

OLD GAYTONIANS' ATHLETIC CLUB

Winter Newsletter 1982/83 No. 1

ATHLETICS FIXTURES FROM LAST SEASON.

Aug. 7th Southern League Division 1 at Rochester.

The "A" team romped away to an easy win and, as expected, finished 2nd overall in the league for the third year running. Despite the poor standard of the track, there were several good performances. Phil O'Brien walked away with the 1500m, Mark Littlejohns set a fast time in the 400mH, Andy Deighton and Mark Cursons ran P.B.'s in their races and Len Steers threw a club record in the hammer. Other "A" wins came from Tony Lazar/100m, Jim Moseley/400m/800m, Mike Bartlett/110mH/H.J. and Paul Nowak/T.J. Bob Fox set a youths record in winning the "B" high jump.

100m	1	A.Lazar	11.5	4	M.Horton	11.9	H.J.	1	M.Bartlett	1.85	1	R.Fox	1.83
200m	5	M.Littlejohns	23.6	3	M.Horton	23.9	P.V.	2	A.Surland	3.30	1	B.Chillery	3.00
400m	1	J.Moseley	48.7	3	H.McInnes	51.7	L.J.	3	D.Nicholson	5.92	2	A.Lamb	5.30
800m	1	J.Moseley	1.56.6	1	J.Deighton	2.01.3	T.J.	1	P.Nowak	12.67	1	A.Lamb	12.11
1500m	1	P.O'Brien	3.52.4	1	M.Lepps	3.56.7	S.P.	2	L.Steers	11.75	1	N.Hayes	11.45
5000m	2	A.Deighton	15.00.4	2	R.Heath	15.24.7	D.T.	2	L.Steers	36.32	4	N.Hayes	22.04
110mH	1	M.Bartlett	17.3	1	D.Stevens	16.7	J.T.	4	P.Parry	43.30	2	A.Lamb	42.32
400mH	1	M.Littlejohns	54.8	2	D.Stevens	57.7	H.T.	2	L.Steers	45.54	1	S.Freedman	38.16
3knSC	2	M.Cursons	9.20.3	2	H.McInnes	10.07.6							

4x100m 3 45.6 (A.Lazar, D.Nicholson, M.Bartlett, M.Horton)

4x400m 3 3.34.1 (D.Stevens 54.3, J.Deighton 53.6, M.Bartlett 51.7, M.Littlejohns 54.5)

Teams: 1/ Old Gayts 146, 2/ Elliott 124, 3/ Hercules Wimbledon 112, 4/ Hounslow 110, 5/ Q.P.H. 12.

Final League Table: 1/ Windsor 50, 2/ Old Gayts 28, 3/ Hillingdon 26, 4/ Balgrave 25(74.4), 5/ North London 25(73.2), 6/ Hounslow 22.5, 7/ Norfolk 21(68.7), 8/ Shaftsbury 21(65.4), 9/ Woking 21(64.9), 10/ Bedford & Elliott 19, 12/ S.L.H. 18.5, 13/ Reading 17, 14/ Portsmouth 16.4, 15/ Crawley 16(62.5), 16/ Chelmsford 16(60.4), 17/ Croydon 15.5, 18/ Hercules 15(63.6), 19/ Verlea 15(59.1), 20/ Surrey 15(59.4), 21/ Yeovil 13(52.4), 22/ W.Cornwall 12(55.0), 23/ Hastings 12(52.9), 24/ Q.P.H. 7, 25/ Plymouth 6.

Aug. 7th Southern League Division 3 at Bannister.

We went into this match with hopes of doing well and gaining promotion, but as it turned out, we were fighting towards the end of the match not to finish 4th. As we later discovered when the other match results came in, we would have to had won to gain promotion. The only "A" win came from Dennis Orme in the 5000 but the best performance of the day came from Mike Turner who smashed his p.b. in the 800m.

100m	2	J.Mann	11.9	4	M.Smith	12.2	H.J.	2	G.Emmett	1.75	1	B.Dowding	1.65
200m	2	P.Scott	24.3	1	J.Mann	23.8	P.V.	2	J.Secker	3.30	4	C.Greatrex	2.40
400m	4	A.Lee	53.7	1	W.Thomas	54.3	L.J.	4	W.Thomas	5.91	4	M.Chippendale	5.81
800m	2	M.Turner	1.57.2	2	A.Hopson	2.02.2	T.J.	4	W.Thomas	12.58	4	P.Stanton	11.69
1500m	3	A.Robson	4.15.5	3	M.Turner	4.29.0	S.P.	5	G.Emmett	8.92	5	S.Patel	8.77
5000m	1	D.Orme	15.56.3	1	S.Penny	16.09.5	D.T.	5	P.McElwaine	24.34	5	G.Griffiths	23.22
110mH	3	M.Chippendale	17.3	4	P.Stanton	19.2	J.T.	2	P.McElwaine	40.48		N.Smith	n.t.
400mH	3	W.Thomas	59.2	1	M.Chippendale	59.3	H.T.	5	C.Greatrex	20.58	5	R.Pound	15.86
3knSC	2	I.Pursell	10.07.0	4	R.Ball	11.22.8							

4x100m 2 46.3 (J.Mann, M.Smith, P.Scott, S.Pound)

4x400m 3 3.40.3 (A.Hopson 55.4, P.Scott 57.2, M.Chippendale 54.1, A.Lee 53.7)

Teams: 1/ Stevenage 130, 2/ Bedford 118, 3/ Old Gayts 105.5, 4/ Hertford 104, 5/ Eastbourne 68.

Final League Table: 1/ Sutton 29, 2/ Peterborough 28(828), 3/ Stevenage 28(799.4), 4/ Bracknell 25.5, 5/ Newbury 24, 6/ Old Gayts 23, 7/ Diss 22(725.5), 8/ Hertford 22(720), 9/ Harlow 21, 10/ Basildon 20.5, 11/ Enfield 20, 12/ Worthing 19.5, 13/ Southampton 19, 14/ Horsham 18.5, 15/ V.P.H. 18, 16/ Huntingdon 16, 17/ Woodford 15, 18/ Bedford 14.5, 19/ Oxford 14, 20/ Barnet 13, 21/ Walton 12.5, 22/ Haslemere 9(502), 23/ Eastbourne 9(485), 24/ Surrey Beagles 8, 25/ Newham 1.

Aug. 28th Middlesex League Finals at West London.

The first "warm up" match before the British League Qualifying Match had its ups and downs. The only win in the senior match was in the 5000m team race. However, Phillip Parry showed a return to form winning the youths javelin and Denzil Nicholson won the long jump to earn himself a place in the BLQM team. Ian White set a youths/junior record in the pole vault. Without full turnouts, we finished 6th in each age group.

SENIORS: 100m 6th A.Lazar 12.0. 400m 6th B.Davidson 51.8. 800m 3rd M.Lepps 1.57.5. 1500m 2nd P.O'Brien 4.02.0. 5000m 3rd M.Cursons 15.00.4. 5th R.Heath 15.03.6. 7th D.Orme 15.12.8. 16th M.Green 16.04.7. 1st team. 110mH 3rd M.Bartlett 16.4. 400mH 3rd D.Stevens 57.5. H.J. 5th G.Emmett 1.75. P.V. 3rd B.Chillery 3.30. L.J. 2nd D.Stevens 6.27. T.J. 5th A.Lamb 11.87. S.P. 4th N.Hayes 10.80. D.T. 6th A.Bush 15.88. J.T. 5th A.Lamb 43.24. H.T. 7th N.Hayes 29.40. 4x100m disq (A.Lazar, J.Mann, S.Pound, M.Horton). 4x400m 5th 3.28.9 (M.Bartlett 53.6, B.Davidson 52.1, J.Moseley 49.3, S.Pound 53.9). Teams: 1/ T.V.H. 112, 2/ Enfield 109, 3/ Polytechnic 104, 4/ Haringay 102, 5/ Hillingdon 86, 6/ Old Gayts 76, 7/ Ealing & Southall 42.

YOUTHS: 100m 4th G.Ault 12.2. 1500m 7th I.White 4.41.8. 100mH 6th P.Rogers 19.6. H.J. 5th P.Fox 1.80. P.V. 2nd I.White 3.40. L.J. 1st D.Nicholson 6.31. S.P. 7th G.Williams 8.83. D.T. 2nd P.Parry 33.26. J.T. 1st P.Parry 56.88. H.T. 4th G.Williams 26.22. 4x100m 4th 49.6 (P.Rogers, P.Parry, R.Fox, G.Ault). Teams: 1/ Haringay 123, 2/ Enfield 106, 3/ T.V.H. 90, 4/ Hillingdon 69, 5/ Ealing & Southall 66, 6/ Old Gayts 57, 7/ Polytechnic 20.

BOYS: 4th C.Omodiagbe 12.7. 400m 6th D.Rogers 71.0. 80mH 3rd G.Pound 15.8. H.J. 4th G.Pound 1.30.

T.J. 4th D.Hoilette 11.26. D.T. 2nd D.Hoilette 29.36. H.T. 3rd G.Pound 22.04.

4x100m 4th 53.1 (C.Omodiagbe, D.Rogers, G.Pound, D.Hoilette).

Teams: 1/ Haringay 119, 2/ Ealing & Southall 102, 3/ Hillingdon 61, 4/ North London 54, 5/ T.V.H. 44, 6/ Old Gayts 42, 7/ Polytechnic 34.

Aug. 30th Reading Trophy Meeting.

The second "warm up" before the B.L.Q.M. produced a few promising performances. Mark Littlejohns won the 400mH and Philip Parry the seniors and youth javelin. Bob Fox again raised the youths high jump record, Mike Turner almost equalled his p.b. in the 800m and John Mann ran a fast 11.2 to win the "B" 100m.

100m	6	S.Pound	11.8	1	J.Mann	11.2	400mH	1	M.Littlejohns	35.7	5	M.Bartlett	62.8
200m	5	J.Mann	23.8	4	M.Littlejohns	23.6	3kmSC	3	G.Finill	9.53.8			
400m	5	M.Turner	56.1	4	W.Thomas	56.1	H.J.	4	R.Fox	1.85			
800m	2	M.Turner	1.57.4				T.J.	3	W.Thomas	12.90	3	P.Stanton	11.87
1500m	3	M.Lepps	3.57.2	4	F.O'Brien	3.58.0	S.P.	3	M.Horton	8.34	3	M.Bartlett	7.87
	8	A.Deighton	4.04.2 (N/S)				D.T.	6	M.Bartlett	21.42			
5000m	5	D.Orme	15.33.7	23	A.Bush	18.28.0	J.T.	1	P.Parry	52.32			

4x100m 5 L7.0 (P.Stanton, J.Mann, S.Pound, M.Horton)

Teams: 1/ Southampton 192, 2/ Gloucester 186, 3/ Aldershot 184, 4/ Old Gayts 158, 5/ Reading 125, 6/ Blackheath 114. "A" and "B" positions given except for 1500m & 5000m.

YOUTHS: 100m 8th G.Pound 13.9. J.T. 1st P.Parry 53.24. D.T. "A" 2nd P.Parry 32.00, "B" 1st R.Fox 24.06.

Teams: 1/ Aldershot 184, 2/ Gloucester 157, 3/ Southampton 143, 4/ Reading 120,

5/ Old Gayts 37, 6/ Blackheath 29.

Boys/Colts 800m 10th G.Drake 2.32.0.

Sept. 4th British League Qualifying Match at Luton.

Unlike last year we had a full team without any last minute dropouts and Mark Cursons came with his father Peter and not uncle Hughie. The tide began to turn against us during the week when Belgrave, not content with beating us with half the Army team earlier in the season, picked up most of Surrey A.C.'s athletes in a sudden "amalgamation". Coupled with Hillingdon's active recruitment campaign at Borough Road and Windsor's (probably more genuine) strengthening with ex-Walton athletes (who weren't actually competing under the nine month rule) placed more teams as favourites for promotion. The match became a five horse race between these three, Swansea and us and our weaker events began to leave us trailing towards the closing stages and we eventually finished 5th, one place lower than last year. All credit must go to Tony Bush's team management, but when clubs who we beat during the season decide to turn everyone out they can beat us and we performed as well as we could have done. The meeting started with a heated meeting between team managers over Belgrave's composite team and two clubs threatened to walk out. But it was decided that the best course of action was to go out and "beat the cheats" and for a while it looked like that they wouldn't finish in the first two but they pulled through with some strong late events and easily won the match. However, the controversy isn't over and no doubt more will be said (or has been said as I typed this on Sept. 5th and it's now Oct. 16th).

The match opened with a magnificent run from Mark Littlejohns in the 400mH again breaking the club record finishing 2nd to Berwyn Price. Mark said to Berwyn afterwards "At 300m I thought I was going to beat you" and Berwyn said "At 300m I thought you were going to beat me!". Dave Stevens won the "B" string and good tactical races from Hamish McInnes and Jim Moseley in the 800m gave us a 22 point lead after 2 events. This was shorted lived as Belgrave took the double in the 100m and drew level with us. Credit must go to John Mann in the "A" string who had no experience of this level of competition and had to line up next to Ernest Obeng. Len Steers and Steve Freedman gave us back a 2 point lead after the hammer but we sank to 4th after the long jump. However Denzil Nicholson smashed his p.b. with a 6.56 leap breaking the youths record. Mark Cursons made no mistakes in the S/C sitting on the Swansea runners and knocking 0.1 secs off Mike Green's club record finishing 2nd "A" while Chris Finill ran a p.b. for 2nd "B". This left us 3rd while Swansea took the lead. After the 110mH we were 4th but Jim Moseley ran a good 2nd in the 400m and Bruce Davidson put in a fast time to finish 4th "B". The 1500m's races were tactical affairs. Mike Lepps made a move with 250m to go in the "A" race only to be overhauled in the home straight coming home 6th and Hamish McInnes coolly took 2nd in the "B". Field events results had now come in leaving us 4th equal while Hillingdon moved ahead of us for the first time. Jim put in a good "B" 200m but we were now 5th and we held this position till the finish. In the 5000m Peter Standing made a break halfway through the race and Phil O'Brien was involved in a 3 way race with Martin Duff and Andy Catton eventually finishing 4th and 3rd "A" while Andy Deighton was untroubled finishing 2nd "B". On the field everyone was performing well although there were no outstanding marks achieved. Philip Parry finished 3rd in the javelin. We were last in the 4x100m but Jim Moseley closed the 4x400m with a fast last leg to overhaul Ilford just before the line. The match result was obviously a disappointment but the feeling was that if we had to do what Hillingdon and Belgrave did to qualify, perhaps it was better that we didn't go up. We live to fight again in 1983!

100m	8	J.Mann	12.0	7	A.Lazar	11.5	H.J.	4	M.Bartlett	1.85	5	R.Fox	1.75
200m	8	M.Littlejohns	23.7	4	J.Moseley	22.9	P.V.	4	B.Chillery	3.40	4	A.Burland	3.20
400m	2	J.Moseley	48.8	4	B.Davidson	50.9	L.J.	6	D.Nicholson	6.56	8	T.Hughes	4.73
800m	2	H.McInnes	1.54.0	1	J.Moseley	1.55.2	T.J.	6	P.Nowak	12.87	5	D.Stevens	12.56
1500m	6	M.Lepps	3.54.5	2	H.McInnes	4.03.2	S.P.	4	L.Steers	12.35	3	N.Hayes	11.72
5000m	3	P.O'Brien	14.47.2	2	A.Deighton	15.02.3	D.T.	5	J.Fennelly	36.44	2	L.Steers	35.28
110mH	5	D.Stevens	16.4	5	M.Bartlett	16.1	J.T.	3	P.Parry	54.56	7	A.Lamb	42.60
400mH	2	M.Littlejohns	54.6	1	D.Stevens	56.8	H.T.	3	L.Steers	43.52	4	S.Freedman	37.52
3kmSC	2	M.Cursons	9.12.3	2	C.Finill	9.34.2							

4x100m 8 44.6 (S.Pound, J.Mann, A.Lazar, M.Horton)

4x400m 7 3.25.6 (M.Littlejohns, J.Deighton, B.Davidson, J.Moseley)

Teams: 1/ Belgrave etc. 361, 2/ Hillingdon 339, 3/ Windsor 321, 4/ Swansea 309, 5/ Old Gayts 286, 6/ Gloucester 209, 7/ Ilford 202, 8/ Hull Spartan 176.

LATE RESULTS:

July 20th Bank of England Match at Roehampton.

100m	3	J.Mann	12.0	2	M.Bartlett	12.3	T.J.	3	W.Thomas	12.32	1	P.Stanton	11.35
200m	5	J.Mann	23.7	2	M.Bartlett	24.3		N/S	I.Garrod	10.88		M.Bartlett	10.60
400m	6	W.Thomas	54.8	2	A.Lee	54.5			A.Lamb	12.73			
800m	4	C.Brooks	2.13.5	1	V.Reynolds	2.23.0	S.P.	7	I.Garrod	5.42	+	A.Lamb	10.00
1500m	5	C.Brooks	5.09.0	5	V.Reynolds	6.00.0		N/S	P.Parry	8.76		(yth wt.)	
5000m	4	R.Heath	15.34.5	7	J.Mortimer	16.13.7	D.T.	5	P.Parry	28.22	5	A.Bush	16.10
	12	S.Penny	16.42.0	21	A.Bush	18.16.0	J.T.	3	P.Parry	47.76	4	M.Bartlett	32.67
L.J.	3	W.Thomas	5.55	2	I.Garrod	5.06			A.Lamb	41.77			
4x100m	1	46.5		4x400m	4	3.51.8							
Teams:	1/ Old Gayts 127, 2/ Hercules Wimbledon 120½, 3/ Bank of England 116, 4/ Twickenham 112½, 5/ Polytechnic 91, 6/ London A.C. 69, 7/ Surrey A.C. 55.												

Aug. 7th Southern League Division 6 at Erith.

The "C" team finished with a 3rd placing but our league position is still unknown. "A" wins came from team manager Gareth Smith in the steeplechase and Paul Rogers in 110mH.

100m	3	C.Ault	12.0	3	P.Rogers	13.2	H.J.	2	I.Garrod	1.60	2	M.Muir	1.45
200m	4	C.Brooks	26.4	4	R.Sweetman	28.9		P.V.					
400m	3	I.Garrod	60.8	1	C.Brooks	58.8	L.J.	3	C.Ault	5.27	3	P.Rogers	4.73
800m	2	C.Brooks	2.11.0	3	R.Sweetman	2.18.4	T.J.	2	I.Garrod	11.01	2	M.Muir	10.30
1500m	3	V.Reynolds	4.47.9	2	S.Ashton	4.54.5	S.P.	4	I.Garrod	6.08	3	M.Baron	5.98
5000m	3	G.Smith	16.32.0	3	N.Martin	19.20.0	D.T.	4	V.Reynolds	19.24	3	I.Garrod	14.30
110mH	1	P.Rogers	20.6	2	I.Garrod	23.8	J.T.	4	P.Rogers	22.08	2	M.Baron	19.40
400mH	2	I.Garrod	73.0	2	V.Reynolds	72.4	H.T.	4	I.Garrod	15.38	3	V.Reynolds	14.64
3kmSC	1	G.Smith	12.06.7	1	M.Muir	12.14.8							
4x100m	2	32.5		(I.Garrod, N.Martin, P.Rogers, C.Ault)	5								
4x400m	3	4.01.7		(V.Reynolds, R.Sweetman, C.Brooks, I.Garrod)									
Teams:	1/ Bexley 134, 2/ Croydon 125, 3/ Old Gayts 115, 4/ Tendring 90.												

CROSS COUNTRY FIXTURES TO DATE:

Sept. 18th St. Albans Relay.

The season opened with a promising 5th place and, with a better turnout, we would have been in the first three. Chris Finill showed good form on first leg and Rob Heath ran our fastest lap.

"A" 5th (87.50) C. Finill (14.10), R. Heath (13.52), J. Mortimer (14.58), M. Lepps (14.03), M. Turner (16.14), J. Deighton (14.33).
 "B" (99.34) A. Hopson (15.23), A. Robson (16.13), R. Kraushaar (16.41), A. Bush (17.32), I. White (16.00), D. Wolfe (17.45).
 "C" d.n.f. R. Sweetman (18.23), D. Thomas (17.22), C. Finill (15.25).

Sept. 26th London Transport Relay at Kingsbury.

One of our best ever performances with both "A" and "B" teams taking prizes and winning the trophy after a six year break. Mark Cursons brought us in 2nd on first leg over ½ minute behind London Transport's P. Gore who ran fastest lap, Mark being 4th fastest, and Dennis Orme brought the "B" team in 4th. Mike Lepps held 2nd but we were now 1 minute down on London Transport while Stuart Penny dropped the "B" team one place. L.T.'s lead disintegrated on the third lap while Chris Finill took the lead and Andy Deighton moved the "B" team into 3rd. Rob Heath ran the 2nd fastest lap of the day to bring the "A" team home first and Jeff Deighton did a magnificent job to hold 3rd place for the "B". For the other teams, Ian White, Ray Fox and Nigel Martin had good runs.

"A" 1st (55.23) M. Cursons (13.45), M. Lepps (14.01), C. Finill (14.06), R. Heath (13.31).
 "B" 3rd (56.42) D. Orme (14.03), S. Penny (14.23), A. Deighton (14.02), J. Deighton (14.14).
 "C" 14th (63.35) A. Hopson (16.43), R. Ball (15.21), I. White (15.30), R. Kraushaar (16.01).
 "D" 26th (68.19) A. Bush (16.11), Ray Fox (17.16), Bob Fox (18.02), A. Bush (16.50).
 "E" 25th (67.49) N. Martin (16.47), I. Garrod (19.00), M. Muir (17.27), S. Penny (14.35).
 Teams: 1/ O.G. (55.23), 2/ Elliott (56.32), 3/ O.G. "B" (56.42), 4/ Aer Lingus (57.02), 5/ Met Police (57.57), 6/ L.T. Buses (58.17), 7/ L.T. District Line (58.44), 8/ Taylor Woodrow (58.57), 9/ Temple Bar (60.43), 10/ Elliott "B" (61.22).
 40 teams started. Fastest lap by P. Gore (L.T. Buses) 13.11.

Oct. 2nd Ealing & Southall "Horsenden Hill" Relay.

We improved nearly 3 minutes on last year but still only finished 4th, in fact our time would have won us last years race. Chris Finill brought us in 7th on leg 1 and Mark Cursons ran our fastest time to gain us one place. Jeff Deighton kept us close to leaders gaining another place as did Mike Lepps on leg 4 but a gap had now developed between us and the first three. Dennis Orme kept place on leg 5 and Rob Heath closed rapidly on the fealing Haringey runner over the last mile but "ran out of course" in which to catch him. Hamish McInnes and Stuart Penny missed out on "A" team selection but ran good times for the "B", other good runs coming from Ian White, Adrian Hopson and Derek Wolfe. Leg 5 & 6 "B" & "C" times inaccurate.

"A" 4th (73.43) C. Finill (12.17), M. Cursons (12.10), J. Deighton (12.17), M. Lepps (12.11), D. Orme (12.34), R. Heath (12.14).
 "B" 19th (79.46) A. Hopson (13.32), G. Smith (13.54), H. McInnes (12.17), S. Penny (12.28), I. White (13.38), M. Turner (13.57).
 "C" 38th (90.48) R. Sweetman (15.41), A. Bush (14.53), V. Reynolds (14.54), N. Martin (15.39), D. Wolfe (13.54), C. Brooks (15.47).
 Teams: 1/ West London IHE (72.50), 2/ Shaftsbury (73.03), 3/ Haringey (73.34), 4/ OG (73.43), 5/ Reading (74.19), 6/ Hillingdon (75.07), 7/ W.L.I.H.E. "B" (75.19), 8/ T.V.H. (75.35), 9/ Highgate (75.36), 10/ Windsor (75.46), 11/ Shaftsbury "B" (77.04), 12/ Ealing (77.16), 13/ Barnet (77.42), 14/ Enfield (78.29), 15/ London Irish (78.42).
 55 teams started, 43 finished. Fastest lap by Steve Harris (W.L.I.H.E.) 11.33.

Oct. 2nd Fairlands Trophy Races at Stevenage.

Both colts and mini colts teams scraped bronze medals having equal points to the 4th placed clubs but our third men being better placed. Alan Wray and Ben Jackson led in the teams both finishing 9th while Nigel Flint went wrong in the boys race finishing 8th.

Boys: 8/ N. Flint.

Colts: 9/ A. Wray, 14/ M. Sele, 18/ C. Wray, 34/ A. Hook, 49/ P. Williams, 54/ J. Grimster.

teams: 1/ Gilbert Inglefield Sch. 28, 2/ Banbury 34, 3/ Old Gayts 41, 4/ Luton 41, 5/ Bedford 56.

Mini-Colts: 9/ B. Jackson, 19/ R. Ronchetti, 25/ J. Jackson, 32/ M. Goodman, 44/ M. Green. teams: 1/ Luton, 2/ Bedford, 3/ Old Gayts, 4/ St. James School, Norwich.

Oct. 9th Chiltern League Division 1 at Shotover Hill, Oxford.

It was decided at the Chiltern League A.G.M. that if Oxford was to be a venue this year, it should be the first one when it would be least muddy. No chance of that. Ray Sweetman must have wondered if he was running a race or supposed to be imitating a hippopotamus. Organisation was conspicuous by its absence as the colts went off course and the results failed to appear in good time, hence I haven't any to print. Mike Lepps and Dennis Orme battled it out for the leading Gayts runner, Mike having the edge up the final hill finishing 10th with Dennis 13th, Chris Finill was 22nd and Jeff Deighton 29th. With only 9 runners we finished last, but only just. Another battled ensued in the youths race between Nigel Flint and Ian White, Nigel having the better second lap to finish 13th(?). The youths were 7th and it looks like we will be candidates for Division 2 medals next year! The colts finished 4th, Colin Wray was first Gayt home but his brother Alan was placed ahead of him on the results as the group he was with took a "detour".

CROSS COUNTRY TROPHY - Leading Positions inc. Chiltern League.

1/ M. Lepps 55, 2/ R. Heath 48, 3/ C. Finill 46, 4/ J. Deighton 43, 5/ M. Cursons 35, 6/ D. Orme 33, 7/ I. White 29, 8/ A. Hopson 25, 9/ S. Penny 23, 10/ R. Kraushaar 17, 11= A. Deighton & A. Bush 15, 13/ H. McInnes 14, 14/ D. Wolfe 12½, 15/ M. Turner 12, 16/ A. Wray 11, 17= J. Mortimer & R. Ball 10, 19= N. Martin & C. Wray 8. Total runners 46.

OLD GAYTS RUNNING FAR AND WIDE.

July 31st International at Meadowbank. 800m 8th H. McInnes 1.50.4.
Aug. 4th Southern Counties v Forces v Police at Crystal Palace.
3000m 2nd P. O'Brien 8.07.29 (club record).
Aug. 11th Civil Service Championships at Meadowbank. 1500m 4th M. Lepps 3.59.3 (4.00.8 ht).
Aug. 11th Open meeting at Crystal Palace. 1500m J. Deighton 4.01.6, M. Cursons 4.01.9.
3000m A. Deighton 8.38.(?).
Aug. 14th Shaftsbury/Southern "10". 41st D. Orme 53.43.
Aug. 14th Mountsorrel 8½m Road Race/Leics. 1st P. O'Brien 42.11 (course record),
4th R. Heath 43.49.
Aug. 18th Open meeting at Parliament Hill. 1500m 1st M. Cursons 4.04.8, S. Penny 4.23.0,
C. Brooks 4.32.5.
Aug. 21st/22nd Inter Counties at Birmingham. 800m 5th J. Moseley 1.53.44 (1.52.50 ht).
Aug. 21st Open Meeting at Stretford. 800m J. Deighton 1.57.8.
Aug. 22nd Open Meeting at Stretford. 1500m J. Deighton 4.06.0.
Aug. 22nd Inter-Banks Meeting at Crystal Palace. 1500m R. Heath 4.06.0.
5000m 2nd R. Heath 15.11.0.
Aug. 25th Open Meeting at Copthall. 400m B. Davidson 51.3. 3000m S. Penny 9.01.5,
V. Reynolds 10:20.9.
Aug. 28th Highland Games at Dunoon. 3000m 2nd H. McInnes 8.25.0.
Aug. 30th Yeovil Games. 100m J. Moseley 11.4.
Sept. 1st Open Meeting at West London. 800m J. Deighton 1.58.5. 5000m S. Penny 15.18.6.
Sept. 11th Open Meeting at Woking. J.T. 1st P. Parry 51.92. D.T. 4th P. Parry 32.04.
Sept. 15th Open Meeting at Parliament Hill. 800m J. Deighton 2.00.7.
3000m M. Cursons 8.29.5, S. Penny 9.03.(?).
Sept. 20th Hillingdon Schools League at Uxbridge. 4th/5th yrs 3rd I. White, 11th S. Ashton,
23rd G. Fisher, 24th R. Senders, 28th M. Hayman, 29th P. Quick,
42nd P. Carter. Gayton 2nd, Haydon 4th. 3rd yrs 10th S. Preston.
Haydon 2nd, Gayton 6th.
Oct. 4th Hillingdon Schools League at Nortaewood. 4th/5th yrs 2nd I. White, 22nd S. Ashton,
25th G. Fisher, 42nd M. Hayman, 50th P. Carter, 53rd R. Bernstein.
Haydon 4th, Gayton 6th. 3rd yr 21st S. Preston, 54th D. Rogers.
Haydon 2nd, Gayton 7th.

+++ At last! Division 6 Southern League result: 1/ Swindon 29(904), 2/ Per 29(816),
3/ Gt. Yermouth 27, 4/ Aldershot 26(801½), 5/ S.L.H. 26(797), 6/ Maidenhead 24,
7/ Basildon 23½, 8/ Redhill 23, 9/ Croydon 20, 10/ Bexley 19(676½), 11/ Elliott
19(674), 12/ Tring 18, 13/ Tendring 16(586), 14/ Braintree 16(575), 15/ V.P.H.
16(574), 16/ Bracknell 16(516), 17/ Old Gayts 14(510), 18/ Taunton 14(481),
19/ Camberley 12½, 20/ Canvey Island 12, 21/ North London 11,
22/ Borehamwood 9, 23/ Biggleswade 8, 24/ Trowbridge 3.

+++ Southern league 1983 dates/venues (div.1/3/6): Apr. 30th (New River/Enfield/Clacton),
May 14th (Bedford/Grays/W. London), June 4th (Bannister/Epsom/Bracknell),
July 2nd (Chelmsford/Bannister/Bannister), July 16th (W. London/Southampton/Bedford),
August 6th (Croydon/Southend/Basildon). Check them off in the Good Beer Guide!

+++ Fixture amendments: Oct 23rd Chiltern League at Windsor, North London at Copthall,
North of Thames Junior at Ruislip, Senior at Chigwell, Southern 12 stage April 9th.
Don't forget the Lyddiard, Nov 6th - priority match! Next newsletter will have
updated All-Time rankings.

Dennis Orme 13/10/82.

OLD GAYTONIANS' ATHLETIC CLUB

Winter Newsletter 1982/83 No. 2

CLUB FIXTURES TO DATE:

Oct. 9th Chiltern League Division 1 Round 1 at Shotover Hill, Oxford.

Results now available. Senior positions have been altered due to non-counters and the colts who took a "short-cut" have been positioned between 10th and 23rd.

Seniors: 9/ M. Leppes (27.15), 12/ D. Orme (27.20), 21/ C. Finill (27.42),
32/ J. Deighton (28.11), 64/ J. Moseley (29.32), 81/ R. Kraushaar (30.09),
122/ A. Robson (33.57), 126/ M. Muir (35.18), 135/ R. Sweetman (40.05).
136 finished + 3 guests. First: D. McNeilly (Reading) 25.27.

Teams: 1/ Oxford 1167, 2/ Reading 1126, 3/ Windsor 1079, 4/ Leighton Buzzard 850,
5/ Milton Keynes 847, 6/ Bracknell 814, 7/ Hounslow 636, 8/ Old Gayts 629.

Youths/Boys: 15/ N. Flint (21.50), 17/ I. White (22.06), 39/ M. Hayman (26.43),
46/ R. Bernstein (28.58), M. Penny d.n.f. 46 finished.

Teams: 1/ Bracknell 213, 2/ Oxford 208, 3/ Leighton Buzzard & Hounslow 137,
5/ Reading 129, 6/ Milton Keynes 127, 7/ Old Gayts 71.

Colts: 4/ A. Wray (11.27), 16/ C. Wray (8.48+), 30/ B. Jackson (12.51), 33/ J. Jones (13.04),
39/ S. Richardson (13.27). + short course. 51 finished.

Teams: 1/ Bracknell 183, 2/ Milton Keynes 162, 3/ Leighton Buzzard 128, 4/ Old Gayts 125,
5/ Oxford 119, 6/ Hounslow 110, 7/ Reading 99, 8/ Windsor 97.

Seniors/Youths combined: 1/ Oxford 1375, 2/ Reading 1255, 3/ Windsor 1079, 4/ Bracknell 1027,
5/ Leighton Buzzard 987, 6/ Milton Keynes 944, 7/ Hounslow 773, 8/ Old Gayts 700.

Oct. 16th Hatch End "5" and Old Gaytonians Schools' Races at Royston Park.

At last we exchanged the mire of Bannister for the peaceful roads of Hatch End for our home fixture. Although we didn't quite draw the numbers we had hoped for, what the race lacked in quantity it had in quality as Jim Espir won in a classy time. A group of Espir, Paul Bettridge and Martin Duff broke away early on passing through two miles in just over 9 minutes. In the next mile Duff was dropped and Espir gradually opened a lead on the last lap to win in relaxed style. Espir lead Shaftsbury to an easy team victory over Windsor while we scraped home a lucky 3rd thanks to a good run by 400m runner Bruce Davidson. All who ran enjoyed the course, except for the muddy patch on entering the field, and thought the organisation was good so hopefully we will see more people next year, next time with a full women's race. In the schools races we had better local representation than last year largely due to our closer involvement with some schools. In the new under 12 event, Alan Wray and Matthew Sale made an early break with Chapel End's S. Mole, Alan winning on the final run in with Matthew 3rd. Chapel End from Walthamstow, who were 3rd in last years "Milk in Action" Schools Cup, easily won while the Wray twins lead Bishop Ramsey to silver medal position and club runners Paul Williams, Ben Jackson and Johnathan Jackson took third place for Cannon Lane. Nigel Flint took the under 14 race by the scruff of the neck, breaking away early on with Dr. Challoners P. Whelan, no mean runner himself, and Chapel End's M. Witchell. Nigel pulled away halfway round the second lap and won by 9 seconds, largest margin of all four races that afternoon. With two Gayts runners winning there were high hopes of a hat-trick as Ian White stuck in with the leaders. The result was obviously going to be less clear cut as, with half a mile to go, there were seven boys in contention. At the end, Preston Manor's A. Leing proved the strongest, beating a spirited Ian White by 2 seconds on the sprint. The team result was the closest of the afternoon with Gayton High unlucky on missing out on 3rd by 4 points.

Seniors: 14/ M. Lepps (25.23), 22/ J. Deighton (25.46), 23/ C. Finill (25.48),
62/ B. Davidson (28.27), 73/ A. Robson (29.26), 76/ A. Bush (29.36),
90/ M. Baron (30.26), 91/ N. Martin (30.27), 93/ D. Wolfe (30.49), 99/ M. Muir (31.35),
126/ R. Sweetman (36.53). 7th lady B. Bush (36.39). 132 finished + 12 women.

Other placings: 1/ J. Espir (Shaft) 23.50, 2/ P. Bettridge (Hav'ng) 23.55, 3/ M. Duff
(Wind) 24.17, 4/ M. Puddifoot (TVH) 24.33, 5/ L. Benjamin (Hill) 24.39,
6/ J. Broe (Shaft) 24.43, 7/ Phil Gayter (TVH) 24.47, 8/ D. Walsh (Leighton B) 24.52,
9/ R. Smith (Wind) 24.54, 10/ J. Barnard (Poly) 24.59.

Teams: 1/ Shaftsbury 32, 2/ Windsor 47, 3/ Old Gayts 121, 4/ Shaftsbury "B" 122,
5/ Hillingdon 126, 6/ Windsor "B" 131, 7/ Leighton Buzzard 135, 8/ T.V.H. 166,
9/ Banbury 226, 10/ Milocarian 267, 11/ Muswell Hill 295, 12/ Shaftsbury "C" 304,
13/ Milton Keynes 307, 14/ Old Gayts "B" 330, 15/ London Road Runners 347,
16/ Muswell Hill "B" 391. First lady G. Haynes (Muswell Hill) 31.52.

Under 16: 2/ I. White (16.06), 15/ S. Ashton (17.35), 17/ G. Fisher (18.00),
24/ M. Hayman (19.42), 26/ P. Carter (19.54), 27/ R. Bernstein (20.24),
29/ M. Penny (21.30), 32/ D. Galen (22.24). 32 finished.

Teams: 1/ Preston Manor 15, 2/ Waddesdon 30, 3/ Bishop Ramsey 30, 4/ Gayton 34,
5/ Orange Hill 36, 6/ Dr. Challoners 39, 7/ Haydon 66. First: A. Leing (P.M.) 16.04.

Under 14: 1/ N. Flint (10.56), 26/ J. Grimster (13.00), 39/ M. Booy (13.41).

Teams: 1/ Chapel End 12, 2/ Dr. Challoners 17, 3/ Orange Hill 42, 4/ Bishop Ramsey 53,
5/ Waddesdon 70, 6/ Gayton 85. 52 finished.

Under 12: 1/ A. Wray (6.06), 3/ M. Sale (6.10), 6/ P. Williams (6.40),
8/ B. Jackson (6.43), 9/ R. Ronchetti (6.43), 13/ J. Jackson (7.02),
15/ S. Richardson (7.05), 19/ R. Wheeler (7.12), 27/ S. Booy (7.45). 29 finished.

Teams: 1/ Chapel End 14, 2/ Bishop Ramsey 19, 3/ Cannon Lane 27, 4/ Glebe 66.

Oct. 23rd Chiltern League Division 1 Round 2 at Windsor Great Park.

Lack of cars fortunately didn't stop us getting over although Mike Lepp's Renault had difficulties on the return trip. Hamish McInnes made a bold start setting off in third place but faded towards the end of the first lap finishing 8th while Mike Lepps held third for most of the second lap, leading the chasing group behind the leading two, but dropped to 4th in the final mile. Rob Heath ran a steady race to finish 12th but our team performance was no where near our showing three years ago when we took the Division 1 title. Nigel Flint lost a shoe in the youths/boy's race and it was left to Ian White to lead the team in, this time with nine runners, our best turnout since the Cursons/Penny days. Alan Wray lead in the colts to 5th place while newcomer Jason Grimster showed good form finishing just behind Colin Wray.

Seniors: 4/ M. Lepps (30.17), 8/ H. McInnes (30.37), 12/ K. Heath (30.45),
 31/ D. Orme (31.42), 33/ C. Finill (31.51), 78/ K. Kraushaar (34.06),
 119/ M. Muir (37.46), 129/ C. Brooks (40.21), 150/ N. Martin (41.48),
 133/ A. Morris n.t.t. 1st: S. Hayner (Milton Keynes) 29.40.

Teams: 1/ Windsor 1130, 2/ Bracknell 970, 3/ Reading 916, 4/ Oxford 893,
 5/ Leighton Buzzard 811, 6/ Milton Keynes 751, 7/ Hounslow 671, 8/ O.G.'s 647.

Youths/Boys: 14/ I. White (17.01), 26/ N. Flint (17.47), 47/ G. Fisher (18.53),
 51/ Kay Fox (19.19), 63/ K. Bernstein (21.00), 64/ M. Hayman (21.11),
 67/ Bob Fox (22.00), 69/ M. Penfold (23.15), 70/ D. Calman (23.16).

Teams: 1/ Bracknell 374, 2/ Oxford 370, 3/ Windsor 271, 4/ Reading 249,
 5/ Leighton Buzzard 238, 6/ Milton Keynes 202, 7/ Old Gayts 139, 8/ Hounslow 118.

Colts: 6/ A. Wray (12.52), 17/ G. Wray (13.45), 19/ J. Grimster (13.47),
 25/ A. Hook (14.06).

Teams: 1/ Bracknell 184, 2/ Oxford 176, 3/ Leighton Buzzard 170, 4/ Milton Kns. 167,
 5/ Old Gayts 153, 6/ Windsor 133, 7/ Hounslow 72, 8/ Reading 62.

Overall: Seniors 8th, Youths/boys 8th, Colts 5th.

Oct. 21st Harrow Marathon.

As the runners set off into the fog banks of North Kenton early on the Sunday, speculation was rife as to how the event would come off. In the end there were some compliments but also some complaints. Pete Browne went well off course while leading in the 10 mile run. Chris Finill, fresh from the Chiltern League the day before, stuck in with Pat Collins and Brian Standen up to the 17 mile mark where Pat made a break. Chris eventually came in 4th in a creditable time.

Marathon: 4th C. Finill 2.35.30, P. Taberner d.n.f. 99 finished.
10 miles: 7th R. Kraushaar 59.56, 13th A. Bush 61.37. 112 finished.

Nov. 6th Lyddiard Trophy at Park Wood.

Although this was a priority match, university matches prevented several runners from returning. Rob Heath led in the team in 10th. Derek Wolfe started his big comeback finishing 5th man and Ian Barnfather, on a two week holiday from Saudi Arabia, decided to run and beat 4 people.

10/ K. Heath (33.19), 38/ K. Ball (34.41), 40/ D. Orme (34.51),
 70/ K. Kraushaar (37.19), 100/ D. Wolfe (40.10), 102/ M. Baron (40.31),
 104/ M. Muir (40.43), 106/ A. Bush (40.49), 114/ C. Brooks (41.29),
 120/ I. Barnfather (43.57). 124 finished. 1st S. Lowe (Shaftsbury) 31.52.

Teams: 1/ Verles 126, 2/ Shaftsbury 134, 3/ Haringay 195, 4/ Hillingdon 213,
 5/ North London 400, 6/ Ealing 455, 7/ Watford 507, 8/ Old Gayts 528,
 9/ Barnet 531, 10/ C.P.H. 644, Highgate d.n.f.

Nov. 7th Amptill C.C. Races

Our youngsters entered this event for the first time and performed creditably against strong opposition. Gordon Drake just beat Matthew Sale to finish our first man home in the colts, and Ben Jackson led in the under 11's.

Colts: 29/ G. Drake, 30/ M. Sale, 69/ A. Wray, 81/ C. Wray, 100/ J. Grimster.
Under 11's: 37/ B. Jackson, 59/ R. Ronchetti, 81/ J. Jackson, 110/ M. Goodman,
 121/ P. Baker, 134/ M. Green.

Nov. 13th North London Championships at Cophall.

The team performance hit a low, although next year our winning team from 1979 will be eligible to compete again. Rob Heath led the team home and Tony Bush had a good run.

22/ R. Heath (27.04), 31/ C. Finill (27.26), 42/ D. Orme (27.58),
 71/ K. Kraushaar (28.58), 121/ A. Bush (31.10), 135/ M. Muir (32.01),
 164/ J. Creeber (34.25). 176 finished. 1st R. McDonald (Shaftsbury) 25.12.

Teams: 1/ Shaftsbury 37, 2/ N. London 102, 3/ Haringay 141, 4/ Enfield 148,
 5/ Highgate 167, 6/ Barnet 337, 7/ Hillingdon 342, 8/ Enfield "B" 348,
 9/ London Irish 349, 10/ Highgate "B" 352, 11/ Shaftsbury "B" 401,
 12/ Old Gayts 422, 13/ Q.P.H. 423, 14/ V.P.H. 466, 15/ Haringay "B" 637.
 22 teams finished.

Nov. 13th Luton Y.A. Meeting at Stopsley.

Absentees meant that we didn't pick up any awards this year, but there were some good runs from individuals. Nigel Flint had the best run finishing 5th in the boys event while Matthew Sale led in the colts and Richard Ronchetti the under 11's.

Youths: 29/ I. White, 67/ G. Fisher, 68/ Kay Fox.

Boys: 5/ N. Flint, 63/ M. Hayman, 64/ P. Carter.

Colts: 8/ M. Sale, 40/ A. Hook, 46/ J. Jones.

Under 11's: 17/ R. Ronchetti, 38/ J. Jackson, 51/ P. Martin, 61/ M. Green,
63/ P. Baker. Team 8th.

Nov. 20th North of the Thames "Junior" at Copse Wood.

After having won it last year, several of our runners were barred from competing. Even so, had it not been for injuries and illness, we still could have had a reasonable team out. Chris Finill improved on his last years position finishing our first scorer. Man of the day, however, was Nigel Flint who came in 4th in the Boys event. However, it turned out that the lad who won hadn't been entered and so Nigel was awarded the bronze medal.

Seniors: 37/ C. Finill (20.32), 91/ A. Hopson (28.10), 118/ A. Bush (30.14),
125/ M. Muir (30.47), 138/ N. Martin (32.59). 143 finished.

Teams: 1/ Highgate 25, 2/ T.V.H. 59, 3/ Leighton Buzzard 85, 4/ North London 115,
5/ Hillingdon 122, 6/ Barnet 135 ... 17/ Old Gayts 371.
20 teams finished. 1st M. Williams (Highgate) 24.13.

Boys: 3/ N. Flint (16.32), 32/ M. Hayman (19.40). 42 finished.

Nov. 27th Kerton Relay at Northwood.

The 20th annual Kerton took place in cold foggy muddy conditions. Our team was much better placed than in previous years, being in the first 10 until the final lap. Ex-Haydon boy Adrian Hopson was our fastest runner finishing 6th on leg one while Ian White and Nigel Flint were close behind.

14th (72.50) A. Hopson (10.52), N. Flint (11.04), M. Hayman (12.42),
I. White (11.00), Ray Fox (13.04), P. Carter (14.08).

Haydon 17th (73.36) G. Birtles (11.57/leg 1), N. Bastin (12.39/leg 2).

1st Skinners (62.19). Fastest: D. Hoinville (William Ellis, & J. Clarke (St. Albans) 9.43.

Dec. 5th London Fire Brigade Relay at Lambeth.

The fact that this was supposed to be a priority fixture became lost in the chaos that surrounded this match. Firstly Athletics Weekly published a note on the Friday that the race had postponed until the 12th, which it hadn't, then teams turned up late assuming the start was at the same time as last year when, in fact, it was at 10.30. In the event, a second race was held. We took part in the first, and the strongest, race. Chris Finill ran a good first leg but Jeff Deighton was suffering for jet lag after his trip to the States. Jim Moseley was below form on leg three, having started a new job, and Mike Lepps was also below his usual best on the anchor leg, still suffering from injury. The "A" team were 5th and the "B" team finished two places behind, for whom Adrian Hopson, Bruce Davidson and Derek Wolfe ran well.

"A" 5th (60.52) C. Finill (14.58), J. Deighton (14.57), J. Moseley (16.02),
M. Lepps (14.55).

"B" 7th (64.32) A. Hopson (15.47), B. Davidson (16.06), R. Kraushaar (16.02),
D. Wolfe (16.37).

"C" 9th (69.52) A. Bush (16.56), N. Martin (17.14), M. Muir (17.28),
I. Garrod (18.14).

Teams: 1/ T.V.H. (56.54), 2/ Hillingdon (57.13), 3/ Hercules Wimbledon (58.48).
11 teams finished in this race. Fastest lap: Lee Benjamin (Hillingdon) 13.45.

Dec. 5th Woking Cross Country Races.

For various reasons, one of which being that there was no team event this year, Nigel Flint was our sole participant finishing 11th in the Boys race.

Wolverton result follows
(hopefully):

Nov. 27th Wolverton "5" Mile Road Race.

The team performance slumped from the 6th place of the last two years with injuries and absentees. Mike Lepps and Chris Finill fought it out for the honour of first man home, Mike having the edge. Once again, it was left to Bruce Davidson to close in the "5" mile team with Derek Wolfe not far behind. The results were somewhat erroneous, Chris Finill and Nigel Martin were omitted, and we were given 40th team place when we probably finished 29th.

57/ M. Lepps (26.22), 66 $\frac{1}{2}$ / C. Finill (26.33?), 155/ B. Davidson (28.18),
18 $\frac{1}{2}$ / D. Wolfe (28.51), posn?/ N. Martin, 267/ A. Bush (30.22), 296/ M. Muir (30.48).
Teams: 1/ Luton 21, 2/ Ilford 27, 3/ Verles 30, 4/ Oxford 39, 5/ Windsor 46, 6/ Verles "B" 66
7/ Leighton Buzzard 80, 8/ Luton "B" 108, 9/ Windsor "B" 116, 10/ Verles "C" 123.
451 individuals finished. 1st Billy Dee (Luton) 23.38.

Dec. 11th Thames H. & H. Old Boys Race at Wimbledon.

After a couple of months of depressing results, this race showed us improving on last year, although we were still second to King Henry VIIIth, albeit closer. Andy Deighton finished 2nd for the second week running over Wimbledon Common leading the team in, while Chris Finill was well at home in the mud as second man. Dennis Orme and a recovering Mike Lepps closed the four, while Nigel Martin got bored with running in our race and joined in a Surrey League match halfway round the course, but he eventually found the right finish.

2/ A. Deighton (27.20), 7/ C. Finill (28.57), 14/ D. Orme (29.44),
18/ M. Lepps (30.11), 32/ M. Muir (33.56), 39/ N. Martin (55.03). 39 finished.
Teams: 1/ King Henry VIII 19, 2/ Harrow County 32, 3/ K.C.S. Wimbledon 60, 4/ Shrewsbury 66,
5/ Brentwood 67, 6/ Stowe 79. 1st Neil Cowie (King Henry VIII) 26.56.

Dec. 18th Chiltern League Division 1 Round 3 at Woburn Sands.

Mark Cursons stole the limelight in Phil O'Brien's comeback race finishing second, while the rest of the team kept alive our demotion prospects. It was Nigel Flint's turn again to lead in the sparse youths team while newcomer Glyn Griffiths led home the colts team to 4th place. Senior team scores and individual times not available.

Seniors: 2/ M. Cursons, 3/ P. O'Brien, 27/ C. Finill, 31/ D. Orme, 65/ R. Kraushaar,
69/ J. Moseley, 76/ G. Smith, 86/ K. White, 92/ A. Bush, 96/ M. Muir, 107/ I. Garrod.
Youths/Boys: 15/ N. Flint, 21/ I. White, 42/ M. Hayman. 42 finished, no times taken.
Teams: 1/ Bracknell 179, 2/ Oxford 155, 3/ Reading 133, 4/ Milton Keynes 125,
5/ Hounslow 100, 6/ Leighton Buzzard 85, 7/ Windsor 71, 8/ Old Gayts 49.
Colts: 6/ G. Griffiths (10.36), 11/ A. Wrey (10.53), 14/ C. Wray (11.09), 17/ G. Drake (11.15),
27/ A. Hook (11.51), 31/ P. Williams (12.17), 43/ S. Richardson (12.50). 51 finished.
Teams: 1/ Bracknell 182, 2/ Milton Keynes 172, 3/ Leighton Buzzard 169, 4/ Old Gayts 160,
5/ Windsor 111, 6/ Oxford 79, 7/ Hounslow 32.

CROSS COUNTRY TROPHY - Leading Positions and a new name in the lead.

1/ C. Finill 103, 2/ M. Lepps 98, 3/ R. Heath 73, 4/ D. Orme 65, 5/ J. Deighton 64,
6/ I. White 55, 7/ R. Kraushaar 49 $\frac{1}{2}$, 8/ A. Hopson 44, 9/ M. Cursons 46, 10/ A. Bush 40,
11/ A. Wrey 33, 12/ D. Wolfe 30 $\frac{1}{2}$, 13/ N. Flint 29, 14/ M. Muir 26, 15/ C. Wray 25,
16=/ H. McInnes & S. Penny 23, 18/ N. Martin 22, 19/ A. Deighton 21, 20/ M. Sale 20,
21=/ B. Davidson & B. Jackson 19, 23/ J. Moseley 18 $\frac{1}{2}$, 24/ R. Ronchetti 18, 25/ M. Hayman 17,
26=/ J. Jackson, G. Fisher & A. Robson 14, 28/ G. Smith 12 $\frac{1}{2}$, 29=/ Ray Fox & M. Turner 12.

OLD GAYTS RUNNING FAR AND WIDE.

Oct. 9th Reebok League at Guildford. 12th M. Cursons, 14th S. Penny.
Oct. 10th Cutlers Relay at Sheffield. H. McInnes 8.50?, R. Ball 9.50?.
Oct. 16th Manchester University Relay at Wythenshawe. H. McInnes 10.06, R. Ball 10.53.
Oct. 16th University College Relay. M. Cursons time-?
Oct. 16th Bank of England v Worthing at Roehampton. 1st R. Heath 24.26 - Bank record.
Oct. 23rd Cambridge University v Thames Hare & Hounds at Wimbledon. 2nd= A. Deighton.
Oct. 27th Western U.A.U. Championships at Wythenshawe. 6th H. McInnes.
Oct. 30th Bank of England v Lauriston v Hercules Wimbledon at Wimbledon. 3rd R. Heath.
Oct. 30th Windemere Marathon. J. Moseley 2.53.14.
Oct. 30th Gwent League at Barry. 18th S. Penny.
Oct. 31st Icknield League at Cambridge. 5th A. Deighton.
Nov. 6th Stag Hill Relay at Guildford. M. Cursons 8.09, C. Finill 8.17, also M. Turner
about 8.30? and S. Penny.
Nov. 20th Christie Universities Championships at Wythenshawe. 10th R. Ball (but Leeds won!!).
Dec. 4th Leeds University/Yorkshire Bank Relay. P. O'Brien 14.57, D. Orme 15.00.
Dec. 4th Oxford Univ. v Cambridge Univ. at Wimbledon. 2nd A. Deighton (1st team).
Dec. 7th Harrow Schools under 12 Championships at Bannister. 1st M. Sale, 5th P. Williams,
7th P. Baker, 8th B. Jackson, 13th J. Jackson, 15th P. Simms,
R. Wheeler also ran.
Dec. 25th Hillingdon Xmas Road Race at Ruislip. 1st P. O'Brien 15.13 (course rec.), 8th D. Orme.
There are some results I haven't ferretted out yet, but be warned: I'll catch up with you!

- +++ Apologies about the weird nature of this missive, this was caused by a change in offices and photocopiers.
- +++ Old Gayts all time Track and Field ranking list number two follows. Late performances excluded: 100m C. Ault 12.0 at Erith, 1500m C. Brooks at Parliament Hill 4.32.5.
- +++ Old Gayts Easter Isle of Man Trip. Anyone who wants to come on this little sojourn contact me as soon as possible as we have to arrange accomodation before the hotels fill up. Some have unkindly suggested that we are going for more than just the races. They're right, we are!
- +++ Venue changes: Chiltern League on Jan. 15th at Bracknell, North of the Thames "Senior" at Ashton Playing Fields, Woodford (Track men's course).

Dennis Orme 3/1/83.

OLD GAYTONIANS' ATHLETIC CLUB

Winter Newsletter 1982/83 No. 3

CLUB FIXTURES TO DATE:

Dec. 18th Chiltern League Division 1 Round 3 at Woburn Sands.

Senior result now available: 2/ M. Cursons (26.05), 3/ P. O'Brien (26.13), 27/ C. Finill (27.58), 31/ D. Orme (28.11), 65/ R. Kraushaar (30.11), 68/ J. Moseley (30.18), 77/ G. Smith (30.52), 86/ K. White (31.29), 92/ A. Bush (32.26), 96/ M. Muir (32.45), 107/ I. Garrod (36.47). 110 finished. 1st J. Carswell (Bracknell) 26.01.
Teams: 1/ Oxford 829, 2/ Bracknell 793, 3/ Reading 744, 4/ Milton Keynes 705, 5/ Windsor 670, 6/ Leighton Buzzard 576, 7/ Old Gayts 563, 8/ Hounslow 500.
Overall the seniors lie 7th, youths/boys 8th, colts 4th.

Jan. 8th Middlesex A.A.A. Championships at Trent Park.

Phil O'Brien had managed to get fit enough to defend his county title, but it was not to be as Messrs. Kilsby and Cauldwell were the men in form on the day and Julian Goater used the event as a first race back from injury. In the event, Phil was pleased with his 4th place. Andy Deighton and Mark Cursons set off with good intentions being in the first ten for the first mile and a half but both slipped back into the twenties. Hopes were high of winning six to score medals this year, and we did achieve our best ever score for 6, but Haringay, Shaftsbury and North London had strong teams out and T.V.H. beat us into 5th place. However, we won the 12 to score medals for the sixth year running. The boys race provided an exciting finish. Nigel Flint broke away in a group of five and all were together going into the woods for the last 1/4m. but coming down from the memorial he was 4th and finished such. He still has a year to go in this age group and he gained selection for the Inter Counties. The colts acquitted themselves well in their first championship, especially as their first two scorers have another year as colts. Both Alan Wray and Matthew Sale were selected as reserves for the Inter Counties.

Seniors: 4/ P. O'Brien (39.18), 22/ A. Deighton (41.07), 25/ M. Cursons (41.16), 29/ H. McInnes (41.30), 43/ J. Deighton (42.45), 58/ D. Orme (43.47), 61/ C. Finill (44.08), 87/ R. Kraushaar (45.54), 90/ R. Heath (46.03), 106/ G. Smith (46.54), 108/ J. Moseley (47.03), 132/ M. Turner (48.21), 136/ D. Wolfe (48.36), 143/ R. Ball (49.38). 191 finished. 1st John Kilsby (38.49).
Teams: 1/ Haringay 75, 2/ Shaftsbury 93, 3/ North London 143, 4/ T.V.H. 148
Boys: 4/ N. Flint (16.52), 51/ J. Hall (20.40), 55/ J. Parkins (21.03), 56/ M. Hayman (21.06). 60 finished. 1st P. Warren (Haringay) 16.45.
Teams: 1/ T.V.H. 22, 2/ Haringay 55, 3/ Enfield 61, 4/ Hillingdon 83, 5/ North London 107, 6/ Hounslow 113, 7/ Old Gayts 166, 8/ Polytechnic 176.
Colts: 7/ A. Wray (15.47), 9/ M. Sale (15.49), 17/ G. Drake (16.24), 19/ G. Griffiths (16.27), 31/ C. Wray (17.00), 38/ D. Palmer (17.18), 51/ A. Hook (17.50), 66/ J. Grimster (18.32), 74/ S. Richardson (20.55).
Teams: 1/ Hillingdon 32, 2/ Shaftsbury 42, 3/ Old Gayts 52, 4/ Ealing 91, 5/ T.V.H. 103, 6/ Poly 105, 7/ Enfield 111, 8/ Haringay 123, 9/ North London 151, 10/ Hounslow 205, 78 finished. 1st P. Hodgson (Hillingdon) 15.22.

Jan. 15th Chiltern League Division 1 Round 4 at Bracknell.

Bracknell saw probably our weakest Chiltern League team for some time, many of our leading runners were absent and some of those who were there ran below par. Jeff Deighton led in the team gaining his best league placing, but despite our lack of strength we managed to avoid finishing last. Nigel Flint led home the youths/boys team which finished 6th, its highest this year, and Glyn Griffiths just beat Alan Wray to lead the colts home 3rd, also their best place.

Seniors: 24/ J. Deighton (28.17), 33/ C. Finill (28.40), 36/ D. Orme (28.45), 58/ R. Heath (29.35), 61/ R. Kraushaar (29.47), 70/ M. Lepps (30.04), 102/ A. Hopson (31.55), 109/ D. Wolfe (32.40), 112/ A. Bush (33.05), 127/ M. Muir (35.20), 130/ A. Lee (37.39). 1st M. McCarthy (Oxford) 26.39. 132 finished.
Teams: 1/ Oxford 1156, 2/ Windsor 1136, 3/ Reading 1070, 4/ Bracknell 900, 5/ Leighton Buzzard 743, 6/ Milton Keynes 714, 7/ Old Gayts 598, 8/ Hounslow 495.
Youths/Boys: 13/ N. Flint (14.36), 18/ I. White (14.50), 46/ Ray Fox (17.21), 47/ M. Hayman (17.22). 48 finished.
Teams: 1/ Bracknell 246, 2/ Reading 178, 3/ Leighton Buzzard 146, 4/ Hounslow 130, 5/ Oxford 128, 6/ Old Gayts 72, 7/ Windsor 60, 8/ Milton Keynes 32.
Colts: 10/ G. Griffiths (10.31), 11/ A. Wray (10.31), 14/ G. Drake (10.40), 15/ M. Sale (10.41), 32/ C. Wray (11.31), 45/ S. Richardson (12.40). 50 finished.
Teams: 1/ Bracknell 185, 2/ Leighton Buzzard 177, 3/ Old Gayts 154, 4/ Milton Keynes 151, 5/ Hounslow 85, 6/ Windsor 77, 7/ Reading 75, 8/ Oxford 54.
Overall the seniors lie 7th, youths/boys 8th, colts 4th, seniors+youths/boys 8th.

Jan. 22nd Inter Counties Championships at Arrowe Park, Birkenhead and Shrewsbury.

Phil O'Brien once again finished in the twenties (27th) as second Middlesex scorer. Meanwhile, at Shrewsbury, Nigel Flint led home the boys team in 69th, and he still has another year in this age group, and Alan Wray and Matthew Sale finished 45th and 46th in the "B" colts.

Jan. 29th North of the Thames "Senior" at Claybury Woods, Woodford.

After winning the title last year due to a disqualification, Phil O'Brien was out to take the trophy in a more legitimate fashion, and easily did so by pulling away from Andy Catton on the second of the three laps to win by 35 seconds. Chris Finill was second man in closely followed by a fitter Mike Lepps. The team position was probably our best ever and if we'd had another of our leading runners out we would have picked up third place medals.

1/ P. O'Brien (38.19), 49/ C. Finill (42.30), 52/ M. Lepps (42.40), 59/ J. Deighton (42.58), 82/ D. Orme (44.01), 116/ R. Kraushaar (45.13), 172/ D. Wolfe (47.21), 246/ M. Muir (52.42), 250/ N. Martin (52.55). 261 finished.
Teams: 1/ Haringay 54, 2/ Verles 198, 3/ TVH 310, 4/ Poly 317, 5/ Old Gayts 367, 6/ Shaftsbury 407, 7/ Colchester 428, 8/ Havering 432, 9/ Woodford 450, 10/ Highgate 479, 11/ Nene Valley 516, 12/ Ilford 533, 13/ Ealing 607, 14/ Cambridge & Col. 610, 15/ Harlow 650. 25 teams closed in.

Feb. 5th Milton Keynes Road Relay at Linford Wood.

Once again this event proved to be a good standard, and with Mike Lepps and Rob Heath back on form and a good leg by Chris Finill, 39 seconds faster than last year, we were better placed throughout. Ian White made his "A" team debut slipping back two places on last leg, but we were three places better than in 1982. Good legs for the "B" team came from Tony Bush, Nigel Martin and newcomer Gary Hehir.

"A" 12th (84.27) J. Deighton (13.55), M. Lepps (13.41), R. Heath (13.49),
C. Finill (13.46), D. Orme (14.11), I. White (15.05).

"B" 31st (93.44) A. Bush (15.42), D. Thomas (16.15), M. Muir (16.42),
N. Martin (16.00), G. Hehir (14.48), R. Heath (14.17).

Teams: 1/ Luton (78.01), 2/ Sporkhill (78.23), 3/ T.V.H. (79.48), 4/ Oxford (80.17),
5/ Verles (81.28), 6/ Shaftsbury (81.31), 7/ Bedford (81.54), 8/ Hillingdon (82.08),
9/ Wycombe (82.59), 10/ Shaftsbury "B" (83.19), 11/ Aylesbury (84.06). 45 teams finished.

Feb. 5th Shaftsbury Y.A. C.C. Races at Parliament Hill.

Another good standard young athletes event. Nigel Flint was our only boy finishing a good 12th. Matthew Sale was well clear as first colts scorer and Ben Jackson led home the under 11 team to 7th place, our best team position of the day.

Boys: 12/ N. Flint (15.05).

Colts: 17/ M. Sale (12.42), 28/ A. Wray (12.51), 41/ C. Wray (13.08), 87/ J. Jones (14.08).

Teams: 1/ Shaftsbury 25, 2/ Mitchem 80, 3/ Luton 111, 4/ Elliott 116, 5/ Dartford 143,
6/ Enfield 155, 7/ Woodford 155, 8/ Norfolk 172, 9/ Old Gayts 172, 10/ Enfield "B" 203,
11/ Medway 207, 12/ Shaftsbury "B" 212. 137 individuals/21 teams finished.

U/11: 20/ B. Jackson (13.56), 27/ P. Baker (14.08), 40/ J. Jackson (14.42),

41/ M. Dempsey (14.52), 67/ M. Green (15.58). 87 individuals/17 teams finished.

Teams: 1/ Shaftsbury 32, 2/ Elliott 57, 3/ Mitchem 60, 4/ Barnet 68, 5/ Crown & Menor 69,
6/ Dartford 73, 7/ Old Gayts 87, 8/ Medway 127, 9/ Epsom 129, 10/ Camberley 133.

Feb. 12th Southern C.C. Championships at Trent Park.

Undoubtedly our best performance this season both from the team and individual's point of view. Bob Treadwell made a break from the field early on while Phil O'Brien stuck in with the chasing group for the first lap. Phil made a break on the hill at the end of the lap and gradually drew away from the pack to finish an excellent second, almost a minute clear of third. Behind him Hamish McInnes and Andy Deighton were also producing fine runs in the heavy mud to finish in the first fifty while Mike Lepps beat in Chris Finill. Jeff Deighton closed in the six to give us our best ever team placing of 9th, 5 places better than our previous best. This won us the minor clubs trophy for the first club home that hasn't finished in the first three in the past ten years, while we also won back the Middlesex 12 man team trophy. Nigel Flint also produced another good run to lead in the boys team.

Seniors: 2/ P. O'Brien (47.53), 24/ H. McInnes (50.37), 41/ A. Deighton (51.06),
117/ M. Lepps (53.44), 139/ G. Finill (54.09), 183/ J. Deighton, 192/ R. Heath,

249/ D. Orme (56.35?), 358/ G. Smith, 374/ R. Kraushaar, 458/ M. Turner, 536/ A. Bush.

Teams: 1/ Aldershot 147, 2/ Verles 209, 3/ Haringey 217, 4/ TVH 411, 5/ Cambridge H. 440,
6/ Shaftsbury 444, 7/ Bournemouth 453, 8/ Reading 464, 9/ Old Gayts 506,

10/ Blackheath 681, 11/ Portsmouth 691, 12/ Basildon 734, 13/ Ilford 768, 14/ North
London 791, 15/ Oxford 813, 16/ Brighton 846, 17/ Invicta 850, 18/ Herne Hill 850,
19/ Ranelagh 923, 20/ S.L.H. 997. 547 individuals/54 teams finished.

Winner: Bob Treadwell (Surrey Beagles) 46.53.

Boys: 35/ N. Flint (20.07), 204/ J. Hell, 208/ M. Hayman, 213/ P. Carter.

Teams: 1/ Duchy of Cornwall 72, 2/ Aldershot 74, 3/ Elliott 105, 4/ Essex Beagles 131,
5/ Medway 149, 6/ Woodford 181, 7/ Bournemouth 188, 8/ Mitchem 207, 9/ Enfield 208,
10/ Worthing 237 ... 32/ Old Gayts 659. 221 individuals/33 teams finished.

Feb. 20th Hillingdon "5" Mile Road Race.

Again this race went up in standard with many notable athletes putting in an appearance. Mike Lepps again had the edge over Chris Finill, but the run of the day came from Derek Wolfe who finished 3rd scorer. Tony Bush became a veteran actually on the day of the race although he celebrated it with a below par run. Some of the times are inaccurate.

47/ M. Lepps (25.45), 57/ C. Finill (26.06), 145/ D. Wolfe (27.33),
152/ G. Hehir (27.39 N/S), 158/ R. Kraushaar (27.42), 293(?) / D. Thomas (29.45?),
319/ A. Bush (30.20?), 333/ N. Martin (30.30?), 389/ M. Muir (31.40?).

Teams: 1/ Cambridge H. 42, 2/ Luton 68, 3/ Windsor 126, 4/ TVH 136, 5/ Oxford 136,
6/ Hillingdon 146, 7/ Aldershot 175, 8/ Woodford 245, 9/ Chelmsford 251,

10/ Basingstoke 264, 11/ Shaftsbury 266, 12/ Q.P.H. 398, 13/ Ealing 399,
14/ Old Gayts 407, 15/ Aylesbury 430. 521 individuals/40 teams finished.

Winner: Bernie Ford (Aldershot) 23.11

Feb. 20th Woodbridge & Abraham Trophy Races at High Wycombe.

The colts team scored a good victory over the strong Banbury team. Gordon Drake led the team home closely followed by Alan Wray and Matthew Sale.

Colts: 4/ G. Drake, 5/ A. Wray, 6/ M. Sale, 17/ C. Wray, 18/ A. Hook.

Teams: 1/ Old Gayts 15, 2/ Banbury 18, 3/ Milton Keynes 27.

Feb. 26th Chiltern League Mob Match at Bannister.

The senior field was well down on last year, perhaps due to the malicious rumour circulating that the course was very muddy! With demotion a foregone conclusion, and due to the mud no doubt, the team performance was well below standard, although we managed to avoid finishing last overall in the division. Chris Finill had his best Chiltern League run this year finishing 20th which probably will win him the cross country trophy this year. Gareth Smith was second man in and Derek Thomas third. Nigel Flint also had his best league run coming home 8th, but he was unlucky in missing out on an individual medal in the surprisingly strong boys section, finishing 4th. The youths/boys team finished last in the league. The colts performance was the only saving grace as they closed in 4th in the mob match and 4th overall in the league, and they will no doubt be going for medals in division 2 next year. Alan Wray beat in Gordon Drake for first man home while Colin Wray and Andy Hook completed the team.

results on next page.

Bob match position followed by Division 1 position:

Seniors: 20/15/ C. Finill (33.28), 67/41/ G. Smith (35.23), 76/44/ D. Thomas (35.51),
85/49/ A. Hopson (36.16), 111/62/ D. Wolfe (37.26), 147/72/ M. Muir (39.55),
148/73/ N. Martin (40.03), 1st N. McLoughlin (Reading) 31.17.

Teams: 1/ Reading 1404, 2/ Windsor 1310, 3/ Milton Keynes 1130, 4/ Q.P.H. 1034,
5/ Leighton Buzzard 971, 6/ Oxford 964, 7/ Aylesbury 865, 8/ Vauxhall 835,
9/ Banbury 815, 10/ Bracknell 762, 11/ Luton 720, 12/ Wycombe 710, 13/ White Horse 639,
14/ Burnham 573, 15/ Old Gayts 564, 16/ Hounslow 550, 17/ Watford 262,
18/ Maidenhead 216. 175 individuals/75 Division 1 finished.

Division 1 Final Result: 1/ Windsor 4510, 2/ Reading 4394, 3/ Oxford 4384, 4/ Bracknell 3757,
5/ Milton Keynes 3371, 6/ Leighton Buzzard 3315, 7/ Old Gayts 2613, 8/ Hounslow 2491.

Youths/Boys: 8/7/ N. Flint (17.22), 60/43/ J. Hall (20.23), 65/45/ M. Hayman (20.29).

Teams: 1/ Bracknell 426, 2/ Reading 343, 3/ Banbury 265, 4/ Aylesbury 229, 5/ Oxford 222,
6/ Leighton Buzzard 189, 7/ Hounslow 168, 8/ Milton Keynes 168, 9/ Windsor 162,
10/ Wycombe 131, 11/ Q.P.H. 105, 12/ Old Gayts 104, 13/ Luton 70, 14/ Slough 68,
15/ White Horse 28, 16/ Watford 4. 78 individuals/50 Division 1 finished.

Final Result: 1/ Bracknell 1281, 2/ Oxford 975, 3/ Reading 898, 4/ Leighton Buzzard 709,
5/ Hounslow 587, 6/ Milton Keynes 584, 7/ Windsor 499, 8/ Old Gayts 387.

Seniors/Youths/Boys combined: 1/ Oxford 5359, 2/ Reading 5292, 3/ Bracknell 5038,
4/ Windsor 5009, 5/ Leighton Buzzard 4024, 6/ Milton Keynes 3955, 7/ Hounslow 3078,
8/ Old Gayts 3000. Hounslow & us go down to Division 2.

Colts: 7/5/ A. Wray (14.47), 9/7/ G. Drake (14.52), 20/13/ C. Wray (15.27),
23/15/ A. Hook (15.35), 24/16/ G. Griffiths (15.45), 49/29/ J. Jones (17.02),
53/30/ M. Dempsey (17.16), 59/33/ M. Green (18.11).

Teams: 1/ Banbury 268, 2/ Milton Keynes 263, 3/ Windsor 262, 4/ Old Gayts 257,
5/ Bracknell 247, 6/ Q.P.H. 199, 7/ Oxford 160, 8/ Watford 145, 9/ Wycombe 135,
10/ Dacorum 111, 11/ Hounslow 107, 12/ Vauxhall 92, 13/ Aylesbury 89,
14/ Reading 15, 15/ White Horse 11. 78 individuals/38 Division 1 finished.

Final Result: 1/ Bracknell 843, 2/ Milton Keynes 772, 3/ Leighton Buzzard 644,
4/ Old Gayts 608, 5/ Windsor 552, 6/ Oxford 496, 7/ Hounslow 338, 8/ Reading 250.

Mar. 5th National C.C. Championships at Luton.

Those who said that this wouldn't be Phil O'Brien's type of course were proved wrong. Not only was the hill, used for the last two Nationals held here, taken out, but the flat course was at least a mile short. Getting off to a slow start, Phil wasn't in the first hundred for the first mile, but gradually moved through so that with one lap to go he had caught up with the group occupying 8th to 12th positions. Four more runners caught up with this group and with a mile to go the race was on for the remaining England team places behind Hutchings, Clarke, Forster, Hackney, Ford, McLeod and Harris. But this was going to be Phil's day and, using the undulating section on the penultimate half mile, pulled away from the group and almost caught up with Mike McLeod and Steve Harris coming in to the finish. So he gained 8th place and selection for the England team for the International C.C. Champs, this year being held at Gateshead to celebrate the 100th anniversary of the English Cross Country Union. This was the second England vest he had won, the other being in 1981 for Ranelagh Harriers Centenary race, and he is the second Old Gayt to run in the International, the other being Pete Griffiths who ran for Wales. The rest of the team seemed to run fairly indifferently but he gained our best ever team score, but we were three places down on our previous best of 33rd from 1980 finishing 36th. Hopes of winning the minor clubs trophy, as we had done in the Southern, were dashed as North London romped home to 11th place.

8/ P. O'Brien (38.35), 232/ M. Cursons (41.50?), 318/ R. Heath (42.40?),
340/ M. Lepps (42.55?), 525/ J. Deighton (43.59), 526/ D. Orme (43.59),
605/ C. Finill (44.25?), 932/ R. Kraushaar (46.35?), 1349/ G. Hehir, 1511/ A. Bush.
Teams: 1/ Aldershot 135, 2/ Tipton 348, 3/ Staffs Moorlands 362, 4/ Invicta 379,
5/ Sparkhill 507, 6/ Derby 632, 7/ Holmfirth 704, 8/ Haringey 850, 9/ Verlea 867,
10/ Airedale 872, 11/ North London 914, 12/ Shaftsbury 1044, 13/ Sunderland 1062,
14/ Leicester 1089, 15/ Birchfield 1121, 16/ Cambridge H. 1200, 17/ Sheffield 1230,
18/ Coventry 1246, 19/ Gateshead 1302, 20/ Bolton 1305, 21/ Reading 1308,
22/ Bingley 1313, 23/ Leeds 1391, 24/ Morpeth 1495, 25/ Sale 1498, 26/ Salford 1518,
27/ Telford 1548, 28/ Gloucester 1578, 29/ Manchester 1602, 30/ Rossendale 1669,
31/ Bracknell 1692, 32/ City of Hull 1781, 33/ S.L.H. 1785, 34/ Herne Hill 1854,
35/ Epsom 1931, 36/ Old Gayts 1949, 37/ Clayton 1962, 38/ Cennock 1959,
39/ Blackheath 2002, 40/ Rochdale 2031. 1610 individuals/170 teams finished.
Winner: Tim Hutchings (Crawley) 37.28.

Mar. 6th Camberley Y.A. C.C. Races.

The colts put in a solid team performance to gain the bronze position. Alan Wray led the team in which was closed in by Matthew Sale and Colin Wray. Nigel Flint was our only boys competitor finishing 9th.

Boys: 9/ N. Flint.
Colts: 6/ A. Wray, 10/ M. Sale, 14/ C. Wray, 18/ G. Drake, 23/ A. Hook, 42/ J. Grimster.
Teams: 1/ Shaftsbury 8, 2/ Aldershot 18, 3/ Old Gayts 30, 4/ Shaftsbury "B",
5/ T.V.E., 6/ Old Gayts "B" 83.

Mar. 12th Chingford Road Relay.

The change in date meant we couldn't have this as a priority fixture being the week after the National and not having any of the university runners back. The new date also meant a higher standard race, our 1982 team time wouldn't have put us in the first ten this year. Man of the day was Derek Wolfe who finished nearly half a minute up on first leg "A" team runner Gary Hehir. The "A" team gradually crept through and sloped in a lowly 22nd.

"A" 22nd (91.37) G. Hehir (19.04), C. Finill (17.50), M. Lepps (17.34),
I. White (19.29), D. Orme (17.40).

"B" 35th (99.01) D. Wolfe (18.36), N. Martin (20.35), M. Muir (21.56),
D. Thomas (19.23), C. Finill (18.31).

Teams: 1/ Haringay (83.20), 2/ Haringay "B" (83.58), 3/ Shaftsbury (84.40),
4/ Havering (85.13), 5/ Ilford (85.16), 6/ Enfield (85.24), 7/ North London (85.37),
8/ Verlea (85.45), 9/ Essex Beagles (86.18), 10/ Chelmsford (86.26).
Fastest: John Kilaby (Haringay) 15.58.

Mar. 12th T.V.H. Y.A. Races at Cranford.

The colts team picked up bronze medals in this new event and were close to picking up second place. Again it was Alan Wray who led in the team. Nigel Flint was our only boy and he had an excellent race to pick up the silver position.

Boys: 2/ N. Flint.

Colts: 5/ A. Wray, 7/ M. Sale, 11/ C. Wray, 23/ A. Hook.

Teams: 1/ Shaftsbury 10, 2/ Woodford Green 42, 3/ Old Gayts 46.

Mar. 20th Watford "6" at Cassiobury Park.

The change in date of the Chingford Relay meant that this event became a club fixture for the first time. The team was depleted with illnesses and people going to Gateshead to watch the International. In fact, because everybody dashed off after the race to watch it on the box, nobody collected the results so I have none to print. Andy Deighton set off with the leaders but faded towards the end, still finishing a good 12th. Mike Green ran his first race after injury finishing about 40th while Roger Kraushaar completed the team, ahead of Derek Wolfe and Jeff Deighton, who had to make a "pit" stop.

CROSS COUNTRY TROPHY POSITIONS.

With only the T.V.H. Relay and the Hertford Y.A. Races to be counted in, the trophy looks destined for Chris Finill's shelf for the next 12 months. The under 11's raced in the Thurrock Relays in January but no results were received therefore it hasn't been counted in.

1/ C. Finill 173, 2/ M. Lepps 156, 3/ J. Deighton 117, 4/ D. Orme 113, 5/ R. Heath 110, 6/ R. Kraushaar 85½, 7/ A. Wray 72, 8/ M. Cursons 67, 9/ I. White 66, 10/ D. Wolfe 61½, 11/ A. Hopson 57, 12/ P. O'Brien 55, 13= A. Deighton & A. Bush 53, 15/ C. Wray 48, 16/ N. Flint 47, 17/ M. Sale 46, 18/ H. McInnes 45, 19= G. Drake & M. Muir 35, 21/ N. Martin 33, 22/ G. Smith 27½, 23/ B. Jackson 24, 24= S. Penny & G. Griffiths 23, 26/ J. Moseley 22½, 27/ M. Heyman 22, 28/ A. Hook 21, 29/ R. Bell 20, 30= B. Davidson & G. Kehir 19, 32= M. Turner, D. Thomas & R. Ronchetti 18, 35/ J. Jackson 17, 36= Ray Fox, A. Robson & G. Fisher 14, 39= J. Mortimer, M. Baron & P. Williams 10, 42/ J. Grimster 9, 43= M. Green (snr.), R. Bernstein & J. Hall 8, 46= I. Garrod, J. Jones & P. Carter 7, 49= P. Baker, S. Richardson, M. Green (colt), S. Ashton & C. Brooks 6. 71 have competed this season, 36 seniors/juniors, 15 youths/boys and 20 colts/under 11s.

OLD GAYTS RUNNING FAR AND WIDE.

1982. Dhahren 10km Road Race. 41st I. Barnfather 39.57.
1982. Jubail Harriers 8km Road Race. 16th I. Barnfather 30.38.
Nov. 20th Reebok League at Bath. 7th M. Cursons, 16th S. Penny.
Jan. 1st R.R.C. City "10" (& ½) at London Wall. 160th A. Bush 65.32.
Jan. 19th Escafeld League at Wythenshawe, Manchester. 1st H. McInnes. K. White also ran.
Jan. 22nd Reebok League at Oxford. 6th M. Cursons.
Jan. 23rd Southern Womens Vets. Champs at New Eltham. 12th B. Bush.
Jan. 27th Harrow Schools Champs at Bannister. U/16 4th I. White (22.56), 11th S. Ashton (24.26), 22nd G. Fisher, 29th Ray Fox, 52nd P. Quick, 53rd R. Sanders, 62nd C. Blenchflower, 64th B. Affleck. U/14 1st N. Flint (21.29), 2nd G. Drake (24.11), 21st J. Grimster, 67th D. Rogers, 75th M. Gaynor.
Feb. 1st Hillingdon Schools Champs at Ruislip. U/19 11th C. Birtles (1st team). U/16 23rd M. Heyman, 42nd P. Carter. U/14 13th G. Griffiths, 52nd J. Perkins, 57th J. Hall, 69th S. Preston (Haydon 3rd). Haydon 2nd team over all 3 races.
Feb. 3rd Haste Hill Relay at Northwood. Haydon 4th G. Griffiths (12.22/leg 1), J. Hall (12.48/leg 2), M. Heyman (12.55/leg 5), Haydon "B" 17th, J. Perkins (13.35/leg 1), D. Calnen (15.37/leg 3), P. Carter (14.02/leg 4), S. Preston (14.45/leg 6).
Feb. 5th British Students Champs at Stirling. 23rd H. McInnes, 24th M. Cursons, 37th A. Deighton.
Feb. 6th T.V.H. Jog-a-long at Wormwood Scrubs. 7 mile 7th N. Flint (43.20), 24th= A. Wray, C. Wray, M. Sale & G. Drake (48.51), 29th B. Hopson (49.03), 5 mile 9th B. Jackson (33.22), 10th J. Jones (34.18), 13th P. Baker (35.04), 16th R. Ronchetti (35.20), 17th J. Jackson (35.41), 20th M. Green (37.08), 2 mile 6th B. Jackson (14.17), 12th J. Jones (15.23), 19th M. Goodman (17.12)
Feb. 9th Escafeld League at Harrogate Army College. 1st H. McInnes.
Feb. 9th Middlesex Schools Champs at Horsenden Hill. U/14 2nd N. Flint, 18th G. Drake.
Feb. 11th Gunnersbury Schools Relay. A. Wray - fastest U/12, 1st team.
Feb. 19th Hyde Park Relay. H. McInnes 13.48 (3rd fastest), M. Cursons 13.55, other times approx. P. O'Brien 14.05, A. Deighton 14.20 (4th team), R. Heath 14.20, D. Orme 14.55.
Feb. 26th Scottish C.C. Championships at Edinburgh. 38th H. McInnes.
Mar. 12th Haberdashers U/14 race at Elstree. 12th G. Griffiths, 15th J. Hall (5th team).
Mar. 20th International C.C. Champs. at Gateshead. 95th P. O'Brien (7th England runner).

+++ 1983 performances compared with 1982. Ignoring the Chiltern League, we improved on position in the St. Albans Relay, London Transport Relay (1st & 3rd teams), Milton Keynes Relay, Fire Brigade Relay, Southern and National Championships. We improved on time in the Easing Relay and on points in the Middlesex and London Old Boys Race. Apart from the L.T. we won medals (12 to score) in the Middlesex while the colts won the Wycombe C.C. Race and gained medals in the Middlesex, T.V.H. Race, Camberley Race and Fairlands Trophy.

Dennis Orme,
22/3/83.