

RESULTS

National Cross Country Champs. Ashton Court Estate, Bristol 23rd Feb

346 Keith Turner 47.19 1220 *Finished*

Tonbridge Wells Half Marathon, 24th Feb

Paul Watts 1-57-58

Herts. Veterans' Cross Country Champs. Letchworth 3rd Mar

Women 6Km

4	Helen Hoyle 3 rd W35	29.01	14	Karen Faloon 2 nd W45	31.14
7	Kirsty Johnstone	29.43	15	Penny Wylie	31.43
				39 <i>Finished</i>	

Teams. 1. Barnet 40, 2. Verlea 43, 3. Fairlands Valley Spartans 47

Men 8Km

3	Dave Wilcock	28.47	40	John Fuller 12 th V50	35.59
5	Des Michael 1 st V50	29.45		59 <i>Finished</i>	

Teams 1. Watford 32, 2. Verlea 47, 3. St. Albans Striders 96

London Heathside 5 Mile Road Race. Finsbury Park 3rd Mar

31	Francis Robinson V40	33.32	84	Pauline Lygo 2 nd W45	40.31
51	Ted Kimber V60	36.02		151 <i>Finished</i>	

Frank Harmer Memorial 10K Brockwell Park. 3rd Mar

17 Liam O'Hare 2nd V50 36.36

Hillingdon 5M 3rd March

Jane Day 36.54 150th out of 191

Indoor Open Meeting, Thames Valley Centre Datchet, Sunday 3rd Mar

The journey was quicker than we expected which gave us time for a cuppa before going out on to the track, where Mark and Marcia Richardson were training, for our warm up and stretch, whilst Pauline Alexander looked after our bags. (She was an official for the Pole Vault). Over 70 people had entered the 60metre event so as the late additional Marksman I was kept busy, although it meant that I had the opportunity of speaking to our athletes as they mustered for the start. Chi had a debatable false start in his first race and I mistakenly put him in as the 6th runner in his third race which probably robbed him of a 7.3 time, since they were only set up for timing five runners per race. Vicky improved during her series after being out of competition for two years. She made a perfect start in her third race. Carmel improved well so that by her third race she was looking quite professional. We all benefitted from the athletic ambience of a quality meeting, rubbing shoulders with some good athletes and officials.

Steve Harris

Chi Kin Tsang	7.5	7.4	7.4 (7.3)
Vicky Hyland	8.5	8.4	8.4
Carmel O'Brien	10.1	9.8	9.8

Chingford League 5K Road Race. Eastway 5th Mar

The team responded well to call to turnout and finish the season on a high. A result of 6 in 11 in the mens race and 4 in 11 for the women resulted in wins in all four categories on the night, and thus all four categories for the season - an excellent performance by all concerned. With Helen Hoyle winning the ladies overall, and Keith Turner the Vets overall, it was just Any Holt pushing Keith Turner into 2nd overall that stopped a complete sweep of the season. Determination to be part of the team was shown by Adrian Mason, who got there with a minute to spare, dropped his extra stuff and jogged straight to the start (and still came 11th). Afterwards Ralph Bailey found it hard to believe that he hadn't made the A team, and likewise Patrick O'Toole the B team.

Steve Chilton

4	Keith Turner 1 st V40	16.07	92	Katherine Woods 5 th W	19.40
5	Dave Candy	16.13	105	John Owen V55	20.23
7	Darren Treadaway	16.22	106	Francis Robinson V40	20.26
9	Dave Wilcock 2 nd V	16.24	119	Leigh Harvey 11 th W	21.05
10	Richard Gamble	16.29	122	Ted Kimber V60	21.10
11	Adrian Mason	16.32	130	Kirsty Johnstone 15 th W	21.35
22	Ralph Bailey	17.03	136	Peter Rice	21.54

25	Des Michael	1 st V50	17.25	147	Karen Faloon	22 nd W	22.29
26	Mike Stapleton	V40	17.29	156	Peter Ruffhead	Gst	22.49
27	Simon Wells		17.29	160	Stephen Hewitt	V50	23.30
33	James Taylor		17.44	161	Catherine Perry	27 th W	23.34
42	Steve Nunn		17.55	162	David Williams	V50	23.40
43	Patrick O'Toole		17.56	164	Pippa Anderson	29 th W	23.58
50	Liam O'Hare	V50	18.11	173	Mike Terry	V50	25.04
67	John Shirley	V50	18.51	176	Alan Radley	V50	25.33
75	Karen Murphy	2 nd W	19.10	182	José Kimber	36 th W	25.47
76	Dean Lambert		19-12	186	Maureen Shirley	38 th W	26.07
83	Harvey Khaihra	V45	19.26		<i>204 Finishers including 54 Women</i>		
88	Helen Hoyle	4 th W	19.36				

Teams.

“A” 1. **Barnet** 46, 2. VPH 105, 3. Orion 159, 4. Walthamstow 214, 5. Eton Manor 306, 6. Trent Park 339, 7. Loughton 519, 8. L Heathside 637, 9. Enfield & Haringey 800, 10. Woodford 811, 11. Verlea 864.

“B” 1. **Barnet** 175, 2. Orion 302, 3. VPH 335, 4. E Manor 599, 5. Trent Park 660, 6. Walthamstow 729, 7. Loughton 1022.

“Vets” 1. **Barnet** 64, 2. Orion 137, 3. Walthamstow 269, 4. Trent Park 338, 5. E Manor 348, 6. Enfield & Haringey 390, 7. VPH 414, 8. Loughton 435, 9. Woodford 572.

“Women” 1. **Barnet** 22, 2. Orion 48, 3. Trent Pk 51, 4. Lought 68, 5. VPH 89, 6. **Barnet “B”** 97, 7. E Man 103, 8. Orion “B” 125, 9. Trent Pk “B” 145, 10. Enfield & Haringey 171, 11 Loughton “B” 172, 12 Eton Manor “B” 183, 13. Woodford 183, 14. VPH “B” 217.

Final League Positions (The maximum points available were 96)

“A”		“B”		
1.	Barnet	95	Barnet	92
2.	Orion	86	Orion	90
3.	VPH & TH	78	Eton Manor	65
4.	Eton Manor	60	VPH & TH	61
5.	Walthamstow	59	Trent Park	60
6.	Woodford	51	Walthamstow	49
7.	Trent Park	47	Woodford	43
8.	Verlea	44	Enfield & Har.	35
9.	Enfield & Har	42	Loughton	31
10	Loughton	30	Verlea	24
“Vets”		“Women”		
1	Barnet	96	Barnet	92
2	Orion	86	Orion	81
3	Woodford	70	Loughton	74
4	Walthamstow	59	Trent Park	72
5	Enfield & Har.	56	Eton Manor	63
6	Trent Park	51	VPH & TH	50
7	Loughton	45	L Heathside	32
8	Verlea	45	Enfield & Har	26
9	Eton Manor	42	Verlea	23
10	VPH & TH	32	Woodford	21

Overall Individuals in the 1st ten

<i>Senior Men</i>		<i>Veteran Men</i>		<i>Women</i>		
2 nd	Keith Turner	161	1 st Keith Turner	69	1 st Helen Hoyle	52
4 th	Dave Wilcock	109	2 nd Dave Wilcock	57	=2 nd Katherine Woods	33
6 th	Dave Candy	99	4 th Andy Kelleher	36	=7 th Karen Murphy	27
7 th	Richard Gamble	90	5 th Des Michael	34		
9 th	Andy Kelleher	84				

Berkhamstead Half-Marathon. 3rd Mar

38 Nick Bingham 2nd V55 1.30.15 458 finishers

English School Cross Country, Hylands Park Chelmsford 9th Mar

All three had excellent runs. Eileen had a lucky escape, having just left the tent that blew over so dramatically.

Senior Girls:	78	Eileen Griffiths
Inter Girls:	224	Philippa Horton
Senior Boys:	197	Shaun Reid

The Hemel 10 Mile Road Race. Hemel Hempstead 10th Mar

Mike and Nick ran together from 3m to 6m, when Mike "put the hammer down" as he put it, and pulled away for 3rd M60. Helen got up at the crack of dawn and drove from Dorset for this race, but her legs were still feeling her exertions on the bike at Lanzeroti. This scenic and hilly course overlaps that of the Berkhemstead Half the previous week.

111	Mike Sawyer	3 rd V60	68.35	345	Dean Creer	79.00
117	Nick Bingham	10 th V50	68.42	346	Marc Kos V40	79.00
147	Helen Hoyle	9 th W 6 th W35	70.46	488	Roger Marven V65	85.49
267	John Mould	V55	75.46	738	John Fulcher V55	106.39

Nick Bingham

North West London League, Wormwood Scrubs 16th Mar

BU13, 3000m: 23 Christian Louka 14-22, 24 Owen Hind 15-16, 26 Ben Smith 15-47, 28 Josh Chilton 16-05.

Team: 8th

BU15, 4400m: 21 Alex Horton 18-38, 30 Elliott Hind 20-43. Team: 9th

BU17, 5200m: 5 Shaun Reid 19-08. Team: 4th

GU11, 1700m: 8 Emily Prati 8-20. Team: 6th

GU13, 2200m: 8 Zante Wray 9-53, 13 Nicola Wallis 10-46, 18 Tessie Sarsfield. Team: 5th

GU17, 5200m: 5 Philippa Horton 20-57. Team: 4th

Overall positions: BU11 6th, BU13 6th, BU15 10th, BU17 6th, GU11 6th, GU13 5th, GU15 7th, GU17 4th

Individulas: GU15: Katherine Henderson 7th, GU17: Philippa Horton 4th=

British National Indoor Veterans Championships. Kelvin Hall, Glasgow 16th/17th Mar

On the Saturday Dave Wilcock had a good race to beat Alistair Dunlop in the 1500m in a time of 4.12.16.

However, on the Sunday despite Dave making the pace, Alistair turned the tables and beat Dave into second place in the 800m. The winning time was 2.02.25 to Dave's 2.02.90. For good measure Dave took a silver in the 3000m when he recorded 9.26.05 to the winners 9.25.78

JA

Orion 15 Mile Cross Country Race. Epping Forest 16th Mar

The Orion 15 - fifteen miles of cross-country through Epping Forest - is a classic, and very scenic, but a tough race at the best of times, and brutal in heavy mud. This year's mud was heavy all right - the worst I've seen since Mad Bess Wood at Ruislip (23.1.1999). Keith had a superb run - a marvellous athlete who loves cross-country, in his element. I'd run the Orion 15 for the first time on my 49th birthday (19.3.1994), in heavy mud, in 1:56:44 (74/188), and for the second in good conditions two years ago (1:50:42, 46/245). Knowing that this year would be muddy, I wanted to see how I was standing up to the aging process - and almost wished I hadn't. Teams of three to score, and Joe Cox was expected. Too bad he didn't make it - No Show Joe. Let's make sure we have a team next year! The marshalling on the numerous road crossings was superb - hats off to the organisers. I was delighted to be told by one marshal that Keith was in the lead - very encouraging. I needed it. At the finish I was so knackered that I couldn't undo the double bows on the laces of my studs, and the kind wife of a fellow-competitor had to come to my rescue. Goat Hill - at 8m, leading up to Upshire - is the worst bit, and I'd always thought it's fearsome reputation in local running folklore was overdone. I've changed my views on that! Overall verdict: the toughest race of my life, and Keith's a superman. *191 finished.*

Nick Bingham

1	Keith Turner	V40	1.37.59	87	Nick Bingham	V55	2.10.08
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8th Barnet 10K Road Race. Cophall 17th Mar

6	Dave Candy		35.37	90	Stephen Hewitt		46.37
8	Des Michael	1 st V50	35.49	92	Tanya Pitman	14 th W	46.50
10	Simon Wells		37.20	99	Peter Redshaw	V40	47.33
23	John Shirley	2 nd V50	39.11	101	Jane Day	16 th W	47.42
29	Karen Murphy	5 th W	39.51	103	Steven Joseph		47.52
34	<i>Phil Cunningham</i>		40.39	110	Neil Shellard		48.16
35	Huw Preece		40.41	116	Sally-Ann Underhill	19 th W	49.02
37	Karen Bradley	3 rd W35 7 th W	40.53	119	Pauline Lygo	1 st W5520 th W	49.13
40	Helen Hoyle	8 th W	40.59	123	Vito Luisi		49.35
43	Rodger Thompstone	V50	41.10	124	Ian Gibbs	V60	49.48
44	Katherine Woods	9 th W	41.11	141	<i>Imelda Galvin</i>	24 th W	52.09
49	Francis Robinson	V40	41.33	152	Dina Pitman	30 th W	54.16
51	Jim Neville	V55	41.47	158	Sue Gibbs	2 nd W55 33 rd W	55.00
52	John Owen	V55	42.03	160	Maureen Shirley	34 th W	55.24
56	Mike Sawyer	2 nd V60	42.25	166	Bryan Solomons	V40	56.43
59	John Fuller	V55	42.43	167	Catherine Scott	36 th W	57.24
60	Dean Creer		42.56	172	Brigid Corless	40 th W	58.14

79	Marc Kos V40	45.54	178	Peter Kos V60	59.40
80	Peter Rice	46.01	186	Brenda Harvey 47 th W	62.39
86	Karen Faloon 1 st W45 13 th W	46.21		206 Finished including 53 Women	

Teams.

Women 1. Barnet 106, 2. London Heathside 158, 3. Barnet "B" 222, 4 Barnet "C" 336, 5 Barnet "D" 477

Men 1. London Heathside 21, 2. Barnet 24, 3. Enfield & Haringey 88, 4 Highgate 108, 5 Barnet "B" 115

British Veterans' Cross Country Champs. Berry Hill Park, Mansfield, Notts 23rd Mar

Men 40/49 (All races over same 10K course).

55	Keith Turner 42 nd V40	36.25	118	Francis Robinson 72 nd V40	43.52
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Men 50/69

16	Des Michael 14 th V50	36.51	53	Liam O'Hare 34 th V50	39.29
20	Tony Cousins 16 th V50	37.18	115	Ron Higgs 12 th V65	44.40

O/50 Teams. 1. Telford 1.52.10, 2. Invicta East Kent 1.53.22, 3. Barnet 1.53.38, 4. Bingley 1.53.56, 5. Derby & County 1.54.27, 6. Altrincham 1.55.40, *Winner Nick Rose, Bristol 34.47*

Barnet Mini Marathon Trial Race, Copthall 24th Mar

9	Philippa Horton	13-23	15	Tessie Sarsfield	14-35
10	Kath Henderson	13-30	30	Sacha Rice	16-55
12	Zanthe Wray	14-35			

Holiday Inn Maidenhead 10 Mile Road Race. Berkshire 29th Mar

12	Keith Turner 3 rd V	55.19
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Verlea Open Meeting, Gosling Stadium Welwyn Garden City, 29th Mar

A glorious day welcomed us to the first outdoor track meeting of the season. Some of us were competing for the first time on the track in club colours and performed brilliantly. Carmel, with her fluid running, sprinted very well, only just missing out on PBs in both races. Vicky, reflecting her feisty character, fought hard in both her events, smashing the previous club record for the 400mH. With a good winter season, Cath's strength and stamina has improved so much. Her 800m time, with a thundering sprint finish, was 20 sec faster than her PB. A very determined Kathryn, after a lot of shoving and kicking at the start, ran a very controlled and perfectly paced race. Another excellent PB. Sean looked very strong in his race winning by over 40m with another PB. A fantastic start to the season.

Chi Kin Tsang

Carmel O'Brien	100m	16.0s
	200m	33.5s
Vicky Hyland	400mH	70.6s (CR)
	200m	28.4s
Catherine Perry	800m	2m 53.9s
Kathryn Woods	1500m	4m 58.9s
Sean Dixon	800m	1m 57.5s (sorry James)
Chi Tsang	100m	11.9s

Victoria Park Harriers Open 5 Mile Road Race. Hackney 30th Mar

(Measured 5mile race) John Atkinson 42.37

Welwyn Garden City 5 Mile Road Race. 1st Apr

Pauline Lygo	1 st W55	38.29	Ian Gibbs V60	38.48
Sue Gibbs	W50	42.53		

Watford Open Meeting. 7th Apr

DT/HT	Jaroslav Hanus V70	32.76/37.36
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Southern 12-stage Relay, Milton Keynes 7th Apr

Our dream of making the national 12-stage was denied by just two places and only a minute or so intime. Maybe next year? Keith Tuner set us off with a fine first leg, and there were no slip ups after that. All the team ran well, but none as well as Darren Treadaway, who was an exceptional 9th place on the 10th leg.

Steve Chilton

Leg	Name	Time	Race position	+/- on leg	Pos on leg
1	Keith Turner	26-29	29th	-	29th
2	Andy Cunningham	19-45	39th	-10	41st
3	Andy Kelleher	26-59	34th	+5	27th

4	Mike Earthy	20-10	34th	-	44th
5	Ralph Bailey	27-25	33rd	+1	24th
6	Ben Wilcock	19-26	32nd	+1	33rd
7	Dave Wilcock	27-27	32nd	-	25th
8	Simon Wells	19-39	31st	+1	27th
9	Des Michael	28-20	31st	-	32nd
10	Darren Treadaway	18-38	29th	+2	9th
11	Richard Gamble	27-12	27th	+2	21st
12	Dave Candy	19-18	27th	-	20th

Keith Turner - fastest long leg, and Darren Treadaway - fastest short leg.

London Marathon 14th Apr

Dave Fereday V60 has kept up his record of finishing in every London - one of a decreasing band of everpresents.

184	Keith Turner (17th V40)	2.40.10	14442	Stuart Smith	4.10.17
483	Grant Ramsay	2.49.54	15655	Brian Glover	4.15.25
2571	Roger Thompstone	3.14.11	16233	Vito Luisi	4.17.32
3423	Karen Bradley	3.21.27	19121	David Williams	4.28.25
4613	Steve Nunn	3-28-35	22090	Peter Rice	4.40.03
7211	Clive Golland	3.42.14	22097	Paul Watts	4.40.05
8214	Dave Fereday	3.46.17	31136	Alan Radley	5.51.08
13186	Roger Marven	4.04.57			

Vets A.C. 4.375 Mile Road Race. Battersea Park 16th Apr

Liam O'Hare finished 4th (2nd V50) 25.49 in the shortened version of this race this season due to refurbishment work being carried out in the park. Ron Franklin was 1st V70 in 41.03

Shakespeare Marathon. Stratford-upon-Avon 21st Apr

86	John Owen V55	3.41.43	261	John Fulcher V55	4.21.42
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Eastern Young Athletes League, Ilford 21st Apr

GU17

100m	3	Keli Tawiah	14.1	2	Gemma Smith	14.4
200m	4	Alex Gibson	30.1		Bernadette Onawabu	40.8
300m	2	Sacha Rice	52.8	2	Philippa Horton	53.1
800m	2	Philippa Horton	2-40.8	1	Sacha Rice	3-11.3
1500m	1	Philippa Horton	7-07.2	1	Sacha Rice	7-18.7
80mH	1	Denise Blair	15.8	1	Gemma Smith	16.5

SP	2	Gemma Smith	7-60	1	Keli Tawiah	7-14
DT	2	Keli Tawiah	21-48	1	Bernadette Onawabu	14-07
HJ	2	Denise Blair	1-45	1	Alex Gibson	1-30
LJ	2	Alex Gibson	4-45	2	Denise Blair	4-33
JT	2	Bernadette Onawabu	17-78			
4x100m	2					
GU15						
100m	4	Laura Cioffi	15.4	3	Erica Golland	16.3
200m	4	Laura Cioffi	32.9	4	Erica Golland	34.0
800m	2	Zanthe Wray	2-50.4			
1500m	1	Zanthe Wray	5-52.0			
75mH	2	Grace Moore	14.9			
SP	4	Laura Cioffi	5-87			
HJ	2	Grace Moore	1-25	2	Jennifer Hartley	1-10
LJ	4	Grace Moore		3	Jennifer Hartley	3-59
JT	4	Jennifer Hartley	11-70			
GU13						
100m	4	Zoe Barton	15.5	2	Rebecca Watts-Cherry	16.2
200m	4	Jordan Smith	33.3	3	Emily Prati	34.2
800m	2	Emily Prati	3-05.1	2	Ruby Blevings	3-12.4
1500m	2	Tessie Sarsfield	6-29.6			
70mH	1	Abigail Watts-Cherry	14.5	1	Ruby Blevings	16.6
HJ	3	Zoe Barton	1-15	3	Rebecca Watts-Cherry	1-00
SP	1	Zoe Barton	6-57	1	Abigail Watts-Cherry	5-42
LJ	2	Abigail Watts-Cherry	3-61	1	Ruby Blevings	3-41
DT	2	Rebecca Watts-Cherry	8-54	1	Emily Prati	8-42
4x100m	2	62.0				
non-scoring:						
100m		Jordan Smith	15.3		Daniella Cioffi	16.5
200m		Tessie Sarsfield	35.7		Daniella Cioffi	37.3
SP		Rebecca Watts-Cherry	4-58		Daniella Cioffi	3-61
4x100m		66.2				
BU17						
400m	2	Alex Horton	65.6			
800m	2	Alex Horton	2-19.5			
LJ	3	Jason Mbyuamba	4-91			
HJ	1	Jason Mbyuamba	1-55			
SP	3	Alex Horton	6-42	1	Jason Mbyuamba	6-05
BU15						
80mH	1	Michael Boateng	16.5			
100m	3	Stephen Rayner	13.5	1	Jon Langley	29.5
400m	3	Stephen Rayner	65.3	1	Shaun Goddard	71.3
800m	1	Shaun Goddard	2-24.9	1	Geoff Spencer-Smith	2-45.1
LJ	3	Stephen Rayner	4-38	1	Jon Langley	4-32
SP	4	Sam Rice	5-41	3	Josh Chilton	4-31
DT	3	Sam Rice	16-03	2	Josh Chilton	11-16
JT	2	Sam Rice	19-66	2	Louis Prati	17-15
4x100	1	57.0				
BU13						
75mH	1	Ben Nagy	18.2	1	Matt Henderson	17.2
100m	3	Kwame Amoaka	17.1	1	Matthew Langley	31.0
200m	3	Ben Nagy	32.8	1	Matthew Langley	31.0
400m	2	Ben Smith	77.1	1	James Goddard	73.8
800m	3	Owen Randall	3-15.2	1	Matt Henderson	2-57.8
1500m	2	Michael Spencer-Smith	5-57.9	1	James Goddard	5-57.1
LJ	3	Stephen Mason	3-55	2	Ben Smith	3-53
HJ	1	Stephen Mason	1-15	1	Kwame Amoaka	1-05
SP	2	Ben nagy	5-57	2	Stephen Mason	4-46
DT	2	Michael Spencer-Smith	8-48	2	Kwame Amoaka	7-55
4x100	1	63.3				

RESULT: 1 Barnet 391, 2 Huntingdon 237, 3 Kettering 233, 4 Ilford 164, 5 Dagenham 147

Watford Open Meeting. Apr 24th

100/200m	Dave Brander	V55	13.3/27.6
100m	Terry Ryan	V55	13.4

Club 10K Road Championships. Clubhouse 25th Apr

1	Darren Treadaway	35.23	18	John Mould V55	45.38
2	Ralph Bailey	37.11	19	Graham Barnett V45	46.46
3	Des Michael V50	37.36	20	Marc Kos V40	46.57
4	Phil Cunningham	39.20	21	Penny Wylie 2 nd W W35	48.05
5	Andy Cunningham V40	41.06	22	Peter Rice	48.52
6	Simon Wells	41.07	23	Sue Hamblin 3 rd W	49.50
7	Patrick O'Toole	41.23	24	Laura Stych 4 th W	50.11
8	Mike Earthy	41.50	25	Vito Luisi	50.57
9	Alun Johns	42.04	26	John Fulcher V55	52.53
10	Barry Chick V55	42.04	27	Mike Terry V50	53.24
11	Reg Black V55	42.10	28	Sarah Hands 5 th W	57.05
12	Karen Murphy 1 st W	42.29	29	Bryan Solomons V40	57.07
13	Nick Bingham V55	42.53	30	Tiffany Stephens 6 th W	58.19
14	John Fuller V55	43.27	31	Catherine Scott 7 th W W45	59.04
15	Con Antoniou V60	44.02	32	Chris Stott V55	59.05
16	Steven Furby	44.30	33	Debbie Humphreys 8 th W	59.34
17	Ty Holden V40	45.02			

Trent Park Trotters 5K Handicap. 27th Apr

Karen Murphy (Fastest W) 19.54

Southern Womens Track and Field League, Crawley 27th Apr

We started the new track and field season with a comfortable victory. Three club records were broken with several personal bests set. Strong performances in the field set the team off well. Louise White won the Pole Vault and set a new club record of 2 metres. We also enjoyed a double victory in the A and B string in both the Hammer throw and in the Shot Put, Joan Amaa setting a club record of 11.36 metres in the shot. On the track Eileen Griffiths and Philippa Horton battled with the wind on the back straight to score another double victory in the 1500m, with Katherine Woods setting a personal best and smashing the club record in the 800m with 2 mins 23.9secs. We can be especially pleased with this win as the team missed vital members in the jumps, sprints and hurdles who, when recovered from injuries, will hope to score well. The under 15/13s also performed very well, with more personal bests, encouraging so early in the season.

Steve Chilton

Seniors/U17s

100m	4	Keli Tawiah	14.2	4	Carmel O'Brien	15.8
200m	3	Alex Gibson	29.7	2	Carmel O'Brien	33.9
400m	2	Kath Woods	64.8	3	Cath Perry	73.5
800m	2	Kath Woods (CR)	2-23.9	2	Cath Perry	2-53.6
1500m	1	Eileen Griffiths	5-30.1	1	Philippa Horton	5-57.5
3000m	2	Eileen Griffiths	11-43.8	1	Philippa Horton	12-13.3
HJ	1	Louise White	1-40	2	Alex Gibson	1-20
PV	1	Louise White (CR)	2-00			
LJ	3	Alex Gibson	4-26	2	Louise White	4-20
SP	1	Joan Amaa (CR)	11-36	1	Louise White	9-82
DT	2	Joan Amaa	23-77	1	Joanne Tawiah	22-45
JT	2	Louise White	25-34	1	Joanne Tawiah	21-93
HT	1	Joanne Tawiah	23-99	1	Joan Amaa	19-93
4x100	4	58.7				
4x400	2	4-45.8				

U15/U13s

100m	3	Zoe Barton	15.7	4	Rebecca Watts-Cherry	16.2
200m	2	Kerrine Philipps	30.4	3	Erica Golland	33.4
800m	3	Emily Prati	3-06.8	4	Katherine Robinson	3-26.5
1500m	2	Katherine Henderson	6-24.9	2	Ruby Blevings	6-39.2
75mH	2	Katherine Henderson	14.6	1	Abigail Watts-Cherry	16.4
HJ	1	Katherine Henderson	1-15	1	Katherine Robinson	1-10
LJ	2	Kerrine Philipps	3-87	2	Abigail Watts-Cherry	3-70
SP	1	Kerrine Philipps	7-28	2	Zoe Barton	6-20

DT	2	Isabelle Horton	13-24	1	Erica Golland	13-19
JT	2	Isabelle Horton	11-53	2	Zoe Barton	11-12
4x100	3	66.7				
Non-scoring:		100m - Abigail Watts-Cherry 15.8, Emily Prati 16.1, Ruby Blevings 17.2				
		LJ - Ruby Blevings 3-14				

Result: 1 Barnet 191, 2 Cambridge and Coleridge 168, 3 Haywards Heath 156, 4 Ilford 85, 5 Eton Manor 84

SC Vets A C Track & Field League (Match 1) Enfield 29th Apr

Women

Some exciting moments in this first match of the season with good points scored by all the team. We finished third, only one point behind TPT - that's a real encouragement to pull out all the stops next time. Great to see Jane coming back to form in the 1500m after winter illness, and Karen B. overtaking the opposition in the final metres to follow Jane in had us jumping up and down. Karen F. recovered from an injury just in time to score good points in the same race. Karen B. really came to have a go at sprinting and did very well at that too, along with Carmen and Denise. And Pippa thought she would do some non-scoring for practice but ended up doing two scoring events including joining Brenda for the walk. Having some back-up in case scheduled folk can't make it at the last minute is a real bonus. Denise and I were pleased with our positions in the discus and Brigitte volunteered to try the high jump (first time since school days) and delighted herself by clearing the bar before going to warm up for the 400m. Penny looked strong in her heat of the same race and then joined the relay team (Penny, Karen B, Denise and Carmen) for a well fought final race. I'm looking forward to the May meeting!

100m	A 4	Carmel O'Brien	15.7	B 3	Karen Bradley	15.8
	50 3	Denise Copeman	16.3			
400m	A 5	Brigitte Hease	85.3	B 3	Pippa Anderson	84.1
	50 3	Penny Antoniou	91.0			
2k Walk	A 3	Pippa Anderson	13.35.3	50 3	Brenda Harvey	14.08.6
1500m	A 1	Jane Laws	5.19.3	B 1	Karen Bradley	5.32.1
	50 2	Karen Faloon	6.19.5			
4 x 100m		4 PennyA/KarenB/DeniseC/CarmelO	65.9			
Discus	A 2	Helen Ewings	17.22	N/s	Pippa Anderson	17.45
	50 2	Denise Copeman	19.24			
H.J	A 4	Brigitte Hease	1.03			

Teams. 1. Shaftesbury/Harrow 117, 2. Trent Park 93, 3. Barnet 92, 4. Herts Phoenix/Stevenage 86, 5. Dacorum/Enfield 79, 6. Ilford 33.

Men

100m	A 3	Robin Fish	12.7	B 3	Ian Hay	13.0
	50 2	Terry Ryan	13.4	60 3	Roger Bruck	14.1
	N/s	Peter Ilo	12.4	N/s	Ty Holden	14.0
400m	A 1	Dave Wilcock	55.1	B 1	Andy Cunningham	57.2
	50 3	Dave Brander	65.7			
2k Walk	A 4	Mark Weston	12.45.8	50 4	Steve Chilton	12.30.7
1500m	A 1	Dave Wilcock	4.24.8	B 1	Andy Kelleher	4.27.4
	50 3	Reg Black	5.14.1	60 2	Con Antoniou	5.39.2
	N/s	Keith Turner	4.33.2	N/s	Jim Neville	5.44.1
	N/s	Ted Kimber	5.57.1			
4 x 100	1	DaveB/PeterI/TerryR/DaveW	51.1			
Shot	A 6	Andy Welsh 7.26k	7.24	50 2	Mike Bennett 6k	9.32
	60 3	Roger Bruck 5k	9.06	N/s	Ty Holden 7.26k	7.57
L.J.	A 2	Peter Ilo	5.62	50 5	Roger Bruck	3.93

Teams. 1st equal Barnet & Herts Phoenix 121, 3. Trent Park 108, 4. Ilford 99, 5. Enfield 91, 6. Dacorum 50, 7. Watford 18, 8. Shaftesbury/Harrow 15.

Midweek Road Race League. (Match 1) 10K Stevenage 2nd May

Women

For the first race of the season we had a good turn out of club members. In the ladies race both seniors & vets finished 2nd team & we had 4 ladies (Karen M., Karen B, Helen H. & Katherine W.) in the top ten. Competition seems to be getting tougher in this league, which originally started after the 'fun run' boom in the 80's & with 6 (women) & 12 (men) to score it is quite athletically challenging. However it still retains it's fun element & runners of all standards are welcome. Our men finished 4th team in both seniors & vets, with good runs from Keith T. (2nd) & Darren T. (4th). Our overall combined position was 3rd.

Maureen Shirley

3	Karen Murphy	39.27	37	Laura Stych	47.13
5	Karen Bradley 3 rd V	40.11	47	Sue Hamblin	48.56
9	Helen Hoyle V35	40.41	57	Pippa Anderson V45	52.35
10	Katherine Woods	40.49	60	Sue Gibbs 1 st V55	53.40
28	Penny Wylie V35	45.02	65	Tiffany Stephens	56.19
31	Jane Day V35	45.14	67	Penny Antoniou 2 nd V55	56.51
34	Tanya Pitman	45.51	74	<i>Finished</i>	

Men

The first Midweek League clash at The Henry Newman School Stevenage began with 28 Barnet men runners competing, with honours even, and with a field of 180 men runners, saw first Barnet man home Keith Turner with an excellent time of 33.38 finish in second place and new recruit Darren Treadaway in 34.18 coming fourth. Good runs again from Des Michael, finishing the race in 12th place being first 50 vet man home in a time of 35.57. And young Richard Gamble who is getting quicker in every race coming home in 17th position in a time of 36.30, and a mention goes to Simon Wells who in 22nd position helped give Barnet the initial start to the midweek League, which leaves it possible to improve on last year's position. Six clubs competing saw Barnet finish 3rd club combined, but only 4th in the men's, but the women have improved on last years position securing second place in the competition.

We still managed the first vet 60 home in Con Antoniou in a time of 41.18 and Des Michael first vet 50, so the vets are still on course even though Mike Sawyer our 60 vet superman was on holiday and not available. This was a quiet start to Barnet's challenge to win this competition, and if we can manage to get out even more runners, (remember every runner scores), and with the added bonus of more faster elite runners then we can push our way further up the league. So let us make a date in the diary for the next races which are Wednesday 29th May – at Bishop Stortford – Tuesday 11th June at Royston - Thursday 4th July St Albans - all start times 07.30 PM. Map details from the midweek Men's team Captain Alan Radley 020 8292 7797.

2	Keith Turner 1 st V	33.38	103	John Mould	42.43
4	Darren Treadaway	34.18	105	Steve Furby	42.47
12	Des Michael 1 st V50	35.57	119	Marc Kos V40	44.18
17	Richard Gamble	36.30	135	Graham Barnett V45	46.00
22	Simon Wells	36.48	139	Peter Rice	47.04
36	Patrick O'Toole	38.04	147	Brian Strong V65	48.31
44	John Shirley 3 rd V50	39.04	153	John Fulcher V55	49.22
47	Reg Black V55	39.17	155	Ian Gibbs V60	49.42
55	Stephen Pritchard	39.54	158	Mike Terry V50	49.55
77	Francis Robinson V40	41.12	170	Bryan Solomons V40	53.18
78	Con Antoniou 1 st V60	41.18	172	John Atkinson V65	53.36
80	Nick Bingham V55	41.25	178	Paul Watts	58.20
84	Rodger Thompstone V50	41.39	179	Alan Mansfield V45	58.20
91	John Owen V55	41.56		<i>180 Finished</i>	
101	John Fuller V55	42.31			

Women 6 to score

1. St Albans S 406, 2. Barnet 364, 3. Fairlands Valley 352, 4. Royston 281, 5. B Stortford 231, 6. Herts Phoenix A C 58. (Herts Phoenix is an amalgamation of Verlea and Hertford & Ware)

Men 12 to score

1. Fairlands Valley 1869, 2. St Albans 1759, 3. Royston 1749, 4. Barnet 1698, 5. Herts P1655, 6. B Stortford 1546.

Women and Men Combined

1. St Albans 11, 2. Fairlands V 10, 3. Barnet 8, 4. Royston 7, 5. B Stortford 3, 6. Herts P 3.

Vet Women 3 to score

1. St Albans 148, 2. Barnet 129, 3. Fairlands V 127, 4. B Stortford 116, 5. Royston 111, 6. Herts 42

Vet Men 6 to score

=1. Herts P & Fairlands V 540, 3. Royston 530, 4. Barnet 519, 5. B Stortford 498, 6. St Albans 422.

Riverside 3.3 Mile Handicap. Hammersmith 2nd May

Liam O'Hare was the 2nd fastest on the day finishing in a time of 19.30. He was also 2nd on age grading.

Southern Mens League, Erith 4th May

On the morning of the Match, I even rushed up to Trent Park to see if anyone was willing to fill in for a Middle Distance event, but to no avail, we only had Captain Dave Wilcock. In the circumstances, the team performed heroically. After 11 events, the scores were; Watford 92 Chelmsford 67 Bexley 56 Paddock Wood 52 Barnet 48. We were debating whether to bother to run the 4x400m or not. Then with 5 events to go, the scores were Bexley

71, PW 71, Barnet 66. Chi Tsang, Peter Ilo, Ty Holden & Johan Yanzyl won the 4x100m Relay in 47.2 with Watford trailing in 48.5. Chi and Peter then gained 9 pts in the Triple Jump with Mike Bennett and Jason Keeler matching them, with 9 pts in the Discus. So with nobody to do the Steeplechase, we had to try to beat Bexley and PW in the last event! Chi, Peter, Ty & Dave ran superbly to finish just behind Watford. A good result in the end - Watford 148 Chelmsford 105 Barnet 92 Paddock Wood 90 Bexley 83. With some gaps filled we could have come 2nd. I expect at least that at St Albans on May 18th. We can't be shown up by our Ladies who'll be there too. Thanks to John Atkinson, Chris Stott, Pauline Alexander & Ted Kimber for officiating and supporting, especially Ted who gained us crucial points.

Steve Harris

100m	1	J Vanzyl	12.1	2	Peter Ilo	12.1
200m	2	Peter Ilo	24.9	3	Ty Holden	26.7
400m	3	Dave Wilcock	55.9	2	Chi Kin Tsang	57.0
800m	2	Dave Wilcock	2-03.4	5	Ted Kimber	2-52.2
1500m	2	Dave Wilcock	4-26.4			
110mH	2	Chi Kin Tsang	22.1			
LJ	1	Chi Kin Tsang	6-41			
HJ	2	Chi Kin Tsang	1-50			
PV	4	Chi Kin Tsang	1-20			
TJ	2	Chi Kin Tsang	12-06	1	Peter Ilo	10-28
HT	2	Mike Bennett	24-11	2	Jason Keeler	20-91
JT	3	Mike Bennett	38-84	2	Jason Keeler	32-69
SP	4	Jason Keeler	8-03	4	Ty Holden	7-37
DT	3	Mike Bennett	29-07			

4x100m 1 47.2
 4x400m 2 3-52.5 splits Chi 59.74, Peter Ilo 56.52, Ty H 59.86 and Dave W 56.07

Result: 1 Watford 148, 2 Chelmsford 105, 3 Barnet 92, 4 Paddock Wood 90, 5 Bexley 83

Herts 1500m County Champs, Gosling Stadium 6th May

SEN LADY	3	Kath Woods	4-55.8 CR	GU17	6	Philippa Horton	5-34.6
GU15	14	Kath Henderson	6-03.3	JUN	1	Sean Dixon	4-02.0
BU17	10	Alex Horton	4-51.8	BU13	9	Ben Smith	5-54.1
BU13	10	James Goddard	6-04.7				
OPEN	200	Cath Perry	32.2	100/200		Terry Ryan	13.2/27.0

Watford Open Meeting. 8th May

Not ideal conditions at this cold and windy open, but good performances nonetheless. Carmel, looking stronger, improved her PB for the 200m. Louise threw consistently well, with each throw over 26 metres, finished with another CR under her belt.

Chi Kin Tsang

100m	Terry Ryan	V55	13.7s
	Carmel O'Brien		16.1s
	Ty Holden		13.4s
	Chi Tsang		12.0s
200m	Carmel O'Brien		33.2s
LJ	Chi Tsang		5.75m
Jav	Louise White		27.00m

Middlesex County Champs, Mile End 11th May

Denise Gayle set 2 Club Records, coming 5th in the Senior 100m in 12.7 and 2nd in the 200m in 25.3. Eileen Griffiths won the Junior Ladies 3000m in 11-17.4. Chi Kin Tsang recorded 5-57 in the LJ.

Herts County Champs, Watford 12th May

JUN MEN	800m	2	Sean Dixon	1-57.9	
BU17	HJ	4	Jason Mbyuamba	1-65	
	LJ	4	Jason Mbyuamba	4-74	
BU15	100m	5	Michael Boateng	13.3	heta 13.5
	200m	6	Michael Boateng	27.2	heat 26.8
	DT	5	Sam Rice	13-17	
	JT	5	Sam Rice	22-01	
BU13	100m	5	Ben Nagy	15.7	in heat
	200m	7	Christian Louka	31.7	heat 31.4
	800m	11	Ben Smith	2-52.1	
		12	Matt Henderson	2-55.0	

	75mH	6	Matt Henderson	17.3	
		8	Ben Nagy	18.0	
SEN WOM	800m	2	Kath Woods	2-23.8	CR
GU17	200m	4	Alex Gibson	29.2	
	LJ	3	Alex Gibson	4-35	
	DT	2	Keli Tawiah	22-30	
	HT	2	Keli Tawiah	21-44	CR
GU15	800m	12	Kath Henderson	2-53.8	
		13	Nicola Wallis	2-59.2	
	75mH	7	Kath Henderson	14.4	
	HJ	8	Kath Henderson	1-20	
	DT	6	Nicola Wallis	14-02	
GU13	100m	6	Laura Cioffi	15.1	in heat
	100m	7	Reb Watts-Cherry	14.9	heat 15.1
		8	Zoe Barton	15.2	in heat
		9	Jordan Smith	15.6	in heat
	70mH	4	Ruby Blevings	14.7	
	LJ	7	Abi Watts-Cherry	3-35	
		8	Ruby Blevings	3-27	
	SP	3	Zoe Barton	5-83	

Scottish 50Km Championship. Glenrothes, Fife 12th May

John Owen finished this race of 31 miles in a time of 4.12.59. **He reports as follows:-** After the race Graham Bennison who was a member of Barnet & District in the 1970's, came up and said hello. Graham sends his best wishes to everyone in our club. I ran this race in preparation for running in the Comrades Marathon on 17th June. This is the famous race between Durban and Pietermaritzburg in South Africa. I've never liked the sponsorship thing. However, 55 miles is a bit different. You realise you are in a position to nudge some money in a useful direction. So I'm raising money for GUCH. It is a registered charity which helps people born with defective hearts. I know of the solid practical good work that it does because a relative of mine, Sue, has this condition and has been helped a great deal through all sorts of problems and uncertainties. If you are interested please give me a ring, **020 8445 6732**, or I'll be at the Southern League fixture on 8th June and the Borehamwood ½ Marathon on 23rd June. **There's a bottle of wine for the nearest guess at my finishing time - up to 16th June!** Come on you statisticians. I can't help you. I just hope I can finish inside the eleven hour cut-off. **John Owen**

15th National Road Relays. Sutton Park, Birmingham. 18th May

All races are over the same 3 mile course. The stars of the day were the O/55's team of Pauline, Penny A., Brenda who finished 3rd winning national bronze medals. The O/45 team of Karen F., Cate S., Brigid C. were 10th & Kirsty & Maureen were the incomplete O/35 team. A good day out was had by all. **Maureen S.**

Women 35

25	Kirsty Johnstone	20.38
27	Maureen Shirley	25.59
Women 45		
8	Karen Faloon	21.30
8	Catherine Scott	25.35
10	Brigid Corless	<u>24.59</u>
		1.12.04
<i>Winners</i>	<i>Redhill Road Runners</i>	58.52

Men 60

7	Con Antoniou	19.01
12	Tony Hamilton	20.51
8	Mike Sawyer	<u>18.55</u>
	<i>27 Teams finished</i>	58.47
<i>Winners</i>	<i>Bristol A C</i>	54.14

Men 40

9	Keith Turner	15.32
5	Andy Kelleher	15.56
12	Andy Cunningham	17.09
12	Dave Wilcock	15.58
19	Eddie King	18.35

Men 50

4	Des Michael	16.31
1	Tony Cousins	16.41
10	Alan Harvey	18.55
10	John Shirley	17.52
10	Reg Black	18.16
10	Liam O'Hare	<u>17.36</u>
	<i>40 Teams finished</i>	1.45.51
<i>Winners</i>	<i>Stockport Harriers</i>	1.42.10

Women 55

3	Pauline Lygo	23.19
3	Penny Antoniou	25.04
3	Brenda Harvey	<u>24.57</u>
		1.13.20
<i>Winners</i>	<i>Wymondham A C</i>	1.09.18
<i>2nd</i>	<i>Shaftesbury Barnet H</i>	1.12.26

Men 70

1	Ernie Blackler	22.50
1	Ron Franklin	25.07
1	Laurie Forster	<u>23.53</u>
		1.10.50
<i>2nd</i>	<i>Clayton-le-Moors</i>	1.16.47

33	Francis Robinson	18.58
35	Nick Bingham	19.01
39	Rodger Thompstone	<u>19.25</u>
		2.20.34
<i>Winners Brighton & Hove</i>		2.06.59

Southern Womens League, St Albans 18th May

We came a close 2nd in our match at St Albans, in what turned out to be a very evenly matched contest between the top three teams. The Seniors did particularly well, scoring 1st places in 15 out of the 31 events, including doubles in the 800m, 3000m, shot and high jump. Denise Gayle won her three events in style. Kath Woods won her 800/1500m double with well executed but close victories in both cases. Perhaps the performance of the day was that of Louise White who competed in 5 events and won 4 of them over an impressive range of disciplines. Also victorious were Karen Murphy and Helen Hoyle in the 3000m, in Karen's first track race for the club and Helen's for the season. Wins were obtained by Philippa Horton in the B 800m, Joan Amaa in the shot and Keli Tawiah in the hammer. The 4x400m relay team - led off by a stunning leg by Denise Gayle - completed the afternoon with an impressive win. Competition was tough in the under 15s - for what was a very young squad. There were two victories for OJ Johnson-Sherlock in the 100m and hurdles. All athletes performed well - including some doing events for the first time in competition. When the results were calculated it was 2nd by 3 points - perhaps a missed opportunity, with a couple of unfilled events that could have given us the 4 points required to win. **Steve C**

Seniors/U17s

100m	1	Denise Gayle	12.9	4	Amy Dolan	14.7
200m	1	Denise Gayle	25.8	4	Alex Gibson	29.2
400m	4	Cath Perry	71.2	4	Sacha Rice	74.1
800m	1	Kath Woods	2-27.8	1	Philippa Horton	2-41.5
1500m	1	Kath Woods	5-00.1	2	Helen Hoyle	5-33.1
3000m	1	Karen Murphy	11-04	1	Helen Hoyle	11-35
400mH	2	Louise White	80.0			
80mH	4	Gemma Smith	15.4			
PV	1	Louise White	1-90			
HT	3	Joanne Tawiah	23-08	1	Keli Tawiah	20-23
LJ	4	Alex Gibson	4-29	5	Gill Dinsmore	3-78
SP	1	Joan Amaa	10-97	1	Louise White	9-75
DT	2	Keli Tawiah	22-88	2	Joan Amaa	18-04
HJ	1	Denise Gayle	1-65	1	Louise White	1-45
TJ	2	Amy Dolan	9-84	2	Gemma Smith	8-83
JT	1	Louise White	26-73	2	Joanne Tawiah	19-64
4x100	5	57.1				
4x400	1	4-32.7				

Non-scoring: HJ Gill Dinsmore 1-40

U15/U13s

100m	1	OJ Johnson-Sherlock	13.8	3	Rebecca Watts-Cherry	15.3
200m	2	OJ Johnson-Sherlock	28.2	3	Rebecca Watts-Cherry	33.6
800m	5	Katherine Henderson	2-53.2	3	Emily Prati	3-01.9
1500m	2	Zanthe Wray	5-57.9	2	Nicola Wallis	6-11.9
75mH	1	OJ Johnson-Sherlock	12.8	2	Katherine Henderson	14.9
HJ	3	Katherine Henderson	1-20	2	Zoe Barton	1-20
JT	4	Zoe Barton	9-10	4	Ruby Blevings	7-22
LJ	4	Abigail Watts-Chery	3-64	2	Ruby Blevings	3-37
SP	4	Zoe Barton	5-30	3	Abigail Watts-Cherry	4-32
DT	4	Nicola Wallis	11-93	3	Abigail Watts-Cherry	9-47

4x100 3 58.4

Non-scoring: 100m Emily Prati 16.1, Tessie Sarsfield 16.9; 800m Ruby Blevings 3-12.1, Tessie Sarsfield 3-13.7; 4x100m relay 64.7

Result: 1 Bexley 189, 2 Barnet 186, 3 Southend 177, 4 St Albans 122, Invicta 80

Mens Southern League. St Albans 18th May

An exposed track on a chilly blustery day not conducive for good performances but the spirits were high, the weather improved and we had our girls team for company. After 16 events, West Suffolk had scored 82, St Albans 88, Ashford 113 and Barnet 122. However, Ashford had the only competitors in the Steeplechase gaining them 10 points, we were then pipped 48.0 to 48.1 by St Albans in the 4x 100m Relay with Ashford 3rd, so again we had to win the 4x 400m Relay to win the match. **Steve Harris**

100m	2	Chi Kin Tsang	12.0	2	Peter Ilo	12.6
200m	4	Craig Goddard	29.5	3	Peter Ilo	25.7
400m	1	Craig Goddard	52.7	1	Simon Wells	62.7
800m	1	Shaun Reid	2-17.6	1	Simon Wells	2-20.5
1500m	1	Adrian Mason	4-33.8	1	Grant Ramsey	4-57.0
5000m	1	Adrian Mason	15-59.3	2	Mike Earchy	18-02.8
110mH	3	Chi Kin Tsang	22.9			
400mH	2	Simon Wells	73.8	1	Chi Kin Tsang	76.1
PV	4	Bela Nagy	2-00	4	Chi Kin Tsang	1-20
HJ	3	Peter Ilo	1-50	2	Chi Kin Tsang	1-50
HT	4	Jason Keeler	19-65	1	Peter Rice	19-03
LJ	3	Peter Ilo	5-55	1	Chi Kin Tsang	5-49
JT	2	Mike Bennett	41-54	1	Jason Keeler	37-78
SP	4	Peter Rice	7-96	2	Jason Keeler	7-78
TJ	3	Chi Kin Tsang	11-74	2	Peter Ilo	10-53
DT	1	Jason Keeler	30-59	1	Mike Bennett	29-46
4x100m	2	48.1				
4x400m	1	3-56.1				

Result: 1 Barnet 131, 2 Ashford 129, 3 St Albans 97, 4 West Suffolk 82

Liverpool Women's 10K. Sefton Park 19th May

21 Karen Bradley 4th V35 41.19

Ranelagh Half Marathon. Richmond 19th May

6 Keith Turner 2nd V 1.15.50 126 Motohiro Kawai V45 1.39.58
 16 Liam O'Hare 2nd V50 1.21.22 *Barnet were 5th team.*

Southern Counties Vets Track & Field League. Match 2 Enfield 20th May

Women

200m	A 5	Carmel O'Brien	32.8	B	4	Catherine Scott	39.2
	50 4	Penny Antoniou	37.4				
800m	A 1	Jane Laws	2.31.8	B	2	Kirsty Johnstone	3.01.1
	50 1	Karen Faloon	2.57.8				
3000m	A 3	Karen Bradley	11.26.9	B	3	Penny Wylie	12.43.8
	50 3	Pauline Lygo	14.37.9				
4x400m	4	KarenF 77.6, PennyA 90.2, Carmel 79.0, Jane 71.4			5.18.2		
L.J.	A 6	Catherine Scott	2.54	50	2	Denise Copeman	3.45
Shot	A 2	Penny Antoniou 4kg	6.65	50	2	Denise Copeman 3kg	7.60

Teams. 1. Herts Phoenix 101 (8), 2. Shaftesbury 94 (7), 3. Trent Pk 87 (6), 4. Barnet 84 (5),
 5. Dacorum with Enfield 76 (4), 6. Watford 15 (3)

After 2 Matches. 1. Shaftesbury 15, 2. Herts P 13, 3. Trent P 13, 4. Barnet 11, 5. Dacorum 8,
 6. Ilford 3, 7. Watford 3.

Men

110mH	A 3	Andy Cunningham	21.3					
200m	A 1	Peter Ilo	25.2	B	1	Robin Fish	26.1	
	50 7	Andy Blackman	32.2	60	4	Roger Bruck	30.0	
	Ns	Ty Holden	26.8	Ns		Lawrence Taylor	29.2	
	Ns	John Fuller	33.3					
800m	A 1	Dave Wilcock	2.06.7	B	1	Andy Kelleher	2.13.1	
	50 2	John Shirley	2.29.6	60	1	Mike Sawyer	2.40.1	
	Ns	John Fuller	2.38.2	Ns		Con Antoniou	2.39.4	
	Ns	Ted Kimber	2.44.3					
3000Sc	A 1	Dave Wilcock	10.33.6	B	1	Des Michael	11.41.0	
4x400m	1	Peter/Keith/AndyC/Dave			3.47.2 (Vets CR)			
Ham.	A 4	Andy Cunningham	18.69	7.26k	50	2	Mike Bennett 6kg	24.37
	60 3	Jaroslav Hanus 5kg	28.69					
P.V.	A 3	Andy Cunningham	2.10	50	1	Bela Nagy	2.10	
H.J.	A 4	Andy Cunningham	1.40	50	2=	Roger Bruck	1.30	

Teams. 1. Barnet 127½ (8), 2. Herts Phoenix 110 (7), 3. Enfield 103 (6), 4. Trent P 85 (5),
 5. Ilford 70½ (4), 6. Dacorum 46 (3), 7. Watford 30 (2), 8. Shaftesbury 21 (1).

After 2 Matches. 1. Barnet 15½, 2. Herts Phoenix 14½, 3. Trent P 11, 4. Enfield 10, 5. Ilford 9, 6. Dacorum 6, 7. Watford 4, 8. Shaftesbury 2.

Eastern Young Athletes League, Copthall 26th May

Girls U17

100m	3	Keli Tawiah	14.1			
200m	2	Alex Gibson	29.6			
300m	3	Sacha Rice	51.0			
800m	2	Philippa Horton	2-37.3	2	Sacha Rice	3-02.9
LJ	2	Alex Gibson	4-45	2	Gemma Smith	3-90
HJ	1	Alex Gibson	1-15			
SP	1	Gemma Smith	7-35	1	Keli Tawiah	7-12
DT	1	Keli Tawiah	22-30	2	Philippa Horton	9-94
JT	3	Gemma Smith	12-21	2	Sacha Rice	10-94
4x100	1	55.6				

Girls U15

100m	1	OJ Johnson-Sherlock	13.7			
200m	1	OJ Johnson-Sherlock	28.6			
800m	3	Katherine Henderson	2-53.1			
1500m		Zanthe Wray	5-48.7		<i>missed race, ran timetrial with boys</i>	
LJ	2	OJ Johnson-Sherlock	4-18	2	Katherine Henderson	3-37

Girls U13

100m	3	Rebecca Watts-Cherry	15.9	1	Jordan Smith	15.5
200m	3	Jordan Smith	32.8	2	Rebecca Watts-Cherry	33.6
800m	5	Ruby Blevings	3-10.4	2	Katherine Robinson	3-17.2
LJ	3	Rebecca Watts-Cherry	3-54	2	Ruby Blevings	3-30
HJ	2	Zoe Barton	1-15	1	Katherine Robinson	1-10
SP	2	Zoe Barton	6-16	2	Abigail Watts-Cherry	5-62
4x100	2	61.1				
<i>Non-scoring:</i>		100m Louise Rayner 16.2			LJ Louise Rayner 2-50	

Boys U17

800m	3	Alex Horton	2-19.0			
HJ	2	Jason Mbyuamba	1-25			

Boys U15

100m	4	Stephen Rayner	14.1	2	Jon Langley	14.6
200m	3	Michael Boateng	27.7	2	Stephen Rayner	29.9
400m	2	Shaun Goddard	63.1	2	Ben Nagy	83.6
800m	1	Shaun Goddard	2-29.3	2	James Whitehorn	3-20.2
LJ	3	Jon Langley	4-41	1	Stephen Rayner	4-11
HJ	2	Michael Boateng	1-30			
SP	2	Louis Prati	6-42	2	Sam Rice	5-96
DT	2	Louis Prati	16-14	1	Sam Rice	15-66
JT	2	Loius Prati	17-69			
4x100	1	6-07				
<i>Non-scoring:</i>		200m Jon Langley 31.0				

Boys U13

100m	3	Jon Langley	14.9	1	Daniel Lewis	14.4
200m	1	Nonso Okono	30.2	1	Matthew Langley	31.4
400m	2	Christian Louka	69.3	1	James Goddard	76.3
800m	2	Ben Smith	2-51.6	1	Matthew Henderson	2-59.7
1500m	2	Michael Spencer-Smith	6-04.3	1	Owen Randall	6-10.4
LJ	1	Daniel Lewis	4-79	1	Nonso Okono	4-55
HJ	1	Nonso Okono	1-35	2	Christian Louka	1-15
SP	2	Ben Nagy	4-84	1	Christian Louka	4-48
DT	2	Adesh Savla	14-11	2	Matthew Henderson	11-54
4x100	58.2					

Non-scoring: LJ Kwama Amoaka 3-76, Adesh Savla 3-58

HJ Ben Nagy 1-05

100m Nonso Okono 14.7, Adesh Savla 15.7, Ben Smith 16.5, Ben Nagy 16.6, Kwama Amoaka 16.7

800m James Goddard 2-57.0

Result: 1 Luton 358, 2 Barnet 287, 3 St Albans 206, 4 Biggleswade 157, 5 Loughton 33