

Sevenoaks

SPORT & WELLBEING

WWW.SEVENOAKSPORTS.CO.UK
£2.95 (where available)

ISSUE 55, JULY 2022



RUGBY CLUB GETS TO GRIPS

New constitution and fixtures are out for RFU's National League 2 East

SEVENOAKS SHOWCASE IS A KNOCKOUT

Hundreds attend first event of it's kind to great applause!



BETTER BODY GROUP



YOUNG ATHLETE



chsnetworks

Maintaining healthy Business IT systems for over 20 years, helping clients to **achieve their IT goals**

IT | Support | Solutions | VOIP | Mobile | Microsoft 365 | Cyber Security



For further information about the services CHS Networks offer please call us and ask to speak to one of our sales team or visit the website.

T: 01732 44 55 66

E: info@chsnetworks.com

www.chsnetworks.com

SEVENOAKS SPORT & WELLBEING WINS TWO BUSINESS AWARDS

Sevenoaks Sport & Wellbeing magazine won two awards at the recent Sevenoaks Business Awards ceremony, and came runner-up in a third.

The awards ceremony, run by the Sevenoaks Town Team, part of Sevenoaks Town Council, was held at the Bat and Ball Community Centre on Friday 10th June. *Sevenoaks Sport & Wellbeing* editors, Steve and Lorraine, were very gracious in their acceptance of the Independent Business of the Year award and the New Business award (under 5 years), with a runner-up acclaim in the Micro-Enterprise of the Year category.



SEVENOAKS SPORT & WELLBEING

Sevenoaks Sport & Wellbeing magazine is published every month with free circulation in Sevenoaks, Swanley, West Kingsdown, Westerham, Edenbridge and the surrounding areas. Our main distribution points can be found at Tesco (Riverhead), The Oak Tavern (Sevenoaks), Wetherspoons (Sevenoaks), Sevenoaks Leisure Centre, Bat and Ball Sports, Sevenoaks Town FC, Sevenoaks Rugby Club, The Vine Pavilion, Otford Post Office, Swanley Town Council offices, Swanley Leisure Centre, Edenbridge Leisure Centre, Westerham FC, The Bricklayers Arms, Chipstead and The Windmill, Weald. *Sevenoaks Sport & Wellbeing* magazine is owned and published by *One Team Media Ltd.* and has no ties to the district council, local town councils or any other publishers or businesses. Whilst every care has been taken to ensure that the data in



Cover image: West Kingsdown Boxing Club.

this publication is accurate at the time of going to press, *One Team Media Ltd.* can not accept liability to any party for loss or damage caused by errors or omissions resulting from negligence, accident or any other cause. We are unable to check claims made by advertisers are legal and truthful and that all products and services are safe. *One Team Media Ltd.* does not accept any liability in relation to advertisements placed.

The Team

Steve Rowley

Publishing Editor & Founder
steve@oneteammedia.co.uk

Lorraine Rowley

Features Editor & Events Co-ordinator
lorraine@oneteammedia.co.uk

Georgia Randall

Junior Associate & Reporter
georgia@oneteammedia.co.uk

Our regular contributors:

Becky Wade - Better Body Group
Jenny Godfrey - Sevenoaks Swimming
Katie Le Sbirel - Sevenoaks Town FC
Gordon MacLelland - WWPIS
Magdalena Marvell - Persea Clinic
Laura Trott - Sevenoaks & Swanley MP

Editorial enquiries

editorial@oneteammedia.co.uk

Advertising sales

advertising@oneteammedia.co.uk

Contact us

Email: info@oneteammedia.co.uk
Website: www.sevenoakssports.co.uk
Meta: @SSandWellbeing
Twitter: @SSandWellbeing

CONTENTS

JULY 2022

- Sevenoaks Sport & Wellbeing win two awards** 01
Magazine awarded Independent Business of the year for Sevenoaks
- Eva heads to European Junior Championships** 04
Young swimmer heads to Bucharest to better 2021 medals
- Sevenoaks Rugby Club get to grips with new league** 07
New constitution and fixtures are out for National League 2
- Olympian Joe Choong returns to old school** 08
Gold medallist visits next generation at Sevenoaks School
- Taekwon-do expert heads to Kickboxing champs** 11
Martial Arts member takes on a new challenge
- Swanley skatepark hits £250k funding target** 11
Community event is celebrated with funding achievement
- Aquaoaks artistic swimming at Kent championships** 12
Sevenoaks club celebrates 95 gold medal haul
- Monthly statistics report pullout** 15
Sponsored by Amherst Accountancy
- District Council launch 'More Sevenoaks' campaign** 23
New message encourages more people to visit the district
- Athletics club's Eliza is new U17 champion** 24
Youngster becomes Kent U17 Womens 3,000m champion
- Hockey club make Talent Academy announcement** 24
Jacqui Hudson takes on new club role at Sevenoaks
- Laura Trott MP with her personal message** 25
Sevenoaks district's sports community is absolutely buzzing
- Clubs come together for Sevenoaks Showcase** 26
Hundreds attend inaugural sports showcase event
- Working with Parents in Sport - Paying your child?** 30
Why Pay? Children love to score anyway!
- Strength training and running with Becky Wade** 32
Better Body Group specialist provides great running advice
- Nutrition: Post Covid-19 hair loss** 34
Magdalena investigates the root cause of hair loss



08

Olympian Joe Choong returns to old school

Gold medallist visits next generation at Sevenoaks School.





26

Sevenoaks Showcase 2022

District clubs enjoy their day in the sun as members of the public attend first Showcase event at Knole Academy.



12

Aquaoaks Artistic Swimming

Local club celebrates 95 gold medal haul at recent Kent Championships.



32

Strength and Running

Better Body Group specialist provides some great strength and running advice.



Hello,

It is an absolute pleasure to let you know that we won two Sevenoaks Business Awards recently. The Independent Business of the Year award and the New Business award, which is given to businesses under 5 years old. When *Sevenoaks Sport & Wellbeing* win such awards, it is worth noting that without the great sporting achievements of the Sevenoaks community, we wouldn't have such a great product to offer. That's why we are dedicating our awards to all the people who make the Sevenoaks District such a great place to play and take part in sport. From the young children who were getting bullied at school, but found solace with sport, to the men and women who struggled with anxiety due to the pandemic, who now volunteer at their local club, to Barry Habgood, whose life was cut short far too early this year, these awards are for you! This month we report on our successful Showcase Event in June, bring you the latest news on a series of championships and take a look at what the new season has in store for Sevenoaks Rugby Club. Plus we have all your regular columns from *Better Body Group*, *Working with Parents in Sport*, Magdalena at the *Persea Clinic* and hear from Laura Trott MP. Please enjoy this month's issue and we'll be back at the start of August with interviews with our Isthmian League managers Harry Hudson and Michael Golding.

Kind regards,

Steve

Steve Rowley
Publishing Editor & Founder

EVA HEADS TO BUCHAREST FOR THE 2022 EUROPEAN JUNIOR CHAMPIONSHIPS



Sevenoaks' Eva Okaro is one of 42 young swimmers named in a British Swimming team packed with 'great potential' heading to the European Junior Championships.

The event, being held at the Otopeni Olympic Swimming Complex in Bucharest, Romania, between 5-10 July, will be a 'hugely valuable learning experience' for one of the largest British junior squads to participate in Europe's premier age-group competition.

At last summer's European Junior Swimming Championships in Rome, Eva was just 14-years-old, and the freestyle specialist won three medals although she was only expected to attend the championships just for the experience.

In Rome, Eva won silver in the 4 x 100m Freestyle Relay, bronze in the 50m Freestyle and a bronze after helping the British Swimming team in the 4 x 100m Medley Relay qualify for the final.

One year on and Eva is once again flying the flag for Sevenoaks on the international stage, and although she has been suffering from an achilles injury, she is once again expected to make her mark in the pool. Messages of support for Eva flooded social media channels as she set off for the championships with Sevenoaks Swimming Club's Head Coach, Keiron Piper, focusing

on Eva enjoying the experience, by simply saying: "Have a great week Eves!"

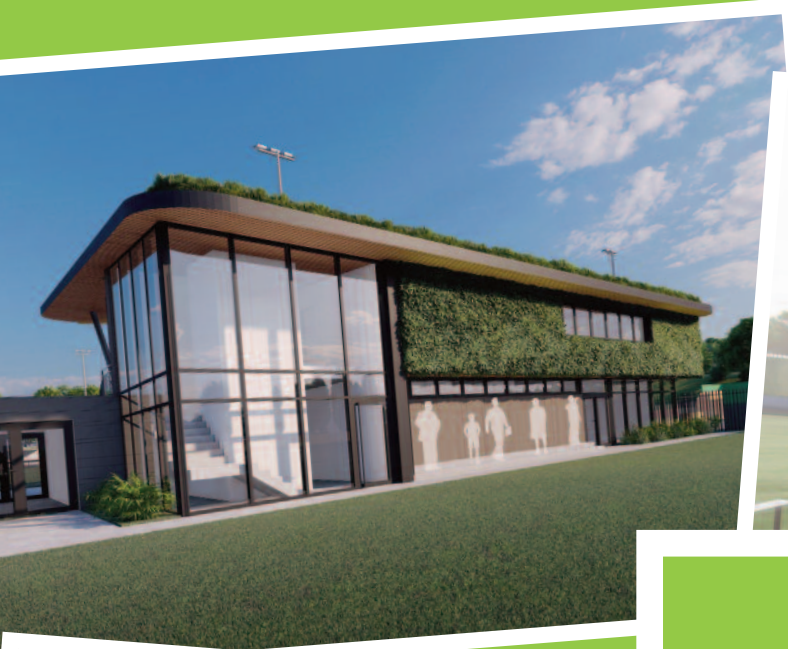
- Meanwhile, Jaedon Lynch, also from Sevenoaks Swimming Club, has once again been selected to represent Jamaica at the CCCAN (Central American & Caribbean Swimming) Championships in Barbados in July.

Last summer, Eva came away from Rome with three medals, can she beat that this year in Romania?





Proudly working with Sevenoaks Town Football Club



offset
architects





The New Beacon

Ex Fumo · Dare · Lucem

Love Learning, Love Life

Our excellent teaching team understands how to draw the best from every individual boy; inspiring confidence, nurturing a love of learning and exploring new ideas.

Prep School is the time to build firm foundations, when boys are happy, growing in confidence, enjoying a full and fulfilling school life.

newbeacon.org.uk

The New Beacon, Brittain's Lane, Sevenoaks, Kent TN13 2PB



SEVENOAKS RUGBY CLUB TO GET TO GRIPS WITH NEW NATIONAL LEAGUE 2 FIXTURES

Sevenoaks Rugby Club are just a few weeks away from starting life in the RFU's National League 2 East division and they have some tough matches ahead of them both at home and on the road.

The newly promoted side will start and finish their season with ties against Westcliff, with the opening day away in Southend-on-Sea on Saturday 3rd September.

Sevenoaks will then host their first National 2 game at the Paddock when they entertain Blackheath on Saturday 10th September.

In a cruel twist for local rivals Tonbridge Juddians, with relegation from National 1 last season, they now find themselves in the same league as Sevenoaks and the two teams will face-off against each other on Saturday 10th December in Tonbridge and on Saturday 15th April in Sevenoaks. Excitingly for some, there is also the prospect of having a weekend in Guernsey when Sevenoaks travel to the Channel Isle on Saturday 12th November. The Mighty Oaks will also play both Dorking and North Walsham again after both teams were promoted alongside Sevenoaks. Dorking at home



is on Saturday 24th September and North Walsham visit on Saturday 1st April. The Mighty Oaks managed the double over Dorking last year and split the difference with North Walsham. Both matches are guaranteed to be highly charged. Other notable fixtures on the list are home games against Canterbury on Saturday 22nd October and Barnes on Saturday 21st January.

**National League 2 East
Sevenoaks Rugby Club's full
fixtures for 2022/23. Home
matches in bold:**

September 3rd - Westcliff
September 10th - Blackheath
September 17th - Worthing
September 24th - Dorking
October 1st - Barnes
October 15th - Rochford Hundred
October 22nd - Canterbury
October 29th - Bury St Edmunds
November 5th - Old Albanians
November 12th - Guernsey
November 26th - Henley
December 3rd - North Walsham
December 10th - Tonbridge Juddian
December 17th - Blackheath
January 7th - Worthing
January 14th - Dorking
January 21st - Barnes
January 28th - Rochford Hundred
February 18th - Canterbury
February 25th - Bury St Edmunds
March 4th - Old Albanians
March 11th - Guernsey
March 25th - Henley
April 1st - North Walsham
April 15th - Tonbridge Juddian
April 22nd - Westcliff



Sevenoaks Rugby Club will return to Dorking next year as both clubs were promoted from the London & SE Premier division last season. Sevenoaks beat Dorking in both of their 2021/22 fixtures.

SEVENOAKS OLYMPIAN JOE CHOONG RETURNS TO OLD SCHOOL TO INSPIRE THE NEXT GENERATION

Joe Choong is the number one ranked Pentathlete in the world, a two time Olympian and the first British athlete to win a gold in the pentathlon in its entire history. Unknown to many, he had attended primary school in Sevenoaks, and had trained at Sevenoaks Swimming Club from the ages of 10-18. With Joe's strong ties to the town of Sevenoaks, Zachary Raymond, a pupil at Sevenoaks School, thought it would be a great opportunity for school students and members of Sevenoaks Swimming Club to hear him share his journey. After getting over the initial surprise that Joe agreed to take part, Zachary writes...

With an audience of approximately 50 people, we chose to use the server on top of the school's Sennocke Centre as the venue as it overlooks the swimming pool while

also housing the jerseys of famous sports people that have attended the school.

As Joe arrived, an electricity seemed to pass through the audience. It seemed almost absurd that an Olympic gold medallist would even want to visit our small town of Sevenoaks but here he was. We quickly made introductions and jumped straight into the talk. Joe was an incredible speaker captivating people with his enthusiasm and his passion while also giving very practical and effective advice. A phrase which really stuck out to me was this: "At a certain point in every athlete's career you have to recognise that hard work is not just exhausting your body every day, it is actually paying attention to every detail in every one of your movements, it is the perfecting of all the little things that make the biggest difference."

I thought that this was something that I could apply not only to my swim training but to all areas of my life.

Besides advice on training, Joe also went into detail on his career in the sport of pentathlon. A surprising theme which became apparent as he elaborated on his career was that even as an Olympic champion, Joe was not born a genetically gifted champion. As he said himself "People can't even imagine that I was ever bad at the sport, but I had to work to get where I am now." Of course, this was extremely inspiring to all the athletes in the room, and it is proof that it is possible for any of us to get to the top, it just depends on how hard we work.

Finally, I thought that the symbolic gravity of the talk could be felt by everyone in the room. The building in which he was presenting was where his whole career had started and to come full circle after winning his Olympic gold was a moment which touched the hearts of all the people taking part. I would just like to end by saying that Joe is the most humble and amiable people I have ever met. I am extremely proud to be part of the same swimming club in which he swam, and I am in admiration of all he has achieved in his career. Thank you for coming to visit us!

Editor's note: Thank you to Zachary Raymond for sending us this wonderful report , it's good to know that the next generation are interested in both professional sports careers and sports journalism too. Well done!



Joe Choong meets with Sevenoaks School pupils Eva Okaro and Zachary Raymond.

Sevenoaks

TOWN FOOTBALL CLUB



PRE-SEASON FRIENDLY MATCHES 2022



Wednesday 13th July at 7.30pm
STEVENAGE



Saturday 16th July at 3.00pm
CROYDON



Wednesday 20th July at 7.30pm
TOOTING & MITCHAM



Saturday 30th July at 3.00pm
LEWES



Wednesday 3rd August at 7.30pm
CRAY WANDERERS



Saturday 6th August at 3.00pm
SOUTH PARK

All home fixtures are played at The Bourne Stadium, Greatness Park, Sevenoaks, Kent, TN14 5BX
Adults £5 / Concessions £3 / Under 18s FREE - Tickets are available via Eventbrite or on the gate.



FLOREANT LET THE
SEPTUM SEVENOAKS
QUERCUS FLOURISH



WWW.SEVENOAKSTOWNFC.CO.UK
@SevenoaksTownFC

COME AND SEE US



Where the Remarkable Happens



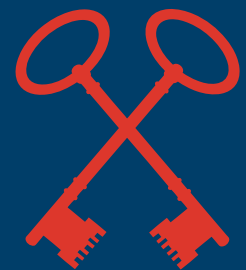
**Excellent
in all areas**

Independent Schools
Inspectorate Report



"We feel incredibly fortunate to have our children in such a nurturing, supportive school with the most wonderful staff."

Russell House Parent



Russell House

We love to share our remarkable moments with the community. Find us on Facebook, Twitter or Instagram.

Call us on 01959 522352 to arrange your personalised tour or visit www.russellhouseschool.co.uk

A friendly independent prep school for boys and girls aged 2 - 11. Located in Otford near Sevenoaks.

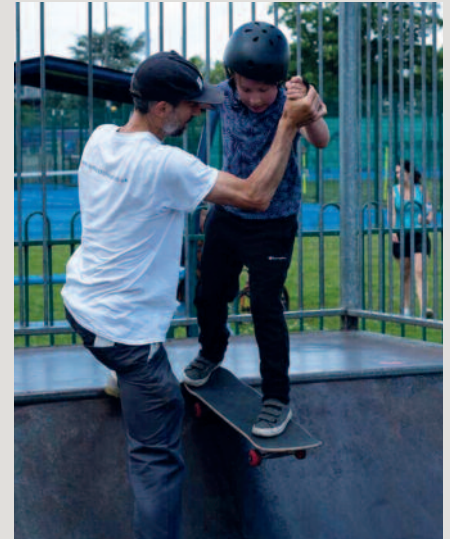
TAEKWON-DO EXPERT TAKES A STEP NEARER EUROPEAN AND WORLD KICKBOXING CHAMPIONSHIPS

After a series of gruelling training sessions and trials at various locations across the country, Mr Benn Fillingham of Miles Martial Arts has been selected to represent Great Britain in the European Kickboxing Championships in Turkey this November, followed by the World Championships next year. Benn has been training in Taekwon-do with Mr Miles and his team for over 15 years, and has recently turned his sparring talents towards kickboxing. With kickboxing now being a recognised Olympic sport,

Benn and the team at Miles Martial Arts hope this will inspire more students to aim high and push themselves to be the best they can be. Miles Martial Arts offer kickboxing classes as well as Taekwon-do classes, seven days a week at the full time martial arts studio in Hildenborough, teaching children aged from three years to adults. To sign up to the free two week trial or for further information visit www.miles-martial-arts.co.uk or email admin@miles-martial-arts.co.uk.



SWANLEY SKATEPARK REACHES £250K TARGET DAYS BEFORE COMMUNITY EVENT



On Saturday 11th June Swanley Town Council hosted 'Swanley Skate Jam' in partnership with Sevenoaks District Council. The event was funded by Kent County Council as part of their young people services project. Throughout the day there was plenty to see with various stalls, DJ, raffle, free skateboarding coaching, performances and more. Just two days before the event they also received the wonderful news that they had reached the £250,000 goal to rebuild the Skate Park. JD O'Brien from Concrete Wave who initiated the fundraising project in partnership with Swanley Town Council presented a cheque to the local users at the event. Mayor of Swanley Cllr Lesley Dyball said: "What a fantastic event this was! My thanks to everyone involved. It was great to see so many youngsters (and not so young!) enjoying themselves. I do not think I've ever seen the Skate Park being so well used. "Of course, the news just a couple of days before this event that our fundraising had reached £250,000 to rebuild our skatepark, really made the day as the plans for the rebuild come a step closer"



AQUAOAKS ARTISTIC SWIMMING WIN 95 GOLD MEDALS AT KENT CHAMPIONSHIPS

On Sunday the 12th of June, Aquaoaks Artistic Swimming competed in the Kent County Championships. This is the first time since 2019 that the championships have been able to go ahead and Aquaoaks were delighted to take 59 swimmers to the K2 in Crawley, to compete against all of the clubs in Kent. After a hugely successful day, Aquaoaks were thrilled to bring home 95 gold, 14 silver and 37 bronze medals.

The club were absolutely superb, winning gold in the under 12, under 15 and 13-18 duets. Also winning gold in under 12, under 15,

13-15 and 15-18 combo team routines. In addition to this, the club entered a second team in both the under 12 and under 15 combo team categories, both of who achieved third place.

In the individual figures event, Aquaoaks dominated the competition winning 1st, 2nd & 3rd in the age 8-10 novice, age 11-12 novice and Grade 1 under 12 category. In addition to this, the club's swimmers placed 2nd in the 13+ novice category, 1st in Grade 0 12u, 2nd & 3rd in Grade 0 13+, 2nd & 3rd in Grade 1 13+, 2nd & 3rd in Grade 2 13+, 2nd in Grade 3 13+ and 3rd in the Grade 4 13+ category.

Head Coach Maisie Wright said "I couldn't be more proud, not only because of the medals won, but because of the strength and resilience shown by each and every swimmer. I'm feeling so incredibly grateful for Aquaoaks Artistic Swimming and all of the swimmers, coaches, parents and members involved in the club. This time last year Aquaoaks didn't even exist, look at us now. It was a pleasure to coach such a fantastic group of swimmers!"

The club are now looking forward to their final competition of the year, the National Combo Cup, in July.

**Only £895 for
a fully fitted
electric door.**

Gotta get a Garolla.



Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage.

Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.



GOTTA GET A GAROLLA

NOW ONLY

£895 WAS £1,354
INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:

- FREE EXPERT MEASURING & FITTING
- TWO REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- AVAILABLE IN 21 COLOURS
- FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to 2.6m wide & inc: 2 remote controls, 55mm white slats, internal manual override.

CALL US TODAY ON
01732 430 266

MOBILE **07537 149 128**

www.garolla.co.uk



EVENT CHARITY PARTNER

**MACMILLAN
CANCER SUPPORT**

Enter now at Circuitofkent.cc
Discounted entry until 30th June

IN ASSOCIATION WITH THE
SEVENOAKS AMHURST ROTARY CLUB

ORGANISED & PROMOTED
BY FLAMME ROUGE (WESTERHAM)



HOLLYBUSH TENNIS
CENTRE, SEVENOAKS,
KENT



SUMMER TENNIS CAMPS

KIDS TENNIS CAMPS IN SEVENOAKS

 Hollybush Tennis Centre, Sevenoaks, TN13 3UX

Camps Include

- ✓ All standards welcome
- ✓ Mini Munchkins camps - 3/4 years
- ✓ All day camps available
- ✓ AM / PM Sessions available
- ✓ All Ages from 5 - 18



SCAN TO BOOK

Dates

11th - 14th July
18th - 21st July
25th - 28th July
1st - 4th August
8th - 11th August
15th - 18th August
22nd - 25th August

From
£80
per week

SEVENOAKS VINE RESTART THEIR SEASON AFTER T20 CUP AND LEAGUE WINS!

Sevenoaks Vine Cricket Club turned a huge corner during the last week of June after they defeated local rivals Holmesdale in the Kent League Twenty20 Cup and then followed it up with a storming performance against Bickley Park for their second win of the season in the Kent Premier Division.

Sevenoaks versus Holmesdale is always a great match-up, however both teams put in a great shift when they met in the Kent League Twenty20 Cup at the end of June with the Vine pulling off a tremendous nine-wicket win given their poor start to the season. Holmesdale opened the batting with Will McDowell (20) and Carlos Maynard (37) before Dom May (33) and Ollie Chaplin (11) added more runs for a total of 134 all out for the home side to chase. Sevenoaks captain Luke Schlemmer found his bowling form with a fantastic five wickets for 18 runs, whilst Matthew Dalton and Michael Cowdrey both grabbed themselves two wickets each for 18 and 21 runs respectively. Schlemmer then opened the batting for the Vine with Chris Vernon (34) and put on a marvellous display hitting a total of 82 runs not out off 62 balls. Evert Bekker (17) joined him at the crease to finish the match with two overs to spare. Holmesdale's Chaplin secured the



only wicket of the innings. The Vine are through to the quarter-finals of the T20, however they are yet to find out their opponents as other fixtures are yet to be completed.

Kent Cricket League

The start of July held some good news for Sevenoaks Vine off the back of their T20 win over Holmesdale, as they marched to their second league win of the season, against a battling Bickley Park. Captain Luke Schlemmer was again at the helm of this match, and against his comments regarding 'bleeding the youth' through the team, it was the old guard who ultimately won this match. Bickley Park visited the vine having successfully won five of their eight opening games, versus Sevenoaks'

one win, so this wasn't going to be an easy job but Schlemmer once again donned the cap and set out his stall with an amazing five wickets for 35 runs, helping the Vine bowl out Bickley Park for a total of 230. Kent batsman Ben Compton opened with Vernon (13) and subsequently put on a dazzling display for Sevenoaks hitting a huge 124 not out, with the ever-present Schlemmer getting in on the act once again hitting 83 not out. A fine turnaround for what has been a tempestuous start to the season for Sevenoaks. With league matches away to Sandwich (09/07) and Blackheath (23/07) and the arrival of current league leaders Hayes (16/07) to the Vine, July could end up being one very exciting and season-changing month.

CRICKET

KENT CRICKET LEAGUE - PREMIER 1ST XI

	P	W	L	T	ACC	BP	Pen	Pts
1 Hayes	9	7	2	0	0	8	0	134
2 Minster	9	7	2	0	0	7	0	133
3 Blackheath	9	5	4	0	0	18	0	108
4 Tunbridge Wells	9	5	4	0	0	13	0	103
5 Bickley Park	9	5	4	0	0	11	0	101
6 Bexley	9	4	5	0	0	19	0	91
7 Sandwich Town	9	4	5	0	0	16	0	88
8 Lordswood	9	3	5	1	0	20	2	82
9 Sevenoaks Vine	9	2	6	1	0	26	0	72
10 Beckenham	9	2	7	0	0	23	0	59

KENT CRICKET LEAGUE - DIVISION 1 1ST XI

	P	W	L	T	ACC	BP	Pen	Pts
1 St Lawrence & H'Court	9	7	2	0	0	11	2	135
2 Bromley	9	7	2	0	0	7	0	133
3 Linden Park	9	7	2	0	0	5	0	131
4 Holmesdale	9	6	3	0	0	14	0	122
5 Canterbury	9	4	4	1	0	25	0	107
6 The Mote	9	4	5	0	0	25	0	97
7 Dartford	9	3	5	1	0	18	0	82
8 Folkestone	8	3	6	0	0	25	0	79
9 Old Wilsonians	9	2	7	0	0	36	1	71
10 Bromley Common	9	1	8	0	0	24	0	42

KENT CRICKET LEAGUE - PREMIER 2ND XI

	P	W	L	T	ACC	BP	Pen	Pts
1 Lordswood 2nd	9	8	1	0	0	1	0	145
2 Sevenoaks Vine 2nd	9	6	3	0	0	14	0	122
3 Bexley 2nd	9	6	3	0	0	7	0	115
4 Bromley Common 2nd	9	4	5	0	0	24	0	96
5 Blackheath 2nd	9	4	5	0	0	21	0	94
6 Bromley 2nd	9	4	5	0	0	22	0	94
7 Sandwich Town 2nd	9	4	5	0	0	20	0	92
8 Tunbridge Wells 2nd	9	4	5	0	0	19	0	91
9 Hayes 2nd	9	3	6	0	0	22	0	76
10 Old Colfeians 2nd	9	2	7	0	0	25	2	59

KENT CRICKET LEAGUE - DIVISION 1 2ND XI

	P	W	L	T	ACC	BP	Pen	Pts
1 Beckenham 2nd	9	7	2	0	0	9	0	135
2 Canterbury 2nd	9	7	2	0	0	6	0	132
3 Holmesdale 2nd	9	7	2	0	0	6	0	132
4 St Lawrence & H'Court 2nd	9	6	3	0	0	13	0	121
5 Dartford 2nd	9	5	4	0	0	18	0	108
6 Gravesend 2nd	9	4	5	0	0	22	0	94
7 Bickley Park 2nd	9	4	5	0	0	20	0	92
8 OD CUACO 2nd	9	2	7	0	0	34	0	70
9 Folkestone 2nd	9	1	7	1	0	28	0	56
10 Bexleyheath 2nd	8	1	7	1	0	17	0	45

KENT REGIONAL CRICKET LEAGUE - DIVISION 2C

	P	W	L	T	ACC	BP	Pen	Pts
1 Orpington Ocelots	8	7	1	0	0	39	0	144
2 New Ash Green	8	6	2	0	0	48	0	138
3 Oakfield Warriors	8	5	2	0	1	39	0	134
4 Sevenoaks Vine 3rd	8	4	4	0	0	58	0	118
5 Holborough Anchorians	8	4	4	0	0	49	0	109
6 Swanscombe & Greenhithe	8	4	4	0	0	44	0	104
7 Egerton	8	2	6	0	0	66	0	86
8 Hunton Wanderers	8	1	7	0	0	66	0	81
9 Southfleet	8	2	5	0	1	55	0	80

KENT REGIONAL CRICKET LEAGUE - DIVISION 5M/W

	P	W	L	T	ACC	BP	Pen	Pts
1 Holmesdale 3rd	8	8	0	0	0	38	0	158
2 Old Elthamians 6th	8	5	3	0	0	55	0	130
3 Dartford 6th	8	5	3	0	0	48	0	123
4 Simba	8	5	3	0	0	37	0	112
5 Bexley Park 2nd	8	5	3	0	0	32	0	107
6 OD CUACO	8	3	5	0	0	46	0	91
7 Bexleyheath 6th	8	2	5	0	1	37	0	87
8 Belvedere	8	2	5	0	1	42	0	67
9 LESSA Christ Church	8	0	8	0	0	49	0	49

KENT REGIONAL CRICKET LEAGUE - DIVISION 6C

	P	W	L	T	ACC	BP	Pen	Pts
1 Rainham 4th	8	7	1	0	0	37	0	142
2 New Ash Green 2nd	8	5	2	0	1	42	0	137
3 Kings Hill 3rd	8	5	2	0	1	34	0	129
4 Lordswood 4th	8	2	3	0	3	38	0	128
5 Hunton Wanderers 2nd	8	2	5	0	1	43	0	93
6 Borstal 3rd	8	2	4	0	2	47	0	92
7 Dartford 5th	8	1	6	0	1	56	0	91
8 Orpington Ocelots 3rd	8	3	3	0	2	26	0	86
9 Upchurch 3rd	8	0	1	0	7	6	-35	-29

SUSSEX CRICKET LEAGUE - DIVISION 6 CENTRAL

	P	W	L	T	ACC	BP	Pen	Pts
1 St Matthias	10	8	2	0	0	79	0	259
2 Ditchling	10	8	2	0	0	89	0	247
3 Scaynes Hill	10	5	5	0	0	90	0	200
4 Fletching	9	5	4	0	0	37	0	187
5 Edenbridge	9	5	4	0	0	66	0	186
6 Poynings	10	4	6	0	0	58	0	168
7 Ifield 2nd	9	3	6	0	0	58	0	148
8 Rottingdean 2nd	9	3	5	0	1	42	0	142
9 Lindfield 2nd	9	3	5	0	1	58	0	138
10 Ansty 2nd	9	2	7	0	0	83	0	133

SUSSEX CRICKET LEAGUE - DIVISION 9 CENTRAL

	P	W	L	T	ACC	BP	Pen	Pts
1 Edenbridge 2nd	8	8	0	0	0	32	0	232
2 Scaynes Hill 2nd	9	6	3	0	0	68	0	198
3 Burgess Hill 3rd	8	6	2	0	0	65	0	195
4 Plumpton & E'Chiltington 2nd	9	4	5	0	0	46	0	146
5 Staplefield	8	5	3	0	0	36	-30	136
6 Keymer & Hassocks 2nd	9	3	6	0	0	58	0	128
7 St Andrews 2nd	8	3	5	0	0	58	0	128
8 Ardingly	9	2	7	0	0	75	0	125
9 Ansty 3rd	8	1	7	0	0	61	0	91

KENT COUNTY VILLAGE LEAGUE - DIVISION ONE

	P	W	L	T	ACC	BP	Pen	Pts
1 Outwood	9	8	1	0	0	2	0	162
2 Linton Park	9	7	2	0	0	11	0	151
3 Cudham Wyse	9	6	2	1	0	18	0	146
4 Eynsford	9	6	3	0	0	16	0	136
5 Marden	9	4	5	0	0	24	0	104
6 Speldhurst	9	3	6	0	0	27	0	87
7 Bearsted	9	3	6	0	0	25	0	85
10 Bidborough	9	3	6	0	0	22	0	85
8 Meopham	9	2	6	1	0	28	0	76
9 Sissinghurst	9	2	7	0	0	28	0	68

Key

P: Played; W: Won; L: Lost; T: Tied; ACC: Abandoned/Cancelled/Conceded; BP: Bonus Points; Pen: Penalty Points; Pts: Points.



Advice to accelerate business growth

CRICKET

KENT COUNTY VILLAGE LEAGUE - DIVISION TWO

	P	W	L	T	ACC	BP	Pen	Pts
1 Limpsfield Chart	9	8	1	0	0	5	0	165
2 Farningham	9	7	2	0	0	12	0	152
3 Four Elms	9	5	4	0	0	23	0	123
4 Leigh	9	5	4	0	0	14	0	114
5 Plaxtol	9	4	5	0	0	27	0	107
6 Horton Kirby	9	4	5	0	0	26	0	106
7 Penshurst Park	9	4	5	0	0	25	0	105
8 Southborough	9	3	6	0	0	31	0	91
9 Locksbottom	9	3	6	0	0	21	0	81
10 Shipbourne	9	2	7	0	0	32	0	72

KENT COUNTY VILLAGE LEAGUE - DIVISION THREE

	P	W	L	T	ACC	BP	Pen	Pts
1 Shoreham & Otford	9	8	1	0	0	5	0	165
2 Pembury	9	7	2	0	0	8	0	148
3 Ightham	9	7	2	0	0	5	0	145
4 Betsham	9	6	3	0	0	7	0	127
5 West Farleigh	9	5	4	0	0	14	0	114
6 Kemsing	9	4	5	0	0	26	0	106
7 Horsmonden	9	3	6	0	0	30	0	90
8 Underriver	9	2	7	0	0	37	0	77
9 Bidborough 2nd	9	2	7	0	0	18	0	58
10 Withyham	9	1	8	0	0	35	0	55

KENT COUNTY VILLAGE LEAGUE - DIVISION FOUR

	P	W	L	T	ACC	BP	Pen	Pts
1 Halstead	9	7	2	0	0	7	0	147
2 Knockholt	9	7	2	0	0	6	0	146
3 Luddesdowne	9	6	3	0	0	15	0	135
4 Chiddingstone	9	6	3	0	0	8	0	128
5 Cudham Wyse 2nd	9	5	4	0	0	15	0	115
6 Hadlow	9	4	5	0	0	19	0	99
7 Stonewall Park	9	4	5	0	0	14	0	94
8 Limpsfield Chart	9	2	6	0	1	25	0	85
9 Meopham	9	3	6	0	0	18	0	78
10 Chevening Amblers	9	0	8	0	1	32	0	32

KENT COUNTY VILLAGE LEAGUE - DIVISION FIVE

	P	W	L	T	ACC	BP	Pen	Pts
1 Sennocke	9	8	1	0	0	3	0	163
2 Locksbottom 2nd	9	7	2	0	0	5	0	145
3 Fordcombe	9	5	3	0	1	13	0	133
4 Penshurst Park 2nd	8	5	2	0	1	10	0	130
5 St Lawrence	9	6	3	0	0	8	0	128
6 Linton Park 2nd	9	4	5	0	0	18	0	98
7 Shoreham & Otford 2nd	9	4	5	0	0	16	0	96
8 Groombridge	8	2	6	0	0	24	0	64
9 Pembury 2nd	9	1	7	0	1	21	0	41
10 Flimwell	9	0	8	0	1	25	0	25

KENT COUNTY VILLAGE LEAGUE - DIVISION SIX A

	P	W	L	T	ACC	BP	Pen	Pts
1 Hartley Country Club	9	7	2	0	0	21	0	141
2 Bearsted 2nd	9	5	2	0	2	18	0	123
3 Stonehouse	9	4	5	0	0	26	0	106
4 Eynsford 2nd	8	6	2	0	0	23	0	103
5 Farningham 2nd	8	4	2	0	2	16	0	101
6 Sissinghurst 2nd	8	2	5	0	1	23	0	43
7 Lenham	8	1	5	0	2	15	0	40
8 Luddesdowne 2nd	8	1	7	0	0	18	0	38

KENT COUNTY VILLAGE LEAGUE - DIVISION SIX B

	P	W	L	T	ACC	BP	Pen	Pts
1 Outwood 2nd	9	8	0	0	1	16	0	156
2 Weald	9	7	2	0	0	16	0	136
3 Southborough 2nd	9	7	2	0	0	28	0	128
4 Four Elms 2nd	9	3	4	0	2	15	0	95
5 Leigh 2nd	8	2	6	0	0	20	0	60
6 Speldhurst 2nd	8	2	4	0	2	20	0	60
7 Shipbourne 2nd	8	1	6	0	1	29	0	49
8 Bidborough 3rd	8	0	7	0	1	9	0	9

KENT COUNTY VILLAGE LEAGUE - DIVISION SEVEN

	P	W	L	T	ACC	BP	Pen	Pts
1 Marden 2nd	8	7	0	0	1	0	0	160
2 Locksbottom 3rd	8	4	2	0	2	9	0	129
3 West Farleigh 2nd	8	4	3	0	1	11	0	111
4 Betsham 2nd	8	4	3	0	1	8	0	108
5 Kildown & Lamberhurst	8	1	4	0	3	12	0	92
6 Hadlow 2nd	8	3	2	0	3	8	0	88
7 Horsmonden 2nd	8	1	5	0	2	21	0	86
8 Shoreham & Otford 3rd	8	0	5	0	3	14	0	34
9 Bidborough 4th	8	0	0	0	8	0	0	0

Key

P: Played; W: Won; L: Lost; T: Tied; ACC: Abandoned/Cancelled/Conceded;
BP: Bonus Points; Pen: Penalty Points; Pts: Points.

Subscribe to the *Amherst Accountancy* weekly statistics report for updates on all your local teams.

Simply visit our website and sign up today at
www.sevenoakssports.co.uk/notifications

Sevenoaks Sport & Wellbeing magazine is an independent publication with no ties to the district council, local town councils or other publishers.

Advertising sales:
advertising@sevenoakssports.co.uk

Website: www.sevenoakssports.co.uk
Meta: @SevenoaksSports
Twitter: @7oaksSports

Editorial enquiries:
editorial@sevenoakssports.co.uk



Business support to guarantee a win

SAVILLS SEVENOAKS SMASH

TIER ONE - GROUP 1

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Sevenoaks School	3	2	1	0	0	0	0.27	6	
2 Plaxtol Pirates	2	2	0	0	0	0	0.07	6	
3 Kings Hill Hundred	2	1	1	0	0	0	-0.22	3	
4 Sevenoaks Vine Jazzers	3	0	3	0	0	0	-0.16	0	

TIER ONE - GROUP 2

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Tunbridge Wells Royals	3	2	0	0	1	0	0.43	9	
2 Cowdrey Courage	3	2	1	0	0	0	0.13	6	
3 Tonbridge Knights	3	1	2	0	0	0	-0.34	3	
4 Bidborough Badgers	3	0	2	0	1	-3	-0.11	-3	

TIER ONE - GROUP 3

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 The Mote Maidstone Oilers	3	2	0	0	1	0	0.23	9	
2 Gravesend Bat & Ball Strikers	3	1	1	0	1	0	0.68	6	
3 Leeds & Broomfield Queens	3	0	1	0	2	0	-0.15	-2	
4 Meopham Scorpions	3	0	1	0	2	-3	-2.49	-2	

TIER ONE - GROUP 4

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Holmesdale Stallions	3	2	0	0	1	0	0.93	9	
2 Fawkham Guzzlers	3	2	0	0	1	0	0.27	3	
3 Kemsing Cobras	3	1	2	0	0	0	-0.05	3	
4 Orpington Buffs	3	0	3	0	0	0	-0.81	0	

TIER ONE - GROUP 5

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Beckenham Bees	3	3	0	0	0	0	0.34	9	
2 Dartford Hesketh Heat	3	2	1	0	0	0	0.30	6	
3 Sidcup Squirrels	3	1	2	0	0	0	-0.18	3	
4 Wickham Park Lions	3	0	3	0	0	0	-0.49	0	

TIER TWO - GROUP 1

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Ide Hill Hurricanes	4	3	1	0	1	0	0.00	9	
2 Savills Smashers	4	2	1	0	1	0	-0.28	7	
3 Solefields Slumberers	4	0	2	0	1	0	-0.11	4	
4 Sevenoaks Vine Old Oaks	4	2	1	0	1	-3	0.40	3	
5 Plaxtol Pirates 2nd	4	1	3	0	0	0	-0.05	3	

TIER TWO - GROUP 2

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Farningham Knights	3	0	0	0	3	0	0.00	9	
2 Sevenoaks Prep Pirates	3	1	0	0	2	-3	0.40	3	
3 St Michaels Scorchers	3	1	1	0	1	0	-0.16	0	
4 Sevenoaks Orbs	3	0	1	0	2	0	-0.09	-6	

TIER TWO - GROUP 3

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Sevenoaks RFC Sixers	3	2	0	0	3	0	1.59	9	
2 Shoreham & Otford Valiants	3	0	1	0	2	0	-0.30	6	
3 Penshurst Park	3	0	1	0	2	0	1.05	0	
4 Team DGT	3	0	0	0	3	-9	0.00	-9	

TIER TWO - GROUP 4

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Dartfordians Maroon Caps	3	1	1	1	0	0	0.03	4	
2 Willow Smashers	3	1	1	0	1	0	0.01	4	
3 NAG Knight Riders	3	1	1	1	0	0	-0.00	4	
4 Dartford Destroyers	3	1	1	0	1	0	-0.05	4	

TIER TWO - GROUP 5

	P	W	L	T	ACC	Pen	NR	RR	Pts
1 Halstead Hedgehunters	3	2	0	0	1	0	0.25	7	
2 The Invincibles	3	1	1	0	1	0	0.18	4	
3 Locksbottom Hundred	3	1	2	0	0	0	0.04	3	
4 Westerham Wolves	3	1	2	0	0	0	-0.36	3	

Schedule, game and competition rules

Schedule

- Gameweek 1: 5th May / 12th May
- Gameweek 2: 19th May / 26th May
- Gameweek 3: 2nd June / 9th June
- Round of 12/10: 23rd June
- Quarter Finals: 30th June
- Semi Finals: 7th July
- Finals Day: Sunday 24th July at Sevenoaks Vine Cricket Club
 - Bowl Final (10:30)
 - Plate Final (13:30)
 - Cup Final (17:00)

Game Rules

- 100 balls per innings.
- A change of ends after 10 balls.
- Bowlers can deliver either 5 or 10 consecutive balls - this includes bowling 10 consecutive balls, with 5 from each end
- Each bowler can deliver a maximum of 20 balls per game.
- A 25-ball powerplay start for each team where two fielders are allowed outside of the initial 30-yard circle - teams should mark this with discs or paint the outfield appropriately
- Maximum of 5 players outside fielding ring for rest of innings
- Batsmen must retire at 50* and may return at the fall of

the ninth wicket

- All no balls will be given a free hit
- No leg side wides
- Wides will be at the discretion of the umpire

Competition Rules

- Three points will be awarded for a win
- One point will be awarded to each team in the event of a tie or abandonment
- In the event two or more teams finish on equal number of points in the group, standings will be determined by net run rate
- In the event two teams cannot be separated on net run rate, head to head will be used to determine seedings
- In a knockout fixture, a tie will lead to a 5 ball bowl off to be bowled by 5 different bowlers. If no winner is determined after 5 balls bowled, this will go to sudden death
- In a knockout fixture, a cancellation/abandonment will see the highest seeded team go through to the next round
- On finals day, if a fixture cannot be completed due to an abandonment, the result will be determined by a 5 ball bowl off. If a bowl off cannot be completed due to weather conditions, the result will be determined by 1) Net Run Rate Across the Competition or 2) Coin Toss



Advice to accelerate business growth

JULY'S FIXTURES

CRICKET CLUB	JULY 9	JULY 16	JULY 23	JULY 30
Chevening Amblers	Meopham 2nd	Stonewall Park	Hadlow	Chiddingstone
Chiddingstone	Luddesdowne	Limpsfield Chart 2nd	Cudham Wyse 2nd	Chevening Amblers
Cudham Wyse	Bidborough	Meopham	Bearsted	Sissinghurst
Cudham Wyse 2nd	Hadlow	Meopham 2nd	Chiddingstone	Knockholt
Edenbridge	Ifield 2nd	Lindfield 2nd	Scaynes Hill	Fletchling
Edenbridge 2nd	St Andrews 2nd	-	Scaynes Hill 2nd	Ardingly
Eynsford	Speldhurst	Marden	Linton Park	Meopham
Eynsford 2nd	Hartley Country Club	Lenham	Luddesdowne 2nd	Leigh 2nd
Farningham	Shipbourne	Locksbottom	Limpsfield Chart	Leigh
Farningham 2nd	Bearsted 2nd	Four Elms 2nd	Stonehouse	Sissinghurst 2nd
Fordcombe	Groombridge	Locksbottom 2nd	Linton Park 2nd	Shoreham & Otford 2nd
Four Elms	Plaxtol	Horton Kirby	Penshurst Park	Southborough
Four Elms 2nd	Bidborough 3rd	Farningham 2nd	Southborough 2nd	Speldhurst 2nd
Halstead	Stonewall Park	Knockholt	Limpsfield Chart 2nd	Meopham
Hartley Country Club	Eynsford 2nd	Stonehouse	Sissinghurst 2nd	Luddesdowne 2nd
Holmesdale	Linden Park	Bromley	Folkestone	Old Wilsonians
Holmesdale 2nd	Bexleyheath 2nd	Bickley Park 2nd	Folkestone 2nd	Gravesend 2nd
Holmesdale 3rd	Dartford 4th	Old Elthamians 2nd	OD CUACO 4th	LESSA Christ Church 2nd
Ightham	Shoreham & Otford	Kemsing	Horsmonden	Betsham
Kemsing	Bidborough 2nd	Ightham	Underriver	West Farleigh
Knockholt	Limpsfield Chart 2nd	Halstead	Luddesdowne	Cudham Wyse 2nd
Leigh	Limpsfield Chart	Penshurst Park	Southborough	Farningham
Leigh 2nd	Weald	Speldhurst 2nd	Outwood 2nd	Eynsford 2nd
New Ash Green	Swanscombe & Greenhithe	Southfleet	Egerton	Holborough Anchorians
New Ash Green 2nd	Borstal 3rd	Orpington Ocelots 3rd	Kings Hill 3rd	Upchurch 3rd
Penshurst Park	Southborough	Leigh	Four Elms	Locksbottom
Penshurst Park 2nd	Pembury 2nd	Linton Park 2nd	Shoreham & Otford 2nd	Sennocke
Sennocke	St. Lawrence	Flimwell	Pembury 2nd	Penshurst Park 2nd
Sevenoaks Vine	Sandwich Town	Hayes	Blackheath	Beckenham
Sevenoaks Vine 2nd	Sandwich Town 2nd	Hayes 2nd	Blackheath 2nd	Bromley Common 2nd
Sevenoaks Vine 3rd	Gravesend 4th	Holborough Anchorians	Oakfield Warriors	Hunton Wanderers
Shoreham & Otford	Ightham	Horsmonden	Bidborough 2nd	Underriver
Shoreham & Otford 2nd	Linton Park 2nd	Groombridge	Penshurst Park 2nd	Fordcombe
Shoreham & Otford 3rd	Bidborough 4th	Horsmonden 2nd	Hadlow 2nd	Marden 2nd
St. Lawrence	Sennocke	Pembury 2nd	Locksbottom 2nd	Groombridge
Stonewall Park	Halstead	Chevening Amblers	Meopham 2nd	Hadlow
Underriver	Withyham	Pembury	Kemsing	Shoreham & Otford
Weald	Leigh 2nd	Shipbourne 2nd	Speldhurst 2nd	Outwood 2nd

Home fixtures are in **bold**.

SAVILLS SEVENOAKS SMASH FIXTURES

QUARTER FINALS - TIES TO BE PLAYED AT THE START OF JULY

Savills Sevenoaks Smash Cup

Tunbridge Wells Royals v Beckenham Bees
Holmesdale Stallions v The Mote Maidstone Oilers
 Cowdrey Courage v **Sevenoaks School**
Kemsing Cobras v Dartford Hesketh Heat

Savills Sevenoaks Smash Plate

Farningham Knights v Meopham Scorpions
Sevenoaks Vine Jazzers v Bidborough Badgers
 Tonbridge Knights v **Sevenoaks RFC Sixers**
 Leeds & Broomfield Queens v Wickham Park Lions or Dartfordians Maroon Caps

Savills Sevenoaks Smash Bowl

Shoreham & Otford Darenth Valiants v **Sevenoaks Prep Pirates**
Penshurst Park v **St Michael's Scorchers**
 Dartford Destroyers v Willow Smashers
 The Invincibles v Locksbottom Hundred or **Solefields Slumberers**

CHECK THE SAVILLS SEVENOAKS SMASH WEBSITE FOR MORE DETAILS AND ANY POSSIBLE CHANGES TO FIXTURES.
 SIMPLY GO TO WWW.SAVILLSSEVENOAKSSMASH.PLAY-CRICKET.COM/MATCHES



The perfect teammate for your business

NEW CONSTITUTIONS 2022/23

ISTHMIAN LEAGUE - SOUTH EAST DIVISION

	P	W	D	L	F	A	D	Pts
1 Ashford United	0	0	0	0	0	0	0	0
2 Beckenham Town	0	0	0	0	0	0	0	0
3 Burgess Hill Town	0	0	0	0	0	0	0	0
4 Chatham Town	0	0	0	0	0	0	0	0
5 Chichester City	0	0	0	0	0	0	0	0
6 Corinthian	0	0	0	0	0	0	0	0
7 Cray Valley PM	0	0	0	0	0	0	0	0
8 East Grinstead Town	0	0	0	0	0	0	0	0
9 Faversham Town	0	0	0	0	0	0	0	0
10 Haywards Heath Town	0	0	0	0	0	0	0	0
11 Hythe Town	0	0	0	0	0	0	0	0
12 Lancing	0	0	0	0	0	0	0	0
13 Littlehampton Town	0	0	0	0	0	0	0	0
14 Ramsgate	0	0	0	0	0	0	0	0
15 Sevenoaks Town	0	0	0	0	0	0	0	0
16 Sheppey United	0	0	0	0	0	0	0	0
17 Sittingbourne	0	0	0	0	0	0	0	0
18 Three Bridges	0	0	0	0	0	0	0	0
19 VCD Athletic	0	0	0	0	0	0	0	0
20 Whitehawk	0	0	0	0	0	0	0	0

SOUTH EAST COUNTIES WOMENS - PREMIER DIVISION

	P	W	D	L	F	A	D	Pts
1 Aylesford 2nd	0	0	0	0	0	0	0	0
2 Baldon Sports	0	0	0	0	0	0	0	0
3 Borough Green	0	0	0	0	0	0	0	0
4 Dartford Development	0	0	0	0	0	0	0	0
5 Glebe	0	0	0	0	0	0	0	0
6 Herne Bay Reserves	0	0	0	0	0	0	0	0
7 Margate	0	0	0	0	0	0	0	0
8 Meridian	0	0	0	0	0	0	0	0
9 Parkwood Rangers	0	0	0	0	0	0	0	0
10 Sevenoaks Town	0	0	0	0	0	0	0	0
11 Sittingbourne	0	0	0	0	0	0	0	0
12 Tunbridge Wells Foresters	0	0	0	0	0	0	0	0
13 XL	0	0	0	0	0	0	0	0

SOUTH EAST COUNTIES WOMENS - KENT DIVISION TWO WEST

	P	W	D	L	F	A	D	Pts
1 Crayford Arrows	0	0	0	0	0	0	0	0
2 Guru Nanak	0	0	0	0	0	0	0	0
3 Ide Hill & Sundridge	0	0	0	0	0	0	0	0
4 Junior Reds	0	0	0	0	0	0	0	0
5 New Ash Green	0	0	0	0	0	0	0	0
6 Orpington	0	0	0	0	0	0	0	0
7 Tunbridge Wells Foresters Dev.	0	0	0	0	0	0	0	0

KENT COUNTY LEAGUE - PREMIER DIVISION*

	P	W	D	L	F	A	D	Pts
1 Borden Village	0	0	0	0	0	0	0	0
2 Bromleians	0	0	0	0	0	0	0	0
3 Chipstead	0	0	0	0	0	0	0	0
4 Fleetdown United	0	0	0	0	0	0	0	0
5 Hawkinge Town	0	0	0	0	0	0	0	0
6 Ide Hill	0	0	0	0	0	0	0	0
7 K Sports Reserves	0	0	0	0	0	0	0	0
8 Kings Hill	0	0	0	0	0	0	0	0
9 New Romney	0	0	0	0	0	0	0	0
10 Oxford United	0	0	0	0	0	0	0	0
11 Peckham Town	0	0	0	0	0	0	0	0
12 Red Velvet	0	0	0	0	0	0	0	0
13 Stansfeld (O&B)	0	0	0	0	0	0	0	0
14 Ten-Em-Bee	0	0	0	0	0	0	0	0
15 Tenderden Town	0	0	0	0	0	0	0	0
16 Tudor Sports	0	0	0	0	0	0	0	0

*Based on promotion and relegation rules from the 2021/22 season and subject to clarification at the Kent County Football League AGM.

*Based on promotion and relegation rules from the 2021/22 season and subject to clarification at the Sevenoaks & District League AGM.

KENT COUNTY LEAGUE - DIVISION ONE WEST*

	P	W	D	L	F	A	D	Pts
1 Belvedere	0	0	0	0	0	0	0	0
2 Bexley	0	0	0	0	0	0	0	0
3 Bridon Ropes Reserves	0	0	0	0	0	0	0	0
4 Crayford Arrows	0	0	0	0	0	0	0	0
5 Club Langley	0	0	0	0	0	0	0	0
6 Crockenhill	0	0	0	0	0	0	0	0
7 Danson Sports	0	0	0	0	0	0	0	0
8 Equinoccial	0	0	0	0	0	0	0	0
9 Farnborough Old Boys Guild	0	0	0	0	0	0	0	0
10 Halls AFC	0	0	0	0	0	0	0	0
11 Long Lane	0	0	0	0	0	0	0	0
12 Metrogas	0	0	0	0	0	0	0	0
13 South East Athletic	0	0	0	0	0	0	0	0
14 Sporting Club Thamesmead Res.	0	0	0	0	0	0	0	0
15 Welling Park	0	0	0	0	0	0	0	0

KENT COUNTY LEAGUE - DIVISION TWO WEST*

	P	W	D	L	F	A	D	Pts
1 Bexley Reserves	0	0	0	0	0	0	0	0
2 Bromleians Reserves	0	0	0	0	0	0	0	0
3 Dulwich Village	0	0	0	0	0	0	0	0
4 Erith & Belvedere Reserves	0	0	0	0	0	0	0	0
5 Falconwood	0	0	0	0	0	0	0	0
6 Farnborough Old Boys Guild Res.	0	0	0	0	0	0	0	0
7 Fleetdown United Reserves	0	0	0	0	0	0	0	0
8 Halstead United	0	0	0	0	0	0	0	0
9 Orpington	0	0	0	0	0	0	0	0
10 Parkwood Rangers	0	0	0	0	0	0	0	0
11 Sutton Athletic Reserves	0	0	0	0	0	0	0	0
12 Stansfeld (O&B) Reserves	0	0	0	0	0	0	0	0
13 Tudor Sports Reserves	0	0	0	0	0	0	0	0
14 West Kingsdown	0	0	0	0	0	0	0	0

KENT COUNTY LEAGUE - DIVISION THREE WEST*

	P	W	D	L	F	A	D	Pts
1 AFC Lewisham	0	0	0	0	0	0	0	0
2 Bayern Neverlusen	0	0	0	0	0	0	0	0
3 Dartford Celtic	0	0	0	0	0	0	0	0
4 FC Greenwich	0	0	0	0	0	0	0	0
5 Ide Hill Reserves	0	0	0	0	0	0	0	0
6 Long Lane Reserves	0	0	0	0	0	0	0	0
7 Metrogas Reserves	0	0	0	0	0	0	0	0
8 Oxford United Reserves	0	0	0	0	0	0	0	0

SEVENOAKS & DISTRICT LEAGUE - PREMIER DIVISION*

	P	W	D	L	F	A	D	Pts
1 Blackham & Ashurst	0	0	0	0	0	0	0	0
2 FC Revo	0	0	0	0	0	0	0	0
3 Hawkenbury	0	0	0	0	0	0	0	0
4 Halls AFC Reserves	0	0	0	0	0	0	0	0
5 Leigh	0	0	0	0	0	0	0	0
6 Malgo	0	0	0	0	0	0	0	0
7 Penshurst Park	0	0	0	0	0	0	0	0
8 Potters	0	0	0	0	0	0	0	0
9 Southborough	0	0	0	0	0	0	0	0
10 St. Lawrence	0	0	0	0	0	0	0	0
11 Westerham	0	0	0	0	0	0	0	0

SEVENOAKS & DISTRICT LEAGUE - DIVISION ONE*

	P	W	D	L	F	A	D	Pts
1 Eynsford	0	0	0	0	0	0	0	0
2 Fleetdown United A	0	0	0	0	0	0	0	0
3 Green St Green Rovers	0	0	0	0	0	0	0	0
4 Halls AFC 3rd	0	0	0	0	0	0	0	0
5 Horsmonden	0	0	0	0	0	0	0	0
6 Ide Hill 3rd	0	0	0	0	0	0	0	0
7 Kemsing United	0	0	0	0	0	0	0	0
8 Kings Hill Reserves	0	0	0	0	0	0	0	0
9 Tunbridge Wells Youth	0	0	0	0	0	0	0	0
11 Swanley Oaks	0	0	0	0	0	0	0	0



Accountancy in a changing world

NEW CONSTITUTIONS 2022/23

SEVENOAKS & DISTRICT LEAGUE - DIVISION TWO*

	P	W	D	L	F	A	D	Pts
1 AFC Green Court	0	0	0	0	0	0	0	0
2 Chipstead Development	0	0	0	0	0	0	0	0
3 Cudham United	0	0	0	0	0	0	0	0
4 Ightham	0	0	0	0	0	0	0	0
5 Pembury	0	0	0	0	0	0	0	0
6 Roselands	0	0	0	0	0	0	0	0
7 Rusthall Development	0	0	0	0	0	0	0	0
8 Seal	0	0	0	0	0	0	0	0
9 TJFC Seniors	0	0	0	0	0	0	0	0
10 West Farleigh Reserves	0	0	0	0	0	0	0	0
11 West Kingsdown Reserves	0	0	0	0	0	0	0	0

SEVENOAKS & DISTRICT LEAGUE - DIVISION THREE*

	P	W	D	L	F	A	D	Pts
1 Borough Green	0	0	0	0	0	0	0	0
2 Five Oak Green	0	0	0	0	0	0	0	0
3 Green St Green Rovers Reserves	0	0	0	0	0	0	0	0
4 Kemsing United Reserves	0	0	0	0	0	0	0	0
5 Kings Hill Development	0	0	0	0	0	0	0	0
6 Leigh Reserves	0	0	0	0	0	0	0	0
7 Orpington Reserves	0	0	0	0	0	0	0	0
8 Southborough Reserves	0	0	0	0	0	0	0	0
9 St. Lawrence Reserves	0	0	0	0	0	0	0	0
10 Westerham Reserves	0	0	0	0	0	0	0	0
11 Woodlands	0	0	0	0	0	0	0	0

SEVENOAKS & DISTRICT LEAGUE - DIVISION FOUR*

	P	W	D	L	F	A	D	Pts
1 AFC Green Court Reserves	0	0	0	0	0	0	0	0
2 Dartford Celtic 3rd	0	0	0	0	0	0	0	0
3 Hawkenbury Reserves	0	0	0	0	0	0	0	0
4 Ide Hill 4th	0	0	0	0	0	0	0	0
5 Pembury Reserves	0	0	0	0	0	0	0	0
6 Swanley	0	0	0	0	0	0	0	0
7 Swanley Rangers	0	0	0	0	0	0	0	0
8 Tatsfield Rovers	0	0	0	0	0	0	0	0
9 Weald Wolves	0	0	0	0	0	0	0	0
10 Wilderpark	0	0	0	0	0	0	0	0

SOUTHERN VETERANS LEAGUE - DIVISION FIVE

	P	W	D	L	F	A	D	Pts
1 ASIRU	0	0	0	0	0	0	0	0
2 Catford Wanderers Old Boys	0	0	0	0	0	0	0	0
3 Chipstead	0	0	0	0	0	0	0	0
4 Crayford Arrows 2010	0	0	0	0	0	0	0	0
5 Croygas Phoenix	0	0	0	0	0	0	0	0
6 Cudham United	0	0	0	0	0	0	0	0
7 London South United Seniors	0	0	0	0	0	0	0	0
8 Sevenoaks Town	0	0	0	0	0	0	0	0
9 Sporting Croydon	0	0	0	0	0	0	0	0
10 Sydenham Sports	0	0	0	0	0	0	0	0
11 Westerham Seniors	0	0	0	0	0	0	0	0

SOUTHERN VETERANS LEAGUE - DIVISION SIX

	P	W	D	L	F	A	D	Pts
1 AFC Green Court	0	0	0	0	0	0	0	0
2 Bromleians B	0	0	0	0	0	0	0	0
3 Greenways Ace	0	0	0	0	0	0	0	0
4 Hoo Red	0	0	0	0	0	0	0	0
5 London South United Old Boys	0	0	0	0	0	0	0	0
6 Longlands Athletic	0	0	0	0	0	0	0	0
7 Old Pepys	0	0	0	0	0	0	0	0
8 Orpington	0	0	0	0	0	0	0	0
9 Slade Green Knights	0	0	0	0	0	0	0	0
10 Sporting Club Thamesmead	0	0	0	0	0	0	0	0
11 Warlingham Super	0	0	0	0	0	0	0	0

ORPINGTON & BROMLEY SUNDAY LEAGUE - DIVISION TWO

	P	W	D	L	F	A	D	Pts
1 Chislehurst	0	0	0	0	0	0	0	0
2 Crayford Arrows	0	0	0	0	0	0	0	0
3 Ellis Athletic	0	0	0	0	0	0	0	0
4 Ex Blues Craven	0	0	0	0	0	0	0	0
5 Hatcham Beckenham Manor	0	0	0	0	0	0	0	0
6 Hayden Youth Association	0	0	0	0	0	0	0	0
7 L.I.C.	0	0	0	0	0	0	0	0
8 Manorwood	0	0	0	0	0	0	0	0
9 New Beckenham	0	0	0	0	0	0	0	0
10 Orpington	0	0	0	0	0	0	0	0
11 Royal Southwark	0	0	0	0	0	0	0	0
12 Westerham	0	0	0	0	0	0	0	0

WEST KENT SUNDAY LEAGUE - DIVISION ONE

	P	W	D	L	F	A	D	Pts
1 AFC Valour	0	0	0	0	0	0	0	0
2 Dormansland Rockets	0	0	0	0	0	0	0	0
3 Goudhurst Dynamos	0	0	0	0	0	0	0	0
4 Insulators	0	0	0	0	0	0	0	0
5 Kemsing United	0	0	0	0	0	0	0	0
6 Odukwe	0	0	0	0	0	0	0	0
7 Paddock Wood	0	0	0	0	0	0	0	0
8 Pembury	0	0	0	0	0	0	0	0
9 Royal Oak	0	0	0	0	0	0	0	0
10 Simla	0	0	0	0	0	0	0	0
11 Sedlescombe Rangers	0	0	0	0	0	0	0	0
12 Wood Lane	0	0	0	0	0	0	0	0


WEST KENT SUNDAY LEAGUE - DIVISION THREE

	P	W	D	L	F	A	D	Pts
1 Artois United	0	0	0	0	0	0	0	0
2 AFC Borough	0	0	0	0	0	0	0	0
3 AFC Green Court	0	0	0	0	0	0	0	0
4 AFC Tonbridge	0	0	0	0	0	0	0	0
5 Brenchley	0	0	0	0	0	0	0	0
6 Edenbridge	0	0	0	0	0	0	0	0
7 Ide Hill and Sundridge	0	0	0	0	0	0	0	0
8 Insulators Reserves	0	0	0	0	0	0	0	0
9 Speldhurst Rangers	0	0	0	0	0	0	0	0
10 Ticehurst Village	0	0	0	0	0	0	0	0
11 Tonbridge United	0	0	0	0	0	0	0	0
12 TW Ridgeway	0	0	0	0	0	0	0	0

ENGLAND RUGBY NATIONAL LEAGUE 2 EAST

	P	W	D	L	PF	PA	+/-	TB	LB	Pts
1 Barnes	0	0	0	0	0	0	0	0	0	0
2 Blackheath	0	0	0	0	0	0	0	0	0	0
3 Bury St Edmunds	0	0	0	0	0	0	0	0	0	0
4 Canterbury	0	0	0	0	0	0	0	0	0	0
5 Dorking	0	0	0	0	0	0	0	0	0	0
6 Guernsey	0	0	0	0	0	0	0	0	0	0
7 Henley	0	0	0	0	0	0	0	0	0	0
8 North Walsham	0	0	0	0	0	0	0	0	0	0
9 Old Albanians	0	0	0	0	0	0	0	0	0	0
10 Rochford Hundred	0	0	0	0	0	0	0	0	0	0
11 Sevenoaks	0	0	0	0	0	0	0	0	0	0
12 Tonbridge Juddians	0	0	0	0	0	0	0	0	0	0
13 Westcliff	0	0	0	0	0	0	0	0	0	0
14 Worthing	0	0	0	0	0	0	0	0	0	0

*Based on promotion and relegation rules from the 2021/22 season and subject to clarification at the Sevenoaks & District League AGM.



Call us today on 01732 462 731

Proud Sponsor of Sevenoaks Sport & Wellbeing

Sport and Accountancy

require insight, analysis and
data for key decision making

www.amherstaccountancy.co.uk

Committed sponsor of local sports clubs, promoting the important role sport plays in keeping our community active, healthy and focussed.



DISTRICT COUNCIL LAUNCH 'MORE SEVENOAKS' CAMPAIGN

Think you know the Sevenoaks District? There's so much more to see and do than you might think.

This is the message that Sevenoaks District Council is spreading far and wide as it unveils its new place brand, Sevenoaks So Much More, encouraging more people to visit, build their business or lay down roots in the district.

After the town of Sevenoaks was named in The Sunday Times Best Places to Live in South East, the district is rolling out its new place brand to help support and build the local economy by attracting visitors, residents, businesses and investors to the district.

The core message declares that there is so much more to Sevenoaks than people from all walks of life might think, making it the perfect place to live, visit, work and invest in.

Leader of Sevenoaks District Council, Cllr Peter Fleming said: "Our brand campaign was born from the excitement we feel about sharing the wider Sevenoaks story with the world, there is so much

more to appreciate and experience here!

"Sevenoaks is more than just the famous town of Sevenoaks itself. It is a diverse district with absolutely breathtaking countryside, towns, villages, real communities and so much history, all within 30 minutes of the capital – for those who need it.

"There is also so much more potential here for businesses looking to start and grow as well. This isn't sleepy Sevenoaks; this is a great place to take your business to the next level, with national and international firms and a genuine entrepreneurial spirit. And we want more people to share their own stories and show the world that Sevenoaks is the place to be."

Following extensive research and workshops with residents, local businesses, community groups and Sevenoaks District Council, the new Place Brand for Sevenoaks was developed by leading marketing agency Pillory Barn.

The team then developed a full brand for the district, supported by a place 'portal' website to showcase the district's USP, with information

on the best things to see and do in the area, and guidance on how to build a future in Sevenoaks.

The place portal will contain case studies from local business owners, entrepreneurs and residents about the benefits of living and investing here, highlighting the district's creative and entrepreneurial community that accommodates both large-scale employers and creative digital SMEs.

The campaign will be shared across social media, the national media and advertising channels in the coming months to boost visits and local spending.

Cllr Fleming added: "While we'd love to keep Sevenoaks as our local secret, we know that reaching new people means more support for the local economy. We are lucky to have space for new business without compromising the coveted scenery and historic splendour that makes our district so attractive to people looking for a new home.

"The fact that the Sunday Times recently singled us out as the best place to live in the South East goes to show how much we have to offer."

ATHLETIC'S CLUB ELIZA IS KENT'S NEW U17 WOMENS 3,000M CHAMPION

Sevenoaks Athletic Club member Eliza Nicholson became the Kent U17 Womens 3,000m champion with a fine race at Dartford on the evening of Wednesday 29th June.

In a hard fought race with Abigail Royden from Medway and Maidstone AC she moved away with three laps to go winning in a time of 10 mins 31sec. In early July, Eliza will be competing in the English Schools Championships in Manchester, again at 3,000m. She will be joined by Sevenoaks AC's James Beecroft who will be competing in the 100m, an event he is currently ranked the fastest in the country for his age.

Head Coach Darrell Smith said: "I'm hopeful both athletes will have a successful Championships as they are both in good form."



Eliza Nicholson from Sevenoaks Athletics Club became the Kent U17 3,000m Womens Champion in June.

SEVENOAKS HOCKEY CLUB MAKE TALENT ACADEMY LEAD ANNOUNCEMENT

England Hockey (EH) awarded Sevenoaks Hockey Club a three-year Talent Academy (TA) host licence, which came into effect on July 1st 2022. The club are working hard towards meeting all the criteria to ensure the smooth transition from the previous EH Performance Centre into the new Sevenoaks TA. This includes forming a TA Management Committee to oversee all the TA activities and recruiting a team of experienced and highly qualified coaches who will operate separate from the Sevenoaks coaching team. To lead these efforts, and to ensure the effective day-to-day operation of the Sevenoaks TA, we are pleased to announce Jacqui Hudson's appointment as the Sevenoaks TA Lead. Jacqui has been a very active member of the small team of club officials who

have been instrumental in achieving the TA license status. Jacqui has 10 years experience of the EH player pathway and brings to the role over 12 years experience of working in high profile roles within the junior section at the club.



Jacqui Hudson has been appointed to lead Sevenoaks Hockey Club's Talent Academy

The TA Management Committee will be fully committed to ensuring all the players selected to attend the Sevenoaks TA will be extremely well supported on their developmental journey and will be applying the EH Right Athlete Right Environment principals to guide them and their parents. Jacqui will be supported by the Sevenoaks HC Board. However, per the new EH pathway structure the Sevenoaks TA will sit outside the day-to-day running and governance of Sevenoaks HC, and will be managed in close partnership with England Hockey. For more information around Talent Centres and Talent Academies, including an FAQ for parents, visit: englandhockey.co.uk/media/news/talent-development-details-and-progress-update

LAURA TROTT MP WITH A PERSONAL MESSAGE TO THE SEVENOAKS COMMUNITY

Laura Trott is the Conservative Member of Parliament for Sevenoaks & Swanley and was first elected in December 2019. She is here to help the community, regardless of how you voted, so please don't hesitate to get in touch with her at laura.trott.mp@parliament.uk.

I have spoken many times before in my column about the importance of sport – be it both physical and mental for the individual taking part, as well as for the community more widely. It brings people together and builds social bonds, it can help drive economic activity, and helps people develop skills and confidence.

I was therefore delighted to have the pleasure of attending the first *Sevenoaks Sport and Wellbeing Showcase* event at Knole Academy at the end of June – and it certainly did not disappoint.

At the event were over 30 stalls representing most of the major sporting clubs in the district, including tennis, football, rugby, hockey, martial arts, lacrosse,

swimming, cricket, basketball, and boxing. After a difficult few years, it was wonderful to see our local sports clubs once again thriving and celebrating great success' – such as Sevenoaks Rugby Club winning their league this year and HC Knole Park winning national championships at different levels and age ranges. But it's not just about winning, but also working in a team and supporting one another. At the event I spoke with Richard Young the club captain of Sevenoaks Hockey Club and discussed the great work they do; met the amazing West Kingsdown Boxing coaches Colin and Micky, who are working with young boys and girls, as well as Parkinson's sufferers, and, heard from Sue Larken, who works for Age UK Sevenoaks and Tonbridge about the brilliant coffee mornings and local exercise groups she organises around many of our local villages for older people.

I also had the pleasure of meeting Issy Fassnidge from Seal. Issy is hoping to follow in the footsteps of our local Olympic gold medallist Lizzie Yarnold in the Skeleton. She has been selected for Great Britain and now that her exams are over, will be training full-time in preparation of the 2026 Winter Olympics in Milan. I look forward to seeing her represent GB in the



Laura met with Team GB Skeleton athlete Issy Fassnidge, from Seal, at the *Sevenoaks Sport & Wellbeing Showcase* event in June.



coming years and waving the flag for Sevenoaks on the global stage. A huge thank you to Steve and Lorraine for organising such a fantastic showcase event. The work they do to promote sport in our district is incredibly valuable – which was rightly recognised at the recent Sevenoaks Business Awards.

As a community we are so lucky to have such sporting groups on our doorstep, and as readers of this magazine it is likely you are already involved in some way. However, don't let the involvement stop there. If you know someone who could benefit, encourage them to sign up to one of the many groups we have available, and let's see if we can all – this month – spread the sporting cheer!



“

We had an awesome afternoon at the Showcase! Thanks to everyone who gave hockey a try in the #KPArena and on the pitch!



SEVENOAKS CLUBS COME TOGETHER FOR SHOWCASE 2022

At the end of June, over 30 Sevenoaks District sports clubs, groups and associated organisations descended on Knole Academy in Sevenoaks for the inaugural *Sevenoaks Sport & Wellbeing Showcase* event. Members of the public were encouraged to get involved with the many sports skills and demonstrations taking place within the grounds with martial arts, tennis, football, rugby and hockey on the main playing field. The *Rock Choir* gave a solid performance for over half an hour and *Popup Sue* from *Age UK* got everyone stretching and balancing with the message that we need to keep going as we get older. Members of the public were also able to get a free NHS check from the *One You Kent* team, watch CPR demonstrations from the *Sevenoaks CPR Charity* and chat to the Army and Air Cadets, plus Kent Police. The *One You Kent* team said: "We had a busy and very productive event, we managed to see around 25 participants, which was a really good number, for us". The Showcase event was applauded by *Active Kent & Medway* as the first of its kind in the county and they look forward to the event returning in 2023, something which is actively being planned. Stuart Butler from *Active Kent & Medway* gushed: "The Showcase was amazing and we would hope to see this kind of event rolled out across the wider Kent county for all our communities".

The guest of honour on the day was Sevenoaks' very own GB athlete Issy Fassnidge (pictured left talking with Laura Trott MP). Issy is Sevenoaks' next Olympic hopeful, after being selected to represent Great Britain in the Skeleton, and it was a pleasure to have her present at the event, talking about her future ambitions to both young followers and old. The Showcase attracted some fantastic comments from local clubs including HC Knole Park who commented: "We had an awesome afternoon at the Showcase! Thanks to everyone who gave hockey a try in the #KPArena and on the pitch!" West Kingsdown Boxing Club added: "What a great day at the *Sevenoaks Sport & Wellbeing* event, it was great meeting Laura Trott MP and *Active Kent & Medway* - who provided our gloves for our Parkinson's class - we made lots of contacts and looking forward to working with them going forward!" Laura Trott MP was also in attendance and commented: "As a community we are so lucky to have such sporting groups on our doorstep... so if you know someone who could benefit, encourage them to sign up to one of the many groups that are available." It goes without saying that without the generosity of the Showcase sponsors, the event would not have been able to take place. So thank you to headline sponsors *Better Body Group* and supporters *Active Kent & Medway* and *Savills*.





From top left clockwise: Miles Martial Arts on display; Kent Army Cadets reported for duty with Laura Trott MP; Richard Young from Sevenoaks Hockey Club and Stuart Butler from Active Kent & Medway are photo-bombed by Oaksy!; Laura Trott MP meets Colin and Mickey, coaches at West Kingsdown Boxing Club; the Sevenoaks Town FC Womens side get a lift from Fusion Cheerleaders before playing in an exhibition match; the One You Kent team were on hand to deliver free NHS Health Checks; Issy Fassnidge meets a young supporter; the Rock Choir put on a great performance.



WHY PAY? CHILDREN LOVE TO SCORE ANYWAY!



“

At the end of the day children find sport fun for many different reasons to how an adult may view it and fun is the important word here.

Have you ever paid or thought about paying your child for scoring and thought you were doing a great job in motivating them? If so, you may just want to read on to take a look at the impact of such a tactic.

In many ways it can be deemed as 'senseless bribery', as find me a child who has never loved to score anyway?

All of us as human beings are motivated at times by both intrinsic and extrinsic factors.

Intrinsic motivation refers to behaviour that is driven by internal rewards. In other words, the motivation to engage in a behaviour arises from within the individual because it is naturally satisfying to them.

Extrinsic motivation refers to behaviour that is driven by external rewards such as being paid to score a goal, fame, trophies and praise.

The important thing to recognise here is that intrinsic motivation is far more powerful and lasts far longer.

There are a number of dangers with rewarding your child in this way most notably that only the outcome can be valued as a measure of success by both parties. How many children arrive home from a game with one parent and the other asks "Did you win?" "No" replies the child. "Did you score?", "No" replies the child. End of conversation.

Really? So many positive things could have happened despite a loss and not scoring but all of them have been totally lost due to this outcome-based approach.

At the conclusion of a scoreless, yet well-played game, how is your child supposed to feel? Should they feel as cheerful as when they scored five the week before against a much weaker side who gifted them these opportunities?

Or should they feel disappointed since regardless of how well they played they will still walk off the field 'empty handed'.

If as parents, we only value the

outcomes we are not recognising the key processes that can have such a long-lasting impact on a child's sporting development. Things such as hard work, improved effort, looking after teammates and being a great team player are all lost in the push for more money in the piggy bank. Inadvertently, we may well be also undermining the position of the coach.

As part of a long-term athletic development model there are issues for both player and coach. The player could make poor decisions on the field as they are more motivated by the extrinsic reward rather than being motivated to do well by making the correct decision. It makes the coaches job far more difficult as the player is not even open to the idea of other options.

You may see your child score a few more in the short term, I grant you that, however they will not continue to develop and as we all know in sport the older you get the more difficult it becomes to score anyway.

'Extrinsic rewards are the enemy of exploration' - Kohn, 1991.

The following are all problems that your child may encounter if they are entering games motivated by the cash reward:

- They get stuck between earning the reward, pleasing the parent or doing what the coach is asking. As a result, ends up doing none of it particularly well.
- They end up with tunnel vision, only focusing on the scoring rather than other things going on around them.
- They can show a lack of effort when played in other positions particularly in defence.
- Their self-esteem can go if they hit a barren run – all top scorers have had bad runs without scoring!
- If teammates feel they are only playing for themselves, they may end up not passing to them.

- If teammates are working hard, they may become frustrated if they feel that your child is not making the correct level of contribution and only playing for themselves and this can lead to friction and fall outs.

At the end of the day children find sport fun for many different reasons to how an adult may view it and fun is the important word here. It is not always about the score and how many times they may score. They may find the experience fun because they tried hard, worked hard as part of a team and the coaching was really positive. So, the next time you think of putting your hand into your pocket to reward your child for scoring, think again. Instead, how about putting it away in your own piggy bank and perhaps buying them some new boots when you feel they have worked really hard to improve their own performance and had a really positive impact on all those people around them.



Gordon MacLelland is the CEO and founder of Working with Parents in Sport, which supports parents and coaches in working together to provide children with the best possible sporting experiences. To find out more about their work please visit www.parentsinsport.co.uk.

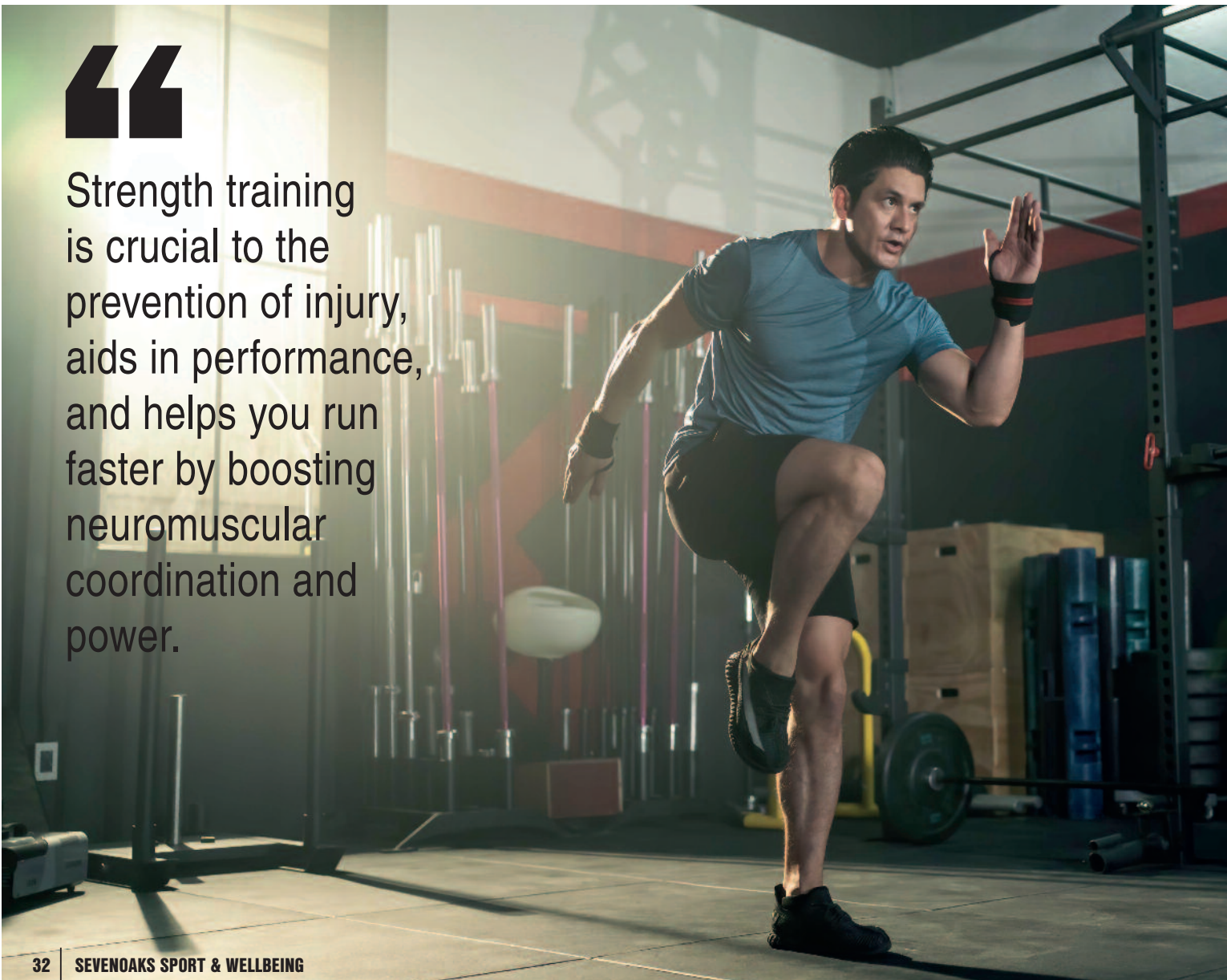


STRENGTH TRAINING AND RUNNING WITH BETTER BODY GROUP

Becoming a successful runner is not only about the hard work devoted to cardiovascular training, aerobic capacity or speed training and endurance. Many runners fail to include strength training within their training programmes, unaware that during peak impact our body can put anywhere between 1.5 to 3 times our body weight through each leg whilst running, causing stress to the joints, tendons and ligaments. Strength training is crucial to the prevention of injury, aids in performance, and helps you run faster by boosting neuromuscular coordination and power; thus improving your running efficiency by encouraging coordination and stride efficiency. It is important to note that it is not only leg strength that is important to developing a well-rounded

“

Strength training is crucial to the prevention of injury, aids in performance, and helps you run faster by boosting neuromuscular coordination and power.



athlete, as each part of the runner's structure has an important role to play when it comes to running. Biomechanical efficiency as well as reduced energy expenditure and fatigue can be some of the many benefits available to athletes through the inclusion of full-body strength movements.

What type of Strength Training should I do?

For many, the thought of strength training can be quite a daunting experience. Knowing what exercises to do to maximise performance, as well as the periodisation of the training plan, can put many athletes out of their comfort zone. The key is to plan your strength training schedule ahead of time, this offers the benefit of knowing how intense your runs should be in any given week or day. It is advised that

runners incorporate strength training routines within their plans 2-3 times a week.

Plyometric training is the first of these strength training types; Plyometric training offers athletes the benefit of enhanced efficiency within the muscle fibres, vital for the exchange of oxygen from the blood to the muscles. This involves jumping in quick and controlled bursts, the ultimate goal is to be as explosive as possible.

Strength endurance training, the second type of strength training, is the specific form of strength displayed in activities which require a relatively long duration of muscle tension with minimal decrease in efficiency. Strength endurance is met when exercising around 70% of your one rep max [1RM] and completing around 12-20 reps for 3 sets.

Unilateral training is the penultimate type of strength training. When running, an athlete will predominantly use only one leg at a time, so why not bring this into strength training too? Unilateral training will stop performance-sapping unevenness of a dominant leg. Symmetrical movement patterns will ultimately improve your balance and reduce the risk of injury.

Muscle Activation is the final strength training type to incorporate into your routines. Muscle activation is caused by neurotransmitters passing messages from nerve cells to target cells, where muscles represent our target cells in this case. Should there be irregularities in these neurotransmitters, we would see a muscle activation efficiency loss which will ultimately lead to degraded running technique and improper activation of key muscle groups. Muscle activation exercises help to retain muscle movement patterns and make sure all the right muscles are contributing to

your running technique; think in terms of muscle memory. Activating the muscles is achieved by isolating the known underactive muscles within the athlete's frame and helps to establish a neural connection from the brain to muscle.

Final Thoughts

Regarding strength training, it is important to focus on gaining strength and power rather than raising your heart rate. As a runner, you will be gaining the benefits of cardio through running alone. Strength training therefore should focus on working the entire body, concentrating specifically on muscle activation and isolation. Focusing on movements that involve multiple joints and muscle groups will also aid in the prevention of injuries.



Written by Better Body Group's in-house expert on running biomechanics, Becky Wade. Becky is well known for her speed and stamina from 400m to full marathons. For more information or to book a biomechanical analysis appointment please call them on 01732 451979 or email enquiries@betterbodygroup.co.uk.





“

A study found that it occurs in 66% of people who contacted COVID-19. Ferritin (the storage of Iron) is removed from the body post infection.

POST COVID-19 HAIR LOSS

I have noticed that since contracting Covid a number of my clients have complained about excessive hair loss. In this article I am going to talk through the root causes of hair loss and how can we help to strengthen our hair follicles and regain hair growth. Telogen effluvium is a form of temporary hair loss that usually happens several months after a person experiences a traumatic event or stress. A study found that it occurs in 66% of people who contacted COVID-19. Ferritin (the storage of Iron) is removed from the body post infection. The

infection causes inflammation in the body resulting in an increase of hepcidin (a protein which regulates the entry of iron into the circulation of mammals). Increased concentration of Hepcidin impairs dietary absorption of Iron which further affects hair follicles¹. This can lead to anaemia. Check with your medical practitioner first before you decide to take Iron supplements. Natural sources of Iron include: red meat, liver, legumes and pulses such as red kidney beans, peas and lentils and dark green vegetables such as kale and spinach.



Stress is a big contributor to hair loss. When fighting severe infections such as COVID-19 our body is put under significant stress. It is not only depleted of nutrients but also stress compromises the digestive system. Stress reduces our stomach acid production (hydrochloric acid) which is essential for sufficient digestion of food and key nutrients. Some of the nutrients such as Vitamin K, B12, B3, folic acid and biotin which are essential for hair cycling and growth. Low hydrochloric acid levels can affect your stomach's ability to digest and absorb proteins. It can also damage your gut and lead to digestive health issues and infections. You can naturally improve your stomach acid production by incorporating apple cider vinegar in your diet.

Raw apple cider vinegar can increase stomach acid levels because its acidic properties introduce more acid into the digestive tract. Other than increasing stomach acid levels, raw apple cider vinegar has been associated with reducing symptoms from acid reflux, diabetes, and high blood sugar³. Zinc is an essential mineral present in human cells. The stomach uses zinc to produce HCL. Addressing a zinc deficiency could help increase stomach acidity. Some Zinc-rich foods include: oysters, beef, nuts and seeds. Your medical practitioner may also prescribe supplements such as betaine hydrochloride to restore the pH of your stomach.

If any of above sounds familiar - please contact me for a nutritional assessment.

References:

1. respiratory-research. biomedcentral.com/articles/10.1186/s12931-020-01546-2
2. ncbi.nlm.nih.gov/pmc/articles/PMC6380979
3. healthline.com/health/digestive-health/apple-cider-vinegar-for-acid-reflux

Hair loss is also associated with immune nutrient depletion. White blood cells need nutrients such as vitA and Zinc to help our body fight infection. These also help to improve thyroid function and thyroid hormone production. Deficiency of these nutrients can affect our thyroid health and thyroid hormone levels. Prolonged and severe hypothyroidism and hyperthyroidism can cause hair loss.

The immune system requires folate (known as vitB9) especially folic acid (naturally found in food). Depletion of this can cause the hair follicle to become undernourished and weak resulting in hair loss. Folate helps to promote hair growth and add volume². Good food sources of folate include: liver, seafood, dark green leafy vegetables, sunflower seeds, eggs, beans and whole grains.



Low hydrochloric acid levels can affect your stomach's ability to digest and absorb proteins. It can also damage your gut and lead to digestive health issues and infections.



Magdalena Marvell is a Nutritional Practitioner and Founder of the Persea Clinic which helps support clients who want to optimise their health in areas such as gut health, hormonal balance, skin conditions, weight management, family nutrition. To find out more about her work please visit www.persea.clinic.



Healthy recipes with Magdalena

- Lentil and bean salad

This salad is a perfect post work out snack. It is packed with protein but also beans and lentils are a great source of Zinc and Iron, vitC, vitA and Folate (vitB9) - everything you need to support your immunity and hair growth!

Ingredients

- cup of dried red lentils
- 2 cloves of garlic
- cup tomato puree or passata
- 1 can kidney beans (drained and rinsed)
- 1 red pepper
- 3-4 spring onions
- salt and pepper

How to make it:

1. Add 1 part of red lentils to 1.5 parts of water with a little salt in a pot. Bring it to a boil and then let the lentils simmer for about 12-15 minutes.
2. Season with salt, when the lentils are cooked. Alternatively you can cook them in broth for some extra flavour.
3. Meanwhile cut the spring onions and bell pepper. Also grate the garlic.
4. Get a big bowl and mix in all the ingredients, including the lentils and beans.
5. Add the tomato sauce (as much as you like), give it a stir and, if necessary, season one last time with salt and pepper.
6. You can eat either hot or cold, Enjoy!



THE BRICKLAYERS ARMS

The Bricklayers Arms is only a short drive from Sevenoaks town centre and easily accessible from other parts of Kent, Sussex and Surrey from the A21 and M25. Despite being so accessible we sit opposite a beautiful sailing lake in the picturesque village of Chipstead.

We serve Harvey's beer straight from the barrel, along with freshly prepared, good quality British pub food. We have something to offer everyone for every season - warm up in winter with one of our homemade pies and a pint of Harvey's Sussex Best Bitter by our roaring open log fire; relax in summer on the green with a refreshing glass of Stowford Press cider.

We are a Harvey's Brewery pub which maintains a 4.5 star rating on TripAdvisor. Darren and his team of staff look forward to welcoming you soon!



The Bricklayers Arms, Chevening Road, Chipstead, Kent, TN13 2RZ

01732 743424 www.the-bricklayers-arms.co.uk

 ChipsteadHQ  thebricklayersarmschipstead



**BETTER
BODY**
GROUP

THE BETTER
BODY YOUNG
ATHLETE
PROGRAM,
A SAFE AND
STRUCTURED
PROGRESSION
INTO STRENGTH
TRAINING FOR 12
TO 18 YEAR OLDS

GET
FIT
NOW

**BOOKING &
ENQUIRIES**

FOR A FREE 30 MINUTE CHAT WITH
ONE OF OUR YOUNG ATHLETE TEAM
TO DISCUSS THE BEST ROUTE FOR
YOUR CHILD GIVE US A CALL

01732 451979

BETTER BODY SEVENOAKS: UNIT 3, SEVENOAKS ENTERPRISE
CENTRE, BAT AND BALL ROAD, SEVENOAKS KENT TN14 5LJ

