

Oak Leaves

Sevenoaks AC newsletter – June 2007



EUROPEAN VETERAN CHAMPIONSHIPS – Regensburg, Bavaria, 17-20 May

June Johnson's postcard from Bavaria

A record breaking 1500 athletes from all over Europe entered the 10th European Veterans Non-Stadia Championships, which were held in Regensburg, Bavaria from 17th – 20th May.

Andrew and I flew out on Wednesday 16th and found our hotel was halfway between the town itself and the location of the 10km race, which was held on the following day. The venue was the Gewerbepark, which sounded all green and pleasant, but when we went there to register, we found it was a business/retail park. Registration was delayed by 20 mins or so as the 'chips' hadn't arrived. Another problem was the lack of a useful map, which meant that the locations for the X-C relays and the start of the Half-Marathon were not shown.

The next day, the roads were very quiet as it was a Bank Holiday, which meant a reduced transport system. This didn't help the runners, most of whom were staying in the town centre, as they then had a good half hour's walk to the park or had to take a taxi! Question: How many laps do you need to run round a business park to complete a 10km race? Answer: 9. It was very good for spectators, of course, but not ideal for the runners. It was also raining, so the tables laid out for post-race refreshments were sadly unused.

My race was at 14.50 and just as I finished there was a torrential downpour and it turned

very cold, so I was relieved I could jog back to the hotel to warm up and put on some dry clothes. But I didn't have the chance to chat to any of the athletes that I know from previous Championships which is what makes these events so friendly. Still I was pleased with my time of 46.42, the best for some years and I caught up with them later.



L to R: Pauline Rich W60 (Serpentine), myself, Alison White W50 and Sue James W55 (both Pad Wood)

Friday was a day off for sightseeing and as it was dry and sunny, we took the opportunity to walk out of town along the River Danube to find the venue for the X-C relays. There had been much work done to tape the whole course and

I could see a steep, but short, hill which we would have to climb on every lap. We caught the bus back to town using our Athlete's passes.

Saturday was a lovely warm, sunny day and we enjoyed watching the Men's X-C races whilst waiting for the Ladies races. This recognised teams of 3 in 5 year age bands and I was part of the Silver medal-winning W60-64 team.

Sunday started already far too hot, even though the Half-Marathon began at 9.45, the temperature was to go up to 30°C and I knew I would have to be careful, especially on the first half of the out-and-back course. There were bands in the town itself and 'drumming' bands out on the route. Plenty of supporters and spectators were lining the route as there was also an Open Full Marathon and Half Marathon held at the same venue with different start times, as well as On-line Skating and Nordic Walking races. The atmosphere was very good and helped me along, but I was relieved to finish (my first Half-Marathon in 2 years) in 1:47.44. In both road races I was part of the Bronze winning W55-64 team.

After 3 races in 4 days, I was then able to relax and enjoy myself (and celebrate my birthday on the 19th) by spending the evening in a Beer garden by the river with the good company of 4 friends from Paddock Wood.
June Johnson



View across the bridge at Regensburg

Sevenoaks Athletics Club

RE-ESTABLISHED 1977



www.7oaks-ac.org.uk

Affiliated to: UK Athletics, SEAA, Kent County AA, South of the Thames CCA, SDC Sports Council.

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Oak Leaves

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FROM THE CHAIRMAN . . .

Junior Events Evening

Many thanks to Adam, Ann, John and the rest of the coaches for organising the recent Junior Events Evening. It seemed to be very well attended. Parents and others, please volunteer your time to help with the next event, scheduled for 24th July.

Club Barbeque

This was also well attended, though unfortunately we didn't see as many youngsters as at previous events. Many thanks to Chris and Anna for putting on a great party as they have many times before.

Tour de France

It was fantastic to see this event come to London and Kent this year. Many club members, including me, were lining the streets to watch this world-class event first-hand. Roll on the 2012 Olympics!

SEVENOAKS AC JUNIORS

More competition available for junior athletes

The success of our recent Junior Events Evening highlights the fact that our juniors love the chance to compete. This year there is a distinct lack of opportunity for juniors as Tonbridge AC are not holding their usual monthly open meetings due to the rebuilding works going on at Tonbridge School. Also, we have not entered any teams in the Kent Young Athletes League, because we have nobody to run the teams.

The Kent Young Athletes League (KYAL) provides competition at Under 13 (school years 6 and 7) and Under 15 (school years 8 and 9) level and is open to various athletic clubs in Kent. Four meetings are held during summer months in four different locations in the county. Each meeting is on a Sunday and starts at about midday and goes on until about 5.00pm. A full range of running, throwing and jumping events is on offer.

Competing clubs must provide officials to help run the various events and team managers must be appointed, either one manager to run all four teams or separate managers for girls and boys. For the last few years I have run all the teams, but this year I had too many commitments elsewhere so was unable to take on this role. I hope someone will come forward to run the teams next year as the athletics meetings are great fun for both participants and spectators.

Endurance Runs

A number of people independently organise training runs at the weekend on a fairly informal basis. David Simpson, Jeff Tribe and I all organise separate runs semi-formally, so please let us know if you would like to join us.

Articles

It was good to see a range of articles again this month from a number of people. Please keep them coming.

Paul Tabor

The Junior section needs to get organised now if they wish to enter teams for next year's KYAL. We need at least two qualified officials. Getting qualified entails attending a short course, usually held on a Saturday or Sunday in the Spring. Officials do not spend the whole time working at KYAL events. They are usually only on duty for an hour or so during the afternoon. Officials from other clubs are usually parents of athletes.

At most levels British athletics is very much run on a voluntary basis. Virtually all coaches, officials and judges work unpaid. I think they do it because they find it very rewarding. A month ago I was helping raise the bar in an U15 boys High Jump competition. It was a wonderful experience to be present as one lad took his Personal Best performance from 1m 63cm to 1m 77cm.

Please consider helping the junior section. It needn't be a massive commitment and it can be great fun. The more helpers we have, the easier it gets for everyone. We would love to offer more specialised coaching to the juniors so they can experience all athletics events. For this we need more help. If you think you can help us, in any capacity, please call me on: 01732 780592 or see me or Adam Rose on a Tuesday evening at the track.

Ann Third

Sevenoaks Five rewarded after pilgrimage to Canterbury

A tough half marathon – 13.1 miles - followed a week later by a 10 kilometre event contravenes the rule-of-thumb that one day of recovery is required after each mile of racing. But such was the scheduling of the most recent events in the Kent road running Grand Prix. Nevertheless, three Sevenoaks AC athletes had excellent runs in both races.

Sally Shewell, Carol Beadle and David Ives were joined by Scot Haggarty and Marion Middleton at Canterbury on Sunday 27 May for the Canterbury half marathon, which is part of the Kent Championships and was organised by Invicta East Kent AC.

450 runners had entered the challenging out and back course which started in Merton Lane, Canterbury and followed a scenic countryside course through the villages of Petham to Waltham and back. Even though it was pouring with rain, this did not deter supporters in the villages and along the course cheering on the competitors.

This was definitely not a course to record a personal best over, with one long hill approximately half way into the course and another extremely steep hill at the 10 mile mark, which proved to be too much for some who had to walk up it.

David Ives was first man home for the club in 01:18:59 in 7th overall place and 6th in the



David, Carol and Sally with Simon Hallpike at the Beckenham 10K

Men's Kent Championship.

Scot Haggarty, just recovered from illness, did well to finish 187th in a time of 01:47:09.

Sally Shewell, first woman home for the club in 168th place in a time of 01:45:05 was 17th in the Women's Kent Championship and also 6th in the Ladies Masters 45-54 age group.

Carol Beadle was 177th in a time of 01:45:57 and 18th in the Women's Kent Championship.

Marion Middleton was 272nd in a time of 01:55:19 and 23rd in the Women's Kent Championship and also 2nd in the Ladies 55+ age group.

KENT RR GP – BECKENHAM 10K Sunday 3 June

Shewell, Beadle and Ives were joined by Simon Hallpike for the Beckenham 10k around Beckenham Place Park. Unlike the Canterbury event, conditions were sunny and hot, which together with three notable hills, took the edge off the runners' finishing times.

Ives had another fine run for fifth place overall in 35:55, while Shewell was 3rd in the over-45 category (95th overall) with 45:48. Just two places behind Shewell (97th overall), Beadle was ninth in the over-35 category with 46:07. Hallpike finished 12th over-50 (77th overall) in 44:29.

At least the runners will have a little more rest before the next race in the series – the Thanet Marathon on September 2nd.

The standings after 5 races are printed on page 2.

Simon Hallpike: simon@7oaks-ac.org.uk

KENT RR GRAND PRIX – STANDINGS after 5 races

All Men

1st	Clayton Barret – M&M	479
10th	David Ives	272
52nd	Chris Desmond	143
68th	Rob Carr	114
73rd	Andy Rackham	106
82nd	Duncan Marsden	99
120th	Robin Canty	79
174th	James Miller	48
175th	John Denyer	48
183rd	Scot Haggarty	45
216th	Erik Folkesson	33
221st	Geoff Vine	31
229th	Geoff Kitchener	28
231st	Rob Peers	27
245th	David Barley	21
247th	Simon Hallpike	21
277th	James Fitzmaurice	11
293rd	Simon Bishop	7

Vet 40 Men

13th	Chris Desmond
35th	Robin Canty

Vet 50 Men

15th	John Denyer
31st	Geoff Vine

Vet 60 Men

4th	James Fitzmaurice
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Male Teams

1st	Dulwich	2150
8th	Sevenoaks	1108

All Women

1st	Nicola Susans - Larkfield	236
28th	Heather Fitzmaurice	64
30th	Carol Beadle	62
31st	Sally Shewell	62
68th	June Johnson	36
79th	Katherine Hughes	29
92nd	Marion Middleton	24
111th	Debbie Munton	15
139th	Michelle De-Kisshay	5
141st	Yvie Cloke	5
152nd	Jane Lindop	1

Vet 35 Ladies

14th	Heather Fitzmaurice
26th	Carol Beadle

Vet 45 Ladies

4th	Sally Shewell	
21st	Debbie Munton	4

Vet 55 Ladies

6th	June Johnson
7th	Marion Middleton

Female Teams

1st	Dulwich	765
7th	Sevenoaks	302

Oaks runners hide out in Horsham



Have you ever been to a ballroom dancing competition? I have and they take a very, very long time, most of the day in fact. Much as I love my daughter, there had to be something else to do on a Sunday morning near Crawley. Then, facing the true horror of six hours of sequins and foxtrots, to my rescue came an invite from some Horsham runners I had met at the Dover 1/2 Marathon. They had been running in brightly coloured shirts with 'Fetch' written across the front. If you haven't been on it, Fetcheveryone.com provides a free online

training log and a bunch of other stuff. They also sell these T-shirts. Whenever I run in one I meet lots of friendly people. Actually in races I generally meet friendly people whatever I'm wearing. At the back of the pack where I run there is always plenty of good banter. A week before the race I was running with Simon Lewis on a club night and I was telling him about Fetch and the invitation and he said, 'I'm visiting my mother-in-law in Horsham that day – maybe I could come for a run too!' And so our shameful plot was hatched to avoid familial duties and enjoy a blast in the countryside.

The race was organised by Horsham Joggers and amongst the 330 or so runners there were plenty of unfamiliar club vests from Seaford, Brighton, Haywards Heath and other points a little more westward. The two lap course was part trail, part road. It was a little narrow at the start, but once the field got going it was free running, if a little undulating. That's what they always say on the course description when there are hills isn't it? Undulating. Never 'there's a killer hill and you really don't want to do this one'. No, 'undulating'. Anyway, back to the race, the winner was Henry Mountcastle of Hastings AC in a time of 34:24. Simon finished in 49:46 and I trailed in with 51:18, which is a PB, but then I

haven't run too many 10ks, so they are nearly all PBs!

Afterwards we retired to the Rugby Club bar for tea and cakes and then snuck off home to make excuses. Running is a great way to keep fit. It's also a great excuse not to be somewhere. Trouble is, now I've written this, my cover is blown. I'll have to make sure my wife doesn't read it. You won't tell will you?

David Truman



JUNIOR EVENTS EVENING – 26th June

75 compete at Sevenoaks AC's inaugural Junior Events Evening

On Tuesday 26th June Sevenoaks AC Junior Section held its first ever athletics meeting. A limited number of events were offered to boys and girls in the Under 11s, Under 13s, Under 15s and Under 17s categories, with medals awarded to the first three athletes in each category. Thanks to the meticulous planning of John Robinson and Adam Rose, and the support of Richard Gibbons and all the Junior section's coaches the evening was a great success, with an almost total turnout of junior members and a surprisingly large number of non-members. We are particularly grateful to Howard Dilley who turned up with his stopwatch to supervise timekeeping, having had only one day's warning of the event, to Geoff Vine for starting all the races and to the many parents who helped as officials and judges during the evening.

Particularly good performances came from Club members Simone Baxter, Ellie Clinton and Katie Humphrey in the 75m, Katie Humphrey, Francesca Adams, Summer Dyer, Luke Gunter and Anders Kjaersgaard in the 600m, Tabitha

Adams, Mads Kjaersgaard and Jamie Monkhouse in the 800m and shot putters Ruby Cooper, Ben Rolph, Joseph Hafford-Robson, and Zoe Carver.

A copy of the full results listing compiled by John Robinson is included with the June issue of Oak Leaves.

Under thick cloud cover, but no rain, the competitors all entered into the spirit of the competition. For many of the younger athletes this was a first opportunity to record an official

time or distance in their chosen events and it shows that there is obviously a keen desire in the junior section for competition. With this in mind we have planned a second meeting on Tuesday 24th July. Entry will be free once again to Members and £1 per event for non-members. Registration starts at 6.30pm.

Ann Third

A few of our junior athletes at a recent coaching session



Alexia Taylor improved on her best time by nearly 6 minutes to win the May handicap



Winner Alexia Taylor

Alexia Taylor won the fifth race in the Sevenoaks Athletics Club 2007 Handicap Series by nearly two minutes.

Taylor took advantage of warm running conditions to improve her best time for the hilly five mile course by nearly six minutes, finishing in 48:05.

Alexia was followed home by the youngest competitor in the race, Nick Partridge, who also knocked a huge chunk out of his course personal best in recording 40:50. David Barley, another two minutes back in third, was another runner finding the weather to his liking as he recorded a new course best time of 38:08. David was almost caught by Heather Fitzmaurice, who was fastest woman on the day with 33:33. The fastest man was nearly two minutes further back in sixth: Andy Rackham showing a return to form with 32:51. Between these two in fifth, Simon Rowe continued to improve with 36:05.

The race attracted five newcomers to the handicap series including two who ran in the Sevenoaks Seven race earlier in the month. The series trophy goes to the runner with the best positions in their best four races. With last year's trophy winner, John Denyer, already missing three races this year, and the first five races producing five different winners, no clear contenders have yet emerged for the 2007 trophy.

The sixth race of the twelve race series is over the alternate 7 mile course and starts from the Sevenoaks School track at 7 pm on Tuesday 12th June.

SEVENOAKS AC HANDICAP – May compiled by Simon Hallpike

Name	Jan	Feb	Mar	Apr	handicap	pos	time	net				
Alexia Taylor	11	53:53			00:00	1	48:05	48:05				
Nick Partridge					09:10	2	50:00	40:50				
David Barley					13:50	3	51:58	38:08				
Heather Fitzmaurice			xx	39:52	1	47:58	18:30	4	52:03	33:33		
Simon Rowe	5	37:15	7	50:55	4	50:34	16:40	5	52:55	36:15		
Andrew Rackham	10	35:30	8	45:13	11	36:51	10	51:18	21:10	6	54:01	32:51
Jim Fitzmaurice		xx	52:46				15:00	7	54:30	39:30		
Robert Carr		10	52:33		5	48:27	18:30	8	54:44	36:14		
Simon Hallpike	3	36:05	5	49:20	10	37:14	8	50:04	17:30	9	54:47	37:17
Fraser Partridge							20:30	10	54:59	34:29		
Peter Dillon							09:10	11	55:03	45:53		
Simon Lewis	14	48:16		13	45:41		12:50	12	55:04	42:14		
Nicola Macaulay							09:10	13	56:57	47:47		
Jeff Tribe							00:00	xx	45:42	45:42		
Cathy Hughes							09:10	xx	47:58	38:08		
Tracy Vine							00:00	xx	50:32	50:32		
Jane Lindop							09:10	xx	52:59	43:49		
Zelda Williamson							09:10	xx	52:59	43:49		
Gerald Ashby	xx	55:57	6	73:45	3	53:08			00:00			
Lyndon Collins	4	36:05			5	35:50	7	49:31	17:50			
Paul Tabor	13	44:01			9	41:48			11:50			
Chris Desmond	12	35:55	9	45:22					21:20			
Geoff Vine	8	37:09							18:00			
David Simpson	9	52:42			4	51:42			01:50			
John Denyer	2	34:44			2	34:08			19:00			
Geoffrey Kitchener					7	35:40			17:50			
Chris Rowley					xx	59:05			13:30			
Sean Taylor	xx	44:40	1	57:07	8	39:41			13:30			
Robert Brophy					9	53:23			17:10			
Erik Folkesson	7	36:45			6	35:58			18:00			
Peter Ash	xx	37:16			1	36:25	3	49:29	17:20			
Tony Kelly			2	52:49					15:00			
Carol Beadle	1	40:26	4	53:32			2	52:18	15:20			
Rob Johnson	6	42:18			12	46:04			12:20			
David Truman			3	57:47			6	58:08	11:30			

Remaining series dates:

Tuesday 7pm

12 June; 10 July; 14 August.

Sunday 9am

9 September; 28 October; 18 November;

(Wednesday) 26 December.

Simon Hallpike: simon@7oaks-ac.org.uk



Results compiled by John Denyer

ROAD RACES

SERPENTINE 5k		27 Apr 07	GP
		Time	
1	Adrian Marriott Wells City Har	15.18	
102	Cathy Hughes	21.51	70.6
203	Finished		

GATWICK 4k		Apr 07	GP
		Time	
1	Russell Pearce	14.58	
3	Lyndon Collins	16.17	74.2
8	Finished		

THREE FORTS MARATHON		6 May 07	GP
		Time	
1	Stuart Mills	3.07.03	
76	Rob Carr	4.20.52	48.7
189	Finished		

COVENTRY MAY DAY 5		7 May 07	GP
		Time	
1	Ben Jones Coventry Godiva	25.25	
99	June Johnson	38.14	85.1
165	Finished		

TED PEPPER 10k		7 May 07	GP
		Time	
1	Peter Tucker B&B	32.42	
3	Duncan Marsden	33.18	81.6
61	Geoff Vine	44.00	75.2
128	Finished		

HILDENBOROUGH 5		7 May 07	GP
		Time	
1	Sam Bradley	27.31	
15	Rob Peers	33.03	68.8
24	Geoff Kitchener	34.17	75.4
114	Finished		

HILDENBOROUGH 10		7 May 07	GP
		Time	
1	Andy Howie	57.18	
17	Heather Fitzmaurice 3rd Lady	66.59	75.6
22	Rob Carr	68.55	67.0
46	Carol Beadle	75.48	69.5
66	Simon Lewis	82.53	60.3
70	Finished		

SEVENOAKS 7		13 May 07	GP
		Time	
1	Darrell Smith Ton AC	39.03	
2	Duncan Marsden	39.16	78.2
7	David Ives	42.47	71.4
12	Chris Desmond 2nd M40	43.23	76.3
25	Robin Canty	44.51	73.8
56	Heather Fitzmaurice 2nd F35	48.07	72.7
75	James Miller	49.12	68.4
96	Rob Carr	50.35	63.0
134	David Barley	52.23	61.8
164	Catherine Hughes	53.41	66.7
171	Carol Beadle	54.05	67.3
178	Simon Bishop	54.32	60.3
212	Jim Fitzmaurice	56.37	69.9
303	David Truman	61.45	54.5
315	Marion Middleton	62.18	68.1
323	Jane Lindop	62.44	54.7
355	Ron Denney	64.54	64.0
467	Finished		

ISLE OF WIGHT MARATHON		20 May 07	GP
		Time	
1	Richard Gurd Windle Valley R	2.54.13	
17	Rob Carr	3.33.03	60.0
147	Finished		

EUROPEAN NON STADIA CHAMPS, Regensberg		17- 20 May 07	GP
		Time	
10k			
8th F60	June Johnson	46.42	87.3

Half Marathon		17- 20 May 07	GP
		Time	
6th F60	June Johnson	1.47.22	85.5

SERPENTINE 5k		25 May 07	GP
		Time	
1	Orlando Edwards Shaftsbury	15.51	
50	Fraser Partridge	19.44	70.8
64	Lyndon Collins	20.20	76.9
77	Geoff Kitchener	20.50	75.0
91	Geoff Vine	21.22	74.4
190	Finished		

CANTERBURY HALF MARATHON		27 May	GP
		Time	
1	Aboura Mahiaddine Thanet RR	1.16.04	
7	David Ives	1.18.59	75.0
168	Sally Shewell	1.45.02	70.3
177	Carol Beadle	1.45.57	66.6
187	Scot Haggarty	1.47.09	57.1
273	Marion Middleton 2nd F55	1.55.19	72.0
451	Finished		

TRACK & FIELD

SCVAC Vets League, Kent Div 1, Ashford		21 May 07	GP
		Time	
400m			
4th M35A	Jim Duffill	67.1	74.3
3rd M35B	Rob Peers	62.1	74.9
3rd M50	Geoff Kitchener	60.1	86.3
3000m			
3rd M35A	Jim Duffill	9.55.4	85.2
2000m Walk			
3rd M35	Jim Duffill	14.01.1	*
1st M50	Geoff Kitchener	12.08.2	
Triple Jump			
4th M50	Geoff Kitchener	8.06m	59.0
Hammer			
5th M35	Rob Peers	12.15m	15.4
Pole Vault			
2nd M35	Rob Peers	2.60m	47.4

* No GP score can be calculated as event is not included in WMA tables.

Send your results for inclusion in the Results Page and the Grand Prix to John Denyer at john@jdenyer.wanadoo.co.uk

FORTHCOMING EVENTS – SEPTEMBER

Weald St. George's 10K

Sunday 9th September

Last year the first ever **Weald St. George's 10k** run was staged – this year it is being held on **Sunday 9th September** at 10.30am. Last year was a great success and there was an entirely positive feed back from runners who said how much they'd enjoyed the event.

Like last year there will also be a **2K Fun Run** for those wanting a more gentle start to the day. The run starts from the village green and goes round quiet country roads including a section along a wooded byway. There are water stations at 5k and at the finish where there will also be a BBQ with tea, coffee etc. For those needing something stronger the finish line is about 20m from the village pub! All finishers get a medal and there are prizes for 1st male, 1st female and 1st team (anyone can enter a team – just get three or more friends together and

think of a team name!) And if you can beat the course record you win £20!

An entry form can be obtained from Geoff Vine or you can enter online at: www.runnersworld.co.uk/events

Folkestone Rotary Half Marathon 2007

Sunday 30th September

Last year's event was a fantastic success with over 350 runners and tremendous support from the crowds. This year the **Folkestone Rotary Half Marathon** will be held on **Sunday 30th September 2007**, 10:00am start. The course will be 13.1 miles from The Leas in Folkestone, through the town near the Harbour on to the Promenade to Hythe and back, returning up the Road of Remembrance hill and finishing along the Leas. A permit has been applied for

and there will be various prizes for the '1st' team, and '1st' Male and Female runners within various age categories. The winner will receive £100.00 sponsored by Independent Insurance Services.

The entry fee is £12.00 affiliated and £14.00 un-affiliated or after the 24th September and on the day, will be £14.00 & £16.00 respectively. It would be appreciated if the event is promoted via friends, enthusiasts and clubs via the local communities.

More details are available on the Folkestone Rotary Club website www.folkestonerotary.org where application forms may be downloaded.

Alternatively, if preferred, it would be possible to register and pay online via www.runnersworld.co.uk/events.



2007 ROAD RACE GRAND PRIX – compiled by John Denyer

Runner											Best 6	2006	07 Imp	
June Johnson	87.3	85.5	85.1	83.7	82.8	82.4	81.7					506.8	478.8	28.0
Geoff Vine	77.1	76.9	75.2	74.7	74.4	73.7						452.0	451.1	0.9
Geoff Kitchener	75.9	75.4	75.0	74.7	74.2	73.2	72.9	67.9				448.4	451.3	-2.9
Sally Shewell	71.5	70.6	70.3	70.2	69.1	68.3						420.0	426.0	-6.0
Jim Fitzmaurice	75.2	72.4	70.9	69.9	63.7	61.0						413.1		
Carol Beadle	69.5	67.6	67.5	67.3	66.8	66.6						405.3	381.2	24.1
Robert Carr	67.0	66.3	63.5	63.4	63.0	62.7	62.6	60.0	59.5	48.7		385.9	376.1	9.8
Scot Haggarty	63.8	63.3	63.2	62.1	61.5	59.9	58.6	58.4	57.1	50.9		373.8	356.4	17.4
Marion Middleton	73.2	72.9	72.0	68.1	66.8							353.0	433.7	
Andrew Rackham	69.9	66.8	66.1	66.1	58.0							326.9	384.1	
Duncan Marsden	81.6	81.2	80.9	78.2								321.9		
David Ives	75.0	74.9	74.2	71.4								295.5		
David Truman	56.6	55.3	54.9	54.5	48.4							269.7		
Rob Peers	69.7	68.8	64.4	49.3								252.2		
John Denyer	83.1	82.7	80.3									246.1		
Joe Russell	65.3	62.6	58.7	57.6								244.2	383.3	
Yvie Cloke	61.6	61.6	60.0	53.6								236.8		
Heather Fitzmaurice	75.6	72.7	67.3									215.6		
Erik Folkesson	66.4	64.6	64.1									195.1	386.4	
Adrian Hearle	66.8	62.5	60.0									189.3		
David Simpson	56.1	56.0	55.8									167.9	330.7	
Lyndon Collins	76.9	74.2										151.1		
Chris Desmond	76.3	74.4										150.7		
Annabel Gordon	50.9	50.9	44.5									146.3		
Catherine Hughes	70.6	66.7										137.3		
Simon Bishop	60.9	60.3										121.2		
Jim Knight	61.5	58.2										119.7		
Chris Crow	54.4	53.0										107.4		
Robin Canty	73.8											73.8		
Simon Hallpike	73.1											73.1		
Fraser Partridge	70.8											70.8		
James Miller	68.4											68.4		
Debbie Munton	68.1											68.1	423.1	
Ron Denney	64.0											64.0		
Suzy Claridge	63.4											63.4		
David Barley	61.8											61.8		
Simon Rowe	61.7											61.7		
Peter Ash	61.5											61.5		
Simon Lewis	60.3											60.3		
Shona Campbell	58.8											58.8		
Peter Knight	55.2											55.2		
Jane Lindop	54.7											54.7		
Stephen Foster	54.5											54.5		
Paul Tabor	54.3											54.3		
Stephen Curr	53.8											53.8		
Zelda Williamson	51.4											51.4		
Gerald Ashby	51.3											51.3		

2007 TRACK & FIELD GRAND PRIX

Runner											Best 3	2006	06imp.	
Geoff Kitchener	91.3	90.4	90.4	89.7	88.8	86.3	85.7	85.1	84.3	84.2	75.7	272.1	269.3	2.8
Jim Duffill	86.1	85.2	74.3									245.6	256.2	-10.6
Rob Peers	75.8	74.9	66.1	52.8	51.0	47.4	25.4	15.4				216.8	241.1	-24.3
John Denyer	84.4	81.6										166.0	238.8	
Chris Desmond	78.8	68.8										147.6	220.8	
Lyndon Collins	76.9											76.9	231.3	
David Simpson	40.7											40.7	179.3	

2007 JUNIOR ATHLETES TRACK AND FIELD GRAND PRIX

Runner			Best 3	2006	07 imp..
Oliver Keith	69.0	60.1		129.1	220.7
Christopher Everett	63.0	57.3		120.3	
Emma Jahn	63.2			63.2	259.8

2007 Sevenoaks AC Calendar



Date	Event	Venue/Start	Contact	Classification
July				
Fri 13	SCVAC	Erith	www.scvac.org.uk	T&F
Sun 15	Cliffe Woods 10K	Cliffe Woods 11:00am	e-mail: calafons-@tiscali.co.uk	Open Race
Sun 22	1/2 Marathon	Dartford 9:00am	www.dartfordharriersac.co.uk	Open Race
Sun 22	10K (U)	Dinosaur, Deal 10:00am	www.dealtri.co.uk	Open Race
Wed 25	Dartford Open Meeting	Dartford	www.dartfordharriersac.co.uk	T&F
Fri 27	NED Serpentine 5K	Hyde Park 12:30pm	www.serpentine.org.uk	Open Race
August				
Sun 5	Triathlon (olympic)	London, Excel 6:00am	www.thelondontriathlon.com	Open Race
Sun 12	Bluewater 10K	Bluewater 8:00am	www.sherunsheruns.co.uk	Open Race
Tue 14	Handicap 7	Sevenoaks School Track 7:00pm	www.7oaks-ac.org.uk	Club Handicap
Wed 15	Dartford Open Meeting	Dartford	www.dartfordharriersac.co.uk	T&F
Mon 25	Barking 5K (F)	Barking 11:00am	www.barkingroadrunners.org.uk	Open Race
Fri 31	NED Serpentine 5K	Hyde Park 12:30pm	www.serpentine.org.uk	Open Race
September				
Sun 2	KC Thanet Marathon	Thanet 9.30am	www.thanetroadrunners.org.uk	Open Race
Sun 2	KC Thanet 1/2 Marathon	Thanet 9.30am	www.thanetroadrunners.org.uk	Open Race
Sun 9	Handicap 5	Sevenoaks School Track 9:00am	www.7oaks-ac.org.uk	Club Handicap
Sun 9	Weald St. George's 10K	Weald St. George's 9:30am	mailto:Weald10k@hotmail.com	Open Race
Wed 12	Dartford Open Meeting	Dartford	www.dartfordharriersac.co.uk	T&F
Sun 30	Folkestone Half Marathon	Folkestone 10:00am	www.folkestonerotary.org	Open
October				
Sun 7	KC Sittingbourne 10	Highsted School, Highsted Road 10:45am	www.sittingbournestriders.co.uk	Open Race
Sun 21	Maidstone Half Marathon	Valley Park School, Maidstone 9:30am	www.maidstoneharriers.co.uk	Open Race
Sun 28	Handicap 7	Sevenoaks School Track 9:00am	www.7oaks-ac.org.uk	Club Handicap
Sun 28	KC Wilmington 10K	Wilmington	www.cambridgeharriers.co.uk	Open Race
November				
Sun 18	Handicap 5	Sevenoaks School Track 9:00am	www.7oaks-ac.org.uk	Club Handicap
December				
Wed 26	Handicap 7	Sevenoaks School Track 9:00am	www.7oaks-ac.org.uk	Club Handicap
Training (weekly)				
Tue	Club Run	Sennocke Centre, Sevenoaks School 7:00pm	Paul Tabor: paul@7oaks-ac.org.uk	
Thu	Coaching	Vine Cricket Ground 7:00pm	John Denyer: johnjdenyer@7oaks-ac.org.uk	
Sat/Sun	Endurance Run	Contact Paul Tabor for details	Paul Tabor: paul@7oaks-ac.org.uk	
Sun	Training	Sevenoaks School Track 9:00am - 1:00pm	www.7oaks-ac.org.uk	
Sun	Sunday Saunter	Sevenoaks School Track 9:00am	David Simpson: david@7oaks-ac.org.uk	

Date	Event	Venue/Start	Contact	Classification
July				
Wed 11	Deangate Open Meeting	Hoo, Rochester	www.medway-maidstoneac.org.uk	U11 U13 & over T&F
Sun 15	Kent Young Athletes League	Erith	www.kcaa.org.uk	U13 U15 T&F
Wed 25	Dartford Open Meeting	Dartford	www.dartfordharriersac.co.uk	Open from 5yrs T&F
August				
Fri 3	London Grand Prix	Crystal Palace – £48 Family ticket (2A+2C)	0870 402 8000	T&F
Sun 12	Kent Young Athletes League	Erith	www.kcaa.org.uk	U13 U15 T&F
Wed 15	Dartford Open Meeting	Dartford	www.dartfordharriersac.co.uk	Open from 5yrs T&F
Sat 25	Deangate Open Meeting	Hoo, Rochester	www.medway-maidstoneac.org.uk	U11 U13 & over T&F
September				
Sun 9	Kent Track Relay Championships	Bromley	www.kcaa.org.uk	U13-Vets
Sun 9	Weald St. George's 2K Fun Run	Weald St. George's 9.30am	mailto:Weald10k@hotmail.com	Open
Wed 12	Dartford Open Meeting	Dartford	www.dartfordharriersac.co.uk	Open from 5yrs T&F
Sat15-Sun 16	Kent U13 Championships	Erith	www.kcaa.org.uk	U13 T&F
TRAINING (weekly)				
Tue	Junior Coaching	Sevenoaks School	Under 11s – Ann Third Over 11s – Adam Rose: adam@7oaks-ac.org.uk	

KC Kent Championships
GP Kent Grand Prix
W Women only
M Men only
V Veterans only

J Juniors welcome
F Flat
U Undulating
H Hilly
EDO Entry on the day only

MT Multi-terrain
FE Fell
C/D Closing Date
MTB Mountain Bike
D Date changed – please note

NED No entry on the day
C Cancelled
TBC To be confirmed
Last update 11-7-07