

# RESULTS

*A few results not reported in the June magazine:*

### All Tony Cousins:

23 Feb	Bramley 10m	3rd	1st M50	57-11
2 Mar	Todays Runner X/C League, Havant	4th	1st M505	
28 Apr	Vets track, Basingstoke 1500m		2nd M50	4-46.0
11 May	Alton 10m	7th	1st M50	58-15
4 Jun	Yateley 10k Grand Prix	13th	1st Vet	34-54

### All Terry Ryan

5 May	Herts Vets Champs, Watford	1st	100/200	13.3/26.7
12 May	Vets League, non-scoring		100	13.4
14 May	Watford Open		200	27.2
28 May	Watford Open		100	13.4

### BMAF Track & Field Championships. Moorways, Derby 7<sup>th</sup>/8<sup>th</sup> Jun

Sat 7<sup>th</sup> (a), Sun 8<sup>th</sup> (b)

V40	5000m	3 <sup>rd</sup>	Andy Kelleher	15.58.78	(a)
V45	800m	1 <sup>st</sup>	Dave Wilcock	2.01.01	(b)
V75	5000m/10000m	1 <sup>st</sup>	Ron Franklin	26.43.21/54.19.04	(a/b)

### St Albans Review Half-Marathon. 8<sup>th</sup> Jun

65	Nick Bingham	2 <sup>nd</sup> V55	1.28.45	373	Bernard Hercock	V65	1.42.52
67	Barry Cook	V50	1.28.57	603	Tom Horne	V70	1.50.43
190	Douglas Andrews		1.36.40	864	David Williams	V55	1.58.49

### Watford Open Meeting. 11<sup>th</sup> Jun

1500m	Richard Gamble	4.17.29		
3000m	Andrew Lynne	9.56.3		Kath Woods 11.02.29
	Phillippa Horton	12.08.21		

### Potteries Marathon. Stoke-on-Trent. 15<sup>th</sup> Jun

348	David Williams	27 <sup>th</sup> V55	4.38.10	543	Peter Graham	5.43.40
486	Paul Watts		5.13.27		595 Finished	

### Norwich ½ Marathon inc. BMAF Championships. 15<sup>th</sup> Jun

Phew – What a Scorcher! A great performance with two of our three competitors winning medals in the National Vets Champs. The open race which had 1218 finishers was won by a Kenyan, Eric Kiplagat in a time of 1.07.25 with British International Paul Evans of Belgrave in 2<sup>nd</sup> place being the first V40 in 1.07.53. The results gave average time per miles for all finishers, ours being Keith 5.52.7, Des 6.02.9 and Jane 6.31.8 JA

19	Keith Turner	9 <sup>th</sup> V40	1.17.02	68	Jane Laws	8 <sup>th</sup> W & 1 <sup>st</sup> W45	1.25.34
28	Des Michael	3 <sup>rd</sup> V50	1.19.16				

### Brickett Wood 5½ Miles Road Race. 15<sup>th</sup> Jun

Helen Hoyle	2 <sup>nd</sup> W	37.47
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### BMC Meeting, Jarrow 16<sup>th</sup> Jun

1500	Kath Woods	4-52.9
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### Midweek Road Race League. St Albans 19<sup>th</sup> Jun

#### Match 3. 7 Miles

We had a slightly improved performance at this race with our Ladies finishing 4<sup>th</sup>. Our Men finished 2<sup>nd</sup> giving us an overall position of 2<sup>nd</sup>, our best performance this season. MS

12	Katherine Woods	48.37	59	Lucy Blevins	58.26
14	Karen Bradley	V35 48.52	61	Bridgid Corless	V50 58.58
23	Jane Day	V35 51.05	67	Maureen Shirley	V55 59.55
25	Pauline Michael	V35 52.04	69	Harvinda Chowdhary	V35 61.23
27	Clare Read	52.27	79	Ciara Fagin	64.34
32	Kirsty Johnstone	V40 52.52	84	Ann-Marie Etan	V35 66.09
34	Karen Faloon	1 <sup>st</sup> V55 53.11	85	Pauline Lygo	V55 66.12
57	Sue Hamblin	V35 58.18	86	Catherine Scott	V45 66.41

**Teams 6 to score**

1. St Albans S 476 (6), 2. Garden City R 465 (5), 3. Fairlands V S 409 (4), 4. Barnet 407 (3),  
5. Royston R 377 (2), 6. North Herts R R 371 (1).

**Vets 3 to score**

1. SAS 169 (6), 2. GCR 166 (5), 3. FVS 163 (4), 4. ROY 144 (3), 5. BAR 143 (2), 6. NHR 109 (1).

2	Richard Gamble	37.52	118	John Fuller V55	49.51
3	Richard McCormick	38.08	127	Marc Kos V40	51.04
5	Adrian Mason	39.09	132	Ted Kimber 2 <sup>nd</sup> V60	51.50
8	Keith Turner 2 <sup>nd</sup> V40	39.35	156	Peter Redshaw V40	53.55
17	Grant Ramsey	40.47	157	Tony Hamilton V60	53.58
29	Des Michael 1 <sup>st</sup> V50	42.47	163	Graham Barnett V45	54.18
35	Barry Chick 1 <sup>st</sup> V60	43.22	184	Costa Michael	57.06
47	Mel Parker V40	43.59	189	Brian Glover V65	58.25
57	Francis Robinson V45	45.04	197	Paul Watts	59.51
66	Harvey Khaihra V45	45.58	198	David Williams V55	59.51
71	John Shirley V55	46.10	200	Mike Terry V55	60.51
75	Reg Black V55	46.37	202	Steve Harris V60	61.23
105	Jamie March	48.36	209	Alan Radley V50	67.18

**Teams 12 to score**

1. St Albans 2153 (6), 2. Barnet 2105 (5), 3. Royston 2096 (4), 4. N Herts 2085 (3),  
5. Fairlands Valley 2062 (2), 6. Garden City R 1928 (1).

**Vets 6 to score**

1. Barnet 666 (6), 2. Garden City 658 (5), 3. N Herts 639 (4), 4. Fairlands V 632 (3), 5. Royston 594 (2),  
6. St Albans S 588 (1).

**Men & Women Combined**

1. SAS (12), 2. BAR (8), 3. FVS (6), 4. GCR (6), 5. ROY (6), 6. NHR (4).

**Men & Women Combined After 3 Races**

1, SAS (32), 2. FVS (22), 3. GCR (20), 4. (19), 5. NHR (17), 6. BAR (16).

**Surrey County Vets' Championships. Kingsmeadow, Kingston upon Thames 21<sup>st</sup> Jun**

5000m 2 Liam O'Hare V55 17.19.00

**Southern England AA Champs 22<sup>nd</sup> Jun**

LJ 7th Vicky Hyland 5.04m

**Borehamwood Half-Marathon. 22<sup>nd</sup> June**

7	Grant Ramsey	1.22.29	186	Graham Barnett V45	1.48.09
41	Nick Bingham V55	1.31.12	205	Kevin Cundy V40	1.49.50
76	Motohiro Kawai V45	1.35.41	232	Sally-Anne Underhill V35	1.54.41
79	Francis Robinson V45	1.36.29	245	Imelda Galvin V35	1.56.08
89	Marc Kos V40	1.38.08	271	Sue Hamblin V35	2.00.57
137	Steve Allen V45	1.43.51	327	Alan Radley V50	2.23.27
183	Ernie Blackler V70	1.48.00		341 Finished	

**Eastern Young Athletes League, Hemel Hempstead 22<sup>nd</sup> Jun****BU13**

75mH	3	Tommy Bryant	15.8		
100m	4	Stephen Mason	14.9		
200m	4	Jonathon Bennett	33.0		
400m	3	Jonathon Bennett	73.8		
800m	2	Tommy Bryant	2-34.4	1	Niall Fleming 2-34.6
LJ	3	Stephen Mason	3-94	2	Tommy Bryant 3-93
4x100	3				

**BU15**

80mH	3	Stephen Rayner	16.3		
100m	2	Stephen Rayner	12.9	3	Ben Smith 15.0
200m	3	Stephen Rayner	26.0	2	Christian Louka 30.4
400m	3	Ben Nagy	70.9	2	Ben Smith 73.6
LJ	3	Ben Smith	4-02		
SP	4	Ben Nagy	5-87		
DT	3	Ben Nagy	19-26		
4x100	3	59.5			

**GU13**

70mH	1	Victoria Dixon	13.5	3	Florence Bryant 15.6
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100m	2	Louise Rayner	14.6	3	Victoria Dixon	16.0
200m	4	Louise Rayner	31.5	2	Victoria Bryant	31.8
800m	2	Emily Prati	2-49.1	2	Victoria Bryant	2-50.5
LJ	3	Louise Rayner	3-24	3	Florence Bryant	3-12
HJ	2	Asha Tranquille-Day	1-25	2	Victoria Bryant	1-15
SP	3	Asha Tranquille-Day	7-23	1	Florence Bryant	5-04
DT	2	Asha Tranquille-Day	22-64	CR 2	Florence Bryant	9-86
4x100	3	63.4				

### GU15

100m	4	Jordan Smith	14.2	4	Tessie Sarsfield	15.8
200m	4	Jordan Smith	29.8			
800m	3	Zanthe Wray	2-38.7	4	Tessie Sarsfield	3-09.1
1500m	4	Nicola Wallis	5-54.8			
LJ	4	Tessie Sarsfield	3-60			
SP	4	Jordan Smith	5-88			
DT	3	Nicola Wallis	13-69			

Result: 1 Chelmsford 393, 2 Dacorum & Tring 335, 3 Colchester 246, 4 Barnet 98

### SCVAC Track & Field League. Match 3 Watford 23<sup>rd</sup> Jun

This date takes the record in possible participants having work commitments both scheduled and unexpected, and transport being missed. The bright spot was certainly Jill's debut in the vets, with a first, second and third in her events. We look forward to great things next season! Maureen had a busier night than she expected, and she and Helen gained good points in the 1500m. Thanks to Kirsty for filling the gap in the 200m at short notice, and to Karen and Tiffany for two runs a piece. By the end there were only four of us left standing so the relay was not the usual combination, but it was worth the effort to keep us in fourth position.

100m	A 3	Jill Dinsmore	15.2	B	5	Kirsty Johnstone	21.4
	50 5	Maureen Shirley	23.7				
400m	A 4	Karen Bradley	70.7	B	4	Tiffany Stephens	93.5
	50 4	Maureen Shirley	100.0				
1500m	A 2	Helen Hoyle	5.18.1	50	2	Maureen Shirley	6.39.2
Medley	R 5	200/200/400/800	HelenE/Maureen/Tiffany/Karen			6.08.5	
H.J.	A 1	Jill Dinsmore	CR 1.40	50	4	Helen Ewings	0.95
J.T.	A 2	Jill Dinsmore	22.83	50	5	Helen Ewings	10.53
T.J.	50 2	Helen Ewings	4.70				

1. Shaftesb 118 (8), 2. Herts P 115 (7), 3. Trent P 82 (6), 4. Barnet 78 (5), 5. Dacorum/Enfield 76 (4), Watf 21 (3).

#### Match Points After 3 Events

1. Shaftesbury 24, 2. Herts P 21, 3. Trent P 17½, 4. Barnet 15½, 5. Dacorum & Enfield 12, 6. Watford 9.

100H	A 2	Clive Goddard	21.3				
100m	A 1	Peter Ilo	12.2	B	4	Ty Holden	15.2
	50 2	Ian Hay	12.8		N/s	Terry Ryan	13.5
	N/s	Roger Bruck	14.6				
400m	A 2	Dave Wilcock	56.3	B	1	Andy Cunningham	56.4
	50 2	Clive Goddard	63.1	60	3	Roger Bruck	77.6
1500m	A 1	Dave Wilcock	4.24.0	B	1	Keith Turner	4.37.2
	50 4	John Shirley	5.09.6		N/s	Ted Kimber	5.40.2
5000m	A 2	Keith Turner	6.37.1	B	5	Harvey Khairra	19.33.3
	50 1	Des Michael	17.27.6	60	1	Mike Sawyer	19.17.7
Medley	R 1	200/200/400/800	Peter/Ian/Andy/Dave			4.01.7	
S.P.	A 4	Patrick Smith 7.26kg	7.06	50	4	Terry Ryan 6kg	7.86
D.T.	A 4	Patrick Smith 2kg	20.27	50	6	Terry Ryan 1.5kg	20.80
	60 3	Roger Bruck 1kg	25.74				
T.J.	A 2	Peter Ilo	11.09	50	3	Ian Hay	9.98

1. Barnet 148 (8), 2. Herts P 144 (7), 3. Trent P 110 (6), 4. Ilford 109 (5) 5. Enfield 101 (4), 6. Shaftesbury 65 (3), 7. Watford 38 (2), 8. Dacorum 33(1).

#### Match Points After 3 Events

1. Barnet 23, 2. Herts P 17 (335½) 3. Enfield 17 (323), 4. Ilford 17 (318), 5. Trent P 17 (301½), 6. Watford 7, 7. Dacorum 6, 8. Shaftesbury 5.

### Vets Track Meet, Woking 23<sup>rd</sup> Jun

5000m 1st M50 Tony Cousins 16-59.1

### Vets A C 5 Mile Road Race. Battersea Park 24<sup>th</sup> Jun

7 Liam O'Hare 1<sup>st</sup> V55 29.40

## Watford Open 26<sup>th</sup> Jun

Terry Ryan 100

13.95

## Southern Mens League, New River 28<sup>th</sup> Jun

Barnet/Trent Park resoundingly beat Diss, London Heathside, Highgate and Eastbourne to consolidate their position at the top. A and B string double 1sts were achieved in the High Jump - Chi Tsang & Peter Ley, 400m Hurdles - Martin Eyre & Richard McCormick, Long Jump - Chi Tsang & Tony Henshall, 800m - Dave Wilcock & James Taylor, 5000m - Adrian Mason & Colin Thurston, 3000m Steeplechase - Richard McCormick & Andy Lyne. Tony Henshall and James Taylor both had emphatic wins in the 100m and 1500m respectively, then Taylor, Henshall, Eyre and Goddard teamed up to win the 4x 400m Relay, the closing event of the Meeting. It was a Trent Park/Barnet emphasis this time since most of the Barnet contingent were injured or got injured on the day. We camped on the sunny side of the track and during the afternoon were joined by several attractive female supporters along with friends from Enfield, London Heathside and even Alistair Campbell who was supporting the Highgate lad who James beat in the 1500m.

						Steve Harris
HT	2	Patrick Smith	24-53	2	Peter Ley	20-80
PV	2	Peter Ley	2-40	1	Phil Stocker	2-20
SP	2	Phil Stocker	9-37	3	Patrick Smith	6-66
HJ	1	Chi Kin-Tsang	1-60	1	Peter Ley	1-40
400mH	1	Martin Eyre	71.7	1	Richard McCormick	70.1
LJ	1	Chi Kin-Tsang	6-41	1	Tony Henshall	4-68
100m	1	Tony Henshall	12.57	4	Ian Turner	13.14
800m	1	James Taylor	2-01	1	Dave Wilcock	2-04
5000m	1	Adrian Mason	16-39	1	Colin Thurston	17-21
JT	2	Phil Stocker	34-56	1	Peter Ley	32-76
400m	3	Craig Goddard	52.63	2	Tony Henshall	56.35
110mH	2	Peter Ley	21.51	2	Richard McCormick	22.27
200m	2	Chi Kin-Tsang	24.16	2	Martin Eyre	26.54
1500m	1	James Taylor	4-22	2	Andy Lyne	4-38
TJ	1	Chi Kin-Tsang	11-91	1	Phil Stocker	10-42
4x100	2	48.95				
DT	1	Peter Ley	30-92	2	Jeremy Arnold	25-80
3000SC	1	Richard McCormick	10-16	1	Andy Lyne	11-17
4x400	1	3-53.7				

Result: 1 Barnet/T Park 151.5, 2 Diss 128.5, 3 London Heathside 103, 4 Highgate 72, 5 Eastbourne 10

## Sir Sefton Branker & SEAX Trophies. Watford. 2<sup>nd</sup> Jul

### Middlesex v Royal Air Force v Civil Service

The under-mentioned members represented Middlesex in this long established event. Vicky and Chi arrived in time for the Long Jump and Vicky was asked to fill in for the B String 400m Hurdles which she completed in a season's best of 71.7 without any warm up. Costa Michael then walked a smooth 17.55.8 for third in the 3K Walk. Denise braved the rain to comfortably win the High Jump, narrowly missing 1.73m having been interrupted by the groundstaff's tractor and trailer running across the fan. Broken spikes hampered Vicky's Long Jump and James guesting in the 3000m found it a bit too far. Denise wasn't impressed with her 26.8 win in the 200m, but Vicky, Denise, Nadia Williams and Anne-Marie Thorpe combined well to win the 4x100m Relay for Middlesex. During the evening, Louise White, chosen for the Pole Vault, in which she came 3rd, bravely went for 2.35 PB and only just failed. She filled in at both Discus and Javelin then won the Shot with 9.91. Well done the Barnet Middlesex contingent!

*Footnote: In the early 1950's Len Eyre represented England in the 3mile event at The Empire Games in Australia. He was running against John Atkinson (Middx) in the Sefton Branker Trophy Meeting at R.A.F. Uxbridge in the 3miles on a grass track that same season and during the race, elbowed John in the stomach. "No need for that," said John "you'd have probably beaten me anyway". Len, a heavy smoker, then went off for a cigarette!*

						Steve Harris
Denise Gayle		1 <sup>st</sup> 200m	26.8		1 <sup>st</sup> H.J.	1.70
Vicky Hyland		4 <sup>th</sup> 400mH	71.7		3 <sup>rd</sup> L.J.	4.85
Louise White		1 <sup>st</sup> S.P.	9.91		3 <sup>rd</sup> P.V.	2.20
		6 <sup>th</sup> D.T.	19.81		5 <sup>th</sup> J.T	26.10
Costa Michael		3 <sup>rd</sup> 3000mW	17.55.8			
James Taylor	Non/s	3000m	9.29.2			

Vicky and Denise also were in the winning 4 x 100 Relay. 51.3.

## Vets A C Battersea Park 2<sup>nd</sup> Jul

3000m	5	Liam O'Hare	1 <sup>st</sup> V55	10.25
600m		Liam O'Hare		1.56

## Yateley 10k Grand Prix, 2<sup>nd</sup> Jul

7 1st M50 Tony Cousins 34-30

## World Masters' Championships. Carolina, Puerto Rico 2<sup>nd</sup>/13<sup>th</sup> Jul

Ron Franklin at the age of 75 was our only competitor. He competed well as the under-mentioned results show picking up a "Silver" in the 10K. Just to give you some idea of what you need to do to win when you are 100 years of age; W McBurney of U.S.A. set a World Record in the 100m in 39.97 threw a distance of 4.12 metres in the Shot and in the 5K Walk he recorded a time of 64.15.74! Will he compete in San Sebastian, Spain in 2005? **JA**

2 <sup>nd</sup> July	Cross Country (9K)	6 <sup>th</sup>	45.55
4 <sup>th</sup>	5,000m	7 <sup>th</sup>	27.27.32
8 <sup>th</sup>	10,000m	2 <sup>nd</sup>	56.04.31

## Midweek Road Race League. Knights Templar School, Letchworth 3<sup>rd</sup> July

**Race 4, 6 Miles approx.** The final scoring race in the series & the ladies improved to finish 3<sup>rd</sup>, thanks to Jane Laws who won the race, however the men dropped to 5<sup>th</sup>, making us 4<sup>th</sup> overall. Our final league position was 6<sup>th</sup> & next year we, together with Royston, will be in Division 2. **MS**

1	Jane Laws V45	38.07	55	Kirsty Johnstone V40	49.34
11	Karen Bradley V35	41.33	61	Bridgid Corless V50	50.18
19	Joanne Parker	42.31	69	Maureen Shirley 2 <sup>nd</sup> V55	51.14
27	Jane Day V35	43.57	71	Lucy Blevins	51.47
29	Pauline Michael V35	44.38	73	Harvinda Chowdhary V35	52.09
34	Clare Read	45.36	93	Clair Simpkins	57.31
44	Karen Faloon 1 <sup>st</sup> V55	46.36	94	Catherine Scott V45	57.50

### Teams 6 to score

1= St Albans S & Garden City R 520 (5½), 3. Barnet 473 (4), 4. N Herts Road R 464 (3), 5. Fairlands Valley Spartans 463 (2), Royston Runners 376 (1).

### Vets 3 to score

1. SAS 172 (6), 2. GCR 165 (5), 3. BAR 164 (4), 4. FVS 163 (3), 5. ROY 135 (2), 6. NHR 112 (1).

### Final League Position

6 to score 1. GCR 22½, 2. SAS 21½, 3. FVS 13, 4. NHR 11 (1821), 5. BAR 11 (1774), 6. ROY 5.

Vets 3 to score 1. SAS 24, 2. GCR 18½, 3. FVS 16½, 4. BAR 12, 5. ROY 9, 6. NHR 4.

3	Richard McCormick	33.33	98	Con Antoniou 1 <sup>st</sup> V60	41.04
4	Keith Turner 1 <sup>st</sup> V40	33.36	109	Motohiro Kawai V45	41.31
5	Adrian Mason	33.50	119	Alex Horton U/17	42.11
24	Des Michael 1 <sup>st</sup> V50	36.38	120	John Fuller V55	42.14
25	Costa Michael	36.39	138	Marc Kos V40	43.38
31	Andy Cunningham V40	37.07	139	John Mould V55	43.46
32	Andrew Lynne	37.10	144	Alister McLeod	44.13
42	Mel Parker V40	37.52	156	Ted Kimber 2 <sup>nd</sup> V60	45.18
74	Harvey Khaihra V45	39.39	159	Peter Redshaw V40	45.37
76	Huw Preece	39.50	173	Tony Hamilton V60	46.32
77	Francis Robinson V45	39.54	178	Graham Barnett V45	46.55
79	Eddie King V45	39.59	196	Brian Glover V65	50.53
82	Reg Black V55	40.11	201	Steve Harris V60	52.08
88	John Shirley V55	40.32	206	Frank Williams V65	56.04
92	Martyn Rowe	40.47	207	Alan Radley V50	60.06

### Teams 12 to score

1. SAS 2087 (6), 2. NHR 2076 (5), 3. ROY 2069 (4), 4. GCR 2044 (3), 5. BAR 2024 (2), 6. FVS 2010 (1).

### Vets 6 to score

1. GCR 587 (6), 2. BAR 578 (5), 3. NHR 564 (4), 4= ROY & SAS 529 (2½), 6. FVS 498 (1).

**Men & Women Combined** 1. SAS 11½, 2. GCR 8½, 3. NHR 8, 4. BAR 6, 5. ROY 5, 6. FVS 3.

### Final League Position

12 to score 1. SAS 22, 2. ROY 19, 3. NHR 14, 4. FVS 12, 5. BAR 11, 6. GCR 6.

**Vets 6 to score** 1. GCR 22, 2. BAR 18, 3. FVS 15, 4. NHR 13, 5. ROY 9½, 6. SAS 6½.

**Men & Women Combined** 1. SAS 43½, 2. GCR 28½, 3. NHR 25 (10310), 4. FVS 25 (10303), Relegated 5. ROY 24, 6. BAR 22.

We did very well by picking up six of the "Individual Category" medals for the series overall, together with some other high placings. Richard McC who became a vet on the day of this race, was 2<sup>nd</sup> in the Open Category with Keith taking the 4<sup>th</sup> spot and Des 16<sup>th</sup> of the 344 men who competed in the four races.

Jane Day was 12<sup>th</sup> out of 162 ladies with Karen F 25<sup>th</sup> in the Open Section. Jane D was also our leading lady in the V35's being placed 6<sup>th</sup> with Kirsty equal 8<sup>th</sup>, Karen B 11<sup>th</sup> and Pauline Michael 15<sup>th</sup>. Bridgid Corless was 7<sup>th</sup> in the O/45's. Karen F and Maureen were 1<sup>st</sup> and 3<sup>rd</sup> respectively in the O/55's. Keith 2<sup>nd</sup> and Mel 6<sup>th</sup> in the V40's. Des won the O/50's with a maximum score, being first 50 in all four races with John S 4<sup>th</sup> and Reg 5<sup>th</sup>. Ted won the O/60's competition with Con and Tony H placing equal 5<sup>th</sup>. All-in-all very good individual performances. **JA**

## Welwyn Garden and Hatfield inter-schools match, Gosling 4<sup>th</sup> Jul

LJ	Stephen Mason	4-25
TJ	Stephen Mason	8-71

## Southern Womens League, Wycombe 5<sup>th</sup> Jul

Another great result ! We scored what turned out to be a convincing win in our third womens league fixture at Wycombe. We are now unbeaten, and top the league by a massive 115.5 points, with promotion to the second division almost certain now, barring disasters. The result was based on the club's all-round strength, even though there was a smaller number of youngsters than normal. Highlights of the results were the double victories in the 400mH, 100mH, and high jump, the first two events which have previously been a weakness for us. And for me the win in the 4x400m at the end of a tiring afternoon.

Steve Chilton

### SENIORS

400mH	1	Vicky Hyland	70.6	1	Louise White	82.3
100m	2	Denise Gayle	13.0	2	Vicky Hyland	13.6
LJ	3	Vicky Hyland	4-59	1	Alex Gibson	4-59
DT	3	Louise White	16-59	2	Gemma Smith	15-45
800m	1	Kath Woods	2-21.5	2	Philippa Horton	2-35.7
3000m	2	Jane Laws	10-35.0	1	Eileen Griffiths	11-35.4
SP	1	Louise White	10-22	2	Gemma Smith	8-09
100mH	1	Denise Gayle	20.6	1	Amy Dolan	21.5
400m	2	Kath Woods	61.9	1	Cath Perry	66.4
200m	4	Alex Gibson	29.2	4	Carmel O'Brien	32.3
1500m	2	Eileen Griffiths	5-18.5	2	Cath Perry	5-55.4
HJ	1	Denise Gayle	1-64	1	Louise White	1-40
JT	2	Denise Gayle	24-85	1	Kath Woods	16-64
TJ	2	Vicky Hyland	9-76	1	Amy Dolan	8-93
PV	2	Louise White	2-20			
4x100m	4	56.4				
4x400m	1	4-35.9				

### U17

80mH	1	Kath Henderson	15.2
300mH	2	Kath Henderson	55.7

### U15

100m	4	Florence Bryant	15.2	1	Victoria Dixon	15.9
SP	2	Jordan Smith	5-83	2	Florence Bryant	4-76
800m	4	Victoria Bryant	3-01.9			
HJ	2	Victoria Bryant	1-10	1	Victoria Dixon	1-05
LJ	2	Jordan Smith	4-05	3	Florence Bryant	3-21
200m	3	Jordan Smith	30.9	1	Victoria Bryant	33.9
4x100m	2	63.1				

**Result:** 1 Barnet 139, 2 Wycombe 121, 3 Highgate 107, 4 Braintree 93

## Thrupton 10km and 3.8k fun run, 6<sup>th</sup> Jul

The 10km started a kilometre clockwise into the Circuit, so after the first short lap, two laps were completed to finish at the stands. There is a fairly steep incline just before the finishing straight, otherwise a wide tarmac raceway with interesting curves including a fast downward incline. Well signposted off the M3, A303 near Andover. Good parking, pre race information, disabled toilets, medals, prizes and reasonable entry fees. Organised by the Rotary Club. We had warm weather with a little breeze and the added entertainment of light aircraft taking off a few feet above our heads. Some of our able-bodied members might like to try this next year. **Steve Harris**

1st	Andy Cheek	BWRA	27-31	(Course Record)
3rd	Paul Rea	BADAC	29-59	(pb by 4 mins)

## Orion Harriers 10 Mile Road Race. Chingford 6<sup>th</sup> Jul

2	Richard McCormick	1 <sup>st</sup> V40	56.48**	57	Jamie March	1.13.37	
3	Keith Turner	2 <sup>nd</sup> V40	57.09	63	Joanne Parker	9 <sup>th</sup> W	1.14.07
8	Des Michael	1 <sup>st</sup> V50	1.01.03	99	Clare Read	16 <sup>th</sup> W	1.19.58
15	Jane Laws	1 <sup>st</sup> W & V45	1.06.04	111	Simone Kimberley	22 <sup>nd</sup> W	1.22.02
34	Nick Bingham	V55	1.09.07	134	Pauline Lygo	28 <sup>th</sup> W	1.26.04
41	Francis Robinson	V45	1.10.19				188 Finished including 58 women

\*\*Vet of 3 days.

Teams

**Senior Men** 1. Barnet 13, 2. Orion 18, 3. Eton Manor 31

**Vet Men** 1. Barnet

**Senior Ladies** 1. East London Runners 22, 2. Barnet 28, 3. Orion 31.

### Watford Open Meeting. 9<sup>th</sup> Jul

200m	Terry Ryan	V55	28.2
400m	Ted Kimber	V60	70.8

### BMC Meet, Colindale 9<sup>th</sup> Jul

1500	Kath Woods	4-53.7
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### London Youth Games, U11 Sportshall Event, Crystal Palace, 10<sup>th</sup> Jul

Club members George Fuller and Victoria Dixon joined 10 others selected from the trial event to represent the Borough of Barnet at this prestigious event. The Borough team came 26<sup>th</sup> out of 32 Boroughs, with the competition being won by a strong Wandsworth squad. **Steve Chilton**

### Hammersmith Bridge 3.3 miles, 11<sup>th</sup> Jul

Liam O'Hare	19:51
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### Southern Mens League, Mile End 12<sup>th</sup> Jul

Despite being depleted by injuries, Barnet/Trent Park still managed to win their Southern Men's League Match at Mile End Track by the smallest of margins, scoring 145 points to Stevenage North Herts' 144 points, Victoria Park & Tower Hamlets 121 and St Albans 96. A and B String double winners were: 5000m Keith Turner and Richard McCormick; 3000m steeplechase Richard McCormick & Andy Lyne; Triple Jump Chi Tsang and Andy Lyne. Individual A String winners were Long Jump Chi Tsang with 6.10m; 400m Craig Goddard in 52.6secs; and 800m James Taylor in 2m 02secs. B string winners were Hammer Patrick Smith and Discus Hugh Turner. The team are now top of the League with one match at Canterbury to go. **Steve Harris**

PV	2	Chi Kin-Tang	2-00	2	Steve Harris	2-00
SP	3	Richard McCormick	6-56	3	Andy Lyne	6-32
HT	2	Dave Harris	23-46	1	Patrick Smith	22-31
HJ	2	Chi Kin-Tsang	1-55	2	Jeremy Arnold	1-40
400H	3	Richard McCormick	83.2	2	Andy Lyne	71.9
LJ	1	Chi Kin-Tsang	6-10	2	Andy Lyne	5-21
100m	4	Tony Henshall	12.7	3	Ian Turner	13.3
800m	1	James Taylor	2-02.1	2	Alex Horton	2-11.6
5000m	1	Keith Turner	17-00	1	Richard McCormick	19-05
JT	1	Ian Turner	30-14	3	Dave Harris	22-15
400m	1	Craig Goddard	53.6	2	Tony Henshall	56.2
110H	2	Ian Turner	22.2	1	Richard McCormick	23.2
200m	3	Chi Kin-Tsang		2	Tony Henshall	25.4
1500m	2	Costa Michael		2	James Taylor	
TJ	1	Chi Kin-Tsang	11.66	1	Andy Lyne	10-49
4x100	2					
DT	2	Jeremy Arnold	25-79	1	Hugh Turner	20-89
3000SC	1	Richard McCormick	10-28	1	Andy Lyne	10-59
4x400	2	3-43.9				

1 Barnet/TP 145, 2 Stevenage 144, 3 Victoria Park & Tower Hamlets 121, 4 St Albans 26

### New Forest 10m (50% forest tracks), 13<sup>th</sup> Jul

7	1st M50	Tony Cousins	58-55
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### Midweek Road Race League. Trent Park 17<sup>th</sup> Jul

**Mob Match 9K.** This year's mob-match, when both divisions run together & is followed by the league presentations, was jointly hosted by Barnet & Trent Park again. The organisation seemed to very well with plenty of helpers from both clubs, thanks must go to all who helped, especially Cath Perry for organising the Barnet helpers & Pat Rowe, together with her fellow helper Phyllis Mitchell, for co-ordinating the food with TP. The men turned out their best result of the series, finishing FIRST in Senior & Vet teams. The ladies team was not as strong as it could have been due to a number of other commitments & many of them marshalling, but finished 4<sup>th</sup> & our vets were First. The club's combined finishing position was joint 1<sup>st</sup> with Garden City Runners (out of 12 teams).

Interesting result as we are being demoted!

7	Karen Bradley	3 <sup>rd</sup> V35	37.35	46	Bridgid Corless	V50	46.47
10	Helen Hoyle	V35	38.43	50	Theresa Wright	V50	50.47
26	Karen Faloon	1 <sup>st</sup> V55	43.04	74	Clair Simpkins		51.36
37	Sue Hamblin	V35	45.27		90	Finished	

### Teams 6 to score.

1. Garden C 475 (12), 2. Orion 409 (11), 3. N Herts 390 (10), 4. Barnet 370 (9), 5. St Albans 368 (8), 6. Trent P 338 (7), 7. Fairlands 322 (6), 8. Harlow 289 (5), 9. B Stortford 219 (4), 10. Herts P 157 (3), 11. Royston R 155 (2).

### Vet Teams 3 to score.

1. Barnet 161, 2. Garden C R 136, 3=. St Albans & Orion H 134, 5. Fairlands V 133, =6. Trent P & B Stortford R C 126, 8. Harlow R C 119, 9. Herts P 109, 10. N Herts R R 101, 11. Royston Runners 86.

3	Richard Mc Cormick	30.42	120	John Fuller V55	39.23
11	James Taylor	32.35	121	Alex Horton U17	39.28
17	Costa Michael	33.30	143	John Mould V55	40.44
19	Andy Cunningham V40	33.41	182	Tony Hamilton V60	44.49
20	Mel Parker V40	33.51	189	Surya Vasani	45.23
25	Des Michael 1 <sup>st</sup> V50	34.26	193	Graham Barnett V45	45.40
49	John Shirley V55	36.08	197	Stephen Hewitt V50	46.13
50	Martin Rowe	36.09	199	David Williams V55	46.30
61	Harvey Khaihra V45	36.42	215	Mike Terry V55	50.47
66	Eddie King V45	36.51	217	Alan Radley V50	52.17
82	Jamie March	37.19	218	Frank Williams V65	53.10
95	Reg Black V55	37.45	219	Bob Taylor V55	53.22
99	Francis Robinson V45	37.56			

### Teams 12 to score.

1. Barnet 2166 (12), 2. SAS 2152 (11), 3. ORI 2090 (10), 4. GCR 2061 (9), 5. HAR 1769 (8), 6. HPH 1715 (7), 7. FVS 1650 (6), 8. TPR 1475 (5), 9. NHR 1467 (4), 10. ROY 1243 (3), 11. BSR 1206 (2), 12. Broxbourne Runners 1093 (1).

### Vet Men 6 to score.

1. Barnet 741, 2. GCR 698, 3. SAS 690, 4. ORI 661, 5. HPH 642, 6. HAR 625, 7. FVS 578, 8. BSR 497, 9. BRO 474, 10. TPR 459, 11. ROY 418, 12. NHR 389.

### MWRRL 2003 Overview

I don't think we should be too despondent with this year's result, the competition has been very tough & as the most southerly club in the division it has been difficult for some of our athletes to reach some of the venues in time. I think Peter has done his best to get teams out in his 1<sup>st</sup> year of team management. We have had 46 men & 25 ladies who have competed in at least one of the scoring races (many have done all 4) & there has been a great atmosphere of camaraderie among the team. Several new members were competing in their 1st race for the club & some old members, who we had not seen for sometime turned out. It is a series of races that has been fun & athletes of all abilities are proud to wear their Barnet vests & feel part of the team. The social interaction between both our own athletes, who might not generally have the opportunity meet up & also those of other clubs has had a beneficial effect. John Atkinson has done an amazing job as results secretary & with many more runners & some inefficient team managers his job has not been easy this year. My thanks must go to Mick Tappin, who has done his usual brilliant job of team managing the ladies 'on the night', which enabled me to compete without worrying about the team. **Maureen S.**

All is not lost as we still picked up some medals as follows:-

**Men Vet 2<sup>nd</sup> Team** (Keith Turner, Des Michael, Mel Parker, John Shirley, Harvey Khaihra & Reg Black)

**Senior Men:** 2<sup>nd</sup> Richard McCormick,

**Men V40:** 2<sup>nd</sup> Keith Turner, Men V50: 1<sup>st</sup> Des Michael, Men V60: 1<sup>st</sup> Ted Kimber

**Ladies V55:** 1<sup>st</sup> Karen Faloon, 3<sup>rd</sup> Maureen Shirley

### Men & Women Combined.

1= GCR & BAR 21 (2536), 3. ORI 21 (2499), 4. SAS 19 (2520), 5. NHR 14 (1857), 6. HAR 13 (2058), 7. FVS 12 (1972), 8. TPR 12 (1813), 9. HPH 10 (1872), 10. BSR 6 (1425), 11. ROY 5 (1398), 12. BRO 1 (1093).

### Elmore 7, Chipstead 19<sup>th</sup> Jul

Liam O'Hare 41:36

### NSPCC Milton Keynes Half Marathon, 20<sup>th</sup> Jul

Weather condition was not so bad. The course was OK. However, worst time in my running history. At 8 miles I could not run any more, lost both stamina and motivation. Forget about it, and carry on training. **MK**

180	Motohiro Kawai	1:44:38	335	Kevin Cundy	1:56:08
186	Clare Read	1:45:00	344	Brigid Corless	1:56:14

### Fairlands Valley Multi-terrain Marathon. Stevenage 20<sup>th</sup> Jul

Brian Glover 1<sup>st</sup> V65 5h.38m.

### Self Transcendence 2 Mile Road Race. Battersea Park 21<sup>st</sup> Jul

Ron Higgs 1<sup>st</sup> V70 13.10

### Vets track, Portsmouth, 21<sup>st</sup> Jul

3000m 1st M50 Tony Cousins 10-03.1

## SCVAC Track & Field League. Match 4, Hemel Hempstead 21<sup>st</sup> Jul

The excitement generated by the 4x200m relay at the close of the match was a fitting end to the season, leaving us enthusiastic and eager to train hard ready for next year. Well done to our 5000m runners - two firsts and a third - and to Karen who won her 800m race. May I remind members again to keep a look out for any over 60 ladies who could join us. The top three clubs all gained over 50 points each from this age group.

							<b>Helen Ewings</b>	
2000W	A	3	Tiffany Stephens	13.48.5	50	3	Helen Ewings	17.02.1
800m	A	2	Jane Laws	2.34.8	B	2	Jane Day	2.49.3
		50	1	Karen Faloon	3.04.7			
200m	A	4	Carmel O'Brien	32.1	B	3	Catherine Scott	38.3
		50	5	Penny Antoniou	37.9			
5000m	A	1	Jane Laws	18.43.7	B	1	Pauline Michael	20.56.2
		50	3	Maureen Shirley	24.12.5			
4x200 R		3	Carmel/Catherine/Tiffany/Pauline		2.22.3			
L.J.	A	6	Helen Ewings	1.67	50	4	Karen Faloon	3.34
S.P.	A	6	Catherine Scott 4kg	4.79	50	5	Penny Antoniou 3kg	3.86
H.T.	50	4	Helen Ewings 3kg	13.09				

1. Shaftesbury 129, 2. Herts P 107, 3. Trent P 102, 4. Barnet 97, 5. Dacorum & Enfield 76, 6. Watford 65.

2000W	50	7	Con Antoniou	17.51.7					
800m	A	1	Dave Wilcock	2.08.2	B	1	Richard McCormick	2.11.7	
		50	4	John Shirley	2.32.6	60	1	Mike Sawyer	2.41.5
		N/s	Ted Kimber V60	2.42.6					
200m	A	4	Peter Ilo	25.3	B	2	Robin Fish	26.2	
		50	2	Ian Hay	27.4	60	4	Roger Bruck	31.0
		N/s	Lawrence Taylor	27.0					
3000m	A	1	Richard McCormick	9.24.1	B	1	Keith Turner	9.48.3	
		50	1	Des Michael	10.07.1		N/s	Reg Black	11.17.3
4x200 R		1	Peter/Robin/Andy/Dave		1.42.3				
J.T.	A	8	Patrick Smith 800gm	15.04	50	1	Mike Bennett 700gm	43.49	
		60	4	Andy Blackman 600gm	20.49				
P.V.	A	3	Andy Cunningham	2.00	50	2	Bela Nagy	2.00	
H.J.	A	2	Andy Cunningham	1.50	50	2=	Roger Bruck	1.30	
L. J.	A	4	Peter Ilo	5.27	50	2	Ian Hay	4.25	

1. Barnet 139½, 2. Ilford 123, 3. Enfield 112, 4. Trent P 102, 5. Herts P 95, 6. Dacorum 92, 7. Watford 77½, 8. Shaftesbury 35.

### Final League Positions.

<b>Men</b>				<b>Women</b>			
1.	Barnet & District A C	526½	31	1.	Shaftesbury/Harrow	473	32
2.	Ilford A C	440	24	2.	Herts Ph/Stevenage	424	28
3.	Enfield & Haringey A C	435	23	3.	Trent Park Running	354	23½
4.	Herts Phoenix & Stevenage	430½	21	4.	Barnet & District	342	20½
5.	Trent Park Running Club	403½	21	5.	Dacorum & Enf/Har.	288	16
6.	Dacorum & Tring A C	204½	9	6.	Watford Harriers	147	12
7.	Watford Harriers	195	9				
8.	Shaftesbury B & Harrow	154	6				

## Vets A C 5K Road Championships. Battersea Park 22<sup>nd</sup> July

6	Liam O'Hare 1 <sup>st</sup> V55	17.25	Ron Franklin 1 <sup>st</sup> V75	26.18
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## Watford Open Meeting, 23<sup>rd</sup> Jul

100m	Ian Hay	13.14	Terry Ryan	13.3
200m	Lawrence Taylor	26.46	Terry Ryan	27.39
	Carmel O'Brien	31.9		
800m	Philippa Horton	2-33.07 PB	Cath Perry	2-36.6 PB
	James Taylor	2-01.2	Alex Horton	2-12.09

## International Snowdon Race. Llanberis 26<sup>th</sup> Jul

This 10 mile race which has a climb of 3,300 feet starts from Parc Padon and follows the Llanberis path to the summit before returning at breakneck speed to the start. The race was won for the second year by Tim Davies in a time of 1.05.57. Francis Robinson also returned to this race finishing in a time of 1.51.26

## SE Inter-County Match, Kingston 27<sup>th</sup> Jul

Niall Fleming and Stephen Mason represented Herts U13 Team in the South-East U13 Inter County Match at Kingsmeadow Stadium Kingston upon Thames. Both took part in A string events against the best athletes from 16

Counties in Southern England and although clearly the summer holidays will have had an impact, the standard of competition was still very high. Niall, who still has another year in this age, stuck in well in his 1500. I believe he was 13th in 5.11. Stephen was 12th in the LJ with 4.11m. Both first and second placers were over 5m which is I believe pretty good for this age group. I am sure both youngsters will have gained from this experience and will both wear their first Herts vests with pride.

**Adrian Mason**

### Eastern Young Athletes League, St Albans 27<sup>th</sup> Jul

#### GU13

70mH	3	Victoria Dixon	13.1	3	Kitty Goodwin	17.8
100m	4	Victoria Dixon	16.3	4	Lauren O'Donell	17.2
200m	4	Kitty Goodwin	38.5			
LJ	4	Victoria Dixon	3-07	4	Lauren O'Donell	2-87
HJ	1=	Asha Tranquille-Day	1-30	3	Kitty Goodwin	1-10
SP	1	Asha Tranquille-Day	7-31			
DT	1	Asha Tranquille-Day	23-33	CR 2	Lauren O'Donell	12-31
4x100	3	66.3				

#### GU15

75mH	2	Ruby Blevings	14.7			
100m	2	Jordan Smith	14.9			
200m	2	Jordan Smith	31.4			
800m	2	Ruby Blevings	3-01.5			
LJ	3	Jordan Smith	4-20	2	Ruby Blevings	3-85
JT	3	H Neville	8-35			

#### BU13

75mH	3	Sam Barrow	16.1			
100m	4	Sam Barrow	15.2	4	George Fuller	15.8
200m	4	Sam Barrow	31.4			
400m	3	George Fuller	76.6			
LJ	4	George Fuller	3-95			

#### BU15

100m	4	Ben Nagy	15.1			
SP	4	Ben Nagy	7-32			
DT	3	Ben Nagy	17-53			

Result: 1 Southend 373, 2 St albans 262, 3 Watford 248.5, 4 Barnet 58.5

### SEAA Veterans' Championships. Watford 27<sup>th</sup> Jul

5000m	V50	1. Des Michael	17.02.77	2.	Tony Cousins	17.19.14
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### Finsbury Park Open, 27<sup>th</sup> Jul

On a hot afternoon Philippa was paced to a new PB by her training partner Eileen.

800m	Philippa Horton	2-32.2 PB	Eileen Griffiths	2-36.5
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### Hammersmith Bridge 3.3 miles 29<sup>th</sup> Jul

Liam O'Hare	19:13
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### Southern Mens League, Canterbury 2<sup>nd</sup> Aug

We were hit by a number of injuries - Dave Wilcock (achilles), Martin Eyre (calf), Ian Turner (achilles), Jeremy Arnold (not sure) and also some unavailables - Richard Gamble, Peter Ilo, Adrian Mason. So inspite of all that we put up a good fight but suffered our worst defeat of the season to finish 4th overall in the league. **Richard McC**

The absence of a couple of key men due to injury meant that for the first time this season we had to settle for a third place in a very close run contest - and I mean close! Another scorching day drained the energy of our depleted team, not one of whom shirked their responsibility in trying to win as many points as possible, which is why it is impossible to single out a particular good performance. We were just unlucky in one or two events, and only missed promotion by a whisker, having still won more points in the season than our rivals with the exception of Blackheath. Again the atmosphere was tremendous, with a nice group of supporters and their children enjoying the day. A big thank you to all the officials who have turned up for us this season, especially Ted and Josie. **Steve H**

PV	4	Peter Ley	2-60	3	Phil Stocker	2-60
SP	3	Phil Stocker	9-24	3	Peter Ley	8-50
HT	2	Patrick Smith	23-36	3	Ian Turner	18-69
HJ	3	Jason Mbyuamba	1-65	1	Chi Kin-Tsang	1-55
400mH	4	Andy Lyne	70.9	3	Richard McCormick	82.6
LJ	2	Chi Kin-Tsang	6-12	4	Andy Lyne	5-08
100m	3	Chi Kin-Tsang	11.8	4	Tony Henshall	12.6
800m	2	James Taylor	2-00.9	3	Richard McCormick	2-27.9

5000m	1	Andy Kelleher	16-45.6	1	Colin Thurston	18-04.0
JT	3	Peter Ley	34-79	2	Phil Stocker	29-21
400m	3	James Taylor	55.9	1	Tony Henshall	55.8
110mH	4	Peter Ley	20.06	3	Richard McCormick	24.7
200m	3	Chi Kin-Tsang	24.6	2	Tony Henshall	25.6
1500m	4	Costa Michael	4-25.1	2	Andy Kelleher	4-35.0
TJ	2	Chi Kin-Tsang	11-87	2	Phil Stocker	10-50
4x100	3	50.01				
DT	3	Peter Ley	29-08	2	Ian Turner	22-59
3000SC	1	Richard McCormick	10-24.0	1	Andy Lyne	11-00.3
4x400	2	3-44.0				

**Result:** 1 Chelmsford 134, 2 Invicta 131, 3 Barnet / TP 128, 4 Tunbridge Wells 86

**Final league positions :** 1 Blackheath 900.5 29, 2 Stevenage 805 28, 3 Chelmsford 797 28, 4 Barnet 827 26

### British League, Glasgow 3<sup>rd</sup> Aug

Due to a change in UKA laws Denise Gayle is allowed to compete under the "Higher Competition Rule". Under this rule she can compete for a club with higher level competition **without** leaving her existing club. She has competed twice this year for her (second claim) club Shaftesbury. On this occasion she travelled to Glasgow and achieved a new Barnet club record height of 1-75 in the high jump. **SC**

### Harlow 10 Mile Road Race. 3<sup>rd</sup> Aug

120	Francis Robinson	V45	73.43	David Williams	89-13
138	John Owen	V55	76.14	421	Finished

### Watford Open 6<sup>th</sup> Aug

200m	Terry Ryan	V55	27.23		
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### BMC Meet, Solihull. 6<sup>th</sup> Aug

800	Kath Woods		2-18.40		
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### Yateley Grand Prix, 6<sup>th</sup> Aug

The final race in the series was held on the hottest day of the year. Times were slow and several runners finished in a distressed state. This contrasted with last year when torrential rain flooded the roads and lifted drain covers.

8	1st M50	Tony Cousins	35-35		
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### Southern Womens League, Barn Elms 9<sup>th</sup> Aug

This fixture was a nightmare for young athlete's availability. We travelled with just one youngster, trying an event for the first time at the bottom of the age group. Our current strength in the Seniors was shown by the fact that we nearly won the match - against what turned out to be our promotion rivals Loughton. A second pole vaulter, or any more youngsters would have done it and given us the perfect record of winning the league with victories in every match - something a had dreamed was possible after our brilliant results in the first two fixtures. As it was we won 13 of the 18 A string Senior events, and topped it off with an excellent new club record in the 4x400m relay. **SC**

#### SENIORS

400mH	1	Vicky Hyland	75.2	1	Louise White	84.2
100m	2	Denise Gayle	13.0	1	Vicky Hyland	13.4
800m	1	Kath Woods	2-26.7	1	Cath Perry	2-36.6
3000m	2	Eileen Griffiths	11-33.3	2	Pauline Michael	12-18.0
100mH	1	Denise Gayle	16.9	1	Jill Dinsmore	20.0 CR
400m	1	Denise Gayle	66.8	1	Cath Perry	66.6
200m	2	Claudia Pensa	30.3	2	Pauline Michael	31.4 CR
1500m	1	Kath Woods	5-15.9	1	Eileen Griffiths	5-27.8
4x100	1	56.9				
4x400	1	4-20.4	CR			
HT	4	Cath Perry	7-50	3	Kath Woods	6-58
LJ	1	Vicky Hyland	5-27	2	Claudia Pensa	3-80
DT	4	Louise White	18-62	3	Jill Dinsmore	17-11
PV	1	Louise White	2-00			
HJ	1	Denise Gayle	1-70	1	Jill Dinsmore	1-40
SP	1	Louise White	9-80	1	Denise Gayle	8-23
TJ	1	Vicky Hyland	9-60	2	Kath Woods	7-88
JT	1	Louise White	24-26	1	Kath Woods	17-30

#### GU15

JT	3	Rose Michael	5-00		
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**Result:** 1 Loughton 121, 2 Barnet 117, 3 Richmond 112, 4 Eton Manor 72

## Bearbrook 10K Road Race in Aylesbury, 10<sup>th</sup> Aug

35 degrees! The hottest day ever. At the goal I felt dizzy by heat. I lost 4 pounds by sweating on the day. 53 Motohiro Kawai 43:48 350 finishers

MK

## Race The Train - Tywyn - Saturday 16<sup>th</sup> Aug - 14.75 miles

A real experience - the enthusiasm of the town and especially the marshalls and those working at the drink stations made it a day to remember. As Nick Bingham - not competing this year - has said in these pages before it is a really tough, the second half being full of short hills, narrow paths where overtaking is well nigh impossible, and worst of all ridiculous adverse cambers where it's extremely difficult to make progress in the direction you're meant to be going. Francis took just over a minute off his 2002 time - the first year of the new and extended course. Steve A 293 Francis Robinson 2:01:42 382 Steve Allen 2:09:19

## Eastern Young Athletes Lague, Cophthall 17<sup>th</sup> Aug

### GU13

100	4	Louise Rayner	15.0	3	Florence Bryant	15.4
200	3	Louise Rayner	30.9	3	Victoria Bryant	32.4
800	3	Victoria Bryant	2-57.9	3	Sophie Barrow	3-09.9
DT	1	Asha Tranquille-Day	20-80	2	Florence Bryant	11-00
HJ	1	Asha Tranquille-Day	1-33	2	Victoria Bryant	1-10
SP	2	Asha Tranquille-Day	7-79	1	Florence Bryant	5-90
LJ	4	Louise Rayner	3-15	2	Sophie Barrow	2-94
4x100	3	63.0				

### GU15

100	3	Amy-Jo Bryant	15.4	3	Erica Golland	14.8
200	4	Amy-Jo Bryant	32.1	3	Erica Golland	30.8

### BU13

100	4	Mark Smith	17.4	4	Niall Fleming	16.4
200	4	James Bennett	33.0			
400	2	James Bennett	70.4			
800	3	Tommy Bryant	2-41.4			
75mH	2	Niall Fleming	16.1	1	Sam Barrow	17.2
LJ	2	Sam Barrow	3-92	1	Mark Smith	3-49
SP	4	Mark Smith	4-39			
HJ	2	Sam Barrow	1-25	2	Tommy Bryant	1-05
4x100	3	63.3				

### BU15

100	3	Stephen Rayner	12.9	4	Ben Nagy	15.2
200	1	Stephen Rayner	25.8	4	Christian Louka	31.0
400	4	Ben Smith	71.7			
LJ	4	Christian Louka	4-30	3	Ben Smith	3-87
DT	2	Ben Nagy	16-10			
SP	2	Stephen Rayner	8-97	3	Ben Nagy	7-39
4x100	3	61.3				

Result: 1 Basildon 420, 2 Orion 280, 3 Luton 216, 4 Barnet 98

## Watford Open and BMC Meeting 20<sup>th</sup> Aug

Great runs from Peter and Ty, both having just recovered from injuries and having their first races for a couple of months. It was an outstanding race from Kath in the BMC 800m. The pacemaker had set out to cover the first 400m in 65-66s, but got a bit excited and went through in 64s. Kath settled in third and went through in a speedy 65.5s and faded over the third 200m of the race. A storming final 1/2 lap saw her overtake the leading 2, have the strength to hang on and win the race setting a new PB and CR by a 3 seconds. An impressive race to watch. Chi

100m	Peter Ilo	12.31	Ty Holden	13.38	Terry Ryan	13.3
200m	Peter Ilo	24.96	Ty Holden	27.14	Terry Ryan	27.14
800m	Kath Woods	2:15.84	CR			

## Vets A C Championships. Battersea Park 24<sup>th</sup> Aug

Terry Ryan won the 100m & 200m in the V55 category recording times of 13.4/26.5. The latter was a seasons best.

## Woodford Green Open. 27<sup>th</sup> Aug

Terry Ryan 100/200 13.3/26.9

## World Duathlon Champs. Affoltern as Albis, Nr Zurich, Switzerland. 30<sup>th</sup> Aug

### 10K Run/40K Bike/5K Run

John Shirley 2.31.30 10<sup>th</sup> 55/59 Helen Hoyle 2.59.27 20<sup>th</sup> 35/39

## Southern Counties Veterans T & F League Final. Battersea Park 31<sup>st</sup> Aug

Leaving aside the now expected problems before the event, this year's final at Battersea again resulted in a very satisfactory 2nd place. The winners, as last year, were Blackheath, when we were second also. Due to injuries, holidays, etc nine of the 45 events had to be filled by non-specialist athletes. However, without their help we would probably have been in 4th place. Of these events, Terry Ryan and Roger Bruck between them competed in nine. Well done to them. We have the potential to win the final, provided everyone is available. It would be helpful therefore if holiday arrangements for 2004 could avoid the last Sunday in August and the first Sunday in September. The weather on the day was ideal for athletics. This was a well organised and enjoyable competition.

Our thanks go to all the organisers and officials.

**Andrew Blackman**

100m	40A	2	Peter Ilo	12.3	40B	2	Ty Holden	12.9
	50A	1	Ian Hay	13.0	60	2	Roger Bruck	14.3
200m	40A	2	Peter Ilo	24.9	50A	1	Ian Hay	27.0
	50B	1	Terry Ryan	26.7				
400m	40A	2	Dave Wilcock	56.3	40B	1	Andy Cunningham	56.5
	50A	2	Clive Goddard	62.9	60	4	Roger Bruck	75.5
800m	40A	2	Dave Wilcock	2.11.0	50A	3	Liam O'Hare	2.32.6
	50B	2	John Fuller	2.39.7				
1500m	40A	2	Adrian Mason	4.15.5	40B	1	Andy Kelleher	4.20.7
	50A	1	Des Michael	4.50.7	60	4	Ron Higgs	5.49.0
3000m	40A	3	Keith Turner	9.30.1	50A	1	Tony Cousins	9.52.2
	50B	1	Des Michael	9.57.4	60	6	Brian Glover	13.48.7
2000m	40A	6	Brian Glover	14.51.5	40B	4	Bela Nagy	14.51.5
Walk	50A	7	Steve Chilton	13.16.2				
4x100 Relay	1	Peter Ilo/Ty Holden/Andy Cunningham/Dave Wilcock			49.1			
Medley R.	1	200Peter Ilo/Ty Holden/400Andy Cunningham/800Andy Kelleher			3.59.3			
H.J.	40A	1	Andy Cunningham	1.55	50A	4=	Bela Nagy	1.25
	60	1	Roger Bruck	1.30				
P.V.	40A	3=	Andy Cunningham	2.20	50A	5	Bela Nagy	2.00
L.J.	40A	2	Peter Ilo	5.75	50A	3	Ian Hay	4.71
	60	2	Roger Bruck	4.45				
T.J.	40A	2	Peter Ilo	11.22	50A	1	Ian Hay	10.43
S.P.	40A	6	Ty Holden 7.26k	7.60	50A	5	Terry Ryan 6k	7.73
	60	4	Roger Bruck 5k	8.71				
D.T.	40A	7	Pat Smith 2k	18.38	50A	7	Terry Ryan 1.5k	20.68
H.T.	40A	5	Pat Smith 7.26k	22.24	50A	6	Terry Ryan 6k	19.15
J.T.	40A	7	Pat Smith 800g	18.01	50A	6	Bela Nagy 700g	24.79
	60	7	Andy Blackman 600g	17.22				

**Result:** 1. Blackheath & Bromley 328, 2. Barnet 296½, 3. Havant A C 279, 4. Epsom & Ewell H 217, 5. Ealing & Hillingdon 188, 6. Oxford City A C 178½, 7. Eastbourne R 174.

## Watford Open 3<sup>rd</sup> Sept

Terry Ryan 100/200 14.9/27.2

## Southern Womens League, Southend 6<sup>th</sup> Sept

We went to the last fixture knowing that only a disaster could stop us winning the league. A good team was available, so we concentrated on winning the match too. This we duly did, by gradually accumulating points and pulling away towards the end of the match. Highlight was definitely Denise Gayle's new Club Record in the High Jump, which set a stadium record (the second time she has achieved this feat). We had a clean sweep in the 400, 800 and 1500m. The youngsters contributed invaluable points, with two wins for Asha Tranquille-Day, and one each for Nicola Wallis and Abigail Watts-Cherry. As usual we finished with a flourish, winning the 4x400m, before heading off to the local McDonalds for a small celebration before travelling homewards.

**Steve Chilton**

### Seniors/U17

100m	1	Denise Gayle	13.0	3	Amy Dolan	15.0
200m	4	Amy Dolan	32.0	4	Pauline Michael	32.3
400m	1	Cath Perry	66.1	1	Claudia Pensa	70.8
800m	1	Kath Woods	2-24.7	1	Pauline Michael	2-42.3
1500m	1	Kath Woods	5-21.0	1	Philippa Horton	5-37.1
3000m	1	Jane Laws	11-10.9			
100mH	2	Jill Dinsmore	21.0			
LJ	4	Amy Dolan	4-49	3	Claudia Pensa	3-73
DT	3	Jill Dinsmore	18-85	4	Cath Perry	12-70
HJ	1	Denise Gayle	1-78 CR	1	Jill Dinsmore	1-45 CR
SP	3	Jill Dinsmore	6-90	4	Cath Perry	4-13
TJ	3	Amy Dolan	9-16	3	Kath Woods	7-52

JT	2	Denise Gayle	23-97	1	Jill Dinsmore	21-57
4x100m	3	56.6				
4x400m	1	4-28.4				
<b>U15</b>						
100m	4	Abigail Watts-Cherry	15.0	3	Louise Rayner	15.2/
200m	5	Jordan Smith	31.8		Louise Rayner	
800m	3	Victoria Bryant	2-55.9	1	Nicola Wallis	2-57.0
1500m	2	Ruby Blevings	6-19.5	2	Tessie Sarsfield	6-35.5
75mH	3	Ruby Blevings	14.7	1	Abigail Watts-Cherry	14.9
HJ	2	Victoria Bryant	1-20	2	Nicola Wallis	1-15
SP	2	Asha Tranquille-Day	7-13	2	Florence Bryant	4-75
LJ	1	Jordan Smith	4-45	2	Ruby Blevings	3-84
JT	1	Asha Tranquille-Day	19-03 CR	2	Rose Michael	3-43
DT	1	Asha Tranquille-Day	20-48	3	Nicola Wallis	14-88
4x100m	2					

Non-scoring 100: Florence Bryant 15.4, Rebecca Watts-Cherry 16.0, Tessie Sarsfield 16.4

**Result:** 1 Barnet 132, 2 Victoria Park & Tower Hamlets 109, 3 Harlow 98, 4 Ryston 76, 5 Watford 71

### Club Champs, Watford 7<sup>th</sup> Sept

Medals and trophies will be presented at the awards evening - details elsewhere in this magazine. Medals are awarded according to the formula: 1 or two entries GO, 3 or 4 entries GO and SI, 5 or more entries GO, SI and BR.

#### GU11

80m	1	Alison Rayner	14.6			
Cball	1	Alison Rayner	11-66			
LJ	1	Alison Rayner	1-65			

#### GU13

100	1	Louise Rayner	14.83	2	Victoria Bryant	15.65
	3	Florence Bryant	16.03			
200	1	Louise Rayner	31.16	2	Victoria Bryant	31.68
HJ	1	Asha Tranquille-Day	1-35 PB	2	Victoria Bryant	1-15
SP	1	Florence Bryant	4-96			
JT	1	Asha Tranquille-Day	23-22 CR			
DT	1	Asha Tranquille-Day	18-92			
LJ	1	Louise Rayner	3-41	2	Florence Bryant	3-23

#### GU15

75mH	1	Ruby Blevings	14.50			
100	1	Jordan Smith	14.90			
200	1	Jordan Smith	31.57	2	Tessie Sarsfield	35.54
400	1	Hannah Sheridan	76.42			
800	1	Hannah Sheridan	3-09.58			
1500	1	Zanthe Wray	5-39.33	2	Tessie Sarsfield	6-30.13
HJ	1	Ruby Blevings	1-20			
LJ	1	Jordan Smith	3-92	2	Ruby Blevings	3-76
	3	Abi Watts-Cherry	3-72	4	Tessie Sarsfield	3-47

#### SEN LADIES

800	1	Cath Perry	2-35.29	PB		
1500	1	Kath Woods	4-55.37	2	Lydia Bruce-Burgess	5-44.24

#### VET LADIES

100	1	Tiffany Stephens	18.79	PB		
200	1	Tiffany Stephens	38.50	PB		
400	1	Tiffany Stephens	87.83	PB		
HJ	1	Jill Dinsmore	1-35			
JT	1	Jill Dinsmore	21-62			

#### BU11

LJ	1	Mark Smith	3-31	2	James McCormick	2-86
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#### BU13

75mH	1	Sam Barrow	15.41			
100	1	Tommy Bryant	15.26	2	Niall Fleming	16.75
800	1	Tommy Bryant	2-41.21			
1500	1	Niall Fleming	5-18.71			
LJ	1	Tommy Bryant	4-02	2	Sam Barrow	3-78
Hj	1	Sam Barrow	1-25	2	Niall Fleming	1-10

#### BU15

100	1	Stephen Rayner	13.15			
200	1	Stephen Rayner	26.34	2	Ben Smith	31.73

400	1	James Goddard	69.56			
LJ	1	Ben Smith	3-83	2	Christian Louka	3-73
SP	1	Stephen Rayner	9-23			
<b>BU17</b>						
400	1	Shaun Goddard	56.69			
<b>VET MEN</b>						
200	1	John Fuller	33.96			
400	1	John Fuller	70.83			
800	1	Steve Allen	2-40.00	2	John Fuller	2-45.50
1500	1	John Fuller	5-34.18			
3000	1	John Fuller	12-19.93			
SP	1	Patrick Smith	6-29			
DT	1	Patrick Smith	19-97			

### Garden City 10, Welwyn 7<sup>th</sup> Sept

9	Andy Kelleher	56-20	126	Francis Robinson	70-05
10	Adrian Mason	56-29	134	Jamie March	70-55
18	Des Michael	57-50	165	Marc Kos	73-22
27	Grant Ramsey	59-29	190	Tony Hamilton	75-11
71	Alun Johns	64-36	233	Ernie Blackler	78-22
84	John Shirley	65-35	271	Brian Glover	81-54
97	Reg Black	66-41	288	Graham Barnett	83-15
98	Martyn Rowe	66-55	374	Bryan Solomons	91-03
119	Motohiro Kawai	69-32	383	David Williams	92-28

### The following individual and team awards were won:

Men: 1st team and 1st County team

Des: 1st County M50 and 1st Open M50

16	Karen Bradley	70-05	57	Sue Hamblin	86-08
19	Helen Hoyle	71-49	58	Bridgid Corless	86-24
42	Simone Kimberley	80-38	66	Maureen Shirley	87-41
51	Pauline Lygo	83-19	73	Claire Simkins	88-32

Andy and Adrian - 1st and 2nd County Vets

Ernie: 2nd County M70