

RESULTS

Auckland Castle 10km inc BMAF Champs. Durham 25th Aug

Barnet were 3rd Vet O60 team in the National Vets Champs.

Dave Fereday	17th V60	45-35	Roger Marven	17th V65	50-34
Ernie Blackler	3rd V70	48-11			

Last Friday of the Month 5k Road Race. Hyde Park 30th Aug

117	Ted Kimber	21-57	194 finished
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Vets AC Track & Field Champs. Battersea Park 8th Sept

V50	5000	Liam O'Hare	1st	18-07.4					
V55	100	Terry Ryan	1st	13.3	200	2nd	27.1		
V60	5000	Ted Kimber	2nd	21-48.6					
V70	SP	Jaroslav Hanus	1st	10-21	DT	1st	33-64	HT	30-70 CBP

Chingford League 2.25 Mile Road Relay. Highams Park 14th Sept

Women

The ladies started the new season where they had left off last March, with a very fine win. Not only did our "A" team lead from "gun to tape" they all recorded the fastest times on their respective stages. Karen set the fastest time of the day with Katherine being the third fastest overall.

This was a good start to the season. We managed to field both A and B teams. Karen B, Helen H, Kath Woods and Kirsty made up the A, whilst Leigh, Karen F, Brigitte Corless and Catherine Scott ran in the B. After initial anxiety over the lack of a sports bra, (Marion from Trent Park nobly came to the aid of the opposition) the race got underway. Karen B had a battle on the first leg, but the A team won convincingly. Karen B, Kirsty and Leigh all ran well. Sorry again Catherine for 'forcing' you to run the last leg! Leigh was keen to test herself on the first leg after her recent return from Oz.

Helen Hoyle

"A"

1	Karen Bradley	14.42
1	Helen Hoyle	15.06
1	Kirsty Johnstone	15.31
1	Katherine Woods	15.04

"B"

5	Leigh Harvey	15.54
4	Karen Faloon	16.22
4	Bridgid Corless	18.53
6	Catherine Scott	21.28

Teams: 1 Barnet 60.23, 2. Trent Park 63.21, 3. Loughton 65.47, 4. Orion 68.31, 5. V.P.H. 71.04, 6. Barnet "B" 72.37, 7. Orion "B" 76.22, 8. Trent P "B" 79.10, 9. Loughton "B" 79.59 Eton Man & Enfield didn't finish a team.

Men

Not perhaps the result hoped for but by good team selection we had our fastest six in the "A" squad. Dave was the fastest Vet with Des just missing the fastest O/50 time by two seconds to Enfield's John Liversedge. The veteran result is calculated by taking the fastest four from each club and are marked in the results by an asterisk.

"A"

3	Richard Gamble	12.16
3	Andy Cunningham	12.37*
3	Grant Ramsey	12.50
4	Patrick O'Toole	13.45
4	Des Michael	13.16*
4	Dave Wilcock	12.22*

"B"

11	Francis Robinson	14.21
12	Harvey Khaihra	15.12
11	Liam O'Hare	14.02*
11	Motohiro Kawai	14.56
11	Stephen Hewitt	17.05
10	Steve Chilton	16.48

Teams:

"A" 1. V.P.H. 74.47, 2. Orion 76.32, 3. Enfield & Haringey 76.37, 4. Barnet 77.06, 5. Walthamstow 80.19, 6. Eton Manor 80.58, 7. Trent Park 85.01, 8. Loughton 95.06, 9. Woodford

"B" 1. Orion 82.54 2. Enfield & Haringey 87.07, 3. Barnet 92.24, 4. Eton Manor 92.25, 5. Trent Park 95.37

"Vets" 1. Orion 51.42, 2. Barnet 52.17, 3. Enfield & Haringey 57.07 4. Trent Park 58.23, 5. Eton Manor 58.44, 6. Loughton 63.47.

St. Albans Cross Country Relay. Westminster Lodge 14th Sept

A team was entered for those not interested or not selected for the Chingford League fixture, but as our fixture list and magazine were late appearing there were only two participants. Sean had a nice long line to work on after Ted's "steady" first leg!

26	Ted Kimber	19.00	14	Sean Dixon	14.23
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BMAF Weights Pentathlon Championships. Ashford 15th Sept

The BVAFA at their recent A.G.M. voted to change their name to the British Masters Athletic Federation. So all vets including females are now "Masters"! Jaroslav Hanus won the O/70 category with 3531 points being 249 points ahead of the second placed athlete. HT 34.80, SP 10.14, DT 28.40, JT 20.80, Wt (Heavy Hammer) 14.72

Eastern Young Athletes League Playoff Match. Luton 15th Sept

GU13

70mH	1	Abigail Watts-Cherry	13.6	1	Ruby Blevings	14.3
100m	6	Zoe Barton	15.1	1	Abigail Watts-Cherry	14.8
200m	6	Jordan Smith	32.9	4	Rebecca Watts-Cherry	33.0
800m	7	Emily Prati	2-55.3	4	Katherine Robinson	3-15.7
1500m	5	Emily Prati	6-27.8	3	Tessie Sarsfield	7-08.6
LJ	7	Abigail Watts-Cherry	3-28	7	Genesis Edwards	3-08
HJ	5	Zoe Barton	1-15	2	Ruby Blevings	1-15
SP	2	Zoe Barton	6-50	5	Rebecca Watts-Cherry	4-06
DT	2	Jordan Smith	15-91	3	Emily Prati	11-85
4x100	2	58.8				

Under 13G - Team Positions: 1st Luton 87 points, 2nd Colchester 81 points, 3rd BARNET 79 points

GU15

100m	7	Olga Bratischeva	15.6			
200m	6	Olga Bratischeva	32.8			
800m	4	Nicola Wallis	2-57.4			
LJ	6	Olga Bratischeva	3-58	5	Nicola Wallis	3-50
DT	7	Nicola Wallis	13-48			

GU17

DT	6	Sacha Rice	15-24			
JT	6	Sacha Rice	9-84			

BU13

75mH	3	S Barrow	16.3	2	Michael Spencer-Smith	16.8
100m	7	S Barrow	16.9	3	Kwama Amoaka	15.0
200m	7	Christian Louka	33.5	4	Ben Nagy	32.6
400m	4	James Goddard	71.9	5	Robert Bradford	86.1
800m	6	Ben Smith	2-50.6	3	Michael Spencer-Smith	2-50.1
1500m	5	Niall Fleming	5-33.6	3	Michael Spencer-Smith	5-51.6
LJ	2	Kwame Amoaka	4-26	5	Stephen Mason	3-45
HJ	6	S Barrow	1-20	4	Christian Louka	1-15
SP	4	Ben Nagy	6-37	6	Robert Bradford	3-45
DT	6	Ben Nagy	16-42	4	Michael Spencer-Smith	10-45
4x100	7	62.0				

BU15

80mH	5	M Rose	17.7			
100m	6	Stephen Rayner	13.3			
200m	5	Stephen Rayner	28.2			
400m	6	M Rose	64.5	6	Stephen Rayner	73.1
LJ	6	M Rose	4-04	6	James Bradford	3-78
SP	7	Louis Prati	6-92	7	Josh Chilton	4-45
DT	6	Louis Prati	17-25	4	Sam Rice	16-24
JT	7	Sam Rice	17-84	6	Louis Prati	10-65

Watford Open. 18th Sept

800	Sean Dixon	1-57.6			
3000	Eileen Griffiths	11-00.06			

Capital City Challenge 10K. Edinburgh 22nd Sept

Grant Ramsey 34.58 PB

Last Friday of the Month 5K Road Race. Hyde Park 27th Sept

Ted Kimber 21.17

SEAA Sen. 6 Stage & Vets 4 Stage 6K Road Relay Champs. Aldershot 28th Sept

We only had one "Vets" team running but they did us proud by racing well to win the O/50 silver medals which replicated the achievement of last year. However, they were 22 seconds faster on this occasion. Tony Cousins had an exceptionally good race and was the fifth fastest O/50 on the day equaling the time achieved by Grenville Tuck! The seniors also had a good performance equaling their best ever finishing position of two years ago but improving on their overall time by just over two minutes. Richard ran the fastest stage for us but there was less than two minutes between any of them which made for a good team performance. When Patrick (who has only very recently returned to racing) started no other team runner had arrived due to a hold-up on the motor-way. Fortunately Grant arrived just in time for the second stage and the remaining four members appeared in the "nick of Time"! **JA**

Vets O/50			Senior		
10	John Shirley	22.12	80	Patrick O'Toole	22.24
6	Tony Cousins	21.03	69	Grant Ramsey	21.03
3	Liam O'Hare	21.53	57	Andy Cunningham	20.39
2	Des Michael	<u>21.23</u>	51	Dave Wilcock	20.45
		1.26.31	50	Dave Candy	21.19
			44	Richard Gamble	<u>20.32</u>
					2.06.42

Teams:

1. South London H 1.25.01, 2. Barnet 1.26.31, 3. Hercules Wim 1.27.15, 4. Brighton 1.27.47, 5. Aldershot Farnham & Dist 1.28.29

25 Teams Finished

Since this race was first held over the current course the following are our fastest in each category:

Senior			V40		
1995	Mel Parker	19-24	1997	Dave Wilcock	19-38
1996	Simon Hime	19-26	2002	Andy Cunningham	20-39
1995	Andy Tappin	19-57	1997	Lauro Franzese	20-49
V50			V60		
1998	Liam O'Hare	20-56	1993	Ron Higgs	22-06
2002	Tony Cousins	21-03	1995	Bob Stewart	23-26
1996	Alan Harvey	21-13	2000	Mike Sawyer	23-58

Furzeffield 10k Road Race. Potters Bar 29th Sept

[Actually measured at 11.8k or 7.3 miles] If we had realised that the race started at 8am on a Sunday morning I doubt whether so many of us would have entered! We set off up Mutton Lane, into Darkes Lane, Church Road, Great North Road, then down Hawkshead Lane towards the Vets College, round the block and back to finish at the Centre in the early morning fog. Tony Hamilton, who was there to win the O60s prize, assured us that the course was 7.2 miles according to his car odometer. Afterwards we were told we had run 12k not 10k as advertised, so the Barnet contingent, which included some first timers, did well. Brigid, Samira and Tony each won trophies in their respective categories.

19	Tony Hamilton	1st V60	53-32	45	Harvey Chowdhary	65-34
23	Peter Rice		54-37	41	Kate Scott W45	68-55
35	Brigid Corless	1st W50	60-07	53	Clare Muncey	74-27
44	Steve Harris	V60	65-34	54	Samira Putris	83-38

Steve Harris

Chingford League 5K Road Race. Eastway 1st Oct

It was good to field a strong winning team for the first Eastway of the season. Karen M took off in characteristic style and I didn't see her after the first 500m. She won the individual race convincingly to beat her own club record. Eileen also ran well making a great debut for the senior team. It was good to see Karen B running her first Eastway – last year she had concentrated on marathon training. She ran well, but we got into a bit of agro at the end re the position of the finish line. Kirsty and Jane both had good races.

2	Andy Kelleher	1 st V	16.02	73	Motorhiro Kawai	V45	19.53
7	Dave Wilcock	2 nd V	16.35	95	Marc Kos	V40	20.44
13	Richard Gamble		16.58	103	Kirsty Johnstone	12 th W	20.59
18	Keith Turner	V40	17.08	121	Jane Day	18 th W	21.52
25	Des Michael	1 st V50	17.31	123	Ted Kimber	3 rd V60	21.53
31	Patrick O'Toole		18.01	126	Peter Rice		21.59
41	John Shirley	2 nd V50	18.47	133	Karen Faloon	23 rd W	22.27
46	Karen Murphy	1 st W	19.02	137	Katherine Woods	24 th W	22.53
55	Francis Robinson	V40	19.19	143	Catherine Perry	27 th W	23.40
60	Dean Lambert		19.26	146	David Williams	V50	23.45

Helen Hoyle

63	Eileen Griffiths	4 th W	19.31	160	Mike Terry	V50	25.31
65	Karen Bradley	5 th W	19.38	170	Maureen Shirley	44 th W	26.20
66	Helen Hoyle	6 th W	19.39	192	Ron Franklin	V70	29.32
					200	Finished including 71 Women	

Teams.

- “A” 1. VPH 52, 2. Barnet 96, 3. Orion 104, 4. E Manor 212, 5. Walthamstow 229, 6. Trent P 302, 7. Loughton 432, 8. Woodford 435, 9. Enfield 479, 10. Herts Ph 1009, 11. London Heathside 1172.
- “B” 1. Orion 209, 2. VPH 333, 3. Barnet 447, 4. E Manor 639, 5. Trent P 652, 6. Loughton 778, 7. Walthamstow 948.
- “Vets” 1. Barnet 52, 2. Orion 86, 3. Enfield 224, 4. Loughton 253, 5. VPH 266, 6. Trent P 273, 7. Eton M 320, 8. Walthamstow 327, Woodford 652.
- “Women” 1. Barnet 16, 2. Enfield 29, 3. Trent P 70, 4. Loughton 87, 5. Eton M 87, 6. Barnet “B” 92, 7. VPH 126, 8. Orion 138, 9. Trent P “B” 151, 10. Loughton “B” 152, 11. Enfield “B” 179, 12. E Manor “B” 191, 13. VPH “B” 236, 14. Orion “B” 277, 15. Woodford 313.

Teams after 2 fixtures.

- “A” 1. VPH 24, 2. Orion 21, 3. Barnet 20, 4. E Manor 16, 5. Walthamstow 16, 6. Enfield 14, 7. Trent P 13, 8. Loughton 11, 9. Woodford 9, 10. Herts P 3, 11. L Heathside 2.
- “B” 1. Orion 24, 2. Barnet 20, 3. E Manor 18, 4. Trent P 16, 5. VPH 11, 6. Enfield 11, 7. Loughton 7, 8. Walthamstow 6.
- “Vets” =1. Barnet/Orion 23, 3. Enfield 20, =4. Loughton/Trent P 16, 6. E Manor 14, 7. VPH 12, = 8 Walthamstow/Woodford 10.
- “Women” 1. Barnet 24, 2. Trent P 21, 3. Loughton 19, 4. Enfield 17, =5. E Manor/Orion/VPH 15, 8. Woodford 5.

North West London League. Perivale 5th Oct

20 young athletes took part in the first young athletes race of the season. Best places were Niall Fleming's 4th place in the BU11 category, Philippa Horton's 6th in the GU17, and Amy Copping's 10th place in the GU11. There are pictures of nearly all the club's competitors (by Andy Welsh) on the club website.

BU11: 4 Niall Fleming 10-06, 15 Jack Welsh 11-28, 24 Mark Smith 12-24, 25 Liam Chilton 12-25, 31 Mark Kos 13-05. Team 3rd

BU13: 12 James Goddard 12-04, 19 Ben Nagy 12-35, 20 Owen Randall 12-50, 23 Michael Spencer-Smith 13-12, 29 Matthew Henderson 13-39, 31 Owen Hind 14-04, 33 Christian Louka 14-12, 23 Ben Smith 14-19. Team 4th

BU17: 22 Alex Horton 18-16. Team 8th

GU11: 10 Amy Copping 6-39. Team 8th

GU13: 14 Emily Prati 11-25, 18 Tessie Sarsfield 11-3. Team 8th

GU15: 14 Zanche Wray 13-09, 18 Nicola Wallis 14-03, 19 Kath Henderson 14-10. Team 4th

GU17: 6 Philippa Horton 18-08. Team 3rd

Vets AC 5.8 Mile Cross Country. Wimbledon Common 5th Oct

5	Liam O'Hare	3rd V50	35-25	20	Ted Kimber	2nd V60	42-41
					28	finished	

Standalone 10km. Letchworth 6th Oct

15	Des Michael	1st V50	35-27	286	Laura Thomson-Smith	46-53
23	Richard Gamble		36-26	333	Ernie Blackler	2nd V70 48-25
53	John Shirley	3rd V50	38-44	229	Brian Glover	48-39
79	Roger Thompstone (approx)		40-12	433	Maureen Shirley	52-32
99	Mike Sawyer	2nd V60	40-37	496	Pippa Anderson	55-45
102	Nick Bingham		40-42	511	John Atkinson	56-49
116	Karen Bradley	4th W35	41-11	527	Kate Scott	57-46
278	Penny Wylie		46-39		619	finished

London to Brighton. 6th Oct

John Fulcher kept up his record of finishing the 54 miles 198 yards race for the last 21 years. His first effort was way back in 1982! He finished in a time of 10 hours 4 minutes 7 secs. Full details in the Reports section.

Southend 10k (inc S of England Champs) 6th Oct

7	Karen Murphy	39-38
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Wimbledon 10 mile road race. Wimbledon Park 6th Oct

Liam O'Hare	1st V50	60-47
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Orienteering. Epping Forest 6th Oct

Green course

28 Steve Chilton 55-06 52 Sean Mitchell 1-19-35

Blue course

35 Andy Welsh 1-24-40

Orange course

15 Josh/Liam Chilton, Jack Welsh 46-19

World Masters Games. Melbourne Australia. 7-13th Oct

Globe-trotting Jaroslav Hanus competed and finished 4th in the Discus (1kg) in 30-70, 2nd in the Hammer (4kg) in 40-56, and 5th in the Weight (Heavy Hammer 7.26kg) in 13-08.

Road Handicap 1 mile youngsters race. Clubhouse 13th Oct

		<i>Hcap time</i>	<i>Actual time</i>
1	Louis Prati	8-00	7-45
2	Mark Smith	8-19	7-59
3	Ben Smith	8-24	6-49
4	Tessie Sarsfield	8-29	7-24
5	Emily Prati	8-34	7-19
6	Niall Fleming	8-40	6-30
7	Nicola Wallis	8-44	7-19
8	James Dinsmore	9-19	9-19

Road Handicap 5.5 miles. Clubhouse 13th Oct

		<i>Hcap time</i>	<i>Actual time</i>	<i>Fastest</i>
1	David Dinsmore	43-27	41-27	7
2	Marc Kos	43-34	38-11	4
3	Dave Wilcock	44-20	31-20	1
4	John Mould	44-26	39-26	6
5	John Fuller	44-38	38-38	3
6	Sue Hamblin	44-47	44-47	9
7	Helen Hoyle	45-02	38-17	5
8	Francis Robinson	45-09	37-09	2
9	Peter Rice	46-16	42-31	8
10	John Fulcher	48-07	46-07	10

Manchester Marathon 13th Oct

21 Grant Ramsey 2-47-32

Dulwich Runners 10k 13th Oct

Liam O'Hare 1st V60 36-38

Reebok Cross Challenge. Liverpool 19th Oct

Eileen Griffiths came an excellent 17th in the Junior race in the first of the Reebok Cross Challenge series.

66 Eileen Griffiths 17th Junior 21-16

Chingford League 5½ Mile Cross Country. Loughton 19th Oct

This was a fantastic day weatherwise, and as the sun beat down (well it felt like that after a warm up) we almost felt cheated out of a bit of good honest mud. We all reminisced about wading through the floods two years ago and obviously the dry conditions produced much faster times. Karen B ran a strong race and was our first woman home in 5th place. I battled it out with Kath, and both Kirsty and Karen F ran well. Many thanks to Leigh for all her hearty support – I think she ran faster than us around the field ...

					Helen Hoyle
7	Andy Kelleher 1 st V	32.24	90	Eddy King V45	39.39
8	Dave Wilcock 2 nd V	32.32	92	John Fuller V55	39.55
16	Andy Cunningham 3 rd V	33.40	112	Kirsty Johnstone 11 th W	41.11
18	Des Michael 1 st V50	33.45	119	Ted Kimber V60	41.50
42	Phil Cunningham Gst	36.02	135	Karen Faloon 17 th W	43.25
67	Karen Bradley 5 th W	37.32	143	John Mould V55	43.59
79	Helen Hoyle 7 th W	39.07	145	Brian Strong V65	44.31

84	Zac V40	39.18	150	Catherine Perry 24 th W	44.53
88	Con Antoniou 2 nd V60	39.31	160	John Fulcher V55	46.34
89	Katherine Woods 8 th W	39.36	184	Ron Franklin V70	56.29
				188 Finished including 43 women	

Teams

“A”	1. VPH 50, 2. Orion 113, 3. Woodford 191, 4. Enfield 191, 5. Barnet 225, 6. Walthamstow 245, 7. E Manor 269, 8. Trent P 330, 9. Loughton 502, 10. L Heaths 984
“B”	1. Orion 249, 2. VPH 354, 3. Enfield 456, 4. E Manor 616, 5. Trent P 669, 6. Barnet 800, 7. Woodford 948, 8. Loughton 997, 9. Walthamstow 1014
“Vets”	1. Barnet 49, 2. Orion 104, 3. Enfield 229, 4. Woodford 241, 5. Trent P 278, 6. Loughton 291, 7. E Manor 304, 8. VPH 382, 9. Walthamstow 400, 10. L Heathside 608
“Women”	1. Barnet 31, 2. Enfield 34, 3. Loughton 68, 4. Orion 75, 5. E Manor 87, 6. Trent P 102, 7. Loughton “B” 125, 8. VPH 142, 9. Woodford 145, 10. Orion “B” 160

Teams after 3 fixtures.

“A”	1. VPH 36, 2. Orion 32, 3. Barnet 28, 4. Enfield 23, 5. Walthamstow 23, 6. E Manor 22, 7. Woodford 19, 8. Trent P 18, 9. Loughton 15, 10. L Heathside 5, 11. Herts Phoenix 3
“B”	1. Orion 36, =2. Barnet /E Manor 27, 4. Trent P 24, 5. VPH 22, 6. Enfield 21, 7. Loughton 12, 8. Walthamstow 10, 9. Woodford 6
“Vets”	1. Barnet 35, 2. Orion 34, 3. Enfield 30, 4. Trent P 24, 5. Loughton 23, 6. E Manor 20, 7. Woodford 19, 8. VPH 17, 9. Walthamstow 14
“Women”	1. Barnet 36, 2. Loughton 29, =3. Enfield/Trent P 28, 5. Orion 24, 6. E Manor 23, 7. VPH 21, 8. Woodford 14

North West London League. Biggleswade 19th Oct

The second North West London race was back at a venue from the past - in Biggleswade, a long drive compared to some venues. The boys under 11 were asked to run further than expected. This did not Niall Fleming having his best ever race to come second, running faster than all the under 13s over the same course. SC

BU11: 2 Niall Fleming 16-54, 14 Jack Welsh 19-42, 22 Liam Chilton, 25 Mark Smith 23-22. Team 4th

BU13: 14 James Goddard 16-57, 24 Ben Smith 17-53, 26 Matt Henderson 17-58, 28 Owen Randall 18-05. Team 7th

GU13: 12 Emily Prati 19-15, 19 Tessie Sarsfield 21-03. Team 7th

GU15: 15 Nicola Wallis 19-05, 18 Kath Henderson 19-31. Team 5th

Surrey County AA Vets Cross Country Champs. Richmond Park 19th Oct

Liam O’Hare 8th V50 37-59

Liddiard Trophy 5 mile CC Kingsbury 26th Oct

9	Sean Dixon	26-59	69	Ted Kimber	35-16
61	Francis Robinson	33-27	75	John Fulcher	38-06

SE Counties Throwers Club. Throws Pentathlon. Ewell, Surrey 2nd Nov

1 Jaroslav Hanus V70 3494 points. HT 36.98 SP 9.80 DT 31.06 JT 20.24 Wt 13.01

The Regents’ Park 10k. 3rd Nov

2 Mike Stapleton 1st V 36.00 John Fuller 3rd V50 42.24

Stevenage Mencap Half Marathon. 3rd Nov

57	Karen Murphy 4 th W	1.29.28	274	Sue Hamblin 40 th W	1.49.39
75	Motohiro Kawai V45	1.31.16	293	Pauline Lygo 1 st W55	1.51.56
136	Dean Creer	1.37.00	329	John Fulcher V55	1.55.00
165	Marc Kos V40	1.39.53	333	Brigid Corless 53 rd W	1.55.10
209	Simone Kimberley 29 th W	1.44.17	452	Catherine Scott 96 th W	2.08.47
265	LauraThompson-Smith 38 th W	1.48.50	509	Samira Putris 128 th W	2.43.45

Womens’ Team Race. 1st Thames Valley H 56, 2nd Barnet 111, 3rd Fairlands Valley Spartans 123.

Chingford League 5k Road Race. Eastway 5th Nov

We managed to field both A and B teams again, and as well as winning the A by a clear margin, our B team reached 9th ahead of Victoria Park, Orion and Trent Park B teams. This was particularly pleasing as many of us thought we’d never make the start due to traffic problems. Karen B changed in 2 mins after a rally driving warm up (I was navigating and we were chasing Dave Wilcock) and Eileen pinned her

number on during the race. Eileen then went on to run brilliantly to finish second in a club record breaking time of 18.56. Thanks to all who ran and supported both teams.

						Helen Hoyle	
2	Andy Kelleher	1 st V	16.09	69	Harvey Khaihra	V45	19.56
5	Richard McCormick	Gst	16.28	78	Con Antoniou	2 nd V60	20.15
11	Dave Wilcock	3 rd V	16.58	96	John Mould	V55	21.09
21	Keith Turner	V40	17.25	99	Ted Kimber	3 rd V60	21.19
23	Des Michael	1 st V50	17.33	110	Karen Bradley	14 th W	21.57
33	Liam O'Hare	2 nd V50	18.17	115	Kirsty Johnstone	16 th W	22.13
48	Eileen Griffiths	2 nd W	18.56	120	Karen Faloon	20 th W	22.34
49	John Shirley	V55	19.02	128	David Williams	V50	23.08
57	Francis Robinson	V40	19.35	144	Peter Graham		25.15
59	Helen Hoyle	3 rd W	19.40	157	Maureen Shirley	39 th W	26.26
61	Colin Goulding		19.43	165	Ron Franklin	V70	28.16
63	Katherine Woods	4 th W	19.47	167	Alan Radley	V50	28.35
66	Alex Horton	U17	19.49				
					177	Finished including 56 women	

Teams.

- "A" 1. VPH 61, 2. Orion 135, 3. Barnet 139, 4. Woodford 172, 5. Enfield 184, 6. E Manor 197
7. Walthamstow 264, 8. Loughton 410, 9. Trent Park 454, 10. London Heathside 1036.
- "B" 1. VPH 304, 2. Orion 364, 3. Barnet 427, 4. E Manor 483, 5. Enfield 624,
6. Loughton 639, 7. Trent Park 780, 8. Walthamstow 985.
- "Vets" 1. Barnet 57, 2. Orion 77, 3. E Manor 250, 4. Loughton 270, 5. Enfield 277,
6. Walthamstow 297, 7. Trent Park 325, 8. VPH 399, 9. London Heathside 680.
- "Women" 1. Barnet 23, 2. Enfield 49, 3. Orion 57, 4. Trent Park 68, 5. VPH 74, 6. Loughton 79,
7. E Manor 86, 8. Barnet "B" 132, 9. Loughton "B" 144, 10. VPH "B" 159,
11. Orion "B" 165, 12. Trent Park "B" 177.

League position after 4 races.

- "A" 1. VPH 48, 2. Orion 43, 3. Barnet 38, 4. Enfield 31, =5. E Manor/Walthamstow 29,
7. Woodford 28, 8. Trent Park 22, 9. Loughton 20, 10. L Heathside 8, 11. Herts Ph. 3.
- "B" 1. Orion 47, 2. Barnet 37, 3. E Manor 36, 4. VPH 34, 5. Trent Park 30, 6. Enfield 29,
7. Loughton 19, 8. Walthamstow 15, 9. Woodford 6.
- "Vets" 1. Barnet 47, 2. Orion 45, 3. Enfield 38, 4. Loughton 32, =5. E Manor/Trent Park 30,
7. VPH 22, 8. Walthamstow 21, 9. Woodford 19, 10. London Heathside 7.
- "Women" 1. Barnet 48, 2. Enfield 39, 3. Trent Park 37, 4. Loughton 36, 5. Orion 35,
6. E Manor 29, 7. VPH 28, 8. Woodford 14.

Individuals after 4 races.

- Men 1. Tim Grose 74, 2. Andy Kelleher 68, 3. Danny Rose 63,
- Vets 1. Andy Kelleher 30, 2. Dave Wilcock 26, =3. Paul Filler/K Julian 17, 5. Des Michael 15,
6. D Brock 14, 7. Keith Turner 13.
- Women 1. E Muggeridge 27, =2. Helen Hoyle/S McHugh 19, 4. Eileen Griffiths 16,
5. Karen Bradley 14, =6. Katherine Woods/L Rowe 12.

North London Cross Country Champs. Mad Bess Woods, Ruislip 9th Nov

Women 4 Miles

It was disappointing that we had such a low turn out given initial interest levels, but the A team on the day consisted of Pippa A, Penny W, Leigh and myself. Conditions through the woods were much drier than expected after a deluge on Friday, and in spite of another stressful warm up attempting to find the course we all enjoyed the race. Congratulations to all who ran and thanks for the support.

						Helen Hoyle	
13	Helen Hoyle	2 nd V	24.57	24	Leigh Harvey		27.26
23	Penny Wylie	7 th V	27.02	40	Pippa Anderson	13 th V	29.58

Teams. 1. Highgate 20, 2. L Heathside 34, 3. Hillingdon 56, 4. Serpentine 80, 5. Barnet 83, 6. TVH 103,

Vet Teams. 1. Hillingdon 17, 2. Barnet 22, 3. Metros 31, 4. TVH 47.

Men 5 Miles

10	Sean Dixon		27.10	86	John Fuller	28 th V	35.08
75	Nick Bingham	19 th V	33.58	102	John Mould	42 nd V	37.24
76	Francis Robinson	20 th V	33.59	114	John Fulcher	51 st V	40.23
84	Motohiro Kawai	26 th V	35.06	115	Tony Hamilton	52 nd V	40.23

Teams. 1. Highgate 52, 2. TVH 88, 3. VPH 131, 4. Ealing 218, 5. Hillingdon 297,
6. Serpentine 342, 7. QPH 343, 8. Barnet 364, 9. TVH "B" 392, 12 Finished

Vet Teams. 1. L Heathside 46, 2. Hillingdon 48, 3. Ealing 55, 4. Hillingdon "B" 80,
5. Barnet 93, 6. TVH 95, 7. Hillingdon "C" 117, 10 Finished

7th National Veterans Cross Country Relay Champs. Lloyds Park Croydon 10th Nov

Lap of approx. 2½ Miles

Vets O/70

3	Ernie Blackler	33.16
3	Laurie Forster	23.53
3	Derek Wood	<u>20.43</u>
		<u>77.52</u>

1. Vets A C 61.17, 2. Cambridge H 70.34

Vets O/60

3	Con Antoniou	17.16
6	Ted Kimber	18.30
6	Mike Sawyer	<u>17.37</u>
		<u>53.23</u>

1. Bingley 48.12, 2. Aldershot 48.48,
3. Blackheath 51.34 9 Teams Finished

Vets O/50

11	John Shirley	16.09
8	Tony Cousins	14.56
7	Liam O'Hare	15.41
3	Des Michael	<u>14.54</u>
		<u>61.40</u>

1. Altrincham 60.15, 2. Cambuslang 60.19
18. Teams finished

Vets O/40

4	Andy Kelleher	14.03
3	Mike Stapleton	14.40
4	Andy Cunningham	14.48
11	Francis Robinson	16.52
10	Keith Turner	14.56
7	Dave Wilcock	<u>14.26</u>
		<u>89.45</u>

1. Brighton 86.04, 2. Cambuslang 86.19,
3. Swansea 87.11, 23 Teams Finished

North of Thames 7 mile Champs. Wormwood Scrubs 16th Nov

Andy won the Club 7mile trophy which was presented to the first Barnet member home in this race.

28	Andy Cunningham 3rd V40	46-56	69	John Fuller	55-05
61	Francis Robinson	53-10			

Epsom 10 Sunday 17th Nov

The organisers had lost their long-term sponsor for this race but they decided to go ahead anyway. The facilities were limited but this was a better option than losing another race from the calendar. At 9:00am visibility on the Downs was about 50m but fortunately the mist had lifted by the time we set off at 10:00. There was a steady drizzle but no wind so that conditions were good. The first mile is downhill, dropping 50m. This fast start means that runners quickly spread out. By the bottom of the hill the early leaders were in two groups of 4 about 20m apart. You immediately start to climb, rising over 100m in the next three miles. The leaders started to separate on the climb and this pattern was repeated all the way down the field with the result that most runners spent long periods on the own. From 4 miles to 8 miles the terrain is undulating and the second last mile is fairly flat. The last mile drops you back to the same level that you started at. This is an opportunity for a fast finish for those that have some energy left. The route was very well marshalled, with people at every point that they might be needed. Some of those out on the course looked quite cold as it was a day for running rather than standing. The race was won in 55:38. There was a margin of 70s before the second finisher and a gap of 67s to the third runner and first master, Tony Cousins (M50) of Barnet and District AC and Veterans AC who ran 57:55. The next two gaps were 61s and 45s. Only 12 runners were under 62 minutes, including 3 M40s and 4 M50s. 137 finished altogether including 38 in the VAC championships.

3	Tony Cousins 1st V	57-55	Liam O'Hare 4th V50	61-34
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SCVAC Indoor Pentathlon Champs. Eton 17th Nov

Roger Bruck finished 2nd V60 recording 3187 points. 60mH 12.7 (461), LJ 4-42 (700), Shot 9-22 (637), HJ 1-35 (679) and 60m 9.0 (710).

Bishops Stortford 10 Mile race 17th Nov

71	Dean Lambert	1-06-22	82	Nick Bingham	1-07-09
79	Motohiro Kawai	1-07-03	182	Mark Kos	1-12-53
81	Karen Bradley	1-07-07	279	Peter Rice	1-19-00

Stevenage 5k road race series. 1st race 19th Nov

74	Kath Woods 7th woman	19-29	114	John Fuller	20-35
84	Helen Hoyle 4th vet lady	19-42	143	Ted Kimber 3rd V60	21-21
94	Eileen Griffiths	20-04	243	Jose Kimber 4th vet 45	27-22

Teams: 1 Barnet 29, 2= Garden City and North Herts Road Runners 33

Merry Xmas and a Happy New Year from Steve, Moira, Martyn, Josh and Liam Chilton