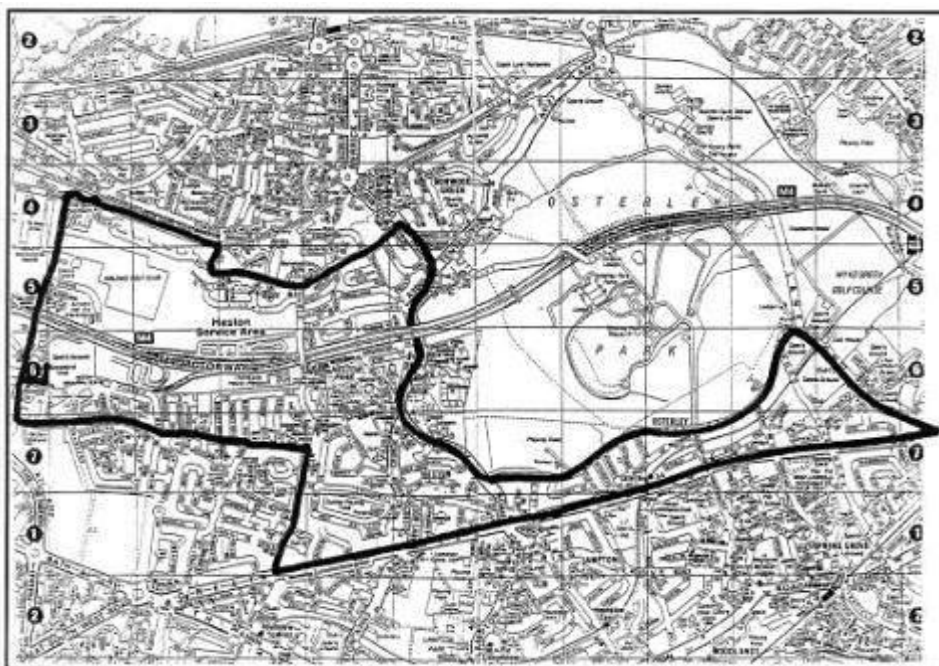


BRITISH AIRWAYS Athletics Club



ROUND THE BLOCK



*Issue Number 79
Mar 2010*

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To view latest committee information check :

www.baclubs.com/London/Athletics on the Internet

<http://baintranet.uk.ba.com/clubsweb/London/Athletics> from within BA on the Intranet

Editors Page

Welcome to the last 2009 RTB



I believe there were a few comments about my meercat in the last magazine so this time I have changed it to a monkey, which you should all recognise!! And in case you are all wondering these photos were taken in Sep 2009 when I spent the day as a zoo keeper at London Zoo.

So PG.. I have fed tigers (see below).. so you really are just a pussy cat in comparison!!!

This edition covers a summary of the clubs records. Please take the time to check them out and let Nick know if any of your results are missing.. And ladies there are some big gaps.. So please help us try to fill them.. I am sure I have a few that are missing.

The details for WARR are coming together and I can only stress that we will be asking for your help, so please keep the dates from the 22nd to 25th free.

Please remember this is YOUR magazine, without your contributions I will have to make up the articles so I really do rely on YOU ALL to contribute to it!! For the next magazine I am expecting to hear from everyone running in the London Marathon in April, so please send me your articles by the end of May to ensure they meet the next deadline.

RTB is also found on the BA clubs website and on the www.baac1.toucansurf.com site.

That's all from me for now. Take care and happy running.

Natalie

E-mail me on

Natalie.Lang@BA.com

Or NatalieLang@hotmail.co.uk



WARR 2010 - 22nd - 25th September: London, England

This September the BA Athletics Club will proudly host the 29th World Airline Road Race at ExCeL London. The four day festival (the biggest event this club has ever put on) will run from 22nd - 25th September and will see 1,500 participants from more than 50 airlines come together to have fun and run in a 5k and/or 10k race on a flat and fast course.



The venue for WARR London 2010 has been announced as ExCeL London. Situated alongside the Royal Victoria Dock in London's Docklands, this wonderful location gives Warriors easy access to central London and enables us to organise the various WARR events and activities within easy reach of each other. ExCeL is a world-renowned conference and exhibition centre, which not only hosted the G20 conference last year, but will also be a London 2012 Olympic venue.

There are 3 onsite DLR (Docklands Light Railway) stations, easy access to London Underground (Jubilee Line – two stops on the DLR from Canning Town). The Jubilee Line is recommended as the quickest route to ExCeL London.

Please contact us for general information or suggestions on our email address:
info@warrlondon.com

Event registration will be available from April 2010. Full details to follow!

WARRLondon Committee

Chairman	Katherine Henville
Project Manager	Roderick Hoffman
Race Director	Simon Turton
Communications	Natalie Lang

Please let one of the committee members know if you would like to take on a role. We are keen for others to step forward to look at new elements. For example we need someone to talk to the companies who sell London Tours. If we choose the right company we can feature them and make it easy for the WARRriors to get more from their time in London AND earn a commission for the event which will add to the charitable donation – a win-win. With so much work to be done to make this a success, the more people we can get to help, the more fun it will be for everyone.

WARR Caption Contest

In Hangzhou, China Roderick Hoffman and Katherine Henville have just finished their presentation of the plans for WARR in London in 2010 to the chairman of the local communist party.

Roderick has just had the last word, Katherine is displaying an inscrutable smile.



What did Roderick say?and what is Katherine thinking?

Winner - Helen

'Hey Kat , It says here that the race will start early and without a gun!'

Warren Caswell

Roderick says "now over to Katherine with the weather"
She is thinking "wrong back drop, but it does match my dress",

From Grant Strydom

Rod's saying... "I told you you shouldn't lean against the wall as the paint was wet!"
She's thinking... "Mmmm"

From Harry Wilde

Rod "Are you asking me out or not" ?.

Roderick Hoffman

- 1) Roderick is saying to Kat
"I could be too late to say this but it says 'Keep Off - Wet Paint' "
- 2) "It's an ancient Chinese Proverb - 'He who starts last is last to hear the starter' "
- 3) Katherine is proud of her purchase of the poster - "I couldn't resist buying it because it matches my dress."

David Barnard

Rod said: Spell-checkers! Thank goodness he had a sense of humour!
Kat thought: Does Rod realise what it really said?

Eddie Giles

Roderick- "That concludes our presentation for WARR 2010, when you visit us in London, you will meet our local communist delegate, Christopher Puck."
Katherine- (I swear he said crispy duck)!

Adrian Haines

Rod says "some of them are ninja signs"
Kat thinks "well I should know I am one"

Neil Frediani

Rod said: Write your questions along with the others on Katherine's dress.

Katherine is thinking: Oh no this could take a while, aren't there 1 billion members of the communist party in China!!

Paul Toms

Roderick: WOW !!!!! Judy Tzuke is playing The Chairman Mao Club in downtown Hangzhou.

Katherine: Judy WHO !!!!!!!!!!!!!!!!!!!!!

Paul Knechtl

Roderick: Now that could be new BA Athletics Club logo.

Kat: Maybe, but can't you see they've spelt 'British' wrong.

Paul Goldsmith

Roderick : And it goes on to say that in the 13th Century...blah ...blah ...blah.....

Kat : Well I did ask.....

Kat Henvile

Roderick - Do you think these are the directions for the buses?

Kat - it would of been really helpful if they had written the instructions for WARR in English!!!

Hamper

Kat asked club members to contribute Christmas treats to a hamper to be raffled to help raise funds for WARR. Thanks to the generosity of club members she was able to make up 2 hampers. The winner of the bigger hamper was Ian Hudson. The draw was made in the Street at Waterside on 22nd Dec by James Dowrich (aged 7) and Sophie Dowrich (aged 4). The winner of the other hamper was Mandy Twigg.

Thank you to everyone who donated items and brought tickets. Your support was much appreciated. The hamper raffle raised an impressive £768!!!!

Crossword Competition

We had 15 correct answers for the Crossword Competition and I am pleased to announce the winner is Erwin Aichinger from Canada. The prize is a pair of tickets for the 2010 WARR Gala Awards Dinner.



Club In House Events (CIE)

Equinox 5km results 2009 – Steve Newell

Runners included some of the trophy winning team from the recently completed "Round Norfolk Relay" the previous weekend and prize winners and other participants from the World Airline Road Race held in Hangzhou, China, 10 days previously.

Helen Smith and Graham Taylor have now competed in this fixture for six consecutive years. Roderick Hoffman has run for five consecutive years. Ian Hudson missed his first race since the long hot summer of 2003.

Times

Mark Taylor	0:19:19
Barry Walters	0:19:49
Kat Henville	0:20:00
Mohammed Khan	0:20:10
Chris Kelly	0:20:33
Simon Turton	0:21:16
Graham Taylor	0:21:31
John Coffey	0:22:14
Eddie Giles	0:22:33
Alan Friar	0:23:35
Paul Goldsmith	0:23:58
Alan Anderson	0:24:25
Roderick Hoffman	0:25:44
David Barnard	0:28:11
Helen Smith	0:28:20
Marion Woodhouse	0:28:39
Steve Hillier	0:29:16
Steve Newell	0:32:14

5 Mile predictor 1- 2009 – Barry

Wednesday evening saw the running of the first 5 mile handicap event of the winter season and in perfect conditions 12 runners pitted their pace judgement skills against the clock. It was John Coffey who finished closest to his predicted time being just one second out. He was followed by Alan Friar with a difference of 21 seconds and Nick Edge who had a 1 minute 40 differential.

NAME	Predicted time	Actual time	Next time	Points
Alan Anderson	40-00	43-35	43-30	1
John Coffey	35-00	34-59	35-00	12
Nick Edge	37-30	36-10	36-00	10
Alan Friar	42-00	42-21	42-30	11
Steve Hillier	51-00	47-28	47-30	2
Roderick Hoffman	44-00	42-15	42-00	8
Ian Hudson	51-00	48-34	48-30	5
Mohammed Khan	35-00	32-30	32-30	4
Steve Newell	53-00	50-03	50-00	3
Gary Rushmer	33-00	31-19	31-30	9
Graham Taylor	35-00	32-52	33-00	6
Barry Walters	33-00	31-02	31-00	7

Thanks to Brian, Paddy and Paul for their timekeeping.

5 Mile predictor 2- 2009

The second 5 mile handicap event had an excellent turnout of 17 section members and is proving to be popular. Simon Turton was the closest to his predicted time being just 9 seconds out, however had Graham Taylor arrived on time he would have been just two seconds adrift. Nick Edge was the next in line and has now taken the overall lead from John Coffey. I have attached the latest timings and points table.

NAME	Predicted time	Actual time	Next time	Points
Alan Anderson	40-00	43-35	43-30	1
John Coffey	35-00	34-59	35-00	12
Nick Edge	37-30	36-10	36-00	10
Alan Friar	42-00	42-21	42-30	11
Steve Hillier	51-00	47-28	47-30	2
Roderick Hoffman	44-00	42-15	42-00	8
Ian Hudson	51-00	48-34	48-30	5
Mohammed Khan	35-00	32-30	32-30	4
Steve Newell	53-00	50-03	50-00	3
Gary Rushmer	33-00	31-19	31-30	9
Graham Taylor	35-00	32-52	33-00	6
Barry Walters	33-00	31-02	31-00	7

Edge of Darkness - 2009 - Nick Edge

Without knowing exactly how far you ran this is perhaps of limited value, but comparing actuals against your predicted pace is quite interesting. I've come to the conclusion that the faster runners underestimate their abilities ("I've got a bit of a niggles" ... "I might not have recovered from the cross-country") and the slower runners do the opposite.

Hope you all enjoyed it anyway!

1	Barry Walters	33:22	1:47:36
	Richard Ruffell	38:22	
	Marion Woodhouse	35:52	

2	Mark Taylor	34:11	1:47:49
	Roderick Hoffman	39:27	
	Tony Barnwell	34:11	

3	Simon Turton	37:58	1:50:40
	John Coffey	33:33	
	Ian Hudson	39:09	

4	Graham Taylor	34:13	1:50:48
	Paul Goldsmith	39:51	
	Steve Hillier	36:44	

5	Mo Khan	33:57	1:52:36
	Eddie Giles	40:33	
	Steve Newell	38:06	

6	Chris Kelly	36:05	1:54:40
	Alan Anderson	40:26	
	Nick Edge aka Helen	38:09	

Parkway mile – 16th Dec 2009 – Steve Newell

Paul Brandon went back to the watch and recalled all the times. In fact the running clock was at 22:22 as Nick Edge handed over to PK. We made the necessary corrections. PK was the only runner under 6 minutes.

The course was a bit longer than usual as Alastair replaced Harry Wild at the turnaround. My time includes precious seconds arguing with Alastair. I should have known better but last night was exactly 20 years (to the nearest Wednesday) since the first Parkway Mile and I know where the turn is meant to be! Maybe some GPS wearer measured last night's distance.

David	Barnard	08:31			Helen	Smith	08:34	
Alan	Friar	06:56			John	Coffey	06:57	
Nick	Edge	06:55			Eddie	Giles	06:50	
Paul	Knechtl	05:20	27:42		Barry	Walters	06:18	28:39
Steve	Hillier	08:20			Natalie	Ruffell	07:29	
Lissa	Pritchard	07:54			Richard	Ruffell	06:45	
Mohammed	Khan	06:05			Bridget	Ruffell	08:47	
Katherine	Henville	06:55	29:14		Richard	Ruffell(2)	06:45	29:46
Roderick	Hoffman	08:14			Ian	Hudson	08:42	
Alan	Anderson	08:27			Paul	Goldsmith	07:24	
Helen	Blackman	07:59			Simon	Turton	06:25	
Chris	Kelly	06:24	31:04		Steve	Newell	09:09	31:40

Last years results 17th Dec 2008

GOOD WILL, ALL MEN				FLOCK WATCHERS			
Graham Taylor	5:57			Gary Rushmer	5:50		
Gareth Hobby	6:39			Paul Goldsmith (first run)	7:21		
Alan Friar	6:52			Eddie Giles	7:12		
Joe Nolan	7:26	26:54		Paul Goldsmith (second run)	7:12	27:35	
SLEIGH BELLES				DEEP, CRISP AND EVEN			
Paul Knechtl	5:57			Barry Walters	5:42		
Nick Edge (first run)	6:57			John Coffey	6:52		
David Barnard	9:10			Richard Ruffell	6:07		
Nick Edge (second run)	6:53	28:07		Steve Newell	9:31	28:12	
DOGS FOR CHRISTMAS							
Chris Kelly	5:45						
Simon Turton	6:10						
Steve Hillier	8:11						
Marion Woodhouse	9:03	29:09					

Men's Cross Country- 2009 – Barry Walters

Cranford Park – 10th Oct 2009

On a perfect autumn Saturday the first men's Surrey League took place at Cranford Park. We had 13 runners on the start line and each covered three laps of a reasonably dry parkland. Leading the team home was Adrian Haines finishing overall 14th followed by Paul Knechtl in 20th place. This laid a solid foundation for the team to be placed 4th out of the 9 teams in Div.3 beating off the challenge of Runnymede Runners.

Thanks to all the helpers on Saturday who made the event run so smoothly and to the ladies for coming over to give us their vocal support.

Lloyd Park - 14th Nov.

The second men's Surrey League X-Country was held at Lloyd Park Croydon on Saturday 14th November. The weather earlier in the day had been absolutely dreadful as I watched our ladies team battling the elements and doing really well. Fortunately the afternoon was much better and we just had a strong wind to contend with. Only 9 men made it to the start so we would incur extra points for not having 10 finishers.

It was good to have Duncan Wright over from the South of France who had one week earlier competed in the Nice to Cannes marathon and recorded 3 hours 17 minutes. Paul Knechtl was the first BA runner to finish in 12th place although he was not entirely pleased with his race. Next came Mark Taylor, Barry and John Taylor with Gary Rushmer and Duncan not too far behind. The team placed 7th on the day which was down on our previous performance and we now stand 5th overall in the league.

There 9 BA runners finishing positions were 12 23 26 29 39 43 77 84 115

Lloyd Park - 12th Dec

The 3rd Surrey League Mens Div. 3 match took place at Croydon on Saturday and despite the earlier start time of 1pm we had a very good turnout of 13 runners. We welcomed two new competitors to our ranks in Clive Spencer first run for BA and Neil Frediani who was doing his first cross country for us. Adrian Haines continued his fine form in leading the team home in 4th place followed by Clive and Paul Knechtl who eased home in 16th place. Next came John and Mark Taylor, with Gary Rushmer, Chris Kelly, Simon Gunning, Simon Turton and Neil completing the scoring team. Very interesting to see Runnymede Runners close to a lot of our finishers. However in the match we were placed a fine 4th and we are now lying 5th overall. Thanks also to Graham Taylor (hamstring injury), Steve Hillier and Alan Anderson who made the long journey.

Women's Cross Country- 2009 - Helen Smith

REIGATE - 10th Oct 2009

The first race of the season saw our best turnout of BA ladies for many years. The sun came out and welcomed 8 BA ladies to run the hilly Reigate course with Mel and her son Alex there to cheer us all on. Although the hills are quite steep they slope down towards the finish which is, I think, always more welcome than the other way around. Despite the rain on Friday the course was much less muddy than the last time we were in Reigate.

Nearly 300 ladies from Divisions 1 & 2 ran together. The BA Team welcomed Clara Halket to her first ever cross country and saw Alice Banks making a happy return to the team. Kat led the way, finishing the 6K course in 7th position. She was followed by Deby who, coming back from injury, finished well in 30:56. Not far behind Deby were Liz and Alice. Our A Team secured 13th position and the B Team 28th of the 37 teams in Division 2. A wonderful effort and good start to the season, thanks go to Alice, Clara, (hope you enjoyed your first cross country), Deby, Kat, Liz, Marion and Monica for getting this season off to a good start for BA Ladies.



We also enjoyed some after race cake in celebration of Kat's birthday which was earlier in the week and despite this legitimate excuse to celebrate no alcohol was consumed as many

of us hurried over to Cranford Park to offer assistance as BA Men were hosting there. Everything was so well organised we were only required as supporters to the runners so cheerfully fulfilled this duty.

	Time	Pos	
Kat	26:08	7th	139 runners in Division 2 (overall 298 Div1 & Div2) BA A Team finished 13 th of 37 BA B Team finished 28 th of 37
Deby	30:56	48th	
Liz	34:19	86th	
Alice	34:56	95th	
Helen	35:55	103rd	
Monica	36:41	108th	
Clara	37:33	115th	
Marion	39:08	125th	

14 November 2009 Denbies Vineyard

Wow! The rain was freezing and the wind seemed to be blowing towards us most of the time. What an introduction to this new venue. Tom was there trying to cheer us up, but really it was no fun taking a warm waterproof jacket off to go and line up in the torrential rain. Tamara and Gabriel were also courageously there as was Barry. 308 ladies turned out to compete in this dreadful weather, amazing. Yes, the course was muddy and hilly, but without the rain it would have been quite enjoyable as it snaked its way around the vines of Denbies Vineyard. A medium and a large lap made up this 6.5K course on the hills of the North Surrey Downs.

We had another good turnout with 8 runners and welcomed another new member to the BA Ladies Team, Lissa Pritchard. Kat ran a fabulous race finishing in 3rd position of the 105 ladies in Div 2. Deby kept up the pressure and was followed by Liz, Monica and Clara to make up Team A and together they maintained our 13th position after match 2. Lissa, who started late, led the way to the finish for Marion and me.



It was still raining when we'd all finished so we quickly looked for some shelter to dry off before going into the shop and canteen to try out the local produce. Luckily we stumbled upon the plant shed, which was a covered and dry area housing the plants for sale and it was already full with most of the other 308 ladies who were using it as a changing room! Having dried off and cleaned up a bit we were able to go inside the main building and get on with the business in hand, sampling the fruits of the fields we had just run through, but now we were in the warm and dry – the day was improving!

Many thanks to our supporters, we feel that coming out on a day like this was true dedication and much appreciated by us all. Results

	Time	Pos	
Kat	24:56	3 rd	150 competitors in Div 2 Total 42 teams at this match BA A TEAM 13 th BA B TEAM 29 th
Deby	29:23	37 th	
Liz	34:40	97 th	
Monica	34:55	101 st	
Clara	35:32	110 th	
Lissa	35:54	114 th	
Helen	36:54	127 th	
Marion	38:28	135 th	

Richmond Cross Country 12 December 2009

A lovely sunny day – 8.1K – Blue skies – 8.1K – so this is our first longer Surrey League cross country. The notice said that the 3rd and 4th matches would be between 6-8K so I don't know why it's even longer? Anyway unlike last month the sky is blue and the ground doesn't seem to be too waterlogged although it did get a bit muddy around the pond. We had a full team out and the course, despite its length, is actually quite pleasant with views across the parkland and surrounding area. The shorter lap skirts around the pond and the longer one climbs up towards White Lodge before dropping back around the pond again and towards the finish. Of course I don't know about my team mates' races, being at the tail end, but I do know that Marion had a dash to the finish line and then slowed down.....to cross the line with me!

As ever Tom was there to cheer us up and on, but we had a brand new supporter to the Ladies Team who is absolutely adorable and who at barely 3 months old is following in the footsteps of our other young male supporter, Alex Holman. Oliver was brought by his mother Caroline Akazou and it was a real treat to have them there. After the race we enjoyed coffee and mince pies, thank you Marion, and you may be surprised to learn no alcohol was added or taken with the coffee!

Results:

	Time	Pos	
Kat	33:13	5	total runners 319 runners Div 2 134 competitors Match 3 result 17 th of 33 teams Overall result 13 of 29 teams
Liz	43:25	85	
Monica	47:53	115	
Helen	48:37	120	
Marion	48:37	121	

ASCA 2009

ASCA Cross Country - Barry Walters

The ASCA X-Country was hosted this year by Lufthansa in Frankfurt on Saturday. The competing teams were the hosts, Iberia, SAS, Icelandair and some BA runners. On the morning of the race we were greeted with a steady downpour and cool conditions as we made our way to the stadium. The course started with 50 metres on the track before moving on to gravel and tarmac till reaching a wooded area. There were two laps of this for the men and one for the ladies and with the changing leaf colours and the gentle undulations it made for an interesting circuit. The last part of the run was a return to the stadium and a complete lap of the track to the finish.

The ladies race was dominated by Lufthansa and they were followed home by Icelandair. In the men's competition Adrian Haines and Dave Dixon were to the front early on with Adrian being narrowly beaten by the winner from Iberia. Dave finished an excellent 3rd with Barry and Gary Rushmer the other BA runners placing 14th and 19th respectively. Iberia won the team race.

Afterwards there was some hot vegetable and chilli soups laid on which went down very well before the individual presentations took place. Then it was back to the hotel for some chilling out around the pool until our flight back in the evening.

ASCA Track & Field – Steve Hillier

Lots of wins – so nearly the trophy!

Despite determined work by our captain Eddie throughout Summer 2009, BAAC turnouts at the Rosenheim track and field meetings were down and we missed out on a place in the final by a whisker. Undaunted, a small BAAC team set off to Lisbon to do battle with a bunch of European airlines at the ASCA championships.

The rules of the ASCA competition require that to qualify for the overall trophy, a team must consist of four members, so the three of us were left with the opportunity of competing for individual trophies.

Steve Hofmann had spent the summer battling hard in the Rosenheim events against some evenly matched opposition. He was determined to overcome his ASCA disappointment of Darmstadt 2008, when injury prevented a 100m win. He easily made up for it in Lisbon 2009, with clear victories in the sprint double 100m and 200m. To put his seal on the day, Steve took on the “marathon” 400m and won that too!

Meanwhile, Adrian Haines was busy volunteering for everything and consistently finishing in the top two. Golds were collected with strong running and battling finishes in the 800m and 1500m. He was just edged into second place in the long jump, and also took silver in the high jump with an impressive leap. Adrian also had to be restrained from trying the 5000m on a very hot day!

Throughout the day I was happily swanning around the infield, trying to avoid getting out of breath, while picking up some points in the javelin, discus and shot. For me, the highlight of the day was the 4 x 100m relay. As in 2008, we entered the final event of the day with only three BA competitors standing, but this year Michel Beys of SABENA agreed to be the honorary Briton. Michel, Adrian and I managed to get us into a battle for second place entering the final leg – Steve then blitzed the home straight and we brought the 4 x 100m trophy home.

We had a great competition and enjoyed exploring the beautiful city of Lisbon; TAP did a fine job in organising the weekend and making us feel welcome, while Aer Lingus were as ever convivial drinking partners, and of course there is a trophy on a British mantelpiece which will forever be one-quarter Belgian!

In 2010 it would be great to boost the squad size, to put us in with a chance of the overall trophy. A fourth runner of whatever pace in Lisbon would have guaranteed us the ASCA trophy for the first time in over fifteen years. It’s a fun weekend away, so get your bids in to Eddie while there are still spaces in the team!

Caption Competition



What do you think Pam is saying to Paul?

Answers by March 10th 2010 -

To – Natalie.lang@ba.com

Please let me have any photos that could be used as a photo caption....

Or I will be tempted to make them up!!

Round the Block Trophy - 2009

Results of this year's competition.

Well done Steve

Surname	First name	TOTAL		Surname	First name	TOTAL
Hillier	Steve	46		Bennett	Brian	23
Walters	Barry	44		Knechtel	Paul	22
Hoffman	Roderick	42		O'Shea	Patrick	22
Newell	Steve	42		Wild	Harry	22
Turton	Simon	40		Alonso	Monica	20
Taylor	Graham	38		Haines	Adrian	20
Forrester	Brian	36		Taylor	John	20
Taylor	Mark	36		Plows	Trevor	19
Goldsmith	Paul	35		Friar	Alan	18
Rushmer	Gary	34		Heslop	Alastair	18
Anderson	Alan	32		Gunning	Simon	14
Coffey	John	32		Houghton	Toby	14
Giles	Eddie	32		Rowley	Tom	11
Kelly	Chris	30		Arnott	Justine	10
Ruffell	Richard	29		Halket	Clara	10
Smith	Helen	29		Hofmann	Stephen	10
Henville	Kat	28		Khan	Mohammed	10
Edge	Nick	27		Lang	Natalie	10
Brandon	Paul	26		Latter	Liz	10
Hudson	Ian	24				
Woodhouse	Marion	24				

The 2010 Trophy has only just begun... Remember you get 5 points for organising an event and 2 points for participating or marshalling one of the Runs of the Month (ROM) or Club in house (CIE) events.

Other races and events

Cabbage Patch 10,10 Mile Road Race Results

Finishers **British Airways Team**

Place	Time	Name	Place No.
1	00:58:46	Dave Dixon	42
2	01:05:31	John Dyckes	188
3	01:07:48	Adam Hughes	242
4	01:09:48	Chris Kelly	292
5	01:17:29	Scott Davison	616
6	01:28:18	Tony Barnwell	1036
Also Ran			
7	01:14:31	Brian Bennett	490

Very good times by each runner .**Dave Dixon** achieving 5th. Place in Age Group

KLM beachrace @ Zandvoort beach, KLM Road Runners, 19 December

This is one of those challenges that everyone should do at least once. Run a 5k or 10k race on the Dutch North Sea Coast in the middle of winter.

The challenge is made worth it by the hospitality of our KLM running colleagues. Let me explain...



I got up at 5am, it was -5 outside so I scraped the ice off the windscreen of my car before driving to the airport to get the 07:25 flight out to Amsterdam. The aircraft landed at Haarlem and then taxied the 4 miles to Amsterdam Schiphol Airport (you would have thought that they would have built the runway nearer to the airport!). I was met at the airport by a KLM runner. Once the other International runners had arrived (in total there were about five from Lufthansa, several from SAS, a couple from Air France and five from El Al as well as myself) we were escorted via a couple of buses to get to the beach. The bus ride took just under the hour and cost a few euros but that and a couple of drinks were the only expenditure necessary – race entry had cost nothing.

Race registration was in a large friendly beach café/bar and with our running number we were given a commemoration KLM coffee mug which came complete with a useful spoon. After changing in the chapel (Ladies in the confession box) we walked out to the start. Now it was no warmer in Holland than it had been in the UK and the ground was snow and ice covered but, fortunately, the wind was slight.



The race started at the start line of the Circuit Park Zandvoort Race Circuit (a Formula 1 circuit though not since 1985). The first kilometre was on the track and the slightly banked corners were interesting due to the ice but I didn't see anyone slip. After that we climbed up onto the beach road and ran a loop 2k up the pavement of that road and then 2k back down the sand on the beach. Now you know how it is running on sand - you are faced with the dilemma - do you run along the line where your feet sink into the sand or do you run along the line where the surface of the sand is frozen over with a slippery crust? The people doing the 5k stopped after one lap, the 10k runners did two. That actually made the two races about 6k and 9.5k respectively but this 10k runner wasn't complaining about being short-changed by 500m! My time was a creditable 55 minutes – about what I would have done for a full 10k which wasn't half on snow, ice or sand.

After finishing it was good to get warm inside the café/bar and there was a free hot snack though the staff struggled to deliver this as quickly as the hungry runners needed. I stayed for the results, which was fortunate since I was surprised by the award of the KLM "Anticipation" trophy to the BA WARR team (the joke being that if Obama can get an award for what he might do for peace then we can get an award for what we might do for WARR!). At about 5 o'clock we set off back to the airport – leaving the café we were handed a complementary dessert which we consumed thanks to the spoon that came with the coffee mug! At the airport I checked in for the last BA flight of the day. This was full but this left me to explore the airport to find the British Midland Ticket Desk to get myself transferred onto their flight. I ended the day with the full LHR T1 delay experience but did manage to be home in time to watch Match of the Day. I recommend this race for anyone next year – though I may not do it myself!

Bahrain Marathon – 20th November

The Bahrain marathon relay took place on Friday 20th November and BA managed to get a team to the start line, which consisted of Dave Rimmer, Richard Ruffell, Chris Kelly, Barry and four local runners! Brian Bennett had flown out but could not shake off his flu and decided to return home early. Dave and Richard were getting over injuries and ran two legs each while Chris and Barry managed three legs each. Early in the race the team were placed 6th overall but eventually finished in 18th place being edged out of the airlines award by a strong Gulfair team. Never the less a good effort with around 150 teams taking part.

British Airways Records

Editors note – As you can see we have some gaps in our records can you fill them or do you have a better time/distance than the one specified, if so please help us update our records!! Don't be shy!!!

All we ask is that you are wearing a BA vest at the time of claiming your record....

TRACK & FIELD - LADIES (OPEN)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Anne Hurn	12.5	ASCA	Dublin	Sep-99
200m	Anne Hurn	26.5	ASCA	Dublin	Sep-99
400m	Anne Hurn	64.7	LBH	Hendon	Jun-99
800m	Sarah Bond	2:21.0	ASCA	Dublin	Sep-99
1500m	Katherine Henville	5:04.5	Rosenheim	Kingston	May-05
3000m	Elsa Curran	10:55.0	Bucks Champs	??	May-96
5000m	Caroline Yarnell	19:37.0	LBH	Battersea	Sep-00
100m H	Anne Hurn	22.4	Rosenheim	Walton	Jun-00
100m H	Janet Smith	22.4	Rosenheim	Woking	Jul-99
400m H	Caroline Yarnell	89.7	Rosenheim	Kingston	Jul-99
2000m S/C	Caroline Yarnell	9:27	Rosenheim	Kingston	Jun-00
Long Jump	Anne Hurn	4.84m	Rosenheim	Roehampton	Aug-99
High Jump	Debbie Brennan	1.40m	Rosenheim	Kingston	Aug-95
Triple Jump	Anne Hurn	10.09m	Rosenheim	Woking	Jul-00
Shot	Janet Smith	8.47m	ASCA	Lisbon	Aug-94
Javelin	Jane Harbert	27.76m	BA Champs	Hayes	Sep-89
Hammer	Janet Smith	46.71m	Rosenheim	Woking	Jul-98
Discus	Janet Smith	35.54m	LBH	Perivale	Jun-96

ROAD - LADIES (OPEN)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Kat Henville	5:32	Parkway Mile	Cranford	Jun-06
5k	Amy Stiles	17:31	WARR	Vancouver	Oct-99
5 Mile	Colette O'Neil	31:13	Pednor 5	Chesham	May-03
10k	Amy Stiles	35:26	WARR	Vancouver	Oct-99
10 Mile	Melody Collman	1:04:03	Cabbage Patch	Teddington	Jan-88
½ Marathon	Jane Davies	1:25:11	Windsor Gt Park	Windsor	Oct-84
Marathon	Amy Stiles	2:50:34	London Marathon	London	Apr-00
Ironman	Sue Wells	13:03:??	UK Champs	W'hampton	Aug-96

TRACK & FIELD - LADIES (FV35)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Jane Harbert	15.1			Jan-98
200m	Jane Harbert	32.1			Jan-99
400m	Jane Harbert	71.7			Jan-99
800m	Jane Harbert	2:45.0	Rosenheim	Kingston	Jul-99
1500m	Jane Harbert	5:34.0			Jan-99
3000m	Caroline Yarnell	11:23.0	Middlesex Vets	Barn Elms	Aug-00
5000m	Caroline Yarnell	19:37.0	LBH	Battersea	Sep-00
100m H	Caroline Yarnell	25.2	Rosenheim	Walton	Jun-99
400m H	Caroline Yarnell	89.7	Rosenheim	Kingston	Jul-99
2000m S/C	Caroline Yarnell	9:27.0	Rosenheim	Kingston	Jun-00
Long Jump	Jane Harbert	3.92m			Jan-97
High Jump	Natalie Lang	1.30m		Eton	Jun-03
Shot	Janet Smith	8.04m	Rosenheim	Roehampton	Aug-00
Javelin	Jane Harbert	26.98m	Rosenheim	Kingston	Jan-97
Hammer	Janet Smith	44.81m	Rosenheim	Woking	Jul-00
Discus	Janet Smith	30.61m	Rosenheim	Woking	Jul-00

ROAD - LADIES (FV35)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Caroline Yarnell	6:05	Parkway Mile	Cranford	Jun-00
5k	Angela Smith	19:12	WARR	Hamburg	Sep-89
10k	Angela Smith	38:08	WARR	Hamburg	Sep-89
Marathon	Di Smith	4:24:50		London	Apr-96

TRACK & FIELD - LADIES (FV40)

Activity	Name	Time/ Dist	Event	Location	Date
100m					
200m					
400m					
800m					
1500m					
3000m	Caroline Yarnell	11:23.0	Middlesex Vets	Barn Elms	Aug-00
5000m	Caroline Yarnell	19:37.0	LBH	Battersea	Sep-00
100m H					
400m H					
2000m S/C	Caroline Yarnell	9:27.0	Rosenheim	Kingston	Jun-00
Long Jump					
High Jump	Natalie Lang	1.30m		Eton	Jun-03
Shot					
Javelin					
Hammer					
Discus					

ROAD - LADIES (FV40)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Caroline Yarnell	6:05	Parkway Mile	Cranford	Jun-00
5k					
5 Mile					
10k					
10 Mile					
½ Marathon					
Marathon	Di Smith	4:24:50		London	Apr-96

TRACK & FIELD - LADIES (FV45)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Lesley Macaskill	17.1			Jan-98
200m	Lesley Macaskill	35.9			Jan-98
400m	Lesley Macaskill	80.1			Jan-98
800m	Lesley Macaskill	2:46.2			Jan-98
1500m	Lesley Macaskill	5:40.5			Jan-98
3000m	Lesley Macaskill	11:29.0			Jan-98
5000m					
100m H					
400m H					
2000m S/C					
Long Jump					
High Jump					
Triple Jump	Natalie Lang	6.85m	Grand Prix	Eton	Jul-07
Shot					
Javelin					
Hammer					
Discus					

ROAD - LADIES (FV45)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Di Smith	7:32	Parkway Mile	Cranford	Jun-96
5k	Lesley MacAskill	20:11	WARR	Vancouver	Oct-99
5 Mile	Helen Smith	45:30	Berkhamsted	Berkhamsted	Mar-06
10k	Lesley MacAskill	40:29	WARR	Vancouver	Oct-99
½ Marathon	Lesley Macaskill	1:42.08		Bracknell	Apr-02
Marathon	Di Smith	4:24:50		London	Apr-96

TRACK & FIELD - LADIES (FV50)

Activity	Name	Time/ Dist	Event	Location	Date
We need some records here!!					

ROAD - LADIES (FV50)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Helen Smith	8:00	Parkway Mile	Cranford	Jun-06
5k	Alice Banks	23:56	Equinox	Cranford	Sep-06
5 Mile	Helen Smith	45:30	Berkhamsted	Berkhamsted	Mar-06
10k	Helen Smith	54:12	WARR	Sydney	Oct-07
½ Marathon					
Marathon					

TRACK & FIELD - MEN (OPEN)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Manolo Bello-Cano	11.1	LBH champs	Finsbury Park	Jun-01
200m	John Coe	21.5	ASCA		Jan-82
400m	John Coe	49.1	ASCA	Helsinki	Jan-85
800m	Tim Brennan	1:55.1	ASCA	Paris	Jun-89
1500m	Andrew Eynon	3:54.8	BA Champs	Hayes	Aug-96
3000m	Keith Goldsworthy	9:07.1	Rosenheim	Tooting Bec	Aug-97
5000m	Andrew Eynon	14:58.3	ASCA	Helsinki	Aug-96
110m H	Manolo Bello-Cano	16.2	Rosenheim	Walton	Jun-99
400m H	Manolo Bello-Cano	59.0	Rosenheim Final	Tooting Bec	Aug-01
2000m S/C	Andrew Eynon	6:54.4	Rosenheim	Woking	Jul-98
3000m S/C	Paul Hilling	10:19.0	Lufthansa	Hamburg	May-93
Long Jump	Mark Roach	6.03m	ASCA	Lisbon	Jan-94
High Jump	Mark Roach	2.11m	ASCA		Jan-91
Triple Jump	Adrian Haines	11.82m	Rosenheim	Eton	Jul-09
Pole Vault	Mike Pryce	2.50m	Rosenheim	Woking	Jul-00
Shot	John Linin	9.94m	BA Champs	Hayes	Sep-93
Javelin	Tim Clark	41.90m	ASCA	Seeheim	Aug-97
Hammer	Steve Hillier	33.76m	Rosenheim	Kingston	May-04
Discus	Hadi Shugaa	33.99m	Rosenheim	Barn Elms	Aug-05

ROAD - MEN (OPEN)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Tim Brennan	4:27	Parkway Mile	Cranford	Jun-93
5k	Tim Brennan	14:41	WARR	London	Oct-85
5 Mile	Barry Walters	24:30		Sunbury	Sep-85
10k	Barry Walters	30:15	WARR	London	Oct-85
10 Mile	Barry Walters	51:43		Hamburg	Sep-86
½ Marathon	Andrew Eynon	1:07:31		Bath	Mar-00
Marathon	Barry Walters	2:32:06		London	May-87
Ironman	John Levison	10:39:22		Zurich	Aug-00

TRACK & FIELD - MEN (MV40)

Activity	Name	Time/ Dist	Event	Location	Date
100m	John Coe	12.3			Jan-98
200m	John Coe	24.3			Jan-98
400m	John Coe	53.3			Jan-98
800m	Paul Toms	2:06.1	Rosenheim		Jun-94
1500m	Paul Toms	4:14.01	Rosenheim		Jun-94
3000m	Keith Goldsworthy	9:38.0	Rosenheim	Epsom	Jun-02
5000m	Paul Toms	15:49.0	LBH	Battersea	Aug-94
400m H	Steve Hillier	79.4	Rosenheim	Kingston	May-00
2000m S/C	Malcolm Field	7:25.0	Rosenheim	Eton	Jun-05
Long Jump	Adrian Haines	5.29m	Rosenheim	Eton	Jun-08
High Jump	Warren Caswell	1.80m	Rosenheim	Walton	May-09
Triple Jump	Adrian Haines	11.82m	Rosenheim	Eton	Jul-09
Pole Vault	Ian Monk	2.00m	Rosenheim	Kingston	Jul-00
Shot (7Kg)	Steve Hillier	8.97m	ASCA	Hamburg	Aug-02
Javelin	Paul Goldsmith	30.84m	BA Champs	Eton	Aug-00
Hammer	Steve Hillier	33.20m	Rosenheim	Woking	Jul-01
Discus	Paul Goldsmith	26.92m		Eton	Jan-02

ROAD - MEN (MV40)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Paul Toms	4:34	Midsummer Mile		Jun-93
5k	Paul Toms	15:44	WARR	Dublin	Oct-94
5 Mile	Paul Toms	26:50	Hillingdon	Hillingdon	Feb-95
10k	Allan Hardy	33:23	WARR	Washington	Oct-88
10 Mile	Phil Sharp	55:20	Cabbage Patch	Teddington	Oct-85
1/2 Marathon	John Williams	1:15:12	Reigate Half	Reigate	Nov-87
Marathon	John Williams	2:40:48	London Marathon	London	Apr-89
Ironman	Ron Feeney	10:47:30	ITU World Champs	Denmark	Aug-01

TRACK & FIELD - MEN (MV45)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Eddie Giles	12.9	Rosenheim		
200m	Malcolm Field	27.2	BA Champs	Eton	Aug-03
400m	Malcolm Field	61.2	ASCA	Dublin	Aug-05
800m	Paul Toms	2:06.1	Rosenheim		Jun-94
1500m	Paul Toms	4:14.01	Rosenheim		Jun-94
3000m	Malcolm Field	10:19.9	Vets AC Champs	Battersea	Jul-05
5000m	Paul Toms	15:49.0	LBH	Battersea	Aug-94
400m H	Steve Hillier	79.4	Rosenheim	Kingston	May-00
2000m S/C	Malcolm Field	7:25.0	Rosenheim	Eton	Jun-05
Long Jump	Paul Goldsmith	4.43m	BA Champs	Eton	Sep-02
High Jump	Warren Caswell	1.80m	Rosenheim	Walton	May-09
Triple Jump	Paul Goldsmith	8.84m	DEFRA	Battersea	Sep-02
Pole Vault	Paul Goldsmith	2.00m	Rosenheim	Kingston	May-07
Shot	Steve Hillier	8.97m	ASCA	Hamburg	Aug-02
Javelin	Paul Goldsmith	30.84m	BA Champs	Eton	Aug-00
Hammer	Steve Hillier	33.20m	Rosenheim	Woking	Jul-01
Discus	Paul Goldsmith	26.92m		Eton	Jan-02

ROAD - MEN (MV45)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	John Williams	5:11	Parkway Mile	Cranford	Jun-93
5k	Paul Toms	15:44	WARR	Dublin	Oct-94
5 Mile	Paul Toms	26:50	Hillingdon	Hillingdon	Feb-95
10k	John Coffey	34:49	Elmbridge 10K	Walton	Jul-87
10 Mile	John Coffey	57:31	Cabbage Patch	Teddington	Oct-87
1/2 Marathon	John Coffey	1:16:46	Welwyn 1/2	Welwyn	1987
Marathon	John Williams	2:40:48	London Marathon	London	Apr-89
Ironman	George Smith	12:07:27	Penticton	Canada	Aug-95

TRACK & FIELD - MEN (MV50)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Eddie Giles	12.9	Rosenheim		2006
200m	Malcolm Field	27.2	BA Champs	Eton	Aug-03
400m	Malcolm Field	61.2	ASCA	Dublin	Aug-05
800m	Malcolm Field	2:18.6	Rosenheim Final	Kingston	Aug-05
1500m	Malcolm Field	4:43.3	Rosenheim	Walton	May-05
3000m	Malcolm Field	10:19.9	Vets AC Champs	Battersea	Jul-05
5000m	Malcolm Field	17:59.1	Open Mtg	Bournemouth	1998
10000m	Malcolm Field	38:31.0	Vets AC	Battersea	Sep-05
110m H	Paul Goldsmith	21.16	Rosenheim	Ewell	Aug-03
2000m S/C	Malcolm Field	7:25.0	Rosenheim	Eton	Jun-05
Long Jump	Paul Goldsmith	4.43m	BA Champs	Eton	Sep-02
High Jump	Paul Goldsmith	1.45m	ASCA	Helsinki	Aug-03
Triple Jump	Paul Goldsmith	8.84m	DEFRA	Battersea	Sep-02
Pole Vault	Paul Goldsmith	2.00m	Rosenheim	Kingston	May-07
Shot	Steve Hillier	9.21m	BA Champs	Eton	Sep-04
Javelin	Paul Goldsmith	30.84m	BA Champs	Eton	Aug-00
Hammer	Steve Hillier	36.29m	BA Champs	Eton	Sep-05

Discus	Steve Hillier	25.20m	Grand Prix	Eton	Aug-05
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ROAD - MEN (MV50)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	John Williams	5:11	Parkway Mile	Cranford	Jun-93
5k	Barry Walters	17:31	BA Fun Run	Waterside	Jul-07
5 Mile	John Coffey	28:47	Hillingdon 5	Hillingdon	1992
10k	Allan Hardy	36:01	Concorde 10K	Cranford	May-97
10 Mile	John Coffey	59:14	Woking 10	Woking	1992
1/2 Marathon	John Coffey	1:21:39	Hillingdon 1/2	Hillingdon	1993
Marathon	John Williams	2:59:03	London Marathon	London	Apr-93
Ironman	George Smith	12:07:27	Penticton	Canada	Aug-95

TRACK & FIELD - MEN (MV55)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Eddie Giles	12.9	Rosenheim	???	2006
200m	Eddie Giles	27.9	Grand Prix	Eton	Jul-09
400m	Eddie Giles	65.5	Rosenheim	Eton	Jun-08
800m	Alan Friar	2:39:0	Grand Prix	Eton	Jul-07
1500m	Brian Bennett	5:17.3	BA Champs	Eton	Aug-00
3000m	John Coffey	11:10.1	Rosenheim	Walton	May-02
5000m					
110m H	Paul Goldsmith	21.16	Rosenheim	Ewell	Aug-03
2000m S/C	Paul Goldsmith	9:09.2	Rosenheim	Eton	2004
Long Jump	Brian Bennett	4.33m	BA Champs	Eton	Aug-03
High Jump	Paul Goldsmith	1.45m	ASCA	Helsinki	Aug-03
Triple Jump	Paul Goldsmith	8.50m	BA Champs	Eton	Sep-08
Pole Vault	Paul Goldsmith	2.00m	Rosenheim	Kingston	May-07
Shot	Steve Hillier	8.37m	BA Champs	Eton	Sep-09
Javelin (800g)	Nick Edge	24.69m	Grand Prix	Eton	Jun-07
Hammer	Steve Hillier	30.61	Grand Prix	Eton	Aug-09
Discus	Steve Hillier	19.88	BA Champs	Eton	Sep-09

ROAD - MEN (MV55)

Activity	Name	Time/ Dist	Event	Location	Date
5 Mile	John Coffey	30:18	Marlow 5	Marlow	Jun-05
10K	John Coffey	37:54	Staines 10K	Staines	Jun-05
10 Mile	John Coffey	1:03:11	Woking 10	Woking	Jun-05
1/2 Marathon	John Coffey	1:26:30	Bracknell 1/2	Bracknell	Jun-05
Marathon	Ray Hampton	3:12:54	London M	London	Apr-00

TRACK & FIELD - MEN (MV60)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Eddie Giles	14.1	Rosenheim	Ewell	Jun-09
200m	Eddie Giles	27.9	Grand Prix	Eton	Jul-09
400m	Eddie Giles	66.9	Grand Prix	Eton	Aug-09
800m	Alan Friar	2:39:0	Grand Prix	Eton	Jul-07
1500m	Brian Bennett	5:17.3	BA Champs	Eton	Aug-00
3000m	John Coffey	11:10.1	Rosenheim	Walton	May-02
2000m S/C	Paul Goldsmith	9:35.3	Rosenheim	Walton	May-08
Long Jump	Brian Bennett	4.33m	BA Champs	Eton	Aug-03
High Jump	Paul Goldsmith	1.35	ASCA	Frankfurt	Aug-08
Triple Jump	Paul Goldsmith	8.50m	BA Champs	Eton	Sep-08
Shot	Paul Goldsmith	8.64m	BA Champs	Eton	Sep-09
Javelin	Paul Goldsmith	26.75m	Grand Prix	Eton	Jun-08
Hammer	Paul Goldsmith	19.07	Grand Prix	Eton	Jul-08
Discus	Paul Goldsmith	29.23m	Grand Prix	Eton	Sep-08

ROAD - MEN (MV60)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	John Coffey	5:49	Parkway Mile	Cranford	Jun-02
5k	Brian Bennett	19:47	Equinox 5K	Cranford	Sep-00
5 Mile	John Coffey	31:32	Hillingdon	Hillingdon	Mar-02

10k	John Coffey	39:12	Datchet Dash	Datchet	Jun-02
10 Mile	John Coffey	1:05:00	Woking 10	Woking	Mar-02
1/2 Marathon	John Coffey	1:27:19	Ranelagh 1/2	Richmond	May-02
Marathon	Ray Hampton	3:17:20	London M	London	Apr-06

TRACK & FIELD - MEN (MV65)

Activity	Name	Time/ Dist	Event	Location	Date
100m	Brian Bennett	14.8	Grand Prix	Eton	Sep-08
200m	Brian Bennett	33.5	Grand Prix	Eton	May-07
400m	Brian Bennett	73.9	Grand Prix	Eton	Aug-07
800m	Brian Bennett	2:54.1	Grand Prix	Eton	Jul-07
1500m	Brian Bennett	5:48.0	Grand Prix	Eton	Jun-07
3000m	David Barnard	15:31.8	BA Champs	Eton	Sep-09
5000m					
2000m S/C					
Long Jump	Brian Bennett	3.77	Grand Prix	Eton	Aug-08
High Jump					
Triple Jump	Harry Wild	6.24m	BA Champs	Eton	Aug-03
Shot	Brian Bennett	5.46m	Grand Prix	Eton	May-07
Javelin	Alan Anderson	22.77m	Grand Prix	Eton	Jul-02
Hammer	Brian Bennett	14.12m	Grand Prix	Eton	Jul-07
Discus					

ROAD - MEN (MV65)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	John Coffey	6:52	Parkway Mile	Cranford	Dec-08
5k	John Coffey	21:04	Bushey Park		Oct-08
5 Mile	John Coffey	35:38	Perivale 5	Perivale	Dec-09
10k	Brian Bennett	44:02	Yately 10K	Yateley	Jun-07
10 Mile	Brian Bennett	1:14:27	Cabbage Patch	Teddington	Oct-07
1/2 Marathon	Brian Bennett	1:40:18	Fleet 1/2	Fleet	Apr-08
Marathon	Ray Hampton	3:27:34	Jersey M	Jersey	Oct-08

TRACK & FIELD - MEN (MV70)

Activity	Name	Time/ Dist	Event	Location	Date
200m	David Barnard	42.0	BA Champs	Eton	Sep-09
400m	David Barnard	93.7	BA Champs	Eton	Sep-09
1500m	David Barnard	7:27.8	BA Champs	Eton	Sep-09
3000m	David Barnard	15:31.8	BA Champs	Eton	Sep-09
Shot	Harry Wild	7.71m	BA Champs	Eton	Sep-08
Javelin	Harry Wild	15.65m	BA Champs	Eton	Sep-04
Hammer	Harry Wild	15.42m	BA Champs	Eton	Sep-04
Discus	Harry Wild	21.56m	BA Champs	Eton	Sep-04

ROAD - MEN (MV70)

Activity	Name	Time/ Dist	Event	Location	Date
1 Mile	Alan Anderson	7:19	Parkway Mile	Cranford	Jun-08
5K	Alan Anderson	23:57	Equinox	Cranford	Oct-08
10K	Alan Anderson	53:53	Concorde 10K	Cranford	May-08
Marathon	Derek Brion	3:51:29	London Marathon	London	Apr-98

TRACK & FIELD - MEN (MV75)

Activity	Name	Time/ Dist	Event	Location	Date
Shot	Harry Wild	7.71m	BA Champs	Eton	Sep-08
Javelin	Harry Wild	15.16m	BA Champs	Eton	Sep-08
Hammer	Harry Wild	14.88	BA Champs	Eton	Sep-08
Discus	Harry Wild	16.63	BA Champs	Eton	Sep-08

ROAD - MEN (MV80)

Activity	Name	Time/ Dist	Event	Location	Date
ACTIVITY	NAME	TIME / DIST	EVENT	LOCATION	DATE
1 Mile	Derek Brion	9:35	Parkway Mile	Cranford	Jun-08
5K	Derek Brion	30:16	Equinox	Cranford	Oct-08
Marathon	Bill Buckley	5:52	London Marathon	London	Apr-97

Snippets

Future new club members!

Melanie and Martin Holman are pleased to announce the birth of Philippa Christine Holman born at 7.27pm on 14 December, weighing 7lb 10oz. Arrived quickly!

CONGRATULATIONS to Mel and Martin from us all and BAAC

The Honourable Artillery Company – Nick Edge

Those club members who have helped to marshal the Great City Race over the last few years will be well aware of the lavish hospitality to be enjoyed afterwards at the HAC. While savouring a well-earned bottle of Becks' I've often wondered, what would this site, easily the biggest open space in the Square Mile, be worth on the property market?

Among my Christmas presents this year (yes, I do get 1 or 2) was a book entitled "And God Created Cricket" by Simon Hughes, a name well known to all lovers of the Greatest Game. This is a mine of information about the early days, and it seems that during the 1730s and 40s the Artillery Club was the dominant force in the game and this same ground was its Mecca, predating Lords. It was the principal venue for commercial matches in London, which even in those days included women's games, and it was possibly the first ground to have a marked boundary. Prior to this there were no 4s or 6s, everything having to be run.

Anyway, back to my original question. Hughes acknowledges that together with the Hong Kong Cricket Club this is the most valuable sports ground in the world. He apparently consulted a property expert friend of his who did the necessary calculations and came up with a figure of . . . wait for it . . . £1.2 billion. It doesn't sound so much if you say it quickly.

FIND A JOGGING BUDDY

Are you tired of training on your own? Need a bit of company while also helping to motivate someone else? A new FREE website www.joggingbuddy.com has captured the attention of thousands of runners already.

The website was launched in September 2008, today the website has almost 8,000 registered runners all looking for someone to train with.



The website has members from all walks of life and all levels of fitness, from power walkers to seasoned marathon runners. In July of 2009 the website opened up for members from all over the world, today the website has members from 52 countries and spreading fast! - be amongst the first to get onto the website, its FREE to register and will only take a few minutes.

Once registered members can search for buddies, plan running routes, search for running events and use the websites' running log to keep a record of your training. The site offers some good tips on training, health & nutrition. Joggingbuddy is also attracting some great offers for joggingbuddy members and are running a number of competitions that are well worth considering.

Joggingbuddy.com was founded by Tony Piedade. Tony is a keen runner himself who lists the Bath Half Marathon, New York Marathon and London Marathon amongst his favourite events. This Year Tony will hope to complete the first ever Kilomathon (26.2KM) and is hopeful of securing a place in the great north run.

To register and find a joggingbuddy go to www.joggingbuddy.com

AND FINALLY.....



THAT'S IT FOLKS.