



The Courier

VOL 26 . No. 1. February 2009. PRESIDENT 2008/9 Tim Soutar. HON SEC:- Duncan Flagg
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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

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From the editor:

A presidential plea

As paid up club members you will have noticed on the back of the subscriptions form an appeal from the President which both covers issues which are all too familiar and mentions recent developments within the club structure. In precis form it reads:
*"We have become over-reliant on a small number of people to ensure that our club continues to operate on a sound footing... 2008 was another extremely successful year for our club...yes we can be proud. But life moves on and the world in which we operate just keeps getting tougher and more demanding.
During the autumn a small working party was established with a view to identifying those areas where we can ...improve the support we provide to our active athletes... but also enhance the environment for those providing that support. The result was a very thorough report which we are in the process of digesting. Many issues have been flagged and a number of them clearly require prompt attention. At the same time, under the leadership of PP John Baldwin, we have been in discussions with England Athletics with a view to benefiting from their Beacon Clubs initiative. One such benefit is a significant amount of funding, which will enable us to recruit a full time employee to assist us to address a number of the issues that confront us. Alternatively rather than one full time employee to assist us to address a number of bursaries to individuals taking on specific roles on a part-time basis... To put in place a management and administration structure that meets the club's needs, we need team managers, coaches, track and field officials ...as well as someone to co-ordinate the whole volunteer effort! For the time being....I have decided to lead by example and have volunteered to act as the 'clearing house' for everyone interested in getting involved. If you can help ...please let me know".*

SOME COMING EVENTS

March 14. Mob match v South London Harriers, Coulsdon. B
March 15. Hastings half marathon
March 21. Closing 5 yacht handicap, Hayes. B
April 4. SEAA 6/12 stage road relay.
April 18. AAA 12/6 stage road relay, Sutton Park.
April 26. London Marathon, Blackheath.

SOCIAL

March 21.AGM (at HQ 7.30pm)
April 29. London Marathon supper.

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884

NEXT COURIER: Mid to late April 2009

Any contributions and articles from members are always welcome.



Social events

Wednesday Nighters' Christmas supper, December 17th 2008.

A perennial fixture in the club's social calendar was duly celebrated in somewhat more subdued and dignified fashion than on previous occasions, although the fashion for jeans and flashy ties was noticeably observed again. After the now customary festive run out to Park Langley guests gathered for pre-dinner drinks in the temporary downstairs bar, whilst those polite enough to take any notice were treated to a short presentation from Doug Gregory on the progress of the club's Headquarters development illustrated by site plans and drawings.

Before supper there was President Tim Soutar's grace and words of thanks, for gifts richly bestowed on the club but which quickly turned into a (head) masterly reprimand of those guests inconsiderate enough to carry on talking during Mr Gregory's presentation, and of their folly in taking for granted facilities and premises that other clubs could only dream of. He then blessed the food which he hoped would be 'fit for our stomachs and not to be used as missiles for hurling around the dining room at other members.' The tone having been set the evening progressed in a 'Soutarbly' restrained manner, only to descend into mild vulgarity with the traditional rendering of the twelve days of Christmas, as different tables mimed their respective verses with suitably obscene gestures, with singing supervised as ever by our resident choirboy Tony Pontifex. The raffle was again generously stocked with goodies (including the latest 'Mark Ellison') and those runners who were unsuccessful for the London Marathon Ballot, had their chance again as six places were raffled for, and six happy beaming faces left clutching their place acceptance letters. For the really desperate there was the auction for another place and I suppose anyone willing to pay £450 for the dubious chance of glory must be that desperate, but there is always someone had the readies and put in their bid. By the early hours many stomachs and a few heads were suitably swelled and a hard core remained to pose for photos and watch the dedicated few clear up the mess. Strangely enough I didn't feel drunk this time but refrained from accepting the port which was being liberally dished out. After the last Christmas supper I had the good sense to avoid such temptation. *WHO*

Punch bowl night February 6th 2009.

A night of good food, potent punch and raucous entertainment. Well could you expect anything else such a prestigious fixture in the club social calendar? Punch Bowl Night has only been revived in the last five or six years, but in my view this was the best of the reincarnated joke-fests, due in part to the weather which seemed to add a more convivial element as guests were more welcome than usual, especially for making the effort in difficult conditions, but also for the choice of Andy Tucker as chairman for the evening, with his red book of wit, dedicated to his mentor Drew Grace. Armed with a battery of jokes and anecdotes Andy got the ball rolling with a array of limericks about members of the club designed to introduce them to newcomers. There were several speakers, each giving their own interpretation of the theme "the Rhyme of the Ancient Marathoner", and of their own experience of marathons. Tim Soutar took guests through a sung blow-by-blow account of running the London Marathon, there were offerings from Steve Hollingdale, Graeme Coates and Rob Brown, whilst John Turner reminisced about Blackheath's marathon stars from the past. There seemed to be a special emphasis on age, no doubt due to maturity of those present, and 85 year olds would feature in many of the jokes of particularly sexual nature. Throughout the evening the floor was thrown open to all and sundry to provide their own contributions in the form of limericks. The principal targets of these were Messrs Grace and Pontifex who took it all in good humour and despite one use of an expletive the evening passed off in a remarkably refined and tasteful manner. The limericks devised for this occasion were too numerous to mention but for the sake of posterity here are selected highlights of Andy Tucker's repartee, dedicated to "the wonderful people who make the club what it is". *WHO*

*Our President the man they call Tim-not many are faster than him-At 53 he's still sporty
- even winning the Vet 40 - His trophy cabinets are filled to the brim*

*The Farts are the group that Rob drives- his training enriches our lives- We do the mobs, we're all keen
-but what does Farts mean ?- It's 'forty and running to survive'.*

*The head of the farts is Rob Brown-A gooner, but from the right side of town.
As head of the farts-He teaches us our arts-Always with a smile, never a frown.*

*There's South African reject Darryl-in his beloved England rugby apparel- He's now getting some nookie
-So his running's gone all hooky- He's so fat now we call him the barrel.*

There's Gary and Angela Cook- Now here's something that we overlook- Whilst Angela wins the pots- It's Gary gets the top spots- Yet Gary gets none-the handicapper's a crook!

Mark Compton he drives a black cab-and like all he's got the old gab- With him it's all smiles - as we pile on the miles- 'cause he knows it will go on the tab.

Tom and John Leeson are father and son- Together the marathon they've run-they run side by side- Matching stride for stride-To me that's the ultimate fun run.

Then there's dashing young Ken- On the track he's a man amongst men- But when it comes to the mob -he's not up to the job-We won't see him up boundary again.

Alan Pickering runs with a stick- Alright, I'll grant you he's not quick- But as a man he's quite charming -His wit is disarming-Next to him I feel really quite thick.

And now on to Ponty-oh joy- With a golf club and ball he will toy-But his shorts are so tight-his balls have turned white-Of course, he is the club choirboy.

Another golfer Brian Flynn-likes to tickle the balls now and again- Both hands on the haft -with a stroke of his shaft-I'm sure a priest would call that a sin.

Our ever present Mike Peel- As a runner he's the real deal- But once 'the lion un-caged' - he's now more 'help-the-aged'- Mike, you're as old as the woman you feel'.

Which brings me nicely to Terry Shotton- Her work for this club should not be forgotten- On Wednesday her calls-of fill up my balls-and she nags poor old Mike something rotten.

Now where is my tutor Drew Grace?- The sex god with the angel face- The girls he may catch -for him they're no match- but by then he's too knackered from the chase.

Our pressman and publicist is Pat-At news and reporting he's top cat- Always ready to cheer -although only when he sees beer- He tells us it's all muscle not fat.

Our Ingrid cooks bangers, mash and peas- great puddings with biscuits and cheese- 'Bout her curries we rave-but it's her dumplings I crave- Would I like a large portion? Yes please !

Our thanks to those on the bar- those who've worked damned hard so far- So get up from your seats - raise your glasses tout suite -to show thanks and buy them a jar.

Andy Tucker



Road.

Marathons and Half Marathons

December 14th 2008. Hastings Marathon

148. Mark Skelly (mv40) (3:23'22)- 301. Dave King (Mv 50)(3:40'46)- 317. Keith Duffy-Penny (mv40) (3:42'25)- 348. Adrian Stocks (3:45'58)- 613. Terry Brightwell (mv60) (4:08'09)- 618. Peter Rogers (mv45) (4:08'14)- 677. Chris Fulford-Brown (mv50) (4:12'18)- 757. Richard Griffin (mv55) (4:21'48)- 895. Colin Illingworth (mv45) (4:37'34)- 938. Peter Cobbett (mv60) (4:41'36)- 946. Colin Poole (mv60) (4:43'14)

January 25th. 2009 Gloucester Marathon. 103. P.Rogers (4:03'55)

January 31st Asics Watford half marathon. 4. Peter Tucker (1:10'26)- 12. Alex Gibbins (1:13'20) - 48 Keith Ewing, (Mv40) (1:21'46) *BBHAC First Team*

February 15th Tumbidge Wells half marathon. 33. G. Cook (m45) (1:23'54)- 428. T. Delahoy (1:42'24)- 560. Ms C. Jones-Baldock (1:44'23/1:46'29).

February 22nd Sussex Beacon half marathon. 65. D. Beadle (mv40) (1:23'16)- 69. Richard Hall (1:22'24)- 127. N. Ayrton (1:25'42)- 128. Ms F.Green (1:25'49)- 144. G. Williams (1:25'36)- 151. P. Delicata (1:26'34)- 201. N. Mariott (1:28'30/1:27'54)- 216. M. Ellison (1:28'46)- 246. D. Hilliar (1:29'49/1:29'14)- 500. D. Ellison (1:35'42)- 536. A. Stocks (1:36'20/1:35'21)- 919. Ms A.Cilia (1:42'22/1:41'54)- 2152. P. Cobbett (1:56'29/1:52'23)- 2375. G. Read (1:58'53/1:50'49).

Other distances

Orpington RRC 10km series.

Race 2. December 9th 2008 8. Ms J.Eastbury (48'10)- 17. Ms A.Cilia (49'03/47'03)- 19. R.Griffin (49'08/47'08)- 34. D. King (50'16/45'16)- 38. D. Hilliar (50'36/39'36)

Race 3. January 8th 2009. 2. Ms J. Eastbury (48'12)- 12. D.Hilliar (49'41/38'41)- 19. T.Delahoy (50'36/47'36)- 26. P.Lovell (51'11)- 28. N.Webb (51'37/46'37)- 41. Ms A.McDonough (53'33/48'33)

Race 4. February 10th. 20. T.Delahoy (49'10/46'10)- 60. D.Hilliar (53'24/42'24)- 62. N.Webb (53'44/46'44)

January 1st New Year's Day 10km, Serpentine, Hyde Park. 76. Rosemary Ferguson (42'28)

January 18th. Dartford Les Whitton Memorial 10 mile road race .

1. Peter Tucker (53'37) - 58. Len Crowder (Mv 40)(1:06'13) -110. Francesca Green(1:10'00) -127. Darryl Hilliar (Mv 40) (1:10'56)- 192. Dave King (Mv50)(1:13'46)- 225. Nick Bunclark (1:15'17)- 247. Adrian Stocks (1:16'00)- 260. Paul Carter (1:16'36)- 305. John E. Turner (Mv50 for 100 Marathon Club) (1:18'48)- 316. Trevor Delahoy (Mv60) (1:19'11)- 380. Kate Jones (1:21'35) - 405 Justine Eastbury (Fv35) (1:22'17)

January 25th Barratts Canterbury 10. 41st G. Cook (1:05'16)

January 30th Serpentine Last Friday 5km. 80.C. Pike (20'49)

February 8th Kent AC Sidcup 10 miles. 4. P. Tucker (50'51)- 8. A. Gibbins (54'15)- 40. Ms J. Butler (1:1'11) (1st FV)- 42. Richard Hall (1:1'15)- 47. S. Holmes (1:1'50)- 66. S. Pairman (1:04'11)- 97. A. Crowder (1:07'01)- 110. D. Hilliar (1:08'32).

Walking events (Unless indicated otherwise all contestants represented Surrey Walking Club)

December 14th Christmas Cup Senior 5 km, Selsdon 8. S.Lightman (28'30)- 22. D.Hoben (39'28).

December 20th Steyning Track (Broadbridge Heath) 5km 9. S.Lightman (28'18).

December 21st Chigwell Row 10km 19. D.Hoben (71'59)

January 4th 2009 Preston Park 5 ½ miles. 6. D.Hoben (63 '51)

January 11th Surrey Walking Club Open 10km (inc. Southern Area Championship(Grade 3))

15. S.Lightman (57'35)- 27. D.Hoben (71'40)

January 18th Enfield League 5 miles (Grade 1) 9th S.Lightman (46'.26)

January 25th Steyning 15 Km (Grade 2) 13th . P.Hannell (1:37'6)

February 1st London Open 10 Km, Victoria Park (Grade 3) 33rd D.Hoben (1 :15'18) ; 2500m 3. Victoria Munt

February 14th Bexley League 5 Km (Grade 2) 14. P.Hannell (30'6)- 18. D.Hoben (35'56).

February 21st . National 10 mile Mens' Championships, Lee Valley Stadium. 23. S. Lightman (*Middlesex*) (1:38'14)- 42. D. Hoben (2:2'57).

Cross Country

October 12th 2008. Gwent League. Welsh masters trial. 2nd m50. J. Foster (for Liswerry Harriers) (37'10)- 8th m50/3rd m55. P. Ross-Davies (39'10)

November 15th. International Cross Country, Singleton Park, Swansea. 5. W. Foster (*England*) 3rd m50 (30'30)- 30. P. Ross-Davies (*Wales 1st m55*) (32'59)

December 13th KCCAVets and Clubmans Championships, Beckenham Place Park.

Vets M40 9500m 19.Gary Lock (41'58)- 21.David Beadle (42'29)- 28. Ian Taylor (44'15)-37.Nick Barber (49'12)- 40. Iain Swatton (50'52) **4th team Blackheath & Bromley AC 73 points** **Vets M50 9500m** 1. Tim Soutar (39'45)- 4. Paul Ross Davies (41'18) -8. Cliff Keen (43'14) -15.Andy Lawes (45'45)- 18.Chris Pike (47'02) -27. Will Slack (49'33) -38.Wilf Orton (62'52) **1st team Blackheath & Bromley AC13 points** **Vets M60 5000m** 11.John Fenwick (26'26)- 13. Trevor Delahoy (26'54) -20. Mick Gasson (29'29)- 21. Colin Rowe (29'37)- 25. John Robinson (30'39) **4th team Blackheath & Bromley H AC 44 points** **Vets W35** 8. Sarah Dowling (23'59)-2. Jennie Butler (22'04)- 12. Rosie Ferguson (24'54)- 13. Lisa Page (24'59)- 22. Jackie Montgomery (29'38)- 2nd team Blackheath & Bromley H AC 22 **Vets W45 5000m** 4. Angela Cook (25'46)- 6. Amanda Taylor (26'12)-12. Anne Cilia (27'34) **2ndBlackheath & Bromley H AC 22 points**

December 14th Holly Run, Reigate - **U11girls 1mile** 4.Rebecca Keute (7'33); **U15girls** 1. Amber Reed (11'23); **U17girls** 2. Jennifer Hamer (18'49) ; **U13boys 2 miles** 8. Will Ruiz U13 (12'04) **U17 men** 14 Will Mercer (17'05) (4th U15)- 24. Greg Proctor (17'34) (10th U15)

December 14th Spar European Cross Country 10km Champs, Brussels. 20. M. Skinner (GB) (31'50)

January 3rd 2009. Bushey Park 5km. 3. M.Skinner (14'54)

January 9th Mugerza Cross Country Meeting, Elgiobar, Spain. 10.7km 7. S. Overall (32'40)

January 10th. Great Edinburgh Cross Country 4km. 5. M. Skinner (12'28)

January 10th. Kent Cross Country Championships, Detling Showground.

Men 12.4km.5. J.Poole (41'25)- 10.P.Tucker (42'41)- 11.A.Gibbins (42'54)-39. C.Daniel (46'51)- 50. T. Soutar (48'10)- 55. R. Priestley (49'41)- 62. R. Hall (50'21)- 65. P. Delicata (50'33)- 86. I. Taylor (52'08)- 91. B. McShane (52'37)- 125. M. Ellison (58'38). *BBHAC team 4th with 170 points.* ; **U20men 7.2km.** 4. F. Kilama (23'45)- 23. A. Cliff (26'09); **U17men 6.3km** 9. H. Kurtyanec (23.05)- 27. J. Halls (24'41) ; **U15boys 4.2km.** 8.Oliver Taylor (15'14)- 15.Sam Jackson (16'52)- 19.Greg Proctor (15'58)- 23. Rob Yates (16'16)- 30. Adam Willis (16'35)- 31. Tom Greenhill (16'38) *BBHAC team 3rd with 65 points*; **U13boys.3.2km** 11. William Ruiz (12'47)- 15. Richard Webb (13'00)- 16. Alex Punnett (13'04)- 38. Tom Desborough (14'22)- 42. Daniel Waller (14'59)- 44. Louis Parkinson (15'07) *BBHAC 4th with 80 points* ; **Women. 7.2km.** 2. B.Proctor (26'25)-10. J.Bradshaw (28'35)- 14. S. Downing (29'24)- 16. J. Reynolds (29'32)- 19. R. Ferguson (29'54)- 27.L. Page (31'23) -29. K. Pratten (31'51) -49. A. Cillia (33'51)- 53. C. Jones Baldock (35'47) *BBHAC team 2nd with 26 points* ; **U17women 6.3km.**8.J. Hamer (16'56)- 12. C. Crouser (18'36)- 14. M. Kane (18'54)- 20. Danni Webb (19'46) *BBHAC team 2nd with 34 points*; **U15girls.3.6km.** 1. Amber Reed (14'15)- 10. Hannah Cook (15'21)- 11. Rachel Robinson - 21. Jessica Jones (16'43) - 22. Ella Self (16'56) *BBHAC team 2nd with 22 points*; **U13girls 3.2km.** 7. Janae Galley (13'43)- 18. Holly Fletcher (14'45)- 23. Sonia Woolhouse (15'27) – 25. Issy Jackson (15'34) *BBHAC team 5th with 48 points*

January 17th Itatica International Cross Country Meeting, Spain. 10,800m. 16. S. Overall (32'16)- 22. M. Skinner (32'52).

January 17th Kent Schools Cross Country Championships, Mote Park, Maidstone.

Senior girls. 8. Amy De Matos (*West Kent*) (18'23)- 9. Hannah Garcia (*West Kent*) (18'54); **Senior boys.** 3. Frank Kilama (*Bexley*) (24'44)- 13. Callum Fraser (*Bexley*) (27'44); **Int. Boys** 8. Hector Kurtyanec (*Bromley N.W*) (21'44)- 16. Greg Proctor (*West Kent*) (22'53) ; **Int girls.** 9. Chelsea Crouser (*West Kent*) (17'42)- 18. Amy Mitchell (*West Kent*) (18'58); **Junior girls.**1.Amber Reed (*West Kent*) (11'25)- 16.Hannah Cook (*Bromley N.W*) (12'38)- 28. Hope Stenning (*West Kent*) (13'14)- 32. Ella Self (*West Kent*) (13'23)- 36. Holly Fletcher (*West Kent*) (13'39)- 41. Mollie Miller (*West Kent*) (13'56)- 64. Jessica Jones (*West Kent*) (14'46); **Junior boys.** 14. Adam Willis (*Bexley*) (15'25)- 29. Bradley Taylor (*West Kent*)(16'05); **Year 7 girls.** 2. Georgina Kennedy (*West Kent*) (10'05). **Year 7 boys.** 5. Richard Webb (*West Kent*)(11'43)- 54. Daniel Waller (*West Kent*) (13'34).

January 24th Southern cross country championships, Hillingdon.

Senior men. 76. A.Conway (57'53)- 105. A. Gibbins (59'32)- 290. R. Priestely (1:07'24)- 370. R. Hall (1:10'53). **Junior men.** 40. F. Kilema (31'06)- 61. A. Bruce-Littlewood (32'13). **U17men.** 63. H. Kurtyanec (23'13). **U15boys.** 42. Will Mercer (16'09)- 83. Oliver Taylor (16'42)- 84. Greg Proctor (16'42)- 100. Sam Jackson (16'58)- 145.Adam Willis (17'34)- 194. Tom Greenhill (18'25). **U13boys.** 81.William Ruiz (13'23)- 98. Richard Webb (13'37)- 129. Alex Dunnett (13'54)-187.Tom Desborough (14'52)- 216.Oliver Sims (15'38). **Senior ladies.** 25. B. Proctor (35'00)- 30. J. Butler (35'45)- 54. J. Bradshaw (37'00)- 104. J. Reynolds (39'17)- 106. S. Dowling (39'23)- 154. K. Pratten (41'35)- 215. A. Cilia (45'14)- 248. C. Jones-Baldock (47'12) *BBHAC 7th place, 213 points.* **U17 ladies.** 19. J. Jamer (24'48)- 54.C. Crouser (26'47)- 78. M. Kane (28'09). **U15 girls** 28. Amber Reed (16'02)- 149. Rachel Robinson (18'19)- 159. Hope Stenning (18'36). **U13 girls.** 50. Georgina Kennedy (14'20)- 131. Izzy Jackson (15'34)- 201. Sonia Woolhouse (17'33).

January 31st. Southern Masters Cross Country Champs, Biggleswade. Women 6000m. 2. J. Butler (23'14)

January 31st. Southern Inter-County Cross Country Champs, Biggleswade U15 boys. 21. Will Mercer (Surrey) (14'25).

February 14th Kent League, Parkwood School Swanley.

Senior Men. 10000m. 11. A. Bruce Littlewood (32'49)- 42. Richard Hall (37'19)- 52. R. Prestley (38'16)- 66. G. Clifford (40'14)- 76. R. Brown (42'10) *BBHAC 5th with 171 points.* Senior Women 5000m. 7. R. Ferguson (24'31)- 21. K. Pratten (25'52)- 26. C. Jones-Baldock (27'01). *BBHAC 5th with 54 points.*

February 21st. English National Cross Country Championships, Parliament Hill, Hampstead.

U13 girls 3000m 253. Sonia Woolhouse (15'49). U13 boys 3000m. 97. Will Ruiz (13'17)- 136. Richard Webb (13'36)- 292. Thomas Desborough (15'12)- 334. Daniel Waller (16'16) U15 boys 4500m. 118. Sam Jackson (17'41)- 177. Greg Proctor (18'16)- 191. Will Mercer (18'24)- 202. Rob Yates (18'31)- 259. Adam Willis (19'00)- 293. Tom Greenhill (19'25). U15 girls 4000m 27. Amber Reed (15'56)- 212. Hanna Cook (18'36)- 217. Lauren Heria (18'39)- 218. Hope Stenning (18'40)- 255. Jessica Jones (19'31) U17 men 241. J. Halls (25'55)- 260. R. Braden (27'12) U17 women 5000m 115. C. Crouser (24'19)-149. M. Kane (25'58) Junior men 10000m. 44. A. Bruce-Littlewood (37'43)- 114. F. Kilama (40'38) Senior women 8000m 44. J. Butler (35'22)- 193. S. Dowling (38'06)- 249. K. Pratten (39'28)- 349. C. Jones Baldock (42'33) Senior men 12000m 101. J. Poole (42'55)- 124. P. Tucker (43'45)- 129. A. Conway (43'49)-205. A. Gibbins (45'22)- 629. R. Daniel (51'40)- 702. Richard Hall (52'46)- 1029. C. Pike (58'00)- 1104. D. Hilliar (59'16).

Bennett Cup

December 20th 2008 Xmas yacht handicap 5. (Points, clock/net time)

1. Amber Reed{60}(36'29/22'49) -2. Sarah Dowling{59}(38'18/24'18) -3. Roy Priestley {58}(32'59/24'39) - 4. Chris Pike{57}(37'51/ 24'41)- 5. Colin MacLachlin (guest) (50'42/ 24'42)- 6. Annie McDonough{57} (49'16/ 24'46) -7. Alison Jelly {56}(49'16/24'46) -8. John Robinson{55}(50'51/24'51) -9. Jennie Butler{54} (34'53 /24'53) -10. Rosemary Ferguson{53}(38'07 /24'57) -11. Lisa Ketteringham{52}(1:01'34 /25'04) -12. Richard Hall{51}(34'31/25'11)- 13. Daniel Ryan{50}(30'55/25'15)-14. Andy Lawes{49}(36'21/25'31)- 15. Rachel Robinson{48}(43'13/25'33) -16. Hannah Cook{47}(43'13/25'33) - 17. Bernie Bater{46}(36'48/25'48)- 18. Roy Smith{45}(33'42/25'52)-19. Adrian Stocks {44}(39'16/25'56) - 20. Ross Braden{43}(36'54/26'04) - 21. Will Slack{42}(40'14/26'04)- 22. Trevor Delahoy{41}(40'49/26'09) - 23. Mick Jones{40}(35'41/26'11) - 24. Tim Soutar{39}(32'32 /26'12)- 25. Ken Daniel{38}(35'53/26'23)- 26. Gareth Evans{37}(35'14/26'24) -27. Glen Read{36}(41'35/26'25)- 28. Graham Coates{35}(35'58/26'28)- 29. Ron Chambers{34}(1:03'28/26'28) - 30. Peter Mackrell{33}(35'26/26'36)- 31. Duncan Flagg{32}(41'52/26'52)-32. Julie Reynolds{31} (37'27/26'57) -33. Jim Bailey{30}(41'17/26'57) -34. Jim Osman{29}(41'50/27'00) -35. David Carton{28} (39'07/27'07) -36. Anne Cilia {27}(43'11/27'11) -37. Kate Pratten{26}(41'57/27'17) -38. Jane Bradshaw {25}(34'43/27'23) -39. Gary Cook{24}(34'26/27'26) -40. Sam Risby (guest) (34'05/27'35)- 41. Andy Tucker {23}(36'25/27'55) - 42. Peter Long{22}(1:00'10/28'00) - 43. Jack Groves (guest)(44:00/28:00)- 44. Justine Eastbury{21}(43'23/28'23) - 45. Iain Swatton{20}(40'51/28'31)- 46. Tony Pontifex{19}(42'08 /28'48)- 47. Steve Pairman{18}(35'36/28'56) - 48. Roger Morriss{17}(45'02/30'42)- 49. David Churchus{16}(1:07'40/ 31'10) -50. Mark Ellison{15}(39'22/31'32) -51. John Copley{14}(54'16/34'46) -52. Wilf Orton{13} (50'20/34'50).

*The clock time and net time (in italics) of each athlete is given with handicap points and position, unless finishing in the top 20 in handicap (signified by * against name), in which case handicap details are shown under leading handicap placings.*

17 January Open 10k C-C including the Veterans Championship

1. Peter Tucker* (35'59)- 2. Alex Gibbins (33'05/36'15){25th/36}- 3. Mark Clayton (*Beckenham.RC*) 1st Male guest (38'42) - 4. Will Withicombe (*Beckenham RC*) (39'01)- 5. Tim Soutar* 1st MV40 (39'40)- 6. Alex Bruce-Littlewood (35'10/40'15){41st/20}- 7. Dave McKinlay (34'39/40'34){38th/23}- 8. Andrew Vagi (*Kent AC*) (40'38)- 9. Roy Priestley* (41'10) -10. Gareth Evans* (41'32)- 11. Gary Cook* 2nd MV40 (41'36)- 12. Richard Hall* (42'18)- 13. Simon Collins (*Orpington RR*) (42:42)- 14. Steve Pairman 3rd MV40 (32'49/42'44){22nd/39}- 15. David Beadle (33'13/42'53){27th/34}-16. Nolan Wilkins (*BeckenhamRC*) (42'56)- 17. Jane Bradshaw 1st W/1st FV35 (33'37/42'57){30th/31}- 18. Brendan McShane* (42'58)-19. Andy Tucker* (43'07)- 20. Craig Williamson (*BeckenhamRC*) (43'47) - 21. Michael Turner (*Orpington RR*) (43'55) - 22. Ian Taylor (32'51/ 44'11){23rd/38}- 23. Graham Coates 1st MV50 (32'53/44'13) {24th/37}- 24. Mick Jones (33'40/44'50){31st/30}- 25. Gary Williams (35'54/ 44'54) {41st/18}- 26. Simon Lloyd* (45'05) -27. Jonathon Halls (34'52/ 45'12 {40th/21}- 28. Mark Ellison* (45'17) - 29. Steve Elliott (*BeckenhamRC*) (45'34)- 30. Toni Merola (*BeckenhamRC*) (45'40)- 31. Geoff Dillon (*Crystal Palace Tri*) (45'41)- 32. Julie Reynolds* 2nd W (45'41)- 33. Sarah Dowling* 3rd W/ 2nd FV35 (45'42) - 34. Andy Lawes 2nd MV50 (33'27/45'47) {29th/32}- 35. Ken Fancett (*BeckenhamRC*) (46'17)- 36. Chris Marshall (*Bromley VetsAC*) (46'18)- 37. Stephen Winfield (*BeckenhamRC*) (46'29)- 38. Chris Pike* 3rd MV50 (46'31)- 39. Richard Penfold* (47'11) - 40. Graham Fancett (*Trail RA*) (47'57)- 41. David Carton (33'16/48'01){28th/33}- 42. Frank Parr (*Beckenham RC*) (48'09)- 43. Rob Brown (34'40/48'40) {39th/22}- 44. Alan Sallows (*Beckenham RC*) (48'50)- 45. Melanie Burdett 1st Woman guest (*BeckenhamRC*) (48'54)- 46. Angela Cook 1st FV45 (32'47/49'07){21st/40}- 47. Adrian Stocks (33'06/49'11){26th/35}48. Helen Garrett (*Beckenham RC*) (49'12)- 49. Sophie Bishop (*Beckenham RC*) (49'21)- 50. Trevor Delahoy* 1st MV60, 1st Hcp (49'29)- 51. Kate Pratten* 2nd Hcp (49'35) - 52. Will Slack* (49'39)- 53. Iain Swatton (49'55)- 54. Andrew Hinds (*Beckenham RC*) (50'03)- 55. Andrew Small (*Beckenham RC*) (50'17)- 56. Ken Baksh (*Beckenham RC*) (50'35)- 57. Nick Barber (38'17/ 50'52) {43rd/16}- 58. Tony Pontifex 2nd MV60 (34'04/ 51'19){34th/27}- 59. Pat Kerrins (*Beckenham RC*) (51'38)- 60. Paul Gay (*Beckenham RC*) (51'44)- 61. Eddie Weston (*Beckenham RC*) (52'00)- 62. Jim Osman (34'22/52'37){36th/25}- 63. Steve Ferrar (*Beckenham RC*) (52'40)- 64. Anne Celia* 2nd FV45 (52'43)- 65. Gail Arnott (*Beckenham RC*) (53'05)- 66. Glen Read (34'25/53'20){37th/24}- 67. Stuart Littlewood (*Guest*) (39'22/54'02)- 68. Nicky Howard (*Beckenham RC*) (54'12)- 69. Stuart Scott (*Beckenham RC*) (54'21)- 70. Justine Eastbury 3rd FV35 (33'54/54'24){32nd/29} -71. Richard Seabrook (*Beckenham RC*) (54'54)- 72. Ian McCarthy (*Beckenham RC*) (55'21)- 73. Drew Grace 3rd MV60 (34'03/55'43){33rd/28}- 74. Andrew Rees (*Beckenham RC*) (56'28)- 75. Colin Rowe* (56'41) - 76. Gillian Selman (*Beckenham RC*) (56'44)- 77. Mike Gasson (36'02/56'52){42nd/17}-78. Isobel Finnie (*Beckenham RC*) (57'38)- 79. Clive Painter (46'59/ 58'49) {45th/14}- 80. Alex Bartelle (*Beckenham RC*) (59'18)- 81. John Robinson* (1 :02'21) -82. Carolyn Jones-Baldock (45'00/1:02'25){44th/15}- 83. Bernard Wilson (47'21/1:05'06){46th/13}- 84. Ron Chambers (35'39 /1:20'44){40th/19}- 85. Adrian Seddon DNF- 86. Bernie Bater DNF

V40 men. 1. T. Soutar- 2. G. Cook- 3. S. Pairman; V50 men. 1. G. Coates- 2. A. Lawes- 3. C. Pike; V60 men. 1. T. Delahoy- 2. A. Pontifex- 3. A. Grace; V70 men. 1. R. Chambers; V35 women. 1. J. Bradshaw- 2. S. Dowling-3. J. Eastbury; V45 women. 1. Mrs A. Cook- 2. A. Cilia

Handicap, leading positions.

1. Trevor Delahoy (30'24){60 points}- 2. Kate Pratten (30'40){59}- 3. Sarah Dowling (30'42){58}- 4. Andy Tucker (30'52){57}- 5. Chris Pike (31'01){56}- 6. Richard Hall (31'08){55}- 7. John Robinson (31'16){54}- 8. Julie Reynolds (31'16){53}- 9. Gareth Evans (31'17){52}-10. Tim Soutar (31'25){51}- 11. Gary Cook (31'26){50}- 12. Mark Ellison (31'37){49}- 13. Brendan McShane (31'38){48}- 14. Simon Lloyd (31'55){47}- 15. Colin Rowe (31'56){46}- 16. Will Slack (32'04){45} -17. Anne Celia (32'13){44}- 18. Roy Priestley (32'35){43}- 19. Peter Tucker (32'39){42}-20. Richard Penfold (32'41){41}

January 31st Mob Match v Ranelagh Harriers, (BBHAC 7 ½ mile Championships, West Wickham)

2. H. Kurtyanek (42'05/49'55){23}- 4. A. Bruce-Littlewood (41'56/50'31){28}- 5. T. Soutar (40'51/50'56){38}- 7. N. Kinsey (45'14/52.14){14}- 8. R. Priestley (41'39/52'44){31}- 11. G. Evans (41'48/53'43){30}- 12. R. Hall* (53'59)- 13. R. Yates* (54'12)- 14. Ms J. Bradshaw (54'34)- 16. S. Jackson* (54'57)- 17. S. Pairman (41'58/55'03){26}- 18. G. Williams* (55'18)- 19. G. Proctor* (55'45)- 20. M. Jones* (55'47)- 21. R. Drake* (56'14)- 22. R. Hall (44'56/56'21){16}- 24. S. Lloyd* (56'39)- 25. M. Ellison* (56'44)- 26. C. Gentle (42'04/57'04){24}- 27. G. Coates (41'14/57'09){35}- 30. D. Hilliar (47'26/58'06){11}- 32. Ms S. Dowling* (58'44)- 36. A. Lawes (41'29/59'19){34}- 37. C. Pike* (59'23)- 38. R. Penfold* (1:00'22)- 39. C. Griffin (47'09/1:00'54){12}- 43. D. Carton (41'30/1:00'54){33}- 44. Ms K. Pratten* (1:02'22)- 46. R. Brown (42'53/1:02'38){20}- 47. A. Riches (41'56/1:02'46)- 51. Ms V. Mitchell (43'43/1:03'28){19}- 52. I. Swatton (41'10/1:03'50){36}- 53. S. Littlewood (40'09/1:04'14)- 54. Mrs A. Cook (41'35/1:04'20){32}- 55. W. Slack (40'41/1:04'26){40}- 57. A. Stocks (42'39/1:05'24){21}- 58. T. Delahoy (42'22/1:05'27){22}- 59. G. Cooper* (1:05'29)- 62. I. Montgomery (42'04/1:06'29){25}- 63. P. Rogers (47'00/1:06'50){13}- 64. Ms A. Cilia* (1:06'51)- 66. G. Read* (1:07'03)- 70. J.E. Turner (43'59/1:08'04){18}- 71. R. Griffin* (1:08'50)- 75. A. Grace* (1:10'12)- 76. Ms C. Jones-Baldock (40'57/1:10'22){37}- 77. N. Webb (48'50/1:10'40){9}- 79. Ms J. Eastbury (41'58/1:11'23){27}- 82. C. Rowe* (1:12'40)- 83. D. Appelton (57'07/1:12'52){8}- 87. N. Ives (44'24/1:25'14){17}- 89. W. Orton (1:05'45/1:31'25){7}.

Handicap Leading positions

1. S. Jackson (36'17){60}- 2. R. Griffin (36'45){59}- 3. R. Yates (37'27){58}- 4. R. Drake (37'54){57}- 5. C. Pike (38'18){56}- 6. M. Ellison (38'19){55}- 7. G. Proctor (38'40){54}- 8. G. Read (38'58){53}- 9. S. Lloyd (39'09){52}- 10. Ms A. Cilia (39'11){51}- 11. R. Penfold (39'17){50}- 12. G. Cooper (38'58){49}- 13. A. Grace (39'27){48}- 14. R. Hall (39'34){47}- 15. C. Rowe (39'40){46}- 16. Ms K. Pratten (39'52){45}- 17. M. Jones (40'02){44}- 18. Ms J. Bradshaw (40'19){43}- 19. G. Williams (40'33){42}- 20. Ms S. Dowling (40'39){41}.

Lanterne Rouge (last scoring runner for BBHAC) R. Brown (46th/1:02'38) ; Club 7 ½ mile Championships Men 1. H. Kurtyanek (49'55)- 2. A. Bruce-Littlewood (50'31)- 3. T. Soutar (50'56); Women 1. J. Bradshaw (54'34)- 2. J. Reynolds (57'35)- 3. S. Dowling (58'44)

Bennet Cup leaders after 6 events

1. Mick Jones (231 points)- 2. Mark Ellison (230)- 3. Julie Reynolds (227)- 4. = Jane Bradshaw (226)- 4. = Chris Pike (226)- 6. Gareth Evans (224)- 7. Iain Swatton (221)- 8. David Carton (220)- 9. Graham Coates (216)- 10. Tony Pontifex (211)

Track & Field

January 4th 2009. Data Connection Indoor Meeting, Lee Valley Athletics Centre.

Sr Men. 60m Round 1 (heat 1) 1. Fabian Collymore (6.81)- (heat 2) 4. Daniel Haque (7.09); 60m hurdles Round 1. (heat 1) 3. Joshua Clarke (9.2) ; Round 2. (heat 2) Joshua Clarke (9.11) Sr Women 60m Round 1 (heat 1) 5. Vickie Cole (7.90)- (heat 3) 1. Amy Godsell (7.80)- 5. Grace Sheppard (8.13)- (heat 5) 4. Katy Benneworth (8.45) ; Round 2 (heat 1) 6. Amy Godsell (7.89)- (heat 3) 5. Grace Sheppard (8.18)- (heat 6) 2. Katy Benneworth (8.45) Men U20 60m. Round 1 (heat 1) 3. Jermaine Alexander (7.10)- (heat 3) 2. Dan Putnam (7.07)- (heat 5) 5. Joshua Clarke (7.77) ; Round 2 (heat 1) 5. Dan Putnam (7.10) (heat 2) 4. Jermaine Alexander (7.17) (heat 5) 2. Joshua Clarke (7.75) Women U20. 60m hurdles 1. Megan Southwark (9.55) U15 girls 60m hurdles Round 1 (heat 1) 2. Rhiannon Jones (10.23) ; 60m. Round 1 (heat 1) 3. Dina Asher-Smith (8.11)- (heat

2) 3. Rachel Dickens (8.39)-4. Charlotte Colegate (8.85)- 5. Georgiana Middleton (11.13)- (heat 4) 2. Frances Read (8.65)- (heat 5) 3. Rhiannon Jones (8.97) ; Round 2 (heat 1) 3. Dina Asher-Smith (8.10)- (heat 2) 1. Rachel Dickins (8.27) – (heat 3) 1. Frances Read (8.61)- 2. Irene Mcintosh (8.67) (heat 4) 1. Charlotte Colegate (8.51)- (heat 5) Georgina Middleton (8.34) Men U17 Round 1 (heat 3) 4. Dominic Coelho (7.44)- (heat 5) 2. Kieran Daly (7.57)- 5. Dean Colley (7.94) (heat 6) 1. Ellis Zorro (7.47)- 3. Jon Pettet (7.61) (heat 7) 1. Abs Jolaoso (7.63) ; Round 2.(heat 3) 6. Ellis Zorro (7.58)- (heat 4) 5. Kieran Daly (7.65)- 6. Jon Pettet (7.66) (heat 6) 1. Dean Colley (7.70)

January 10/11th. Brunel Indoor Sprints and Jumps meetings, Uxbridge.

PV. 1. S. Huggins (Brunel Uv.) (4.90m) Women. 8. A. Huggins (u17) (2.80m) ; 60m mixed Round 1 (heat 1) 4. F. Collymore (6.89)- (heat 2) 5. T. Gilling (u20) (6.97)- (heat 6) 5. J. Alexander (u20) (7.25)- (heat 19) 2. Ms A. Godsell (7.77)- (heat 20) 2. T. Phillips (8.09) ; Round 2 (heat 1) 6. F. Collymore (7.39)- (heat 7) 4. J. Alexander (7.26)- (heat 16) 5. Ms A. Godsell (7.86)- (heat 19) 2. T. Phillips (8.00).

January 10/11th. England Athletics Combined Events Champs, EI Stadium, Sheffield.

Senior. 16th Bomene Barikor. 60m (race 5) 5th place (7.24/799 pts) ; LJump 6th(6.53m/704 pts) ; Shot 12th (9.20m/438 pts) ; HJump 6th(1.92m/731 pts) ; 60mH. (race 1)(10.48/454 pts) ; PVault 8th(2.95m/345 pts) ; 1000m (1st in race 1) (2'57.03/797 pts). Total 4,268 points.

Positions after events 1)5th -2)6th -3)14th -4)11th -5)18th -6)20th -7)16th

January 11th. SEAA Indoor Championships, Lee Valley Athletics Centre

U17men. 400m (heat 1) 1.T. Bensted (51.51) Q- (heat 2) 4. J.Pettet (53.69)Q- (heat 3) 3. B.Parkin (53.34)Q ; 1st SF 1. T.Bensted (51.42)Q- 3. B.Parkin (52.55)- 2nd S/F. 6. J.Pettet (55.90); F. 1.T.Bensted (50.17).
U20men. 400m (heat 1)1. D.Putnam (51.50) Q- (heat 2) 4.A.Blair (52.37) Q; S/F 1. D.Putnam (50.12)- 4.Alex Blair (54.85) ; F. 1. D.Putnam (49.27). U15 girls 300m (heat 1) 1.Dina Asher-Smith (42.65) Q- 3.Jessica Moore (42.75) Q- (heat 2) 3. Holly Fletcher (46.85) Q; F. 2. Dina Asher-Smith (42.62)- 4. Jessica Moore (45.14)- 6. Holly Fletcher (46.85). U17 women 300m (heat 1) 6. S.Duffy (46.34)- (heat 5) 3. R.Robinson (47.32) Q ; 3rd S/F. 6. R.Robinson (48.45). U20 women 400m (heat 2) 4. S.McClellan (61.57) Q; 2nd S/F. 6. S. McClellan (62.07)

January 17/18th SEAA Indoor Championships, Lee Valley.

Senior women. Pvault 2. E. Hughes (3.50m, 3.40-3.50m over 3 throws)- 3. R. Arnheim (3.50m, 3.05-3.60xxx over 6 throws) ; Tjump 8. L. Blackie (11.38m) ; Shot 1. S. Brown (14.04m 13.26-14.04m over 6 putts) ; 60m (heat 2) 3. V.Cole (7.99)- (heat 4) 4. A.Godsell (7.79) Q ; 2nd S/F 6. A.Godsell (7.80) ; 200m (heat 3) 1. V. Cole (25.60) Q- 2nd S/F 2. V. Cole (25.71) Q- F. 4. V. Cole (25.52) U20 Women. 60m (Heat 1) 1. L. Ugen (7.81) Q- SF. 3. L. Ugen (7.81) Q- F. 5. L.Ugen (7.90) ; 200m (heat 1) 4. M. Southwart (26.61) Q- S/F. 6. M. Southwart (26.92) ; 60m hurdles (heat 1) 3. M. Southwart (9.31) Q- (heat 3) 3. S. McClellan (9.99) Q- S/F. 3. M. Southwart (9.28) Q- 5. S. McClellan (10.25)- F.6. M. Southwart (9.30); Hjump 1. J. Matthews (1.65m, 1.60-1.70mxxx over 3 jumps) ; Pvault 1. C. Moore (3.20m, 3.00-3.30mxxx over 4 jumps) ; Ljump 1. L. Ugen 5.79m, 5.55-5.79m over 6 jumps) ; Tjump 2. I. Ivy (10.97m, 10.56-10.97m over 6 jumps) ; Shot 1. S. Brown (13.90m 12.67-13.90m over 6 throws) U15 girls. Ljump 3. Dina Asher-Smith (4.65m, 4.38-4.65m over 6 jumps)- 5. Frances Read (4.57m, 4.54-4.57m over 6 jumps)- 6. Jessica Moore (4.46m, 4.23-4.46m over 6 jumps)- 13. Georgina Middleton (4.19m, 4.00-4.19m over 3 jumps) ; 60m (heat 3) 3. Georgina Middleton (8.39) Q- (heat 4) 1. Dina Asher-Smith (8.10) Q- (heat 5) 2. Rachel Dickens (8.26) Q- 2nd S/F 5. Georgina Middleton (8.40)- 3rd S/F 2. Dina Asher-Smith (8.19) Q- 3. Rachel Dickens (8.20)- F. 6. Dina Asher-Smith (8.15) ; 200m (heat 2) 5. Georgina Middleton (28.46)- (heat 4) 2. Dina Asher-Smith (27.63) Q- 2nd S/F 2. Dina Asher-Smith (26.66) Q ; 1500m 1. Amber Reed (5'10.10) ; 60m hurdles (heat 2) 1. Rhiannon Jones (9.68) Q- 2nd S/F 2. Rhiannon Jones (9.74) Q- F. 4. Rhiannon Jones (9.73). Senior men. Hjump 8. L. Ely (1.85m) ; Pvault 1. S. Huggins (4.90m,

4.70-4.90m over 3 vaults) ; 60m Round 1 (heat 2) 3. D. Doyley (7.03) Q- (heat 13) 3. J. Alaka (7.02) Q- Round 2 (heat 1) 3. J. Alaka (6.95)- (heat 3) 4. D. Doyley (6.97) ; 200m (heat 3) 1. E. Harrison (22.85) Q- (heat 7) 1. J. Alaka (22.30) Q- 2nd S/F. 2. J. Alaka (22.02) Q- 3rd S/F. 4. E. Harrison (22.90)- F. 5. J. Alaka (22.01) ; 1500m (heat 2) 7. D. Ryan (4'15.34)- D. Mckinlay DNS U17 men. 60m (heat 2) 4. K. Daly (7.45)- 6. J. Pettet (7.66) ; 200m (heat 1) 1. T. Benstead (23.27) Q- (heat 5) 4. J. Pettet (24.44)- 1st S/F 1. T. Benstead (22.84)Q- F. 2. T. Benstead (22.72) ; 60m hurdles (heat 2) 1. B. Hopkins (8.56)Q- F. 1. B. Hopkins (8.53) U20 men. Ljump. 7. J. Olasan (6.13m, 5.12-6.13m over 3 jumps) ; 60m Round 1(heat 6) 6. J. Clarke (7.75)- (heat 4) 4. J. Alexander (7.35)- (heat 10) 1. D. Putnam (7.20)Q- Round 2 (heat 2) 3. D. Putnam (7.18)Q ; 200m (heat 2) 1. D. Putnam (22.65)Q- (heat 4) 4. J. Alexander (23.35)Q- 1st S/F 1. D. Putnam (22.36)Q- 3rd S/F 3. J. Alexander (23.13)- F. 2. D. Putnam (22.02) ; 60m hurdles (heat 3) 5. J. Clarke (9.34)

January 24th McCain Inter City Challenge Cup, Lee Valley.

Mens PVault. 1. S. Huggins (*London North*) (5.01m). Womens LJump 1. L. Ugen (*London South*) (5.73m) ; Shot 2. S. Brown (*London South*) (14.00m) ; Tjump 4. L. Blackie (*London South*) (11.5m).

January 24th. Power of 10 Bath Indoor Meeting. 60m Round A (race 1) 2. D. Parsons (7.06)- Round B. (race 1) 2. D. Parsons (7.06).

January 31st Aviva International meeting, Glasgow. 60m. 5. M.Douglas (GB) (7.45)

January 31st Birmingham Games, NIA. U17 men. 400m (race 1) 1. Tom Benstead (49'91)

February 1st. London Indoor Games, Lee Valley.

60m Round 1 men (race 1) 5. J. Alaka (6.96) ; U20men (race 4) 5. J. Alexander (7.33) ; U17men (race 4) 1. D. Coelho (7.32) ; U20women (race 1) 3. L. Ugen (7.77) ; U17women (race 4) 3. S. Hurlock (8.55) ; Round 2 men (race 2) 1. J. Alaka (6.91) ; U20men (race 4) 4. J. Alexander (7.32) ; U20women (race 1) 3. L. Ugen (7.84) ; U17women (race 3) S. Hurlock (DNS).

February 14/15th Kent County Indoor Championships, Lee Valley.

Sen.men. 60m. (Heat 2). 1. D. Haque (7.01)- F. 1. D. Haque (6.98) ; Pvault 1. N. Moore (3.85m)- 2. A. Williams (m55) (3.70m) ; Tjump 1. S. Bobb (13.82m). U20 men. 400m 1. A. Blair (52.90). U17 men. 60m (heat 2) 2. K. Daly (7.60m)- (heat 3) 1. D. Coelho (7.41)- 2. D. Colley (7.58)- F. 1. D. Coelho (7.27)- 5. D. Colley (7.56)- 6. K. Daly (7.57) ; 200m (heat 1) 1. J. Pettet (24.06)- 2. M. Longhurst (24.52)- F. 2. J. Pettet (23.71)- 3. M. Longhurst (24.32) ; 400m (heat 1) 2. J. Pettet (54.6)- (heat 2) 1. B. Parkin (52.3)-F. 4. J. Pettet (54.80)-6. B. Parkin disq ; Jjump F.1. M. Longhurst (5.96m) ; Tjump F. 1. M. Longhurst (12.67m). U15 boys. 60m (heat 1) 2. Emmanuel Unaji (8.50)- (heat 2) 3. Jodhua Oyedele (7.98)- F. 5. E. Unaji (8.66) ; 200m F. 3. J. Oyedele (26.29) ; 400m F. 4. Adam Willis (63.36) ; 800m (heat 1) 2. A. Willis (2'33.59)- F. 3. A. Willis (2'25.53) ; 1 mile walk A. Willis disq. ; Hjump 5. A. Willis (1.30m) ; Ljump 1. A. Willis (4.78m) Sen women. 60m F. 3. H. Godsell (w55) (8.60) ; PVault 1. R. Arnheim (3.50m). U20 women. 400m F. 1. K. Cosby (57.62) ; 60mH F. 1. M. Southwart (9.40) ; U17 women. 60m (heat 1) 1. A. Lalemi-Javobs (8.20)- (heat 2) 3. C. Lyston (8.52)- F.2. A. Lalemi-Jacobs (27.20) ; 300m. (heat 1) 3. S. Duffy (44.82)-6. R. Robinson (46..53) -F. 4. S. Duffy (45.94) ; 800m 3. R. Robinson (2'37.23) ; Hjump 2. Christine Lyston (1.50m) ; Ljump 2. Sian Hurlock (4.49m) ; Tjump 1. Sian Hurlock (9.26). U15 girls.(heat 2) 2. Charlotte Colegate (8.41)- (heat 3) 1. Dina Asher-Smith (8.17) -F. 1.Dina Asher-Smith (8.08) - 4. Charlotte Colegate (8.45) ;200m (heat 1) 1. Rachel Dickens (27.58)- (heat 2) 1. Georgina Middleton (27.53)-F. 1. Rachel Dickens (26.72)-2. Georgina Middleton (27.42) ; 300m 1. Dina Asher-Smith (44.37)- 2. Holly Fletcher (45.33)-3. Jessica Moore (45.59) ;800m 4. Amber Reed (2'30.46)-5. Holly Fletcher (2'34.72) ; 1mile walk 1. Victoria Munt (9'58.7) ; Ljump 2. Frances Read (4.50m)- 3. Jessica Moore (4.43m).

February 14/15th England Aviva U20 championships, Birmingham.

Women U20. shot. 1. S. Brown. (14.51m) (13.9,14.51,14.42,14.31m) ; Ljump. 1. L. Ugen (5.80m) (5.57,5.71, 5.71,5.56,5.70,5.50,5.80m) ; 400m 2. S. Echel –Thompson (57’29) ; 60mH (heat 1) 3. M. Southwart (9.21)
Men U20. 400m 2. D. Putnam (48.71). U17 women Pvault. 11. A. Huggins (3.00m) ; 60m 3. T. Gilling (6.89) ; Tjump 3. K. Adedouin (14.42m) U17 women shot 2. S. Efiannayi (1146m) ; Pvault. 11. A. Huggins (3.00m)
U15 girls. 200m. 5. Dina Asher Smith (26.18) ; 60m (SF1) 5. Rachel Dickens (8.15)- (SF2) 6. Georgina Middleton (8.24) ; 60m (heats) 4. Rhiannon Jones (9.71)

February 14/15th SCVAC Indoor championships, Lee Valley.

Women 55. 60m 1. H. Godsell (8.69) ; 200m 1. H. Godsell (29.07) ; 400m 1. H. Godsell (69.13)
Men 50. 60m 2. T. Phillips (8.07) ; 200m 3. T. Phillips (26.43) (*gold medal winner*) ; 1500m 2. K. Daniel ; Pvault 2. A. Hardy (2.70m) Men 55 Pvault 1. A. Williams (3.75m) ; Hjump 2. A. Williams

February 22nd EVAC & VAC Indoor Championships, Lee Valley.

Men. 200m (heat 9) 2. T. Phillips (m50) (26’74) ; 1500m (heat 2) 5. K. Daniel (m55) (4’50.62) ; shot (pool 3) 5. G. Hickey (m75) (9.89m)

February 22nd Celtic Indoor Cup, Cardiff. Sen/U20 women shot. 1. S. Brown (*England*) (14.09m); Ljump 6. L. Ugen (*England*)(4.50m) ; Hjump 3. P. Hughes (*Ireland*) (1.68m). men. Pvault 2. S. Huggins (*Scotland*) (4.94)

February 22nd Midland Counties Open, NIA Birmingham. 400m (women-race1) 4. Katie Murray (58.67)



Gary Williams and Richard Hall, on their marks and set for the 800 metres at the Olympic stadium in Stratford, only to discover that the rough terrain is really a mock up of the stadium building site, which won't be ready before the start of the games in 2012.

Review: As if running on air- David Colquhoun

“As If Running on Air: The Diaries and Journals of Jack Lovelock” examines the running career of Jack Lovelock, New Zealand’s first great track athlete and Olympic 1,500 metre champion. By using Lovelock’s personal archival material—his journals from 1931 to 1935 and training diaries for 1936—editor David Colquhoun, curator of manuscripts at the National Library of New Zealand, lets the athlete tell his own story.

The introductory chapter contains a concise biographical sketch and describes the material chosen from those journals and diaries. In a short but distinguished career, Lovelock was a prolific achiever who, if not always, was a champion who won honors enough to merit a place in any hall of fame.

John “Jack” Lovelock was born Jan. 5, 1910, in the town of Crushington, New Zealand. The son of English immigrants, Lovelock showed a talent for sports while attending Timaru Boys’ High School in Timaru, South Canterbury. After winning championships in his native New Zealand, Lovelock trained as a doctor, first at the University of Otago, Dunedin, New Zealand, and then at Exeter College, Oxford University, attending the prestigious college as a Rhodes scholar in 1931. While there, he would compete at all levels, in both the mile and 1,500 metres. In the mile, Lovelock won the AAA championship and the British Empire Games gold medal (both in 1934). He won the 1,500 metres at the International Student Games in 1935, and won the gold medal at the 1936 Summer Olympics in Berlin, with a time of 3 minutes, 47.8 seconds. This was a world-record time, and one that would fall in August 1941 to Sweden’s Gunder Hagg. His world-record time for the mile, 4 minutes, 7.6 seconds, which he set in July 1933, would stand for nearly a year before it was broken by Glen Cunningham of the United States in a time of 4 minutes 6.7 seconds.

The main chapters contain excerpts from Lovelock’s diary entries, and they are interspersed with biographical sketches of contemporaries such as Jerry Cornes, Oxford champion and Olympic silver medallist, and Sydney Wooderson, silver medallist in the 1934 British Empire Games. The written material is complemented with action photographs and album cuttings, as well as several amusing cartoons.

It was unfortunate that Lovelock was overshadowed by Cornes at Oxford in his early running career. Cornes was arguably the best miler in Britain in the early 1930s. Later, it was Wooderson (with whom he would have many memorable head-to-head encounters) who would dominate the scene. Although he had the upper hand over Wooderson during the summer of 1934, Lovelock would say “Wooderson is going to be a great danger. By 1936, he will be worth watching more carefully.” By then Wooderson had beat him in three successive AAA championships, and would thereafter be described by Lovelock as the only rival who won more races against him than he lost. Such an effect these defeats would have on him that Lovelock would seriously revise and change his training and devise new tactics.

Having retired from athletics in 1936, Lovelock continued his medical training as a junior doctor at St. Mary’s Hospital Paddington, London, and qualified in 1937. During World War II, Lovelock served in the Royal Army Medical Corps, providing rehabilitation work, and continued in this specialization after the war. In 1947, he became head of St. Bartholomews Rehabilitation Dept, London and also at the Hospital For Special Surgery in New York City in 1948. The introductory chapter also mentions the head injury Lovelock sustained in a riding accident, which left him prone to depression, personality change and lost of memory. This resulted in his resigning from St. Bartholomew’s. His death in a New York subway station in December 1949 was most certainly accidental, but some speculate he may have committed suicide.

The book is a compelling read, and offers a comprehensive insight into the style and technique of a truly celebrated athlete. The writing is vivid and detailed, and engages the reader’s imagination, drawing him or her into the narrative and allowing him or her to imagine being at the races and events described.

Lovelock’s wider personality is also revealed, and it is a most engaging one. There were many social accomplishments and, with his medical background, he was able to experiment with novel therapeutic remedies for sporting injuries. One notable remedy was using streptococcal vaccine injections to ease the inflammation in his right knee after a painful operation in late 1933. In a letter to his coach that year, Lovelock said he planned to radically revise his training techniques and racing tactics, drawing on his medical knowledge and observation of good practice.

A study of his training techniques is featured in one of the book’s appendices. It shows how Lovelock placed an emphasis on alternative exercise by swimming regularly and walking for strength and stamina. References are made of his practice

of what would now be termed cross training, particularly as a boxer at bantam-weight level winning championships in sometimes gruelling circumstances. The accounts reveal an almost nonchalant attitude in the ring, despite the physical risk and a versatility of shots and punches. It also reveals how relatively light his training for running was (no more than four times a week and 12 miles a week) emphasizing speed work and using actual races as training sessions. The suggestion here is that this lack of endurance training resulted in his being burned out at the end of each season, and tempts the subjective critic to make two observations: First, to reflect on what he might have achieved with a more developed technique and on what might have been if his career had lasted longer; second, examine his private life, psychological makeup and speculate about his untimely death.

Personally, I think this would be a grave mistake, and in aiming for a critique of the book, I am led to conclude that such an exercise would be pointless. The purpose of the book would be misunderstood, as well as its meaning. This is not a biography, but a presentation of archival material relating to Lovelock's training, in a style best understood by runners themselves. If it seems directed at a selected readership -those interested in athletic history -it should be accepted as such. Rather than being a preconceived critique of a unique sportsman, it sensibly presents the words and records of a man from a bygone era, and allows those words to speak for themselves, hopefully, allowing the reader to sympathise with Lovelock. After all when he reflects that "victory teaches us very little -it is defeat that is the best teacher on every matter," you feel compelled to sit up and take note of a sage applying a metaphor for the school of life in all its aspects. Approached from the right point of view, this book is a fine vivid work, but readers should see it through the eyes of a prewar athlete in the days before professionalism in athletics, who exuded excitement and enthusiasm, was magnanimous towards his rivals, and who lived life to the fullest.

To do otherwise might mean readers would be critical of themselves. I'd rate this as a work of genuine authority.

WHO

"As if running on air ... The Journals of Jack Lovelock." Edited by David Colquhoun. Craig Potton Publishing, 2008, 282pp (photos). ISBN 978-1-877333-76-7.

Below. Images of a kiwi classic. Lovelock in New York, White City in 1934 and Berlin Olympics 1936.



(The editor wishes to acknowledge the contribution of Ms Elizabeth Cooper of East Brunswick, New Jersey for her professional advice in the preparation of this article. As if Running on Air is available by placing an order on the book's website which is www.craigpotton.co.nz/products or contact David Colquhoun, Curator of Manuscripts, Alexander Turnbull Library, National Library of New Zealand at David. Colquhoun@natlib.govt.nz)