

# OLD GAYTONIANS' ATHLETIC CLUB

Summer Newsletter 1982 No. 1

## CLUB FIXTURES FROM LAST SEASON:

### Mar. 20th Chingford Road Relay.

Slightly corrected times:

- "A" 5th (87.12) M. Cursons (17.05), M. Lepps (17.07), M. Green (17.50),  
R. Heath (17.08), D. Orme (18.02).  
"B" 14th (92.47) C. Finill (18.39), A. Deighton (17.47), J. Mortimer (18.32),  
D. Thomas (19.23), J. Deighton (18.26).  
"C" 25th (98.28) K. White (19.36), N. Martin (21.16), I. White (19.47),  
I. Pursell (19.27), R. Kraushaar (18.22).  
"D" 31st (100.53) R. Fox (22.34), P. Brooksby/Nottingham Univ. (18.35),  
M. Muir (20.30), A. Bush (21.05), M. Cursons (18.09).

### Mar. 27th Thames Valley Harriers Road Relay at Cranford.

Even without a full turnout, the "A" team were almost 2½ minutes faster than last year, and 4 places higher. Mike Lepps, although not with the leaders, ran a solid first leg bringing us in 16th. Rob Heath ran the team's fastest time gaining 5 places and Mark Cursons was not much slower gaining another two. Mike Green suffered from a cold and dropped us back to 11th which Stuart Penny held on the anchor leg. The "B" team was 6½ minutes better than last year and the "C" 8 minutes. Dennis Orme ran a good second leg for the "B" gaining 18 places, Tony Bush and Ian Pursell had good legs for the "C", and Nigel Martin was 2 mins up on 1981.

- "A" 11th (87.12) M. Lepps (17.13), R. Heath (17.04), M. Cursons (17.09),  
M. Green (17.46), S. Penny (18.00).  
"B" 32nd (92.29) D. Thomas (19.28), D. Orme (17.54), C. Finill (18.18),  
J. Moseley (18.16), R. Kraushaar (18.33).  
"C" 50th (100.08) A. Bush (20.12), K. White (20.13), M. Muir (20.45),  
I. White (19.57), I. Pursell (19.01).  
"D" d.n.f. N. Martin (20.07).

Teams: 1/ Ilford (83.29), 2/ Aldershot (83.40), 3/ Haringey (84.06), 4/ Luton (85.10),  
5/ T.V.H. (85.16), 6/ Windsor (85.22), 7/ Aldershot "B" (85.46), 8/ Westbury (85.53),  
9/ Reading (86.10), 10/ Portsmouth (86.36), 11/ Old Gayts (87.12), 12/ TVH "B" (87.30),  
13/ Walton (87.50), 14/ Southsmpton (88.14), 15/ Haringey "B" (88.42),  
16/ Hillingdon (88.46), 17/ Basildon (89.04), 18/ Hounslow (89.24),  
19/ Windsor "B" (89.30), 20/ London Irish (89.46). 60 teams finished.  
Fastest lap by Bill Dee (Luton) 16.04.

### Mar. 28th Hertford & Ware Young Athletes C.C. Races.

Alan Wray ran probably one of his best races beating several boys who have been beating him this year. Colin Wray was once again second man in, but lacking Mathew Sale the team slipped from potentially winning the event to just missing out on medals. Of the rest, Richard Ronchetti ran well, and Jackson Jones was our first man home in the colts event.

Colts: / J. Jones, / C. White.

Y/Colts: 5/ A. Wray, 13/ C. Wray, 31/ P. Williams, 33/ R. Ronchetti,

38/ D. Palmer, 44/ S. Richardson, 50/ B. Jackson, 70/ J. Jackson. About 90 finished.  
Teams: 1/ Norfolk Olympiades 34, 2/ Bedford 44, 3/ Shaftsbury 45, 4/ Old Gayts 49.

### Apr. 3rd Belgrave Harriers/Southern A.A.A. 12 Stage Road Relay at Wimbledon.

During the week it looked like we would have one of our best ever teams together, only lacking Rob Heath, but withdrawals literally up to the last minute, and below par runs on the day, meant we were 4 minutes and 4 places down on last year. Phil O'Brien, who hadn't raced for two months, went off with the leaders on first leg, but faded to 19th. Mark Cursons pulled us up to 13th but Andy Deighton, despite running a good time, dropped back 9 to 22nd. Hamish McInnes ran like a "wally" to use his own words, but gained us 2. Dennis Orme ran more than a minute faster than last year dropping 6 on the 5th long stage, then Mike Lepps ran our fastest short lap to gain us 10 places. Jeff Deighton unfortunately dropped us back to 27th and Roger Kraushaar dropped another on leg 8. Russell Ball dropped one more and last minute reserve Derek Thomas held 29th place. The battle was on to beat Hillingdon who started just behind Gareth Smith on leg 11 and overtook him with ¼ mile to go, but Jim Moseley easily pulled them back on the anchor leg to give us 29th position.

29th (4.31.07) P. O'Brien (26.01), M. Cursons (16.25), A. Deighton (26.40), H. McInnes (16.52),  
D. Orme (27.37), M. Lepps (16.22), J. Deighton (28.34), R. Kraushaar (18.02),  
R. Ball (28.34), D. Thomas (19.03), G. Smith (29.29), J. Moseley (17.28).

Teams: 1/ Shaftsbury 4.07.53, 2/ Invicta 4.09.01, 3/ Aldershot 4.10.51,  
4/ T.V.H. 4.13.49, 5/ Ilford 4.14.32, 6/ Highgate 4.14.54, 7/ Elliott 4.16.38,  
8/ Windsor 4.16.57, 9/ Haringey 4.17.46, 10/ Reading 4.19.28, 11/ Southampton 4.20.14,  
12/ H.H.H. 4.20.56, 13/ Aldershot "B" 4.21.00, 14/ Hercules Wimbledon 4.21.40,  
15/ Blackheath 4.21.51, 16/ Oxford 4.22.30, 17/ Belgrave 4.23.24,  
18/ Chelmsford 4.23.40, 19/ Brighton 4.23.55, 20/ Bracknell 4.25.18,  
21/ S.L.H. 4.25.27, 22/ Portsmouth 4.25.32, 23/ Bournemouth 4.26.40,  
24/ Ranelagh 4.26.53, 25/ Southend 4.27.03, 26/ Croydon 4.28.06, 27/ Bedford 4.29.08,  
28/ Essex Bgls 4.30.38, 29/ Old Gayts 4.31.07, 30/ Polytechnic 4.32.26,  
31/ Leighton Buzzard 4.33.26, 32/ Hillingdon 4.34.33, 33/ Milton Keynes 4.35.13,  
34/ Walton 4.37.43, 35/ Ealing 4.38.43, 36/ T.V.H. "B" 4.40.25,  
37/ Winchester 4.51.48, 38/ Haringey "B" 4.57.57. Distance 51 miles 42 yards.  
fastest long stage: D. Clarke (Hercules) 23.49, short: I. Stewart (Invicta) 14.52.

Apr. 12th Biggleswade Road Races (Young colts).

Our under 11's took their fourth trophy this season closing with a winner, in a close match with Luton. Alan Wray again led home the team with brother Colin three places behind, Paul Williams being third scorer.

5/ A. Wray, 8/ C. Wray, 17/ P. Williams.

Teams: 1/ Old Gayts 30, 2/ Luton 31, 3/ Hillingdon 52. About 70 finished.

CROSS COUNTRY TROPHY - FINAL POSITIONS:

1/ M. Lepps 250, 2/ R. Heath 200, 3/ M. Green 187, 4/ C. Finill 181,  
5=/ R. Kraushaar & P. O'Brien 151, 7/ D. Thomas 140, 8/ D. Oxme 137, 9/ J. Moseley 117,  
10/ M. Cursons 97, 11/ A. Deighton 80, 12/ A. Bush 77, 13/ I. Barnfather 71,  
14/ I. Pursell 63, 15/ A. Wray 59, 16/ K. White 54, 17=/ G. Smith & J. Deighton 50,  
19/ C. Wray 49, 20/ A. Robson 48, 21/ I. White 46, 22/ S. Penny 45, 23/ M. Baron 44,  
24/ R. Ball 42, 25=/ D. Wolfe & N. Martin 35, 27=/ H. McInnes & P. Williams 27,  
29=/ J. Mortimer & B. Jackson 20, 31=/ G. Sillitoe & R. Fox 18, 33/ M. Muir 17,  
34/ M. Turner 12, 35=/ S. Glantz & I. Garrod 10, 37=/ S. Richardson & M. Sale 9,  
39/ S. Ashton 8, 40=/ S. Smalley & J. Jones 7, 42=/ D. Rogers, R. Ronchetti & D. Palmer 6,  
45/ A. Lee 5, 46/ A. Dyer 4, 47=/ G. Drake, B. Davidson, J. Collings & G. Smalley 3,  
51=/ C. Birtles, P. Jones, C. Greatrex & P. Quick 2, 55=/ P. Simms, P. Pettitt, D. Brooch,  
L. Steers, R. Wheeler, P. Rogers, G. Fisher, C. White & J. Jackson 1.

Highlights of 1981/2 C.C. cup winner Mike Lepp's season:

Division 2 Chiltern League winner with placings 1st at Watford, 1st at Benbury and 23rd in the mob match at Bannister. Third in the Old Gayts C.C. Race and 4th fastest in the Ealing Relay. 6th in the North London, 9th in the Lyddiard, 23rd in the Wolverton "5" and 27th in the Hillingdon "5". Fast times in the London Transport, St. Albans, Chingford, Milton Keynes, T.V.H. and Southern 12 Stage Relays.

ATHLETICS FIXTURES TO DATE:

Apr. 14th Club Championships at Bannister.

800m 1/ M. Lepps 1.59.5, 2/ J. Deighton 2.02.0, 3/ W. Thomas 2.12.4, 4/ S. Penny 2.12.9,  
5/ K. White 2.14.6, 6/ C. Brookes 2.16.3, 7/ M. Baron 2.21.0, 8/ V. Reynolds 2.24.0,  
9/ R. Fox 2.25.2, 10/ I. Garrod 2.25.8. BOYS/COLTS: 1/ N. Flint 2.29.1,  
2/ A. Wray 2.35.4, 3/ C. Wray 2.36.5, 4/ G. Dreke 2.39.4, 5/ P. Williams 2.41.2,  
6/ D. Palmer 3.04.2.  
3000m 1/ S. Penny 9.10.1, 2/ I. Pursell 9.40.1, 3/ K. White 10.20.3,  
4/ A. Dyer 11.48.0, 5/ G. Pound 15.14.0.  
110H 1/ M. Chippendale 17.5, 2/ K. Littlejohns 17.6.  
H.J. 1/ R. Fox 1.65, 2/ I. Garrod 1.60, 3/ B. Dowding 1.55, 4/ G. Pound 1.25.  
T.J. 1/ A. Lamb 13.42, 2/ W. Thomas 11.95, 3/ P. Stanton 11.64, 4/ I. Garrod 10.93,  
5/ J. Moseley 10.74, 6/ L. Steers 10.34, 7/ S. Freedman, 8/ G. Pound 8.26,  
9/ P. Petit 7.76.  
J.T. 1/ P. Parry 49.72, 2/ L. Steers 44.26, 3/ A. Lamb 40.62, 4/ S. McKenna 39.80,  
5/ P. McElwaine 37.40, 6/ J. Moseley 33.52, 7/ S. Freedman 19.60.  
YOUTHS WEIGHT: 1/ P. Parry 55.50, 2/ P. McElwaine 40.90, 3/ K. Alexander 35.38.  
BOYS WEIGHT: McSwiggen 25.68.  
S.P. 1/ L. Steers 12.37, 2/ N. Hayes 11.32, 3/ S. Hall 9.56, 4/ J. Fennelly 9.41,  
5/ R. Omodiagbe 9.30, 6/ S. Freedman 7.97. JUNIOR WEIGHT: S. Hall 10.26.  
YOUTHS WEIGHT: 1/ R. Omodiagbe 11.53, 2/ S. Patel 10.26, 3/ K. Alexander 9.46.

Apr. 21st Club Championships at Bannister.

100m 1/ M. Horton 11.7, 2/ T. Nicholas 11.8, 3/ C. Birtles 12.0, 4/ P. Stanton 12.1,  
5/ K. Alexander 12.3, 6/ S. Glantz 13.4. BOYS: 1/ P. Pettitt 14.8, 2/ D. Rogers 14.9,  
3/ G. Ferguson 15.7, 4/ A. Heselton 16.4, 5/ Wyle 16.6. COLTS: 1/ P. Jones 14.8,  
2/ C. White 15.0, 3/ D. Wise 15.1, 4/ S. Richardson 15.4, 5/ C. Wray 15.4.  
200m 1/ J. Moseley 23.7, 2/ T. Nicholas 23.9, 3/ B. Davidson 23.9, 4/ C. Birtles 24.1,  
5/ P. Stanton 25.3, 6/ R. Ball 26.8. COLTS: 1/ A. Wray 31.3, 2/ P. Williams 31.8,  
3/ S. Richardson 31.8, 4/ C. Wray 31.9, 5/ D. Palmer 39.9. Ht.2: 1/ H. Griffiths 31.3,  
2/ C. White 31.6, 3/ C. Wray 32.6, 4/ Ferguson 34.9, 5/ S. Richardson 37.5.  
1500m 1/ R. Heath 4.19.7, 2/ K. White 4.42.2, 3/ V. Reynolds 4.51.5, 4/ C. Brookes 4.54.1,  
5/ I. Garrod 5.08.2. YOUTHS/BOYS/COLTS: 1/ N. Flint 4.58.8, 2/ S. Ashton 5.08.1,  
3/ A. Wray 5.15.2, 4/ M. Sale 5.22.0, 5/ G. Drake 5.23.0, 6/ P. Williams 5.31.0,  
7/ G. Pound 6.31.0.  
L.J. 1/ A. Lamb 5.94, 2/ J. Moseley 5.34, 3/ I. Garrod 4.79. JUNIORS: 1/ K. White 5.44,  
2/ P. Stanton 4.82. YOUTHS: 1/ D. Nicholson 5.58, 2/ P. Rogers 5.16,  
3/ D. Rodney 4.79, 4/ P. Brown 4.49, 5/ S. Patel 4.41, 6/ P. Parry 4.28.  
COLTS: 1/ N. Darby 3.91, 2/ S. Richardson 3.81, 3/ G. Pound 3.81, 4/ A. Heselton 3.70,  
5/ P. Pettitt 3.29, 6/ D. Palmer 3.17, 7/ P. Williams 2.86.  
P.V. 1/ A. Burland 3.10, 2/ I. White 3.00, 3/ J. Secker 3.00.  
D.T. 1/ J. Moseley 26.46, 2/ A. Lamb 26.44, 3/ P. McElwaine 25.72, 4/ N. Barton 22.04,  
5/ P. Parry 21.74, 6/ I. Garrod 16.24. YOUTHS: 1/ P. McElwaine 33.80,  
2/ P. Parry 28.50.  
H.T. 1/ A. Lamb 18.63, 2/ N. Barton 13.60, 3/ I. Garrod 13.48, 4/ M. Horton 12.42,  
5/ T. Lazar 10.26.

May 1st Southern League Division 1 at Windsor.

The "A" team opened the season as last year with a 2nd place to Windsor, but this time we were only 2 points adrift. This was made all the more disappointing when Mike Horton was given only 5th place in the "B" 100m. Mark Littlejohns opened the track proceedings with a win in the 400m hurdles, other "A" string wins following from Jim Moseley in the 400m, Mike Lepps in the 1500m and Mark Cursons in the chase. In the league we now lie 6th.

100m	4	B.Townley	11.3	5	M.Horton	11.4	H.J.	2	M.Bartlett	1.75	2	G.Emmett	1.70
200m	2	J.Moseley	22.4	3	B.Townley	23.7	P.V.	3	A.Burland	3.40	2	B.Chillery	3.40
400m	1	J.Moseley	50.2	1	B.Davidson	52.6	L.J.	4	A.Lamb	6.29	3	T.Hughes	6.22
800m	2	H.McInnes	1.55.8	1	J.Moseley	2.00.3	T.J.	3	A.Lamb	13.27	2	M.Chippendale	12.48
1500m	1	M.Lepps	4.04.1	2	R.Heath	4.10.9	S.P.	4	L.Steers	12.52	1	N.Hayes	12.24
5000m	2	P.O'Brien	14.40.3	2	A.Deighton	15.09.5	D.T.	4	L.Steers	37.60	1	J.Fennelly	36.44
110mH	3	M.Bartlett	15.7	2	D.Stevens	15.9	J.T.	2	P.Farry	56.06	3	A.Lamb	43.60
400mH	1	M.Littlejohns	56.4	1	D.Stevens	58.7	H.T.	4	L.Steers	39.70	2	S.Freedman	25.54
3kmSC	1	M.Cursons	9.42.9	1	C.Finill	9.58.0							
4x100m	3	44.8 (B.Townley, J.Moseley, M.Littlejohns, M.Horton)											
4x400m	2	3.26.6 (M.Littlejohns 52.0, H.McInnes 51.7, B.Davidson 53.6, J.Moseley 49.2)											
Teams:	1/ Windsor 136, 2/ Old Gayts 134, 3/ Surrey 115, 4/ Crawley 88, 5/ Yeovil 63.												

May 1st Southern League Division 3 at Bannister.

On paper, we had a weaker team than in most of our Division 4 matches last year, but we scored a 2nd place while Peterborough romped away with the match. A strong westerly wind meant poor track times but Andy Sebley opened up with a win in the 400m hurdles, our only other "A" win coming from Russell Ball in the chase. Youths records for Ian White in the Pole Vault and Denzil Nicholson in the long jump.

100m	2	T.Lazar	12.3	4	R.Stevens	13.0	H.J.	3=	R.Fox	1.59	2	I.Garrod	1.59
200m	5	M.Beckley	26.4	3	A.Sebley	25.5	P.V.	3	I.White	3.00	1	J.Deighton	2.80
400m	4	M.Smith	54.9	5	I.Garrod	58.8	L.J.	2	D.Nicholson	6.26	3	F.Esteve	5.51
800m	3	A.Hopson	2.08.3	3	A.Robson	2.12.7	T.J.	2	F.Esteve	12.26	2	W.Thomas	12.22
1500m	2	J.Deighton	4.22.2	1	M.Turner	4.22.5	S.P.	4	R.Stevens	9.69	4	A.Lee	8.00
5000m	2	D.Orme	15.51.5	2	R.Kraushaar	17.03.7	D.T.	5	A.Cresswell	24.26	4	A.Lee	18.86
110mH	4	R.Stevens	21.3	1	W.Thomas	20.4	J.T.	2	S.McKenna	42.44	1	N.Smith	36.36
400mH	1	A.Sebley	59.2	2	W.Thomas	61.8	H.T.	5	A.Lee	18.72	5	I.Garrod	13.82
3kmSC	1	R.Ball	9.55.5	1	S.Penny	10.05.0							
4x100m	4	48.6 (R.Stevens, T.Lazar, R.Fox, M.Smith)											
4x400m	5	3.51.9 (A.Hopson 57.6, A.Robson 57.6, W.Thomas 57.4, R.Fox 59.3)											
Teams:	1/ Peterborough 141, 2/ Old Gayts 112, 3/ Newbury 100, 4/ Harlow 96, 5/ Haslemere 84.												

May 1st Southern League Division 6 at Maidenhead.

Twelve athletes turned out for this our first venture with a "C" team, all agreeing the effort was worth while. Despite a few gaps in events we finished a good third, "A" string wins coming from Paul Rogers in the sprint hurdles and Barry Dowding in the high jump.

100m	4	K.Alexander	14.2	3	M.Baron	13.6	H.J.	1	B.Dowding	1.60	1	S.Hextall	1.60
200m	4	K.Alexander	28.6	3	M.Baron	27.0	P.V.						
400m	3	K.White	58.6	2	C.Brookes	60.6	L.J.	2	P.Rogers	4.90	2	K.White	4.85
800m	3	D.Wolfe	2.14.6	2	C.Brookes	2.17.9	T.J.	3	M.Baron	9.84	3	G.Smith	6.77
1500m	3	D.Wolfe	4.50.8	4	V.Reynolds	5.15.4	S.P.	4	N.Barton	6.62	4	C.Brookes	6.34
5000m	3	G.Smith	17.23.9	2	D.Thomas	17.45.1	D.T.	4	N.Barton	21.90	2	V.Reynolds	15.72
110mH	1	P.Rogers	21.6				J.T.	4	K.Alexander	20.77	1	D.Thomas	19.82
400mH		P.Rogers	d.n.f.	2	V.Reynolds	80.7	H.T.	4	N.Barton	15.24			
3kmSC	2	M.Baron	11.39.7										
4x400m	2	4.07.2 (K.Alexander, V.Reynolds, D.Wolfe, C.Brookes)											
Teams:	1/ Bracknell 134, 2/ Victoria Park 106½, 3/ Old Gayts 96, 4/ Trowbridge 88½, 5/ North London 13.												

May 9th National Young Athletes League at Bannister.

After last years initial entry into the league, we established ourselves more firmly with a win, albeit narrow, over North London. Ten club records fell, in the youths with Ian White in the 1500m and pole vault, and Bob Fox in the "B" 400m hurdles. In the boys, Nigel Flint in the 1500m, Graham Pound in the 3000m and Jason Tyson in the 80m hurdles and triple jump. In the colts, Neil Darby in the 100m, Colin Wray in the 800m and also the 4x100m relay team. Noticable was the number of firsts and seconds on the field.

100m	1	D.Nicholson	12.2	5	P.Brown	13.4	P.V.	1	I.White	3.00			
200m	1	C.Ault	24.8	2	K.Alexander	25.9	L.J.	1	D.Nicholson	6.25	1	P.Vanderwert	5.40
800m	3	R.Fox	2.19.2	3	P.Quick	2.30.0			also N/S P.Brown	5.10			
1500m	3	I.White	4.40.4	2	S.Ashton	4.56.1	T.J.	1	P.Vanderwert	11.60	1	S.Patel	10.13
3000m	3	S.Ashton	10.30.1				S.P.	2	S.Patel	10.74	2	K.Alexander	10.14
100mH	3	P.Rogers	18.5	2	P.Vanderwert	18.4	D.T.	1	P.McElwaine	33.12	1	P.Parry	32.68
400mH	4	P.Rogers	78.1	1	R.Fox	65.6	J.T.	1	P.Parry	54.04	1	P.McElwaine	41.12
H.J.	2	R.Fox	1.74	1	B.Dowding	1.65	H.T.	2	G.Williams	21.18			
4x100m	1	49.3											
4x400m	3	4.25.2 (S.Ashton, P.White, P.Quick, P.Parry)											
Teams:	1/ Old Gayts 143, 2/ N.L. 127, 3/ Hillingdon 109, 4/ Golden Vale 71, 5/ Verlea 70, 6/ Dacorum 39.												

<b>BOYS</b>													
100m	2	C.Omodiagbe	12.7	1	A.Chan	13.5	T.J.	2	J.Tyson	10.75	1	R.Sanders	10.20
200m	2	R.Sanders	27.0 +				S.P.	1	S.Beedie	10.25	1	R.Burns	7.07
800m	2	N.Flint	2.22.8				D.T.	1	S.Beedie	25.88	3	J.Ferkins	15.26
1500m	1	N.Flint	4.46.6	4	J.Parkins	5.27.5			also N/S C.Blanchflower	31.16!			
3000m	3	G.Pound	14.33.6				J.T.	2	M.McSwiggen	30.28	3	H.Griffiths	18.80
80mH	1	J.Tyson	12.6	1	I.Walby	13.9	H.T.	1	R.Burns	22.82	1	J.Parkins	18.46
H.J.	2	J.Tyson	1.50	1	H.Griffiths	1.50	4x100m	1	51.7				
L.J.	3	R.Sanders	4.86	2	C.Omodiagbe	4.42	4x400m	3	4.25.2				
+ race had to be rerun. Sanders ran 27.5 for 3rd in the first race.													

Boys Teams: 1/ North London 163, 2/ Old Gayts 129, 3/ Golden Vale 94, 4/ Hillingdon 69,  
5/ Verlea 30, 6/ Dacorum 8.

COLTS

100m 2 N.Darby 14.1 1 P.Sims 15.2 4x100m 1 58.8  
200m 3 C.White 30.5 3 P.Williams 32.2 + N/S 800m 1 P.Williams 2.44.6, 2 D.Wise 2.46.9,  
+ disqualified for breaking lane. 3 R.Wheeler 2.52.6, 4 B.Jackson 2.52.7,  
800m 1 A.Wray 2.34.3 1 G.Drake 2.35.3 6 D.Palmer 2.55.0, 8 R.Ronchetti 2.58.6,  
1500m 1 C.Wray 5.09.7 1 M.Sale 5.19.7 9 M.Booy 3.01.0, 10 J.Jackson 3.02.7  
Teams: 1/ Old Gayts 45, 2/ Dacorum 39, 3/ Hillingdon 31, 4/ Golden V1 & N.London 28, 6/ Verlea 2.  
OVERALL: 1/ Old Gayts 322, 2/ N.L. 318, 3/ Hillingdon 209, 4/ Gold V1 193, 5/ Verlea 122, 6/ Dacorum 86.

May 15th Middlesex A.A.A. Championships at West London.

Jim Moseley retained his 800m title leading from gun to tape, to the horror of Tony Bush. Hamish McInnes sprinted away to pick up the 1500m crown and Philip Parry won the youths javelin. Phil O'Brien took the silver in the 5000m as did Len Steers in the discus, and Mark Littlejohns took 3rd in a quality 400m hurdles race.  
800m 1/ J.Moseley 1.51.9. 1500m 1/ H.McInnes 3.53.4, 5/ M.Lepps 3.57.5,  
10/ M.Cursons 4.01.4. 5000m 2/ P.O'Brien 14.39.8, 7/ R.Heath 15.17.4.  
400mH 3/ M.Littlejohns 55.6. Shot 3/ L.Steers 12.51. Discus 2/ L.Steers 39.50.  
Junior 1500m 2/ T.Perkins 4.07.1. Youths 400m 7/ R. Fox 57.8.  
H.J. R.Fox 1.80. Javelin 1/ P.Parry 51.90.

OLD GAYTS COMPETING FAR AND WIDE.

Mar. 13th Tenerife International Road Race 10.3km. 35th J. Moseley.  
Mar. 20th Popular Cross San Antonio C.C. Race 8km. 3rd J. Moseley.  
Mar. 20th Durham Cathedral Relay. S. Penny 10.46 & 11.01. R. Ball 11.10.  
Mar. 21st Garland Trophy Womens Road Relay at Uxbridge. B. Bush 14.55.  
Mar. 22nd Hillingdon C.C. League at Northwood. 4th/5th yrs 3rd I. White (3rd in league).  
Mar. 28th Guildford Charity 14m 1/2 marathon (?). 10th M. Turner in about 1.20.  
Apr. 3rd Oxford Y.A. open meeting. Youths J.T. 2nd P. Parry 60.35,  
Colts 1500m A. Wray 5.04.8, C. Wray 5.08.0.  
Apr. 3rd International Central Banks Championships at Frankfurt. 1st R. Heath.  
Apr. 4th Woodford 1/2 Marathon. 40th I. Pursell 78.22, 143rd A. Bush 86.25 out of 650.  
Apr. 9th Manx Easter Festival Road Race. 9th P. O'Brien, 20th R. Heath, 65th R. Ball.  
Apr. 10th Manx Easter Festival Fell Race. 7th P. O'Brien, 14th R. Heath, 52nd R. Ball.  
Apr. 11th Manx Easter Festival Road Relay. P. O'Brien & R. Heath 6th team. R. Ball ran.  
Apr. 18th Open meeting at Crystal Palace. Youths J.T. 1st P. Parry.  
Colts 100m 5th= N. Darby 14.1, L.J. 4th N. Darby 4.55.  
Apr. 24th Herne Hill "10". 24th D. Orme 55.41, 30th R. Kraushaar 56.16.  
Apr. 24th Bataverien Relay, Nijmegen to Enschede, Holland. S. Penny 24th leg/1st team.  
May 2nd/3rd U.A.U. Championships at Crystal Palace. 800m 2nd H. McInnes 1.55.7,  
3kmSC 9th R. Ball 10.03/10.06 ht. 110mH ht. M. Bartlett 17.5.  
High jump M. Bartlett 1.75.  
May 5th S.C.A.A.A. v R.A.F. v Borough Road at Crystal Palace. 800m 4th J. Moseley 1.53.2.  
May 8th Christie Univs v R.A.F. v Oxford etc at Oxford. 1500m 1st H. McInnes 3.55.5.  
Pole vult B. Chillery 3.40.  
May 8th Inter-varsity match at Leicester. 800m J. Deighton 1.59.4.  
May 9th London Marathon (with apologies to Mike Green). R. Kraushaar 2.44.51,  
I. Pursell 3.15.00, A. Bush 3.19.35, I. Garrod 4.45.00 approx.  
Chris Finill and Gareth Smith also finished, times unavailable.

U.K. RANKING LISTS FOR 1981.

The following club athletes were ranked: 400m 49th= J. Moseley 48.4,  
800m 15th= J. Moseley 1.49.5, 89th H. McInnes 1.52.1, 10000m 101st M. Green 30.59.6,  
3kmSC 58th= M. Green 9.12.4, 400mH 79th= M. Littlejohns 55.5, T.J. 35th R. Philips 14.91.  
Juniors: 800m 25th H. McInnes 1.52.1, 1500m 29th H. McInnes 3.52.5,  
2kmSC 25th= M. Cursons 6.06.1, 3kmSC 17th M. Cursons 9.36.5, 400mH 17th M. Littlejohns 55.5,  
110mH (snr ht) 22nd= M. Bartlett 15.9, 110mH (jnr ht) 20th= M. Bartlett 15.3.  
Hamish's performances placed him 9th(2nd junior) in the 800m and 20th(1st junior) in the 1500m in the Scottish rankings.

+++ As I only took on this task late, some results i.e. the Woodford match and the North London meeting haven't yet fallen into my hands. Hopefully these with the first round of the Middlesex League will appear in the next issue. Also, make sure you give me results of non club fixtures for the above feature as it is far more difficult for me to keep track of what's going on in the summer than in the winter season.

+++ Forthcoming fixtures: May 22nd Southern Leagues at Bedford, Norwich, Aldershot, May 26th Inter Schools Match, May 29th G.R.E. Cup Round 1 at Bannister, May 30th Nonsuch Trophy at Ewell, June 5th Southern Leagues at Bannister, St. Ives, Southwark, June 6th N.Y.A.L. at Hayes, June 9th Middlesex League at Haringay, June 20th N.Y.A.L. at Southall. Road races: June 12th Chigwell "10", June 26th Chalfonts "6".

Dennis Orme  
16/5/82.

# OLD GAYTONIANS' ATHLETIC CLUB

Summer Newsletter 1982 No. 2

## CLUB FIXTURES FROM APRIL:

### Apr. 17th Inter-Club Meeting at Woodford.

As last year, this provided a useful early season competition on a good track against good opposition. Unfortunately, we didn't repeat our win of last year finishing only 4th. Philip Perry closed last season with a 53.22 record in the javelin, and he opened this season by beating it by nearly 5m with 58.04. The only "A" win came from Hamish McInnes with an impressive piece of finishing in the 800m.

100m	5	B.Townley	12.2	1	A.Lazar	11.7	H.J.	5	R.Fox	1.75	3	B.Dowding	1.65
200m	5	J.Moseley	23.7	3	B.Townley	24.8	P.V.	4	B.Chillery	3.00	4	J.Deighton	2.00
400m	2	J.Moseley	50.8	4	B.Davidson	53.3	L.J.	5	P.Nowak	6.01			
800m	1	H.McInnes	1.57.4	3	M.Lepps	2.01.4	T.J.	3	P.Nowak	12.91	4	W.Thomas	11.11
1500m	2	M.Coursons	4.04.3	2	J.Deighton	4.11.1	S.P.	3	L.Steers	36.62			
3000m	2	P.O'Brien	8.39.4	1	A.Deighton	8.51.0	D.T.	4	L.Steers	36.62	3	P.McElwaine	25.00
		N/S D.Orne	9.14.0				J.T.	3	P.Parry	58.04	5	P.McElwaine	37.94
110mH	4	W.Thomas	19.1	4	I.Garrod	23.3	H.T.	3	L.Steers	38.98			
400mH	4	W.Thomas	60.2	3	I.Garrod	71.0							
4x100m	3		45.7										

Teams: 1/ Ilford 221, 2/ Oxford University 214, 3/ Woodford Green 190, 4/ Old Gayts 171, 5/ Met. Police 122, 6/ North London 73.

### Apr. 25th Inter-Club Meeting at Parliament Hill.

The senior/junior match was a close battle between us and Polytechnic. With the 4x400 relay to go it looked like we could win, so we entered a team literally as the other teams were lining up. Jim Moseley ran an impressive last leg pulling back a 40m lead by Polytechnic to win us the event, but unfortunately the results hadn't been calculated correctly and we lost the match by 5 points. Lack of organisation with the results means that those below are incomplete. However, our youths/boys/colts team romped away with their match, Alan Wray equalling his 200m record and Neil Derby setting one in the 100m.

100m	2	B.Townley	11.7	1	A.Lazar	11.6	400mH	1	D.Stevens	59.1	4	I.Garrod	67.1
200m	2	J.Moseley	23.1	3	B.Townley	24.2	H.J.		G.Emmett	1.80			
400m		A.Sebley	54.6		I.Garrod		S.P.		L.Steers	12.25	N/S	A.Lamb	10.39
800m	1	J.Moseley	1.55.2				J.T.		A.Lamb	46.34			
1500m	1	M.Lepps	3.59.0	1	R.Heath	4.09.0	L.J.		A.Lamb	6.09			
3000m	4	C.Finill	9.20.9										
4x400m	1	3.38.1 (A.Sebley, M.Lepps, R.Heath, J.Moseley)											

#### JUNIORS

100m	3	T.Nicholas	11.7	800m	1	T.Perkins	2.03.5	1	A.Hopson	2.06.0
200m	3	T.Nicholas	23.8							

SENIOR/JUNIOR TEAMS: 1/ Polytechnic 189, 2/ Old Gayts 184, 3/ Loughton 139.

#### YOUTHS

100m		P.Chapinal	12.2	K.Beasley	12.3	400m		R.Fox	56.6	G.Fisher
		N/S K.Alexander	12.4			800m		G.Fisher	2.43.3	
200m		P.Chapinal	25.4	K.Beasley	25.8	J.T.		P.Parry	53.90	N/S P.McElwaine 41.30
		N/S K.Alexander				H.J.		R.Fox		N/S B.Dowding 1.65

#### BOYS

100m		D.Rogers	15.5	1000m		N.Flint	4.54.0
200m		D.Rogers	32.4				

#### COLTS

100m	1	N.Darby	14.1	1	C.White	14.9	1500m		C.Wray	5.18.5	G.Drake	5.22.4
200m	1	A.Wray	31.3	1	C.White	31.4			N/S D.Palmer	5.56.4		
800m	1	A.Wray	2.34.5	1	M.Sale	2.41.9						

YOUTHS/BOYS/COLTS TEAMS: 1/ Old Gayts 171, 2/ Ealing & Southall 119, 3/ North London 111, 4/ Woodford 94, 5/ Loughton 94.

## RECENT CLUB FIXTURES:

### May 12th Middlesex League at New River.

There was a low turnout due to a clash with the Harrow Schools. Wins came from Mark Littlejohns in the senior 400mH, Tony Perkins junior 1500m and Hugh Griffiths boys H.J.

SENIORS: 100m "A" 5th M.Horton 11.4, "B" 2nd M.Littlejohns 11.4, 6th I.Garrod 12.7, 7th S.Glantz 12.9.  
 400m "A" 1st M.Littlejohns 55.9, "B" 1st D.Stevens 59.8. High Jump "A" 3rd G.Emmett 1.70, 2nd I.Garrod 1.50.  
 Teams: 1/ Haringey 114, 2/ Highgate 112, 3/ Enfield 74, 4/ N. London 73, 5/ Met Police & Old Gayts 66, 7/ Barnet 43, 8/ Victoria park 23.

JUNIORS: 1500m 1st T.Perkins 4.14.9. Teams: 1/ Met Police 115, 2/ Barnet 92, 3/ Enfield 60, 4/ Haringey 39, 5/ Old Gayts 30(?), 6/ North London 8.

YOUTHS: 100m "A" 3rd P.Chapinal 12.0, "B" 1st M.Smith 11.8. High Jump 3rd R.Fox 1.70.  
 Discus "A" 2nd P.Parry 33.20, "B" 2nd M.Fountain 23.58. Teams: 1/ Haringey 111, 2/ Barnet 79, 3/ Old Gayts 54, 4/ Highgate & Enfield 44, 5/ North London 24.

BOYS: 1500m 3rd P.Carter 5.50.4. High Jump 1st H.Griffiths 1.50. Long Jump "A" 3rd A.Chan 4.72, "B" 3rd G.Pound 3.76. Teams: 1/ Haringey 125, 2/ North London 94, 3/ Barnet 52, 4/ Enfield 32, 5/ Old Gayts 30, 6/ Highgate 19.

### May 22nd Southern League Division 1 at Bedford.

Bedford, who got the big "E" out of the British League last year, proved no threat as we romped to a win with our best ever points score. Wins were too numerous to mention but we scored 39 out of 40 in the middle distance and won both relays. In the league we moved up to 3rd behind Windsor and North London who both have won two fixtures each.

100m	4	M.Horton	11.6	1	T.Lazar	11.5	H.J.	3	M.Bartlett	1.80	2	G.Emmett	1.75
200m	2	J.Moseley	23.6	2	T.Nicholas	24.4	P.V.	2	B.Chillery	3.40	1	A.Burland	3.20
400m	1	J.Moseley	51.8	1	B.Davidson	52.5	L.J.	4	A.Lamb	6.36	4	D.Nicholson	6.03
800m	1	H.McInnes	1.58.7	1	J.Deighton	2.01.7	T.J.	4	A.Lamb	12.67	3	P.Nowak	12.39
1500m	1	M.Lepps	4.04.2	1	R.Keath	4.09.5	S.F.	2	L.Steers	12.24	1	N.Hayes	11.62
5000m	1	P.O'Brien	14.49.1	2	A.Deighton	15.49.8	D.T.	4	L.Steers	38.38	2	J.Fennelly	34.98
110mH	1	M.Bartlett	16.4	1	D.Stevens	17.0	J.T.	3	P.Parry	47.64	1	A.Lamb	44.98
400mH	1	M.Littlejohns	56.6	1	D.Stevens	59.9	H.T.	2	L.Steers	41.22	2	S.Freedman	36.54
3kmSC	1	M.Cursons	9.39.8	1	G.Finill	10.01.4							
4x100m	1	45.2 (T.Lazar, J.Moseley, M.Littlejohns, M.Horton)											
4x400m	1	3.28.7 (M.Littlejohns, H.McInnes, B.Davidson, J.Moseley)											
Teams:	1/ Old Gayts 149, 2/ Norfolk 116, 3/ Bedford 107, 4/ Verlea 94, 5/ Hastings 72.												

### May 22nd Southern League Division 3 at Norwich.

Having been in a narrow lead for most of the match, we were pipped on the last event, the discus, by the host club Diss. Only 5 points covered the first 4 teams and had we not dropped points in the pole vault we would have won. Mark Chippendale scored the only "A" track win in the 400H and helped the 4x100 squad to its first ever victory. Wins on the field came from Tim Hughes/Long Jump and Ian White/Pole Vault. In the league we lie 8th but have the same number of league points as the next 5 clubs above us, so there is a possibility of promotion! But what's for sure is that we won't go back down to Div. 4.

100m	2	J.Hughes	11.8	2	T.Hughes	12.0	H.J.	3	R.Fox	1.65	2	I.Garrold	1.55
200m	5	T.Hughes	25.1	2	J.Hughes	24.4	P.V.	1	I.White	3.10		J.Secker	no ht.
400m	5	A.Sebley	55.1	5	R.Fox	59.3	L.J.	1	T.Hughes	6.21	1	W.Thomas	5.88
800m	5	A.Robson	2.09.3	4	D.Wolfe	2.10.1	T.J.	2	M.Chippendale	12.84	1	P.Vanderwert	11.67
1500m	4	R.Ball	4.27.5	3	D.Orme	4.29.8	S.P.	5	S.Patel	7.98	5	T.Hughes	7.78
5000m	2	M.Green	15.37.3	1	D.Orme	15.43.2	D.T.	4	P.McElwaine	26.72	5	T.Hughes	19.72
110mH	2	M.Chippendale	17.1	1	P.Stanton	19.0	J.T.	2	N.Smith	45.22	2	P.McElwaine	40.24
400mH	1	M.Chippendale	58.0	2	W.Thomas	60.3	H.T.	3	I.Garrold	18.44	3	A.Robson	16.68
3kmSC	4	S.Penny	10.18.3	3	I.Pursell	10.44.6							
4x100m	1	47.3 (P.Stanton, M.Chippendale, T.Hughes, J.Hughes)											
4x400m	4	3.47.8 (W.Thomas, A.Robson, A.Sebley, I.Garrold)											
Teams:	1/ Diss 115, 2/ Old Gayts 112, 3/ Basildon & Bracknell 110, 5/ Walton 84.												

### May 22nd Southern League Division 6 at Aldershot.

Having been "robbed blind" of athletes by the "B" team at Harrow Met before setting off, the "C" team ended up with only 8 athletes although they had the fixture at the best venue! Still, there's plenty of room for athletes who will no doubt want the competition in the future. We had no wins but Mike Turner ran a good 800m and Chris Brooks a good 400m.

100m	4	M.Baron	13.8	4	S.Glantz	13.7	H.J.	3	C.Brooks	1.40			
200m	4	M.Baron	27.7	4	S.Glantz	27.3	P.V.						
400m	4	S.Glantz	58.1	4	C.Brooks	57.4	L.J.	4	M.Turner	5.28	3	M.Baron	4.78
800m	2	M.Turner	2.00.5	3	A.Morris	2.30.9	T.J.	4	M.Baron	10.03	4	C.Brooks	9.24
1500m	4	M.Turner	4.33.4	4	V.Reynolds	4.57.5	S.P.	4	M.Baron	6.86	4	N.Barton	?
5000m	3	G.Smith	17.12.5				D.T.	4	N.Barton	20.92	4	V.Reynolds	14.92
110mH							J.T.	3	A.Morris	31.74	4	N.Barton	7.76
400mH	4	V.Reynolds	79.2				H.T.	3	N.Barton	15.42	3	V.Reynolds	6.48
3kmSC	4	M.Baron	11.26.4	4	M.Muir	12.12.8							
4x100m	4	57.0 (S.Glantz, N.Barton, G.Smith, A.Morris)											
4x400m	3	3.59.7 (M.Turner 55.6, V.Reynolds 59.7, M.Baron 64.7, C.Brooks 59.6)											
Teams:	1/ Par 148, 2/ Great Yarmouth 131, 3/ Elliott 114, 4/ Old Gayts 68.												

### May 26th Old Gaytonians Schools Trophy Meeting at Bannister.

In its second year in its youths/boys format, the meeting again proved a success with a full complement of 7 schools in each age group. Several meeting records went in the ideal conditions, and there were many good performances from our younger athletes competing for their schools and Gayton High finished 3rd overall. Philip Parry won the award for the best youth's field event with his throw in the javelin.

YOUTHS:	100m 1st L.Birch 11.8, 2nd P.Chapinal 12.1. 200m 1st C.Ault 24.6, 2nd L.Birch 25.0.												
	400m 4th K.Alexander 61.7. 1500m 6th S.Ashton 4.57.6. High Jump 1st B.Dowding 1.70, 4th P.Vanderwert 1.55.												
	Pole vault 1st I.White 3.10. Long jump 1st D.Nicholson 6.10. Triple jump 1st P.Vanderwert 11.81.												
	Shot 5 K.Alexander 9.56. Discus 2nd P.Parry 34.24. Javelin 1st P.Parry 53.16.												
	Hammer 1st M.Fountaine 36.78. Gayton won the 4x100 relay but were disqualified.												
BOYS:	100m 2nd C.Omodiagbe 12.6. 200m 5th I.Warby 27.8. 400m 4th A.Chan 63.8. 80mH 1st J.Tyson 12.5.												
	High Jump 2nd H.Griffiths 1.30. Long Jump 4th A.Chan 4.71. Triple jump 2nd J.Tyson 10.34.												
	Shot 2nd S.Beedie 9.86. Discus 1st C.Blanchflower 29.56, 5th S.Beedie 25.86.												
	Javelin 1st M.McSwiggan 35.00. 4x100m 1st Gayton 51.7.												

Overall teams: 1st Orange Hill 162, 2nd Park 158, 3rd Gayton 140½, 4th Mountview 100½, 5th Gunnersbury 100, 6th Canons 80, 7th Watford 50.

May 29th G.R.E. Cup First Round at Bannister.

For the first time we hosted a cup match, and it was also the first time since the demise of the Friendly League that we hosted a ladies match. Without a full strength team we only won by 10 points whilst a scrap went on for the second qualifying place behind us between 4 other clubs. Mark Littlejohns set off the track events with an impressive win in the 400mH breaking both the club record and the stadium record. Not to be out done, Len Steers set a club record in winning the hammer and won the shot. Other wins came from Mark Cursons/1500m, Dave Stevens/110mH and Rob Heath in the first 10000m to be held at Bannister since the days of Dave Bedford.

100m	3	T.Lazar	11.7	10000	1	R.Heath	32.01.4	L.J.	5	A.Lamb	5.95
200m	5	T.Nicholas	24.0	110mH	1	D.Stevens	16.4	T.J.	4	A.Lamb	12.57
400m	4	M.Littlejohns	52.8	400mH	1	M.Littlejohns	55.1	S.P.	1	L.Steers	13.19
800m	3	M.Lepps	1.57.8	3kmSC	2	P.O'Brien	9.31.8	D.T.	2	L.Steers	37.00
1500m	1	M.Cursons	4.06.3	H.J.	4	G.Ermett	1.70	J.T.	2	P.Parry	56.00
5000m	2	M.Green	15.30.4	P.V.	3	I.White	3.25	H.T.	1	L.Steers	44.36

4x100m 2 44.6 (T.Lazar, T.Nicholas, M.Littlejohns, M.Horton)

4x400m 5 3.39.8 (D.Stevens, M.Lepps, M.Cursons, T.Nicholas)

Teams: 1/ Old Gayts 134, 2/ Croydon 124, 3=/ Bexley & Stevenage 119, 5/ Highgate 115, 6/ V.P.H. 4.

May 30th Nonsuch Trophy at Ewell Court.

A low senior turnout meant that we were only placed third. There were no wins but newcomer Peter Scott ran some promising sprint times. Meanwhile, the youths retained their trophy by 9 points. "A" wins came from Mike Smith/100m, Corin Ault/200m, Kevin Alexander in the javelin and the 4x100m relay squad.

100m	4	P.Scott	11.8	2	I.Garrod	12.3	T.J.	2	W.Thomas	11.68	3	I.Garrod	10.11
200m	2	P.Scott	23.4	1	W.Thomas	24.7	S.P.	3	P.McElwaine	8.32	2	I.Garrod	6.70
400m	3	W.Thomas	55.4	4	I.Garrod	62.1	H.T.	3	I.Garrod	15.64	2	W.Thomas	12.36
3000m	2	M.Green	9.12.0	2	A.Bush	10.42.0							

Senior teams: 1/ Epsom 180, 2/ Mitcham 140, 3/ Old Gayts 126, 4/ Hillingdon 120, 5/ Woking 32.

100m	1	M.Smith	11.7	1	F.Chapinal	12.3	H.J.	3	R.Fox	1.65	2	F.Vanderwert	1.55
200m	1	C.Ault	24.1	2	K.Alexander	25.4	J.T.	1	K.Alexander	44.44	1	F.McElwaine	41.02
400m	2	M.Smith	55.6	1	R.Fox	57.9	4x100m	1	48.5				
1500m	2	S.Ashton	4.51.4	2	R.Fox	5.03.4							

Youths teams: 1/ Old Gayts 112, 2/ Epsom & Ewell 93, 3/ Hillingdon 79, 4/ Mitcham 72.

June 5th Southern League Division 1 at Bannister.

The hot weather broke during the 5000m which finished in "monsoon" conditions, Phil O'Brien shrugging the rain off to win. The meeting opened with another club/stadium record from Mark Littlejohns in the 400mH. Jim Moseley did the 400/800 double win, Hamish McInnes took the 1500m and an injured Andy Lamb the triple. But towards the end of the meeting Hillingdon, who turned virtually everybody out, were leading us. Mark Cursons and Chris Finill both ran superbly in the chase to get first and first and the 4x400m squad also won to give us a win by 2 points moving us up to 2nd on the league table ahead of North London, who crashed out in their match, but still behind Windsor.

100m	5	M.Horton	11.5	1	A.Lazar	11.3	H.J.	2	M.Bartlett	1.80	3	G.Ermett	1.70
200m	3	J.Moseley	23.2	1	M.Littlejohns	23.3	F.V.	2	B.Chillery	3.50	2	A.Burland	3.30
400m	1	J.Moseley	50.2	4	B.Davidson	52.9	L.J.	2	T.Hughes	6.10	2	D.Nicholson	6.08
800m	1	J.Moseley	1.54.9	2	M.Lepps	1.58.7	T.J.	1	A.Lamb	13.11	2	F.Nowak	11.61
1500m	1	H.McInnes	3.57.9	2	R.Heath	4.09.4	S.P.	3	L.Steers	12.59	2	N.Hayes	11.48
5000m	1	P.O'Brien	14.55.2	2	M.Green	15.27.0	D.T.	3	L.Steers	36.42	2	J.Fennelly	35.36
110mH	2	M.Bartlett	16.3	2	D.Stevens	16.7	J.T.	2	P.Parry	55.36	2	A.Lamb	45.62
400mH	1	M.Littlejohns	54.8	1	D.Stevens	57.8	H.T.	2	L.Steers	43.90	1	S.Freedman	37.02
3kmSC	1	M.Cursons	9.23.2	1	C.Finill	9.46.7							

4x100m 3 45.0 (A.Lazar, J.Moseley, M.Littlejohns, M.Horton)

4x400m 1 3.25.7 (M.Littlejohns 51.3, H.McInnes 51.5, B.Davidson 53.0, J.Moseley 50.0)

Teams: 1/ Old Gayts 147, 2/ Hillingdon 145, 3/ Shaftsbury 83, 4/ Portsmouth & Reading 83.

June 5th Southern League Division 3 at St. Ives/Hunts.

No let up in the hot weather here resulted in some slow times. Again it was a close match, this time between three clubs for 2nd. Jeff Deighton was the man of the match having rushed down from Nottingham after a finals exam in the morning, missing the pole vault, finishing a disappointing 2nd in the 1500m but then anchoring our 4x400m squad to a third place but beating Enfield to ensure our 2nd place. The only two "A" wins came from Mark Chippendale in the 110 hurdles and long jump.

100m	3	P.Scott	12.2	3	P.Stanton	12.5	H.J.	3	R.Fox	1.65	2	P.Stanton	1.50
200m	3	P.Scott	24.1	4	R.Fox	26.5	F.V.	4	J.Secker	2.90			
400m	4	W.Thomas	56.1	3	P.Scott	55.4	L.J.	1	M.Chippendale	6.28	2	W.Thomas	5.86
800m	4	A.Robson	2.16.3	2	A.Hopson	2.05.5	T.J.	2	M.Chippendale	12.16	2	P.Stanton	11.80
1500m	2	J.Deighton	4.11.0	1	A.Deighton	4.16.0	S.P.	4	P.McElwaine	8.10	4	R.Pound	6.80
5000m	2	D.Orme	16.46.3	1	S.Penny	16.54.1	D.T.	4	P.McElwaine	28.15	4	R.Fox	16.47
110mH	1	M.Chippendale	17.4	1	P.Stanton	19.2	J.T.	2	P.McElwaine	40.24	2	A.Robson	28.94
400mH	2	M.Chippendale	58.9	1	W.Thomas	61.7	H.T.	4	R.Pound	15.94	4	A.Robson	15.84
3kmSC	2	R.Ball	10.09.4	3	A.Hopson	11.31.0							

4x100m 3 48.5 (P.Stanton, M.Chippendale, R.Fox, P.Scott)

4x400m 3 3.42.6 (W.Thomas, A.Robson, P.Scott, J.Deighton)

Teams: 1/ Sutton & Cheam 153, 2/ Old Gayts 118, 3/ Enfield 116, 4/ Huntingdon 114.

June 5th Southern League Division 6 at Southwark.

Again the "C" team were on tartan. A fuller team meant better performances but once again we were last. The only "A" wins came from Ian Garrod in the high and triple.

100m	5	P.Rogers	13.0	4	M.Baron	12.9	H.J.	1	I.Garrod	1.65	1	M.Muir	1.45
200m	5	M.Baron	27.7	4	M.Muir	26.6			P.V.				
400m	5	G.Hiscocks	59.6	5	M.Baron	59.0	L.J.	2	P.Rogers	4.79	3	M.Baron	4.45
800m	5	V.Reynolds	2.23.0	5	D.Wolfe	2.34.2	T.J.	1	I.Garrod	11.28	1	M.Baron	10.24
1500m	5	G.Smith	4.49.7	5	V.Reynolds	5.33.6	S.P.	5	I.Garrod	6.01	5	N.Barton	5.98
5000m	3	G.Smith	17.26.3	4	D.Thomas	18.38.6	D.T.	4	N.Barton	21.67	5	V.Reynolds	15.10
110mH		P.Rogers	d.n.f.	3	I.Garrod	23.5	J.T.	5	D.Thomas	17.74	5	N.Barton	9.88
400mH	3	I.Garrod	67.1	3	V.Reynolds	77.3	H.T.	5	N.Barton	15.82	5	V.Reynolds	9.08
3kmSC	3	M.Baron	11.53.9	3	M.Muir	12.04.0							

4x100m 5 53.7 (P.Rogers, N.Barton, G.Smith, G.Hiscocks)  
 4x400m 4 4.07.0 (G.Hiscocks 60.5, D.Thomas 65.7, V.Reynolds 61.0, I.Garrod 59.8)  
 Teams: 1/ S.L.H. 149, 2/ Basildon 125, 3/ Tring 105, 4/ Braintree 81, 5/ Old Gayts 71.

June 6th National Young Athletes League at Hayes.

Our biggest team yet scored an easy win, despite some absentees due to schools' half terms. Club records fell to Darren Hawkins/100m, Colin White/200m, colts relay team, Nigel Flint/1500m, David Hoylette/long jump and Bob Fox/400mH, but the youths 4x100m squad were unlucky in being disqualified after winning in a fast time.

YOUTHS

100m	1	L.Birch	11.8	1	P.Chapinal	12.3	L.J.	1	C.Ault	5.70	1	P.Brown	4.98
200m	2	G.Ault	25.3	1	M.Smith	24.6			N/S J.Tyson	4.56			
400m	3	K.Beasley	57.4	2	D.Lenane	62.0	T.J.	2	P.Vanderwert	11.47	1	D.Lenane	10.76
800m	4	I.White	2.17.4	2	Bob Fox	2.17.4	S.P.	2	K.Alexander	10.00	1	S.Patel	9.94
1500m	5	S.Ashton	4.53.0	4	Ray Fox	4.59.8			N/S P.McElwaine	10.79			
3000m	4	S.Ashton	10.30.0	2	G.Fisher	11.23.9	D.T.	1	P.McElwaine	31.74	1	P.Parry	30.05
100mH	2	P.Vanderwert	17.6	2	P.Rogers	18.3	J.T.	1	P.Parry	51.16	1	P.McElwaine	39.98
400mH	2	Bob Fox	65.0	2	P.Rogers	74.9			N/S K.Alexander	40.02		S.Patel	30.46
H.J.	2	Bob Fox	1.75	1	B.Dowding	1.55			G.Williams	27.24			
P.V.	1	I.White	3.00				H.T.	1	P.Parry	26.38	1	G.Williams	22.83

4x100m 1 (disq) 47.2 (P.Chapinal, M.Smith, C.Ault, L.Birch)  
 4x400m 2 4.00.2 (K.Beasley, K.Alexander, I.White, D.Lenane)

BOYS

100m	1	C.Omodiagbe	12.7	1	R.Sanders	13.6	P.V.	3	I.Greatrex	2.00			
200m	3	R.Sanders	27.6	1	I.Walby	28.0	L.J.	2	D.Hoylette	5.23	1	R.Sanders	4.75
400m	5	D.Rogers	71.6	5	G.Pound	73.2	T.J.	2	D.Hoylette	10.50	2	J.Tyson	10.07
800m	2	M.Gaynor	2.27.4	1	N.Flint	2.23.8	S.P.	2	L.Ewbank	8.42	2	R.Burns	6.83
1500m	2	N.Flint	4.42.0	3	J.Parkins	5.41.6	D.T.	2	D.Hoylette	26.56	2	J.Parkins	14.49
3000m	5	M.Hayman	11.55.4	2	P.Carter	12.41.5	J.T.	2	J.Tyson	27.78		I.Walby	n.t.
80mH	1	J.Tyson	12.8	2	I.Walby	14.1	H.T.	1	J.Parkins	19.17	1	R.Burns	18.14
H.J.	2	M.Gaynor	1.50	1	A.Smith	1.50							

4x100m 2 52.6 (C.Omodiagbe, I.Walby, J.Tyson, R.Sanders)  
 4x400m 3 4.55.5 (D.Rogers, J.Parkins, M.Gaynor, G.Pound)

COLTS

100m	2	N.Darby	14.5	1	D.Hawkins	14.0	800m	N/S	3rd	S.Richardson	2.42.1,
200m	4	C.White	30.3	2	P.Simms	31.0			5th	M.Hayman	2.52.9,
800m	2	G.Drake	2.36.2	3	D.Wise	2.44.0			6th	D.Palmer	2.54.7,
1500m	2	M.Sale	5.12.1	1	P.Williams	5.13.4			11th	P.Carter	3.06.5,
									14th	G.Pound	n.t.t.

4x100m 1 57.6 (P.Jones, D.Hawkins, C.White, N.Darby)  
 Teams: 1/ Old Gayts 356, 2/ N.London 283, 3/ Hillingdon 277, 4/ Golden V1 127, 5/ Verlea 115, 6/ Dacorum 68.

June 9th Middlesex League at New River.

No results available yet, but Philip Parry upped the senior javelin record to 58.90. The youths and boys performed well but it looks like the seniors might be struggling to reach the final this year.

June 19th/20th Southern Counties A.A.A. Championships at Crystal Palace.

Phil O'Brien took a massive 25 secs out of Rob Heath's 1979 5000m time in the final having been with the leading group throughout the race. P.B.'s fell like nine pins in the 1500m heats on Saturday night and Hamish McInnes knocked over 1 sec. off the club record, whilst Mark Cursons finally broke the 4 minute barrier. Hamish went home thinking he hadn't qualified for the final but Steve Overt, who had entered only on the night, scratched after winning a heat so Hamish got a run, finishing last. Jim Moseley ran his second best ever time finishing 7th in the 800m final.

800m 7/ J. Moseley 1.50.8 (1.52.62 ht). 1500m H. McInnes 3.56.4 (3rd in ht 3.49.23), in same heat; 8/ M. Lepps 3.53.85, 11/ M. Cursons 3.57.28. 5000m P. O'Brien 14.10.0. 400mH heats M. Littlejohns 57.69.

June 20th National Young Athletes League at Southall.

Another convincing win makes us certain for automatic promotion into the Southern Premier division for next year. Bob Fox equalled his 400mH record and other records fell to Mark Fountaine/Hammer, Jason Tyson/80mH, Dave Hoylette/Triple Jump and Discus, James Parkins/Hammer, Philip Sims/200m, the youths 4x100m and the boys 4x400m. In addition we had 18 "A" and 20 "B" wins.

Team result (probably inaccurate): 1/ Old Gayts 348, 2/ Hillingdon 279½, 3/ North London 249½, 4/ Golden Vale 148, 5/ Verlea 106, 6/ Dacorum 57.

Individual results on next page.

### YOUTHS

100m	1	L. Birch	11.9	1	P. Chapinal	12.0	H.J.	3	R. Fox	1.70	1	B. Dowding	1.70
200m	2	M. Smith	24.4	1	G. Ault	24.5	L.J.	1	D. Nicholson	5.80	1	P. Brown	5.02
400m	2	K. Beasley	56.0	1	K. Alexander	56.8	N/S	C. Ault	5.26				
800m	3	R. Fox	2.26.9	1	M. Smith	2.27.0	T.J.	2	P. Vanderwert	11.76	1	D. Lenane	11.07
1500m	3	S. Ashton	4.50.0				S.P.	2	S. Patel	10.64	1	K. Alexander	9.45
3000m	2	S. Ashton	10.58.7				D.T.	1	P. Parry	37.44	2	M. Fountaine	22.80
100mH	1	P. Vanderwert	17.4	1	P. Rogers	17.2	J.T.	1	P. Parry	60.28	1	K. Alexander	43.78
400mH	2	R. Fox	65.0	2	P. Rogers	74.5	H.T.	1	M. Fountaine	36.84	1	P. Parry	28.18
4x100m	1	47.3 (P. Chapinal, M. Smith, D. Nicholson, L. Birch)											
4x400m	1	3.52.8 (K. Beasley, P. Chapinal, R. Fox, D. Lenane)											

### BOYS

100m	2	J. Tyson	13.7	2	A. Chan	14.0	L.J.	2	D. Hoilette	4.89	2	A. Chan	4.52
200m	3	A. Chan	27.7	2	I. Walby	27.7	T.J.	1	D. Hoilette	11.46	1	J. Tyson	10.59
400m	5	S. Preston	63.4	5	D. Rogers	71.0	S.P.	1	H. Lamb	8.96	2	R. Burns	6.38
800m	2	N. Flint	2.24.8	2	M. Gaynor	2.24.7	D.T.	1	D. Hoilette	27.80	1	J. Parkins	15.68
1500m	2	N. Flint	4.44.9	2	G. Pound	6.12.7	N/S	H. Griffiths	17.42		M. Gaynor	17.20	
3000m	4	M. Hayman	12.05.6	2	P. Carter	12.05.6		H. Lamb	16.86		G. Pound	11.94	
800mH	1	J. Tyson	12.6	1	I. Walby	13.3	J.T.	1	I. Walby	33.54	1	M. McSwiggan	32.06
H.J.	1	H. Griffiths	1.62	1	A. Smith	1.54	H.T.	1	J. Parkins	20.80	1	R. Burns	19.98
		N/S G. Pound	1.40				N/S	H. Lamb	22.62		G. Pound	18.54	
P.V.	2	M. Hayman	1.85										
4x100m	2	53.1 (G. Omodiagbe, A. Chan, J. Tyson, R. Sanders) -?											
4x400m	2	4.25.8 (S. Preston, D. Rogers, J. Parkins, M. Gaynor)											

### COLTS

100m	3	D. Hawkins	14.1	1	N. Darby	14.5	1500m	1	G. Wray	5.09.8	1	M. Sale	5.12.4
200m	3	C. White	29.9	2	P. Sims	29.5	4x100m	1	58.1 (P. Jones, D. Hawkins, C. White, N. Darby)				
800m	1	A. Wray	2.32.5	1	G. Drake	2.35.0							

### OLD GAYTS COMPETING FAR AND WIDE.

May 5th	Manchester University Inter-Hall Event. 5000m R. Ball 16.01.0												
May 12th	Harrow Schools Championships at Bannister. Seniors: 1500m 5th K. White 4.35.6, 5000m 3rd K. White 17.33.0, 400mH 1st W. Thomas 50.7, 5000m walk 1st S. Smalley 27.48.8 (champ. rec), T.J. 2nd W. Thomas 11.88. 1st Harrow Weald. Inters: 200m 2nd G. Ault 24.0, 1500m 3rd I. White 4.45.8, 3000m 3rd S. Ashton 10.24.1, H.J. 5th P. Vanderwert 1.55, P.V. 1st I. White 3.30 (Champ rec), L.J. 1st G. Ault 5.61, T.J. 2nd P. Vanderwert 11.25, S.P. 2nd S. Patel 11.22, D.T. 1st P. Parry 34.42, J.T. 1st P. Parry 58.20 (champ rec), 2nd K. Alexander 36.21. 2nd Gayton. Juniors: 100m 3rd G. Omodiagbe 12.7, 200m 2nd R. Sanders 26.8, 400m 3rd C. Blanchflower 59.9, 800m 4th N. Flint 2.24.1, 1500m 2nd N. Flint 4.44.6, H.J. 3rd J. Tyson 1.56, L.J. 3rd R. Sanders 4.98, S.P. 2nd S. Beedie 10.13, D.T. 1st C. Blanchflower 32.00, 2nd S. Beedie 28.06, J.T. 1st M. McSwiggan 31.63. 3rd Gayton. Apologies to those missed.												
May 12th	Open Meeting at Oxford. 800m M. Cursons 1.58.0.												
May 19th	U.A.U. v British Colleges v British Polys at Nottingham. 800m 2nd H. McInnes 1.51.3.												
May 19th	A.A.A. v Borough Road College at Crystal Palace. 800m 1st J. Moseley 1.51.5.												
May 21st	Ruislip & Northwood District Scouts Sports at Kings College. 100m 2nd N. Darby (14.5 ht), 200m 2nd A. Wray 31.2 (31.7 ht), 400m 2nd A. Wray 68.0 (C. Wray 74.0 ht), 800m 2nd A. Wray 2.37.0, 1 mile 5th C. Wray 5.41.0. 2nd team.												
May 25th	Open University 5 mile road handicap. 3rd A. Bush 29.21.												
May 26th	Middlesex v Borough Road College at Isleworth. 3000m 1st P. O'Brien 8.29.6, 400mH 1st M. Littlejohns 55.9, S.P. 4th L. Steers 12.56, D.T. 4th L. Steers dist-?.												
May 30th	U.K. Closed Championships at Cwmbran. 800m heat 2 2nd H. McInnes 1.51.14, heat 5 3rd J. Moseley 1.52.17.												
May 31st	Faversham 16km(?) Road Race. 14th D. Orme 55.37.												
June 11th	National Land Registry Sports Day at Gloucester. M. Lepps won 800m/1500m in 2.03.0/4.10.0 respv.												
June 12th	Scotland v Luxembourg v Belgium in Luxembourg. 200m 2nd H. McInnes 1.55.38.												
June 12th	Chigwell 10.4 mile Road Race. 19th D. Orme 55.36, 72nd R. Kraushaar 61.30.												
June 12th	Middlesex Schools Championships at Copthall. Three titles to Gayts. Seniors: 200m 4th P. Scott, 400mH 1st W. Thomas 59.1. Inters: P.V. 2nd I. White 3.20, L.J. 1st D. Nicholson 6.30, S.P. 9th S. Patel 9.96, J.T. 1st P. Parry 60.16. Juniors: 1500m ht N. Flint 4.50.0.												
June 13th	London Boroughs Heats at New River. Club records to Mark Littlejohns and Bob Fox. Seniors: 400mH 2nd M. Littlejohns 54.7, H.J. 3rd R. Fox 1.80, J.T. 2nd P. Parry 58.14, D.T. 5th P. Parry 25.88. Youths: 1500m 5th Ray Fox 4.51.0, 3000m 4th S. Ashton 10.27.6, S.P. 5th S. Patel 10.89. Harrow 6th.												
June 13th	Vauxhall Y.A. Meeting at Vauxhalls, Luton. Boys 800m 4th N. Flint 2.22.(?). Colts 500m 2nd A. Wray 2.32.3, 4th G. Wray 2.33.7.												
June 19th	Leeds/Manchester Univs Past & Present v Pennsylvania/Cornell Univs at Sale. 3000m 5th R. Ball 9.31.0, 5000m 4th D. Orme 15.36.9.												
June 22nd	Tring 5000m Fun Run. 9th (2nd U/16) N. Flint, 30th A. Wray, 36th G. Wray, 56th P. Williams, 57th M. Sale, 90th D. Wise, also ran B. Jackson & B. Hopson. 3rd team.												
June 26th	Chalfonts Carnival "6". 18th D. Orme, 123rd A. Bush.												
June 27th	Southern Counties A.A.A. Youths Champs. at Crystal Palace. J.T. 2nd P. Parry 58.18.												

+++ The "B" team now lie 6th in Division 3 of the Southern League and now look candidates for promotion after only one season in the division.

+++ Forthcoming fixtures: July 3rd Southern Leagues at Plymouth/Oxford/Harlow, July 10th Farringdon & Jewkes Trophy at Southall, July 14th G.R.E. Cup Round 2 at Southwark, July 14th Middlesex League at Enfield, July 17th Southern Leagues at Haringey/Brighton/Bannister(?), July 18th Young Athletes League at Hayes, July 20th Bank of England Match at Roehampton, July 31st Old Gayts Trophy Meeting at Bannister. Next newsletter probably out on August 7th. There are still some copies of the last newsletter, plus some from the winter. See me if you want any.

# OLD GAYTONIANS' ATHLETIC CLUB

Summer Newsletter 1982 No. 3

## RECENT CLUB FIXTURES:

### July 3rd Southern League Division 1 at Plymouth.

Injuries and the distant venue didn't prevent us amassing another large win, although we still lie 2nd in the league to Windsor. "A" wins came from Jim Moseley/400m, Hamish McInnes/800m, Mark Cursons/chase, Philip Perry/J.T., Len Steers/Hammer and Mark Chippendale moved up to number 2 on the Gayts all time long jump list scoring a win.

100m	3	M.Horton	12.0	2	A.Lazar	11.9	H.J.	2=	M.Bartlett	1.90	1	G.Ermet	1.80
200m	2	J.Moseley	23.1	3	M.Horton	24.0	P.V.	2	A.Burland	3.40	3	J.Deighton	2.60
400m	1	J.Moseley	49.8	3	B.Davidson	51.3	L.J.	1	M.Chippendale	6.67	1	T.Hughes	6.58
800m	1	H.McInnes	1.55.6	3	J.Deighton	2.01.0	T.J.	5	F.Nowak	12.65	4	M.Chippendale	12.46
1500m	2	M.Lepps	3.56.6	1	R.Heath	4.03.4	S.P.	3	L.Steers	12.84	3	A.Lamb	10.64
5000m	2	P.O'Brien	15.02.9	1	A.Deighton	15.09.7	D.T.	4	L.Steers	38.74	2	J.Fennelly	38.10
110mH	2	M.Bartlett	17.4	1	D.Stevens	16.7	J.T.	1	P.Perry	58.76	2	A.Lamb	45.16
400mH	2	M.Littlejohns	58.7	1	D.Stevens	57.0	H.T.	1	L.Steers	43.30	1	S.Freedman	37.18
3kmSC	1	M.Cursons	9.36.7	1	R.Ball	10.13.2							
4x100m	2	44.7	(A.Lazar, J.Moseley, B.Davidson, M.Horton)										
4x400m	3	3.32.0	(D.Stevens 53.2, M.Lepps 54.4, B.Davidson 52.1, H.McInnes 52.2)										

Teams: 1/ Old Gayts 14.2 $\frac{1}{2}$ , 2/ Croydon 10.4, 3/ Woking 100, 4/ S.L.H. 99, 5/ Plymouth 87 $\frac{1}{2}$ .

### July 3rd Southern League Division 3 at Oxford.

On paper we had a chance of winning but various "demotions" to the "A" team left us just missing out on 2nd. Dennis Orme, 10 seasons after his Southern League debut, finally won a 5000m, the only other "A" win came from Nick Hayes in the shot.

100m	2	L.Birch	12.0	3	M.Smith	12.1	H.J.	3	R.Fox	1.74	1	I.Garrod	1.71
200m	2	P.Scott	23.7	3	M.Smith	24.2			also 1st D.Oldfield (ex-Old Gayt)	1.85			
400m	3	A.Sebley	52.7	5	I.Garrod	57.8	P.V.	2	B.Chillery	3.20	3	R.Greatrex	2.00
800m	3	M.Turner	2.02.1	2	A.Hopson	2.03.2	L.J.	2	D.Nicholson	6.38	1	W.Thomas	5.92
1500m	4	M.Turner	4.24.8	5	D.Wolfe	4.29.3	T.J.	3	W.Thomas	12.34	2	P.Stanton	12.19
5000m	1	D.Orme	15.27.6	4	R.Kraushaar	17.18.5	S.P.	1	N.Hayes	12.07	2	P.McElwaine	8.98
110mH	3	P.Stanton	18.7+	2	W.Thomas	18.1	D.T.	4	P.McElwaine	29.04	3	N.Hayes	23.60
400mH	2	W.Thomas	59.1	2	P.Stanton	61.7	J.T.	5	P.McElwaine	35.42	2	A.Robson	34.38
3kmSC	5	I.Pursell	10.35.0	3	A.Robson	10.35.0	H.T.	4	N.Hayes	28.50	4	R.Pound	17.30
4x100m	4	47.6	(L.Birch, P.Scott, P.Stanton, M.Smith)										
4x400m	5	3.41.4	(A.Hopson 54.9, R.Fox 57.5, W.Thomas 54.1, A.Sebley 54.9)										

Teams: 1/ Worthing 131, 2/ Victoria Park 112, 3/ Old Gayts, 4/ Barnet, 5/ Oxford 88. + time in rerun.

### July 3rd Southern League Division 6 at Harlow.

Again we had only a small team but this time we finished 2nd.

100m	3	M.Baron	12.8	4	B.Dowding	13.0	H.J.	2	B.Dowding	1.65	2	C.Brooks	1.50
200m	2	D.Lenane	25.0	2	M.Baron	25.9	P.V.						
400m	3	C.Brooks	58.2	4	V.Reynolds	62.1	L.J.	3	D.Lenane	5.23	3	P.Rogers	4.51
800m	3	C.Brooks	2.13.4	1	V.Reynolds	2.21.8	T.J.	2	D.Lenane	11.41	1	M.Baron	10.74
1500m							S.P.	5	C.Brooks	6.23	4	N.Barton	6.16
5000m	2	G.Smith	17.38.1				D.T.	2	N.Barton	22.14	4	V.Reynolds	16.38
110mH	3	P.Rogers	21.0	2	M.Baron	22.9	J.T.	4	P.Rogers	27.72	3	N.Barton	5.34
400mH	3	P.Rogers	77.2	2	V.Reynolds	82.7	H.T.	3	N.Barton	15.12	3	M.Baron	11.44
3kmSC	2	M.Baron	11.26.1	1	G.Smith	12.23.3							
4x100m	2	51.4	(D.Lenane, N.Barton, B.Dowding, P.Rogers)										
4x400m	4	4.13.5	(V.Reynolds 61.8, C.Brooks 57.8, G.Smith 68.5, M.Baron 65.4)										

Teams: 1/ Redhill 133, 2/ Old Gayts 91, 3/ Camberley 84, 4/ Bexley 60, 5/ Taunton 45.

### July 10th Farringdon & Jewkes Trophies Meeting at Southall.

The meeting turned out not to be of a very high standard, being just a two horse race between us and hosts Ealing, to whom we finished 2nd in both events. We won 8 out of 11 senior "A" events, but only 3 "A" wins came our way in the young athletes events. Alan Wray set a club record in the colts 800m.

100m	1	M.Horton	11.6				H.J.	2	B.Dowding	1.65		I.Garrod	no ht.
200m	1	M.Horton	23.6	2	W.Thomas	26.1	L.J.	1	W.Thomas	5.74	2	I.Garrod	4.84
400m	1	W.Thomas	55.5	2	I.Garrod	61.0	S.P.	1	L.Steers	11.05	2	M.Horton	7.23
800m	1	M.Turner	2.05.5	2	A.Bush	2.24.0	D.T.	1	L.Steers	37.22	2	P.McElwaine	27.92
1500m	1	M.Turner	4.14.5	2	R.Kraushaar	4.42.9	4x200m	2nd					
5000m	4	R.Kraushaar	9.59.1	2	A.Bush	10.27.7							

Teams: 1/ Ealing & Southall 118, 2/ Old Gayts 99, 3/ North London 25, 4/ T.V.H. 9.

#### YOUTHS:

200m	3	Bob Fox	27.0				H.J.	2	Bob Fox	1.70		J.T.	1	P.McElwaine	39.30
400m	2	Bob Fox	59.1				L.J.	3	P.Vanderwert	5.26		4x200m	3rd		
800m	4	I.White	2.17.2				T.J.	2	P.Vanderwert	11.50					
1500m	3	Ray Fox	4.57.4				S.P.	1	S.Patel	10.40					

#### BOYS:

100m	3	A.Chan	13.0				1500m	N/S	M.Hayman	5.36.0		T.J.	2	A.Chan	10.39
200m	3	A.Chan	27.3						P.Carter	5.50.0			N/S	M.Hayman	8.20
400m	2	I.Warby	64.7				H.J.	2	H.Griffiths	1.50		S.P.	2	H.Lamb	9.74
800m	3	N.Flint	2.22.5					N/S	A.Smith	1.50		J.T.	3	I.Warby	31.53
1500m	2	N.Flint	4.48.1				L.J.	2	A.Chan	4.80		4x200m	3rd		

#### COLTS:

100m	2	D.Hawkins	14.2				800m	N/S	R.Ronchetti	2.56.2		T.J.	2	N.Darby	8.91
200m	2	G.White	30.5						P.Williams	5.14.8		4x200m	2nd & 4th (N/S)		
400m	3	D.Palmer	78.5				L.J.	1	N.Darby	4.52					
800m	2	A.Wray	2.31.6					N/S	R.Ronchetti	3.28					

Y/A Teams: 1/ Ealing & Southall, 2/ Old Gayts, 3/ North London, 4/ T.V.H.

**July 11th G.R.E. Cup Second Round at Southwark.**

Without a full team we, for the second year running, only got as high as 4th in round two. The heat meant slow times but Jim Moseley and Phil O'Brien put on fast finishes in the 800m and 1500m scoring our only wins, although Mike Lepps was unlucky in heaving David Glassborow sitting on his shoulder while leading the 5000m to spring past him with 400m to go.

100m 4 A.Lazar 11.5	10000 4 D.Orme 34.03.4	L.J. 4 M.Chippendale 6.09
200m 5 M.Horton 23.7	110mH 4 M.Bartlett 16.5	T.J. 6 M.Chippendale 11.75
400m 4 B.Davidson 51.2	400mH 4 D.Stevens 57.2	S.P. 4 L.Steers 12.28
800m 1 J.Moseley 1.57.3	3kmSC 5 C.Finill 10.02.9	D.T. 3 L.Steers 37.82
1500m 1 P.O'Brien 3.58.4	H.J. 4 R.Fox 1.80	J.T. 5 A.Lamb 42.56
5000m 2 M.Lepps 15.08.2	P.V. 4 A.Burland 3.30	H.T. 2 S.Freedman 40.50

4x100m 4 44.2 (A.Lazar, J.Moseley, B.Davidson, M.Horton)  
 4x400m 6 3.44.1 (R.Fox 57.8, M.Bartlett 55.5, A.Burland 53.9, C.Brooks 56.9)

Teams: 1/ Herne Hill 139, 2/ Brighton 132, 3/ Belgrave 124, 4/ Old Gayts 106, 5/ Medway 87, 6/ Croydon 86

**July 14th Middlesex League at Enfield.**

Firstly the results of the previous round at New River:

Seniors: 200m "A" 3rd M.Littlejohns 23.2, "B" 4th D.Stevens 24.1. 800m "A" 3rd M.Littlejohns 2.00.2, "B" 4th D.Stevens 2.06.0. 5000m 3rd M.Green 15.20.0, 23rd R.Kraushaar 17.12.0, 30th A.Bush 18.03.0. Team 7th. T.J. 5th I.Garrold 10.77. J.T. "A" 7th M.Littlejohns 30.30, "B" 4th D.Stevens 12.80.

Teams: 1/ Met Police 92, 2/ Enfield 77, 3/ Barnet 61, 4/ Old Gayts 56, 5/ North London 54, 6/ Highgate 53, 7/ Haringay 37, 8/ Victoria Park 18.

Juniors: 200m "A" 3rd P.Scott 23.7, "B" 3rd C.Birtles 24.3. T.J. "A" 1st C.Birtles 12.02, "B" 2nd P.Scott 10.72. J.T. 1st P.Parry 58.90. Teams: 1/ Barnet 92, 2/ Old Gayts 57, 3/ Haringay 55, 4/ Met Police 50, 5/ Enfield 46, 6/ North London 25.

Youths: 200m "A" 2nd M.Smith 23.7, "B" 1st K.Alexander 24.8. J.T. "A" 1st P.Parry 52.50, "B" 1st K.Alexander 37.30. Teams: 1/ Haringay 74, 2/ Old Gayts 48, 3/ Enfield 41, 4/ Highgate 38, 5/ Barnet 26, 6/ N. Lon 21.

Boys: 200m "A" 3rd J.Tyson 26.2, "B" 4th I.Warby 28.4. 800m "A" 4th S.Preston 2.38.9, "B" 4th M.Hayman 2.44.5. T.J. "A" 2nd J.Tyson 10.70, "B" 2nd A.Chan 10.04. J.T. "A" 1st I.Warby 33.02, "B" 2nd A.Chan 17.24. Teams: 1/ Barnet 83, 2/ Old Gayts 76, 3/ North London 71, 4/ Haringay 69, 5/ Enfield 21.

In the match at Enfield we qualified in all age groups except the juniors for the final.

Results may be incomplete but final league scores are given.

Seniors: 400m "A" 5th A.Burland 54.9, "B" 3rd M.Bartlett 54.3, N/S G.Brookes 56.1, V.Reynolds 60.5. 110mH "A" 2nd M.Bartlett 16.3, "B" 2nd P.Stanton 18.9. 3kmSC "A" 4th I.Pursell 10.34.6, "B" 2nd V.Reynolds 14.26.0. P.V. 5th A.Burland 3.00. 4x100m 5th 50.6. S.P. "A" 3rd M.Bartlett 8.59, "B" 3rd P.Stanton 7.87. H.T. "A" 1st S.Freedman 37.46, "B" 2nd P.Stanton 15.22. Final teams: 1/ Highgate 283, 2/ Enfield 259, 3/ Old Gayts 204, 4/ Haringay 201, 5/ Barnet 174, 6/ Met Police 168, 7/ North London 127, 8/ V.P.H. 41.

Juniors: 400m 2nd P.Scott 54.8. P.V. 2nd I.White 2.80. Teams: 1/ Barnet 253, 2/ Enfield 192, 3/ Met Police 177, 4/ Haringay 166, 5/ Old Gayts 111, 6/ North London 33.

Youths: S.P. 2nd P.Parry 10.08. H.T. 2nd P.Parry 23.60. Teams: 1/ Haringay 269, 2/ Enfield 139, 3/ Old Gayts 136, 4/ Barnet 119, 5/ North London 85, 6/ Highgate 47.

Boys: 800m "A" 3rd G.Pound 15.8, "B" 3rd S.Preston 15.2. 400m 4th N.Flint 63.9. H.T. 3rd G.Pound 19.70. Teams: 1/ Haringay 292, 2/ Barnet 214, 3/ North London 192, 4/ Old Gayts 167, 5/ Enfield 75.

**July 17th Southern League Division 1 at New River.**

Shock! Horror! Old Gayts beaten by outsiders. But the Belgrave team which beat us was some what less than kosher, they having "called up" a few corporals and sappers to sweep us up. However, we easily beat main threats North London and our 2nd place in the league is now almost a foregone conclusion. "A" wins came from Hamish McInnes/800m, Jim Moseley/400m, Mike Bartlett/H.J. and Len Steers/Hammer. Mike equalled his H.J. club record for the umpteenth time while both Brian Chillery and Andy Burland set one in the pole vault. Good performances also came from Mike Lepps and Rob Heath/1500m and Len Steers and John Fennelly/Discus.

100m 4 A.Lazar 11.3	4 M.Horton 11.5	H.J. 1 M.Bartlett 1.90	2 G.Emmett 1.75
200m 3 J.Moseley 22.9	3 M.Horton 23.6	P.V. 3 B.Chillery 3.55	1 A.Burland 3.55
400m 1 J.Moseley 48.6	1 H.McInnes 51.5	L.J. 3 T.Rughes 6.14	3 M.Chippendale 5.96
800m 1 H.McInnes 1.56.4	3 J.Deighton 1.59.6	T.J. 3 P.Nowak 13.17	2 A.Lamb 12.79
1500m 2 M.Lepps 3.53.0	1 R.Heath 3.57.0	S.P. 3 L.Steers 12.27	2 N.Hayes 11.44
5000m 1 P.O'Brien 14.54.0	2 A.Deighton 15.08.3	D.T. 2 L.Steers 40.20	1 J.Fennelly 38.76
110mH 4 M.Bartlett 16.3	2 D.Stevens 16.4	J.T. 4 P.Parry 52.58	4 A.Lamb 39.98
400mH 2 D.Stevens 56.8	4 M.Chippendale 64.3	H.T. 1 L.Steers 43.08	2 S.Freedman 32.46
3kmSC 2 M.Gursons 9.30.0	1 C.Finill 9.52.0		

4x100m 3 44.8 (A.Lazar, M.Bartlett, T.Hughes, M.Horton)  
 4x400m 4 3.35.1 (D.Stevens, M.Lepps, M.Bartlett, J.Deighton)

Teams: 1/ Royal Engineers + Belgrave 141, 2/ Old Gayts 131, 3/ Nth London 107, 4/ Chelmsford 88, 5/ W. Corn. 72.

**July 17th Southern League Division 3 at Brighton.**

This time it was our turn to get the lucky breaks and score a win, although "home" team Horsham ran us close. We moved up to 6th in the league and promotion rests on the final match.

"A" wins came from John Mann/100m, Dennis Orme/5000m, Warren Thomas/400mH/L.J./T.J., John Secker/P.V. and the 4x100m squad. Good thing the track has a pub on the home straight!

100m 1 J.Mann 11.7	1 B.Townley 11.8	H.J. 2 R.Fox 1.75	2= I.Garrold 1.55
200m 2 P.Scott 23.5	1 J.Moseley 23.9	P.V. 1 J.Secker 3.20	1 I.White 2.83
400m 4 A.Sebley 54.3	5 K.Beasley 56.3	L.J. 1 W.Thomas 5.92	1 A.Sebley 5.60
800m 4 A.Hopson 2.02.7	4 A.Robson 2.04.9	T.J. 1 W.Thomas 12.53	1 P.Stanton 12.50
1500m 4 D.Orme 4.29.3	4 D.Wolfe 4.36.0	S.P. 4 P.McElwaine 8.43	4 R.Pound 6.70
5000m 1 D.Orme 15.24.8	3 R.Kraushaar 16.57.4	D.T. 5 P.McElwaine 27.00	3 A.Sebley 20.40
110mH 4 W.Thomas 18.1	2 P.Stanton 19.0	J.T. 4 P.McElwaine 37.16	2 A.Robson 28.90
400mH 1 W.Thomas 58.4	2 P.Stanton 61.3	H.T. 5 R.Pound 16.46	3 I.Garrold 14.74
3kmSC 3 I.Pursell 10.37.9	2 A.Robson 10.42.1		

4x100m 1 46.2 (B.Townley, P.Scott, P.Stanton, J.Mann)  
 4x400m 2 3.36.9 (A.Hopson 54.4, A.Sebley 53.7, P.Scott 54.5, W.Thomas 54.3)

Teams: 1/ Old Gayts 124½, 2/ Horsham 123, 3/ Southampton 113½, 4/ Woodford 90, 5/ Surrey Beagles 85.

### July 17th Southern League Division 6 at Bannister.

A home fixture, a fuller turnout and Mark Littlejohns did not help us as we finished a disappointing last. The only wins came in the pole vault from newcomers Brian Affleck and Mark Hayman.

100m	4	M. Baron	12.8	4	P. Rogers	13.1	H.J.	2	S. Hextall	1.60	4	C. Brooks	1.45
200m	5	D. Lenane	26.5	4	M. Baron	18.5	P.V.	1	B. Affleck	2.70	1	M. Hayman	2.20
400m	4	K. White	58.0	3	G. Hiscocks	59.2	L.J.	5	D. Lenane	5.14	2	P. Rogers	5.06
800m	5	C. Brooks	2.23.2	5	R. Sweetman	2.29.4	T.J.	5	D. Lenane	10.90	2	M. Baron	10.56
1500m	5	V. Reynolds	5.08.0	5	K. White	5.10.9	S.P.	4	S. Patel	8.31	5	C. Brooks	6.60
5000m	5	G. Smith	17.10.0	5	V. Reynolds	20.27.2	D.T.	5	V. Reynolds	16.46	5	S. Patel	11.68
110mH	2	P. Rogers	20.6	4	M. Baron	24.2	J.T.	5	M. Baron	20.50			
400mH	5	V. Reynolds	71.8	1	M. Littlejohns	65.9	H.T.	5	V. Reynolds	12.72	3	M. Baron	12.32
3kmSC	4	M. Baron	11.04.0	5	G. Smith	12.39.0							
4x100m	3	50.3 (D. Lenane, G. Hiscocks, S. Patel, P. Rogers)											
4x400m	2	3.50.8 (K. White 59.4, M. Littlejohns 54.1, V. Reynolds 59.5, C. Brooks 57.8)											
Teams:	1/ Swindon 150½, 2/ Aldershot 110½, 3/ Maidenhead 109, 4/ Canvey Island 88, 5/ Old Gayts 76.												

### July 18th National Young Athletes League at Hayes.

Another victory ensured our automatic promotion for next season. Club records came from Ian White/1500m, Nigel Flint/3000m, David Hollette/T.J. & Discus and Alan Wray/1500m.

#### YOUTHS

100m	1	D. Nicholson	12.1	1	G. Ault	12.1	P.V.	1	I. White	2.80	1	B. Affleck	2.40
200m	1	M. Smith	24.3	1	D. Lenane	25.1	L.J.	1	D. Nicholson	5.83	1	C. Ault	5.78
400m	4	K. Beasley	56.3	2	K. Alexander	57.8	T.J.	3	D. Lenane	11.10	3	S. Patel	9.43
800m	4	Bob Fox	2.16.4	4	Ray Fox	2.28.5	S.P.	1	S. Patel	10.72	1	P. McElwaine	10.65
1500m	3	I. White	4.39.6	2	Ray Fox	4.59.2	N/S	K. Alexander		10.40			
3000m	3	S. Ashton	10.40.6				D.T.	2	P. McElwaine	32.94	1	P. Parry	32.20
100mH	4	P. Rogers	17.4	3	S. Patel	19.4	J.T.	1	P. Parry	41.20	1	K. Alexander	40.84
400mH	3	Bob Fox	65.3	3	P. Rogers	74.3	N/S	P. McElwaine		34.60			
1500m	5	S. Ashton	6.04.7				H.T.	2	P. Parry	27.82	2	P. McElwaine	21.20
H.J.	2	Bob Fox	1.70	1	B. Dowding	1.70							
4x100m	1	48.7 (K. Alexander, D. Nicholson, G. Ault, M. Smith)											
4x400m	4	4.15.8 (D. Lenane 61.0, Ray Fox 70.6, I. White 63.2, Bob Fox 61.0)											

#### BOYS

100m	1	A. Chan	13.6	2	J. Tyson	13.6	L.J.	2	D. Hollette	4.89	1	A. Chan	4.81
200m	3	A. Chan	27.4	3	S. Preston	28.9	T.J.	2	D. Hollette	11.47	1	J. Tyson	10.43
400m	4	H. Lamb	68.8	3	D. Rogers	69.9	S.P.	2	S. Beedle	10.14	1	H. Lamb	8.46
800m	4	S. Preston	2.37.4	4	N. Flint	2.39.3	N/S	R. Burns		6.62			
1500m	4	G. Mullins	5.24.2	4	G. Pound	6.31.0	D.T.	1	D. Hollette	30.64	1	S. Beedle	29.62
3000m	1	N. Flint	10.03.5	3	P. Carter	11.31.7	N/S	M. McSwiggan		19.04		H. Griffiths	18.64
80mH	1	J. Tyson	13.2	3	M. McSwiggan	16.3	J.T.	1	J. Tyson	17.00			
H.J.	2	H. Griffiths	1.60	2	A. Smith	1.40	J.T.	1	M. McSwiggan	35.42	1	G. Lea	32.79
N/S	G. Mullins		1.40	D. Hollette		1.20	N/S	J. Tyson		29.42		J. Parkins	21.24
	G. Pound		1.20				H.T.	1	H. Lamb	25.86	1	J. Parkins	20.40
P.V.	4	G. Pound	1.60				N/S	R. Burns		23.84		G. Pound	20.04
4x100m	2	54.6 (R. Sanders, A. Chan, J. Tyson, C. Omodiagbe)											
4x400m	4	4.39.8 (G. Mullins 74.0, D. Rogers 70.5, J. Parkins 67.1, S. Preston 68.2)											

#### COLTS

100m	2	N. Darby	14.3	2	P. Jones	15.0	non-scoring races:						
200m	2	F. Sims	29.9	3	C. White	30.8	100m	1	G. Pound	15.1	2	S. Richardson	15.4
800m	1	C. Wray	2.34.5	1	G. Drake	2.35.6		3	A. Wray	15.5			
1500m	1	A. Wray	5.04.4	1	M. Sale	5.09.4	800m	3	P. Williams	2.40.9			
4x100m	1	58.4 (R. Wheeler, P. Jones, C. White, N. Darby)											
Teams:	1/ Old Gayts 361½, 2/ North London 327½, 3/ Hillingdon 308, 4/ Verlea 179½, 5/ Golden Vale 76½, 6/ Dacorum 46. League result: 1/ Old Gayts 24, 2/ North London 19, 3/ Hillingdon 17, 4/ Golden Vale 11, 5/ Verlea 9, 6/ Dacorum 4.												

### July 20th Bank of England Match at Roehampton.

Results have "gone astray" for this match. Although we were told that we had won on the night, organiser Rob Heath thinks that the scores may have been added up wrong giving us second. Get it right Rob!

### July 31st Old Gaytonians Trophy Meeting at Bannister.

The meeting was not up to the standard of last year's event, two clubs didn't turn up and those that did were weaker. We didn't have a full turnout either and some potential "A" team athletes competed for the "B" team so that they could compete in events they normally didn't do. This fact coupled with the split-heats scoring system in the sprints meant that there were numerous instances when the "B" team were scoring more points in events than the "A" team. In the end, we failed to retain the trophy, losing to Herne Hill by 29 points. Good performances came from Chris Brooks & Bruce Davidson/800m, Jeff Deighton/1500m, Mark Littlejohns/400mH, and Brian Chillery set a club record in the pole vault. Mark won a set of Ron Hill kit for the best track performance. While the match result was a let down, we made massive profits on the raffle and the disco in the evening at the Old Gayts new clubhouse. Despite good performances from Phil O'Brien and Mike Green, the absence of a few key athletes meant that Shaftsbury beat us in the disco dancing event. In the results, no indication is given of which team athletes were competing for to avoid confusion. Results are listed in event/heat order e.g. "A1" means "A" string first race etc.

results on next page:

100m "A1" 3rd M.Bartlett 11.9. "A2" 1st A.Lazar 11.5. "B1" 6th S.Brawn 15.8.  
 200m "A1" 3rd J.Mann 23.3. "A2" 3rd M.Bartlett 24.0. "B1" 3rd K.Alexander 25.5.  
 400m "A1" 6th R.Sweetman 62.4. "A2" 2nd A.Sebley 52.5. "B1" 3rd V.Reynolds 62.7. "B2" 3rd A.Hopson 54.7.  
 800m "A" 2nd M.Lemps 1.57.7, 10th C.Brooks 2.10.1. "B" 1st B.Davidson 2.00.0, 7th V.Reynolds 2.16.9.  
 1500m "A" 2nd M.Cursons 4.03.8, 4th A.Deighton 4.09.3. "B" 1st J.Deighton 4.11.3, 7th S.Penny 4.29.1,  
 9th S.Aghton 4.57.4. 800m "B" 8th R. Sweetman 2.21.9.  
 5000m 2nd D.Orme 15.36.5, 13th G.Smith 16.56.0, 15th R.Kraushaar 17.18.8, 17th A.Bush 17.36.0.  
 110mH "A1" 3rd W.Thomas 19.0. "A2" 1st M.Bartlett 16.4. "B1" 5th I.Garrood 23.3. "B2" 2nd P.Rogers 20.2.  
 400mH "A1" 3rd I.Garrood 67.9. "A2" 1st M.Littlejohns 56.5. "B" 1st W.Thomas 60.3, 6th V.Reynolds 72.8.  
 3kmSC 4th I.Pursell 10.19.9, 10th M.Muir 12.18.4, 11th G.Smith 12.46.3.  
 H.J. "A" 4th B.Dowding 1.65, 7th I.Garrood 1.50. "B" 6th H.Griffiths 1.40.  
 P.V. "A" 3rd B.Chillery 3.60, 5th B.Affleck 2.50. "B" 1st J.Secker 3.40.  
 L.J. "A" 4th M.Bartlett 5.65, 7th W.Thomas 5.23. "B" 4th A.Sebley 5.67.  
 T.J. "A" 6th P.Stanton 12.25, 7th I.Garrood 10.56. "B" 3rd W.Thomas 12.76.  
 S.P. "A" 4th N.Hayes 12.01, 8th P.McElwaine 8.74. "B" 6th S.Patel 8.44, 9th R.Pound 6.59.  
 D.T. "A" 7th P.McElwaine 28.82, 10th N.Hayes 25.54, N/S P.Parry 25.64. "B" 6th P.Parry 26.56,  
 7th G.Griffiths 24.90.  
 J.T. "A" 6th P.Parry 47.38. "B" 9th P.Stanton 24.42.  
 H.T. "A" 3rd S.Freedman 35.06, 7th R.Pound 17.42. "B" 3rd N.Hayes 28.86.  
 4x100m 3rd 46.4, 5th 49.4.  
 4x400m 5th 3.46.6 (A.Sebley 60.4, A.Hopson 56.3, W.Thomas 54.7, J.Deighton 55.2)  
 6th 3.52.9 (M.Bartlett 55.8, I.Garrood 58.2, C.Brooks 57.2, V.Reynolds 61.7)  
 Teams: 1/ Herne Hill 410, 2/ Old Gayts 381, 3/ Hounslow 330, 4/ S.L.H. 300, 5/ Chelmsford 273,  
 6/ Woodford Green 242, 7/ Barnet 233, 8/ Old Gayts "B" 232, 9/ Q.P.H. 171, 10/ Ealing & Southall 170,  
 11/ Surrey A.C. 156, 12/ North London 143.

#### OLD GAYTS COMPETING FAR AND WIDE.

June 19th South Downs "10". 29th M. Turner in about 69 minutes.  
 June 24th Harrow Schools U/15 League at Bannister. 100m 1st C.Omodiagbe 12.3, 400m 3rd C.Blanchflower 61.6,  
 H.J. 2nd J.Tyson 1.55, 3rd C.Omodiagbe 1.50, L.J. 2nd D.Hoilette 5.04, 3rd R.Sanders 4.83,  
 T.J. 1st D.Hoilette 11.97 (league rec), D.T. 1st C.Blanchflower 29.82, 2nd R.Sanders 29.36,  
 J.T. 1st I.Warby 36.58. Gayton 5th.  
 June 28th/29th B.U.S.F. Championships at Enfield. 800m ht 7th J.Deighton 2.02.0, 5000m 8th A.Deighton  
 15.08.0, 3km S/C 2nd M.Cursons 9.37.0.  
 June 29th Harrow Schools U/14 League at Bannister. 800m/1500m 1st N.Flint 2.24.2/4.54.5.  
 July 7th T.V.H. Open Meeting at West London. 800m G.Drake 2.33.3. 3000m M.Sale & C.Wray 11.20.0 (rec.).  
 July 7th Beverley Baxter Trophy Meeting at New River. 100m M.Horton 11.6, 400m B.Davidson 50.8, 3000m  
 M.Lemps 8.20.4, R.Heath 8.33.8, A.Deighton 8.36.7, 200mH M.Bartlett 27.6.  
 July 9th/10th Scottish Championships at Grangemouth. 3000m 3rd H.McInnes 1.53.49 (1.54.15 1st in ht.)  
 July 10th S.C.A.A. v Army at Aldershot. 3000m 2nd P.O'Brien 8.10.3. Club record.  
 July 10th English Schools Championships at Birmingham. Inter J.T. 7th P.Parry 55.24.  
 July 18th British Airways Games at Grangemouth. 800m 2nd H.McInnes 1.52.5.  
 July 24th A.A.A. Championships at Crystal Palace. 800m hts 3rd J.Moseley 1.50.4. 6th H.McInnes 1.51.6.  
 July 28th At Bannister. 800m N.Flint 2.19.5(?).  
 July 28th Sir Sefton Brancker Trophy Meeting at New River. 800m 1st J.Moseley 1.52.6, 1500m 7th H.McInnes,  
 3000m 1st P.O'Brien 8.15.(?), 2nd M.Lemps 8.22.1, D.T. L.Steers.  
 July 31st Scotland v England v Norway v Poland at Meadowbank. 800m H.McInnes.

+++ Forthcoming fixtures: August 7th Southern Leagues Rochester/Bannister/Erith,  
 August 28th Middlesex League Finals at West London, August 30th Reading Trophy  
 Meeting, September 4th British League Qualifying Match at Luton, September 18th  
 St. Albans Relay, September 26th London Transport Relay at Kingsbury,  
 October 2nd Horsenden Hill Relay & Fairlands Trophy at Stevenage, October 9th  
 Chiltern League at Oxford (whoopie!), October 16th Old Gayts "5" Mile Road Race  
 and U/16, U/14, U/12 schools road races. Next newsletter, including the last  
 few athletics results, out on October 16th.

+++ Cross-country team management for 1982/3: Roger Kraushaar - team manager, Mike Lemps -  
 assistant (seniors/juniors), Derek Wolfe - assistant (youths/boys), and  
 Bob Hopson - colts/young colts team manager.

+++ The Old Gayts are promoting a road race on October 16th on a 5 mile course at Royston  
 Park Estate in Hatch End, to replace our traditional "mud special" cross country  
 race that we've held for the last 13 years. As the only other major fixtures in  
 the South East that day are the Chingford League, Faversham "5" and Reading Vets  
 Relay, there could be anything from 200 competing. So assistance with course  
 marshalling, recording etc. from any non-competing club members will be welcome.  
 In addition, the schools races we held last year will now be road races and we  
 are adding an under 12's event. So make sure your schools turn out teams.