. Smith (58.43)- 171st - D. Griffin (59.17)- 268th M. Ellison (1:03.30)- 338th R. Hall. (1:6.44) (*Team position 14th with 777 points*).



We happy band of brothers. The senior mens' team at Bicton College

4th February. South of England Vets Cross Country Champs. Mad Bess Wood, Ruislip. Men's 9km. 5th T. Soutar (35.42)- 29th G. Coates (39.17)(10th v55)- 50th R. Brown (42.07). *Blackheath & Bromley over 50 team 5th, 75 points.* Ladies 6km. 38th A. McDonough (27.12)- 49th H. Symmons (28.19)- 64th A. Cilia (29.26). (*Blackheath & Bromley team 3rd, 56 points*).

11th February. Kent mens' cross country League, Swanley. 2nd J. Atkinson (30.35)- 9th J. Poole (32.25)- 10th M. Steinle ((32.39)- 20th E. Prendergast ((33.52)- 24th N. Gasson (34.58)- 25th R. Daniel (34.46)- 30th R. Smith (35.21)- 48th K. Daniel (37.03)- 56th C. Griffin (37.47)- 59th R. Hall (38.16)- 62nd G. Coates (38.36)- 89th L. Fioavanti (41.23)- 99th N. Barber (42.29)- 113th S. Eccles (46.24). *team position (on first 4 to score 2nd (on first 12 to score 2nd. 1712 points.)*

Bennett Cup Events

3rd December. Christmas Yacht handicap, Keston (net time/actual time)1. S. Gascoigne (23:34/ 44:09)- 2. A. Atkinson (23:36/ 35:51)- 3 M. Salmon (24:08/40:38) -4 A. Cook (24:10/39:40) -5 C. Ludwig (24:39/ 41:04) -6 R. Cliff (24:40/38:00) -7 A. Cilia (24:44/44:14) -8 J.R Turner (24:52/39:37) -9. D. Ko (24:53/40:18)- 10 A. Littlewood (24:54/32:14) – 11. D. Carton (25:12/38:42) -12. J. Copley (25:18/45:18) -13. M. Jones (25:28/ 34:53) -14. D. Ellison (25:28/33:43) -15. G. Coates (25:34/ 34:28) -16. R. Daniel (25:34/ 31:49) -17. J. Bailey (25:37/ 36:57) -18. B. Power (25:40/ 38:20) – 21. R. Hall (26:13/37:28) -22. A. Jelly (26:19/ 49:24) -23. R. Brown (26:24/ 37:24) -24. B. Fisher (26:29/ 40:14) -25. W. Orton (26:33/ 40:13) -26. M. Longstaff (26:34/ 43:29) -27. C. Jones-Baldock (26:37/ 39:37) -28. B. Bater (26:43/ 33:43) -29. C. Pike (26:47/38:07) -30. S. Hollingdale (26:52/ 45:37) -31. K. Pratten (26:58/39:38) -32. M. Ellison (27:02/35:17) – 33. G. Cook (27:02/ 34:47) -34. R. Drake (27:08/ 38:08) -35. P. Sheppard (27:10/52:30) -36. A. Cliff (27:17/33:47)- 37. M. Cronin (27:33/38:28) -38. J. Mullet (27:34/43:49) -39. K. Daniel (27:39/36:49)- 40. J. Clare (27:47/ 45:32)- 41. J. Daley (28:00/ 38:40)- 43. A. Tucker (28:18/35:53)- 44. J. Bennett (29:34/44:49)- 45. D. Churchus (31:25/ 58:05).

14th January. Open 10km and vets cross country championships, Hayes (handicap times in italics) 1.A. Gibbins (36:50/31:50)-2' C. Osborne (38:40/32:55) -3. S. Holmes (39:08/29:13) –4. D. Griffin (39:21/30:51)- 5. R. Smith (V40)(39:27/31:27)-6. N. Gasson (40:41/36:06)-7. D. Ellison (41:21/30:36)-8. M. Ellison (41:25/30:15)- 9. A. Cliff (41:59/32:04)-10. C. Griffin (42:02/34:12)- 11. G. Williams (42:18/30:53)- 12. B. Bater (42:26/33:31)-13. G. Cook (42:28/32:03)- 14. G. Coates (42:31/31:21)- 15. M. Jones (42:38/30:43)-16. S. Pairman (42:42/30:52)- 18. A. Tucker (42:56/30:46)- 21. D. Beadle (44:20/30:45)- 25. C. Ward (45:06/33:21)- 26. R. Brown (45:09/31:04)- 27. J. Bailey (45:35/32:25)- 28. T. Sutton (45:40/32:40)- 29. R.

Hall (45:45/32:35)- 30. M. Cronin (45:54/30:09)- 32. R. Penfold (Guest) (46:18)- 34. C. Pike (46:36/31:21)- 37. B. Szczepanski (46:53/35:13)- 38. A. Seddon (Guest)(47:04)- 39. A. De Matos (47:16/31:06)- 41. R. Smith (47:18/30:38)- 42. B. Wetherilt (47:33/31:33)- 44. K. Pratten (47:41/30:21)- 46. N. Barber (48:18/32:43)- 49. D. Carton (48:49/32:29)- 52. B. Fisher (48:54/32:09)- 53. A. McDonagh (48:56/31:06)- 54. P. Mitchell (49:03/36:03)- 43. M. Salmon (49:26/31:21)- 58. A. Cook (FV35) (49:37/33:07)- 54. W. Orton (49:40/33:00)- 60. D. Lewis (50:11/30:51)- 64. N. Webb (51:53/34:18)- 66. M. Longstaff (V50) (52:25/29:40)- 68. J. Leeson (V40) (52:48/32:03)- 69. S. Eccles (V45) (52:5/34:29)- 70. C. Jones-Baldock (53:30/36:50)- 71. M. Russell (Guest) (V40)- (53:32)- 72. M. Compton (V50) (53:39/33:24)- 73. S. Haley (V40) (53:59/34:09)- 74. C. Rowe (V50)(54:10/33:00)- 76. A. Cilia (FV45)(55:02/32:02)- 78. M. Gasson (V50) (55:16/31:11)- 80. J. Clare (V60)(55:57/31:27)- 81. S. Hollingdale (V50)(56:15/32:15)- 83. A. Pontifex (V60)(56:47/35:47)- 86. J. Copley (V60)(57:29/34:34)- 87. M. Peel (V60)(57:53/36:28)- 90. F. Ward (V50)(1:04:05/52:25)- 91. N. Cross (FV65)(1:04:42/35:42)- 92. P. Shepherd (V60)(1:08:08/36:08)- 93. D. Churchus (V70)(1:09:50/32:25)- 94. H. Morris (Guest)(1:09:57)- 95. C. Unseld (Guest) (1:10:00).

Bennett Cup Handicap leading positions (h'cap times) 1. S. Holmes (29:13) (60 points)- 2. M. Longstaff (29:40)(59)- 3. M. Cronin (30:09)(58)- 4. M. Ellison (30.36)(57)- 5. K. Pratten (30.21)(56)- 6. R. Smith (30.38)(55)- 7. M. Jones (30.43)(53)- 8. D. Beadle (30.45)(52)- 9. D. Beadle (30.45)(52)- 10. A. Tucker (30.46)(51)- 11. D. Lewis (30.51)(50)- 12. D. Griffin (30.51)(49)- 13. S. Pairman (30.52)(48)- 14. G. Williams (30.53)- 15. R. Brown (31.04)(46)- 16. A. De Matos (31.06)(45)- 17. A. McDonough (31.06)(44)- 18. M. Gasson (31.11)(43)- 19. M. Salmon (31.21)(42)- 20. G. Coates (31.21)(41).

21st January Ranelagh Harriers Mob Match, Petersham

1. A. Gibbins (42:44/ 35:14)- 4. J. Thorpe (44:43/35:43)- 6. C. Osborne (45:21/35:41)- 8. S. Smythe (45:49/37:59) -11. R. Smith (46:16/35:21)- 15. D. Griffin (47:12/35:12) -17. R. Hall (47:29/37:34)- 25. D. Ellison (49:25/35:10)- 27. M. Ellison (49:29/33:54)- 30. G. Williams (49:51/34:06) -31. A. Tucker (49:53/32:08)- 33. G. Cook (50:08/33:13)- 35. C. Griffin (51:10/37:35)- 36. G. Coates (51:16/35:31) - R. Hall (52:33/33:13)- 42. D. Beadle (52:41/32:31)- 45. M. Reeves (53:10/33:30) - 48. R. Brown (53:30/34:10) -51. M. Jones (53:41/35:56)- 52. B. Davey (L) (53:50/34:45) - 53. B. Bater (54:01/39:36)- 56. F. Green (L) (54:22/32:47)- 57. J. Bailey (54:31/35:36)- 63. C. Pike (55:25/34:55) - 66. M. Cronin (56:00/33:15)- 68. K. Pratten (L) (56:27/32:07)- 70. P. Rogers (56:44/36:39)- 72. B. Wetherilt (56:54/34:29)- 76. D. Carton (57:30/34:10)- 77. J.R. Turner (57:40/34:00)- 79. C. Lodwig (L) (57:45/33:00)- 81. J. Phelan (57:57/38:02)- 83. M. Salmon (58:05/33:00)- 84. B. Fisher (58:09/33:04)- 85. A. McDonough (58:24/33:49)- 87. A. Cook (L) (58:31/32:41)- 90. W. Orton (58:46/ 33:41)- 92. D. Lewis (59:14/32:49)- 93. D. Leal (59:24/43:29)- 94. R. Walsh 59:53/36:08)- 95. B. O'Gorman (1:00:10/36:50)- 98. D. Grace (1:00:36/33:21)- 103. N. Webb (1:01:01/34:41)- 105. S. Haley (1:01:33/30:38)- 113. M. Longstaff (1:03:00/33:25)- 114. E. Fisher (L) (1:03:05/42:20)- 115. C. Jones-Baldock (L) (1:03:24/40:29)- 120. R. Bennett (1:03:39/30:29)- 121. M. Compton (1:03:56/34:51)- 123. J. Bennett (1:04:18/32:18)- 124. A. Cilia (L)(1:05:03/32:38) -125. J. Clarke(1:05:24/31:24) - 128. C. Rowe (1:05:48/35:28)- 129. M. Peel (1:05:56/32:31)- 130. M. Wade (1:06:00/39:05) -132. A. Pontifex (1:06:32/35:37)- 133. C. Illingworth (1:06:39/36:39)- 134. J. Copley (1:06:43/34:28) -135. S. Hollingdale (1:08:12/34:37) - 136. A. Edwards (1:08:59/30:19)- 137. M. Gasson (1:09:33/36:23).

Teams (Scoring 60 a side) 1 Ranelagh Harriers 3008 2 Blackheath & Bromley 4416

Leading Handicap times/positions

1. A. Edwards (30:19)(60 pts)- 2. R. Bennett (30:29)(59)- 3. S. Haley (30:38)(58)- 4. J. CLare (31:24)(57)- 5. K. Pratten (L) (32:07)(56)- 6. A. Tucker (32:08)(55)- 7. J. Bennett (32:18)(54)- 8. D. Beadle (32:31)(53)- 9. M. Peel (32:31)(52)- 10. A. Cilia (L) (32:38)(51)- 11. A. Cook(L) (32:41)(50)- 12. F. Green (L) (32:47)(49) -13. D. Lewis (32:49)(48)- 14. C. Lodwig (L) (33:00)(47)- 15. M. Salmon (33:00)(46)- 16. B. Fisher (33:04)(45)- 17. G. Cook (33:13)(44)- 18. R. Hall (33:13)(43)- 19. M. Cronin (33:15)(42)- 20. D. Grace (33:21)(41).

Bennett Cup leading positions after six events 1 D. Beadle (234)- 2. J. Clare (227)- 3. K. Pratten (226)- 4. M Cronin(225)- 4. A. Tucker (225)- 6. A. Cook (218)- 7. A. Cilia (217). 7. G. Cook (217)- 9. B. Fisher (212)- 10. M. Salmon (208)- 11. M. Ellison (205.5)- 12. W. Orton (203)- 13.R. Hall (198)- 14. M. Jones (195)- 15. R. Brown (186).

Track and Field

21st and 22nd January South Of England Indoor Championships, Brunel University

Senior Men 60m. Round one. Heat 2. 3rd Duayne Bovell (7.07)- Heat 6. 5th Ritchie Fisayo (7.64)- Heat 9. 2nd Fabian Collymore (6.96): Round Two. Heat 3. 3rd Fabian Collymore (7.02): High Jump 8th Michael Whitehouse (1.95): Triple jump 3rd Sam Bobb (14.81): Pole Vault 3rd Allan Williams (4.20) (British Over 50's Indoor Best). **Senior Women 60m** Heat 3 1st Montell Douglas (7.52): Final. 3rd Montell Douglas (7.48) **Under 20 Men 60m** Heat 1st Danny Doyley (6.96): Round 2. 1st Danny Doyley (7.00): Semi Final. 1st Danny Doyley (6.96): Final. 3rd Danny Doyley (6.90): 60 Hurdles Final. 1st Alex AlAmeen (8.33) Pole vault 5th Scott Huggins (3.80). **Under 20 women 60m** Heat 2. 1st Amy Godsell (7.74) Heat 4. 2nd Anike Whittingham (7.83) Semi Final. 1st Amy Godsell (7.74)- 4th Anike Whittingham (7.84): Final. 3rd Amy Godsell (7.77): 60m Hurdles Heat 2. 1st Serita Solomon (8.60) Final. 1st Serita Solomon (u17) (8.49) (GBR Youth, U17 & age 15-16 bests. Championship Best Performance): High Jump 3rd Anna Smith (1.55) **Under 17 Men 60m** Heat 6. 4th Jamie Harding (8.46) **Under 17 Women 60m** Heat 1. 1st Serita Solomon (7.72) Heat 4. 5th Sarah Harrison (8.38) Semi Final. 1st Serita Solomon (7.62): Final. 1st Serita Solomon (7.67): Long Jump 11th Vanessa Nakangu (4.81): Pole Vault 2nd Rachel Arnheim (3.10) **Under 15 Boys 60m** Heat 2. 2nd Matthew Fletcher (7.78) Heat 3. 2nd Dan Putnam (7.65) **Under 15 girls 60m** Heat 2. 2nd Katie Vistuer (8.31) Heat 3. 2nd Rebecca Cook 8.56 Heat 5. 2nd Grace Sheppard 8.49 Semi Final 1. 4th Grace Sheppard 8.42 Semi Final 2. 3rd Katie Vistuer (8.41): Long Jump 2nd Jessica Matthews (4.90)

28th January. Norwich Union Indoor International, Kelvin Hall, Glasgow. 1500m. 3rd. M. Skinner (3.44.94). Notre Dame, USA. 3000m. S. Overall (7.56.58) (new club record): 5000m A. Raynor (14.19.67).

Butler University Indoor mile S. Overall (4.00.53)

4th February. Southern Counties veterans indoor championships, Sutton Arena. 60m. (o50s) 2nd T. Philips (7.7)- (o60s) 5th M. Martineau (9.6s): Pole vault. (o50s). 1st . A. Williams (4.02m)- (o70s) 1. J. Day (2.05m): High jump 1st J. Day (1.20m): shot. 1st. G. Hickey (11.58m)- 2nd J. Day (8.52m): Long jump (o60s) 2nd. M. Martineau (3.80m)

5th February. Jeff White Motor International, Cardiff. 60m hurdles. 2nd S. Soloman (6.68): Triple jump 2nd J. Odametsey (14.85m).

11/12th February. Norwich Union World trials & AAA Indoor Championships. EIS Sheffield. Mens 60m Round 1 (heat 2) 7th A. Wilson ((7.20)- (heat 3) 5th J. Barbour (6.89): Round 2 (heat 2) 8th J. Barbour (7.22): **200m** Round 1 (heat 4) 2nd N. Simpson (22.77)- Round 2 (heat 2) N. Simpson (22.63): **1500m** Round 1 (heat 1) 3rd. M. Skinner (3:53.00)- Final 5th M. Skinner (3:45.00): **TJ final** 10th S. Bobb (14.64). **Womens 60m** Round 1(heat 2) 4th A. Godsell (7.68)- (heat 5) 3rd M. Douglas (7.47)- Semi-final A 2nd M. Douglas (7.44)- Semi-final B 8th A. Godsell (7.72)- final 5th M. Douglas (7.50): **200m** Round 1(heat 1) 1st M. Douglas (24.41)- Round 2(heat 1) 1st M. Douglas (24.46)- final 4th M. Douglas (24.40).