



Footnotes

The Newsletter of Istead & Ifield **Ho-Ho-Ho**-arriers
Newsletter No. 78, Christmas 2006

www.isteadandifield.org.uk

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For those who can't wait until Christmas Day for the Queen's speech, here's a word from our very own head of state, President Bob Carter.

Good heavens! Another year has passed and it seems only a couple of months ago that it was last Christmas. I don't know about everyone else but I think that this year has flown past; perhaps it's my age now that I am late middle aged ... !

I hope that you have all had as good a year as possible and that what you wanted has come about. Obviously every year has its ups and downs. Mine has not been one of my better years, but there is always next year.

For the club, we seem to be a little bigger than we were, although Saturday teams seem to be a problem. The men seem to have got a lot more competitive than they were and the ladies are doing very much better, particularly at cross country. There has been an outbreak of running abroad with races in New York, Amsterdam, Benidorm and another trip to the USA shortly. I certainly don't remember a County Gold medal for the ladies, unless it was in the early days of the club.

I would like to wish all members and their families an enjoyable Christmas and a happy and prosperous year with some good running.

* * *

Thanks to our seasonal cover models, a truly angelic **Allan Giles**, in fancy dress for the Christmas Handicap in 1986, and a bunch of unidentified running Santas.

Cross-country ... the story so far

Thanks to all those who have taken part in the cross-country leagues. We had a record Sunday Kent Fitness League turn-out at Swanley Park with 33 I&I runners. After 3 races, our combined team is in 6th place out of 17 teams, with the ladies team in 9th. Dates for the remaining KFL races are:

| Date | Venue |
|-----------|---|
| 17-Dec-06 | Knole Park, Sevenoaks |
| 14-Jan-07 | Minnis Bay, Birchington |
| 18-Feb-07 | Oxleas Wood, Eltham *DATE CHANGE* |
| 25-Feb-07 | Capstone Park, Gillingham |
| 18-Mar-07 | Swanley Park relays and league presentation |



Suits you, Sir: Steve Cason makes a bold fashion statement at Swanley Park



True grit: Newcomer Charlotte Greenwood competing in the Kent League

Attendance is also encouraging for both men and women at the Saturday Kent League. After 3 races, the ladies are 8th out of 11 teams, and the men are 15th out of 17 teams. Remaining Kent League races are:

| Date | Venue |
|-----------|----------------------------------|
| 16-Dec-06 | Tunbridge Wells (ladies only) |
| 17-Feb-07 | Parkwood Schl Swanley (men only) |

Finally, don't forget:

- Kent County XC Championships at Detling on Saturday, 6th January 2007.
- South East XC Championships at Holkham Hall, Norfolk on Saturday, 27th January 2007. Please talk to your team captain ASAP if you are interested, as we might be able to hire a minibus for the day.

Go on, give it a go. Yule love it!

The Ridgeway Challenge 85 miles

Race Report by Shaun Graves

Having a cross-country running and orienteering past and having given up running before the millennium due to a lower back condition, I took up running again late in 2003. This immediately led to Achilles tendonitis in both lower legs and several episodes of calf tears. 2004 became my actual return to running and I nursed injuries until mid 2005 before the AT difficulties were in remission. Slowly my old form returned, albeit slightly affected by less speed and improved endurance. This led me to 'Ultra distance running' (an event over 26.2 miles) and I decided to target The Ridgeway Challenge 85 miles over Saturday, 26th - Sunday, 27th August 2006.

85 miles along a 5,000-year-old track-way through the Chiltern Hills and North Wessex Downs: Grim's Ditch, Barbury Castle and Liddington Castle (hill forts) en-route. The Ridgeway is way-marked throughout and includes 3,000 feet of ascent, which is not too desperate over such a distance! There are 9 checkpoints (CPs) manned by exceptionally supportive people, refreshments and snacks available, plus an opportunity to sit, rest, stretch and have a natter.

My Saturday started with a backpack walk to Gravesend rail station and I went via Charing Cross and Euston to Tring station. From

Tring I walked the 3.5 miles cross country around Grim's Ditch to the administration point at Ashridge car park close to Beacon Hill. Having missed the 10:00 am start group, I became lucky and was able to join a group that had formed and to be given an unplanned 11:00 am start, much better than waiting for the 12:00 pm start. I quickly changed from backpacking/walking gear into my ultra running gear, simultaneously consuming the contents of a large tin of cold rice pudding. We were led up Beacon Hill and with a little ceremony were started off in slight drizzle and cold wind. The initial 4 miles were retracing my route back to Tring and the weather improved, leading to warm and sticky conditions for the remainder of the day, until evening when a rainstorm swept through for about an hour. CP1 at Wendover was achieved quite quickly and was at 11.2 miles. Subsequent legs were not to be run at this pace.

Leg 2 led up Coombe Hill and along a ridge, which dropped down to pass through a part of the grounds of the Prime Minister's weekend retreat 'Chequers', eventually reporting in at CP2, a car park above Princes Risborough at 17 miles. I took a break here and did my map marking for the next 3 legs. Leg 3 was 6 miles passing near to Chinnor and Kingston Blount. At CP3 I recall this was



just short of the marathon distance at 23.5 miles, and I was already quite fatigued; but pleased to take advantage of the juice and cake provided.

Leg 4 passed near to Watlington and in the Swyncombe Downs, eventually reaching CP4 at 31.8 miles. The cup of tea provided here was very welcome and as I sat at the base of a tree a Canadian tourist who had the audacity to ask if she could dump her snack and drink rubbish with the checkpoint people startled me! Anyway ... Leg 5 was ever onwards and passed through the Nuffield

Golf Course and then a long stretch along Grim's Ditch (another one) towards Wallingford, where I got rained on quite considerably. The leg took a left turn before the river Thames and followed its course to Goring on Thames (halfway). Goring Hall provided CP5 and an opportunity to change into night running gear, plus an ample meal, pudding and several cups of sweet tea. I had blisters to attend to here and took my time to recover a bit and prepare for the remaining ordeal.

I set off on Leg 6 in darkness with headtorch and a handheld torch for extra usage where required. Outside of Goring I paid insufficient attention to detail on the map, missed a left turn and went about 3 miles or so out of the way. Doh! I had to keep reasonable control of my feelings and backtrack to re-align myself onto the Ridgeway; I lost about an hour with this silly mistake. I eventually caught up with a fellow runner Alan who had been a member of the 12:00 pm start, we jogged along together and, after some miles, I developed a very painful left knee that caused me to halt. Alan ran on and I undertook some considerable massage, 'pill-poppin' for pain relief and anti-inflammatory; then started a hobble, walk, jog and a run until I eventually caught Alan again. We were to be joined at the hip and not separated until finishing much later the next morning. I was very relieved to reach CP6 at 52.4 miles and an important 'double marathon' trail distance. A couple of injured runners were static and finished here and some other stories of people dropping out elsewhere brought your finishing viability to question. Leg 7 was a constant jog until CP7 at 61.5 miles, a car park at the Wantage - Lambourne Road. Leg 8 went near 'Whitehorse Hill' (not seen in the darkness) and reached CP8 at 69.4 miles, you could almost sniff the finish - just 15 miles to go! All sorts of mind games are played out in your imagination, how far yet to go, how much running still left in your legs, shall I drop out and blame my knee, what will others think of me if I resort to walking it? ... etc and *ad infinitum*.

Leg 9 was my hardest and was a 10.5 mile mission! I recall the first 6 miles being OK,

during which the morning dawn slowly arrived and provided some light other than our head torches, which was a great relief. The remaining 3 miles or so of this penultimate leg took all my determination and I was exceptionally low on energy when arriving at CP9. It seemed to me that the energy drink that I sip as I go along and occasional snacks had been completely used and there was very little left in the tank! So, I ate and drank 'for England' as the saying goes! Several minutes passed by as I did my recovery sequence, consuming stuff, sitting, stretching, giving myself a good talking to in preparation for the last effort. So, onwards and directly through the ancient ground feature that is Barbury Castle, a truly surreal location. No time for tourism though and the Ridgeway led us to Overton Down, where a right turn took us eventually to Avebury with its remarkable stone circles. The finish point was lodged in the local National Trust car park and timed at 22 hours 40 minutes. PHEW! Cups of tea and 2 bowls of rice pudding (yes, another rice pudding), a wash and change back into backpacking mode. My home journey was a bus trip to Swindon, a train to Paddington, then Charing Cross to Gravesend, to be met by my wife Julie and daughter Fiona. We took a taxi home otherwise I would've walked (honest I would guv!).

I have registered to do the 100 miles Pennine Challenge next year in June. Just like the Ridgeway Challenge, I am doing this with sponsorship donations in mind for our local Lions Hospice. Anyone willing to donate to this very deserving facility can find the charity web page at www.justgiving.com/ShاونGraves.

Shaun Graves - STAT PACK

Category: M40

2006 PBs:

| | | |
|---------------|---------------|---------|
| 5 miles | Harvel | 33:44 |
| 10k | Darent Valley | 40:29 |
| 10 miles | Folkestone | 1:06:03 |
| Half marathon | Brentwood | 1:29:15 |
| Marathon | Abingdon | 3:20:52 |

Forthcoming road races

| | |
|----------------------|---|
| 26 th Dec | I&I's Pudding Run (<i>see opposite</i>) |
| 21 st Jan | Dartford 10 |
| 28 th Jan | Benfleet 15 Canterbury 10 |
| 4 th Feb | Cock Inn Challenge MT Watford Half |
| 10 th Feb | Brands Hatch Half |
| 11 th Feb | Dover Half Sidcup 10 |
| 18 th Feb | Ashford & District 10k Sussex Beacon Half |
| 25 th Feb | Bramley 10 or 20 Eastbourne Half Roding Valley Half Tunbridge Wells Half |
| 4 th Mar | Steyping Stinger Half and Full Thanet 20 |
| 11 th Mar | Hastings Half |
| 24 th Mar | Orion 15 |
| 25 th Mar | Reading Half |
| 6 th Apr | Folkestone 10 (provisional) |

See pages 1-2 for full details of cross-country fixtures.

PB Corner

| | | |
|---------------------|--------------------------|---------|
| Sue Beecham..... | Deal 5 | 42:37 |
| Sue Beecham..... | Wilmington 10k | 51:09 |
| Sue Beecham..... | Maidstone Half | 2:02:30 |
| Steve Cason..... | Deal 5 | 33:46 |
| Steve Cason..... | Wilmington 10k | 42:11 |
| Steve Cason..... | Maidstone Half | 1:36:41 |
| Lynne Champion..... | Amsterdam Half..... | 1:39:03 |
| Mark Champion..... | Amsterdam Marathon.. | 2:58:49 |
| Sandra Howell | Maidstone Half | 2:07:31 |
| Lesley Irvine | Wilmington 10k | 59:51 |
| Lesley Irvine | Great South Run 10 | 1:37:50 |
| Mark Lucas..... | Thanet 10 | 1:07:33 |
| Mary Penfold..... | Ashford 10k | 53:37 |
| Debbie Tyler | Wilmington 10k | 56:43 |

Apologies for any missed PBs. Please tell either your team captain or Lynne Champion when you run a PB so that you can be included in the next round-up.

London Marathon Draw and Pudding Run

The prize draw for the club's London Marathon places will be held at 10:30 am in the Camer Park car park, Meopham on Boxing Day. To qualify you must be a paid-up club member since July 2006 and bring your rejection slips. There is a maximum of 1 prize per person. Draw as follows:

Draw 1) all members paid up since July 2006;
Draw 2) paid up member & marshalled / assisted in one of the below;
Draw 3) paid up member & marshalled / assisted in two or more of the below:

- 2006 London Marathon - I&I baggage
- 2006 North Downs Run
- 2006 Shorne Wood 5
- 2006 Track & Field I&I support

Should you wish to enter, you must declare your intention to **Andrew Archer** by latest Christmas Eve. Email archistead@aol.com.

After the draw, you can burn off the festive calories at our annual Pudding Run. The 5 mile run will start at about 10:45 am from Camer Park and takes in Foxendown Lane, The Street, Wrotham Road, Nurstead, Sallow Shaw (Sole Street) and Manor Road, returning via the Camer back gate.

For those interested, we will meet for drinks after the run (midday-ish) at The Cock Inn, Luddesdown. All are welcome.

Track and field dates for 2007

Once again, I&I plan to compete in the Men's Southern League Division 4. Provisional dates are below with venues to be decided:

5th May
2nd June
23rd June (*oops, the North Downs will need a date change*)
14th July
4th August

Please keep in touch with **Andrew Archer** and **Derek George** as details are yet to be confirmed.

OBITUARY - Don Thompson

By Gillian Calliste

I was very sad to hear (belatedly) of the death of Don Thompson, Britain's only Olympic gold medallist at the 1960 Rome Olympics for the 50km walk.

Although I knew who he was before I took up running in the mid 1990s, I didn't realise that he was also a local runner. I first saw him at a 5 mile race at Teston near Maidstone in about 1998, where he started the race and then took part.

After that I used to see him a lot at races, in his familiar white kit with shorts that looked more suited to the tennis court than running.

His running style was very distinctive, as it was similar to a race walking stride. He seemed (and I understand he was) a quiet, shy, unassuming man. I remember once at the end of a freezing sub-zero Dover half marathon trying to warm up in the car afterwards, and there he was, as usual on his own, sitting in the neighbouring car eating his sandwiches, Peter Burton fashion.

His obituaries shed a little more light on his character. He was slight, 5ft 5in and must have weighed less than me. His victory at the Rome Olympics captivated the Italians, who nicknamed him Il Topolino (the little mouse). He had competed in the 1956 Melbourne Olympics, but collapsed at 45 km with dehydration. Determined to prepare better for his second Olympics, he is famous for the method he used, somewhat different to today's professional athletes.

He placed a paraffin heater in his parent's bathroom and put a boiling kettle on top and donned his tracksuit. He would then exercise in temperatures of 43°C. Apparently he often felt faint, but it later transpired that this was due to the carbon monoxide fumes from the heater!

For the Olympics his mother made him a hat with a handkerchief attached at the back to cover his neck. His training methods were successful and he got the elusive gold medal.



When asked about Paula Radcliffe's problems in Athens he thought it could have been caused by too much training in the heat, as he said that after his preparation he merely rested when he arrived in Italy and he could then cope with the race itself, which was his only experience of exercising in the heat apart from the bathroom sessions.

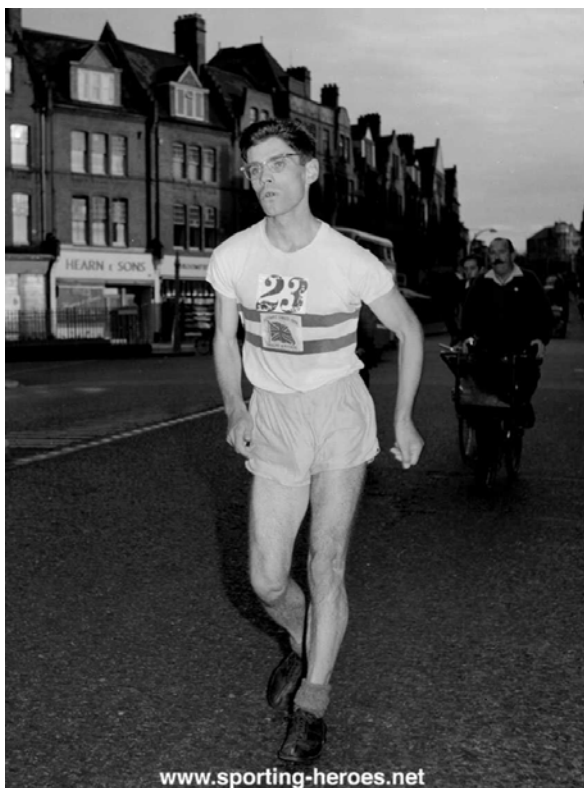
Apparently he stuck to an obsessive training schedule until his death. He used to rise at 4:00 am daily to run 8 miles before starting work as a self-employed gardener. At the 1983 Thanet marathon he fell about a mile and a half from the end and broke his collar bone. He got up and finished the race, and drove home using only one arm and then waited for his wife to come home to take him to hospital. He was still determined to train the next day, but with his arm strapped up he could not tie his shoelaces. As his wife did not want to get up at 4:00 am he got her to tie them before they went to bed and slept in his running shoes so he could run!

For the last 25 years most of his running and race walking was based in Folkestone. He competed in his last international in France in 1991 at the age of 58, and completed more than 150 marathons (best time 2hrs 51mins) and 150 half marathons.

He once said "*I suppose I'm obsessive. But occasionally, when I am training or racing, I have an incredible feeling, a tingling in my scalp, as if my head is about to take off. It's pure exhilaration, like hearing the Brandenburg Concertos for the first time.*"

He died in Frimley Park Hospital on 4th October, aged 73, of a brain aneurysm.

That was the sad reason why I never saw him at the Ashford 10k on 8th October, even though his name was in the entrants list.



Don Thompson returned to a hero's welcome as befitted Britain's only 1960 athletics gold medallist and promptly got back to 'basics' by contesting the London to Brighton race within days of his triumph.

London marathon journal 1981 - Allan Giles

Following on from our focus on Allan Giles in the last issue of *Footnotes*, here is Allan's journal of his first and the first ever London Marathon in 1981. Over to Allan ...

Sunday, 29th March 1981

Weather - dull, chilly with rain

My day started very early at about 5:30 am after a restless night thinking of the day ahead, hoping I would get to the start on time with all my gear packed in readiness for the big day.

First, I had a light breakfast. Next came the preparation of feet, face and legs. Plenty of Vaseline on my feet and olive oil on my legs to keep them warm on the run - rain was forecast so I imagined it would be cold

during the race. While I was doing this, Jan and John, my driver for the day, got the car and food ready for the day ahead.

On leaving for Blackheath at 6:30 am, light rain began to fall assuring me it would be a cool day - just right for the race. We arrived at Blackheath and went inside the park to register my number and also to pay one of many visits to the loo, but with no success ... still, if you can't go, you can't go! We had a coffee by the kind Nescafé people who were giving it away - as much as you could drink. Next, I sought out the baggage buses and recced my starting place inside the park. Jan and I walked back to the car. Still not a lot of runners about, but then there were still 1.5 hours before the start.

Jan, John and myself walked back to the park to wait and keep warm. The rain had become steady now. Jan and John left me very soon to find their place by the park gates to watch the start, and hopefully to see me. Time was creeping up to 9:00 am so I began to make my final preparations before the start - bags on the bus and another trip to the loo. Me? Nervous? I had some trouble finding my bus and the amount of runners doing the same thing made more pressure - not what I like. I dropped my bag off, walked/jogged to my place on the start line (3.5 to 4 hours) and even pushed a little to the front. Other runners were doing the same or going for one last trip to the loo. I found my starting place and Vaseline'd up again. The rain was still falling.

Suddenly, I heard the gun - a low BOOM. A resounding cheer went up from the runners alongside me. It was deafening, but we were off ... a slow jog ... a walk ... then trot and walk for at least 5 minutes before I reached the park gates and the start line just outside around the corner by 50 yards or so. Once through the gate, we were on our way - a nice easy run. Jazz bands playing and Lady Godiva - the lot was there - TV, radio, and there's John and Jan just along the road. John shouted '*good luck*' and Jan tried to photograph me, but with no luck. Now I'm on my own (except for the other 5,000 to 6,000 runners, and even more spectators!), but I was on my own just concentrating on

not going too fast and keeping it easy. Runners were passing me on either side but I preferred to hang back and run as planned. I knew that I had another 20 miles or more to go and I'd trained to run easy and finish.

Around Woolwich Arsenal it's downhill most of the way. Not too keen on that bit but as soon as we get to the bottom it flattens out and I begin to relax more and try to get my pace going, nice and easy, smiling at times at the cheers and comments made by the spectators. Suddenly a runner dives off to the loo. We had only gone 4 miles. I carry on keeping my pace smooth and easy. I look at my watch and see I am well behind for the distance covered but I decide to maintain my pace and not speed up. I look out for John and Jan just in case they are about. All I see are some nurses and doctors, all from the local hospital. Most have something to say about my running gear. Some patients wave from the ward window and all get a good response from the runners.

I keep on running smoothly on the open road to the Cutty Sark, around the 2 roads and back onto the main road. Runners are thinning out now. On towards Deptford Power Station - an old station and one of the first to be built - I had worked there repairing the boilers a few years ago. Little did I know that I would be returning to Deptford in a race. Anyway, on with the race. Little did I know that it would be a little boring and very wet. The rain starts to come down even harder and the roads are not good. Plenty of pot holes for runners to dodge and a few runners seem to be slowing up. I pass a few and others pass me. It seems that we were passing each other now and again but I still maintained my even pace. I feel OK now. My running pace is about right, I think. I am looking forward now to crossing over Tower Bridge although it seems a long time coming. I turn right, suddenly there. I feel good - a lot better now knowing that I am halfway.

Crossing the bridge, the wind is blowing cold through my shirt; it feels quite cold after having all the protection from the buildings. I run over the bridge and am on my way to the Isle of Dogs. Yet more rain comes down.

My glasses steam up and I slow up a little to clear them. Spectators are still there; hundreds shouting encouragement to us all as we run on. I know the next section will take me a long way towards the finish. I get spurred on by this thought. I pass a few more runners and get passed by 2 runners going full pelt. I don't believe it. They can't be in the race and I reckon they have just joined in somewhere along the line. Either that or I've stopped. A cheer rings out and I look to the left and see the owner of the Norkit shop in Gravesend shouting and taking a photo. I sort of smile and carry on.

The next part of the run is very long, wet and a little lonely. Not many people about now. Some are drinking pints from the local pub. All give a cheer as I pass. I am beginning to feel a little tired now. This is about mile 18 to 20, but I take stock of myself. My legs are OK; most things are working well.

Soon I am directed in front of the Tower of London and across the cobbles. These are very rough under foot. I slow up more in case I fall or sprain an ankle. Once across and back onto the road I feel I am on the home straight; only 3 miles or so to go. Along the Embankment I drink at every station but keep running until I reach the next one. My legs are tired now. After each drink I will myself to carry on and seem to pass lots and lots of runners on the way, all along the road to Big Ben. I see Big Ben in the distance and it encourages me to go a little faster. I pass more runners. Some have come to a standstill and I have to dodge around them. People are taking photos all the time and then I realise it's not raining. I pass Big Ben and turn right into Birdcage Walk.



It's tough now and people are laughing at me ... but no, they're laughing at the penny farthing bike alongside me just about to overtake.

More TV cameras by the Palace; the finish is just around the corner. My legs ache, my knees ache, but the finish is right in front of me. My time is good as planned, my legs are totally drained of all strength, but I finish. No walking in between for 26.2 miles. I walk through the funnel but no kiss from the dolly bird who gave me my medal. Still I've won. We all won today.

Time taken - 3:37:51



Front and back of 1981 Gillette London Marathon medal. Pewter. Size of a 20 pence piece!

I was very stiff after the race; could hardly walk to the train. I had some stiffness for 3 days but was able to jog by Wednesday for 3.5 miles and was back to training by the end of the week. A mistake - I know better now - I had some knee problems later. I joined Dartford Harriers later in the year and my running improved with the knowledge I gained from the race and Dartford Harriers members.

In training, I completed 1,005 miles in 25 weeks, following Cliff Temple's training guide of running with no pressure but entirely time spent on feet.



American Dick Beardsley and Norwegian Inge Simonsen create the London Marathon's most enduring image - the dead-heat of 1981 in 2:11:48.

'Tis the season to get rat-ar*ed ...

Our festive (hmm, go figure) curry night is on Friday, 29th December at 7:30 pm. Places



are limited so please contact Alli or Chris Thompson ASAP on 01634 221544 to reserve your place.

As many of you will know, the venue for this year's club Christmas meal on 9th December could only accommodate 20. All places have

now been taken, but Alli and Chris are looking at venues for an additional post-Christmas meal, provisionally on Saturday, 3rd February 2007 at the Manor Farm Barn in Southfleet. Please call them ASAP if you want to go along - they will need to make a booking before Christmas.

Results round-up

AMSTERDAM HALF - 15th October
Lynne Champion 1:39:03 1,139th *PB*
6,978 finishers

AMSTERDAM MARATHON - 15th October
Mark Champion 2:58:49 407th *PB*
Steve Cable 2:59:16 419th
5,828 finishers

GREAT SOUTH RUN 10 - 22nd October
Mark Lucas 1:15:08 1,089th
Mary Penfold 1:30:36 4,895th
Debbie Tyler 1:35:45 6,344th
Lesley Irvine 1:37:50 6,921st *PB*
John Penfold 1:41:57 7,890th
Emma Penfold 1:41:58 7,892nd
11,633 finishers

MAIDSTONE HALF - 22nd October
Steve Lelliott 1:23:43 17th (3rd V40)
Peter Gibson 1:30:33 56th
Peter Burton 1:36:23 114th (2nd V60)
Steve Cason 1:36:41 116th *PB*
John Gillis 1:39:32 153rd
Jon Gurney 1:42:43 189th

| | | | |
|---------------|---------|-------------------|------|
| Duncan Howell | 1:46:21 | 226 th | |
| Ian Creasy | 1:48:24 | 251 st | |
| Sue Beecham | 2:02:30 | 418 th | *PB* |
| Sandra Howell | 2:07:31 | 454 th | *PB* |
| Jan Giles | 2:19:48 | 514 th | |

540 finishers

BEACHY HEAD MARATHON - 28th October

| | | | |
|-----------------|---------|-----|--|
| Martin Charlton | 4:57:00 | n/k | |
| Lisa Duce | 5:46:00 | n/k | |

WILMINGTON 10K - 29th October

| | | | |
|----------------|---------|-------------------|-----------|
| Simon Parrin | 37:56 | 10 th | |
| Steve Lelliott | 38:00 | 11 th | |
| Mike Smith | 41:19 | 30 th | |
| Steve Cason | 42:11 | 44 th | *PB* |
| Peter Burton | 42:25 | 49 th | (2nd V60) |
| John Gillis | 42:27 | 50 th | |
| Alan Cowan | 43:09 | 61 st | |
| Nick Claydon | 45:20 | 96 th | |
| Ian Creasy | 46:14 | 114 th | |
| Richard Storr | 46:18 | 116 th | |
| Sue Beecham | 51:09 | 206 th | *PB* |
| Mary Penfold | 54:00 | 253 rd | |
| Bob Carter | 55:27 | 277 th | |
| Debbie Tyler | 56:43 | 303 rd | *PB* |
| Lesley Irvine | 59:51 | 346 th | *PB* |
| Margaret Cowan | 1:00:27 | 350 th | |
| Jan Giles | 1:01:05 | 353 rd | |
| Celia Poke | 1:09:54 | 390 th | |

397 finishers

DEAL CASTLE 5 - 5th November

| | | | |
|-------------|-------|-------------------|------|
| Steve Cason | 33:46 | 54 th | *PB* |
| Sue Beecham | 42:37 | 190 th | *PB* |

332 finishers

BENIDORM HALF - 26th November

| | | | |
|----------------|---------|-------------------|-------------------------|
| Mark Champion | 1:22:44 | 60 th | |
| Derek George | 1:23:16 | 71 st | |
| Steve Cable | 1:24:15 | 85 th | |
| Andrew Archer | 1:28:30 | 146 th | |
| Mike Smith | 1:32:11 | 242 nd | |
| John Gillis | 1:41:30 | 453 rd | |
| Lynne Champion | 1:48:30 | n/k | (59 th lady) |
| Bill Archer | 1:52:28 | 899 th | |

1,389 male finishers

BENIDORM MARATHON - 26th November

| | | | |
|------------------|---------|-------------------|--|
| Gillian Calliste | 5:00:16 | 396 th | |
|------------------|---------|-------------------|--|

402 finishers

Hello Smiler

OK. It's competition time. Can you spot the odd one out ... ?



Happy: Bob Carter, Swanley Park



Smiley: Judy Bain, Sittingbourne 10



Fun: Lesley Irvine, Sittingbourne 10



Downright glum: Gillian Calliste, Benidorm Marathon

Oh c'mon. We've all been there, right? It's just not always captured so beautifully on camera for all to see. Despite an injured knee and a snotty cold Gillian Calliste showed steely determination in Benidorm to finish her 10th marathon THIS YEAR. Congratulations Gillian. Here's to 2007.

Peter storms the Kent Grand Prix

Congratulations to Peter Burton who took the trophy for the over 60s at the Kent Grand Prix. This is the culmination of a season's running, as the trophy is awarded on the basis of the number of points won from a series of Kent road races throughout the year over various distances. Well done, Peter.

Olympic hopes

... if we build the stadium in time

Article by Bob Carter

In the late summer there was a circular from UK Athletics asking for volunteers to judge at two special national level athletics finals. Apparently, there had been regional heats and these were to be the finals, called a Throwfest and a Jumpfest, sponsored by Norwich Union. There were 3 standards and they were playing for money apart from expenses, which competitors and officials received. One of these finals was at Perry Barr the home of Birchwood Harriers and the other at Stoke which again was the home of another of the big Midlands clubs.

From my point of view it was great to be an official at a top grade, if not televised, event.

I learned a lot up there, probably more than I learned in the whole 2 years I have been judging. It was the first time I have been to an event where there were enough judges to do the job properly, and a lot of the measurements were done electronically. The top standard were our top performers over 21 years of age. The second standard were younger, but still junior internationals and their equals, and the third standard were competitors who, if a bit better, would be in the international teams. To be fielding the discus being thrown close on 60 metres hitting hard ground is a bit on the worrying side even if I am a natural lunatic! To see pole vaulters clearing the high 4 and the mid 5 metre mark is something else.

The point of all this came in the mail shortly afterwards. They are going to set standards which will be raised a bit each year, and they reckon to have the best 10 in each category available for international competitions being paid and getting better year on year.

That's the theory. See 2008, 2010 and 2012 for the results.

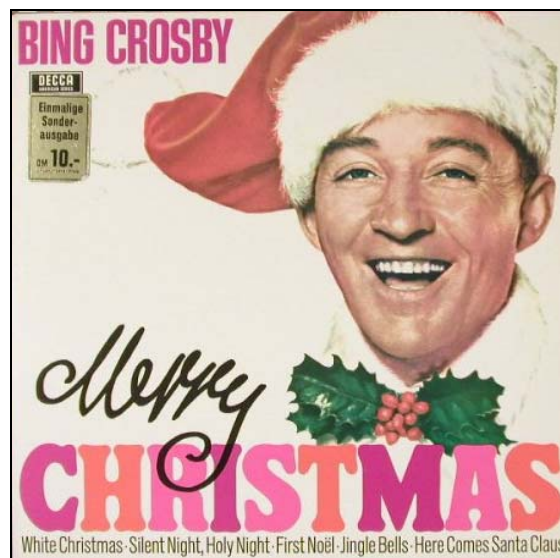
Fa-la-la-la-la Fatigue

At this spiritual time, I'll leave you with these enduring images of Christmas.

For those under 60:



And over 60:



**“We wish you a
Merry Christmas
and a
Happy New Year!”**