



# The Courier

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Unless otherwise attributed, views are those of the Editor.

*From the editor*

### *The Roy Parris Handicap series*

Attendance has been high emphasizing the growing popularity of this event and unlike previous years has attracted a wide variety of abilities and groups from within the club. In recent years participation in the events have gone up .The highest turnout was 43 and the lowest 20, with an average turnout of 34 a tribute to the marketing skills of the handicapper. With numbers having reached 40 or more than two occasions, this together with a forced change of route (due to road works) has created real challenges for the organizers which they have coped with sensibly. The series was eventually won by Martin Lundie, a new member in the club who after winning the initial race of the season turned in impressive following performances before holding on to take the handicap series by 2 points from Clare Lodwig. The event has been consistently supported with 4 participants, (including the top three finishers in the handicap ratings) competing all six races, 9 competing five, and 9 competing four races.

### *Fri 4 November Club Dinner (formal attire)*

The Guest Speaker is the Hammer Thrower and BBC Commentator Paul Dickinson. Tickets only which are limited –cost £25 each. Please send a cheque to: Les Roberts, 117 Croydon Road, Keston, Kent BR2 8HW.

### *Maryon Wilson Cup & Handicap*

The club swimming championship will be held on Friday 18<sup>th</sup> November at 8.30pm at West Wickham baths (meet at 8.00pm) The swim is two lengths, any stroke, all welcome. Pay the normal pool entrance fee. Thanks again to Dave Johnson for making the arrangements.



The start of the Will Bolton Memorial relay at Sparrows Den on 17<sup>th</sup> September.

### SOME COMING EVENTS

15<sup>th</sup> Oct. Club 5 (B) Hayes  
22<sup>nd</sup> Oct. Nat 6/4 Road relays,  
Sutton Park.  
29<sup>th</sup> Oct. Kent League,  
Tonbridge.  
29<sup>th</sup> Oct. Beachy Head  
Marathon  
5<sup>th</sup> Nov. Orion Mob Match,  
(B) Chingford  
12<sup>th</sup> Nov. ECCA Cross  
Country relays, Nottingham.  
20<sup>th</sup> Nov. Kent League,  
Sparrows Den.  
3<sup>rd</sup> Dec. Xmas Yacht handicap  
Hayes (B)

### SOCIAL

4<sup>th</sup> Novr. Club dinner (formal)

### 200 CLUB

Organiser: Roger Counter

Tel 020 8776 0884

Recent winners:

21<sup>st</sup> Sept. Denis Lawrie, Frank  
Rogers, Ian Wilson

NEXT COURIER: mid to late  
November

*A call to arms (well feet and legs, actually!)*

Now is the time for every good man and woman to come to the aid of their club. Yes folks, Mob Match time is approaching and we need as many people as possible to turn out. A big club team means almost certain victory – something we have not seen for a long time.

The formula is simple. The number to score is the number of runners in the smaller team minus three. So, if the Opposition turn out 60 and Blackheath and Bromley have 120 our BEST 57 runners will score but our opponents can only challenge that with their first 57 to score.

That's where I come in. I am this year's Chief Whip empowered by nobody in particular to use whatever methods I chose to persuade members to take part in these historic fixtures.

Friendly persuasion would of course be the preferred way but I am currently reading books on BLACKMAIL and TORTURE! You have been warned. So take a note of the fixture dates and run the Mob Matches. (Any gossip about potential shirkers and skivers would be gratefully received).

No seriously, it would be great if we can give our current president, Anne Cillia, a grand slam of victories.

On a more practical note Roy Watkins has generously offered to help with transport by providing up to three mini-buses for the away fixtures so there really there is no excuse for not turning out. The fixtures and dates are:

ORION at Chingford. Saturday NOV 5.

RANELAGH at Petersham . Saturday JAN 21.

SLH at Hayes. Saturday FEB 18.

Please note these dates in your diaries and make sure everyone you know is aware of these massively important events. BABIES must not be born on these dates; WEDDINGS must not be held on these dates; and don't even think dying or having a funeral. No excuses will be accepted!!!

Thanks for your attention. More reminders to follow.

Bill Wheeler  
Chief Whip

## The Courier September 2005. Results

### Road.

#### Marathons.

4<sup>th</sup> September. Kent Coastal Marathon.

11<sup>th</sup>. T. Brightwell (3h 15.30) 2<sup>nd</sup> v50 – 88<sup>th</sup> D. King (4h 10.59) – 116<sup>th</sup> R. Griffin (4h 32.24) – 126<sup>th</sup> B. Smith (4h 39.18)

#### Half Marathons

4<sup>th</sup> September. Kent Coastal Half. 47<sup>th</sup> A. McDonagh (1h 38.37) 2<sup>nd</sup> V45- 63<sup>rd</sup>. K. Pratten (1hr 41.35)- 64<sup>th</sup> D. Memmed (1h 41.36)- 119<sup>th</sup> P. Lovell (1h 51.23)- 22th J. Eastbury (2h 01.02). (A. McDonagh, K Pratten & J. Eastbury 2<sup>nd</sup> SW team)

4<sup>th</sup> September. Budapest Half marathon. 500<sup>th</sup> M. Crisp (1.32.09)- 847<sup>th</sup> J. Turner (1.37.26)

25<sup>th</sup> September. Windsor Half Marathon, Great Park, 77<sup>th</sup> M. Ellison (aka Pearse Lewis) (1:27.33)- 710<sup>th</sup> M. Salmon (1:44.27)- 782<sup>nd</sup> W Orton (aka Mike Salmon (1:45.24)- S. Haley (M50) (2:01.43).

25<sup>th</sup> September. Route de Vin half-marathon. M Crisp (1.36.04).

#### 10km

4th September. Elgin Marathons 10km. G. Murray (67.10)

18<sup>th</sup> September. Buckie 10km. Banffshire. G. Murray (62.15)

2<sup>nd</sup> October. Baxters' Lochness 10km(Inverness) G. Murray (76.40)

Ashford 10km. J. Atkinson (32.44)

#### Other distances/events

10<sup>th</sup> July Beccehamian Rugby Club 10 mile. 1<sup>st</sup> D. Hillier ( 1hr 4.36)- 3<sup>rd</sup> A. Tucker (1hr 7.52)- G. Cooke (1 hr 8.52)- G. Coates (1 hr 9.00)- R. Brown (1 hr 14.28)- A. Mc Donagh (1 hr 14.30)- A. Jelly (1hr 36.59).

29<sup>th</sup> July. Blackheath & Bromley Harriers Johnston Bowl 4 miles. 1.) R. Bain (31.50)- 2) S. Lightman (36.47)- 3) P. Hannell (38.05)- 4) H. Williams (U15) (39.03)- 5) N. Simmonds (40.10)- 6) S. Hollingdale (40.25)- 7) A. Pickering (41.34)- 8) D. Hoben (Surrey Walking Club) (43.33)- 9) A. Cilia (46.16)- 10) B. Clapham (48.07).

Under 17-5k 1. G. Power (33.32)- 2. L. Smith (33.33).

25th September - Southern 6 Stage Road Relay. 12th Blackheath & Bromley Harriers - A Team (1:56:20) Russell Bentley (18:46.16)- David Warrington (19:30.19) Spencer Newport (18:50.11) Alex Gibbins (19:48.14) Peter Tucker (20:04.13)- Jamie Atkinson (19:22.12) : 42nd Blackheath & Bromley Harriers - B Team (2:05:31) David McKinley (20:04.53)- Daniel Ryan (21:33.59)- Nick Gasson (20:14.47)- Richard Daniel (21:37.44) Alan Camp (21:03. 43) Roy Smith (21:00 42): 53rd Blackheath & Bromley Harriers - C Team (2:09:26) Tom Webb (20:56. 64)- Neil Ayrton (22:20. 69)- Mark Ellison (22:20.70)- Tom Collins (20:22. 61)- John Thorpe (20:06 48)- Ken Daniel (23:22 53)

#### Roy Parris Memorial Handicap series (5km). West Wickham & Hayes.

Course changed due to road works.

Event (5) 17<sup>th</sup> August. (Clock time-handicap=Net times given) (1).CarolinaJones-Baldock(32:31-12:00=20:31) 1st F- (2). Martin Lundie (32:41-05:45=26:56)- (3). Simon Gasson (32:42-12:00=20:42)- (4) Mike Gasson (32:47-09:30= 23:17)- (5)Wilf Orton (32:48-11:45= 21:03)-(6) Clare Lodwig (32:51-12:00=20:51)3rd F- (7) Mike Martineau(32:53-09:30=23:23)-(8) Rob Brown (33:03-14:45=18:18) 3rd M- (9) Graham Coates(33:04-15:00= 18:04) 2nd M (10)\_Dave Beadle (33:0715:1517:52)1st M- (11) Alastair Cliff (33:07-14:45=18:22)- (12)Steve Hollingdale (33:08-10:45=22:23)- (13)Gary Cook (33:23-15:00=18:23)- (14) David Carton(33:26-

13:15=20:11)-(15) Ron Chambers(33:55-08:30=25:25)- (16) Pete Shepheard (33:59-08:30 =25:29)- (17)Kate Pratten (34:01-13:30=20:31)- (18) RoyWatkins (34:19-00:00=34:19)- (19)Barry Wetherilt(34:314:1520:15)- (20) David Churchus (34:35-07:15=27:20).

Event (6) .7<sup>th</sup> September (1)Jason Daly (32:40-13:00=19:40)-(2)Stephen Holmes(32:43-15:45=16:58) 1st M - (3)BernieBater(33:00-15:30=17:30)2nd M -(4)Alastair Cliff (33:10-15:00=18:10)-(5)BarryWetherilt(33:20-13:15=20:05)- (6)ClareLodwig (33:22-12:00=21:22)3rd L- (7)Mark Ellison(33:23-15:45=17:38) 3rd M- (8) MikeGasson(33:25-09:30=23:55)(9) Mike Martineau (33:29-09:45 =23:44- (10) Andy Tucker(33:35-15:45=17:50)- (11)Graham Coates (33:3715:1518:22)-(12) David Churchus(33:41-07:00=26:41) -(13) Dave Beadle (33:42-15:30=18:12)- (14) Simon Gasson(33:43-12:45=20:58)-(15) MartinLundie(33:44-06:30=27:14) -(16)ConGriffin(33:45-15:45=18:00)-(17) CraigDaly(33:47-06:15=27:32) -(18) JohnLeeson(33:48-11:45=22:03)- (19)Martyn Longstaff (33:52-12:00=21:52)-(20) Carolina Jones-Baldock (33:55-12:45=21:10)2nd L -(21)Darryl Hilliar(33:56-16:15=17:41)-(22) Tony Merola(33:57-15:00=18:57)- (23) Dave Ellison(34:07-16:15=17:52)-(24) Peter Shepheard (34:37-08:15=26:22) -(25)BeauSzczepanski (34:46-15:45=19:01)-(26) MikeCronin(34:50-13:45=21:05)- (27) Chris Pike (35:03-14:00=21:03-(28) Amanda Ford (35:08-09:00=26:08)- (29) Fran Green(35:09-14:00=21:09) 1st L- (30) Sam Purser (35:52-08:15=27:37)- (31)Dick Griffin (36:20-12:00=24:20)- (32)Anne Cilia(37:36-11:30=26:06 -(33) Kate Mills (37:36-09:45=27:51)- (34)Dan Piggott(44:23-15:00=29:23).

#### **Parris Shield Handicap. 2005 final positions. (points for each event and total)**

1). Martin Lundie (41,36,33,12,21,20) 163pts -2). ClareLodwig (32,32,42,11,15,29) 161pts- 3). MikeMartineau (33,33,39,15,14,26) 160pts-4). BernieBater (27,29,32,31,33) 152pts -4). Mike Gasson (39,40,29,17,27) 152pts-6).Carolina Jones Baldock(7,37,37,23,15) 119pts -7). Wilf Orton (37,36,19,16) 108pts- 8). Graham Coates (18,27,20,12,24)101pts - 9)Mark Compton(25,23,25,27) 100pts- 10). DaveBeadle (26,16,21,11,22) 96pts- 11). Dave Ellison (23,24,28,9,12) 96pts- 12). Andy Tucker(19,27,11,25) 82pts-13).Mark Ellison (22,3,24,28)77pts-14).Bill Wheeler(31,35,9) 75pts- 15).Martyn Longstaff(19,17,22,16) 74pts-16) .Simon Gasson (33,19,21)73pts-17).Chris Pike(29,21,15,8) 73pts- 18).Gary Cook(20,25,18,8) 71pts-19).Darryl Hilliar(30,26,14,)70pts -20) Jason Daly(17,2,6,7,37) 69pts- 21) Mike Cronin(16,16,14,10) 65pts- 22)Mark Skelly (34,31) 65pts- 23) Rob Brown (28,22,13) 63pts- 24)Roy Watkins (39,11,53)58pts -25)David Churchus(5,20,4,2,1,23) 55pts- 26)Steve Hollingdale (28,13,9) 50pts-27) Peter Shepheard(11,17,6,5,11) 50pts- 28).Sam Purser (3,13,24,3,5) 48pts-28)Shaun Skelly (246) 48pts- 30) Kirsty Philp(12,34) 46pts.

## Track & Field.

### 2<sup>nd</sup> July. Eastern Counties Vets Champs, Chelmsford.

J. Day. (M70) PV. 1<sup>st</sup> (2.50)- 80mH. 1<sup>st</sup> (1' .17.0")- HJ. 1<sup>st</sup> (1.10)

### 6<sup>th</sup> August South of England A.A Champs, Exeter.

J. Day (M70) 100m (1.16.2)- 80mH 1<sup>st</sup> (1.16.27)- SP 1<sup>st</sup> (8.78)- HJ 1<sup>st</sup> (1.22)- PV 1<sup>st</sup> (2.50).

30<sup>th</sup> July Southern League - Div 1 Norman Park 100m A 1st Domonic Parsons (11.5)- B.2<sup>nd</sup> Scott Jarred (11.90): 200m A. 5<sup>th</sup> Dale Willis (25.10)- B.5<sup>th</sup> Richard Holt (34.3)- 400m 2<sup>nd</sup> Domonic Parsons (50.20)-B.1<sup>st</sup> ScottJarred (51.00): 800m A 4<sup>th</sup> David McKinley (2.05)- B 4<sup>th</sup> Michael Claff (2.03.9): 1500m A 4<sup>th</sup> Nick Gasson (4.07.5)- B 3<sup>rd</sup> JonThorpe (4.10.2): 5000m A. 3<sup>rd</sup> Peter Tucker (15.24.0)- B 4<sup>th</sup> Ciaran Osborn (16.38.2): 110mH A. 3<sup>rd</sup> Richard Holt (19.6) B 2<sup>nd</sup> Mark Purser(17.80): 400m H A 5<sup>th</sup> Richard Holt (60.1)- B.1<sup>st</sup> MarkPurser (61.9): HJ. A. 4<sup>th</sup> Dale Willis (1.55) B. 4<sup>th</sup> Simon Tolson (1.10): LJ A 4<sup>th</sup> Dale Willis (5.54)-B. 5<sup>th</sup>

Richard Holt(4.11): TJ A 5<sup>th</sup> Dale Willis (10.91) B. 2<sup>nd</sup> Phil Blatch (10.84): PV A 2<sup>nd</sup> Simon Tolson (3.80) B. 3<sup>rd</sup> Alan Hardy (2.40): SP A. 5<sup>th</sup> Phil Blatch (9.46)- B.5<sup>th</sup> Alan Fairbairn (9.14): DT A. 4<sup>th</sup> Alan Fairbairn (34.98)- B. 5<sup>th</sup> Phil Blatch (24.72): JT A. 3<sup>rd</sup> Phil Blatch (44.90) B.5<sup>th</sup> Richard Holt (24.32): HT A. 5<sup>th</sup> Phil Blatch (27.25) B. 3<sup>rd</sup> Alan Fairbairn (22.17): 4x100 A.4<sup>th</sup> (Mark Purser,Dale Willis,David McKinley,Scott Jarred 47.00): 4x400A 4<sup>th</sup> (David McKinley Nick Gasson,Domonic Parsons,Scott Jarred 3.30.9)

*Blackheath and Bromley finished 4<sup>th</sup> with 82.5 points*

30 July 2005 - Southern League - Div 3S Norman Park 100m 2<sup>nd</sup> Dan McEwan (11.93)-Ricky Fox (15.9) (Injured): 200m 2<sup>nd</sup> Dan McEwan (24.63)- Neil Ives(30.7): 400m 3<sup>rd</sup> Richard Daniel(53.21)- Chris Daniel (56.4): 800m 1<sup>st</sup> Dan Ryan (1.59.4) 1<sup>st</sup> Jeff Rickerby (2.08.5): 1500m 3<sup>rd</sup> Dave Griffin (4.25.3)- Mark Watling (4.43.1): 5000m 3<sup>rd</sup> Rob Hall (16.51.7)- 1<sup>st</sup> Mark Ellison (17.45.4): 3000m S/C 3<sup>rd</sup> Michael Leal (11.39.2): 110mH 3<sup>rd</sup> Jeff Rickerby(22.6): 400mH 2<sup>nd</sup> Richard Daniel (62.31) Nigel Keogh (60.3): LJUMP 2<sup>nd</sup> Dan McEwan (5.37)- Mark Daniel (5.19): TRIPLE JUMP A.3<sup>rd</sup> Chris Daniel(10.29) B. 3<sup>rd</sup> Jeff Rickerby (9.17): HIGH JUMP Richard Daniel (1.50) 3<sup>rd</sup> Mark Daniel (1.10): POLE VAULT 3<sup>rd</sup> Jim Day (2.40)- 3<sup>rd</sup> Richard Daniel (1.50): SHOT 3<sup>rd</sup> Gordon Hickey (9.23)- 2<sup>nd</sup> Colin Brand (8.28): HAMMER 3<sup>rd</sup> Colin Brand (22.05) 2<sup>nd</sup> Gordon Hickey (21.1) DISCUS 3<sup>rd</sup> Colin Brand (25.49) 1<sup>st</sup> Gordon Hickey (24.58): JAVELIN 2<sup>nd</sup> Colin Brand (37.71) 2<sup>nd</sup> Adam Atkinson (36.92): 4x100m 2<sup>nd</sup> (N.Keogh, D. Ryan, J. Rickerby, D. McEwan, 48.8): 4x400m 1<sup>st</sup> (N. Keogh, C Daniel, D. Ryan, R Daniel, 3.37.4).

*Blackheath and Bromley finished 3<sup>rd</sup> with 127 points*

## **Young Athletes.**

14 August - Kent Young Athletes League – Ashford Girls - U13Shot. A Amy Mitchell 6.411B Sian Hurlock 5.72170m Hurdles A Emma Armstrong 13.53B Emma Howard 14.11600m A. Georgina Chew1.58.82 B Kayley Broadway2.01.12NS Nancy Carney-Holland (u11)1.59.1Clare Parkin2.00.4Michelle Fewster2.02.8 Hannah Cook (U11)2.10.3 Siobhan Parr (U11)2.12.7Kayleigh Leonard (U11)2.15.0

Discus A Emma Armstrong 18.51 1B Laura Ashley Ward 12.42 275m A Emma Howard 11.85 B Comfort Williams 12.2 Long Jump A Sian Hurlock 3.803 B Emma Howard 3.21 3 NS Clare Parkin 2.04

150m A Sian Hurlock20.81B Danielle Critchley 22.63NSNancy Carney-Holland (U11)24.0Michelle Fewster24.8Siobhan Parr (U11)24.8Hannah Cook (U11)25.2Kayleigh Leonard (U11)26.9High JumpA Danielle Critchley1.104BComfort Williams0.953 1000mA Amy Mitchell 3.41.4 4B Emma Hook3.53.61 JavelinA Georgina Chew14.042B Amy Mitchell13.891 2000m WalkA Clare Parkin13.54.12 BLaura Ashley Ward 13.55.42 4 x 100m Relay1 Danielle Critchley60.03 2Georgina Chew 3 Emma Hook 4 Sian Hurlock

Girls - U15JavelinEstelle Patten16.51112Oyebanke Jemiyo11.381875m HurdlesIsobel Ivy 12.9112Jessica Matthews13.018800mRuby Samuels2.32.1 38Lucy Price2.39.018ShotOybanke Jemiyo8.48112 Rebecca Cook6.2118 100mGrace SheppardPB13.1112 Rebecca Cook13.5 18 Pole Vault -High JumpJessica HardingPB1.49112 Grace Sheppard1.3518 300mCatherine Chambers45.1 26 Ruby Samuels43.1 112 200mDaniella Annon 28.2\112 Leah Forbes-Morris 30.135 Discus Oyebanke Jemiyo24.12112 Estelle Patten20.2018 1500m Catherine Chambers5.18.938 Jenny Linker5.46.418 Long JumpIsobel Ivy4.55112Jessica Matthews4.27 18 2000m WalkJulia Stacey12.20.6112 Grace Power12.39.518 4 x 100m RelayRebecca Cook53.3112 Daniella Annon Grace Sheppard Jessica Harding Isobel Ivy27.4Jessica Matthews 28.6Rose Power 30.5Rachel Williams 32.7Rachel Williams3.82

11th September National Junior final, Derby (A & B strings) 100m D Doyley 5<sup>th</sup> (11.18)- D. Haque 1<sup>st</sup> (11.17): 200m D Haque 3<sup>rd</sup> (21.94)- D Doyley 3<sup>rd</sup> (22.33): 400m S Blackwell 6<sup>th</sup> (52.46)- J Alaka 2<sup>nd</sup> (50.43): 800m J Poole 8<sup>th</sup> (2.01:81)-R Daniel 4<sup>th</sup> (2.01:37); 1500m J Poole 8<sup>th</sup> (4.24:03)- R Davies 7<sup>th</sup> (4.26:26); 3000m D Brewer 7<sup>th</sup> (9.38:48)- R D'Angelo 7<sup>th</sup> (10.52:90)- 2000m s/c S Simpson 6<sup>th</sup> (6.35:77)-A Littlewood 6<sup>th</sup> (6.43:28) 110mH A Alameen 1<sup>st</sup> (14.86)- E Harrison 1<sup>st</sup>(15.30): 400m H E Harrison 1<sup>st</sup> (52.72) A. Alameen 2<sup>nd</sup> (59.71):4 x 100m 6<sup>th</sup> (D Doyley, S Blackwell, A. Alameen, D Parsons 44.22); 4 x 400m 3<sup>rd</sup> (S Blackwell, D Parsons E Harrison, D Doyley, 3.20:62): Discus Al Williamson 5<sup>th</sup> (42.6)- Am Williamson 5<sup>th</sup> (31.52): Shot M. Williams (2nd) (12.27)- Al Williamson 7<sup>th</sup> (10.7): Hammer Am Williamson 2<sup>nd</sup> (59.14)- Al Williamson 2<sup>nd</sup> (54.46) Javelin S. Harvey 1st (60.65)- A. Atkinson 6<sup>th</sup> (34.72): Long Jump J Odamety 2<sup>nd</sup> (6.65)- D Nichols (2nd) (5.92): High Jump M Whitehouse 4<sup>th</sup> (1.95)- D. Willis 8<sup>th</sup> (1.60): Triple Jump J. Odemity (2nd) (13.91)- D Nichols(2nd) (12.55): Pole Vault S Huggins 1<sup>st</sup> (4.20)\A Berry 6<sup>th</sup> (2.75).

*Blackheath & Bromley finished 3rd with 269 points*

27 August Golden Jubilee Cup Final Bedford Men 100m 6<sup>th</sup> Neil Simpson (10.96): 200m 3<sup>rd</sup> Daniel Haque (21.75): 400m 6<sup>th</sup> Ian Allerton (50.05): 800m 1<sup>st</sup> Michael Skinner (1.53.32): 1500m 1<sup>st</sup> Michael Skinner (3.54.11): 5000m 2<sup>nd</sup> Andrew Rayner (14.51.16): 10,000 5<sup>th</sup> Jamie Atkinson (32.26.47): 110mH 8<sup>th</sup> Simon White (16.98): 400mH 3<sup>rd</sup> Ed Harrison (54.58): 3000S/C 5<sup>th</sup> Chris Hogg (10.50.14): HJ 5<sup>th</sup> Bomene Barikor (1.90): LJ 5<sup>th</sup> Sam Bobb (6.45): TJ 6<sup>th</sup> Sam Bobb (13.99): PV 7<sup>th</sup> Allan Williams (4.00): SP 6<sup>th</sup> Steve Timmins (12.45): DT 8<sup>th</sup> Steve Timmins (33.51): JT 4<sup>th</sup> Stuart Harvey (63.70): HT 6<sup>th</sup> Steve Timmins (43.46): 4x100 5<sup>th</sup> Lash Lashore (42.63) (Neil Simpson, Bomene Barikor, Michael Champion, Montell Douglas): 4x400 3<sup>rd</sup> Neil Simpson (49.8) Bomene Barikor (49.2) Ed Harrison (49.6) Ian Allerton (48.4) 3.16.964.25.39

*Blackheath & Bromley finished 5<sup>th</sup> with 150 points*

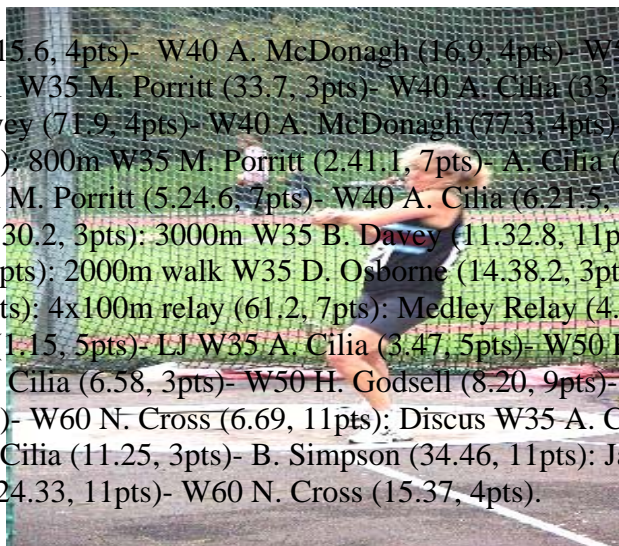
2<sup>nd</sup> July. Chelmsford, Eastern Counties Vets Champs. J. Day (m70): PV 1<sup>st</sup> (1.25m); 80mh 1<sup>st</sup> (1.17.0): HJ 1<sup>st</sup> (1.10m).

6<sup>th</sup> August. South of England AA Champs, Exeter. J. Day (m70): 100m 1<sup>st</sup> (16.2): 80mh 1<sup>st</sup> (16.27): SP 1<sup>st</sup> (8.78): HJ 1<sup>st</sup> (1.22m): PV 1<sup>st</sup> (2.50m).

11<sup>th</sup> September. Southern Counties Vets AC Champs. Final, Battersea Park. Men. 100m M40A string . R. Fox (12.7, 4pts)- B. C. Leon (12.8, 4pts)- M50 T. Phillips (12.5, 11pts)- M60 M. Cronin (20.0, 1pt): 200m M40A. C. Leon (26.6, 4pts)- M40B J. Turner (27.4, 5pts)- M50 T. Phillips (26.2, 11pts): 400m M40A. J. Turner (64.6, 4pts)- M40B R. Brown (64.6, 3pts)- M50 R. Minting (55.8, 11pts)- M60 M. Cronin 82.6 (3pts): 800m M40A R. Minting (2.05.2, 9 pts)- M40B M. Ellison (2.26.7, 3pts)- M50 P. Hamilton (2.22.3, 7pts): 1500m M40A R. Smith (4.49.5, 4pts)- M40B R. Brown (4.56.6, 3pts)- M50 P. Hamilton (4.42.2, 9pts)- M60 M. Cronin (5.45.3, 4pts): 3000m M40 R. Smith (10.00.1, 4pts) M50A C. Griffin (10:37.9, 5pts)- M50B P. Hamilton (11:06.7, 4pts)- M60 M Cronin (12:04.2, 6 pts): 2000M Walk M40A S. Lightman (10:24.6, 9pts)- M40B R. Brown (12:07.2, 7pts)- M50 P. Hannell (10:41.0, 9pts): 4x100M relay 2<sup>nd</sup> (51.3, 9pts): Medley relay 4<sup>th</sup> (4:15.5, 5pts): HJ M40 I. Holder (1.50, 9pts)- M50 D. Wallington (1.20, 5pts)- M60 J. Day (1.20, 5pts): PV M40 A. Hardy (3.20m, 9pts)- M50 A. Williams (4.00m, 11pts): LJ M40 I. Holder (4.88m, 5pts)- M50 D. Wallington (4.83m, 11pts)- J. Day (3.54, 1pt): TJ M40 A. Hardy (9.79, 5pts)- M50 (9.44, 7pts): SP M40 A. Fairburn (9.52, 7pts)- M50D. Wallington (8.92,7pts)- M60 G. Hickey (9.98, 5pts): Discus M40 A. Fairburn (34.42, 7pts)- M50 G. Hickey (21.95, 5pts): Hammer M40 A. Fairburn (28.32, 5pts)- M50 G. Hickey (21.95, 5pts): Javelin M40 J. Turner (31.14, 7pts)- M50 R. Coe (33.48, 11pts)- M60 G. Hickey (28.82, 5pts).

*Blackheath & Bromley finished 2<sup>nd</sup> with 290 points*

**Women.** 100m W35 M. Porritt (15.6, 4pts)- W40 A. McDonagh (16.9, 4pts)- W50 H. Godsell (13.7, 11pts)- W60 N. Cross (18.1, 6pts): 200m W35 M. Porritt (33.7, 3pts)- W40 A. Cilia (33.8, 4pts)- W50 H. Godsell (28.9, 11pts): 400m W35 B. Davey (71.9, 4pts)- W40 A. McDonagh (77.3, 4pts)- W50 H. Godsell (68.0, 11pts)- W60 N. Cross (98.6, 3pts): 800m W35 M. Porritt (2.41.1, 7pts)- A. Cilia (3.14.2, 3pts) W50 H. Symmons (3:29.8), 3pts)- 1500m M. Porritt (5.24.6, 7pts)- W40 A. Cilia (6.21.5, 4pts)- W50 H. Symmons (6.46.8, 4pts)- W60 S. Wright (7.30.2, 3pts): 3000m W35 B. Davey (11.32.8, 11pts)- A. McDonough (12.44.0, 5pts)- W60 S. Wright (16.23.4, 3pts): 2000m walk W35 D. Osborne (14.38.2, 3pts)- W40 A. Jelly (13.34.1, 7pts), W50 N. Cross (13.58.7, 3pts): 4x100m relay (61.2, 7pts): Medley Relay (4.58.7, 7pts): HJ W35 A. Cilia (11.05, 3pts)- W50 B. Simpson (1.15, 5pts)- LJ W35 A. Cilia (3.47, 5pts)- W50 H. Godsell (3.67, 9pts)- W60 N. Cross (2.88, 6pts): TJ W35 A. Cilia (6.58, 3pts)- W50 H. Godsell (8.20, 9pts)- W60 N. Cross (6.36, 6pts): shot W50 B. Simpson (8.40, 9pts)- W60 N. Cross (6.69, 11pts): Discus W35 A. Cilia (12.75, 4pts)- B. Simpson (23.48, 11pts): Hammer W35 A. Cilia (11.25, 3pts)- B. Simpson (34.46, 11pts): Javelin W35 H. Symmons (14.06, 3pts)- W50 B. Simpson (24.33, 11pts)- W60 N. Cross (15.37, 4pts).



*Blackheath & Bromley finished 3<sup>rd</sup> with 252 points*

## Club Championship meetings

25<sup>th</sup> May. 5,000m, Norman Park 1) J. Atkinson (15.50.3)- 2) C. Osborne (16.50.9)- 3) R. Hall (17.01.1)- 4) D. Hilliar (17.51.6)- 5) M. Ellison (17.59.7)- 6) A. Tucker. (18.8.7)- 7) R. Minting (18.48.9)- 8) G. Coates (18.50.3)- 9) R. Brown (18.55.5)- 10) B. Bater (18.59.4)- 11) M. Porritt (19.57)- 12) N. Barber (20.01.2)- 13) G. Cooper (20.03.01)- 14) C. Pike (20.23.6)- 15) C. Jones- Baldock (20.30.5)- 16) K. Pratten (20.49)- 17) J. Oatley (21.38.4)- 18) M. Longstaff (22.34.8)- 19) E. Synott (23.58.6)- 20) M. Gasson (24.13).

10th August 10,000m, Norman Park 1) Jon Thorpe 33.55.0 3.00 30.55.0 6 12-2) Ciaran Osborn 34.55.3 4.30 30.25.3414-3) Rob Hall 37.07.4 5.00 32.07.4 14 4- 4) Dan Marks 37.11.9 6.00 31.11.9 107.5-5) Mark Ellison (M40) 37.18.5 7.00 30.18.5 2 18-6) Darryl Hilliar 37.36.6 6.30 31.06.68 10- 7) Andy Tucker 38.23.67.30 30.53.6513- 8) Rob Brown (M50) 40.02.0 9.00 31.02.0711- 9) David Beadle 40.11.9 9.00 31.11.9 107.5- 10) Alastair Cliff 40.22.1 10.00 30.22.13 16-11) Gary Cook (M40) 40.25.1 8.30 31.55.1 13 5-12) Jim Bailey (M50) 42.26.713.00 29.26.7 120-13) Carolina Jones-Baldock (SW) 43.47.7 12.00 31.47.712 6-14) David Leal (M40) 46.11.2 15.00 31.11.299-15) Wilf Orton (M40) 46.29.213.00 33.29.2 16 2-16) Mike Salmon (M50) 47.25.5 13.30 33.55.2 17 1- 17) Steve Hollingdale (M50) 48.47.0 16.00 32.47.0 15 3

10th August **.U17M3,000:** 1 Alex Littlewood 10:01.7; 2 Beau Szczepanski 10:32.8. **U15B3,000:** 1 Cameron Ward 10:09.2. **U15G 3,000:** 1 Amy de Matos 11:01.8; 2 Jenny Linker 12:50.2.

28<sup>th</sup> August. Club 3000m championships, Norman Park. 1) Ciaran Osborn (9.26)-.2) Rob Hall (9.40)-.3) Mark Ellison (10.14)-.4) Darryl Hilliar (10.35)-.5) Rob Brown (11.10)-.6) Viv Mitchell (12.00)-.7) Kate Pratten (12.35)-.8) Anne Cilia (13.43).

28<sup>th</sup> August Club Championship meeting. Norman Park, Bromley

**Men**  
**100:** 1 T Phillips (M50) 12.5; 2 J Turner (M40) 13.3. **400:** 1 Phillips 60.2; 2 Turner 61.0; 3 R Brown (M55) 61.6. **1500:** 1 D McKinlay 4:08.7; 2 P Tucker 4:17.8; 3 D Griffin 4:19.0; 4 D Ryan 4:23.0; 5 M Ellison (M45) 4:56.4. **3000:** 1 C Osborn 9:26.6; 2 R Hall 9:40.8; 3 M Ellison (M45) 10:14.6; 4 D Hilliar 10:35.8; 5 Brown 11:10.1. **LJ:** 1 R Hall 5.22; 2 M Martineau (M55) 3.90. **SP:** G Hickey (M70) 8.23 (12.29/4kg). **DT:** 1 A

Fairbairn 34.97; 2 G Hickey 23.64 (29.73/1kg); 3 Turner 23.42. **JT:** 1 Turner 32.32; 2 Hickey 26.37 (30.02/500g).

#### **U20**

**100:** 1 D Parsons 11.6; 2 D McKeown 12.0; 3 T Ayres 12.5. **400:** 1 Parsons 51.4; 2 Ayres 55.3. **1500:** 1 R Daniel 4:32.2; 2 M Leal 4:49.5. **LJ:** 1 D Torku 6.32; 2 D McKeown 5.44; 3 Ayres 4.92. **JT:** Ayres 10.11.

#### **U17**

**400:** 1 J Summersby 52.0; 2 R D'Angelo 52.3. **1500:** 1 D Brewer 4:27.4; 2 A Bruce-Littlewood 4:34.6; 3 B Szczepanski 4:49.5. **100H:** H Roach 15.9. **LJ:** I Torku 4.90. **PV:** Szczepanski 1.80.

#### **U15**

**100:** 1 D Putnam 11.9; 2 D Hammond 12.3; 3 E Mayer 12.6; 4 Bobby Coles 12.6; 5 D Piggott 13.7. **400:** 1 Putnam 56.8; 2 Hammond 59.6; 3 Coles 60.9; 4 L Hunt 62.9. **1500:** 1 C Fraser 5:19.1; 2 D Piggott 5:34.9. **HJ:** 1 Coles 1.45; 2 Fraser 1.30. **LJ:** J Lewis 4.99; 2 Putnam 4.92; 3 Hunt 4.48. **PV:** A Murray 2.60. **SP:** 1 D Duffin 10.22; 2 M Jenkins 9.03. **DT:** Jenkins 34.35. **JT:** Duffin 44.20.

#### **U13**

**100:** 1 M Fletcher 12.6; 2 K Daly 13.1; 3 P Okotie 13.3; 4 D Coelho 13.6; 5 B Coles 13.6; 6 M Crumbie 14.2; 7 H Isaac 14.4. **1500:** 1 H Kurtyanek 5:02.8; 2 R Yates 5:04.0; 3 J Clack 5:05.2; 4 R Fraser 5:59.8. **75H:** 1 B Hopkins 13.2; 2 Isaac 13.4; 3 Crumbie 13.7. **HJ:** Hopkins 1.40. **LJ:** 1 Fletcher 4.92; 2 Hopkins 4.45; 3 Crumbie 4.31; 4 Daly 4.31; 5 Isaac 3.99; 6 Okotie 3.96; 7 Fraser 3.73. **SP:** Coles 10.24. **JT:** 1 C Murray 32.32; 2 Ben Coles 19.16.

#### **Women**

**1500:** K Pratten 5:57.5. **3000:** 1 V Mitchell (W40) 12:00.0; 2 Pratten 12:35.2; 3 A Cilia (W45) 13:43.4. **LJ/PV:** Cilia 3.37/1.40.

#### **U20**

**100:** L Critchley 13.8. **JT:** C Silvester 30.93.

#### **U17**

**100:** 1 F Miller 13.4; 2 T Crumbie. **300:** 1 J Harding 43.3; 2 Miller 44.2. **1500:** S Coombs 5:01.8. **80H:** Crumbie 14.1. **HJ:** A Smith 1.50. **LJ:** L Blackie 5.06. **SP/DT/JT:** F Athawes 8.49/27.99/31.54.

#### **U15**

**100:** 1 D Annon 12.8; 2 G Sheppard 13.2; 3 K Vistuer 13.6; 4 R Cook 13.7. **1500:** 1 R Smith 5:21.6; 2 J Linker 5:47.3. **HJ:** 1 J Harding 1.45; 2 Shepherd 1.40. **LJ:** 1 I Ivy 4.75; 2 Cook 4.23. **PV:** K Jones 2.00. **SP:** 1 S McGuire 10.43; 2 K Jones 8.60. **DT:** 1 McGuire 31.57; 2 K Jones 22.04. **JT:** 1 H Silvester 28.04; 2 S McGuire 22.14.

#### **U13**

**75:** 1 S Hurlock 10.4; 2 N George 10.6; 3 R Eller 11.7; 4 A Huggins 12.6. **1500:** 1 D Critchley 5:35.6; 2 C Parkin 5:55.8; 3 E Hook 6:02.1. **70H:** 1 N Nelson-Roberts 12.4; 2 E Armstrong 12.8. **HJ:** =1 Nelson-Roberts/Armstrong 1.30; 3 A Mitchell 1.20; 4 Hook 1.20. **LJ:** 1 Hurlock 4.22; 2 Nelson-Roberts 4.00; 3 George 3.75; 4 Mitchell 3.68. **PV:** Huggins 1.50. **SP:** 1 Hurlock 5.64; 2 Mitchell 5.42; 3 Hook 5.19. **DT:** Armstrong 17.79.

#### 14th September Blackheath Harriers One Hour Run, Norman Park. (Metric distance followed by miles)

1. R. Hall (15895m/9.88)- 2. A. Tucker (15450/9.560)- 3. D. Beadle (14700m/9.13)- 4. M. Speed (14512/9.02)- 5. G. Coates (14480m/9.00)- 6. T. Brightwell (13970m/8.68)- 7. J.E Turner (13352/8.30)- 8. P. Rogers (13300m/8.26)- 9. C. Jones-Baldock (12896/8.01)- 10. P. Lovell (12892m/8.01)- 11. M. Longstaff (12835m/7.98)- 12. W. Orton (12485m/7.76)- 13. T. Delahoy (12200m/7.58)- 14. D. Churchus (10590m/6.58)- 15. P. Hannell (walk) (10080m/6.26)- 16. D. Hoben (walk) (8440m/5.24)- 17. S. Lightman (walk) DNF (4000m)



## Triathlons/Biathlons

20<sup>th</sup> August. Greenwich Tritons Aquathon (500m swim/5k run) (swim/run/total) **Senior Men.** 3<sup>rd</sup>. A. Draper (s7.51, r.16.15=24.06) - 8<sup>th</sup> D. Marks (s8.43, r17.49= 26.32) - 12<sup>th</sup> S. Hough (s9.04, r19.33= 28.37) - M. Ellison (s13.04, r18.41=31.45) - 26<sup>th</sup> C. Griffin (s11.02, r20.55=31.57) – 28<sup>th</sup> R. Hall (s11.34, r20.50= 32.24) **Vets Ladies.** 10<sup>th</sup> A. Cilia (s13.32, r24.23= 37.55). **Senior Ladies.** 15<sup>th</sup> K. Pratten (s11.56, r21.33= 33.29).

21<sup>st</sup> August European Triathlon Championships, Laussane 19<sup>th</sup> . R. Daniels 71 GBR 2:30.03,0 16.38,8 (3053) 161 85. | 22.06 20. | 2.23 29. | 1:16.44 11. | 1.14 7. | 10.40 11. | 9.54 12. | 11.31 34. | 15.27 38. | 47.34 34. | 24.29 19. | 1:41.13 11. | 1:42.28 11. | 1:53.08 9. | 2:03.03 9. | 2:14.35 10. | 2:30.03 19. | 2:30.03 19. |

11<sup>th</sup> September. Sevenoaks Triathlon (400m swim/8k run) 7<sup>th</sup> N. Ayrton (1h 23.31)- 14<sup>th</sup> D. Marks (1h 25.29)- 32<sup>nd</sup> S. Holmes (1h 32.23)- 65<sup>th</sup> M. Ellison (1h 38.14)- 85<sup>th</sup> C. Griffin (1h 40.47)- 144<sup>th</sup> K. Pratten (1h 48.12).

### *Don Hopgood. In memoriam*

We are all saddened to hear of the death of Don Hopgood earlier this month, news of which was only disclosed as this edition went into press. A tribute will appear in the next gazette.

