

Goodrich Fell Race, Herefordshire, 6.5 miles 28th Aug.

1250ft Category BM

47 Steve Allen 57:15 8th V45 85 finished

Shelf Moor Fell Race, Glossop, Derbyshire, 5.9miles 5th Sept.

1500ft Category AS – English Championship counter

157 Steve Allen 64:44 202 finished (men only - separate Ladies race)

S.C. Vets Track & Field League Final. Battersea Park 5th Sept.

Having survived the traumas of road and rail closures, we arrived at Battersea to glorious Indian summer weather. This being the first time for the ladies, we expected the standards to be pretty high, a fact which was born out by the first race, when Jill did a PB in coming fourth. Nevertheless, the team produced some good performances, with Jill and Jane getting some firsts and others recording fastest times for the season. Had we been able to fill all the events we would have been more in contention, and in hindsight I might have juggled the available athletes slightly differently, but we live and learn. One thing was certain – we enjoyed the experience and we want to be back next year! So lets pull out all the stops for the four league matches next summer.

Helen Ewings

Women O50

100m	A	4	Jill Dinsmore	14.9	B	3	Carmel O'Brien	15.7
200m	A	4	Carmel O'Brien	31.9	O50		Karen Faloon	33.3
400m	A	3	Claire Read	70.6	B	6	Cate Scott	95.0
	O50	6	Theresa Wright	90.5	O60	4	Penny Antoniou	90.7
800m	A	1	Jane Laws	2-31.2	B	4	Theresa Wright	3-26.8
	O50	4	Karen Faloon	2-51.1				
1500m	A	4	Claire Read	5-28.7		4	Karen Faloon	5-54.1
	O60	5	Penny Antoniou	7-18.8				
3000m	A	2	Jane Laws	10-35.7	B	5	Bridget Corless	15-19.1
	O50	6	Maureen Shirley	14-52.0				
2000mW	A	5	Tiffany Stephens	13-35.3	O50	4	Brenda Harvey	14-32.9
HJ	A	2	Jill Dinsmore	1-40				
LJ	A	1	Jill Dinsmore	4-37	O50	4	Helen Ewings	2-38
TJ	A	1	Jill Dinsmore	9-23	O50	5	Helen Ewings	5-09
SP	A	3	Jill Dinsmore	7-57	O50	7	Helen Ewings	5-25
	O60	4	Penny Antoniou	6-30				
DT	A	7	Cate Scott	12-38	O50	6	Helen Ewings	16-08
HT	O50	7	Helen Ewings	11-87				
JT	A	3	Jill Dinsmore	20-37	O50	6	Helen Ewings	10-01
	O60	4	Penny Antoniou	13-62				
4x100m	4	63.1	Carmel, Claire, Tiffany, Jill					
MedRel	3	5-02.2	Carmel, Claire, Karen, Jane					

Team: 7th

Men

100m	40A	4	Ty Holden	13.0	40B	3	Dave Wilcock	13.3
	50	2	Ian Hay	13.4	60	4	Andrew Blackman	15.5
200m	40	4	Ty Holden	26.7	50A	1	Dave Wilcock	26.0
	50B	2	Ian Hay	27.4				
400m	40A	4	Ty Holden	59.5	40B	4	Adrian Mason	61.2
	50	1	Dave Wilcock	55.9	60	5	Ted Kimber	73.2
800m	40	2	Richard McCormick	2.08.3	50A	1	Dave Wilcock	2.06.6

50B	3	John Shirley	2.35.7				
1500m 40A	2	Richard McCormick	4.25.6	40B	2	Mel Parker	4.43.6
50	1	Dave Wilcock	4.33.7	60	3	Mike Sawyer	5.30.9
3000m 40	1	Adrian Mason	9.19.1	50A	2	Liam O'Hare	10.01.9
50B	2	Des Michael	10.29.5	60	2	Mike Sawyer	12.18.9
2000m 40	5	Costa Michael	11.05.4	40B	3	Steve Harris	12.29.0
50	4	Steve Chilton	12.46.3				
4x100m R	4	Ty/Ian/Clive Goddard/Dave				52.1	
Medley R	3	200Ty/Ian/400Keith Turner800Dave				4.17.1	
H.J. 40	3	Mel Parker	1.45	50	5	Bela Nagy	1.20
60	1	Steve Harris	1.25				
P.V. 40	5	Mel Parker	2.20	50	4	Bela Nagy	2.10
L.J. 40	3	Ty Holden	4.59	50	5	Ian Hay	4.25
60	3	Steve Harris	3.68				
T.J. 40	3	Bela Nagy	8.97	50	1	Ian Hay	10.36
S.P. 40	4	Ty Holden 7.26kg	8.39	50	3	Mike Bennett 6kg	9.76
60	5	Steve Harris 5kg	7.27				
D.T. 40	5	Mel Parker 2kg	22.73	50	2	Mike Bennett 1.5kg	31.98
H. T. 40	5	Patrick Smith 7.26kg	23.27	50	5	Mike Bennett 6.0kg	22.36
J.T. 40	5	Peter Rice 800gm	22.86	50	1	Mike Bennett 700gm	44.81
60	6	Steve Harris 600gm	15.22				

Teams. 1. Blackheath & Bromley 343, 2. Barnet 301, 3. Oxford City 285, 4. Havant 240, 5. Epsom & Ewell 238, 6. Hillingdon 220, (Eastbourne Rovers did not appear.)

Welwyn Garden City 10 Mile Road Race. 5th Sept.

It was a lovely day, but too hot for distance running. Most were 2 or 3 minutes down on expectations. All the more remarkable that James broke the hour (for the first time, I think) – and Matt Smith of Tipton set a new course record of 49:25. The results put the M70s down as M60; I think Ernie was 2nd M70. Mike Earthy isn't running competitively these days. Moto thrives on the heat.

Nick Bingham

17	James Taylor	59.27	118	Francis Robinson	V40	73.00
23	Grant Ramsay	61.45	233	Jo Campbell	24 th W	81.34
38	Jacqui Tarrant	4 th W 64.02	233	Jo Campbell	24 th W	81.34
52	Alun Johns	66.01	235	Marc Kos	V40	81.40
71	Phil Cunningham	67.56	259	Graham Barnett	V45	83.13
87	Motohiro Kawai	V45 69.43	280	Ernie Blackler	V70	84.45
88	Nick Bingham	V55 69.55	335	Pauline Lygo	V55 42 nd W	88.30
94	Mike Earthy	70.42	385	Roger Marven	V65	92.13
95	John Owen	V60 70.49	393	Tony Hamilton	V60	92.34
98	Karen Bradley	8 th W 70.59	478	Bryan Parkes	V60	101.45

In the Herts County Championships held in conjunction with this event, Karen Bradley was 3rd W35, John Owen 2nd V60 and Ernie Blackler 2nd V70. Jacqui, Karen and Jo were 1st team in the "Open" event. 540 Finished.

Southern Womens League, Kingston 11th Sept.

Senior

100m	5	Alex Gibson	14.1	3	Amy-Jo Bryant	14.3
800m	1	Kath Woods	2-22.7	2	Cath Perry	2-34.1
3000m	1	Jackie Tarrant	10-13.6	1	Lydia Bruce-Burgess	12-19.4
100mH	2	Jill Dinsmore	18.9			
400m	4	Cath Perry	66.1			
200m	5	Alex Gibson	29.2	4	Nicola Wallis	30.7
1500m	1	Kath Woods	5-03.9	2	Philippa Horton	5-20.9
4x100m	4	56.6				

PV	1	Louise White	2-40			
TJ	4	Jill Dinsmore	9-17			
SP	1	Louise White	9-72	2	Jill Dinsmore	7-53
LJ	4	Alex Gibson	4-59	4	Amy-Jo Bryant	4-08
HJ	2	Louise White	1-40	2	Jill Dinsmore	1-35
DT	4	Louise White	15-96	4	Nicola Wallis	14-13
JT	5	Louise White	21-66			

U15s

100m	4	Victoria Dixon	14.6	5	Florence Bryant	15.8
800m	2	Victoria Bryant	2-41.9	2	Hannah Sheridan	2-56.9
75mh	4	Ruby Blevings	15.0	3	Victoria Dixon	14.7
200m	5	Victoria Bryant	29.2	5	Florence Bryant	32.3
4x100m	5	60.0				
SP	4	Florence Bryant	5-36	4	Victoria Bryant	4-11
LJ	5	Ruby Blevings	4-26	4	Hannah Sheridan	3-79
HJ	3	Ruby Blevings	1-30	1	Hannah Sheridan	1-25

1 Kingston 211, 2 Walton 188, 3 Swindon 146, 4 Luton 129, 5 Barnet 109

Grunty Fen Half Marathon, 12th Sept.

5	Darren Treadaway	1:16:01		
63	Steve Allen	1:27:59 (PB)	4 th V45	574 finishers

Nottingham Robin Hood Marathon 12th Sept.

This is a race of two halves. The first half is round the streets of central Nottingham, on the north side of the River Trent. There are one or two hills, but nothing too bad, plenty of interest and spectators. The event is a combined marathon and half marathon. At 12½ miles the field splits. The marathon runners cross the river and move out into some flat and windy areas. You run around the National Water-sports Centre - a big area of open water - and alongside the Trent. The marathon had 929 finishers. The half marathon had nearly 6000 - so you suddenly feel a little bit lonely when the field splits and you are directed out into the country. The last finisher in the half marathon came home in a leisurely 4.52. I had a reasonable run till about 23 miles, then things got difficult and it was the old business of just hanging on.

John Owen

134. John Owen. V60 3.23.26. Age Graded 74.39%

(This will be a mark for all O/50 Marathon runners to aim at for the Laurie Forster Memorial Trophy 2004/5).

British Masters 10K Champs. Portsmouth 12th Sept.

Ron Franklin 4th V75 57.31

Middlesex County & Open 10K. Victoria Park. 12th Sept.

4 Jane Laws W45 37.13 (Jane was 3rd in the County Championship and 1st W45)

Civil Service Vets Champs. Battersea 13th Sept.

5000m 1 Tony Cousins V50 17.39.1

St. Albans Cross Country Relays. Westminster Lodge. 18th Sept.

Women 4 x 2.5 Mile

1A	5	Kath Woods	17.09	3A	9	Kim Henderson	20.51
2A	6	Karen Bradley	18.07	4A	8	Helen Hoyle	<u>20.41</u>
							76.48

1B 15 Kim Sturgess 21.13

Teams. 1. Highgate 64.49, 2. Shaftesbury 66.04, 3. Bedford & County 67.10, 4. Highgate B 71.40

Men 6 x 2.5 Mile

1	Tony Hamilton	20.08	4	Francis Robinson	18.16
2	Mel Parker	15.51	5	Brian Strong	22.02
3	Martyn Rowe	17.08	6	24 Steve Hewitt	21.36

Teams. 1. Harrow 86.53, 2. London Heathside 87.07, 3. Ealing Southall & Mx 88.32, 4. St Albans S 90.32
 24. Barnet 1.55.21

Club Champs, Hemel Hempstead, 19th Sept.**70m**

GU11	1	Alice Grist	11.2	CR	2	Emma Sheridan	11.7
	3	Katie Barber	12.5		4	Emma Kos	12.8
	5	Rebecca Bradley	14.4				

100m

GU13	1	Sian Taylor	15.2		2	Carleen Francis	16.0
	3	Alison Rayner	17.2				
GU15	1	Jordan Smith	14.8		2	Louise Rayner	14.9
VL	1	Jill Dinsmore	14.9		2	Carmel O'Brien	15.6
	3	Lou Pantelli	16.3		4	Cate Scott	19.3
	5	Helen Ewings	20.3				
BU17	1	Stephen Rayner	12.6				
SM	1	Jeremy Arnold	12.8				
VM	1	Ty Holden	12.9				

150m

GU11	1	Alice Grist	24.0	CR	2	Katie Barber	25.2
	3	Emma Kos	27.9				
BU11	1	Matthew Kos	24.8		2	Jamie Dinsmore	28.9

200m

GU13	1	Victoria Bryant	29.9		2	Carleen Francis	33.8
GU15	1	Louise Rayner	30.1		2	Jordan Smith	30.5
GU17	1	Nicola Wallis	30.4				
VL	1	Carmel O'Brien	31.9		2	Cate Scott	40.3
BU13	1	George Fuller	30.3				
BU15	1	Charlie Muir	27.9		2	Owen Randall	35.4
BU17	1	Stephen Rayner	25.7				
SM	1	Jeremy Arnold	26.9				
VM	1	Ty Holden	26.5				

400m

SL	1	Cath Perry	66.4				
VL	1	Jill Dinsmore	71.7		2	Carmel O'Brien	76.8
BU15	1	Ben Smith	63.2				

600m

GU11	1	Katie Barber	2-06.7	CR	2	Alice Grist	2-15.7
	3	Rebecca Bradley	2-38.1				

800m

GU13	1	Victoria Bryant	2-45.1		2	Charlotte Kennedy	3-04.4
GU15	1	Hannah Sheridan	2-51.0				
GU17	1	Nicola Wallis	2-40.8				
JL	1	Philippa Horton	2-32.9				
SL	1	Cath Perry	2-29.1				
BU15	1	Ben Smith	2-36.9		2	Matthew Bidmead	3-02.2
SM	1	Chi Kin-Tsang	2-33.5				

1500m

GU15	1	Tessie Sarsfield	6-09.0				
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BU15	1	Owen Randall	5-08.9			
JUN	1	Alex Horton	4-54.1			
Mile						
SEN	1	Marc Kos	6-31.4			
VM	1	Jim Neville	5-58.6			
3000m						
GU17	1	Zanthe Wray	12-13.9			
VL	1	Karen Bradley	11-30.9			
VM	1	Jim Neville	12-01.2			
70mH						
BU13	1	Niall Fleming	15.3	2	George Fuller	15.4
75mH						
GU15	1	Ruby Blevings	14.9			
HJ						
GU11	1	Emma Sheridan	1-10	CR		
GU15	1	Hannah Sheridan	1-25	2	Ruby Blevings	1-25
BU13	1	Niall Fleming	1-25			
LJ						
GU11	1	Emma Sheridan	2-90	2	Emma Kos	2-51
GU13	1	Charlotte Kennedy	3-33	2	Alison Rayner	2-40
GU15	1	Ruby Blevings	4-07	2	Jordan Smith	3-89
	3	Hannah Sheridan	3-80	4	Louise Rayner	3-31
BU11	1	Matthew Kos	3-13			
BU13	1	Mark Smith	3-28			
BU15	1	Ben Smith	4-21	2	Michael Hammond	2-84
	3	Owen Randall	2-81			
TJ						
VL	1	Jill Dinsmore	9-07			
BU15	1	Charlie Muir	8-48			
SP						
GU15	1	Rochelle Roach	9-04			
VL	1	Jill Dinsmore	7-43	2	Cate Scott	4-51
BU11	1	James Dinsmore	4-09			
BU13	1	Mark Smith	4-99			
BU17	1	Sam Rice	7-92	2	Stephen Rayner	7-87
SM	1	Jeremy Arnold	8-20			
VM	1	Ty Holden	8-20	2	Peter Rice	8-13
	3	Pat Smith	7-34			
DT						
GU13	1	Amy Rice	7-93			
GU15	1	Rochelle Roach	9-37			
VL	1	Helen Ewings	17-00	2	Cate Scott	11-70
BU17	1	Sam Rice	20-90			
SM	1	Jeremy Arnold	25-15			
VM	1	Pat Smith	20-15	2	Peter Rice	19-27
JT						
VL	1	Jill Dinsmore	19-81	2	Helen Ewings	10-87
	3	Cate Scott	8-76			
BU11	1	Jamie Dinsmore	8-61			
BU17	1	Sam Rice	25-42			
SM	1	Jeremy Arnold	20-03	2	Marc Kos	19-26
VM	1	Steve Chilton	26-70	2	Peter Rice	23-52
HT						

GU15	1	Rochelle Roach	27-29	CR
VL	1	Cate Scott	9-30	
VM	1	Pat Smith	23-96	

S. of England Vets Road Relay Champs. Rushmore Arena, Aldershot 25th Sept.

Regrettably we had only one team competing this year that was the over 50's who kept up the tradition of Barnet being in the medals! There was not much to separate the first three teams, then a large gap of over two minutes before the 4th team finished. Oxford were in the lead for three legs, Brighton moved ahead on the last leg but despite Dave taking 44 seconds out of the Oxford man, could not catch him. Dave was the 5th fastest with Nigel Gates being fastest with 19.15. Well done, a good team effort. **JA**

Men O/50 4 x 6000m

2	Liam O'Hare	21.30	3	Des Michael	21.15
2	Tony Cousins	21.26	3	Dave Wilcock	20.49

1. Brighton & Hove 84.40, 2. Oxford City 84.43, 3. Barnet 85.00, 4. Portsmouth 87.41, 5. S London 88.31, 6. Invicta 88.40, 7. Aldershot F & Dist. 89.20

Herts County Pentathlons, Watford 25th Sept.

BU15

3	Tommy Bryant	1535						
Hurd	17.77	212	SP	7-12	314	LJ	4-70	326
HJ	1-36	290	800m	2-24.36	393			

GU15

6	Ruby Blevings	1648						
HJ	1-33	439	SP	5-33	229	Hurd	16.2	314
LJ	3-88	281	800m	2-57.9	385			
8	Hannah Sheridan	1461						
HJ	1-24	350	SP	5-91	266	Hurd	18.5	180
LJ	3-51	202	800m	2-50.1	463			

Great North Run, 26th Sept.

Kim Henderson 1-57

North West London League, Perivale 2nd Oct.

The first league race for young athletes saw some fine performances across the age groups. Niall and Zante both won their races in style, with Victoria coming second and Katie and Kath both 5th. As stand-in team manager two things impressed me particularly – the support of the many parents that were there, and the mutual support of the athletes for each other when watching the races. **Steve Chilton**

GU11 1200m

5 Katie Barber 5-48

Team: 5th

GU13 2200m

2 Victoria Bryant 8-28

20 Charlotte Kennedy 10-12

Team: 5th

GU15 2800m

16 Hannah Sheridan 12-54

21 Tessie Sarsfield 13-24

Team: 9th

GU17 4000m

1 Zante Wray 15-48

5 Kath Henderson 17-05

10 Nicola Wallis 17-56 Team: 2nd

BU11 2200m

14 Michael Roscoe 10-07

Team: 5th

BU13 2800m

1 Niall Fleming 9-59

22 Jack Welsh 11-57

25 Josh Deraji 12-05

Team: 5th

BU15 4000m

14 Owen Randall 14-59

21 Ben Smith 16-28

22 Matthew Bidmead 16-49

Team: 6th

Vets A.C. 5.6 Mile Cross Country. Wimbledon Common 2nd Oct.

Ted Kimber 1st V60

45.01

Standalone 10K Road Race. Hitchin 3rd Oct.

Not an official club fixture, but the women decided to go for it anyway. The scoring team of Jo, Katherine, Karen and Helen actually won second Herts team, although due to an admin. error, this wasn't acknowledged on the day. I spoke to the Chairman of Fairlands, Richard Harbon, and his wife Jo, the women's captain. They promised they'd do something but we still haven't seen the medals. **Helen Hoyle**

22	Des Michael	2 nd V50	35.33	246	Helen Hoyle	30 th W	43.50
31	Alun Johns		36.24	268	Jamie March		44.33
69	Martyn Rowe		38.42	312	John Fuller	V55	45.42
83	Katherine Woods	9 th W	39.09	367	Peter Redshaw	V40	47.10
95	Steve Allen	V45	39.50	464	Stephen Hewitt	V50	49.17
103	Joanne Kent	11 th W	40.05	473	Ernie Blackler	3 rd V70	49.24
119	Karen Bradley	16 th W	40.39	483	Claire Simpkins	69 th W	49.41
123	Francis Robinson	V45	40.49	488	Brian Strong	V65	49.51
135	John Owen	3 rd V60	41.18	668	Ron Franklin	5 th V70	55.54
160	Jim Neville	4 th V60	41.55	779	Catherine Scott	185 th W	60.51
				857	Finished		

Teams. Women 1. Garden City Runners 32, 2. North Herts Road Runners 51, 3. Barnet 66.

Men 1. Garden City Runners 57, 2. St Albans S 115, 3. N Herts Road R 129... 8. Barnet 203.

Finch Coasters Tough Ten Mile Trail race, Bracknell, 3rd Oct.

8 Tony Cousins 1st M50 60-44

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

This was a very dark night at Eastway; I'm not sure of the meteorological reasons ... Jacqui had an excellent run, as did Philippa.

1	Richard McCormick	V40	15.58	83	Karen Bradley	V35 5 th W	20.11
4	Adrian Mason	V40	16.50	88	Catherine Perry	6 th W	20.16
8	Dave Wilcock	V50	17.04	94	John Owen	V60	20.44
14	Grant Ramsay		17.25	100	Helen Hoyle	V35 8 th W	20.53
20	Des Michael	V50	17.44	126	Kirsty Johnstone	V40 15 th W	22.02
25	Jacqui Tarrant	2 nd W	17.59	135	Pauline Michael	V40 19 th W	22.14
33	James Parker		18.20	143	Steve Chilton	V50	22.26
34	Martyn Rowe		18.21	176	Claire Simkins	38 th W	24.21
41	Phil Cunningham	Gst	18.43	185	Pippa Anderson	V45 41 st W	24.49
42	Alex Horton	U20	18.43	187	Stephen Hewitt	V50	24.50
78	Phillippa Horton	U20 4 th W	19.59	191	Mike Terry	V55	25.28
80	Francis Robinson	V45	20.01	213	Catherine Scott	V45 56 th W	29.26
				217	Finished including 59 women		

Men "A" 1. Orion 72 (10), 2. Barnet 80 (9), 3. Enfield 174 (8), 4. VPH 180 (7), 5. Trent P 190 (6), 6. Walthamstow 268 (5), 7. Eton Manor 280 (4), 8. Woodford 283 (3), 9. Loughton 451 (2).

Men "B" 1. Orion 289 (10), 2. VPH 440 (9), 3. Enfield 474 (8), 4. Trent P 497 (7), 5. Barnet 580 (6), 6. E Manor 860 (5), 7. Loughton 930 (4), 8. Walthamstow 1088 (3), 9. Woodford 1253 (2).

Vet Men 1. Orion 205 (10), 2. Barnet 207 (9), 3. E Manor 396 (8), 4. Enfield 474 (7), 5. Trent P 555 (6), 6. VPH 565 (5), 7. Loughton 622 (4), 8. Woodford 821 (3), 9. Walthamstow 848 (2).

Women 1. Barnet 500 (10), 2. Trent P 672 (9), 3. Orion 675 (8), 4. VPH 675 (7), 5. Loughton 1018 (6), 6. Eton Manor 1043 (5), 7. Enfield 1081 (4).

Women Vets 1. Orion 786 (10), 2. Barnet 841 (9), 3. Trent P 957 (8), 4. VPH 991 (7), 5. E Manor 1081 (6), 6. Loughton 1085 (5).

Surrey League Div IV at Epsom Downs. 9th Oct.

Liam O'Hare 3rd in 33:23

London City Runner Metropolitan League. Ruislip 9th Oct.

Both the weather and conditions were kind to us for the momentous Met League debut. The ground at Ruislip was actually quite hard, despite the leaves. We had an excellent afternoon, with some pleasing results. The only downer was that Cath P didn't make it to the start in time. Jo and Katherine both ran extremely well, as did Philippa. I was happy with my race after such a long period of injury. Most of us really enjoyed the shorter race, except Lydia, who had just warmed up when she reached the finish line! It was great to run in a women's race, and then have the chance to heckle the men around their tough 5mile course!

Helen Hoyle

Women

14	Jo Kent	V35	17.31	63	Lydia Bruce-Burgess	20.19
17	Katherine Woods		17.34	78	Pauline Michael	V40 21.07
33	Phillippa Horton	U20	18.42	95	Pippa Anderson	V45 22.08
45	Helen Hoyle	V35	19.07	123	Finished	

Teams. 1. Highgate 656, 2. Hillingdon 598, 3. Met Police 569, 4. L Heathside 531, 5. Woodford 502, 6. Garden City R 495, 7. Barnet 494, 8. Ealing 469.....20 teams competed.

Vets 1. Highgate 162, 2. L Heathside 148, 3. Garden City R 116, 4. Barnet 108,11 teams competed.

Men

77	Keith Turner	V40	31.50	179	John Owen	V60 37.16
115	Alex Horton	U20	33.34	196	Steve Chilton	V50 38.30
140	Jamie March		35.02	210	Tom McNamara	40.18
158	Sean Mitchell		35.43	231	Finished	

Teams. 1. L Heathside 2304, 2. Hillingdon 2103, 3. Ealing 2032,.....15. Barnet 556. 22 teams competed

Vets 1. L Heathside 593, 2. Hillingdon 549, 3. Woodford 498,..... 12. Barnet 150. 18 teams competed.

Cancer Research 10k, Hatfield House, 10th Oct.

This wasn't a club fixture, but a great race. The Queenswood Dreamteam were out in force; 22 Queenswood Schoolstaff; runners and walkers of all standards. We have started racing to raise cash for Cancer Research since a colleague died in July, and interest is growing. (Denise Copeman is also a founder member!!) The course on the 10th was undulating and scenic. It has to be mentioned that 2 guest runners; Sean Mitchell and Phil Cunningham also participated. Sean actually led the field for the first half mile, with Phil in pursuit. I was pleased to finish 4th woman overall, knocking a minute off my 10k time at Standalone the week before. Phil was pleased to finish 4th man overall, but not by the fact that he was beaten by one woman!! We retired to the Cock of the North for a hearty lunch.

Helen Hoyle

Ridgeway Run. Tring 10th Oct.

99	Rodger Thompstone	V50	1.12.07	334	Pauline Lygo	V55 1.28.14
266	Simone Kimberley	V40	1.23.30	394	Brenda Harvey	V55 1.30.27

Kingston Road Festival. Surrey 10th Oct.

Katherine Woods won the 8.2 Mile event in 53.05 and Grant Ramsay placed 3rd in the 16 Mile in 93.14.

Kuts v. Chataway 50th Anniversary 5000m. Kingston 13th Oct.

To celebrate the 50th anniversary of this epic race held at London's White City when Chris Chataway set a World Record of 13m.51.6s. when beating Vladimir Kuts, Thames Hare & Hounds A C (Chataway's Club) promoted two handicap races over that distance. The fastest time in the 1st race, which was for Veterans and Women was recorded by Liam O'Hare V56 in 17.28 to Chris Chataway's V73 time of 22.19. Dave Moorcroft V50 a former holder of the world record (13.00.41) and Chief Executive of UK Athletics recorded a time of 21.01 in the 2nd race. **Note 1.** Dave M's British record set in Oslo 7th July 1982 still stands after 22 years! **Note 2.** I was cheering in the crowd on 13.10.54.

John Atkinson

Chingford League 6 Mile Cross Country. Loughton 16th Oct.

The course was extremely dry compared with recent experiences (2000 comes to mind), and as long as ever. This suited Karen, who ran well and would have preferred an even longer course! It is pleasing that as well as prioritising the Met League, we are still fielding strong Chingford teams. After 2 races we stood in first position in both the Senior and Vet competitions.

				Helen Hoyle			
1	Richard McCormick	V40	35.02	67	Harvey Khaihra	V50	43.51
2	Grant Ramsay		35.59	78	Helen Hoyle	V35 4 th W	44.49
6	Adrian Mason	3 rd V40	36.40	83	John Owen	V60	45.08
9	James Taylor		37.24	107	Catherine Perry	10 th W	46.15
11	Costa Michael	V40	37.32	121	Phil Cunningham	V40 Gst	47.34
17	Dave Wilcock	1 st V50	38.02	126	Ron Higgs	1 st V70	48.17
19	Des Michael	2 nd V50	38.08	133	Kirsty Johnstone	V40 17 th W	48.44
33	Martyn Rowe		40.04	137	Karen Faloon	V55 20 th W	49.39
40	Simon Wells	Gst	40.56	145	Ted Kimber	V60	50.21
54	Karen Bradley	V35 3 rd W	42.20	164	Tom McNamara		53.21
64	Francis Robinson	V45	43.15	168	Lucy Blevings	35 th W	54.04
				200	Finished (inc 140men 51 women & 9 Guests)		

Men "A" 1. Barnet 46 (10), 2. Orion 101 (9), 3. Woodford 112 (8), 4. Trent P 208 (7), 5. Enfield 210 (6), 6. E Manor 258 (5), 7. VPH 350 (4), 8. Walthamstow 377 (3), 9. Loughton 398 (2), 10. London Heathside 992 (1).

Men "B" 1. Orion 209 (10), 2. Barnet 392 (9), 3. Trent P 586 (8), 4. Loughton 680 (7), 5. W'ford 686 (6), 6. Enfield 755 (5), 7. VPH 780 (4), 8. Eton Manor 807 (3), 9. Walthamstow 1081 (2).

Men Vets 1. Orion 102 (10), 2. Barnet 118 (9), 3. W'ford 136 (8), 4. E Manor 332 (7), 5. Enfield 441 (6), 6. Loughton 476 (5), 7. Trent P 525 (4), 8. Walthamstow 682 (3), 9. VPH 751 (2).

Women 1. Orion 666 (10), 2. Barnet 677 (9), 3. Trent P 732 (8), 4. VPH 826 (7), 5. Loughton 873 (6), 6. Enfield 986 (5), 7. Eton Manor 1054 (4).

Women Vets 1. Barnet 784 (10), 2. Orion 839 (9), 3. Trent P 902 (8), 4. Loughton 1004 (7), 5. VPH 1082 (6), 6. Eton Manor 1082 (5), 7. Enfield 1102 (4).

After 2 Races

Men "A" 1= Barnet & Orion 19, 3= Trent P & Enfield 14, 5. Woodford 11, 6. VPH 10, 7. E Manor 9, 8. Walthamstow 8, 9. Loughton 4, 10. London Heathside 1.

Men "B" 1. Orion 20, 2. Trent P 16, 3. Barnet 15, 4. Enfield 14, 5= Loughton & VPH 11, 7= Woodford & Eton Manor 8, 9. Walthamstow 5.

Men Vets 1. Orion 20, 2. Barnet 18, 3. E Manor 15, 4. Woodford 11, 5. Trent P 10, 6. Loughton 9, 7. Enfield 6, 8. VPH 7, 9. Walthamstow 5.

Women 1. Barnet 19, 2. Orion 18, 3. Trent P 17, 4. VPH 14, 5. Loughton 12, 6= Enfield & E Manor 9.

Women Vets 1. Orion 20, 2. Barnet 18, 3. Trent P 17, 4= Loughton & VPH 14, 6. E Manor 11, 7. Enfield 4.

Surrey Vets Cross Country Championship (5 mile) Richmond Park 16th Oct.

Liam O'Hare 1st V55 38.14

Furzefield 10K Road Race. Potters Bar 17th Oct.

2	Costa Michael	V40	34.37	64	Sue Hamblin	V35	49.44
9	Joanne Kent	1 st W V35	37.29	67	Bernard Minsky	V50	50.29
43	Tony Hamilton	1 st V60	44.40	70	Kate Rea	V45	50.51
45	Pauline Michael	4 th V45	45.29	77	Karen Murphy (6mon Pregnant)		52.31
62	Colin Liddiard	5 th V50	49.05				

Abingdon Marathon. Oxfordshire 17th Oct.

Well done to Jane who had a great run moving in to top spot on our Club Ranking list for women. This was her fastest time and puts her in 2nd position in this years National Rankings for a V45. Jane also was placed 2nd in the Middlesex County Champs which were held in conjunction with this race. Nick also had a good run despite having a bad time around about the 19 mile mark. (Age Graded Jane 84.64% Nick 77.91%)

35 Jane Laws 2nd W 1st V 2.58.29 90 Nick Bingham V55 3.12.3

Cabbage Patch 10 Mile Road Race. Hampton, Middx. 17th Oct.

38 Mike Stapleton V45 58.39 Age Graded 80.65% 1173 Finished

Croydon 10K. 17th Oct.

571 Ron Franklin 1st V70 56.18 874 Finished

Fleet 10km, 17th Oct.

10 Tony Cousins 1st M50 36-36

Liddiard Trophy 5 Mile Cross Country. Kingsbury 23rd Oct.

61 John Owen V60 35.43

Club Road Handicaps. Clubhouse 24th Oct.

Young Athletes		1 Mile	Actual Time		
1	Pheobe Norris-Taylor		11.22	11.22	
2	Niall Fleming		12.13	5.53	
Seniors		5½ Miles			
1	Sean Mitchell		44.51	36.21	4 th Fastest
2	Martyn Rowe		45.51	33.21	1 st
3	Con Antoniou	V60	45.53	39.53	8 th
4	Barry Cook	V55	46.25	36.55	6 th
5	Francis Robinson	V45	46.27	36.27	5 th
6	Tony Hamilton	V60	46.38	40.53	11 th
7	John Mould	V55	46.51	40.21	9 th
8	Matthew Doughty	V55	46.55	38.25	7 th
9	Peter Redshaw	V40	47.13	41.13	12 th
10	Dave Candy		47.38	34.23	3 rd
11	Bob Taylor	V55	48.06	47.06	15 th
12	James Taylor		48.06	33.36	2 nd
13	Brian Strong	V65	48.24	44.54	14 th
14	Marc Kos	V40	48.41	40.41	10 th
15	Ron Franklin	V75	51.15	51.15	16 th
16	Bernie Hercock	V65	51.30	44.30	13 th

Last Friday of the Month 5K Road Race. Hyde Park 29th Oct.

Ted Kimber V60 22.30

London City Runner Metropolitan League. Claybury, Woodford Bridge 30th Oct.

I was really sorry to miss this race – due to my father's 70th birthday celebration up in the Lakes, but don't think I've been forgiven for missing my cousin's wedding two years ago for a Chingford League fixture! It was great to have such back up from Steve Chilton (the team manager's manager) and John Atkinson. The team had another really excellent, enjoyable day – some good running and results. Jo had an impressive race, Philippa ran well too. Katherine was frustrated by getting boxed in at the start, but still performed well. Well done also to Pauline, Lucy, Pippa and Claire.

Helen Hoyle

Women 4K

11	Joanne Kent	4 th V	16.36	83	Pauline Michael	V40	20.59
21	Katherine Woods		17.16	90	Lucy Blevings		21.08
36	Phillippa Horton	U20	18.05	97	Pippa Anderson	V45	22.21
54	Catherine Perry		19.08	104	Clare Simkins		23.01
				118	Finished		

Teams. 1. Highgate 642, 2. L Heathside 561, 3. Met. Police 536,... 9. Barnet 419 21 Teams finished.

Vets. 1. L Heathside 144, 2. Highgate 131, 3. Woodford 101, 4. Shaftesbury 98, 5. Barnet 83, 14 finished

Teams after 2 races.

Senior 1. Highgate 1298, 2. L Heathside 1092, 3. Hillingdon 1084,7. Barnet 913 22 Teams
Vets 1. Highgate 293, 2. L Heathside 292, 3. Hillingdon 186, 4. Barnet 171 16 Teams

Men 8K

24	Richard Gamble		28.28	175	Francis Robinson	V45	34.35
52	Costa Michael	V40	29.28	183	Jamie March		35.05
73	Keith Turner	V40	30.24	208	Steve Chilton	V50	36.37
138	Alex Horton	U20	33.16	216	John Owen	V60	36.59
169	Sean Mitchell		34.24	274	Ron Franklin	V75	50.02

Teams. 1. L Heathside 2803, 2. Woodford 2762, 3. Ealing 2502,.....15. Barnet 1238, 22 Teams finished
Vets 1. L Heathside 663, 2. Woodford 626, 3. Hillingdon 610,....7. Barnet 360 20 Teams finished

Teams after 2 races.

Senior 1. L Heathside 5107, 2. Woodford 4597, 3. Ealing 4534,.....15. Barnet 1794 22 Teams
Vets 1. L Heathside 1256, 2. Hillingdon 1159, 3. Woodford 1124,...8. Barnet 510 20 Teams

Run Barnet Ragged 10K Trent Park 31st Oct.

15	Marc Kos	V40	46.55	49	Colin Liddiard	V55	51.01
26	David Sheridan		49-28				

Ricky 9. Rickmansworth. 31st Oct.

42	Nick Bingham	2 nd V50	59.54	232	Pauline Lygo	1 st W55	72.40
				402	Finished		

Chingford League 5K Road Race. Eastway 2nd Nov.

A much lighter night at Eastway made the conditions a little easier. Karen had a good run, as did Philippa. Cath P narrowly missed dipping under 20 minutes, but still ran well. She vows that when she does, she'll never do Eastway again! The evening was marred by another theft – this time Claire's wallet, so PLEASE DON'T LEAVE ANY VALUABLES around at Eastway!!

								Helen Hoyle
2	Richard McCormick	1 st V	15.51	80	Julian Bradley		19.56	
3	Richard Gamble		16.12	83	Catherine Perry	5 th W	20.05	
8	Andy Kelleher	V40	16.34	87	Helen Hoyle	V35 6 th W	20.17	
15	Dave Wilcock	1 st V50	16.58	89	Steve Chilton	V50	20.22	
19	Des Michael	2 nd V50	17.31	115	Kirsty Johnstone	V40 12 th W	21.29	
26	Alun Johns	Gst	17.43	118	Lydia Bruce-Burgess	14 th W	21.36	
27	Martyn Rowe		17.45	126	Jane Day	V35 17 th W	21.51	
32	Alex Horton	U20	18.03	127	John Mould	V55	21.52	
36	Phil Cunningham	Gst	18.13	139	Ted Kimber	V60	22.19	
63	Francis Robinson	V45	19.30	161	Clair Simkins	34 th W	23.22	
66	Karen Bradley	V35 3 rd W	19.36	177	Pippa Anderson	V45 37 th W	24.29	
69	John Shirley	V55	19.40	183	Mike Terry	V55	25.04	
72	Harvey Khaihra	V50	19.44	185	Maureen Shirley	V55 43 rd W	25.15	
75	Phillippa Horton	U20 4 th W	19.49	200	Ron Franklin	V75	28.20	
77	Steve Allen	V45	19.51	205	Finished including 58 women			

Men "A" 1. Barnet 75, 2. Orion 79, 3. Walthamstow 177, 4. Trent P 183, 5. Eton M 209, 6. Enfield 249, 7. VPH 252, 8. Loughton 380, 9. Woodford 666.

Men "B" 1. Orion 192, 2. Barnet 393, 3. Eton M 488, 4. VPH 521, 5. Trent P 522, 6. Loughton 863, 7. Enfield 873, 8. Walthamstow 882.

Men Vets 1. Orion 106, 2. Barnet 176, 3. Eton M 349, 4. Trent P 399, 5. Enfield 412, 6. Loughton 540, 7. VPH 685, 8. Walthamstow 878, 9. Woodford 991.

Women 1. Barnet 544, 2. Trent P 661, 3. Orion 796, 4. Loughton 820, 5. VPH 885, 6. Enfield 1010, 7. Eton Manor 1031.

Women Vets 1. Barnet 756, 2. Trent P 899, 3. Loughton 971, 4. Orion 996, 5. VPH 1058, 6. Eton M 1116, 7. Enfield 1154.

After 3 Races

Men "A"	1. Barnet 29, 2. Orion 28, 3. Trent P 21, 4. Enfield 19, 5. Walthamstow 16, 6. Eton M 15, 7. VPH 14, 8. Woodford 13, 9. Loughton 7, 10. London Heathside 1.
Men "B"	1. Orion 30, 2. Barnet 24, 3. Trent P 22, =4. Enfield & VPH 18, =6 Loughton & Eton M 16, =8. Woodford & Walthamstow 8.
Men Vets	1. Orion 30, 2. Barnet 27, 3. Eton M 23, 4. Trent P 17, 5. Loughton 14, 6. Woodford 13, 7. Enfield 12, 8. VPH 11, 9. Walthamstow 8.
Women	1. Barnet 29, =2. Orion & Trent P 26, 4. VPH 20, 5. Loughton 19, 6. Enfield 14, 7. Eton M 13.
Women Vets	1. Barnet 30, 2. Orion 25, 3. Trent P 26, 4. Loughton 22, 5. VPH 20, 6. Eton M 16, 7. Enfield 8

Stevenage Half Marathon. 7th Nov.

54	Clare Read	6 th W	1.27.38	763	Finished
404	Pauline Lygo	W55	1.51.08		

Regents Park 10K. 7th Nov.

Mike Stapleton	1 st V	35.37
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Civil Service Cross Country Champs, Solihull, 10th Nov.

41	Tony Cousins	2 nd M50	3 rd scorer in winning M.O.D. vets team
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North London Cross Country Championships. Trent Park 13th Nov.

We had an excellent turn out on a beautiful cold, clear day; ideal for cross country. Brian briefed us on the RISKS of the course then we were off!! Jo had another good run, as did Kath, Lydia (who is looking fitter and meaner than ever), and Kirsty. It was very pleasing to see Fiona Hunt out, as well as Nicola making a debut at cross country racing. She did really well and is now becoming a regular! Karen didn't enjoy the race or the course, although she put on another good performance. It was good to see Jo placed third vet overall, and that we won the Vets, but frustrating that we just missed out on third team position. Well done to all who ran and marshalled. I think we had great afternoon.

Helen Hoyle

Women 6000mtrs.

5	Joanne Kent	3 rd V35	24.47	30	Kirsty Johnstone	V40	28.46
9	Katherine Woods		25.22	38	Nicola Froud		31.05
17	Karen Bradley	V35	26.06	42	Fiona Hunt		31.36
25	Helen Hoyle	V35	27.50	45	Pippa Anderson	V45	31.51
26	Lydia Bruce-Burgess		28.13	46	Clare Simkins		32.24
				56	Finished		

Teams 1. Highgate 28, 2. Hillingdon 30, 3. Serpentine 56, 4. Barnet 56, 5. Enfield 82, 6. TVH 87, 7. Hillingdon "B" 108, 8. L Heathside 110, 9. Serp "B" 135, 10. Barnet "B" 136, 11. Serp "C" 196.
Vets. 1. Barnet 16, 2. Serpentine 22, 3. Barnet "B" 38, 4. L Heathside 43, 5. Serpentine "B" 66.

Men 8000mtrs.

2	Richard McCormick	1 st V	26.35	67	John Shirley	V55	33.12
8	Richard Gamble		27.06	77	Jamie March		33.51
12	Grant Ramsay		27.32	83	Eddie King	V50	35.07
25	Mel Parker	V40	29.08	95	Steve Chilton	V50	37.12
51	Liam O'Hare	V55	31.03	96	Andy Welsh	V50	37.19
63	Sean Mitchell		32.28	102	Tony Hamilton	V60	38.03
64	Francis Robinson	V45	32.34	109	Collin Liddiard	V50	41.42
				114	Finished		

Teams 1. L Heathside 94, 2. Hillingdon 138, 3. Serpentine 168, 4. Barnet 175, 5. Ealing 210, 6. VPH 246, 7. L Heathside "B" 248, 8. Highgate 262,11. Barnet "B" 500, 13 Teams finished.

Vets 1. L Heathside 18, 2. Hillingdon 31, 3. Barnet 47, 4. L Heathside "B" 49, 5. Ealing 97, 6. Hill "B" 109, 7. Serpentine 109, 8. Barnet "B" 149, 9. QPH 166, 10. Hillingdon "C" 182, 11. Serpentine "B" 187.

St. Neots Riverside Half Marathon. Cambridgeshire 14th Nov.

Jane Laws (V45) had another brilliant run when she finished 2nd Woman and 1st Vet in 31st position in a time of 1.21.36 88.58% on age grading. The 2nd Vet was who was a V35 was a further 4 minutes and twenty seconds behind Jane! Following not so close behind was Keith Turner (V40) in 224th recording 1.34.25 giving him 87.37% on age grading.

S.C.V.A.C. Vets Pentathlon Champs. Thames Valley Indoor Centre, Eton 14th Nov.

Congratulations to Roger Bruck in winning the O/65 category when he set up a new record of 3,121 points, made up of 60m Hurdles 410, Long Jump 644, Shot Put 676, High Jump 723 and 60m 668.

SEAA Vets Cross Country Championships. Margate 14th Nov.

Champions again. Our over 50's retained their title of Southern Vets Champions!

Men O/50 9.5K

2	Dave Wilcock	34.32	7	Tony Cousins	35.30
3	Des Michael	34.34	11	Liam O'Hare 3 rd V55	36.28

Teams. 1. Barnet 12, 2. Invicta E Kent 30, 3. Medway & Maidstone 35, 4. Thames Hare & Hounds 60, 5. Canterbury 69

Stevenage 5km series (race 1), 16th Nov.

13	Andy Kelleher M40	16-55	120	Philippa Horton JUN	19-59
21	Des Michael M50	17-17	134	Steve Chilton M50	20-25
33	Alun Johns	17-45	142	Reg Black M50	20-38
50	Martin Rowe	18-08	172	Jane Day W35	21-37
73	Alex Horton JUN	18-44	188	Jim Neville M60	22-03
76	Kath Woods	18-49	194	Ted Kimber M60	22-14
83	Jo Kent W35	18-56	196	Karen Faloon W55	22-15
91	Jamie March	19-13	218	Nicola Froud W35	23-04
110	Steve Allen M40	19-47	229	Nicola Wallis U17	23-25
114	John Shirley M50	19-51	254	Maureen Shirley W55	24-32
116	Zanthe Wray U17	19-55	265	Jason Mbuyamba JUN	25-10
119	Cath Perry	19-58	300	Ron Franklin M70	27-31

Ladies teams: 1 Garden City 16, 2 Barnet 27, 3 North Herts, 4 Barnet B

Mens teams: 1 Garden City, 2 Stevenage 7 Barnet

North West London League, New River, Haringey, 20th Nov.

GU11 1200m

2	Kate Barber	5-16
11	Rebecca Bradley	6-31
12	Emma Kos	6-33

Team: 2nd

GU13 2200m

18	Charlotte Kennedy	9-16
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Team: 8th

GU15 2400m

18	Hannah Sheridan	11-36
20	Tessie Sarsfield	11-48

Team: 7th

GU17 3100m

1	Zanthe Wray	12-42
6	Kath Henderson	14-15
7	Nicola Wallis	14-17

Team: 1st

BU11 2200m

10	A Bidmead	8-30
17	George Aston-Rea	9-26

Team: 4th

BU13 2400m

2	Niall Fleming	8-48
26	Jack Welsh	10-46
33	D Bidmead	12-12

Team: 5th

BU15 3100m

15	Owen Randall	12-03
21	Ben Smith	12-45
26	Mathew Bidmead	14-02

Team: 6th

Vets International, Croydon, 20th Nov.

On a wet and windy course in Lloyd Park, Croydon, the Irish team finished 2nd to England. I was 4th team member home (we finished in the same order as in the trial) and 11th of 20 M55 runners. **Liam O'Hare**

London Cross Country Championships, Parliament Hill, 20th Nov.

This didn't seem like the London Champs we know and love, partly because the Reebok race was incorporated and the field was huge, but mainly because we didn't start the course by running up the hill! I preferred this course, but don't think it was half as testing. We were also lucky in that the conditions were relatively dry for Parliament Hill. We had another good turnout, with 9 women racing, and it was particularly pleasing to see Fiona and Nicola coming back for another race. And they seemed to enjoy it! Jo had another good run, as did Kirsty. Well done to all and thanks to Katherine and Maureen for support and help with the admin.!!! I'll try to get to the next race sooner!
Helen Hoyle

83	Jo Kent	19.56	135	Lydia Bruce-Burgess	22.40
115	Helen Hoyle	21.25	157	Nicola Froud	24.40
118	Philippa Horton	21.31	160	Fiona Hunt	24.47
120	Cath Perry	21.37	168	Pippa Anderson	25.32
133	Kirsty Johnstone	22.34			

Women: 1. Shaftesbury 45, 2. Highgate 58, 3. London Heathside 90,.....10. Barnet 167.

93	Grant Ramsey	34-36	195	Martyn Rowe	39-57
102	Richard Gamble	35-01	207	Alex Horton	40-35
134	Dave Wilcock	36-35	234	Sean Mitchell	42-02
136	Keith Turner	36-39	239	Francis Robinson	42-22

Men: 1. Highgate 53, 2. Serpentine 75, 3. Shaftesbury 79,.... 7. Barnet 134.

Gosport half marathon, 21st Nov.

I missed the closing date for "Fast For Age" start at London Marathon & was told by their Office that I'd get a AAA Championship start if I could do a sub-75 1/2 by end Dec. Finished 12th (1st M50) in 75:27. Equalling my PB also.
Des Michael

Florence Marathon, 28th Nov

Alun Johns 2-56-43