



The Courier

VOL 25 . No12 December 2008. PRESIDENT 2008/9 Tim Soutar. HON SEC:- Duncan Flagg
EDITOR:- Wilf. Orton, 9 Jenson Way, Fox Hill, London SE19 2UP (0208-771-1128) (email
wilfred.orton@hmcourts- service.gsi.gov.uk
Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way, Hayes, Kent BR2 7EY
(Tel 020 8462 3115) Unless otherwise attributed, views are those of the Editor.

Contents: Page 1. Articles. Page 3. Results, Road. Page 4. Cross-Country,
Page 7. Track & Field, Other disciplines Page 8. HQ Development.

From the editor:

Young athletes' achievements receive national recognition

As a mark of recognition of the performance of some of the Club's athletes in the National Rankings, Blackheath & Bromley Harriers have received the Norwich Union Power of 10 club award, for the Throws events, at a presentation at the



recent UK Athletics Awards Dinner held in Solihull. The awards are based on a calculation of power of 10 rankings for junior athletes such as Shaunagh Brown (who recently won a discus bronze medal at the Commonwealth Youth Games in Pune), and Andrew Jordan (National junior record holder for the hammer) both of whom lead the Power of 10 rankings. Pictured here receiving the award are, (from left to right), Past President John Baldwin, President Tim Soutar, UK 100 metre record holder Montell Douglas, and Immediate Past President Les Roberts.

SOME COMING EVENTS

- Dec 20. Xmas Yacht h' cap, Hayes. (**Bennett cup**)
- Dec 20. South of Thames Champs, Wimbledon.
- Dec 26. Fancy Dress paperchase, Hayes.
- Jan 10 2009. Kent CC champs, Detling showground.
- Jan 17. Open 10km (inc. Vets Champs, Hayes. (**Bennett cup**))
- Jan 24. SEAA XC champs, Hillingdon
- Jan 31. Mob match v Ranelagh (club 7 ½ mile champs), Hayes. (**Bennet cup**)
- Feb 14. Kent League, Parkwood School.
- Feb 21. ECAA National XC champs, Parliament Hill
- Feb 28. Mob match v Orion Harriers, Hayes (**Bennett cup**)

SOCIAL (At club HQ)

- Dec 20. Christmas Dinner
- Jan 24. Southern Supper
- Feb 6. Punch Bowl Night
- Feb 21. National Supper

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884
Recent winners: 5th Nov. Jack Broughton, Jon Hills, Dick Griffin, Joyce Baigent, Bryan O'Flynn, Dennis Lawrie.

NEXT COURIER: Mid
February 2009

Any contributions and articles from members are always welcome

Kinsey's recent form of good report

Blackheath Harriers' veteran triathlon champion Nick Kinsey (insert left) has been in winning form recently. Last month



he mounted his steel framed charger to compete in Ashford at the KingsWood Mountain Bike Duathlon, in the twin disciplines of cycling and running. In a strong field he gained a comfortable victory in a margin of two minutes over Deal Tri's Tim Kingston, in grim and premature wintry conditions that brought snow to the course that day. The victory was due particularly to the cycle leg where his advantage over the rest of the field was emphatic although the time in one of the two running events was bettered by two other contestants.

Then on the following Sunday, in equally challenging conditions and no lack of mud, he ran a net time of 55'49 to finish second in the field on the course of the Club 10 mile cross country championship race. As the race winner Mark Wilkins was a guest athlete, this gained him first place in the Club Championship itself, ahead of a variety of younger and older runners and was a triumph of experience over youth.

Mention of Nick's achievements leads naturally on to the latest development in the club's aim to represent different specialist areas of athletic performance and development.

WHO

Introducing The Triathlon Club.

Most club members will be aware from reading the Courier and the Gazette, and from other sources of information that the club has a long and distinguished record of performance in Triathlon events, with such names as Nick Kinsey, Tony Draper and recently Deniz Mehmed, Kevin May, Pete Burford, Kate Pratten, Richard Hall and Jim Phelan competing in a variety of venues around the world. So it seems sensible that there should be in existence a section of the club especially devoted to the sport, and on December 8th the first meeting of the Blackheath Triathlon Club was held to discuss what structures had been established so far and what its purposes were. Chaired by the club's secretary Deniz Mehmed and with a good attendance at the meeting, the principal aims and objectives of the club were discussed and outlined.

To ensure that the new club can be fully integrated into the existing structure of Blackheath Harriers, its membership is open to existing club members who can join free as part of their club membership, and also to outside entrants who can join using the standard membership form with the usual £52 annual fee. This entitles Tri-Club members to automatic running club membership so "everyone is on an equal footing, paying the same and belonging to both" clubs. The main items discussed were as follows:

Development. The Tri-club is affiliated to the British Triathlon Association, which is the governing body of Triathlons in Great Britain, and comes under the London Area which is itself comprised of the 33 London Boroughs. In the absence of John Train, London Development Manager, due to a shoulder injury, Jon Horsman, one of two development coaches in the area gave a brief outline of how the BTA works and offered to be available for any initial development that the club would need in its gestatory phase.

Training camps. In order to nurture the intrinsic skills of triathlons a training camp would be a vital requirement. An obvious point of contact would be Nick Kinsey who runs such a camp in Mallorca, at Club La Santa which provides the necessary facilities for all three disciplines. For this a 25% discount can be offered to tri-club members so that they could avail themselves of Nick's qualifications and experience in triathlons at world championship level. Details of the camp are available on the club's website.

Disciplines. Various swimming venues could be available for training. These include (i) Leybourne Lakes in Larkfield, Kent which could be used during the spring and summer (ii) Beckenham Baths, for which two lanes would be needed on a weekly basis and (iii) Tooting Bec Lido, ideal for making the transition from indoor pool to open-water swimming conditions. Running would be catered for within the existing arrangements for main running club members on road, country and track. Depending on distance members could be placed in a group according to their standard but a separate night could be considered for training. For those wishing finely hone their technique, the track at Norman Park would be readily available on Tuesday nights. Bike sessions could be organised for weekends, particularly on Sundays.

Kit. The Tri-club kit is being finalised from different proofs and would eventually be available from Imsport in the form of Tri-suits (£60) or T shirts (£6) each. It would resemble the standard running club kit with club crest, but would not be recognised as valid kit for AAAs events. Tri-club members should wear standard club kit in such events.

That pretty well covers things for the time being and the Tri-club is up and running, stroking and pedalling, with facilities and resources being put in place for the use and benefit of an enthusiastic team of Triathlon stars.

WHO

The Courier December 2008. Results

Road.

Marathons & Half Marathons

October 5th Jersey Marathon 212. C.Poole (1st v70) (4:33'37/ 4:33'14 chip time)

October 5th Run to the beat half marathon, O2 dome, Greenwich.

109. Ms J. Reynolds (13th woman) (1:31'12)- 122. Richard Hall (1:32'12)- 250. Adrian Stocks (1:36'14)- 593. Ian Swatton (1:42'44)- 596. Kate Pratten (1:42'32)- 1173. Kate Jones (1:49'17)- 1324. Anne Helmsley (1:50'37)- 2277. Emma Burns (1:58'09)

October 11th Carcassonne Half Marathon,France 81. R. Strong (2nd Mv 55) (1:38'40)

October 12th Carpi Marathon, Italy 1574. C. Poole (mv70) (4:36'06)

October 19th Abingdon Marathon 188. M. Skelley (mv40) (3:23'14)- 206. D. King (mv50) (3:25'31)- 580. C. Poole (2nd mv70) (4:34'15) (*chip times given*)

October 25th Beachy Head Marathon

15. R. Priestley (3:30')- 25. A. Tucker (3:39')- 138. D. King (4:09')- 139. J. Fenwick (4:10')- 140. M. Skelly (4:10')- 173. Ms K. Pratten (4:16')- 242. C. Pike (4:27')- 250. A. Riches (4:29')- 516. Ms A. Jelly (5:03')- 532. R. Griffin (5:05')- 569. C. Poole (5:10'05) *Also - for Orpington Road Runners* : 454. N.Webb (4:56')- 455. D. Lewis (4:56')

October 26th Crawley Track Marathon J. E Turner (3:49'50)- P. Rogers (4:08' 41)- S. Fletcher (4:44'44)- C. Poole (4:52'59)

November 2nd Barnes Green Half Marathon. 55.A.Tucker (1:25'54)- 513. C.Fulford-Brown (1:48'17)

November 9th Poppy Half Marathon, Bexhill. 262. Rebecca Woodhouse (2:17'51)

December 7th Lisbon Marathon.365.D.King (50th mv50)(3:34'55)- 842. R.Griffin (65th mv55)(4:26'08)

Other distances

October 26th Wilmington 10km, Dartford. 1. P.Tucker (34'43)- Ms.E. Murty (3rd woman) (39'38)

October 26th BUPA Great South Run, Portsmouth. 147th Richard Hall (64'41)- Gary Lamb (1:24'29)- Sarah Coombs (2: 6'04)

November 16th. Epsom 10, Epsom Downs 27.Gary Cook (m40) (65'01)- 30. Gary Williams (m45) (65'29)- 31. Tony Crowder (65'32)- 57. Len Crowder (m40) (68'08)

November 16th Brooks Brighton 10km. 458. J. Bailey (44'26/42'50)- 1645. J. Sullivan (58'21/56'15) (*gun/chip times*)

November 23rd Leeds Abbey Dash 10km. G. Murray (mv70) (1:05'38)

November 23rd Colyton Fiver 20. Bob Minting (mv55) (32'49)

November 23rd Ekiden Road Relay, Chibida City, Japan. 4. S. Overall (*1st leg for G.B*) (5km) (13'44)

December 7th. Portsmouth Victory 5. 460. W. Orton (49th mv50) (39'27)

December 7th Swanley Xmas Caper 1. P. Tucker (*for Ravenswood School Runners*) (21'58)- 5. A. Yorke (*RSR*) (24'46)- 18. A. Crowder (m40) (27'09)- 20. Ms E. Murty (27'15)

Serpentine "Last Friday of Month" 5km series

September 26th 21. D. Beadle (v40) (18'44). **October 31st** 24. D. Beadle (v40) (18'17)- 48. G. Coates (v55) (19'19). **November 28th** 14. D. Beadle (v40) (18'18)- 38. G. Coates (v55) (19'32).

Orpington Road Runners 10km handicap series, Green St Green. (finishing pos.- clock/*net* times)

Race 1. November 11th. 43. D. Hilliar (52'02/41'07)- 51. R. Griffin (54'17/49'17)- 52. P. Lovell (54'23)- 54. M. Longstaff (54'50)

Walking races.

(*These walkers appeared for Surrey Walking club in these races*)

November 8th Enfield Mens Open 7, Lea Valley 20th S. Lightman (65'50)- 45th D. Hoben (1:16'41)

November 22nd Belgrave 7 miles, Wimbledon 24. P. Hannell (1:11'03)- 26. D. Hoben (1:17'10).

November 29th Enfield walking league 5 miles 6. S. Lightman (46'09) - 26. D. Hoben (55'32).

December 6th Cambridge Harriers Bexley 5 km 7. S. Lightman (28'33)- 17. D. Hoben (35'44).

Cross Country and Multi-terrain

October 25th Birmingham League, Senneleys Park, Birmingham. 33rd. P. Tucker (34'15) (*inc. ECCA cross challenge*)

October 25th Kent County Cross Country League, Mote Park, Maidstone

Senior men 10000m. 6. A. Gibbons (35'22)- 155. G. Clifford (58'11)}. **Senior women 5000m** 6. E. Murty (20'41)-14. A. Cook (22'17)- 20. E. Fisher (23'06) *team finished 5th with 9 points* ; **U17 women 4000m.** 2. D. Critchley (13'09)- 3. J. Hamer (13'13)- 10. K. Galley (14'22)- 12. A. De Matos (14'27)- 13. C. Crowser (14'28)- 16. S. Maslin (14'51)- 17. D. Webb (15'12)- 18. M. Kane (15'22) *team finished 1st with 2 points*) ; **U15 girls 3000m** 2. Amber Reed (11'05)-17. Rachel Robinson (12'33)- 19. Jessica Jones (12'38) *team finished 4th with 7 points*); **U13 girls 2500m** 3. Georgina Kennedy (9'14)- 11. Janae Galley (9'44)-14. Sonia Woolhouse (10'02)- 17. Holly Fletcher (10'21)-26. Izzy Jackson (10'49) *team finished 3rd with 6 points* ; **U17 men 5000m** 4. S. Cavey (18'27)-7. H. Kurtyanek (18'46)- 23. J. Halls (21'46) *team finished 2nd with 5 points* ; **U15 boys 4000m.** 7. Will Mercer (13.41)- 8. Sam Jackson (13'46)-12. Greg Proctor (14'19)- 21. Joseph Ewing (14'37)- 22. Adam Willis (14'44) *team finished 2nd with 6 points* ; **U13 boys 3000m** 15. Alex Punnett (11'36).

November 1st National Cross Country Relays, Berry Hill Park, Mansfield

Senior men 5000m. 11th place BBHAC A Team (**1:08'15**) {leg 1. Andrew Rayner 20th (15'35) - 2. Mike Skinner 3rd (1'54)-3. Peter Tucker 11th (16'33)- 4. James Poole (11th) (16'14)}; 48th place BBHAC B (**50'59**) {1. Alex Gibbins 66th (16'40) -2. Dave McKinley 69th (17'31)- 3. Andrew Conway 56th (16'48))- 4. Bill Foster 48th (17'17) }- BBHAC C {1.Danny Brewer 89th (17'10)- 2. Roy Smith (18'57) 109th}; **Senior Women 3000m** 37th place BBHAC A (**35'35.45**) {1. Jane Bradshaw (11'53.90)- 2. Elaine Murty (11'29.75)- 3. Julie Reynolds (12'11.80)}; 51st place BBHAC B (**38'07.90**) {1.Carolyna Jones-Baldock (13'20.80)- 2. Sarah Dowling (12'21.75)- 3. Jane Bradshaw (12'25.35}; **U17 men 3000m.** 59th place. BBHAC A (**32'17.20**) {1.Steve Cavey 42nd (10'09)- 2. Jon Halls 77th (11'55)- 3. Hector Kurtyanek 57th (10'12)}; **U17 women 3000m.** Incomplete team {Chelsea Crouser (10'57)- Mel Kane (10'53)}; **U15 boys 2000m** 28th place BBHAC A (**21'12.10**) {1.Rob Yates 63rd (7'14)- 2. Sam Jackson 36th (6'59) - 3.Will Mercer 28th (6'58)}; **U15 girls 2000m.** 43rd place. BBHAC A (**24'38.70**) {1.Amber Reed 22nd (7'37) - 2. Ella Self 35th (8'30) - 3. Rachel Robinson 43rd (8'30)}.

November 4th Crystal Palace Canter, the Park. 6. J.Osman (21'13)

November 15th McCain UK Cross Challenge, Gateshead. 7th. M. Skinner (28'36)

November 15th South of Thames CCA 5 mile team Race, Lloyd Park, Croydon

72. Ms J.Bradshaw (4th woman) (35'33)- 90. G. Coates (36'58)- 91. A. Lawes (37'02)- 97. Ms J.Reynolds (10th woman)(37'31)- 99. S. Lloyd (37'36)- 165. W.Orton (51'10). *BBHAC Men : 22nd with 366 points*

November 16th Kent CACC League, Knole Park, Sevenoaks

Sen.women.5000m. 3. Jennie Butler (20'45)- 5. Elaine Murty (20'27). **U20 women 4000m.** 2. Hannah Garcia (15'56). **U17 women 4000m.** 3. Jen Hamer (13'52)*- 5. Danielle Critchley (14'15)*- 9. Krystal Galley (15'11)- 12. Amy De Matos (15'24)- 14. Chelsea Crowser (15'47)- 18. Danielle Webb (16'09)- 19. Melody Kane (15'55)- 20. Claire Parkin (16'49). * *1st & 2nd respectively in U17 women current lead performance.* **U15 girls 3000m.** 1. Amber Reed (11'27)- 11. Jessica Jones (12'33)- 17. Lauren Rose Heria (13'27)- 18. Hope Stenning (13'28)- 20.Ella Self (13'40)- 21. Rachel Robinson (14'00)-24. Kayleigh Leonard (14'06)-30. Amelia Gibbons(14'50). **U13 girls 2500m.** 1.Dina Asher-Smith (9'37)- 3.Georgina Kennedy (9'49)-13.Sonia Woolhouse (10'31)-19. Louise Davidson (10'54)- 23. Izzy Jackson (11'04)- 24. Janae Galley(11'05)- 26. Rachel Robinson/Anna Massey (11'07)- 27. Holly Fletcher (11'08). **U17 men 5000m.** 4. Hector Kurtyanek (17'34)- 13. Stephen Cavey (19'03)- 26. Ross Braden (20'40)- 30. Jon Halls (22'35). **U15 boys 4000m.** 8. Will Mercer (15'14)- 9. Sam Jackson (15'27)- 14. Adam Willis (16'00)- 18. Greg Proctor (16'31). **U13 boys 3000m.** 9. William Ruiz (11'56)- 13. Alex Punnett (12'11)- 20. Richard Webb (12'41)-27. Thomas Desborough (13'03)- 31. Oliver Sims (13'54)

November 16th 'Hell Down South' Hellrunner 10, Longmoor Camp. (*chip times given in italics*)

446.J. Osman (1:34'46/*1:33'17*)- 447. P. Burford (1:34'47/*1:33'20*)- 448. R.Drake (1:34'47/*1:33.20*)- 449. K. Duffy-Penny (1:34'47/*1:33'18*)- 450. C.Gentle (1:34'47/*1:33'19*)- 451. S. Hayward (1:34'47/*1:31'44*)- 452. K. May (1:34'47/*1:33'19*)- 453. D. Mehmed (1:34'47/*1:33'17*)- 454. M. Newins (1:34'47/*1:33'19*)- 455. M. Skelly (1:34'47/*1:33'20*)

November 22nd London Cross Country Championships, Hampstead Heath.

Seniors 10,000m 11. P. Tucker (33'01) **U17 women.5,000m** 7. J. Hemar (20'21)

November 29th McCain UK Cross Challenge, Liverpool. Senior men 9,800m. 7. M. Skinner (29'48)- 8. S. Overall (29'56)- 72. P. Tucker (32'40)- 86. J. Poole (32'52)- 102. A. Conway (33'28). Senior women 8,100m. 52. B. Proctor (31'09).

December 6th South London Harriers Pirie 10, Coulsden. 36. D. Hilliar (mv40) (1:9'57)- 68. Ms R. Ferguson (f35) ((1:18'36)- 92. J. Osman (1:30'32)

December 6th Kent League, Danson Park, Welling.

Sen. Men 10000m. 43. R. Smith (m45)(37'48)- 57. R. Hall (39'01)- 74. R. Beswick (m45) (40'17)- 76. G. Clifford (40'24). U17 Women 4000m. 5. Jen Hamer (13'39)- 9. Dannielle Critchley (14'35)- 10. Krystal Galley (14'43)- 12. Chelsea Crowser (14'58) - 14. Melody Kane (15'26)- 18. Danielle Webb (16'22). U15 girls 3000m. 2. Amber Reed (10'30) -10. Rachel Robinson (11'35)- 13. Hannah V.R. Cook (11'50)- 15. Jessica Jones (12'02)-19. Hope Stenning (12'30). U13 girls 2500m. 4. Georgina Kennedy (9'17)- 11. Sonia Woolhouse (9'48)-15. Holly Fletcher (10'12)- 17. Izzy Jackson (10'16)-18. Janae Galley (10'20)- 24. Anna Massey (11'01)- 31. Shannon Cordell (13'37). U17 men 5000m. 8. Hector Kurtyanek (16'49)- 13. Stephen Cavey (19'03)- 23. Ross Braden (18'48)- 25. Jon Halls (19'42). U15 boys 4000m. 9. Sam Jackson (13'25)- 10. Will Mercer (13'43)- 11. Greg Proctor (13'51)- 12. Robert Yates (14'01)- 21. Adam Willis (14'20)- 23. Tom Greenhill (14'26). U13 boys 3000m. 13. William Ruiz (11'15)- 13. Alex Punnett (11'19)- 20. Louis Parkinson (11'52) -24. Thomas Desborough (12'10)- 27. Daniel Waller (12'34).

Bennett Cup Fixtures

November 30th. Club 10 mile championships, Hayes.

1. Mark Wilkins(*Guest*) (1:03'40)- 2. Nick Kinsey (1:04'44) - 3. Gary Cook (53'41) - 4 Steve Pairman (50'15) *Ist Hcp* - 5. Gary Williams (53'48)- 6. David Beadle (54'02)- 7. Jane Bradshaw (1:11'39)(1st W)- 8. Gareth Evans (1:12'38) - 9. Mark Ellison (56'09) -10. Roy Priestley (59'56) -11. Darryl Hilliar (1:13'25) -12. Cliff Keen (1:13'34)-13. Richard Hall (1:13'57)- 14. Peter Mackrell (1:14'06)- 15. John Beck (1:14'34)-16. Graham Coates (1:14'50)-17. John Wilkins (*Guest*) (1:15'44) - 18. Mick Jones(1:15'45)- 19. Julie Reynolds (1:15'49) (2nd W)- 20. Ian Taylor (1:16'25)- 21. Tom Sutton (1:16'27) - 22. Brendan McShane(1:16'28) - 23. Deniz Mehmed (1:17'02) - 24. Simon Lloyd (1:17'13)- 25. Peter Burford (1:17'22)- 26. Bridget Davey (1:17'30) (3rd W)- 27. Bob Minting(1:18'12) - 28. Chris Pike (1:18'52)- 29. Rob Brown (1:20'38)-30. Iain Swatton (1:22'47)- 31. David Carton (1:22'47)- 32. Adrian Stocks (1:23'05)-33. John Fenwick (1:23'24)- 34. Rosemary Ferguson (1:23'31) 4th W - 35. Sarah Dowling (1:23'52)- 36. Stuart Littlewood (*Guest*) (1:24'14)- 37. Kate Pratten (1:24'27)- 38. Will Slack (1:24'37) - 39. Glen Read (1:26'12) - 40 Tony Pontifex (1:26'36)- 41. James Morris (1:26'47)- 42. Jim Osman (1:27'42)- 43. Ian Montgomery (1:27'44)- 44. Nigel Webb (1:27'48)- 45. Kirsty Philp(1:27'50)- 46. Trevor Delahoy (1:28'50) - 47. Anne Cilia (1:29'13) - 48. Kate Jones (1:30'32) - 49. Justine Eastbury (1:34'08) - 50. Colin Rowe (1:40'00)- 51. Neil Ives (1:59'31)- 52. Alex Bruce-Littewood (DNF)

Handicap places and times

1. Steve Pairman (50'15)(60 points)- 2. Tony Pontifex (50'16)(59)- 3. James Morris (50'47)(58) - 4. Kirsty Philp (51'05)(57) -5. Mick Jones(51'35)(56).-6. Glen Read (51'47)(55) -7. Chris Pike (52'12)(54) - 8. Bridget Davey (52'35)(53)- 9. Jane Bradshaw (52'39)(52) -10. Gareth Evans (53'03) (51)-11. Julie Reynolds (53'39) (50) -12. Gary Cook (53'41) (49)- 13. Peter Burford (53'42)(48)- 14. Gary Williams (53'48) (47) -15. Richard Hall (53'52)(46)- 16. David Beadle (54'02)(45)-17. Iain Swatton (54'17)(44)- 18. Deniz Mehmed (54'18)(43)- 19. Anne Cilia (54'23) (42)- 20. Adrian Stocks (54'25)(41)- 21. John Fenwick (54'34) (40)- 22. Kate Pratten (54'37)(39)- 23. Rob Brown (54'38)(38)- 24. Ian Montgomery (55'04)(37)- 25. Peter Mackrell (55'06) (36)- 26. Graham Coates (55'20)(35)- 27. Nick Kinsey (55'49)(34)- 28. Mark Ellison (56'09)(33)- 29. Will Slack (56'17) (32) -30. David Carton (56'27)(31)- 31. John Beck (56'29)(30) - 32. Tom Sutton (56'32)(29) -33. Ian

Taylor (57'15)(28)- 34. Colin Rowe (57'20)(27) -35. Simon Lloyd (57'43)(26)- 36. Brendan McShane(58'03) (25)- 37. Trevor Delahoy (58'15)(24)- 38. Bob Minting (58'17)(23)- 39. Cliff Keen (58'19) (22)- 40. Roy Priestley (59'56) (21)- 41. Kate Jones (59'57) (20)- 42. Nigel Webb(1:00'13)(19) - 43. Sarah Dowling (1:00'52)(18) - 44.Darryl Hilliar (1:01'45) (17)- 45.Jim Osman (1:02'42)(16)- 46.Justine Eastbury (1:03'18) (15) - 47.Rosemary Ferguson (1:05'46)(14)- 48.Neil Ives(1:10'36)(13)

10 mile championship Senior men. 1. Nick Kinsey- 2. Gary Cook- 3. Steve Pairman. **Women.** 1. Jane Bradshaw - 2. Julie Reynolds-3. Bridget Davey

Bennet Cup leading positions after 3 events

1. A.Pontifex (155 points)- 2. I. Swatton (139)- 3. Ms J. Bradshaw (127)- 4. D. Carton (126)- 5. R. Minting (124)- 6. M. Jones (117)- 7. G. Cook (113)- 8. R. Brown (112)- 9. M. Ellison (111)- 10. G. Coates (109)

Track and Field

December 7th Data Connection Indoor Open Meeting, Lee Valley.

Women. 200m (race 1) 2. V.Cole (25'69)- 4. A.Godsell (Jr) (26'24)- (race 2) 1. G.Sheppard (U20) (26'60)- (race 4) 4. H.Godsell (v40)(28'65)- (race 5) 2. J.Matthews (U20) (27'61); 400m (race 3) 1. S.McLellan (61'12) (U20) . **U15 girls** 800m (race 1) 4. H.Fletcher (2'35.3). **U13 girls** (race 1) 200m 1. D.Asher-Smith (26'50)- 6. C.Colgate (29'70); Ljump D.Asher-Smith (4.44m). **Men** 200m (race 3) 1. T.Jenkins (U17)(24'60)- (race 4) 1. D.Colley (U17)(25'58); 400m (race 1) 2. D. Putnam (49'60) - (race 2) 6. B.Parkin (U17) (52'95).

Other disciplines/Duathlons

November 20th Maryon Wilson Swimming 50m Race, Eric Liddle Centre, Eltham.

Race.1 Darryl Hilliar (30.53/31)- 2. Simon White (31.26/31)- 3. Adrian Stocks (34.66/33)- 4. Deniz Mehmed (41.06/37)- 5.Ian Swatton (43.45/42)- 6.Anne Cillia (45.56/46)- 7 Mike Gasson (46.71/42)- 8. Terri Shotton (51.89/52) **Handicap.1** Darryl Hilliar (+0.47)- 2.Anne Cillia (+0.44)- 3.Terri Shotton (+0.11)- 4 Simon White (-0.26)- 5. Ian Swatton (-1.45)- 6.Adrian Stocks (-1.66)- 7. Deniz Mehmed (-4.06)- 8. Mike Gasson (-4.71)

November 23rd Kings Wood Mountain Bike Duathlon.

1. Nick Kinsey (1st MV){*Run 1* (13'14)- *Bike & T1/T2* (40'11)- *Run 2* (13'26)}= Finish time (1:06'51)



Over the top...a re-enactment of the Somme offensive or a particularly aquatic production of Journey's End complete with interactive audience ? No it's the hard men at the Hellrunner 10, Longmoor.

HQ Development. At Last

For any readers who have presumably have read the item in the Club Gazette for Summer 2008 this is intended as an update of recent progress in the development of the club Head Quarters as at the 5th of December.

The EGM in September 2008 agreed that ***subject to a Obtaining Planning Permission and b. Securing adequate funding*** the ambitious proposal set out in the paper would go ahead as a matter of urgency.

Through the auspices of our member, Steve Haley, and his construction & property consultancy, I can confirm the appointment of Tony Isbell, chartered surveyor, to provide appropriate professional services.

A topographical survey has been carried out on the site of the old Cottage, and drawings are in course of preparation to submit for Planning Permission (hopefully) in December 2008 for decision by end February 2009. If granted, surveys for asbestos in the Cottage, elevation of existing buildings, ground penetration for buried services, CCTV of existing drainage and a soil investigation report will be required before preparation of a Specification Document to put out for tender.

Network Rail has cut back overhanging vegetation from Clubhouse, Cottage and car park.

Funding still has to be secured for one-third of the total cost, probably from one of the following:

- Grant from outside organisation, e.g. National Lottery, London Marathon Trust, etc
- Sale of the 2nd floor flat, but BHHQ have reservations about a sale
- Issue of debentures to be repaid out of rental income from 2nd floor flat
- Mortgage to be repaid out of rental income from 2nd floor flat
- Donations from Club members.

All members in the building industry who would like to be invited to tender for work to commence from April 2009 onwards should contact Derek Gregory as soon as possible. Similarly, any member who wishes to make an offer of assistance or just a constructive comment should contact him on Tel: 020-8777 0574 or e-mail: derekgregory@ukgateway.net

Derek Gregory

On the Social Side



The editor wishes all members and readers a merry christmas and a happy new year