

KENT FITNESS LEAGUE RELAY RESULTS

Avery Hill, New Eltham

20th March 2005

Dartford Harriers led the way in our end of season relay match at Avery Hill Park - their 5 person team coming home over 2 minutes clear of the opposition recording a time of 56.19 for the 5 x 2 mile event.

Sarah Simmonds gave Medway & Maidstone a great start by leading all the girls home on the first leg in a time of 12.08 (note that the women had to run about 40 metres further than the men) with Nicola Susans (Larkfield) just taking second place from the two Dartford Harriers - Elaine Murty from the A team and Dawn Corbridge from their B team.

On the second leg, Andy Green of Dartford Roadrunners took over the baton in 6th place and proceeded to set the fastest lap time of the day (10.26) to move the team up to 3rd place. Ahead of him, Mark Murison was in good form taking the Dartford Harriers A team into the lead with a time of 10.34 ahead of Josh Nice of Medway & Maidstone.

The third leg saw the lead change yet again as Neil Ayrton ran a good leg for Dartford Roadrunners, and he handed Steve Blackmore an advantage of 9 seconds over Dartford Harriers at the start of the 4th leg. However, the last two Dartford Harriers - Gareth Evans and Andrew Pickett each put in lap times of 10.38 to ensure that the race went to the Harriers rather than to the league champions.

Medway and Maidstone started the last leg a few seconds adrift of Dartford Roadrunners and, had Clayton Barret been fit enough to run, they may have captured second place. However, Gary Bryant was comfortably home in second place before Stuart Nice appeared as a late substitute to take the red and black shirts home in second place.

Thanks to Joe Cleverly and the New Eltham Joggers for making the race a success yesterday. Also, thanks to everyone for coming along and staying for our league presentation afterwards. Another successful season out of the way, we look forward to your company again next winter.

Rob Bright

| 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 | 21 | Elaine | Murty | F | Dartford Harriers A | 00:12:57 | 3 | 00:12:57 |
| 1 | 2 | 22 | Mark | Murison | M | Dartford Harriers A | 00:23:31 | 1 | 00:10:34 |
| 1 | 3 | 23 | Leigh | Dyett | M | Dartford Harriers A | 00:35:03 | 2 | 00:11:32 |
| 1 | 4 | 24 | Gareth | Evans | M | Dartford Harriers A | 00:45:41 | 1 | 00:10:38 |
| 1 | 5 | 25 | Andrew | Pickett | M | Dartford Harriers A | 00:56:19 | 1 | 00:10:38 |
| 2 | 1 | 121 | Laura | Anderson | F | Dartford Roadrunners A | 00:13:20 | 6 | 00:13:20 |
| 2 | 2 | 122 | Andrew | Green | M | Dartford Roadrunners A | 00:23:46 | 3 | 00:10:26 |
| 2 | 3 | 123 | Neil | Ayrton | M40 | Dartford Roadrunners A | 00:34:54 | 1 | 00:11:08 |
| 2 | 4 | 124 | Steve | Blackman | M40 | Dartford Roadrunners A | 00:46:55 | 2 | 00:12:01 |
| 2 | 5 | 125 | Gary | Bryant | M | Dartford Roadrunners A | 00:58:27 | 2 | 00:11:32 |
| 3 | 1 | 71 | Sarah | Simmonds | F | Medway & Maidstone A | 00:12:08 | 1 | 00:12:08 |
| 3 | 2 | 72 | Josh | Nice | M | Medway & Maidstone A | 00:23:40 | 2 | 00:11:32 |
| 3 | 3 | 73 | Alan | Newman | M50 | Medway & Maidstone A | 00:35:20 | 3 | 00:11:40 |
| 3 | 4 | 74 | Phil | Wallace | M55 | Medway & Maidstone A | 00:47:03 | 3 | 00:11:43 |
| 3 | 5 | 75 | Stuart | Nice | M50 | Medway & Maidstone A | 00:59:27 | 3 | 00:12:24 |
| 4 | 1 | 31 | Dawn | Corbridge | F35 | Dartford Harriers B | 00:12:59 | 4 | 00:12:59 |
| 4 | 2 | 32 | Gary | Walton | M | Dartford Harriers B | 00:24:28 | 4 | 00:11:29 |
| 4 | 3 | 33 | David | Heeley | M | Dartford Harriers B | 00:35:45 | 4 | 00:11:17 |
| 4 | 4 | 34 | Jason | Marchant | M | Dartford Harriers B | 00:48:04 | 4 | 00:12:19 |
| 4 | 5 | 35 | Mark | Powell | M | Dartford Harriers B | 01:00:29 | 4 | 00:12:25 |
| 5 | 1 | 181 | Sue | James | F50 | Paddock Wood A | 00:14:04 | 9 | 00:14:04 |
| 5 | 2 | 182 | Richard | Bidois | M | Paddock Wood A | 00:26:18 | 10 | 00:12:14 |
| 5 | 3 | 183 | Peter | Buckingham | M | Paddock Wood A | 00:38:40 | 9 | 00:12:22 |
| 5 | 4 | 184 | Gareth | Robb | M | Paddock Wood A | 00:50:05 | 6 | 00:11:25 |
| 5 | 5 | 185 | Paul | Hasler | M | Paddock Wood A | 01:00:42 | 5 | 00:10:37 |
| 6 | 1 | 91 | Nicola | Susans | F | Larkfield AC A | 00:12:54 | 2 | 00:12:54 |
| 6 | 2 | 92 | Rob | Day | M | Larkfield AC A | 00:25:32 | 6 | 00:12:38 |
| 6 | 3 | 93 | Iain | Morris | M | Larkfield AC A | 00:37:47 | 6 | 00:12:15 |
| 6 | 4 | 94 | Jason | Knight | M | Larkfield AC A | 00:50:35 | 7 | 00:12:48 |
| 6 | 5 | 95 | Steve | Groom | M | Larkfield AC A | 01:02:29 | 6 | 00:11:54 |
| 7 | 1 | 61 | Sally | Shewell | F45 | Sevenoaks AC A | 00:14:02 | 8 | 00:14:02 |

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| 7 | 2 | 62 | David | Lee | M | Sevenoaks AC A | 00:24:31 | 5 | 00:10:29 |
| 7 | 3 | 63 | Chris | Desmond | M40 | Sevenoaks AC A | 00:36:08 | 5 | 00:11:37 |
| 7 | 4 | 64 | Geoff | Kitchener | M55 | Sevenoaks AC A | 00:49:31 | 5 | 00:13:23 |
| 7 | 5 | 65 | Andrew | Johnson | M60 | Sevenoaks AC A | 01:02:59 | 7 | 00:13:28 |
| | | | | | | | | | |
| 8 | 1 | 201 | Jane | Blackmore | F35 | Swanley & Dist AC A | 00:13:49 | 7 | 00:13:49 |
| 8 | 2 | 202 | Nick | Wood | M | Swanley & Dist AC A | 00:25:48 | 8 | 00:11:59 |
| 8 | 3 | 203 | Simon | Robertson | M45 | Swanley & Dist AC A | 00:38:27 | 8 | 00:12:39 |
| 8 | 4 | 204 | Glynn | Turner | M | Swanley & Dist AC A | 00:52:03 | 9 | 00:13:36 |
| 8 | 5 | 205 | Mike | Baron | M45 | Swanley & Dist AC A | 01:03:00 | 8 | 00:10:57 |
| | | | | | | | | | |
| 9 | 1 | 221 | Fran | Wood | F | Canterbury Harriers A | 00:13:19 | 5 | 00:13:19 |
| 9 | 2 | 222 | Steve | Reynolds | M40 | Canterbury Harriers A | 00:25:42 | 7 | 00:12:23 |
| 9 | 3 | 223 | Steve | Clark | M50 | Canterbury Harriers A | 00:37:55 | 7 | 00:12:13 |
| 9 | 4 | 224 | Neil | Vaughan | M | Canterbury Harriers A | 00:50:44 | 8 | 00:12:49 |
| 9 | 5 | 225 | Joe | Hicks | M50 | Canterbury Harriers A | 01:03:14 | 9 | 00:12:30 |
| | | | | | | | | | |
| 10 | 1 | 101 | Sarah | Thompson | F | Larkfield AC B | 00:14:30 | 12 | 00:14:30 |
| 10 | 2 | 102 | Ed | Mundy | M | Larkfield AC B | 00:26:57 | 11 | 00:12:27 |
| 10 | 3 | 103 | Matt | Hughes | M | Larkfield AC B | 00:39:44 | 11 | 00:12:47 |
| 10 | 4 | 104 | Kevin | Underdown | M40 | Larkfield AC B | 00:53:34 | 10 | 00:13:50 |
| 10 | 5 | 105 | Mark | Weber | M40 | Larkfield AC B | 01:06:42 | 10 | 00:13:08 |
| | | | | | | | | | |
| 11 | 1 | 41 | Jackie | King | F | New Eltham Jggrs A | 00:14:16 | 10 | 00:14:16 |
| 11 | 2 | 42 | Steve | Freeman | M45 | New Eltham Jggrs A | 00:27:36 | 14 | 00:13:20 |
| 11 | 3 | 43 | John | McIver | M45 | New Eltham Jggrs A | 00:41:12 | 15 | 00:13:36 |
| 11 | 4 | 44 | Brian | Maillardet | M55 | New Eltham Jggrs A | 00:54:57 | 15 | 00:13:45 |
| 11 | 5 | 45 | John | Williams | M50 | New Eltham Jggrs A | 01:07:08 | 11 | 00:12:11 |
| | | | | | | | | | |
| 12 | 1 | 231 | Sue | Denton | F45 | Canterbury Harriers B | 00:14:27 | 11 | 00:14:27 |
| 12 | 2 | 232 | Marco | Keir | M40 | Canterbury Harriers B | 00:28:33 | 18 | 00:14:06 |
| 12 | 3 | 233 | Bob | Davison | M50 | Canterbury Harriers B | 00:41:36 | 16 | 00:13:03 |
| 12 | 4 | 234 | Graham | Tucker | M40 | Canterbury Harriers B | 00:54:22 | 12 | 00:12:46 |
| 12 | 5 | 235 | Russell | Williams | M60 | Canterbury Harriers B | 01:07:12 | 12 | 00:12:50 |
| | | | | | | | | | |
| 13 | 1 | 1 | Annie | Ross | F50 | Invicta East Kent | 00:14:51 | 16 | 00:14:51 |
| 13 | 2 | 2 | Peter | Bowell | M40 | Invicta East Kent | 00:26:16 | 9 | 00:11:25 |
| 13 | 3 | 3 | Eddie | Broad | M60 | Invicta East Kent | 00:39:37 | 10 | 00:13:21 |
| 13 | 4 | 4 | Ruth | Kay | F50 | Invicta East Kent | 00:56:16 | 16 | 00:16:39 |
| 13 | 5 | 5 | Peter | Bowell | M40 | Invicta East Kent | 01:08:10 | 13 | 00:11:54 |
| | | | | | | | | | |
| 14 | 1 | 11 | Julie | Jones | F50 | Thanet Roadrunners A | 00:15:18 | 20 | 00:15:18 |
| 14 | 2 | 12 | Frank | Flint | M60 | Thanet Roadrunners A | 00:27:02 | 12 | 00:11:44 |
| 14 | 3 | 13 | Dave | Hammond | M | Thanet Roadrunners A | 00:39:51 | 12 | 00:12:49 |
| 14 | 4 | 14 | Andy | Farrant | M | Thanet Roadrunners A | 00:54:47 | 14 | 00:14:56 |
| 14 | 5 | 15 | Philip | Kinnill | M50 | Thanet Roadrunners A | 01:08:34 | 14 | 00:13:47 |
| | | | | | | | | | |
| 15 | 1 | 111 | Felicity | Crowe | F | Mud Runners AC | 00:14:54 | 17 | 00:14:54 |
| 15 | 2 | 112 | Matt | Breakwell | M | Mud Runners AC | 00:27:17 | 13 | 00:12:23 |
| 15 | 3 | 113 | Neil | Gear | M | Mud Runners AC | 00:40:53 | 14 | 00:13:36 |
| 15 | 4 | 114 | Bill | Kendall | M | Mud Runners AC | 00:54:36 | 13 | 00:13:43 |
| 15 | 5 | 115 | Jim | Lucas | M | Mud Runners AC | 01:09:25 | 15 | 00:14:49 |
| | | | | | | | | | |
| 16 | 1 | 81 | Jane | Bright | F50 | Medway & Maidstone B | 00:15:01 | 18 | 00:15:01 |
| 16 | 2 | 82 | Pat | Finn | M50 | Medway & Maidstone B | 00:27:51 | 15 | 00:12:50 |
| 16 | 3 | 83 | Alun | Rodgers | M | Medway & Maidstone B | 00:40:48 | 13 | 00:12:57 |
| 16 | 4 | 84 | Pat | Finn | M50 | Medway & Maidstone B | 00:54:05 | 11 | 00:13:17 |
| 16 | 5 | 85 | John | Rains | M55 | Medway & Maidstone B | 01:09:34 | 16 | 00:15:29 |
| | | | | | | | | | |
| 17 | 1 | 191 | Fiona | Buckingham | F35 | Paddock Wood B | 00:14:35 | 14 | 00:14:35 |
| 17 | 2 | 192 | Lionel | Stielow | M50 | Paddock Wood B | 00:28:17 | 16 | 00:13:42 |
| 17 | 3 | 193 | Gill | Tree | F40 | Paddock Wood B | 00:43:29 | 18 | 00:15:12 |
| 17 | 4 | 194 | Kate | Maryon | F | Paddock Wood B | 00:59:19 | 20 | 00:15:50 |
| 17 | 5 | 195 | Mark | Woods | M40 | Paddock Wood B | 01:11:15 | 17 | 00:11:56 |
| | | | | | | | | | |
| 18 | 1 | 171 | Maria | Baker | F35 | Gravesend RR & AC | 00:14:32 | 13 | 00:14:32 |
| 18 | 2 | 172 | Eric | Pestell | M50 | Gravesend RR & AC | 00:28:41 | 19 | 00:14:09 |
| 18 | 3 | 173 | Gill | Plumridge | F40 | Gravesend RR & AC | 00:45:35 | 22 | 00:16:54 |
| 18 | 4 | 174 | Kevin | Murison | M40 | Gravesend RR & AC | 00:57:00 | 17 | 00:11:25 |

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| 18 | 5 | 175 | Steve | Potter | M40 | Gravesend RR & AC | 01:12:08 | 18 | 00:15:08 |
| 19 | 1 | 211 | Stephanie | Wood | F35 | Swanley & Dist AC B | 00:14:50 | 15 | 00:14:50 |
| 19 | 2 | 212 | Denise | Richmond | F40 | Swanley & Dist AC B | 00:31:40 | 23 | 00:16:50 |
| 19 | 3 | 213 | Chris | Barber | M | Swanley & Dist AC B | 00:45:05 | 19 | 00:13:25 |
| 19 | 4 | 214 | Ben | Tucker | M | Swanley & Dist AC B | 00:57:51 | 18 | 00:12:46 |
| 19 | 5 | 215 | Nick | Allen | M45 | Swanley & Dist AC B | 01:12:17 | 19 | 00:14:26 |
| 20 | 1 | 141 | Lisa | Campbell | F | Dartford Roadrunners C | 00:19:10 | 24 | 00:19:10 |
| 20 | 2 | 142 | Gary | Bryant | M | Dartford Roadrunners C | 00:32:06 | 24 | 00:12:56 |
| 20 | 3 | 143 | Matt | Bowley | M | Dartford Roadrunners C | 00:45:51 | 23 | 00:13:45 |
| 20 | 4 | 144 | Ian | Chapman | M | Dartford Roadrunners C | 01:01:45 | 25 | 00:15:54 |
| 20 | 5 | 145 | Andrew | Green | M | Dartford Roadrunners C | 01:12:37 | 20 | 00:10:52 |
| 21 | 1 | 252 | Wendy | Knee | F40 | Sittingbourne Striders | 00:17:11 | 22 | 00:17:11 |
| 21 | 2 | 251 | Mike | Poppy | M40 | Sittingbourne Striders | 00:29:22 | 20 | 00:12:11 |
| 21 | 3 | 253 | Dick | Whittingham | M50 | Sittingbourne Striders | 00:45:25 | 20 | 00:16:03 |
| 21 | 4 | 254 | John | Murphy | M40 | Sittingbourne Striders | 00:57:55 | 19 | 00:12:30 |
| 21 | 5 | 255 | Joanne | Murphy | F40 | Sittingbourne Striders | 01:12:59 | 21 | 00:15:04 |
| 22 | 1 | 51 | Jenny | Neal | F35 | New Eltham Jggrs B | 00:15:03 | 19 | 00:15:03 |
| 22 | 2 | 52 | Terry | Wardale | M | New Eltham Jggrs B | 00:28:31 | 17 | 00:13:28 |
| 22 | 3 | 53 | Simon | Riley | M40 | New Eltham Jggrs B | 00:42:23 | 17 | 00:13:52 |
| 22 | 4 | 54 | Peter | Riley | M45 | New Eltham Jggrs B | 01:00:24 | 22 | 00:18:01 |
| 22 | 5 | 55 | Dave | Winfield | M40 | New Eltham Jggrs B | 01:14:01 | 22 | 00:13:37 |
| 23 | 1 | 241 | Wendy | Osmond | F | Canterbury Harriers C | 00:17:23 | 23 | 00:17:23 |
| 23 | 2 | 242 | Dave | Lightburn | M50 | Canterbury Harriers C | 00:31:08 | 22 | 00:13:45 |
| 23 | 3 | 243 | Kevin | Baker | M55 | Canterbury Harriers C | 00:45:32 | 21 | 00:14:24 |
| 23 | 4 | 244 | Brian | Fennelly | M45 | Canterbury Harriers C | 01:00:05 | 21 | 00:14:33 |
| 23 | 5 | 245 | John | Hartley | M55 | Canterbury Harriers C | 01:15:45 | 23 | 00:15:40 |
| 24 | 1 | 131 | Nikki | Wilmott | F35 | Dartford Roadrunners B | 00:19:17 | 25 | 00:19:17 |
| 24 | 2 | 132 | Paul | Lewis | M | Dartford Roadrunners B | 00:32:11 | 25 | 00:12:54 |
| 24 | 3 | 133 | Bill | Hague | M50 | Dartford Roadrunners B | 00:46:43 | 24 | 00:14:32 |
| 24 | 4 | 134 | Carrie | Hague | F | Dartford Roadrunners B | 01:00:54 | 23 | 00:14:11 |
| 24 | 5 | 135 | Mike | Richardson | M50 | Dartford Roadrunners B | 01:17:38 | 24 | 00:16:44 |
| Inc | 1 | 151 | Ben | Burton | M | Thanet Roadrunners B | 00:16:07 | 21 | 00:16:07 |
| Inc | 2 | 152 | Jacob | Burton | M | Thanet Roadrunners B | 00:31:04 | 21 | 00:14:57 |
| Inc | 3 | 153 | Simon | Burton | M | Thanet Roadrunners B | 00:49:28 | 25 | 00:18:24 |
| Inc | 4 | 154 | Frank | Flint | M50 | Thanet Roadrunners B | 01:01:33 | 24 | 00:12:05 |