



The Courier

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Unless otherwise attributed, views are those of the Editor.

From the editor

Apologies to anyone expecting this edition in July itself but I have been rather pre-occupied with studies, exams, and extra responsibilities at work. Now that the Courts have gone into vacation and school's out, I can concentrate on producing this latest edition of the Courier. Thanks to all those who have sent me results, but I am still lacking in articles and features for this and future editions. I hope however that the increased leisure time at my disposal will enable me to get the next one out at the usual time in the 'Bill Clapham cycle'.

As a preview to future editions, I intend to establish regular features and columns on diverse matters in club life. These will include a series of interviews with people associated with the club, who play obscure but important roles. I have already approached some of the intended subjects but if any of you can think of any other unsung 'heros or heroines' please let me know and I will endeavor to include these in my list of worthy interviewees.

Other regular features might include poetry, cultural and culinary matters or suggested routes for exercises or runs. Anyway this will all become clearer in the next edition (planned for September) so watch this space...

SOME COMING EVENTS

20th Aug. AAA Combined Events Champs, Birmingham
20th Aug. Southern mens Leauge Div 1. Parliament Hill
21st Aug. Cup Final. Bedford
27th Aug. Club Championships
3rd Sept. Southern Women's league, Sutton Arena
4th Sept. Nat. Young Athletes Lge Main Final, Birmingham
4th Sept. U20 Inter-territory match,
11th Sept. KCAA Relays champs, Norman park.
11th Sept. National Junior Athletic Lge Final, Derby
11th Sept. SVAC inter-club finals
14th Sept. One hour run. Norman Park
17th Sept. B&B Cross-Country relays' Sparrows Den

MONTHLY SERIES

Club 5km. 7.15pm 17/8, 7/7
Bromley Vets 2m 6/9

SOCIAL

17th Sept. XC relays supper
30th Sept. VPs supper.

200 CLUB

Organiser: Roger Counter
Tel 020 8776 0884

NEXT COURIER: mid to late September.

Results, readers' constructive views & other material welcome



John Hoy memorial service, All Souls, July 19th 2005.

The late John Hoy was fittingly remembered at a service at All Souls Langham Place, London just over a fortnight ago, with a good turnout from club members and a number of moving tributes from family, friends and colleagues. Amongst these were the permanent Secretary of his department who spoke of his modesty, integrity, and willingness to get in the front line rather than see things from the comfort of a London Office. Others included Rob Brown whose tribute is printed below, whilst teachers at Crofton Primary School praised the qualities of his children, attributes, which reflected highly on the character of the father. Finally in his sermon, the Reverent Paul Williams focused on the promise of eternal life but this was no clichéd message on running a straight race, but a positive affirmation of faith and a promise of a better quality of life to come. One thing that could surely be said of John Hoy was his life was of high quality, and his spirit and influence will live on.

John Hoy

I am grateful for the opportunity to say a few words about John on behalf of Blackheath and Bromley Harriers, an athletic club with whom he had a short, but fruitful association.

John had many passions in life, highest of which was of course was his family. But high up there too was his passion for running. And so it was that in November 2000, John joined Blackheath & Bromley Harriers AC. The year 2000 was not so long ago, so it means that his time with the club was relatively short. This is especially so when you realise that, as the former Blackheath Harriers, the club has been in existence since 1869 and is one of the oldest running clubs in the world.

However, John made an impact on many club members in his short association with us. When I was asked to write a brief obituary for publication in our biannual Gazette, I spoke to his friends among his group of runners. I wanted to seek others views and stories. Overwhelmingly, the opinions centred on the fact that the word gentleman (or gentle man) was made for John. It is something to which we all should aspire.

The first word that club members had of the tragedy was the Independent newspaper of 6 January which carried that marvellous, formal picture of John, Nim, Kate, David & Robert under the banner headline of "Why was I spared". Word of the tragedy spread quickly. I shall not dwell on the terrible events of that day. Enough has been said by more erudite people than me over the last 7 months. It was apparent however from the phone calls between club members how upset everyone was about the news. The club web-site quickly filled with comments of shock and concern for Nim and I hope that in some small way John's family took solace from the high regard in which he was held.

Athletically, John was an excellent competitor in veterans' events, running marathons in well under 3 hours, 10 kilometre races in 35 minutes and 10 mile races in under an hour. These times all speak volumes of his running prowess. He rarely spoke of his ability in his younger days and I hope to find out more about that from his family, but I believe that in his youth he could improve even on these highly commendable times. General consensus is that his running style was fast & steady - certainly much faster and steadier than me. As fellow club members, we were aware of John's love of running and we were touched by the knowledge that his coffin included a pair of running shoes.

I was particularly moved by a communication received from Cliff Keen. Cliff currently lives in Australia, but was probably closest to John during their time as club members - maybe because they had so much in common, including athletic ability. They were never far apart in races. It is therefore appropriate that Cliff has the last word because he sums it up so beautifully.

He said "John leaves a big hole for his family and friends and the World a poorer place. I hope the angels are ready for him, because I expect John to be pretty nippy in a pair of wings."

Rob Brown

The Courier July 2005. Results

Road.

Marathons. Comrades Marathon (distance: 89.17 kms) 16 June South Africa - Pete Rogers and John Turner completed the course in 10hrs 26mins.

10km 10th April. Darent Valley 10km, Dartford. 17. A. Tucker (38.25)- 24. K. May (39.45)- 29. G. Coates (V50)(40.27)- 43. T. Brightwell (V50) (42.19)- 61. C. Pike (V50) (43.04)- 76. A. McDonough (FV45) (43.48)- 102. K. Pratten (45.11)- 166. A. Cilia (FV45) (48.39)- 299. R. Saiz (V60) (54.43).

22nd May. City of Aberdeen 10km. G. Murray (62.03)

22nd May. Crouch End 10km. A. Edwards. (48.30)

29th May. Myra Garrett 10km, Bexley. 24. G. Coates (V50) (38.56)- 44. R. Brown (V50) (41.08)- 96. C. Jones-Baldock (44.31)- 146. T. Brightwell (V50) (46.59).

19th June Fraserborough 10km, Fraserborough, Aberdeenshire. G. Murray (60.58)

26th June Manchester YMCA Harriers 10km. G. Murray (61.50)

Other distances/events

3rd July. Bewl Water 15.

5. C. Osborne (1:26.36)- 6. R. Smith (1:27.11)- 14. D. Hillier (1:30.56)- 15. R. Hall (1:31.09)- 22. M. Ellison (1:36.34)- 33. A. Tucker (1:36.53)- 48. G. Coates (1:40.28)- 64. J. Daly (1:45.33)- 119. K. Pratten (1:55.05) (15thL)- 138. R. Strong (1:56.51)- 158. D. Lewes (1:58.58)- 255. A. Jelly (2:11.37).

Roy Parris Memorial Handicap series (5km).

West Wickham & Hayes.

Event (3) 15th June. (Net times given)

1.S. Skelley (26.01)- (2) N. Bunclark (19.29)- (3) C. Lodwig (20.33)- (4) M. Gasson (23.47)- (5) M. Martineau (23.19)- (6) V. Mitchell (20.41)- (7) C. Jones Baldock (21.01)- (8) W. Orton (21.24)- (9) R. Barrett (19.45)- (10) K.Philp (22.19)- (11) M. Lundie (27.09)- (12) B. Bater (18.42)- (13) M. Skelley (20.00)- (14) I. Taylor (18.31)- (15) D. Carton (20.32)- (16) D. Ellison (17.36)- (17) G. Coates (18.38)- (18) D. Hilliar (17.47) (19) M. Compton (21.03)- (20) S. Purser (25.20)- (21) M. Blunden (19.22)- (22) R. Brown (19.11)- (23) N. Barber (20.13)- (24) R. Walsh (21.30)- (25) T. Webb (18.16)- (26) G. Cook (19.07)- (27) M Longstaff (22.09)- (28) D. Beadle (18.54)- (29) C. Pike (20.10)- (30) M. Cronin (20.30)- (31) S. Hollingdale (23.18)- (32) N. Cross (26.34)- (33) A. Tucker (18.54)- (34) T. Delahoy (23.25)- (35) W. Wheeler (31.11)- (36) M. Salmon (23.18)- (37) L. Swan (20.21)- (38) J. Daly (20.38)- (39) D. Leal (22.47)- (40) D. Churchus (28.05)- (41) M. Ellison (20.14)- (42) E. Key (25.41)- (43) A. Lawes (21.22).

Event (4) July 20th (Net times given)

(1) S.Gasson(22:12)- (2) B.Bater (18:04)(3rd M)-(3)M. Gasson (23.)- (4)M. Compton (20:38)- (5) N. Ives (23:24)- (6)R. Hall (17:19) (1st M)- (7) M. Ellison (18:03) (2nd M)- (8) J. Copley (23:05)- (9)M. Longstaff (22:06)-(10)D.Beadle (18.)- (11)G. Coates(18:40)- (12)W. Orton (21:59)- (13).M.Salmon(22:20) (14)D.Leal(22:00)- (15)N.Cross (26:31)(3rd F)-(16) M.Martineau (24:19)-(17) S. Pairman (18:52)- (18) J.ETurner (20:33)- (19)M.Lundie (27:50)- (20) C.Lodwig (22:06) (1st F)- (21) M.Cronin (21:15)- (22) D.Ellison(18:33)- (23) R.Chambers (28:49)- (24) J.Daly (20:56)- (25) P. Shepherd (26:21)

(26)R.Watkins(34:24)- (27) A. Lawes (21:02)-(28) S. Purser(26:50)(2nd F)- (29) D.Churchus (28:36)- (30) J. Leeson (24:25)

4th June. Harvel Hash House Harries Harvel 5. 53. G. Coates (v50) (31.52)

12th June. Sevenoaks Seven, Knowle Park. 12. D. Hilliar (43.27)- 21. A. Tucker (44.30)- 50. G. Coates (v50) (46.47)- 77. R. Brown (v50) (48.20)- 101. C. Pike (v50) 49.59)- 127. M. Blunden (51.00)- G. Cooper (v40) (51.02)- 209. M. Compton (v40) 55.22)- 482. K. Tyler (90.04).

5th July. Bromley Vets 2m Handicap. Norman Park. (net times given) 4. W. Orton (13.16)- 6. M. Salmon (13.16)- C. Pike (12.10)- R. Brown (11.30)- C. Read (12.03)- M. Compton (12.28).

Track & Field.

Young Athletes

22nd May - National Junior Athletic League (Male) – Ashford By A & B string100m 2nd D. Haque 2 (11.4)- 4th D. Doyley(11.7) :- 200m 1st D. Haque (22.2) 1st D. Doyley 22.6 :- 400m 6th S. Blackwell 53.3- 2nd D Parsons 51.0 :- 800m 5th J Poole 1.59:9 :- R d'Angelo 2.04:5 :-1500m 3rd D. Brewer 4.22:3- 2nd. R. Daniel 4.27:- 3000m 5th. J Vintner 9.54:2- T Murphy 10.06:- 2000m s/c 5th S Simpson 6.57:8 A Littlewood 7.02:1 :- 110mH. 1st A Alameen 15.3- 2nd M Shoker 17.7 :- 400m 2nd HE Harrison 55.2- 3rd M. Shoker 61.0 :- 4 x 100m 2nd D Doyley, F Alexander , A Alameen, D Haque (43.3) :- 4 x 400m D Parsons, R D'Angelo 6th 3.31:2 R Daniel, J Poole, Discus A. 3rd Al Williamson 39.56 B. 8th R Alameen 12.53 :- Shot A. 8th Marcus Williams 10.98 B. 3rd Al Williamson 10.77 :- Hammer A. 2nd Al Williamson 58.50- B 1st R Alameen 47.49 :- Javelin A. 6th S Harvey 64.40- B 6th T Murphy 10.45 :- Long Jump A. 6th S Harvey 5.87 –B.6th S Stevens 5.27 :- High Jump A. 6th D. Campbell 1.80- B. Eq 6th D. Willis 1.65 :- Triple Jump A. 7th D. Willis 11.55- B. 6th D Cole 11.08 :- Pole Vault A. 1st S Huggins 4.15- B. 1st. A Berry 3.35.

Blackheath & Bromley finished 5th 268 points

22nd May - National Junior Athletic League (Female) – Match 2 Ashford By A & B string 100m A. Amy. Godsell(1st) (12.6)- B. Clare Cooper.(2nd) (13.3) - 200m A. Kara Graham .(2nd) (26.2) - B Vicky. Cole (1st) (27.04)- 400m Rebecca Syriocki (1st) (58.3) pb* B. Clare Cooper (1st) (60.6)- 800m A. Ella Fisher (2nd) (2.19.8)- B. Katie Murray (1st)(2.18.7)- 1500m A. Rebecca Taylor (4th) (4.54.9) B. Bryony Proctor (3rd) (4.59.1)pb*- 3000m A. Sarah Coombe (4th) (11.31.40 pb*- A. Lauren Smith (1st) (11.54.8) pb*- 100mh A. Jo Wood (3rd) (17.1)- B. Leanne Critchley (3rd) (18.5)- 400mh A. Jo Wood (5th) (71.7) B. Katie Welch (4th) (74.3)- 4 x 100m. (1st) Amy Godsell, Kara Graham, Vicki Cole, Clare Cooper (49.7)- 4 x 400m. Katie Murray 62.74 Rebecca Taylor 61.03 Ella Fisher 63.36 Rebecca Syrioki 58.64. 3.73 :- Discus A. 4th Rachel Blackie 31.37 B. 4th Christine Lawrence 21.- Shot 4th Rachel Blackie 9.22 B. 5th Catherine Thomas 7.23 :- Hammer A. 1st Rachel Blackie 46.15 B. 1st Catherine Thomes 22.33 :- Javelin A.1st Christine Lawrence 40.68 3rd- B. Emily Godley 23.03 pb* :- Long Jump A. 5th Jade Castell 5.14 B. 4th Emily Godley 4.89 :- High Jump A. 4th Katie Murray 1.55 B. 1st Anne Smith 1.55 :- Triple Jump A. 3rd. Jade Castell 10.84 B. 1st Rachel Arnheim 10.15 pb* :- Pole Vault 2nd. Rachel Arnheim 3.05pb*

Blackheath & Bromley finished 1st (296 points)

26th May UKA Young Athletes' League, Mayesbrook Arena

U13 girls High Jump A 2nd. Nenisha Nelson-Roberts(1.33) B 1st. Sheridan Lewis (1.30)-150m . A 1st Jasmyn Raikes(20.5)- B 1st. Sian Hurlock(20.8)- 800m .A. 1st Danielle Critchley (2:45.3)- B 1st. Kayley

Broadway (2:51.3)- Shot .A. 3rd Melissa Richards (5.98). B 1st. Emma Hook (5.42)- Long Jump A 2nd . Sheridan Lewis (4.13)- B.1st . Sian Hurlock (3.77)- 70m.H. A.1st . Nenisha Nelson-Roberts (12.7) B1st . Emma Armstrong (13.4)-1200m A. 3rd . Georgina Chew (4:23.2)- B. 2nd . Emma Hook (4:27.7)-75m A. 1st . Jasmyn Raikes (10.5) B. 1st . Sian Hurlock(10.6) :- 4 x 100mRelay 1st. (1 Jasmyn Raikes 2 Nenisha Nelson-Roberts 3 Sheridan Lewis 4 Sian Hurlock in 52.6) (new UKA YAL & B&B Club record*).

Blackheath & Bromley finished 1st (61 points) .

U15's Girls' Team Long Jump A 2nd. Isobel Ivy 4.57 -B 1st . Leah Forbes-Morris 4.57:- 200m A3rd Katrina Cosby 27.3- B 2nd . Grace Sheppard 27.9:- 800m A 3rd Jessica Saville 2:27.7- B 3rd. Jessica Harding 2:37.9:- High Jump A. 2nd Jessica Matthews 1.55 *(Female field athlete of the meeting)- B 1st . Jessica Harding 1.35:- Discus A 2nd . Sarah McGuire 28.05- B 1st . Oyebanke Jemiyo 24.34:- 75mH A. 2nd Isobel Ivy 13.2- B 2nd . Estelle Patten 13.4:- 300m A.1st . Katrina Cosby 42.3- B 1st . Jessica Saville 44.1:- Javelin A 2nd . Helen Silvester 26.8- B 1st . Sarah McGuire 24. 49:- 100m A 2nd . Sarah Harrison 13.2- B 1st .Grace Sheppard 13.3:- 1500m A 1st .Amy Smith 4:55.1- B 1st . Hannah Garcia 5:15.3:- Shot A 1st. Sarah McGuire 9.75-. B 1st . Katherine Jones 8.20:- 4 x 100m Relay (1st place) 1 Sarah Harrison2 Danielle Annon3 Grace Sheppard 4 Katrina Cosby (51.6)

Blackheath & Bromley finished 1st with 78 points

8th June English Schools Championships, Birmingham Day One

Senior Boys 400m heat 1. 6th Dominic Parsons 52.22 -Heat 2. 5th Alex Babb 49.90- Triple Jump. 2nd . Jeremy Odametey 15.03- Javelin. 1st. Stuart Harvey 63.47

Senior Girls 200m. Heat 3. 2nd. Amy Godsell 24.94,- 3rd. Kara Graham 25.09- 400m. Heat 1. 6th . Rebecca Syrocki 59.06-Hammer. 1st. Rachel Blackie 51.23 (Club Senior and Junior record*)- 2nd. Victoria Thomas 48.98

Intermediate Boys 100m. Heat 1. 1st James Alaka 22.23Heat 2. 1st Danny Doyley 10.88:-200m. - 1st Semi Final 1st. James Alaka 21.97:- 400m. Heat 4. 4th Scott Blackwell 51.03:- Pole Vault 3rd Scott Huggins 4.05:- Hammer. 2nd. Richard AlAmeen 55.79:-.300m. Heat 1. 5th Vanessa Nakangu 41.02:-800m. Heat 2. 3rd. Rebecca Taylor 2.16.87:- Heat 3. 4th. Katie Murray 2.16.40- Semi Final. 7th Katie Murray 2.21.95:- 80mHurdles Heat 2. 1st. Serita Solomon 11.37:- Triple Jump. Pool A. 6th Lauren Blackie 11.01:- Pool B. 4th. Jade Castell Thomas 11.31:- Pole Vault. 2nd. Rachel Arnheim 3.15 (Club under 17 record*)- 6th. Emily Godley 3.05:- Javelin. 3rd. Jade Dodd 38.99

Junior Boys 100m. Heat 2. 2nd. Jermaine Alexander 11.33 :- 400m. Heat 2. 3rd. Aston Stockdale 53.11- 1st Semi Final . 6th. Aston Stockdale 53.11 :- 800m Heat 5. 3rd. Stephen Cavey 2.08.16 :- Hammer. 5th. Andrew Jordon 45.02.

Junior Girls 1500m. Heat 1. 8th. Amy DeMatos 4.58.09 :- Shot. 4. Sarah McGuire 10.41 :- Discus. 6th. Banke Jemiyo 30.95.

19th June.National Junior league. Ware A string. 100m. 2. D. Haque (11.2) ; 200m 1. D. Haque (22.00) ; 400m 2. S. Blackwell (50.30) ; 800m 6. J. Poole (2 :01.03) ; 1500m 5. J. Poole (4.19.08) 3000m 1. D. Brewer (9 :34.4) 2000m s/c 4. A. Littlewood (7.04.06) 110mH 8. M Shoker (17.6) 400mH 5. M. Shoker (60.7) 4x100m 4. D. Doyley, M. Shoker, S. Blackwell, A. Worley (44.2) 4x 400 2. A. Rabb, R. D'Angelo, S. Blackwell, J.Poole (3 :29.1) A string. 100m. 2. D. Haque (11.2) ; 200m 1. D. Haque (22.00) ; 400m 2. S. Blackwell (50.30) ; 800m 6. J. Poole (2 :01.03) ; 1500m 5. J. Poole (4.19.08) 3000m 1. D. Brewer (9 :34.4) 2000m s/c 4. A. Littlewood (7.04.06) 110mH 8. M Shoker (17.6) 400mH 5. M. Shoker (60.7) 4x100m 4. D. Doyley, M. Shoker, S. Blackwell, A. Worley (44.2) 4x 400 2. A. Rabb, R. D'Angelo, S. Blackwell, J.Poole (3 :29.1) Discus 2. A. Williamson (41.47) Shot 6. M. Williams (11.79) Hammer 2. A. Williamson (54.55) Javelin 1. S. Harvey (62.68) Long Jump 1. J. Odemity (6.89) High Jump 6. D. Campbell (1.80) 1. J. Odemity (14.48) Pole Vault 1. S. Huggins (4.00) *Blackheath & Bromley finished 2nd place 283 points*

19th June . National Junior Athletic League (Female) – Ware 100m A. 2nd Amy Godsell 12.7- B. 1st Serita Soloman 12.8 :- 200m A. 2nd Amy Godsell 26.3-B. 2nd Clare Cooper 26.3 :- 400m A. 2nd Rebecca Syrioki 57.5 PB* B. 1st Kara Graham 59.8 PB* :- 800m A. 4th Katie Murray 2.23.1- B. 2nd Bryony Proctor 2.25.2 :-

1500m A.3rd Rebecca Taylor 4.53.6- B. 1st Sarah Coombs 5.14.2 :- 3000m A. 4th Bryony Proctor 12.08.2- B. 3rd Debbie Shearing 13.32.7 :- 100mh A. 6th Jo Wood 17.7- B. 2nd Leanne Critchley 17.8 :- 400mh A. 4th Jo Wood 72.7 B. 1st Leanne Critchley 70.2 :- 4 x 100m 1st (Leanne Critchley, Kara Graham, Amy Godsell, Serita Soloman) 49.2 :- 4 x 400m 1st (Katie Murray, Rebecca Taylor, Clare Cooper, Rebecca Syrioki) 4 :02.0 :- Discus A. Shauangh Brown 37.48 1st Flo Clark 36.11 Shot A. 3rd Shauangh Brown 10.89- B 1st Victoria Thomas 10.41 :- Hammer A. 1st Rachel Blackie 51.10 pb* B. 1st Victoria Thomas 47.53 :- Javelin A. 1st Jade Dodd 40.47 B 5th Emily Godley 21.78 :- Long Jump A. 7th Lauren Blackie 5.42pb* B. 1st Hayley Nouch 5.38 pb* :- High Jump A. 1st Katie Murray 1.63 PB* B. 1st Anne Smith 1.50 :- Triple Jump A. 3rd Lauren Blackie 11.20-B 2nd Hayley Nouch 11.04 :- Pole Vault 5th Emily Godley 2.45 *Blackheath & Bromley finished 1st with 305 points*

National Young Athletes League Southern Premier Norman Park 5th June

For those competing in, officiating, or remotely involved in this event, I have omitted it from this month's edition. The results I received were far too detailed and required more extensive editing than time has allowed. However, I hope that it will be included in the next edition in September. Please accept my apologies.

3rd July - Kent Young Athletes League – Bexley

Girls - U13 Shot A Laura Ashley Ward 5.28 4 B Emma Hook 4.74 1 NS Sian Hurlock 6.15 7 0m Hurdles A Nenisha Nelson Roberts 12.5 1 B Emma Armstrong 13.41 6 00m A Amy Mitchell 11.58 9 3 B Georgina Chew 2.00.61 Discus A Emma Armstrong 20.30 1 B Melissa Richards 11.58 1 NS Amy Mitchell 16.97 5 m A Sian Hurlock 10.61 B Emma Howard 11.74 Long Jump A Nenisha Nelson Roberts 4.02 2 B Emma Howard 3.69 1 150m A Sian Hurlock 20.7 1 B Nenisha Nelson Roberts 21.91 High Jump A Emma Armstrong 1.43 1 B Amy Mitchell 1.30 1 NS Emma Hook 1.10 1 000m A Emma Hook 3.34 6 3 B Kayley Broadway 3.45 7 1 NS Clare Parkin 3.42 5 Javelin A Melissa Richards 7.92 5 B Clare Parkin 4.81 3 2000m Walk A Laura Ashley Ward 13.51 9 2 B Kayley Broadway 24 x 100m Relay 1 Emma Howard 57.92 2 Emma Armstrong 3 Nenisha Nelson Roberts 4 Sian Hurlock

Girls - U13 Javelin A Helen Silvester 24.06 1 1 2 B Lucy Matthews 18.26 1 8 7 5 m Hurdles A Isobel Ivy 13.13 8 B Julia Stacey 12.9 1 8 8 0 0 m A Ruby Samuels 2.30 2 3 8 B Jenny Linker 2.34 9 2 6 Shot A Oyebanke Jemiyo 8.92 1 1 2 B Sarah Harrison PB 6.48 2 6 1 0 0 m A Sarah Harrison 13.41 1 2 B Isobel Ivy 13.51 8 Pole Vault A - B - High Jump A Ruby Samuels 1.30 1 7 B Catherine Chambers 1.40 2 1 0 3 0 0 m A Katie Vistuer 45.52 1 0 B Georgia Crosbie 47.44 2 0 0 m A Daniella Annon 27.5 1 1 2 B Leah Forbes-Morris 29.61 8 Discus A Oyebanke Jemiyo PB 28.92 1 1 2 B Katie Vistuer PB 13.21 3 5 1 5 0 0 m A Rebecca Smith 5.06 5 1 1 2 B Laura Kastoryano 5.11 6 1 8 Long Jump A Isobel Ivy 4.40 1 8 B Leah Forbes-Morris 4.47 1 1 2 2 0 0 0 m Walk A Julia Stacey PB 11.25 8 1 1 2 B Grace Power 13.00 8 1 8 4 x 100m Relay 1 Sarah Harrison 52.91 1 2 2 Daniella Annon 3 Georgia Crosbie 4 Katie Vistuer

U15 GIRLS Total Points 228 Match Position 1st

Combined U13's & U15's Girls Teams Total Points 418 Match Position 1st

Senior Athletics

4th June British League, Eton

100m A 7th Alloy Wilson 10.93- B 6th Michael Champion 11.10:- 200m A. 2nd Daniel Haque 21.6- B. 3rd Neil Simpson 22.14:- 400A 2nd Alloy Wilson 48.13 B 5th Ian Allerton 48.83:- 800m A. 3rd Michael Skinner 1.52.09 B 4th Jamie Atkinson 1.57.66:- 1500m A. 2nd Michael Skinner 3.51.57- B. 1st Andrew Rayner 3.55.59 5000m A 7th Peter Tucker 15.47.33 B. 6th Jon Thorpe 16.04.31:- 110HA 7th Andy Hodge 16.27 B. 5th Simon White 16.66:- 400H. A 5th Simon White 60.93. B. 6th Mark Purser 61.55:- 3000S/C A. 7th Chris Hogg 10.53.44- HJ A. 8th Andy Hodge 1.75- B. 8th Dale Willis 1.70:- LJ A. 4th Sam Bobb 6.86- B. 7th Stuart Harvey 5.53 :- TJ A. 1st Sam Bobb

14.83- B.5th Dale Willis 11.33: PV.A8th Allan Williams 4.00- B 4th Simon Tolson 4.00:- SP A.8th Alex Pope 11.41- B 6th Alan Fairbairn 9.25:- DT A. 7th Alex Pope 35.95.B 5th Alan Fairbairn 35.47 JT. A. 3rd Stuart Harvey 61.13 B. 3rd Alex Pope 46.26:- HT A 7th Alex Pope 30.84 B.6th Alan Fairbairn 29.03 4 X100 A. 4th Bomene Barikor, Michael Champion, Neil Simpson, Daniel Haque. 42.03:- 4 X 400 A. 3rd Ian Allerton (49.8) Michael Skinner (50.8) Bomene Barikor (48.8) Alloy Wilson (48.9) (3.21.444).

5th June UK Womens' Leauge. Ware

100m A. 2nd AmyGodsell (U20) 12.4 -B. KatyBenneworth 12.92:- 200m AmyGodsell U20W 26.3:- 200m A. 2nd Sam Singer 26.6 2:- 400m BellaClayton :- 59.1 400m Singer 58.01:- 800m A EllaFisher(U20W) 2.20.9 1500 BryonyProctorU20W:- A 7th 3000m ShavaunHenry 10.23.24 -EllaFisher U20W 11.26.83:- 100H A. JoWood U20W 17.87- B. Leanne Critchley U20W 17.63:- 400H A. 6th JoWood U20W 73.7- LeanneCritchleyU20W 74.73:- DT.A. 5th Rachel Blackie U20W 28.03-B.3rd VictoriaThomasU20W 22.733B:- HJ A. 6th Hayley Nouch U20W1.40:- HTRachel BlackieU20W47.013A:- HTVictoriaThomasU20W 44.79 1B:- JT A.1st ChristineLawrence U20 W 42.04-B. 3rd BeatriceSimpsonW4523.25; LJ A. 4th KatyBenneworth 5.19 -B. 3rd Hayley Nouch U20W 5.19:- PV A. 1st Liz Hughes 3.80:- SP A. 5th VictoriaThomasU20W 9.61 - B. 3rd Rachel BlackieU20W 9.45:- TJ A. 5th HayleyNouchU20W11.01:- B. 2nd KatyBenneworth10.36:- 4x100 Katy Benneworth Sam Singer, AmyGodsel, LeanneCritchley, 50.22 :- 4x400 (SamSinger 63.9 HayleyNouch 64.2 EllaFisher 68.5 JoWood 70.4) = 4.27.0 5

Blackheath & Bromley finished 2nd with 183 points

25th June Southern League Div 1 Haringey

100m A2nd Michael Champion 11.5 B 2nd Domonic Parsons11.40 :- 200m A3rd Michael Champion 22.50 B 4th Scott Jarred 23.9:- 400A 2nd Domonic Parsons 50.90 B1st Scott Jarred, 51.60:- 800A4th Michael Claff 2.03.6 B 1500m A 3rd Michael Claff 4.21.2 :- 5000 A Roy Smith 16.39.6 :- 110H A. 4th Mark Purse 18.2 B 2nd Richard Holt 20.30 400H A 3rd Mark Purser 62.9 B 2 Richard Holt 61.4:- HJ A 5th Michael Champion 1.55 LJ A 5th Mark Purser 5.32 5th Phil Blatch 4.93:- PV A. 3rd Alan Hardy 3.00 -B 3rd John Robinson 1.20:- SP A. 5th Phil Blatch 9.31- B 5th John Robinson 4.87:- DTA 5th Phil Blatch 25.43 -B 5th Mark Purser 19.10:- JT A 3rd Phil Blatch 50.81.B. 5th Richard Holt 30.23:- HT A. 5th Phil Blatch 21.17 B. 4th Alan Hardy 11.79 :-4 X 100 A. 5th Mark Purser 45.9: Scott Jarred, Michael Champion, Domonic Parsons 4 X 400 A.5th Mark Purser 4.03.2, Scott Jarred, Richard Holt, Michael Champion.

Blackheath and Bromley finished 5th 66 points

25th June. British Leauge Cophthall

100 A5 Daniel Haque 10.7 B 6 Neil Simpson 11.2 200 A. Daniel Haque (DNF) B. 3. Neil Simpson 22.1 400m A. 5 Bomene Barikor B 6. James Poole 53.2 800 7. James Poole 1.59.5 B. 6 Dan Ryan (2.01.1) 1500 A &. Jon Thorpe 4.13.8 B 5. N. Gasson (4.15.2) 5000 A. 5. S. Newport (14.59.5) B. 3. P. Tucker (15.30.9) 110H A. 7. A. Hodge (16.1) B. 7. S. White (16.6) 400h a.7. E. Duncan (56.6) B. 5. S. White (60.8)- 3000S/C A 7. A. Gibbins (10.14.9) B. 6. C. Hogg (10.37.3) HJ A 6. A. hodge (1.75) B. 6. C. Hogg (1.40) LJ A.6. S. Bobb (6.54) B. 8. S. Tolson (4.00) TJ A. 2. S. Bobb (14.43) B. 3. A. Hodge (12.58) PV A. 8 S. Tolson (3.60) SP A. 7. S. Timmins 11.24 B. 7. S. White (9.15) DT A.7. A. Fairbairn (34.54) B. 6. S. Timmins (29.32) JT A 6 S. Timmins (44.27) B. 4. A. Hodge (43.42) HT A 7 S. Timmins (41.50) B.7 A. Fairbarin (31.73):- 4X100 A Bormane Barikor, Neil Simpson Ernest Duncan Simon White 4X400 A. 6. Neil Simpson James Poole Ernest Duncan Bomene Barikor 3.29.8.

Blackheath & Bromley finished 8th with 168 points.

26th June UK Women's League Division 4 Stoke

100m.A 3rd Amy Godsell 12.6- B.1st. Katy Benneworth 12.9:- 200m A. 2nd. Sam Singer 25.2 - B.1st.Bella Clayton 26.4:- 400m A. 2nd. Sam Singer 56.9-.B.1st Clare Cooper 59.1:- 800m A. 4th Bella Clayton 2.12. B.5th Ella Fisher 2.18.9:- 1500m A. 5th Bryony Proctor 4.56- B.2nd Ella Fisher 5.00.8:- 3000m A. 5th Carolyn

Jones Baldock 11.54.5- B. 3rd Annie McDonough 12.19.7:- 100H A. 4th Jo Wood 17.1 B. Leanne Critchley DNF:- 400H A. 4th Rachel Chadwick 71.31- B. Jo Wood 70.8:- HJ A. 6th Sandra Alaneme 1.35- B. 7th Leanne Critchley 1.25:- LJ A. 5th Katy Benneworth 5.11 B. 3rd Sandra Alaneme 4.81:- TJ A. 5th Katy Benneworth 10.08:- SP 6th A. Sandra Alaneme 9.26 B. 4th Rachel Blackie 8.69:- DT. A. 6th Rachel Blackie 27.98 B. 7th Diana Mantoura 11.44:- JT. A. 2nd Christine Lawrence 40.60- B. 6th Leanne Critchley 15.11:- HT A. 2nd Rachel Blackie 48.96 B. 7th Carolyn Jones Baldock 2.65:- 4x100 4th (Katy Benneworth 50.1, Clare Cooper, Sandra Alaneme Sam Singer 50.1):- 4x400 3rd (Clare Cooper , Rachel Chadwick, Sam Singer, Bella Clayton 3.59.7) Non scorePV 2nd Hannah Olson 3.50 3rd Natalie Olson 3.50
Blackheath & Bromley finished 2nd with 162 points.

9th July. Southern Men's League Div Three South, Horsham

100m A 3rd Dan McKeown (U20) 12.3 -B 1st Tim Ayres (U20) 12.7 :- 200m A 3rd Dan McKeown (U20) 24.8 -B 2nd Tim Ayres (U20) 25.2 400m A 1st Richard Daniel (U20) 53.3- B 3rd Alex Letchford 56.4 :- 800m A. 2nd Robert D'Angelo (U17) 2.03.6- B. 4th Richard Barrett 2.33.8 :- 1500A. 4th .Alex Bruce Littlewood (U17) 4.24.9- B. David Griffin Did not finish :- 5000A 3rd _Darryl Hilliar 18.09.2- B 110H A 2nd Ian Holder (M40)21.5 -B. 400H A. 1st Richard Daniel (U20) 62.0 -B. 1st Nigel Keogh 61.8 :- 3000S/C A. 3rd Tim Ayres (U20)11.53.9- B 3rd Richard Barrett 13.11.5 :- HJ A 2nd Richard Daniel (U20)1.50_B 2nd Holder (M40) 1.50 :- LJ A 4th Ian Holder (M4) 5.21 -B 4th Dan McKeown (U20) 5.03 :- TJ A 3rd Dan McKeown (U20) 10.97 B.3rd Tim Ayres (U20) 9.83 :- PV A. 2nd Jim Day (M70) 2.40- B. 1st Richard Daniel (U20)2.30 :- SP_A 4th Gordon Hickey (M70) 8.94 -B. 4th Richard Barrett 4.96 :- DT. A. 4th Gordon Hickey (M70) 22.39- B. 4th Nigel Keogh 16.62 :-JT A. 4th Gordon Hickey (M70) 25.25. B 4th Ken Daniel (M55) 18.35 :- HT. A. 4th . Gordon Hickey (M70) 20.72 B 4th Ken Daniel (M55) 5.07 :- 4X100 A 2nd (Dan McKeown (U20), Nigel Keogh ,Alex Letchford ,Tim Ayres (U20) 48.4) :- 4X400 A 1st (Nigel Keogh,Alex Letchford, Richard Daniel,(U20), Robert D'Angelo (U17) 3.35.9).

Blackheath & Bromley finished 4th with 103.5 points.

9th July Southern League Div 1 Aldershot

100m A 2nd Michael Champion 11.3 -B 1st Jack Wilkie 11.20 :- 200m A. 1st Michael Champion 22.40- B1st Jack Wilkie 23.00 :- .400mA 1st Ian Allerton 49.90 B. 1st Scott Jarred 52.10 :- 800m A 1st Martin Airey 2.01.9. B. 2nd David McKinley 2.04.6 :- 1500m A.3rd David McKinley 4.22.8 B. 2nd Martin Airey 4.24.0 :- 5000m A.5th Mark Ellison 18.10.1 :- 110H A. 3rd Richard Holt 17.7. B5th Scott Jarred 21.20 :- 400H. A.3rd Richard Holt 61.4- B.3000S/C A.5th Richard Hall 11.48.5 - B.5th Richard Holt 14.25.6 :- HJ A 5th Michael Champion 1.55 B. 3th Jack Wilkie 1.00 :- LJ A. 5th Michael Champion 5.57- B. 4th Mark Purser 5.51 :- TJ. A.5th Ian Allerton 11.24- B. 5th Jack Wilkie 9.19 :- PV. A 1st Allan Williams 4.15 B 1st Alan Hardy 3.00 SP A 5th Alan Hardy 7.83. :- DT .A. 5th Richard Holt 19.24- B 5th Mark Purser 18.65 :- JT A. 5th Richard Holt 27.1-B. 5th Mark Purser 23.09 :- HT. A.5th John Robinson 13.47 B 5th Mark Purser 6.76 :- 4X100 A 1st (Ian Allerton ,Scott Jarred, Michael Champion, Jack Wilkie 43.7) :- 4X400A. (Michael Champion 52.4,Scott Jarred, 51.3, Jack Wilkie, 52.9, Ian Allerton 48.8) (3.25.4)

Blackheath and Bromley finished 5th with 90.5 points

16/17th July - BMAF Championships 400m. R. Minting (M55) (56.31), 800m “(2.10.25) , 1500m “ (4.39.87)- 5000m 1st W. Foster (M45) (15.59.96)- 3rd P. Hamilton (M55)- (17.58.13).



Club Championship meetings

13th June Club Track & Field Championships - Norman Park

Men. 200: 1 D Haque 23.1; 2 C Hill 23.9; 3 S White 24.4; 4 C Leon (M40) 28.2. **800:** 1 J Poole 1:58.0; 2 J Atkinson 1:58.1; 3 M Airey 1:58.5; 4 D Warrington 2:02.3; 5 A Gibbins 2:03.5; 6 J Thorpe 2:05.6; 7 N Gasson 2:06.0; 8 R Hall 2:09.8; 9 M Claff 2:11.6; 10 R Hall 2:12.2; 11 C Osborn 2:12.8; 12 D Hilliar 2:19.0. **TJ:** 1 D Haque 13.17; 2 M Martineau (M55) 6.47. **U20 200:** 1 P Rochester 23.6; 2 D McKeown 24.7; 3 T Ayres 24.9. **800:** 1 R Daniel 2:03.6; 2 D Willis 2:05.5; 3 D Parsons 2:06.8; 4 T Ayres 2:06.9; 5 A Letchford 2:13.3. **5Kg HT:** Al Williamson 63.24. **U17 200:** 1 D Palmer 24.1; 2 L Carpenter 25.2; 3 M Mapstone 25.2. **800:** 1 R Davies 2:02.2; 2 R D'Angelo 2:05.0; 3 D Brewer 2:06.4; 4 S Simpson 2:07.3; 5 A Bruce-Littlewood 2:08.9. **400H:** 1 J Summerby 61.6. **TJ:** 1 L Carpenter 10.43; 2 S Simpson 10.40. **5Kg HT:** 1 R Al-Ameen 54.81; 2 J Stockton 50.16. **U15 200 Final:** 1 J Alexander 23.8; 2 A Stockdale 24.0; 3 D Putnam 24.3; 4 T Asubre-Hott 25.0; 5 B Coles 26.0; 6 S Cavey 26.2. **Ht 1:** 1 J Alexander 23.7 Q; 2 A Stockdale 24.6 Q; 3 B Coles 26.1 Q; 4 A Blair 27.3; 5 A Murray 30.3. **Ht 2:** 1 D Putnam 24.4 Q; 2 T Asubre-Hott 25.2 Q; 3 S Cavey 26.4 Q; 4 C Ward 27.5; 5 D Piggott 28.3. **800:** 1 S Cavey 2:07.9; 2 C Ward 2:09.8; 3 M Thorpe 2:12.7; 4 E Martin 2:20.5; 5 R Evans 2:24.8; 6 J Ayisi 2:25.0; 7 D Putnam 2:29.2; 8 D Piggott 2:31.1; 9 D Duffin 2:39.6; 10 T Asubre-Hott 3:23.3. **TJ:** 1 A Stockdale 10.47; 2 R Evans 9.92; 3 D Duffin 9.76. **HT:** 1 A Jordon 41.90; 2 S Lloyd 29.34. **U13 200 Final:** 1 M Fletcher 26.4; 2 S Camacho 27.2; 3 B Coles 28.5; 4 B Hopkins 30.2; 5 C Murray 30.4; 6 P Seseman 32.9. **Ht 1:** 1 S Camacho 28.1 Q; 2 B Hopkins 29.1 Q; 3 B Channon 34.9. **Ht 2:** 1 M Fletcher 27.1 Q; 2 B Coles 28.4 Q; 3 C Murray 29.7 Q; 4 P Seseman 30.7 Q. **800:** 1 P Seseman 2:29.9; 2 R Yates 2:33.7; 3 O Taylor 2:38.8; 4 A Brooks 2:43.8. **STJ:** 1 S Camacho 6.18; 2 B Hopkins 5.85; 3 B Channon 5.22. **Women 200:** 1 A Jacobs 29.7. **800:** 1 S Singer 2:16.9; 2 Z Webster 2:31.3; C Jones 2:34.0. **400H:** 1 C Mantoura 77.1. **U20 200:** J Wood 29.0; 2 S Allerton 30.2. **800:** 1 E Fisher 2:19.3; 2 B Proctor 2:23.0. **400H:** S Allerton 77.4. **HT:** 1 V Thomas 48.22 Pb. **U17 200:** 1 K Murray 27.1; 2 C Thomas 32.0. **800:** 1 R Taylor 2:15.5; 2 S Coombs 2:28.8; 3 D Shearing 2:44.1. **300H:** 1 K Murray 45.9; 2 S McLellan 47.3; 3 F Miller 48.6. **HT:** 1 C Thomas 24.69; 2 A Barrett 15.58. **U15 200 Final:** 1 K Cosby 26.4; 2 S Harrison 27.1; 3 J Harding 27.3; 4 G Sheppard 27.5; 5 D Annon 27.6; 6 C Shaw 28.4. **Ht 1:** 1 S Harrison 27.1 Q; 2 G Sheppard 27.6 Q; 3 R Samuels 27.7; 4 R Cook 28.5; 5 R Channon 33.2. **Ht 2:** 1 J Harding 27.2 Q; 2 C Shaw 27.5 Q; 3 D Annon 27.5 Q; 4 L Price 28.8. **Ht 3:** 1 K Cosby 27.1 Q; 2 J Saville 27.9; 3 K Vistuer 27.9; 4 E Patten 28.6. **800:** 1 A De Matos 2:22.8; 2 R Samuels 2:30.2; 3 J Saville 2:30.5; 4 H Garcia 2:30.7; 5 L Kastoryano 2:30.7; 6 L Price 2:30.8; 7 J Linker 2:39.4. **STJ:** No competitors. **HT:** 1 E Patten 19.63. **U13 150 Final:** 1 S Hurlock 21.0; 2 E Armstrong 23.3. **800:** 1 A Mitchell 2:45.2; 2 E Hook 2:54.9; 3 K Broadway 2:3:01.2. **STJ:** 1 E Howard 6.22; 2 S Hurlock 6.13; 3 E Armstrong 5.71. **2kg HT:** 1 E Hook 22.31; 2 A Mitchell 20.61; 3 E Armstrong 17.13; 4 S Hurlock 17.01.

13th June .Club 800m Championship, Senior & Veteran combined 1. J. Poole (1.58) 2. J. Atkinson (1.58.1) 3. M. Airey (1.58.5) 4. D. Warrington (2.02.3) 5. A. Gibbins (2.03.5) 6. M. Claff (2.04.6) 7. J.Thorpe (2.05.6) 8. N. Gasson (2.06.0) 9. R. Hall (2.09.8) 10. R. Hall (2.12.2) 11. C. Osborne (2.12.8) 12. S. Singer (2.16.9) 13. D. Hilliar (2.19.0) 14. G. Coates (2.20.9) 15. I. Taylor (2.22.1) 16. M. Ellison (2.23.7) 17. R. Brown (2.27.2) 18. Z. Webster (2.31.3) 19. C. Jones-Baldock (2.34.0) 20. C. Pike (2.38.7) 21. M. Martineau (3.04.0), 22. M. Gasson (3.07.1).

29th June. Club Grand Prix 1 mile Champs, Norman Park.

Race 1. 1. M. Claff (4:36.6)- 2. J. Vintner (u17) (4:40.8)- 3. A. Littlewood (u17) (4:42.4)- 4 S. Simpson (u17) (4:45)- 5. C. Osborn (4:46.1)- 6. R. Daniel (u20) (4.47.2)- 7. R. Hall (4.55.9)- 8. C. Ward (u15) (5:02.9)- 9. M. Ellison (v40) (5:02.9)- 10. D. Hilliar (5:07.1)- 11. D. Ellison (5.08)

Race 2. 1. B. Bater (v40)(5:20.9)- 2. G.Coates (v50)(5:22.2)- 3. I. Taylor (v40)(5:24.7)- 4. R. Brown (v50)(5:27.2)- 5. K. Daniel (v50)(5: 34.1)- 6. A. Tucker (5:37.90- 7. J. Dalley (5:41.3)- 8. S. Littlewood (guest) (5:42.)- 9. J. Bailey (5:50.6)- 10. C. Pike(v50)(5:52.6)- 11. C. Jones-Baldock (5:52.6)- 12. D. Leal(v50)

(6:05.9)- 13. M. Compton (v45)(6:07.)- 14. A. Lawes (v45)(6:13.2)- 15. M. Salmon (v50)(6:19.7)- 16. S. Hollingdale (v50)(6:27.4)- 17. J. Leeson (v45)(6:31.3)- 18. W.Orton (v45)(6:37.1)- 19. M. Gasson (v50)(7.00.6)- 20. N. Cross (8:03.5).

13th July. 3000 Walk Norman Park.

1. R. Bain(U20)(14:04.0)-2. S. Lightman (M60)(16:37.2) -3. L. Atterbury(M55)(16:50.3) -4.P. Hanwell(M60)(17:15.6)-5.H. Williams(U17)(18:24.3)-6.N. Simmons(M60)(18:37) -7.A. Pickering (M60)(19:20.8) -8.D. Hoben(M50)(20:04.9) -9.L. Smith(U17)(20:56.3)

2nd & 3rd July. AAA's Under 20 and Under 23 Championships, Bedford

Under 20 Men Hammer. 1. Amir Williamson 62.73, 4. Alistair Williamson 58.92 -Javelin. 1. Stuart Harvey 66.00 (CLUB JUNIOR RECORD)-400 heats. 6. Dominic Parsons 51.67

Under 23 women Long jump. 10. Katy Benneworth 5.21

Under 20 Women. Hammer. 5. Rachel Blackie 48.54, 8. Victoria Thomas 44.79-Javelin. 3 Christine Lawrence 44.24 (CLUB SENIOR AND JUNIOR RECORD)-Pole Vault. 4. Hannah Olson 3.60 (CLUB JUNIOR RECORD), 5= Natalie Olson 3.40- Long Jump. 14. Sandra Alaneme 5.14-100. Heats. 2. Montell Douglas 12.05 400 Heats 4. Rebecca Syrocki 57.80

Under 23 Men. 5000. 1. Scott Overall 14.17.88- 400 semi final Ian Allerton 49.35, heats 5. Ian Allerton 49.78 200. 5. Neil Simpson 22.00, Heats Neil Simpson 22.00, Fabian Collymore 22.41-100 Fabian Collymore 10.72 heats Fabian Collymore 10.81