

KENT FITNESS LEAGUE – 2011/12

Relay Event – 11th March 2012

Our traditional end-of-season social took place at Nurstead Court for the first time this year in the warm March sunshine. The relay event attracted 30 teams of 5 – each negotiating a double circuit of the main park totalling 2.5 miles. Ground conditions were firm and dry, but the terrain was undulating and most competitors felt they'd had a good workout at the end (particularly the dozen or so who completed a second leg to make up another team).

The opening leg is traditionally given over to the ladies, although we don't rigidly apply that as a rule. However, it was no surprise to see our newly crowned ladies' champion Mel Frazier at the front of the field for the Gravesend A team and set the fastest ladies' lap time of 15.45. Tracking her closely all the way was 14 year old Oliver Cooper leading off a Thanet junior team – he would have finished closer if he hadn't pulled a muscle late on the second lap. Barbara Wenman was next over the line for the Canterbury A team, just getting the better of husband Mark.

The second leg saw a blistering run from Men's league champion Clayton Barrett (13.43) to bring Medway A across the line in second place, while Ross Evans kept Gravesend's lead in tact. The fastest lap of the day was recorded on this leg – Stephan Wenk (Maidstone Harriers), a 31 minute 10k runner zipped around in 13.02. He followed this up later with a 13.17 run on the fifth leg for the same team – he is really barred from our league by virtue of his elite quality, but it was good to see him perform nevertheless. Other highlights of the second leg included Rob Rowland pushing Paddock Wood A up by 8 places.

The third leg saw the first of two superb runs by David Lee of Sevenoaks to give his informal team the lead. Medway A hung on to their second place through Mark Laing and Tony McParland brought Canterbury A up into 5th place. By the end of the fourth leg, there was just 7 seconds between the Sevenoaks team and Canterbury Harriers at the front of the field. Tom Witcowicz kept Medway in contention in 4th place.

The final leg saw Sevenoaks cross the line first, some 30 second clear of the official winners Canterbury Harriers, anchored by Peter Hogben. Gareth Robb brought the Paddock Wood team home just over 2 minutes later to take the official second place. Next over the line was New Eltham Joggers, anchored by Chris Wyles in a superb time of 13 min 32sec – he should have been given the fastest official lap time (my apologies for not acknowledging this at the end).

Rob Bright

KFL End of season relay event

Nurstead Court - 11th March 2012

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
139	Sevenoaks (Informal)	1	Rob Carr	M	0:17:56	0:17:56	5
239	Sevenoaks (Informal)	2	Mark Haworth (1)	M	0:15:03	0:32:59	4
339	Sevenoaks (Informal)	3	David Lee (1)	M	0:13:54	0:46:53	1
439	Sevenoaks (Informal)	4	Mark Haworth (2)	M	0:15:39	1:02:32	1
539	Sevenoaks (Informal)	5	David Lee (2)	M	0:14:09	1:16:41	1

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
142	Canterbury Harriers A	1	Barbara Wenman (1)	F50	0:17:29	0:17:29	3
242	Canterbury Harriers A	2	Rick Austin	M	0:15:31	0:33:00	5
342	Canterbury Harriers A	3	Tony McParland	M40	0:14:46	0:47:46	3
442	Canterbury Harriers A	4	Simon Jones	M	0:14:53	1:02:39	2
542	Canterbury Harriers A	5	Peter Hogben	M	0:14:31	1:17:10	1

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
124	Maidstone Harr (Informal)	1	Kay Banfield	F45	0:19:03	0:19:03	15
224	Maidstone Harr (Informal)	2	Stephan Wenk (1)	M	0:13:02	0:32:05	3
324	Maidstone Harr (Informal)	3	Adam Palferman	M	0:16:51	0:48:56	5
424	Maidstone Harr (Informal)	4	Mike Murdoch	M40	0:16:07	1:05:03	5
524	Maidstone Harr (Informal)	5	Stephan Wenk (2)	M	0:13:17	1:18:20	3

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
120	Paddock Wood AC A	1	Sue James	F60	0:19:05	0:19:05	16
220	Paddock Wood AC A	2	Rob Rowland (1)	M	0:15:52	0:34:57	8
320	Paddock Wood AC A	3	Lukas Bates	M	0:15:21	0:50:18	7
420	Paddock Wood AC A	4	Jonathan Riordan	M	0:14:45	1:05:03	6
520	Paddock Wood AC A	5	Gareth Robb	M	0:14:30	1:19:33	4

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
128	New Eltham Jog A	1	Jenny Neal (1)	F40	0:18:52	0:18:52	14
228	New Eltham Jog A	2	Michael Clark	M40	0:16:38	0:35:30	10
328	New Eltham Jog A	3	Bryan Maillardet	M	0:14:26	0:49:56	6
428	New Eltham Jog A	4	Ian Miller	M40	0:16:28	1:06:24	7
528	New Eltham Jog A	5	Chris Wyles	M	0:13:32	1:19:56	5

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
134	Gravesend RR A	1	Mel Frazier	F	0:15:45	0:15:45	1
234	Gravesend RR A	2	Ross Evans	M	0:15:54	0:31:39	1
334	Gravesend RR A	3	Mick Spurr	M40	0:16:26	0:48:05	4
434	Gravesend RR A	4	Adam Hughes	M	0:16:56	1:05:01	4
534	Gravesend RR A	5	David Aberly	M50	0:15:27	1:20:28	6

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
136	Medway & Maidstone AC	1	Michelle Si	F40	0:18:17	0:18:17	7
236	Medway & Maidstone AC	2	Clayton Barrett (1)	M	0:13:43	0:32:00	2
336	Medway & Maidstone AC	3	Mark Laing	M	0:15:26	0:47:26	2
436	Medway & Maidstone AC	4	Tom Witkowicz	M	0:17:07	1:04:33	3

536 Medway & Maidstone AC 5 Steve Allen M50 0:16:56 **1:21:29** 7

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
123	Sittingbourne Str A	1	Gill Holmes	F35	0:18:35	0:18:35	11
223	Sittingbourne Str A	2	Paul Williams	M50	0:17:24	0:35:59	11
323	Sittingbourne Str A	3	Ian Gower	M50	0:16:55	0:52:54	10
423	Sittingbourne Str A	4	Ian Pateman	M50	0:16:16	1:09:10	10
523	Sittingbourne Str A	5	Mike Poppy	M40	0:15:42	1:24:52	8

Race No	Team	Order	Name	M/F	0:00:00	Total time	Pos
147	Larkfield AC A	1	Kate Malloy	F	0:18:05	0:18:05	6
247	Larkfield AC A	2	Matt Burley	M	0:17:00	0:35:05	9
347	Larkfield AC A	3	Mark Weber	M40	0:17:43	0:52:48	9
447	Larkfield AC A	4	Ian Broad	M40	0:16:50	1:09:38	11
547	Larkfield AC A	5	James Stickells	M	0:15:30	1:25:08	9

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
143	Canterbury Harriers Inf.	1	Mark Wenman (1)	M50	0:17:39	0:17:39	4
243	Canterbury Harriers Inf.	2	Bob Davison	M50	0:16:54	0:34:33	6
343	Canterbury Harriers Inf.	3	Barbara Wenman (2)	F50	0:18:10	0:52:43	8
443	Canterbury Harriers Inf.	4	Phil Wyard	M40	0:16:17	1:09:00	8
543	Canterbury Harriers Inf.	5	Stevve Clark	M50	0:16:15	1:25:15	10

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
121	Paddock Wood AC B	1	Amanda Hanford	F40	0:20:54	0:20:54	22
221	Paddock Wood AC B	2	Andrew Alison (1)	M50	0:15:58	0:36:52	14
321	Paddock Wood AC B	3	Rob Leat	M	0:16:07	0:52:59	11
421	Paddock Wood AC B	4	Alan Newman	M50	0:16:06	1:09:05	9
521	Paddock Wood AC B	5	Richard Bidois	M40	0:16:21	1:25:26	11

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
130	Thanet RR Informal	1	Oliver Cooper	M	0:16:20	0:16:20	2
230	Thanet RR Informal	2	Jon Hart	M	0:20:45	0:37:05	15
330	Thanet RR Informal	3	Bobby Harrop	M	0:16:25	0:53:30	12
430	Thanet RR Informal	4	Hughie Coleman	M	0:17:29	1:10:59	12
530	Thanet RR Informal	5	Alex Kavanagh	M	0:15:48	1:26:47	12

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
146	Bromley Vets A	1	Sandra Parker	F45	0:20:10	0:20:10	19
246	Bromley Vets A	2	Chris Marshall	M60	0:17:22	0:37:32	17
346	Bromley Vets A	3	Roger Harris	M50	0:19:31	0:57:03	15
446	Bromley Vets A	4	Mark Russell	M50	0:16:37	1:13:40	14
546	Bromley Vets A	5	Gavin Kitchingham	M40	0:14:04	1:27:44	13

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
132	Swanley & Dist A	1	Caroline Burley	F45	0:18:25	0:18:25	8
232	Swanley & Dist A	2	Mathew Woolston	M	0:18:08	0:36:33	13
332	Swanley & Dist A	3	Simon Hassett (1)	M40	0:17:04	0:53:37	13
432	Swanley & Dist A	4	Andy Dunmall	M40	0:17:58	1:11:35	13
532	Swanley & Dist A	5	Michelle DeKisshazy	F45	0:18:20	1:29:55	14

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
126	Istead & Ifield H A	1	Clare Ward	F45	0:24:44	0:24:44	29
226	Istead & Ifield H A	2	Andrew Archer (1)	M40	0:15:17	0:40:01	21
326	Istead & Ifield H A	3	Tim Bell	M40	0:16:39	0:56:40	16
426	Istead & Ifield H A	4	Peter Gibson	M50	0:17:21	1:14:01	15
526	Istead & Ifield H A	5	Ken Rains	M50	0:16:20	1:30:21	15

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
137	Medway & Maidstone B	1	Teresa Milroy	F	0:20:42	0:20:42	21
237	Medway & Maidstone B	2	Phil Cuypers	M50	0:19:39	0:40:21	23
337	Medway & Maidstone B	3	Terry Nice	M50	0:18:47	0:59:08	20
437	Medway & Maidstone B	4	Stuart Nice	M50	0:19:16	1:18:24	22
537	Medway & Maidstone B	5	Clayton Barrett (2)	M	0:14:02	1:32:26	16

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
135	Gravesend RR B	1	Shona Turnbull	F	0:22:57	0:22:57	27
235	Gravesend RR B	2	Steve Button	M40	0:17:17	0:40:14	22
335	Gravesend RR B	3	Bradley Spurr	M	0:17:20	0:57:34	18
435	Gravesend RR B	4	Claire Medes	F	0:19:03	1:16:37	18
535	Gravesend RR B	5	David Wright	M40	0:16:47	1:33:24	17

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
148	Istead & Ifield H B	1	Sue Beecham	F50	0:20:32	0:20:32	20
248	Istead & Ifield H B	2	Steve Cason	M50	0:17:45	0:38:17	19
348	Istead & Ifield H B	3	Peter Burton	M60	0:20:26	0:58:43	19
448	Istead & Ifield H B	4	John Gillis	M50	0:18:22	1:17:05	19
548	Istead & Ifield H B	5	Derek George (2)	M40	0:16:24	1:33:29	18

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
127	New Eltham Joggrers B	1	Geraldine Eastment	F45	0:19:09	0:19:09	17
227	New Eltham Joggrers B	2	Alan Cox	M50	0:18:13	0:37:22	16
327	New Eltham Joggrers B	3	John Kemp	M65	0:18:56	0:56:18	15
427	New Eltham Joggrers B	4	Brian Maillardet	M60	0:18:50	1:15:08	16
527	New Eltham Joggrers B	5	John Leach	M65	0:19:39	1:34:47	19

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
138	Istead & Ifield H C	1	Lynne Champion	F40	0:18:30	0:18:30	9
238	Istead & Ifield H C	2	Derek George (1)	M40	0:16:10	0:34:40	7
338	Istead & Ifield H C	3	Lesley Archer	F35	0:27:02	1:01:42	24
438	Istead & Ifield H C	4	Andrew Archer (2)	M40	0:15:52	1:17:34	21
538	Istead & Ifield H C	5	Steve Cable	M40	0:17:22	1:34:56	20

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
131	Swanley Juniors	1	Isobel Kelly	F	0:19:21	0:19:21	18
231	Swanley Juniors	2	Harriet Potter	F	0:19:54	0:39:15	20
331	Swanley Juniors	3	James Graves	M	0:15:08	0:54:23	14
431	Swanley Juniors	4	Olivia Willard	F	0:22:09	1:16:32	17
531	Swanley Juniors	5	Sean White	M	0:18:28	1:35:00	21

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
122	Paddock Wood AC C	1	Julie	Preston	F45	0:24:05	0:24:05	28
222	Paddock Wood AC C	2	Lionel	Stielow	M60	0:21:45	0:45:50	28
322	Paddock Wood AC C	3	Steve	Baker	M40	0:16:35	1:02:25	25
422	Paddock Wood AC C	4	Rob	Rowland (2)	M	0:17:30	1:19:55	24
522	Paddock Wood AC C	5	Andrew	Alison (2)	M50	0:16:22	1:36:17	22

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
125	Istead & Ifield H D	1	Jackie	King	F40	0:18:42	0:18:42	12
225	Istead & Ifield H D	2	Nick	Claydon	M50	0:17:31	0:36:13	12
325	Istead & Ifield H D	3	David	Costin	M40	0:23:18	0:59:31	21
425	Istead & Ifield H D	4	Tania	Yates	F50	0:21:25	1:20:56	25
525	Istead & Ifield H D	5	Wilfredo	Chillitupa	M	0:15:54	1:36:50	23

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
144	Canterbury H/Bromley V	1	Jayne	Greenfield	F50	0:21:57	0:21:57	24
244	Canterbury H/Bromley V	2	Roy	Gooderson	M50	0:18:46	0:40:43	25
344	Canterbury H/Bromley V	3	Craig	Thomas	M50	0:18:52	0:59:35	22
444	Canterbury H/Bromley V	4	Tony	Savage	M50	0:19:23	1:18:58	23
544	Canterbury H/Bromley V	5	Mark	Wenman (2)	M50	0:18:18	1:37:16	24

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
145	Canterbury H/Invicta Inforr	1	Marco	Keir	M50	0:18:32	0:18:32	10
245	Canterbury H/Invicta Inforr	2	Joe	Hicks	M50	0:19:12	0:37:44	18
345	Canterbury H/Invicta Inforr	3	John	Hartley	M65	0:23:19	1:01:03	23
445	Canterbury H/Invicta Inforr	4	Gavin	Knight	M50	0:16:25	1:17:28	20
545	Canterbury H/Invicta Inforr	5	Eddie	Broad	M60	0:21:14	1:38:42	25

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
133	Swanley & Dist C	1	Paul	Kelly	M	0:18:43	0:18:43	13
233	Swanley & Dist C	2	Paul	Graves	M40	0:21:42	0:40:25	24
333	Swanley & Dist C	3	Anna	Willard	F35	0:22:25	1:02:50	26
433	Swanley & Dist C	4	Ken	Grist	M70	0:21:39	1:24:29	28
533	Swanley & Dist C	5	Simon	Hassett (2)	M40	1:19:57	1:41:36	26

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
129	New Eltham Joggers C	1	Gabriella	Eastment	F	0:21:32	0:21:32	23
229	New Eltham Joggers C	2	Joe	Eastment	M	0:21:26	0:42:58	27
329	New Eltham Joggers C	3	Jack	Eastment	M	0:20:46	1:03:44	28
429	New Eltham Joggers C	4	Jenny	Neal (2)	F40	0:19:52	1:23:36	27
529	New Eltham Joggers C	5	Geraldine	Eastment (2)	F45	0:20:00	1:43:36	27

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
141	Maidstone Harriers B	1	Sarah	Smith	F50	0:22:08	0:22:08	25
241	Maidstone Harriers B	2	Conor	Murdoch	M	0:20:31	0:42:39	26
341	Maidstone Harriers B	3	Dave	Walsh	M40	0:20:39	1:03:18	27
441	Maidstone Harriers B	4	Suzanne	Warburton	F45	0:22:58	1:26:16	29
551	Maidstone Harriers B	5	Alan	Probert	M50	0:18:43	1:44:59	28

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
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149	Gravesend Composite	1	Dawn	Granger	F35	0:25:19	0:25:19	30
249	Gravesend Composite	2	Ian	Webb	M	0:21:48	0:47:07	30
349	Gravesend Composite	3	Duncan	Bannister	M	0:17:43	1:04:50	29
449	Gravesend Composite	4	John	Cooper	M50	0:18:34	1:23:24	26
549	Gravesend Composite	5	Graham	Thomas	M40	0:22:33	1:45:57	29

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
140	Medway & Maidst Inform.	1	Nigel	Read	M60	0:22:37	0:22:37	26
240	Medway & Maidst Inform.	2	Colin	Carpenter	M60	0:23:22	0:45:59	29
340	Medway & Maidst Inform.	3	Nigel	Read (2)	M60	0:25:12	1:11:11	30
440	Medway & Maidst Inform.	4	Phil	Cuypers (2)	M50	0:20:08	1:31:19	30
540	Medway & Maidst Inform.	5	Mark	Laing (2)	M	0:16:15	1:47:34	30