by consistency of lap times, club chairman Dave Simpson heads the consistency table with times of 6.14, 6.11 and 6.12, closely followed by newcomers Gordon Reid (6.10, 6.04, 6.08) and Helen Fries (6.20, 6.20, 6.29).

SWIMMING

CHANNEL swimmer Loretta Riscombe-Burton was first in the veterans' class of the long distance Royal Albert Docks Championships at the weekend.

The 40-year-old raced against 60 competitors, achieving a winning time of one hour, 52 minutes and 18 seconds.

She said: "Although there were 60 from all over the country taking part there were only two of us in our heat after another woman dropped out."

The mother-of-two admitted the three mile success boosted her morale after she had to abandon her second recent Channel attempt with Calais already in sight.

She said: "It's nice to get something for a year's hard work."

BADMINTON

FANCY playing badminton? If so, Chipstead Badminton Club would like to hear from you.

This small friendly club is recruiting League standard players to strengthen existing teams. The club fields two mixed and a newly promoted ladies' doubles team who all compete in the Orpington League.

Club night is Friday and players interested in joining should phone Sevenoaks 451255 for further details.

TENNIS

THE winter tennis season at the Bailey Indoor Tennis Centre, Sevenoaks, begins with a Dunlop Tennis Roadshow on Sunday (September 22).

From 11 am until 12.30pm visitors can test the Dunlop

Triathletes put to the test

SEVENOAKS TRIATHLON

THE best yet. That was the verdict on Sunday's eighth annual Sevenoaks Traithlon.

Held in brilliant sunshine and soaring temperatures, the event attracted some 260 triathletes who completed a 400 metre swim, 15 mile bike ride and five mile run through Knole Park.

The men's event was won by Chris Williams in a time of one hour 19 minutes and 44 seconds with Sarah Cape taking the women's title in 1:27:44.

Among the local entrants was Marian Tingley, 51, who won the women's super veterans' event in 20:06:03 and was third in the super veterans.

Marian's daughter, Laura Elliott, at 19 three decades younger than her mother, finished just 19 minutes ahead in 1:47:08.

Mrs Tingley said: "It was my best time ever although the cycle ride was shorter it felt much harder than in previous years."

Out of the local entrants Dave Hibbins was first in 1:38:29 and Helen Barnes (1.45.40) in fifth place the highest woman finisher.

The event was organsied by Alban Scully and Mark Horne, members of the Sevenoaks Swimming Centre-based Tri-7 Triathlon Club

Mr Scully said: "It was the best ever. Obviously the marvellous weather helped but it went off very smoothly. Every year it seems to get a little better."

Prizes were presented by Glen Cooke, the former World Championship silver medalist and ex-European champion.

Plans are already being drawn up for next year's triathlon and a duathlon is being held next April.

Results

Men: 1 C Williams (1:19:44), 2 R Puxty (1:20:21), 3 R Stevens (1:21:21). **Women:** 1 S Coupe (1:27:44), 2 S Brice (1:28:17), 3 V Boyle (1:34:52).

Veterans (men): 1 A Spelling (1:27:19), 2 M Topping (1:27:55), 3 J Anniss (1:29:53). **Women:** 1 J Boulton (1:37:08), 2 J Baker (1:44:26), M Tingley (2:06:03).

Super veterans (men): 1 C Jones (1:32:06). **Women:** M Tingley (2:06:03).

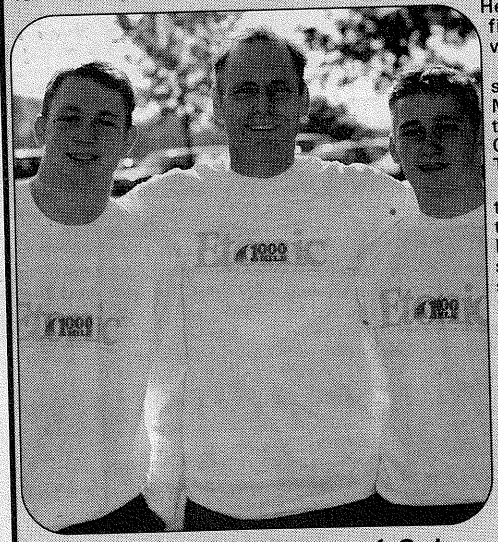
Juniors (boys): 1 S Worth (1:24:07). **Girls:** S Carter (1:52:30).

Team (men): 1 Greenwich Triton (R Stevens, S Worth, R McLaughlin). **Women:** 1 Greenwich Triton (S Brice, S Carter, P Ashby).

Local (men): 1 D Hibbins (1:38:29). **Women:** 1 H Barnes (1:45:40).

Local results

1 D Hibbins (1:38:29), 2 B Ashby (1:39:34), 3 L Gill (1:42:29), 4 W Ellis (1:43:06), 5 H Barnes (1:45:40), 6 L Elliott (1:47:08), 7 G Dean (1:47:30), 8 K Smith (1:47:53), 9 P Cooke (1:49:00), 10 A Cannon (1:50:15), 11 B Harrild (1:50:32), 12 G Harrild (1:50:58), 13 T Mills (1:51:57), 14 J-P Darque (1:52:43), 15 I Glencross (1:52:52), 16 D Simpson (1:53:25), 17 T Harrild (1:57:14), 18 N Batt (2:01:38), 19 D Chapman (2:01:45), 20 E Oatley (2:04:34), 21 M Tingley (2:06:03), 22 D Varney (2:09:05), 23 H Gay (2:13:25), 24 M Beveridge (2:14:49), 25 J Cooke (2:17:39), 26 G Field (2:39:36), 27 C Field (2:40:36), 28 J Smith (2:41:41), 29 R Smith (2:42:43).

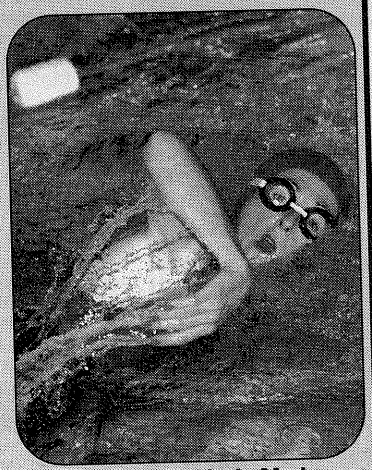


● Family affair: The H team of Graham Harrild (centre) with his sons Ben, 19, (left) and Tom, 18. Pictures: *MARK DAVEY*

Picture: 6573/2

● Best foot forward: The Flounder team comprising members of Sevenoaks Keep Fit Club. Back row (from left ro right): Dave Chapman, Graham Harrild, Nigel Bath. Front row: Jean-Pierre Darque, Brian Ashby and Tom Harrild.

Picture: 657324A



● Making a splash: Marian Tingley

Picture: 6573/5A

Results and fixtures

Cricket fixtures

Saturday, September 21: Sevenoaks Vine Acorns v Chelsfield Park, Otford v Wadhurst, Chevening Amblers v Snodland Community, St John's & Seal v Old Brockleins, Bells Yew Green v St John's and Seal II, Stonewall Park v Buckhurst, Shoreham v Weald, St Lawrence v Nurstead, Shoreham v Weald, Telscombe Cliffs v Reigham, Crockham Hill v Tonbridge.

Wednesday, September 25: Sevenoaks Wednesday v Locums (at Holmesdale).

Nuclear Electric Kent County League

Results – September 14

Premier Division: AFC Egerton 1 Lydd Town 0, Aylesford Paper Mills 3 VCD Athletic 4, Greenways 0 Green 6, Wickham Park 11 St George's (Wrotham) 1.

Reserve Division One: AFC Egerton Res 5 Rusthall Res 0, Beauwater Res Ex Blues Res 5, Sevenoaks Town Res 2 Bearsted Res 2, Stansfeld O&B Club Res 2 Greenways Res 0, VCD Athletic Res 9 Aylesford Paper Mills Res 1.

Reserve Division Two: Chislehurst Res 9 Borough Utd Res 5, Chipstead v Tonbridge Rangers, Hawkenbury v Chislehurst, Swanscombe Utd v Chipstead.

Division Three: Aylesford v Halls, Belvedere v St George's (Wrotham), Dunton Green v Wickham Park, Leaves Green v NPI, Old Bexleians v Mastercolour, Tonbridge Invicta v Borough Green.

Reserve Division One: Aylesford Paper Mills Res v Stansfeld O&B Club Res, Beauwater Res v Bearsted Res, Chipstead Res v Sevenoaks Town Res, Greenways Res v Rusthall Res, Tonbridge Invicta Res v VCD Athletic Res.

Reserve Division Two: Chislehurst Res v Borough Utd Res, Chipstead Res v Tonbridge Rangers Res, Hawkenbury Res v Swanscombe Utd Res.

Division Three: Biggin Hill Junior 5 Westerham 3rds 2, Fort Halstead 6 Rusthall Sunday 2, Nelson Arms 6 Paddock Wood Y&J 1, White Rock 2 Hadlow Athletic 4.

Division Four: Hildenborough v Post Office Res (postponed), Hill Rangers v Kemsing Utd Res (postponed), Hill Utd 2 Tappers Res 1, Peckham 2 Tappers 2, Flyers v KCR (postponed).

Division Three: Biggin Hill Junior 5 Westerham 3rds 2, Fort Halstead 6 Rusthall Sunday 2, Nelson Arms 6 Paddock Wood Y&J 1, White Rock 2 Hadlow Athletic 4.

Division Four: Hildenborough v Post Office Res (postponed), Hill Rangers v Kemsing Utd Res (postponed), Hill Utd 2 Tappers Res 1,

weekend, set up easy ball for Warner and Oldroyd, while Ingram and Jones in the centre tackled well and attacked all afternoon.

The best try of the game was scored by Shirtcliff after good handling by the forwards and backs and then Bell finally broke through to feed the supporting Miles to round off another good move.

Sevenoaks Extra 1st XV: Burgess, Mais, Ingram, Jones, Lusted, Oldroyd, Werner, P Shirtcliff, Hamer, Morley, Gilbert, Sayers, A Shirtcliff, Bell Miles, Parker.

Unbeaten record is extended

Sevenoaks Extra A 26
Gillingham 0

IN search of their 30th game without defeat, Sevenoaks Extra A XV began Saturday's game at a typically furious pace spending much of the first 20 minutes encamped on the Gillingham line.

However, untypically imprecise finishing did not see it breached until a quick rucked ball and forward mass saw Turl finally go over. Further Sevenoaks possession for the remainder of the first-half was disappointingly not rewarded by additional points.

Gillingham were a changed side after the break and only formidable home defence maintained the chastity of their line with Knight making some excellent tackles.

But, with three quarters of the game gone, Sevenoaks rediscovered their verve and first-half form. Good ball was taken at ease from both set piece and loose play and, although Gillingham's defence was admirable, two further tries by Turl and one by Brooks-Waters, all converted by Jenkins, gave Sevenoaks a worthy win.

GOLF

THE annual Battle of Britain golf tournament, run as a benefit for Sevenoaks Royal Air Forces Association, saw more than 40 players compete in a