

Kent Fitness League – Inter Club relay contest 9th March 2008

It was, perhaps, a fitting end to the season, that the relay event was closely fought out between teams from Paddock Wood AC and from Larkfield AC – the two clubs which finished the season at the top of the league. Champions, Paddock Wood took the honours by just 9 seconds ahead of a total of 28 complete teams of 5.

The 2.1 mile circuit encompassed some tough terrain through Shore Woods Country Park with twisting woodland tracks, mud underfoot and the notorious “Cardiac Hill” about half a mile from the end. The weather was mercifully mild and dry throughout the race. About 12 of the competitors enjoyed it some much that they chose to race twice !

First off were the ladies, and the race soon turned into a clash of the champions. Tina Oldershaw and Annabelle Stearns were locked together throughout the circuit, with Oldershaw finishing in 14.00 and handing over to give Paddock Wood an advantage of just 3 seconds. Nicola Susans brought Larkfield into the frame with third place some 45 seconds adrift while Dartford Harriers’ lead-off runner Rachael Ward was a further 50 seconds back in 4th.

The second leg saw Gareth Evans set the second fastest lap time of the day to give the Larks a lead of just 6 seconds. David Abery kept Gravesend in contention about 40 seconds off the lead and Nick Wood, with another fast time, kept Dartford Harriers in fourth place place. Meanwhile, a good run from Individual runner-up Stuart Nicholson hauled Swanley up from 11 places to lie 5th.

On leg 3, Iain Morris and Des White ran the same time to the second at the front of the field, meaning Larkfield held their slender advantage over Paddock Wood and by now these two had an advantage of over a minute on the rest of the field. Jason Marchant brought Dartford Harriers into the top 3 and Peter Gibson briefly brought Istead and Ifield into 4th place ahead of Swanley.

The fourth leg saw Rob Rowland run a decisive leg for Paddock Wood, overhauling Larkfield’s Michael Evans and putting a clear 42 seconds at the front of the field. An amazing effort by Dartford Harriers’ Ruth Ward kept the hoops in third place – this being her second run in the race ! Our league champion Mike Baron went round in 13.39 to pull Swanley back into 4th place – then proceeded to change his number and commence the final leg.

On the anchor leg, Pete Buckingham spent a nervous time at the front of the race with frequent backward glances. Simon Hesketh chased him down valiantly, but in the end, the Larkfield man was a good 30 metres back as Buckingham crossed the line. In third place was the familiar figure of Andy Pickett while Mike Baron’s (probably illegal) double run brought Swanley home in fourth. Dartford Roadrunners finished 6th with Andy Green recording the fastest lap of the day (12.48) on the final leg.

The presentation was well attended, although somewhat delayed owing to us having to cover the mile or so back from the Country Park to Cascades Leisure Centre – thanks to everyone for their patience in hanging on. Thanks also to Istead and Ifield Harriers – to Andy Archer in particular who combined the successful organisation of Sunday’s event with the arrival of a baby boy 48 hours earlier.

So here endeth another successful cross country season. Hope to be back in the autumn.

Rob Bright

KFL End of season relay event

Shorne Woods - 9th March 2008

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1026	Paddock Wood AC 'A'	1	Tina Oldershaw	F	0:14:00	0:14:00	1
1126	Paddock Wood AC 'A'	2	Richard Bidois	M	0:13:42	0:27:42	2
1226	Paddock Wood AC 'A'	3	Des White	M	0:14:08	0:41:50	2
1326	Paddock Wood AC 'A'	4	Rob Rowland	M	0:13:16	0:55:06	1
1426	Paddock Wood AC 'A'	5	Peter Buckingham	M	0:13:50	1:08:56	1

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1014	Larkfield AC 'A'	1	Nicola Susans	F	0:14:48	0:14:48	3
1114	Larkfield AC 'A'	2	Gareth Evans	M	0:12:48	0:27:36	1
1214	Larkfield AC 'A'	3	Iain Morris (1)	M	0:14:08	0:41:44	1
1314	Larkfield AC 'A'	4	Michael Evans	M	0:14:04	0:55:48	2
1414	Larkfield AC 'A'	5	Simon Hesketh	M	0:13:17	1:09:05	2

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1001	Dartford Harriers 'A'	1	Rachael Ward	F	0:15:38	0:15:38	4
1101	Dartford Harriers 'A'	2	Nick Wood (1)	M	0:13:05	0:28:43	4
1201	Dartford Harriers 'A'	3	Jason Marchant	M	0:14:11	0:42:54	3
1301	Dartford Harriers 'A'	4	Ruth Ward (2)	F	0:15:55	0:58:49	3
1401	Dartford Harriers 'A'	5	Andy Pickett	M	0:13:39	1:12:28	3

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1019	Swanley & Dist AC 'A'	1	Jane Blackmore	F	0:16:58	0:16:58	16
1119	Swanley & Dist AC 'A'	2	Stuart Nicholson	M	0:13:14	0:30:12	5
1219	Swanley & Dist AC 'A'	3	Brian Pitkin	M	0:15:14	0:45:26	5
1319	Swanley & Dist AC 'A'	4	Mike Baron (1)	M	0:13:39	0:59:05	4
1419	Swanley & Dist AC 'A'	5	Mike Baron (2)	M	0:13:58	1:13:03	4

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1005	Istead & Ifield H 'A'	1	Dawn McDonald	F	0:16:40	0:16:40	14
1105	Istead & Ifield H 'A'	2	Mark Champion	M40	0:13:58	0:30:38	7
1205	Istead & Ifield H 'A'	3	Peter Gibson	M40	0:14:39	0:45:17	4
1305	Istead & Ifield H 'A'	4	Jurgen Imshoot	M	0:14:07	0:59:24	5
1405	Istead & Ifield H 'A'	5	Simon Parrin	M	0:13:55	1:13:19	5

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1009	Dartford RR 'A'	1	Carrie Hague	F	0:16:31	0:16:31	12
1109	Dartford RR 'A'	2	Dave Thompson	M	0:14:25	0:30:56	8
1209	Dartford RR 'A'	3	Dan Jones	M	0:16:06	0:47:02	8
1309	Dartford RR 'A'	4	Dave Ringrose	M	0:15:00	1:02:02	8
1409	Dartford RR 'A'	5	Andy Green	M	0:12:48	1:14:50	6

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1023	Sevenoaks AC 'A'	1	Cathy Hughes	F	0:16:29	0:16:29	11
1123	Sevenoaks AC 'A'	2	Fraser Partridge	M	0:14:37	0:31:06	9
1223	Sevenoaks AC 'A'	3	Sally Shewell	F	0:16:49	0:47:55	10
1323	Sevenoaks AC 'A'	4	Marc Howard	M	0:14:06	1:02:01	7
1423	Sevenoaks AC 'A'	5	Chris Desmond	M40	0:13:35	1:15:36	7

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1013	Larkfield AC 'B'	1	Sarah Thompson	F	0:16:21	0:16:21	8
1113	Larkfield AC 'B'	2	Simon Bonell (1)	M	0:15:01	0:31:22	10
1213	Larkfield AC 'B'	3	Ron Evans	M	0:14:22	0:45:44	6
1313	Larkfield AC 'B'	4	Mark Weber	M	0:16:16	1:02:00	6
1413	Larkfield AC 'B'	5	Ashley Howes (2)	M	0:14:40	1:16:40	8

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1006	Istead & Ifield H 'B'	1	Lynn Champion	F	0:16:10	0:16:10	6
1106	Istead & Ifield H 'B'	2	Sally Whitelaw	F	0:16:58	0:33:08	18
1206	Istead & Ifield H 'B'	3	Joe Cumberland	M	0:15:42	0:48:50	12
1306	Istead & Ifield H 'B'	4	Andy Archer	M	0:13:44	1:02:34	9
1406	Istead & Ifield H 'B'	5	Derek George	M	0:15:51	1:18:25	9

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1002	New Eltham Jggrs 'A'	1	Jenny Neal	F	0:16:23	0:16:23	9
1102	New Eltham Jggrs 'A'	2	John Williams	M	0:15:04	0:31:27	11
1202	New Eltham Jggrs 'A'	3	Keith Unitt	M	0:16:37	0:48:04	11
1302	New Eltham Jggrs 'A'	4	John Leach	M	0:16:23	1:04:27	12
1402	New Eltham Jggrs 'A'	5	Nick Moss	M	0:14:57	1:19:24	10

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1027	Paddock Wood AC 'B'	1	Fiona Buckingham	F	0:16:37	0:16:37	13
1127	Paddock Wood AC 'B'	2	Sue James	F	0:16:41	0:33:18	20
1227	Paddock Wood AC 'B'	3	Lionel Stielow	M	0:16:17	0:49:35	16
1327	Paddock Wood AC 'B'	4	Alan Newman	M	0:14:10	1:03:45	10
1427	Paddock Wood AC 'B'	5	Mark Woods	M	0:15:57	1:19:42	11

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1029	Mixed	1	Ruth Ward (1)	F	0:15:55	0:15:55	5
1129	Mixed	2	Johnny Matthews	M	0:14:31	0:30:26	6
1229	Mixed	3	Marcus Graves	M	0:19:29	0:49:55	18
1329	Mixed	4	????	M	0:16:32	1:06:27	16
1429	Mixed	5	Nick Wood (2)	M	0:13:28	1:19:55	12

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1010	Canterbury H 'A'	1	Sarah Maguire	F	0:16:16	0:16:16	7
1110	Canterbury H 'A'	2	Steve Clark (1)	M	0:15:26	0:31:42	13
1210	Canterbury H 'A'	3	Bob Davison (1)	M	0:15:54	0:47:36	9
1310	Canterbury H 'A'	4	Steve Reynolds (2)	M	0:17:08	1:04:44	13
1410	Canterbury H 'A'	5	Marco Keir (2)	M	0:15:30	1:20:14	13

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1004	Gravesend RR	1	Annabelle Stearns	F	0:14:03	0:14:03	2
1104	Gravesend RR	2	David Abery	M	0:14:22	0:28:25	3
1204	Gravesend RR	3	Bill Lancaster	M	0:17:57	0:46:22	7
1304	Gravesend RR	4	Liam Hayes	M	0:17:35	1:03:57	11
1404	Gravesend RR	5	David Wright	M	0:16:43	1:20:40	14

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
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1015	Larkfield AC 'C'	1	Tania	Weber	F	0:18:17	0:18:17	23
1115	Larkfield AC 'C'	2	Ashley	Howes (1)	M	0:14:29	0:32:46	16
1215	Larkfield AC 'C'	3	Mel	Evans	M	0:18:01	0:50:47	19
1315	Larkfield AC 'C'	4	Simon	Bonell (2)	M	0:15:28	1:06:15	15
1415	Larkfield AC 'C'	5	Iain	Morris (2)	M	0:14:43	1:20:58	15

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1030	Bromley Vets AC	1	Claire	McGavigon	F	0:17:24	0:17:24	21
1130	Bromley Vets AC	2	Paul	Marshall	M	0:14:55	0:32:19	14
1230	Bromley Vets AC	3	Peter	Ratcliffe	M	0:17:09	0:49:28	15
1330	Bromley Vets AC	4	Phil	Greenfield	M	0:16:25	1:05:53	14
1430	Bromley Vets AC	5	Chris	Marshall	M	0:15:12	1:21:05	16

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1022	Thanet RR	1	Kay	Bailey	F	0:20:38	0:20:38	26
1122	Thanet RR	2	Jamie	Bailey	M	0:14:48	0:35:26	24
1222	Thanet RR	3	Glyn	Jenkins	M	0:16:54	0:52:20	26
1322	Thanet RR	4	Jacob	Burton	M	0:14:58	1:07:18	21
1422	Thanet RR	5	Ben	Burton	M	0:14:49	1:22:07	17

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1021	Sittingbourne Str	1	Emma	Pomeroy	F	0:17:21	0:17:21	20
1121	Sittingbourne Str	2	Mike	Poppy	M	0:15:12	0:32:33	15
1221	Sittingbourne Str	3	Paul	Williams	M	0:16:48	0:49:21	14
1321	Sittingbourne Str	4	Paul	Chambers	M	0:17:26	1:06:47	19
1421	Sittingbourne Str	5	Kent	Parker	M	0:15:38	1:22:25	18

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1017	Maidstone & Med	1	Tina	Doyle	F	0:22:19	0:22:19	27
1117	Maidstone & Med	2	Gary	Hughes	M	0:14:46	0:37:05	27
1217	Maidstone & Med	3	Bob	Fursey	M	0:14:14	0:51:19	22
1317	Maidstone & Med	4	Stuart	Nice	M	0:16:22	1:07:41	23
1417	Maidstone & Med	5	Alun	Rodgers	M	0:14:51	1:22:32	19

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1012	Canterbury Harr 'B'	1	Sue	Coombes	F	0:17:15	0:17:15	18
1112	Canterbury Harr 'B'	2	Steve	Reynolds (1)	M	0:16:02	0:33:17	19
1212	Canterbury Harr 'B'	3	Russell	Williams	M	0:16:34	0:49:51	17
1312	Canterbury Harr 'B'	4	Mark	Cooper (2)	M	0:16:38	1:06:29	17
1412	Canterbury Harr 'B'	5	Bob	Davison (2)	M	0:16:24	1:22:53	20

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1025	Maidstone Harriers	1	Julie	Stoppani	F	0:17:12	0:17:12	17
1125	Maidstone Harriers	2	Craig	Peake	M	0:13:47	0:34:15	21
1225	Maidstone Harriers	3	Matt	Fraser	M	0:17:57	0:52:12	25
1325	Maidstone Harriers	4	Michael	White	M	0:15:57	1:08:09	24
1425	Maidstone Harriers	5	Lyndon	Gurr	M	0:14:59	1:23:08	21

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1028	Invicta East Kent AC	1	Annie	Ross	F	0:18:39	0:18:39	24
1128	Invicta East Kent AC	2	Andy	Budd	M	0:15:00	0:35:28	25

1228	Invicta East Kent AC	3	Ian	Broad	M	0:15:56	0:51:24	23
1328	Invicta East Kent AC	4	Stuart	Hart	M	0:15:23	1:06:47	18
1428	Invicta East Kent AC	5	Eddie	Broad	M	0:16:59	1:23:46	22

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1016	Canterbury Harr 'C'	1	Wendy	Smith	F	0:18:16	0:18:16	22
1116	Canterbury Harr 'C'	2	Joe	Hicks (1)	M	0:14:17	0:34:45	23
1216	Canterbury Harr 'C'	3	Marco	Keir (1)	M	0:17:10	0:51:55	24
1316	Canterbury Harr 'C'	4	Steve	Clark (2)	M	0:15:25	1:07:20	22
1416	Canterbury Harr 'C'	5	Martin	Coombes (2)	M	0:16:47	1:24:07	23

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1007	Istead & Ifield H 'C'	1	Alison	Bell	M	0:16:27	0:16:27	10
1107	Istead & Ifield H 'C'	2	Sally	Whitelaw	M	0:15:03	0:31:30	12
1207	Istead & Ifield H 'C'	3	Sue	Beecham	M	0:19:17	0:50:47	20
1307	Istead & Ifield H 'C'	4	Nick	Claydon	M	0:16:12	1:06:59	20
1407	Istead & Ifield H 'C'	5	John	Gillis	M	0:17:49	1:24:48	24

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1003	New Eltham Jggrs 'B'	1	Janet	Cobby	F	0:17:18	0:17:18	19
1103	New Eltham Jggrs 'B'	2	????		M	0:17:21	0:34:39	22
1203	New Eltham Jggrs 'B'	3	Michael	Clark	M	0:16:27	0:51:06	21
1303	New Eltham Jggrs 'B'	4	Chris	Hunt	M	0:19:10	1:10:16	26
1403	New Eltham Jggrs 'B'	5	????		M	0:15:54	1:26:10	25

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1011	Canterbury Harr 'D'	1	Emma	Greatrix	F	0:16:43	0:16:43	15
1111	Canterbury Harr 'D'	2	Mark	Cooper (1)	M	0:12:24	0:32:52	17
1211	Canterbury Harr 'D'	3	Martin	Coombes (1)	M	0:16:26	0:49:18	13
1311	Canterbury Harr 'D'	4	John	Hartley	M	0:20:18	1:09:36	25
1411	Canterbury Harr 'D'	5	Joe	Hicks (2)	M	0:16:38	1:26:14	26

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1020	Swanley & Dist 'B'	1	Claire	Wilson	F	0:19:24	0:19:24	25
1120	Swanley & Dist 'B'	2	Mike	Tucker	M	0:15:52	0:36:20	26
1220	Swanley & Dist 'B'	3	Spencer	MacLean	M	0:16:31	0:52:51	27
1320	Swanley & Dist 'B'	4	Kevin	Ladley	M	0:18:27	1:11:18	27
1420	Swanley & Dist 'B'	5	Chris	Barber	M	0:17:49	1:29:07	27

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1008	Istead & Ifield H 'D'	1	Claire	Reed	F	0:22:47	0:22:47	28
1108	Istead & Ifield H 'D'	2	Lorraine	Beaney	M	0:24:08	0:44:36	28
1208	Istead & Ifield H 'D'	3	Jason	Beaney	M	0:18:10	1:02:46	28
1308	Istead & Ifield H 'D'	4	Helen	Fooks	F	0:22:47	1:25:33	28
1408	Istead & Ifield H 'D'	5	Barry	Bell	M	0:20:12	1:45:45	28