

KENT FITNESS LEAGUE CROSS COUNTRY RELAY

Larkfield AC rounded off a successful cross country season by winning the Kent Fitness League relay on Sunday and set both the men's and women's fastest stage times at Shorne Country Park. Their winning margin was over 3 minutes, but had tragedy not struck the Paddock Wood team, the result could have been so different.

Paddock Wood AC were leading the race going into the fifth and final hilly, two mile leg but the event was spoiled as a contest when league champion, James Ridger, sprained an ankle and was forced to withdraw within 400 metres of the start.

Nicola Groom got Larkfield off to the perfect start with the fastest ladies' time of the day (14.21) followed by Laura Burton (14.42) of the ill fated Paddock Wood quintet and Ruth Ward (14.58) of Dartford Harriers.

Simon Hesketh (12.32) maintained the lead for Larkfield over Paddock Wood's Gareth Robb (12.37) and Stuart Waterman (13.19) of Dartford Harriers on the second leg.

Stage three saw Ashley Howes (13.22) of Larkfield matching strides with Mickael Hegesippe (13.20) for Paddock Wood at the front with Nick Woods (12.35) running an excellent leg to guarantee Dartford a podium position.

Leg four saw the first change in the lead as an inspired Peter Buckingham (13.23) swept past Rob Day (13.53) to give Paddock Wood the edge over Larkfield by six seconds going into the final lap. Dartford remained a solid third through Steve Hickmott (14.13).

Ridger versus Gareth Evans (11.45) of Larkfield would have been a superb final leg battle but the crowd were denied the opportunity of cheering these two closely matched athletes in a sprint to the finish.

Larkfield's winning margin was three minutes over Carl Gardner (13.50) of Dartford Harriers and it was New Eltham that gained a creditable third place thanks to a Chris Wyles setting the second fastest time of the day (12.20)

A total of 21 teams finished intact and numbers were boosted by others who had raced elsewhere in the morning to enjoy the hospitality provided at the presentation of awards back at Cascades Leisure Centre after the event.

So another good season of cross country running comes to an end and we can hang up the trail shoes until the autumn. Hope you have a good summer and see you next season.

Rob Bright (with thanks to Alan Newman for the words)

KFL End of season relay event

Shorne Woods - 9th March 2008

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1037	Larkfield AC 'A'	1	Nicola Groom	F	0:14:21	0:14:21	1
1137	Larkfield AC 'A'	2	Simon Hesketh	M40	0:12:32	0:26:53	1
1237	Larkfield AC 'A'	3	Ashley Howes	M	0:13:22	0:40:15	1
1337	Larkfield AC 'A'	4	Rob Day	M	0:13:53	0:54:08	2
1437	Larkfield AC 'A'	5	Gareth Evans	M	0:11:45	1:05:53	1

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1043	Dartford Harriers 'A'	1	Ruth Ward	F	0:14:58	0:14:58	3
1143	Dartford Harriers 'A'	2	Stuart Waterman	M	0:13:19	0:28:17	3
1243	Dartford Harriers 'A'	3	Nick Wood	M	0:12:35	0:40:52	3
1343	Dartford Harriers 'A'	4	Steve Hickmott	M	0:14:13	0:55:05	3
1443	Dartford Harriers 'A'	5	Carl Gardner	M	0:13:50	1:08:55	2

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1044	New Eltham Joggers 'A'	1	Janet Cobby	F	0:15:22	0:15:22	6
1144	New Eltham Joggers 'A'	2	Bryan Maillerdet	M	0:13:05	0:28:27	4
1244	New Eltham Joggers 'A'	3	Andy Eastment	M	0:14:01	0:42:28	4
1344	New Eltham Joggers 'A'	4	Andy Maconachie	M	0:14:18	0:56:46	4
1444	New Eltham Joggers 'A'	5	Chris Wyles	M	0:12:20	1:09:06	3

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1047	Swanley & District 'A'	1	Michelle De Kisshazy	F	0:16:33	0:16:33	13
1147	Swanley & District 'A'	2	Mike Baron	M45	0:13:54	0:30:27	10
1247	Swanley & District 'A'	3	Stuart Nicholson	M	0:13:48	0:44:15	5
1347	Swanley & District 'A'	4	Ben Inman	M	0:15:25	0:59:40	5
1447	Swanley & District 'A'	5	Nick Varley	M40	0:13:52	1:13:32	4

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1041	Thanet RR	1	Kay Bailey	F45	0:18:23	0:18:23	19
1141	Thanet RR	2	Gary Salmon	M40	0:14:16	0:32:39	17
1241	Thanet RR	3	Jacob Burton	M	0:14:17	0:46:56	15
1341	Thanet RR	4	Jamie Bailey	M	0:13:13	1:00:09	7
1441	Thanet RR	5	Ben Burton	M	0:14:06	1:14:15	5

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1035	Gravesend RR 'A'	1	Claire Medes	F	0:17:07	0:17:07	16
1135	Gravesend RR 'A'	2	Mark Mellon	M40	0:13:27	0:30:34	12
1235	Gravesend RR 'A'	3	David Wright	M40	0:14:40	0:45:14	8
1335	Gravesend RR 'A'	4	Adam Hughes	M	0:15:13	1:00:27	8
1435	Gravesend RR 'A'	5	David Aberly	M50	0:14:04	1:14:31	6

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1050	Istead & Ifield H 'B'	1	Angela Hames	F	0:15:21	0:15:21	5
1150	Istead & Ifield H 'B'	2	Andy Francis	M	0:14:32	0:29:53	7
1250	Istead & Ifield H 'B'	3	Joe Cumberland	M	0:15:20	0:45:13	7
1350	Istead & Ifield H 'B'	4	Andy Archer	M	0:14:37	0:59:50	6

1450	Istead & Ifield H 'B'	5	Derek	George	M	0:14:46	1:14:36	7
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Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1040	Paddock Wood 'B'	1	Fiona	Buckingham	F35	0:16:26	0:16:26	12
1140	Paddock Wood 'B'	2	Lionel	Stielow	M50	0:16:01	0:32:27	16
1240	Paddock Wood 'B'	3	Mike	Walters	M	0:14:09	0:46:36	14
1340	Paddock Wood 'B'	4	Richard	Bidois	M40	0:13:53	1:00:29	9
1440	Paddock Wood 'B'	5	Rob	Rowland	M	0:14:12	1:14:41	8

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1038	Larkfield AC 'B'	1	Bridget	Ostrehan	F35	0:15:06	0:15:06	4
1138	Larkfield AC 'B'	2	Ron	Evans	M50	0:14:59	0:30:05	8
1238	Larkfield AC 'B'	3	Ian	Broad	M	0:15:04	0:45:09	6
1338	Larkfield AC 'B'	4	Dave	Dean	M50	0:15:57	1:01:06	11
1438	Larkfield AC 'B'	5	Kevin	Ostrehan	M40	0:14:22	1:15:28	9

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1502	Istead & Ifield H 'D'	1	Lynne	Champion	F35	0:15:40	0:15:40	8
1602	Istead & Ifield H 'D'	2	Simon	Parrin	M	0:13:11	0:28:51	5
1702	Istead & Ifield H 'D'	3	Peter	Burton	M60	0:16:34	0:45:25	10
1802	Istead & Ifield H 'D'	4	Richard	Dawson	M	0:17:34	1:02:59	14
1902	Istead & Ifield H 'D'	5	Andy	Archer	M	0:13:33	1:16:32	10

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1503	Canterbury H 'A'	1	Barbara	Wenman	F45	0:15:30	0:15:30	7
1603	Canterbury H 'A'	2	Bob	Davison	M	0:15:01	0:30:31	11
1703	Canterbury H 'A'	3	Wim	Van Vuuren	M	0:15:25	0:45:56	12
1803	Canterbury H 'A'	4	Peter	Yarlett	M	0:15:36	1:01:32	12
1903	Canterbury H 'A'	5	Mark	Wenman	M50	0:15:26	1:16:58	11

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1505	Medway & Maidstone	1	Rachael	Stewart	F	0:16:15	0:16:15	10
1605	Medway & Maidstone	2	Mike	Poppy	M40	0:13:58	0:30:13	9
1705	Medway & Maidstone	3	Terry	Nice	M50	0:15:29	0:45:42	11
1805	Medway & Maidstone	4	Stuart	Nice	M50	0:16:19	1:02:01	13
1905	Medway & Maidstone	5	John	Huntingford	M50	0:15:23	1:17:24	12

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1501	Istead & Ifield H 'C'	1	Sally	Whitelaw	F	0:15:57	0:15:57	9
1601	Istead & Ifield H 'C'	2	Joe	Cumberland	M	0:13:51	0:29:48	6
1701	Istead & Ifield H 'C'	3	John	Gillis	M	0:15:29	0:45:17	9
1801	Istead & Ifield H 'C'	4	Mike	Smith	M	0:15:27	1:00:44	10
1901	Istead & Ifield H 'C'	5	Steve	Barnsley	M	0:16:52	1:17:36	13

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1049	Istead & Ifield H 'A'	1	Sue	Beecham	F	0:18:15	0:18:15	18
1149	Istead & Ifield H 'A'	2	Derek	George	M	0:13:45	0:32:00	15
1249	Istead & Ifield H 'A'	3	Mark	Champion	M	0:14:04	0:46:04	13
1349	Istead & Ifield H 'A'	4	Jason	Beeney	M	0:17:01	1:03:05	15
1449	Istead & Ifield H 'A'	5	Angela	Hames	M	0:15:40	1:18:45	14

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1045	New Eltham Joggers 'B'	1	Jenny Neal	F	0:16:57	0:16:57	15
1145	New Eltham Joggers 'B'	2	Steve Treday	M	0:14:52	0:31:49	14
1245	New Eltham Joggers 'B'	3	Michael Clarke	M	0:15:49	0:47:38	16
1345	New Eltham Joggers 'B'	4	John Kemp	M	0:16:48	1:04:26	16
1445	New Eltham Joggers 'B'	5	Nick Moss	M	0:14:38	1:19:04	15

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1042	Bromley Vets	1	Lynette Walker	F	0:16:20	0:16:20	11
1142	Bromley Vets	2	Chris Marshall	M	0:15:04	0:31:24	13
1242	Bromley Vets	3	Jim Peters	M	0:16:31	0:47:55	17
1342	Bromley Vets	4	Peter Ratcliffe	M	0:17:43	1:05:38	17
1442	Bromley Vets	5	Phil Greenfield	M	0:15:53	1:21:31	16

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1048	Swanley & District 'B'	1	Sally Kyle	F	0:16:33	0:16:33	14
1148	Swanley & District 'B'	2	Mike Tucker	M45	0:16:28	0:33:01	18
1248	Swanley & District 'B'	3	Malcolm Parsons	M40	0:16:21	0:49:22	18
1348	Swanley & District 'B'	4	Andy Dunmall	M40	0:19:17	1:08:39	19
1448	Swanley & District 'B'	5	Paul Foreman	M50	0:14:39	1:23:18	17

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1504	Canterbury H 'B'	1	Jacqueline McFarlane	F	0:19:11	0:19:11	20
1604	Canterbury H 'B'	2	Neil Godden	F	0:15:55	0:35:06	20
1704	Canterbury H 'B'	3	Andy Farrant	M	0:15:34	0:50:40	19
1804	Canterbury H 'B'	4	John Hartley	M	0:19:23	1:10:03	21
1904	Canterbury H 'B'	5	Steve Reynolds	M	0:14:40	1:24:43	18

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1046	New Eltham Joggers 'C'	1	Geraldine Eastment	F	0:17:48	0:17:48	17
1146	New Eltham Joggers 'C'	2	Dave Lewis	M	0:17:46	0:35:34	21
1246	New Eltham Joggers 'C'	3	Dave Musson	M	0:16:30	0:52:04	21
1346	New Eltham Joggers 'C'	4	John Leach	M	0:16:35	1:08:39	18
1446	New Eltham Joggers 'C'	5	A N Other	M	0:16:52	1:25:31	19

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1036	Gravesend RR 'B'	1	Sharon Coe	F45	0:20:16	0:20:16	22
1136	Gravesend RR 'B'	2	Oliver Bragly	M	0:14:47	0:35:03	19
1236	Gravesend RR 'B'	3	Graham Melrose	M50	0:16:26	0:51:29	20
1336	Gravesend RR 'B'	4	Robin Hell	M50	0:17:33	1:09:02	20
1436	Gravesend RR 'B'	5	Liam Hayes	M40	0:16:43	1:25:45	20

Race No	Team	Order	Name	M/F	Lap time	Total time	Pos
1034	Paddock Wood 'C'	1	Gill Tree	F45	0:19:16	0:19:16	21
1134	Paddock Wood 'C'	2	Sam Creamer	M	0:19:27	0:38:43	22
1234	Paddock Wood 'C'	3	Angela Martin	F40	0:21:39	1:00:22	22
1334	Paddock Wood 'C'	4	Roy Hammond	M60	0:22:35	1:22:57	22
1434	Paddock Wood 'C'	5	Malcolm Martin	M50	0:16:25	1:39:22	21

Race No	Team	Order	Name		M/F	Lap time	Total time	Pos
1039	Paddock Wood 'A'	1	Laura	Burton	F	0:14:42	0:14:42	2
1139	Paddock Wood 'A'	2	Gareth	Robb	M	0:12:37	0:27:19	2
1239	Paddock Wood 'A'	3	Mickael	Heggesippe	M	0:13:20	0:40:39	2
1339	Paddock Wood 'A'	4	Peter	Buckingham	M	0:13:23	0:54:02	1
1439	Paddock Wood 'A'	5	James	Ridger	M	DNF	DNF	