

RESULTS

Results not reported in the June/Sept magazines:

Enfield Mayor's Charity Fun Run (approx 10km), Forty Hall (early May)

Results only just released. Includes several "friends of the club".

SH

1	Richard McCormick	33-36	177	Jenny Russell V40	47-30
13	Mel Parker V40	37-36	221	Georgina Clinch V40	49-41
17	Colin Thurston	38-03	250	David Williams V55	50-35
33	Barry Cook V50	39-47	267	Howard Aiken V60	50-59
34	Geoff Harrold V60	39-50	286	Steve Harris V60	51-44
36	Jamie March	39-52	347	Donna Hime V35	53-23
85	Barry Murphy	43-46	370	Claire Simkins	53-58
97	David Dinsmore	44-29	409	Karen Murphy V35	55-07
130	Clare Read	46-12	600	Elizabeth Durrant	64-08
172	Simone Kimberley V40	47-17	668	Samira Putris V50	70-44

Tynedale 10km, 2nd Jul.

274 Dave Fereday 2nd M65 45-13 500 finished

Northumberland Coastal Run, 20th Jul. 14.1 miles over beach, dunes, water, et al.

265 Dave Fereday 1-52-10

[Dave also points out that his time for the 2003 London Marathon was 3-37-53 not as printed in the mag - ED]

Vets Inter-County T&F match, Kingsmeadow, 16th Aug Hants v Surrey, Kent and Sussex

3000m 4 Tony Cousins 9-53.4 2nd M50

Vets A C 10,000 Metres Track Championships. Battersea 3rd Sept.

Liam O'Hare 1st V55 37.25.0

Tynedale 10m (inc NE Counties 10 mile Champs), 7th Sept.

This was a head to head challenge against Tony Hamilton who was running the Welwyn 10 on the same day. I won the side bet by a minute. The course was fairly hilly, so no excuses from Tony!

Dave Fereday

113 Dave Fereday 1st M65 74-06 249 finished

Chingford League 2¼ Mile Road Relay. Highams Park 13th Sept.

Where "fastest" is mentioned this for women and men irrespective of age. The Vets team race is decided by adding the four fastest times for each club.

JA

"A"				"B"			
1	Karen Bradley V35	4 th fastest	15.03	3	Kirsty Johnstone V40		16.16
1	Jane Laws V45	fastest	14.12	4	Catherine Perry		18.38
1	Katherine Woods	2 nd fastest	14.50	4	Bridgid Corless V50		16.10
1	Eileen Griffiths	5 th fastest	15.27	4	Kirsty Johnstone II		17.23
1. Barnet 59.32, 2. Loughton 65.38, 3. Orion 67.27, 4. Barnet "B" 68.27, 5. Trent Park 72.44, 6. Orion "B" 74.18							
7. Eton M 77.56, 8. Trent Pk "B" 78.50, 9. Orion "C" 81.07, 10. Loughton "B" 83.16, 11. Trent Pk "C" 88.39							
"A"				"B"			
1=	Richard Gamble	= fastest	11.50	4	Dave Wilcock V45		12.50
1	Grant Ramsay		12.37	5	Mel Parker V40		13.05
1	Andy Cunningham V40		12.37	7	Liam O'Hare V55		13.31
1	Keith Turner V40	5 th fastest	12.30	8=	Alex Horton U17		15.01
1	Des Michael V50		13.04	9	Harvey Khaihra V45		14.53
1	James Taylor		12.38	9	Jamie March		14.21
"C"							
19	Jim Neville V55		15.17				
"A"	1. Barnet 75.16, 2. Walthamstow 76.27, 3. Enfield 76.31, 4. Orion 77.57, 5. Woodford 78.28, 6. VPH 79.36, 7. Eton Manor 84.59, 8. Trent Pk 85.10, 9. Loughton 97.28						
"B"	1. Orion 81.20, 2. Enfield 83.21, 3. Barnet 83.41, 4. VPH 87.23, (Orion "C" 91.35, Enfield "C" 93.42) 5. Trent Pk "B" 94.42 (Orion "D" 95.09, Trent Pk "C" 95.42, Trent Pk "D" 104.24).						
"Vets"	1. Barnet 51.01, 2. Orion 52.04, 3. Enfield 56.30, 4. Woodford 56.52, 5. Eton Manor 56.41, 6. Trent Pk 58.49, 7. Loughton 59.44, 8. Walthamstow, 9. VPH / THamlets						

Lake Vyrnwy Half Marathon. Powys 14th Sept.

213 Steve Allen 25th V45 1.34.54

1238 Finished

Watford Open, 17th Sept.

200 1 Lawrence Taylor 26.8

St. Albans 2½ Mile Cross Country Relay. 20th Sept.

"A"		"B"			
6	Katherine Woods	17.35	9 Eileen Griffiths	17.54	
5	Jane Laws	17.10			
4	Helen Hoyle	17.38			
4	Karen Bradley	18.12	Fastest	Chloe Wilkinson S.B.H.	15.45

1. Shaftesbury 64.59, 2. Shaftesbury "B" 67.54, 3. Highgate 68.16, 4. Barnet 70.35, 5. Garden City R 71.52
6. London Heathside 73.58, 7. St Albans S 75.17, 8. Garden City "B" 76.09. 18 teams started 13 finished.

"A"		"B"			
8	Adrian Mason	14.33	33 Steve Allen	19.19	
10	Mel Parker	15.56	31 Ted Kimber	20.03	
10	James Taylor	15.29	31 Tony Hamilton	19.51	
8	Richard Gamble	14.20			
7	Keith Turner	14.51			
5	Dave Wilcock	15.42	Fastest	Piet Jacobs L Heathside	12.51

1. Bedford & County 85.19, 2. London Irish 87.12, 3. London Heathside 87.24, 4. Harrow 87.41,
5. Barnet 90.51, 6. Bedford & County "B" 91.10, 7. Shaftesbury 91.30. 38 teams started 30 finished.

Great North Run (Half Marathon) Gateshead to South Shields. 21st Sept.

86 Andy Kelleher 76.23

SEAA Road Relay Championships. Rushmore Arena, Aldershot 27th Sept.

Alas we were not represented by a Senior team in the "6 Stage" nor in the Vets O/60 category. However, we did very well to finish 5th in the O/40's out of 55 teams and 6th in the O/50 event where 34 finished. Des and Tony were 3rd and 4th fastest in their category with Adrian and Keith being 12th and 13th in the O/40's. JA

5922 Metres.

O/40		O/40 "B"!		
5	Adrian Mason	20.01	Harvey Khaihra	24.31
9	Andy Cunningham	21.10	Francis Robinson	24.08
4	Keith Turner	20.02	Harvey Khaihra II	26.00
5	Dave Wilcock	<u>21.29</u>	Francis Robinson II	<u>25.13</u>
		1.22.42	Disqualified	1.39.52

1. Herne Hill H 1.19.43, 2. Nene Valley H 1.21.08, 3. Woodford Green 1.21.13, 4. Bournemouth A C 1.21.54
5. Barnet 1.22.42, 6. Aldershot F & D 1.22.53, 7. Thurrock H 1.23.22, 8. reading A C 1.23.32.

Fastest 40's Mike Boyle Herne Hill H 18.52, James Mc Mahon Bedford & County 19.21

Note. Harvey and Francis raced with the competitors numbers allocated to our O/60 team! This was a very dangerous thing to do, as Francis was credited with the 3rd fastest time by a 60 year old.

O/50		
2	Tony Cousins	20.52
1	Des Michael	20.46
2	Pete Marsh	22.44
6	Reg Black	<u>23.50</u>
		1.28.12

1. Brighton 1.24.53, 2. Invicta E K 1.25.54, 3. Oxford City 1.26.32, 4. South London H 1.27.45,
5. Herts Phoenix 1.28.11, 6. Barnet 1.28.12, 7. Aldershot F & D 1.28.28, 8. Poole Runners 1.30.54.

Fastest 50's Nigel Gates Brighton 19.37, Richard Grant Oxford 20.24, Des Michael 20.46, Tony Cousins 20.52.
Incidentally with the exception of 1997, Des has raced every year in this event since joining in 1995 and this year's 20.46 is his "PB". His previous best was 20.59 achieved whilst competing in the O/40 category. This year there has been revision to our best "Top 3" category times since this race has been on the current course.

Senior

1995	Mel Parker	19.24	1997	Dave Wilcock	19.38
1996	Simon Hime	19.26	2003	Adrian Mason	20.01
1995	Andy Tappin	19.57	2003	Keith Turner	20.02

Vet 50

2003	Des Michael	20.46	1993	Ron Higgs	22.06
2003	Tony Cousins	20.52	1995	Bob Stewart	23.26
1998	Liam O'Hare	20.56	2000	Mike Sawyer	23.58

Vet 40

Vet 60

Fox Cities 5K & Marathon. Green Bay, Winconsin, U.S.A. 27th & 28th Sept.

Peter Graham posted his fastest marathon time for some while, after racing a 5K in 25.48 the previous day, when he recorded 4.32.10

Vets A C 5.6 Mile Cross Country. Wimbledon Common 4th Oct.

6 Liam O'Hare 1st V55 37.01

North West London League, Perivale, 4th Oct.

For the first cross country race we had 8 Girls and 13 Boys competing on a course that was extremely hard underfoot due to the long hot summer. With a few new faces and a good collection of last years athletes, we had some very good performances. For the GU11 Charlotte Kennedy was 10th and had good support from Kathryn Cunningham in 13th place, running her first race for the club. For the GU13 Victoria Bryant also running her first cross country for the club was an excellent 4th. The GU15 had 4 runners - Zante Wray was 5th and was well supported by Tessie Sarsfield 15th, Nicola Wallis 17th and Hannah Sheridan 18th. For the U17 Women Katherine Henderson was 10th. In the BU11 we had 4 runners. Josh Derraji in his first race for the club was a superb 6th and was well supported by Mark Smith 19th, Matthew Kos 22nd and another new boy Alex Greenwood in 27th. The BU13 had no fewer than 7 runners, and were led home by Niall Flemming in 2nd place, who has continued his good form from last season. He was well supported by Tommy Bryant 10th, running his first cross country race for the club, Owen Randall 11th running one of the best races I have seen from him, Patrick Hicks in 13th place, Matthew Bidmead another new athlete in 27th, Jack Welsh in 29th and Liam Chilton in 37th, The U13 team placed a creditable 3rd in this fixture. For the BU15 Matthew Henderson was 30th and Ben Smith was 32nd. **Jim N**

BU11, 1500m

6 Josh Duerraji 9-17
19 Mark Smith 10-54
22 Matthew Kos 11-17
Team: 6th

BU13, 2000m

2 Niall Fleming 10-30
10 Tommy Bryant 11-19
11 Owen Randall 11-20
13 Patrick Hicks 11-26
27 Matthew Bidmead 12-42
29 Jack Welsh 12-53
37 Liam Chilton 14-08
Team: 3rd

BU15, 2000m

30 Matt Henderson 15-29
32 Ben Smith 16-17

GU11, 1200m

10 Charlotte Kennedy 6-30
13 Kathryn Cunningham 6-34
Team: 6th

GU13, 1500m

4 Victoria Bryant 8-55
Team: 9th

GU15, 2000m

5 Zante Wray 11-38
15 Tessie Sarsfield 13-20
17 Nicola Wallis 13-47
18 Hannah Sheridan 14-01
Team: 3rd

GU17, 4000m

10 Katherine Henderson 16-36
Team: 6th

Standalone Centenary 10K (incorporating the Herts County Champs). Letchworth 5th Oct.

9	Des Michael 1 st V50	35.02	182	John Fuller V55	42.44
65	John Shirley 7 th V50	39.00	249	P'line Michael 25 th W 12 th V35	45.03
68	Alun Johns	39.06	326	Ernie Blackler 2 nd V70	47.06
71	Jamie March	39.18	398	Bridgid Corless 47 th W 5 th V45	49.45
72	Katherine Woods 2 nd W	39.18	416	John Rowe V65	50.24
117	Karen Bradley 7 th W 2 nd V35	40.50	419	George Neville V60	50.27
120	Rodger Thompstone V50	40.57	431	Brian Glover V65	50.51
121	Francis Robinson V45	40.58	439	Theresa Wright 56 th W 7 th V45	51.11
149	Steve Allen V45	41.41	465	Maureen Shirley 68 th W 1 st V55	52.17
167	Helen Hoyle 14 th W5 th V35	42.11	529	Ron Franklin 4 th V70	55.14
174	Jim Neville V55	42.27	559	Catherine Scott 114 th W 16 th V45	57.37

Open Team Race.

Men 1. North Herts Road R 38, 2. Garden City R 40, 3. Fairlands V S 50,.....9. Barnet 76.

Women 1. Barnet

Herts County Vets

Men 1. Fairlands V S 37, 2. Garden City R 45, 3. Barnet 89.

Women won the team race. No other team results posted on their website as yet.

British Wheelchair Sports Foundation National Championships, Stoke Mandeville, 5th Oct

Whilst some were winning medals at the Standalone 10k, Paul Rea spent the day competing an the National Pentathlon Champs, in which he won the F55 Category. After a two year break from throwing he relied on "muscle memory" to register a PB in the Shot, a good Javelin, memory failure in the Discus and PBs in the 200m and 1500m. A massive crash occurred in the warm up before the start of the 1500m, which is why crash helmets must be worn! Otherwise a good day with a chance to renew some old friendships, Paul's effort being the best of the day. **Steve Harris**

Southend Classic 10K. 5th Oct.

127 Harvey Khairra 12th V45 39.57

1606 Finished including 139 V45's

Wimbledon 10 Mile Road Race. 5th Oct.Liam O'Hare 2nd V55 63.05**Portland Marathon. Oregon, U.S.A. 5th Oct.**

Just one week after his previous race at this distance, Peter Graham finished in 4.58.37 and was delighted to finish two marathons in under 5 hours.

Julian Farrell Memorial 10km, Camberley, 5th Oct.

4 Tony Cousins 34-52 1st M50

Chingford League 5K Road Race. Eastway 7th Oct.

The race was actually won by Martin Shore of Westbury Harriers in a time of 15.28. Richard's 15.58 was our fastest since Ralph Bailey 4th place in September 1998 when he recorded 15.53. This was a PB by Richard and moves him up to 21st on our "All Time" list. Our fastest ever time was posted by Ralph Bailey in November 1986 when he recorded 14.55. Katherine Woods becomes our fastest female with her 18.54 just two seconds better than Eileen Griffiths' November 2002 time. JA

1	Richard Gamble	15.58 PB	51	John Shirley V55	18.56
3	Richard McCormick 1 st V	16.16	2	Helen Hoyle 1 st V35	19.32 PB
5	Adrian Mason 2 nd V	16.24	71	Francis Robinson V45	19.42
6	Andy Kelleher 3 rd V	16.24	72	Harvey Khairhra V45	19.48
8	Keith Turner 4 th V	16.27	73	Alex Horton U17	19.50
20	Costa Michael	17.11	3	Karen Bradley 2 nd V35	19.58
21	Dave Wilcock V45	17.13	96	Con Antoniou 1 st V60	20.47
22	Des Michael 1 st V50	17.20	6	Catherine Perry	20.49
27	Andy Cunningham V40	17.40	9	Lydia Bruce-Burgess	21.07
32	Mel Parker V40	17.59	116	John Mould V55	21.50
44	Liam O'Hare V55	18.28	37	Maureen Shirley V55	25.05 PB
45	Alun Johns Gst	18.30	149	Mike Terry V55	26.10
46	Jamie March	18.34	58	Penny Antoniou V55	28.10
54	Phil Cunningham Gst	18.52	59	Catherine Scott V45	28.26 PB

1 Katherine Woods 1st W 18.54 PB 228 *Finished (155 Men 65 Women & 8 Guests)*

Men "A" 1. Barnet 43, 2. Enfield 116, 3. Orion 120, 4. VPH 142, 5. Walthamstow 158, 6. Trent Park 282, 7. Eton Manor 283, 8. Loughton 379, 9. Woodford 459.

Men "B" 1. Barnet 192, 2. Orion 276, 3. VPH 437, 4. Loughton 552, 5. Trent Park 579, 6. Eton Manor 621, 7. Walthamstow 630, 8. Enfield 834.

Men "Vets" 1. Barnet 22, 2. Orion 95, 3. Eton Manor 217, 4. Walthamstow 252, 5. Loughton 257, 6. VPH 295

Women 1. Barnet 12, 2. VPH 53, 3. Enfield 55, 4. Orion 71, 5. Loughton 80, 6. Eton M 85, 7. Trent P 95.

Women "Vets" 1. Barnet 100, 2. Eton Manor 110, 3. Orion 118, 4. Trent Park 171, 5. Loughton 175, 6. VPH 184.

Enfield 5K Road Race Walk Championship. Enfield Park 11th Oct.

11 Costa Michael 28.19

Surrey Veterans Cross Country Champs. Richmond Park 11th Oct.Liam O'Hare 7th V55 39.12**Club Road Cup Handicaps 5½ Mile. Clubhouse 12th Oct.****Young athletes, 1 mile**

			<i>Actual Time</i>	<i>Fastest</i>
1	Charlotte Michael	9-01	9-01	5th
2	Niall Fleming	9-29	5-44	1st
3	Hannah Sheridan	9-45	7-15	4th
4	Ben Smith	9-50	6-35	2nd
5	Ruby Blevings	9-54	7-14	3rd

Seniors, 5.5 miles

1	Claire Simpkins	59.07	46.07	9 th
2	John Mould	59.46	38.46	4 th
3	Costa Michael	60.01	31.41	1 st
4	Francis Robinson	60.17	36.17	2 nd
5	John Fuller	60.30	38.15	3 rd
6	Tony Hamilton	60.36	39.36	5 th
7	Pauline Michael	60.43	40.43	6 th
8	Bernie Minsky	60.49	44.49	8 th
9	Steve Harris	61.23	43.53	7 th
10	Frank Williams	63.54	48.54	10 th
11	Tiffany Stephens	65.33	55.33	11 th

Tring Ridgeway Run. 12th Oct.

This mainly off road race of approximately 9 miles passes through some scenic and undulating country and this year was run in very good weather conditions.

74	Rodger Thompstone V50	1h.11m	219	Pauline Lygo V55	1h.25m
88	Steve Allen V45	1h.12m	222	Brenda Harvey V55	1h.31m
208	Simone Kimberley V40	1h.20m		475 Finished	

Chingford League 10K Cross Country. Loughton 18th Oct.

Girls U/15 (3,200 metres)

An excellent run by Zanthé Wray to win her first ever Chingford League race.

1	Zanthé Wray (won by ½ minute)	12.58	18	Finished
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Seniors

1	Richard Gamble	34.50	80	Francis Robinson V45	43.39
2	Richard McCormick 1 st V	35.52	3	Helen Hoyle 2 nd V35	44.38
6	Costa Michael	36.42	97	Steve Allen V45	44.53
10	Andy Kelleher 3 rd V	36.52	100	Con Antoniou 2 nd V60	45.01
11	Des Michael 1 st V50	37.11	5	Catherine Perry	45.43
12	Grant Ramsay	37.12	7	Lydia Bruce-Burgess	46.37
20	Dave Wilcock 3 rd V50	38.13	123	John Mould V55	47.32
21	Andy Cunningham V40	38.18	124	Tony Hamilton V60	47.43
27	Keith Turner V40	38.59	15	Kirsty Johnstone V40	48.56
42	Mel Parker V40	40.27	137	Ted Kimber V60	49.07
54	Alex Horton U17	41.44	19	Karen Faloon V55	50.12
63	Phil Cunningham V40 Gst	42.09	30	Lucy Blevings	53.13
1	Katherine Woods	42.10	40	Claire Simpkins	56.02
2	Karen Bradley 1 st V35	42.25	158	Ron Franklin V75	60.36

209 Finished including 50 women.

Men "A" 1. Barnet 42, 2. Orion 139, 3. Walthamstow 140, 4. VPH 160, 5. Woodford 175, 6. E Manor 253, 7. Enfield 278, 8. Trent Park 360, 9. Loughton 453, 10. London Heathside 1080.

Men "B" 1. Barnet 247, 2. Orion 271, 3. E Manor 601, 4. Walthamstow 605, 5. Enfield 763, 6. Tren P 787, 7. VPH 794, 8. Woodford 795, 9. Loughton 995.

Men "Vets" 1. Barnet 43, 2. Orion 85, 3. Woodford 93, 4. Enfield 235, 5. E Manor 262, 6. Loughton 298, 7. VPH 300, 8. Walthamstow 346, 9. Trent Park 375, 10. London Heathside 658.

Women "A" 1. Barnet 11, 2. Orion 40, 3. VPH 65, 4. Barnet "B" 71, 5. Loughton 76, 6. Orion "B" 87, 7. Eton Manor 97, 8. Enfield 147, 9. Woodford 163.

Women "Vets" 1. Barnet 39, 2. Orion 77, 3. E Manor 103, 4. Loughton 156, 5. Woodford 159, 6. Enfield 167,

League Positions After 3 Races.

Men "A" 1. Barnet 30, 2. Orion 24, 3. Walthamstow 23, 4. Enfield 21, 5. VPH 19, 6. Woodford 14, 7. Eton Manor 13, 8. Trent Park 11, 9. Loughton 7, 10. London Heathside 1.

Men "B" 1= Barnet & Orion 28, 3. VPH 19, 4. Enfield 18, 5=. Trent Park & Eton Manor 17, 7. Walthamstow 14, 8. Loughton 9, 9. Woodford 8.

Men "Vets" 1. Barnet 30, 2. Orion 27, 3. Eton Manor 20, 4. Enfield 18, 5=. Loughton & Woodford 15, 7. Walthamstow 13, 8=. Trent Park & VPH 11, 10. London Heathside 1.

Women "A" 1. Barnet 30, 2. Orion 24, 3. Loughton 22, 4=. Eton Manor & VPH 17, 6. Enfield 13, 7. Trent Park 11, 8. Woodford 9.

Women "Vets" 1. Barnet 30, 2. Orion 26, 3. Eton Man 23, 4. Loughton 20, 5. Trent Pk 15, 6=. Enfield & VPH 9

Fleet 10km, 19th Oct.

6	Tony Cousins	35-34	1st M50
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Run Ragged Run, 10km, Trent Park, 25th Oct.

38	Andy Welsh	48-48	104	Victoria Creer	62-57
62	Lucy Blevings	52-14	105	Dean Creer	62-58
66	Claire Simkins	52-55			

BMAF National Cross Country Relay Champs. Millfield, Glastonbury 25th Oct.

5.025K

"40's"

8	Keith Turner	17.36
8	Francis Robinson	19.41
5	Adrian Mason	16.50
5	Andy Kelleher	17.11
5	Mel Parker	19.02
5	Richard McCormick	17.05

"50's"

1	Des Michael	17.38
1	Liam O'Hare	19.03
1	Tony Cousins	17.50
1	Dave Wilcock	<u>17.31</u>
		1.12.02

“40’s”:
 1. Woodford 1.42.36, 2. Bideford 1.42.48, 3. Bournem’th 1.42.59, 4. Bristol 1.45.56, 5. Barnet 1.47.25, 6. West Cheshire 1.49.37, 7. Neath H 1.49.49, 8. Wells City H 1.54.11, 9. Langport Runners 2.12.20.
 Fastest 1. Mark Hargreaves Bournem’th 16.05, 2. Clive Bromhall Bristol 16.19, 3. Nick Rose (50) Brist’l 16.20
 “50’s”
 1. Barnet 1.12.02, 2. Invicta E.Kent 1.14.05, 3. Aldershot F & D 1.14.26, 4. City of Portsmouth 1.17.54, 5. Wells City H 1.19.35, 6. S West Road R 1.22.59, 7. Aldershot F & D 1.22.37, 8. Poole R 1.24.23, 9. South West Vets A C 1.27.15.
 Fastest 1. Dave Wilcock, 2. Des Michael, 3. Tony Cousins. A BARNET CLEAN SWEEP!

Ricky 9 Mile Road Run. Rickmansworth 26th Oct.

5	Des Michael	1 st V50	50.54	237	Pauline Lygo	6 th W50	73.18
31	Nick Bingham	3 rd V50	57.27		399	Finished	

Hammersmith Bridge 3.3 Mile Handicap. 28th Oct.

Liam O’Hare	19.14
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Furze field 10km, Potters Bar, 26th Oct.

1	Costa Michael	34-58	19	Tony Hamilton	45-38
12	Barry Murphy	42-17	28	Sally-Anne Underhill	2nd V35 48-29

SCVAC Indoor Pentathlon Championships. Thames Valley Centre, Eton 2nd Nov.

Roger Bruck competing in the O/60 category finished 3rd with 2946 points but with just an additional 5 points he would have secured 2nd place. Although winning the last event (60 metres) he needed to have been one tenth of a second faster for the silver medal.

5th 60mH 13.1s (377), 1st L.J. 4.27m (650), 2nd S.P 9.10m (626), 2nd H.J. 1.30m (593), 1st 60m 8.8s (700)

Dove Dale Dash. Thorpe, Nr. Ashbourne, Derbyshire 2nd Nov.

Phil Cunningham kept his record by again being the first to reach and cross the river Dove, approximately 400 metres into to this cross country race of about five miles. However, as is customary, from that point he begins to fade. He finished by walking up the part of the course that he had previously charged down, Thorpe Cloud, just behind Helen Hoyle who finished 139th and 4th woman. John Rowe got a mention as the oldest finisher. **JA**

139	Helen Hoyle	4 th W	291	Russell Devitt	V55
198	Phil Cunningham	V40	465	John Rowe	3 rd V60
213	Sean Mitchell			1015	Finished

New York City Marathon. 2nd Nov.

30599	Paul Watts	5.43.38	(10K 1.09.26, Half 2.34.22, 20 Mile 4.08.07)
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Stevenage Half Marathon, 2nd Nov.

It was almost monsoon rain that welcomed us to the start of a very wet, blustery and thoroughly depressing Stevenage Half, despite the 100 or so “Run for Laura” mob that turned up sponsored by the Daily Mirror in their bright orange T shirts, all very jolly at the start! I can’t believe that everyone turned up, the numbers show that there were 200 or so retirements. I think there were quite a few retirements that took one look out the window on Sunday morning and sensibly said no way! I did seriously wonder why I was doing this when I felt heavy with a cold. This was confirmed by the 10th mile where I had enough and packed it in. On the other side well done to those Barnet runners who battled through the elements to finish. I have to make a special mention for Dean Creer who aquaplanned his way to a splash splashing, swashbuckling Musketeer sort of way to an impressive PB of 1:27:21 - wringing out some 4 minutes off his previous PB **and** only some 2 weeks after a marathon at Abingdon. Are those long, sometimes very long slow Sunday morning runs paying off? **Marc Kos**

31	Dean Creer	1:27:21	321	Pauline Lygo	1:52:09
307	Tommy McNamara	1:50:53	349	Brigid Corless	1:54:31
316	Bernard Minsky	1:51:48	776	Entrants, 577	Wet Finishers!!

Chingford League 5K Road Race. Eastway 4th Nov.

Another convincing win for the women, with a great run from Kath who again won in a new PB. It was a pleasing 1, 2, 3 from Kath, myself, and Karen respectively. Cath, Philippa, Claire and Maureen all ran PBs. Although the Vet women finished 2nd we are still in the lead overall. **Helen Hoyle**

1	Richard Gamble	15.56 PB	61	Helen Hoyle	2 nd W 1 st V35	19.17
2	Richard McCormick	1 st V	65	Alex Horton	U/17	19.25
4	Andy Kelleher	2 nd V	79	Karen Bradley	3 rd W 2 nd V35	19.46
5	Adrian Mason	3 rd V	103	Catherine Perry	6 th W	20.45 PB
13	Keith Turner	V40	111	Phillippa Horton	U/20	21.01 PB
16	Dave Wicoock	1 st V50	123	John Mould	V55	21.19
17	Des Michael	2 nd V50	124	Pauline Michael	14 th W V35	21.23

29	Andy Cunningham V40	17.41	181	Claire Simpkins 35 th W	24.07 PB
43	Alun Johns Gst	18.40	187	Maureen Shirley 39 th WV55	24.46 PB
46	Martyn Rowe	18.48	193	Peter Graham	25.12
48	Jamie March	18.50	204	Mike Terry V55	26.35
49	Katherine Woods 1 st W	18.51 PB	208	Penny Antoniou 53 rd WV55	27.30
53	Francis Robinson V45	18.56	210	Ron Franklin V75	27.53 PB
55	John Shirley V55	19.02		227 Finished including 70 women	

Men "A" 1. Barnet 41, 2. Walthamstow 93, 3. Orion 113, 4. VPH 158, 5. E Manor 216, 6. Enfield 272, 7. Loughton 327, 8. Trent Park 341, 9. Woodford 386.

Men "B" 1. Barnet 248, 2. Orion 272, 3. VPH 430, 4. E Manor 508, 5. Walthamstow 519, 6. Loughton 604, 7. Trent Park 341, 8. Enfield 940.

Men "Vets" 1. Barnet 24, 2. Orion 64, 3. E Manor 209, 4. Loughton 217, 5. VPH 245, 6. Enfield 285, 7. Woodford 338, 8. Walthamstow 360, 9. Trent Park 419.

Women "A" 1. Barnet 12, 2. Orion 41, 3. VPH 50, 4. Trent Park 52, 5. Loughton 89, 6. E Manor 124, 7. Enfield 189, 8. Walthamstow 231.

Women "Vets" 1. Orion 49, 2. Barnet 57, 3. Trent Park 116, 4. Loughton 126, 5. E Manor 140, 6. VPH 203

League Positions After 4 Events.

Men "A" 1. Barnet 40, 2=. Walthamstow & Orion 32, 4=. Enfield & VPH 26, 6. Eton Manor 19, 7. Woodford 16, 8. Trent Park 14, 9. Loughton 11, 10. London Heathside 1.

Men "B" 1. Barnet 38, 2. Orion 37, 3. VPH 27, 4. Eton Manor 24, 5=. Enfield & Trent Park 21, 7. Walthamstow 20, 8. Loughton 14, 9. Woodford 8.

Men "Vets" 1. Barnet 40, 2. Orion 36, 3. E Manor 28, 4. Enfield 23, 5. Loughton 21, 6. Woodford 19, 7. Walthamstow 18, 8. VPH 16, 9. Trent Park 13, 10. London Heathside 1.

Women "A" 1. Barnet 40, 2. Orion 33, 3. Loughton 28, 4. VPH 25, 5. Eton Manor 22, 6. Trent Park 18, 7. Enfield 17, 8. Woodford 9, 9. Walthamstow 3.

Women "Vets" 1. Barnet 39, 2. Orion 36, 3. Eton Manor 29, 4. Loughton 27, 5. Trent Park 23, 6. VPH 14

Individual Positions After 4 Events.

Men 1. Richard Gamble 75, 2. Richard McCormick 71, ..4. Andy Kelleher 58, ...8. Adrian Mason 42

Women 1. Katherine Woods 30, 2. Helen Hoyle 26, 3. Karen Bradley 25, 4. Catherine Perry 16.

Men Vets 1. Richard Mc 30, 2. Andy K 25, (3. Paul Filler 18), 4. Adrian M 17, 5=. Keith T 12 & Des M 12.

North London Cross Country Championships. Wormwood Scrubs. 8th Nov.

Women 5K - Most people were away on a training weekend, but I decided to enter the 6km around Wormwood Scrubs and managed to finish 4th Vet. HH

12 Helen Hoyle V35 23.33

Men 8K

84 Francis Robinson V45 35.00 116 Tony Hamilton V60 39.55

North West London League, Hadley Woods, 15th Nov.

The club was asked to promote this fixture at very short notice and I'm am pleased to report that the response for help was superb. From officials to course markers to marshalls - well done everyone. There were 7 girls and 10 boys running and most had to contend with the hill. This is a tough course and again there were some very good performances. For the U11 boys Josh Derraji placed 7th and was well supported by Mark Smith 26th and Matthew Kos 27th. For the U13 boys Niall Fleming was 2nd with Tommy Bryant 17th, Owen Randall 22nd, Jack Welsh 31st and Liam Chilton 35th. The U15 boys saw a reversal of the first race with Ben Smith 29th and Matthew Henderson 31st. This could make for an interesting contest between these two. For the U11 girls we had 3 runners Charlotte Kennedy 9th, Kathryn Cunningham 14th and Sian Taylor running her first cross country in 21st place. For the U15 Girls Zante Wray 4th, Ruby Blevings 14th, Tessie Sarsfield 15th, and Hannah Sheridan 16th were our 4 runners. It was good to see Ruby making a welcome return to cross country races. Jim Neville

BU11, 1600m:

7 Josh Derraji 7-18
26 Mark Smith 8-43
27 Matthew Kos 8-48
Team: 7th

GU11, 1200m:

9 Charlotte Kennedy 6-05
14 Kathryn Cunningham 6-32
21 Sian Taylor 7-39
Team 5th

BU13, 2800m:

2 Niall Fleming 11-16
17 Tommy Bryant 12-51
22 Owen Randall 13-07
31 Jack Welsh 13-49
35 Liam Chilton 14-41
Team: 5th

GU15, 2800m:

4 Zante Wray 12-20
14 Ruby Blevings 14-23
15 Tessie Sarsfield 14-30
16 Hannah Sheridan 14-48
18 Nicola Wallis 15-22
Team: 3rd

BU15, 3200m:

29 Ben Smith 14-25
31 Matthew Henderson 14-49 Team: 8th

Trent Park Night Orienteering Event, 15th Nov.

Olive Course, 10 controls, 3.6 km

7 Steve Chilton 62-55

Bishops Stortford 10m, 16th Nov.

5	Darren Treadaway	57-13	279	Brigid Corless	83-35
50	Alun Johns	63-55	309	Theresa Wright	85-58
61	Nick Bingham	65-02	338	John Dugdale	88-50
74	Francis Robinson	65-50	415	Cate Scott	102-05

SEAA Veterans' Cross Country Champs. Hartsdown Park, Margate 16th Nov.

Vet 50+ Race (Approx. 9½K)

3	Dave Wilcock	33.37	20	Liam O'Hare	37.30
7	Tony Cousins	34.32	30	Reg Black	39.09
11	Des Michael	35.05	54	Ron Higgs 1 st 70 (3 rd 65)	43.55
17	Pete Marsh	36.42			

1. Barnet 21, 2. Brighton & Hove 31, 3. Invicta 39, 4. Crawley 62, 5. Barnet "B" 65, 6. Hardly Runners 71, 7. Medway 76, =8. Canterbury Harriers & Hillingdon A C 96, 10. Cambridge Harriers 97.

BMC Cross Country, Bristol 16th Nov.

Junior Race

10 Eileen Griffiths 16-12

Stevenage 5km Series (Race 1), 19th Nov.

Another win for Barnet, with Kath coming in 2nd in another new PB. It was good to see Karen Murphy back and running well too. Cath P and Lydia ran well too, as did Zanze and Philippa who were 1st and 2nd Juniors. **HH**

15	Simon Wells	17-31	108	Zanze Wray 1st Jun	20-59
43	Alun Johns	18-35	109	Jim Neville M55	20-59
47	Jamie March	18-46	115	Philippa Horton 2nd Jun	21-27
48	Kath Woods 2nd W	18-48	135	Lydia Bruce-Burgess	22-14
79	Alex Horton U17	19-53	141	Ted Kimber M60	22-22
84	Karen Murphy 7th W	20-03	143	Jane Day F35	22-29
93	Steve Allen M40	20-25	171	Penny Wylie F35	23-50
105	Cath Perry 12th W	20-49	181	Maureen Shirley F55	24-28

Ladies teams: 1 Barnet 21, 2 North Herts 23, 3 Garden City 44, 4 Barnet B 45, 5 Barnet C 81

London Cross Country Champs. Parliament Hill Fields 22nd Nov.

Richard Gamble had a great run in very wet conditions to finish 11th which is the best club placing since Adrian Mason's 12th place in 1988. **JA**

6 Miles

11	Richard Gamble	33.10	161	Sean Mitchell	44.33
31	Richard McCormick V40	34.59	180	Con Antoniou V60	47.02
73	Grant Ramsay	38.00	197	Tom McNamara	50.06
137	Francis Robinson V45	42.46	200	John Mould V55	50.31

Teams: 1 Highgate 26, 2 Kent 73, 3 Highgate B, 4 Heathside 96 13 Barnet 262 16 Shaftesbury 289

It was pleasing to have such a good turnout from the women, particularly on such an awful wet day. Lucy Blevings did her first Parly Hill and didn't suffer too badly! Kath came first for the club in 19th position, and Philippa had a great run. **HH**

3 miles

19	Kath Woods	21-06	48	Lydia Bruce-Burgess	23-03
25	Jane Laws	21-22	57	Kirsty Johnstone	23-56
30	Helen Hoyle	21-44	80	Lucy Blevings	27-04
43	Philippa Horton	22-48	83	Pippa Anderson	27-48
44	Cath Perry	22-50	86	Penny Antoniou	29-47

Teams: 1 Highgate 21, 2 Hillingdon 53, 3 London Heathside 61 6 Barnet 117. Shaftesbury - incomplete team.

Vets A C 6 Mile Cross Country. Wimbledon Common 22nd Nov.

16 Ted Kimber 1st V60 42.11 30 *Finished*

Last Friday of the Month 5K. Hyde Park 28th Nov.

29 th	Jane Laws W45	18.21		
126 th	Ted Kimber V60	21.35	(age graded 75.6%)	237 finished