

KENT FITNESS LEAGUE RELAY RESULTS

Mote Park, Maidstone

29th February 2004

Kent Fitness League Relays

29th February 2004 at Mote Park Maidstone

By Rob Bright

Our first tentative steps into the chaotic world of Relay Running produced some good entertainment on a generally sunny but cold day in Mote Park. Ground conditions were excellent, but a wintery shower made things rather unpleasant for some of the later runners.

Medway & Maidstone produced a strong team including the husband and wife duo of Steve and Kerrie Clarke. Kerrie Clarke set the pace with a fast lap in the ladies-only first leg, handing over to Tim Alexander with a time of 14.19 for the 2.4 mile circuit, the fastest ladies' time of the day. Michelle Flaxton was almost a minute behind when she handed the Dartford Roadrunners baton over to Dave Hall. Medway & Maidstone's B team was third across the line in 15.47 when Emma Harraden handed on to Clayton Barratt.

The second and third legs produced no change in the order of the first three. Andy Green started the 4th leg for Dartford with a deficit of 59 seconds on M & M's Dave Morris, but he pulled out a 13.22 lap to take the lead by the end of the stage. Meanwhile, Invicta came into the picture as Jon Wigleys 4th leg run took him ahead of Stuart Nice from the M & M B team and David Castle's 12.49 lap (fastest of the day) pulled Istead into the top 5.

So the anchor leg saw Neil Ayrton set off for Dartford with a 14 second advantage. Despite a brave run, he could not hold off Steve Clarke, who went around in the second fastest time of the day 12.56 to cut the tape a full 53 seconds clear for M & M. Martin Forder produced a 13.17 lap to take the Istead team into 3rd place - a great effort for the team to move up from lying 28th after the first lap - and Andy Girling held on to take third place for Invicta.

Dartford Roadrunners can possibly claim a moral victory in fielding a team of regular KFL runners - but the real winner on the day was the competition itself. Huge thanks must go to Maidstone Harriers for their on-the-day organisation and particular thanks are due to the team of finish line officials, headed by Dave Lindsey, who managed the changeover zone with firm authority and enabled us to calculate all the results relatively quickly on the day.

My thanks to all those who turned up on Sunday - both to the race and to the presentation event which followed at Turkey Mill - and for your continued support of the Kent Fitness League throughout the winter. I have pencilled in 17th October this year at Knole Park for the start of the 2004/5 season.

FINAL TEAM POSITION	RUNNING ORDER	RACE NO	1ST NAME	2ND NAME	CAT	CLUB (TEAM)	TEAM TIME	POSITION AT END OF LEG	INDIVIDUAL TIME
1	1	1131	Kerrie	Clarke	F	Medway & Maidst. A	00:14:19	1	00:14:19
1	2	1132	Tim	Alexander	M	Medway & Maidst. A	00:27:35	1	00:13:16
1	3	1133	Phil	Wallace	M50	Medway & Maidst. A	00:42:10	1	00:14:35
1	4	1134	Dave	Morris	M40	Medway & Maidst. A	00:56:45	2	00:14:35
1	5	1135	Steve	Clarke	M	Medway & Maidst. A	01:09:41	1	00:12:56
2	1	161	Michelle	Flaxton	F	Dartford RR A	00:15:18	2	00:15:18
2	2	162	David	Hall	M	Dartford RR A	00:28:52	2	00:13:34
2	3	163	Steve	Adams	M40	Dartford RR A	00:43:09	2	00:14:17
2	4	164	Andy	Green	M	Dartford RR A	00:56:31	1	00:13:22
2	5	165	Neil	Ayrton	M40	Dartford RR A	01:10:34	2	00:14:03
3	1	3301	Lynne	Champion	F	Istead & Ifield H A	00:19:41	28	00:19:41
3	2	3302	Ray	Pearce	M40	Istead & Ifield H A	00:34:02	15	00:14:21
3	3	3303	Derek	George	M	Istead & Ifield H A	00:48:21	12	00:14:19
3	4	3304	Dave	Castle	M	Istead & Ifield H A	01:01:10	5	00:12:49
3	5	3305	Martin	Forder	M	Istead & Ifield H A	01:14:27	3	00:13:17
4	1	241	Elisabeth	Batty	F45	Invicta East Kent A	00:16:00	4	00:16:00
4	2	242	Paul	Ross-Davies	M50	Invicta East Kent A	00:30:20	4	00:14:20
4	3	243	Ian	Stokes	M40	Invicta East Kent A	00:44:51	4	00:14:31
4	4	244	Jon	Wigley	M50	Invicta East Kent A	01:00:07	3	00:15:16
4	5	245	Andy	Girling	M40	Invicta East Kent A	01:14:49	4	00:14:42
5	1	461	Sharon	Hawkins	F40	Maidstone H A	00:16:25	7	00:16:25
5	2	462	Dave	Thompson	M	Maidstone H A	00:31:47	9	00:15:22
5	3	463	David	Thornby	M50	Maidstone H A	00:46:39	6	00:14:52
5	4	464	Dave	Clayton	M	Maidstone H A	01:01:39	6	00:15:00
5	5	465	Dave	Law	M	Maidstone H A	01:15:12	5	00:13:33
6	1	251	Sue	James	F50	Paddock Wood A	00:17:32	15	00:17:32
6	2	252	Steve	Roberts	M40	Paddock Wood A	00:30:49	5	00:13:17
6	3	253	Dave	Lawrence	M	Paddock Wood A	00:45:48	5	00:14:59
6	4	254	Andy	Fletcher	M40	Paddock Wood A	01:01:59	7	00:16:11
6	5	255	James	Batchelder	M	Paddock Wood A	01:16:13	6	00:14:14
7	1	401	Hanna	Miller	F	Medway & Maidst YA	00:17:02	11	00:17:02
7	2	402	Steve	Whiting	M40	Medway & Maidst YA	00:32:28	11	00:15:26
7	3	403	Matt	Breeds	M	Medway & Maidst YA	00:47:37	9	00:15:09
7	4	404	Laurence	Clemence	M	Medway & Maidst YA	01:02:15	8	00:14:38
7	5	405	Chris	Haines	M	Medway & Maidst YA	01:16:50	7	00:14:35

8	1	481	Kim	Howes	F	Larkfield AC A	00:16:46	9	00:16:46
8	2	482	Peter	Seal	M40	Larkfield AC A	00:31:44	8	00:14:58
8	3	483	Ed	Mundy	M	Larkfield AC A	00:46:50	8	00:15:06
8	4	484	Greg	Tickner	M	Larkfield AC A	01:02:37	9	00:15:47
8	5	485	Steve	Groom	M	Larkfield AC A	01:17:30	8	00:14:53
9	1	1151	Emma	Harraden	F	Medway & Maidst. B	00:15:47	3	00:15:47
9	2	1152	Clayton	Barrett	M	Medway & Maidst. B	00:29:48	3	00:14:01
9	3	1153	Alan	Deville	M40	Medway & Maidst. B	00:44:08	3	00:14:20
9	4	1154	Stuart	Nice	M50	Medway & Maidst. B	01:00:49	4	00:16:41
9	5	1155	Alun	Rodgers	M	Medway & Maidst. B	01:17:30	9	00:16:41
10	1	3431	Jane	Blackmore	F40	Swanley & Dist AC A	00:17:24	14	00:17:24
10	2	3432	Mike	Boddy	M	Swanley & Dist AC A	00:33:47	13	00:16:23
10	3	3433	Mike	Baron	M40	Swanley & Dist AC A	00:47:46	10	00:13:59
10	4	3434	Simon	Robertson	M40	Swanley & Dist AC A	01:03:45	11	00:15:59
10	5	3435	Dave	Hill	M	Swanley & Dist AC A	01:18:06	10	00:14:21
11	1	171	Laura	Sell	F	Dartford RR B	00:16:04	5	00:16:04
11	2	172	Steve	Blackmore	M40	Dartford RR B	00:31:31	7	00:15:27
11	3	173	Ian	Willmott	M	Dartford RR B	00:49:17	13	00:17:46
11	4	174	Dave	Hall (2)	M	Dartford RR B	01:04:01	12	00:14:44
11	5	175	Dave	Thompson (2)	M40	Dartford RR B	01:18:27	11	00:14:26
12	1	441	Heather	Fitzmaurice-Cottor	F	Sevenoaks A	00:17:08	12	00:17:08
12	2	442	Chris	Deesmond	M40	Sevenoaks A	00:31:22	6	00:14:14
12	3	443	Rob	Peers	M	Sevenoaks A	00:46:49	7	00:15:27
12	4	444	Geoff	Kitchener	M50	Sevenoaks A	01:03:43	10	00:16:54
12	5	445	Geoff	Vine	M50	Sevenoaks A	01:20:12	12	00:16:29
13	1	3341	Pauline	Hall	F50	Thanet RR A	00:19:42	30	00:19:42
13	2	3342	Daniel	Burton	M	Thanet RR A	00:34:09	16	00:14:27
13	3	3343	D	Bennet	M	Thanet RR A	00:49:17	14	00:15:08
13	4	3344	Steven	Jones	M40	Thanet RR A	01:05:54	14	00:16:37
13	5	3345	Frank	Flint	M50	Thanet RR A	01:20:39	13	00:14:45
14	1	3391	Sarah	Maguire	F	Canterbury H A	00:16:44	8	00:16:44
14	2	3392	Steve	Cook	M	Canterbury H A	00:32:10	10	00:15:26
14	3	3393	Neil	Vaughan	M40	Canterbury H A	00:47:49	11	00:15:39
14	4	3394	Nick	Keys	M	Canterbury H A	01:04:57	13	00:17:08
14	5	3395	Steve	Reynolds	M40	Canterbury H A	01:22:53	14	00:17:56
15	1	261	Alison	White	F45	Paddock Wood B	00:18:25	24	00:18:25
15	2	262	Des	White	M50	Paddock Wood B	00:35:35	23	00:17:10
15	3	263	Mark	Woods	M40	Paddock Wood B	00:52:10	23	00:16:35
15	4	264	Michael	Walters	M	Paddock Wood B	01:07:43	16	00:15:33
15	5	265	James	Ridger	M	Paddock Wood B	01:23:29	15	00:15:46

16	1	261	Jackie	King	F	New Eltham Jggs A	00:18:23	23	00:18:23
16	2	262	Martin	Wisdom	M40	New Eltham Jggs A	00:35:02	21	00:16:39
16	3	263	Gary	McGurren	M	New Eltham Jggs A	00:50:51	18	00:15:49
16	4	264	Ian	Chidwick	M40	New Eltham Jggs A	01:08:05	17	00:17:14
16	5	265	John	Williams	M50	New Eltham Jggs A	01:23:43	16	00:15:38
17	1	3381	Joanne	Murphy	F40	Sittingbourne Str A	00:19:59	33	00:19:59
17	2	3382	Neil	Hacon	M	Sittingbourne Str A	00:35:18	22	00:15:19
17	3	3383	Steve	Shrimplin	M40	Sittingbourne Str A	00:51:03	19	00:15:45
17	4	3384	John	Murphy	M40	Sittingbourne Str A	01:06:49	15	00:15:46
17	5	3385	John	Crozier	M50	Sittingbourne Str A	01:24:00	17	00:17:11
18	1	3371	Lynne	Hacon	F	Sittingbourne Str B	00:20:49	34	00:20:49
18	2	3372	Michael	Poppy	M	Sittingbourne Str B	00:36:16	27	00:15:27
18	3	3373	Simon	Minshall	M	Sittingbourne Str B	00:51:58	21	00:15:42
18	4	3374	Kent	Parker	M	Sittingbourne Str B	01:08:38	19	00:16:40
18	5	3375	Ian	Pateman	M40	Sittingbourne Str B	01:24:53	18	00:16:15
19	1	471	Verity	Currie	F	Maidstone Harr. B	00:19:57	32	00:19:57
19	2	472	Gary	Stoker	M	Maidstone Harr. B	00:37:46	33	00:17:49
19	3	473	Ian	Hoad	M40	Maidstone Harr. B	00:53:57	28	00:16:11
19	4	474	Mike	Murdoch	M	Maidstone Harr. B	01:09:31	21	00:15:34
19	5	475	Alan	Fischer	M40	Maidstone Harr. B	01:24:55	19	00:15:24
20	1	3331	Elizabeth	Berns	F	Gravesend RR	00:17:59	18	00:17:59
20	2	3332	Martin	Goodall	M	Gravesend RR	00:37:47	34	00:19:48
20	3	3333	Graham	Melrose	M40	Gravesend RR	00:53:54	27	00:16:07
20	4	3334	ERic	Pestell	M50	Gravesend RR	01:10:59	27	00:17:05
20	5	3335	Kevin	Murison	M40	Gravesend RR	01:25:26	20	00:14:27
21	1	3401	Wendy	Smith	F45	Canterbury H B	00:18:14	21	00:18:14
21	2	3402	Bob	Davison	M40	Canterbury H B	00:34:32	19	00:16:18
21	3	3403	Steve	Reynolds	M40	Canterbury H B	00:51:05	20	00:16:33
21	4	3404	Marco	Kier	M40	Canterbury H B	01:08:34	18	00:17:29
21	5	3405	Alex	Phipps	M	Canterbury H B	01:25:52	21	00:17:18
22	1	3421	Mandy	Poulter	F	Canterbury H C	00:18:14	22	00:18:14
22	2	3422	Dave	Lightburn	M40	Canterbury H C	00:35:39	24	00:17:25
22	3	3423	Luke	Lightburn	M	Canterbury H C	00:52:36	24	00:16:57
22	4	3424	Bob	Davison (2)	M40	Canterbury H C	01:09:33	22	00:16:57
22	5	3425	Neil	Vaughan (2)	M40	Canterbury H C	01:25:54	22	00:16:21
23	1	3411	Jenni	Van Deelen	F	Canterbury H D	00:16:48	10	00:16:48
23	2	3412	Roy	Gooderson	M40	Canterbury H D	00:33:47	14	00:16:59
23	3	3413	Russell	Williams	M50	Canterbury H D	00:50:21	16	00:16:34
23	4	3414	John	Hartley	M50	Canterbury H D	01:10:32	24	00:20:11
23	5	3415	Steve	Cook (2)	M	Canterbury H D	01:26:12	23	00:15:40

24	1	3311	Helen	Fooks	F	Istead & Ifield B	00:26:16	41	00:26:16
24	2	3312	Mark	Champion	M	Istead & Ifield B	00:42:04	39	00:15:48
24	3	3313	Andy	Francis	M40	Istead & Ifield B	00:57:03	36	00:14:59
24	4	3314	Steve	Lelliot	M40	Istead & Ifield B	01:11:58	28	00:14:55
24	5	3315	Andy	Archer	M	Istead & Ifield B	01:26:36	24	00:14:38
25	1	1121	N	Cray	F	Merlins	00:16:09	6	00:16:09
25	2	1122	A	Haymen	F	Merlins	00:33:26	12	00:17:17
25	3	1123	C	Sage	F	Merlins	00:50:50	17	00:17:24
25	4	1124	L	Mogley	F	Merlins	01:10:37	25	00:19:47
25	5	1125	M	Edmonds	F	Merlins	01:28:02	25	00:17:25
26	1	581	Sean	McGranaghan	M40	New Eltham Jggrs B	00:17:50	17	00:17:50
26	2	582	Terry	Wardale	M40	New Eltham Jggrs B	00:34:14	17	00:16:24
26	3	583	John	White	M50	New Eltham Jggrs B	00:52:05	22	00:17:51
26	4	584	AN	Other		New Eltham Jggrs B	01:09:10	20	00:17:05
26	5	585	AN	Other		New Eltham Jggrs B	01:28:26	26	00:19:16
27	1	591	Stephen	Cleverly	M40	New Eltham Jggrs C	00:18:10	20	00:18:10
27	2	592	Steve	Walker	M40	New Eltham Jggrs C	00:36:05	26	00:17:55
27	3	593	Kevin	Winch	M40	New Eltham Jggrs C	00:53:12	25	00:17:07
27	4	594	Richard	Williams	M40	New Eltham Jggrs C	01:10:41	26	00:17:29
27	5	595	AN	Other		New Eltham Jggrs C	01:28:33	27	00:17:52
28	1	191	Nikki	Willmott	F35	Dartford RR C	00:24:34	39	00:24:34
28	2	192	Dave	Thompson	M40	Dartford RR C	00:38:53	36	00:14:19
28	3	193	Angela	Kefford-Watson	F	Dartford RR C	00:56:07	32	00:17:14
28	4	194	Terry	Brightwell	M50	Dartford RR C	01:12:13	29	00:16:06
28	5	195	Cara	Oliver	F	Dartford RR C	01:28:56	28	00:16:43
29	1	231	Lisa	Clayton	F	Invicta East Kent B	00:17:45	16	00:17:45
29	2	232	Peter	Brenchley	M50	Invicta East Kent B	00:34:39	20	00:16:54
29	3	233	Rob	Goodwin	M40	Invicta East Kent B	00:50:13	15	00:15:34
29	4	234	Annie	Ross-Davies	F50	Invicta East Kent B	01:09:44	23	00:19:31
29	5	235	Pam	Clayton	F45	Invicta East Kent B	01:29:10	29	00:19:26
30	1	1161	Joanne	Creed	F	Maidstone H C	00:21:21	35	00:21:21
30	2	1162	Ron	Carr	M50	Maidstone H C	00:37:37	31	00:16:16
30	3	1163	Andrew	Nannery	M40	Maidstone H C	00:56:41	34	00:19:04
30	4	1164	Bill	Murphy	M40	Maidstone H C	01:12:50	33	00:16:09
30	5	1165	Ron	Carr (2)	M50	Maidstone H C	01:29:22	30	00:16:32
31	1	291	L	Payas	F	Composite	00:23:37	38	00:23:37
31	2	292	I	Broac	M	Composite	00:40:07	37	00:16:30
31	3	293	D	Payas	M	Composite	00:55:28	30	00:15:21
31	4	294	A	Budd	M	Composite	01:12:40	30	00:17:12
31	5	295	Eddie	Broad	M60	Composite	01:29:43	31	00:17:03

32	1	271	Sarah	Wolton	F	Paddock Wood C	00:17:17	13	00:17:17
32	2	272	Lionel	Stielow	M50	Paddock Wood C	00:34:24	18	00:17:07
32	3	273	Val	Lindsey	F50	Paddock Wood C	00:53:50	26	00:19:26
32	4	274	Karen	Lindsey	F	Paddock Wood C	01:12:41	31	00:18:51
32	5	275	Carol	Emery	F45	Paddock Wood C	01:31:27	32	00:18:46
33	1	181	Lisa	Campbell	F	Dartford RR D	00:23:24	36	00:23:24
33	2	182	Marian	Povey	F45	Dartford RR D	00:41:45	38	00:18:21
33	3	183	Terry	Povey	M40	Dartford RR D	00:57:20	37	00:15:35
33	4	184	Andy	Bunt	M40	Dartford RR D	01:12:46	32	00:15:26
33	5	185	Mike	Richardson	M50	Dartford RR D	01:32:22	33	00:19:36
34	1	561	Angela	Green	F	Larkfield AC B	00:19:42	29	00:19:42
34	2	562	Rob	Bright	M40	Larkfield AC B	00:35:54	25	00:16:12
34	3	563	Liz	Scott	F	Larkfield AC B	00:56:03	31	00:20:09
34	4	564	Duncan	Scott	M40	Larkfield AC B	01:14:56	34	00:18:53
34	5	565	Ravi	Cautick	M	Larkfield AC B	01:32:30	34	00:17:34
35	1	491	Clare	Cornish	F	Larkfield AC C	00:19:48	31	00:19:48
35	2	492	Mike	Grace	M40	Larkfield AC C	00:37:39	32	00:17:51
35	3	493	Sarah	Thompson	F	Larkfield AC C	00:56:10	33	00:18:31
35	4	494	Bryan	Boorer	M50	Larkfield AC C	01:17:42	38	00:21:32
35	5	495	Kevin	Underdown	M40	Larkfield AC C	01:33:49	35	00:16:07
36	1	3321	Jan	Giles	F	Istead & Ifield H C	00:25:22	40	00:25:22
36	2	3322	Bob	Carter	M60	Istead & Ifield H C	00:44:48	41	00:19:26
36	3	3323	Jason	Horne	M60	Istead & Ifield H C	01:01:06	39	00:16:18
36	4	3324	Peter	Gibson	M40	Istead & Ifield H C	01:16:30	37	00:15:24
36	5	3325	Peter	Burton	M50	Istead & Ifield H C	01:33:58	36	00:17:28
37	1	3351	Julie	Jones	F50	Thanet RR B	00:19:41	27	00:19:41
37	2	3352	Graham	Pick	M40	Thanet RR B	00:36:26	28	00:16:45
37	3	3353	Phil	Kinnill	M50	Thanet RR B	00:55:02	29	00:18:36
37	4	3354	G	Parsons	F	Thanet RR B	01:16:25	35	00:21:23
37	5	3355	Mick	Hall	M50	Thanet RR B	01:35:09	37	00:18:44
38	1	451	Sally	Shewell	F40	Sevenoaks AC B	00:18:03	19	00:18:03
38	2	452	Jim	Fitzmaurice	M60	Sevenoaks AC B	00:36:45	29	00:18:42
38	3	453	Richard	Pitcairn-Knowles	M70	Sevenoaks AC B	00:56:44	35	00:19:59
38	4	454	Teresa	May	F45	Sevenoaks AC B	01:16:30	36	00:19:46
38	5	455	Brian	Merrett	M60	Sevenoaks AC B	01:36:14	38	00:19:44
39	1	1141	Jane	Bright	F50	Medway & Maids C	00:19:14	25	00:19:14
39	2	1142	Rachael	Confait	F45	Medway & Maids C	00:37:50	35	00:18:36
39	3	1143	Colin	Carpenter	M50	Medway & Maids C	00:58:32	38	00:20:42
39	4	1144	Tina	Doyle	F50	Medway & Maids C	01:20:24	40	00:21:52
39	5	1145	Alan	Newman	M50	Medway & Maids C	01:36:50	39	00:16:26

40	1	1111	Joe	Regan	M50	New Eltham Jggrs D	00:19:37	26	00:19:37
40	2	1112	Ian	Chidwick	M40	New Eltham Jggrs D	00:37:27	30	00:17:50
40	3	1113	Keith	Webster	M60	New Eltham Jggrs D	01:01:33	40	00:24:06
40	4	1114	AN	Other		New Eltham Jggrs D	01:19:33	39	00:18:00
40	5	1115	AN	Other		New Eltham Jggrs D	01:37:16	40	00:17:43
41	1	281	Julie	Woods	F40	Paddock Wood D	00:23:35	37	00:23:35
41	2	282	Mike	Emery	M40	Paddock Wood D	00:44:45	40	00:21:10
41	3	283	Jackie	Wolton	F45	Paddock Wood D	01:07:26	41	00:22:41
41	4	284	Penny	Roberts	F50	Paddock Wood D	01:29:25	41	00:21:59
41	5	285	Alan	Croucher	M40	Paddock Wood D	01:49:11	41	00:19:46
Inc	1	281	Gaynor	Shelvey	F50	Thanet RR C	00:26:19	42	00:26:19
Inc	2	282	Simon	Burton	M	Thanet RR C	00:51:46	42	00:25:27
Inc	3	283	Robert	Shelvey	M50	Thanet RR C	01:15:45	42	00:23:59
Inc	4	284	Daniel	Burton (2)	M	Thanet RR C	01:31:46	42	00:16:01
Inc	5	285							