



The Courier

VOL 24 . No. 15. December 2006. PRESIDENT 2006/7 Ken Daniel HON SEC:- Duncan Flagg
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Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way, Hayes, Kent (Tel 020
8462 3115) Unless otherwise attributed, views are those of the Editor.

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From the editor:

Mike Skinner has been building momentum in his objective of making the British team for the World Championships in March.
At the National Cross Country relays at Mansfield on November 4th he ran the 4th fastest time of the day to help the Blackheath & Bromley men's team finish in 16th place out of well over 120 teams. His time of 14'45.90 over the 5km course was just three seconds slower than Andy Vernon of Stockport's quickest time and put him in consideration for a place in the Great Britain team for the European Championships in December.
In late November he accomplished this at the trials for the British team for European Cross Country Championships in Liverpool when he finished in second place to secure automatic selection for the GB team that travelled to the Championships at San Giorgio su Legnano in Italy two weeks later. In the home straight he went on the shoulder of Wells City's long time leader Frank Tickner although his challenge to win the race was held off.
Then lately at San Giorgio su Legnano on December 9th he was part of that Senior Men's team which finished 4th in the European Championships in which he placed 29th overall in 28.54. Even so he was somewhat disappointed with his run feeling that the uneven course disrupted his natural rhythm and that the team finished outside the medals.
At the Annual Dinner the Editor of Athletics Weekly Jason Henderson was the main guest. In his speech he declared he had "rarely felt closer to the sport than at the Blackheath & Bromley dinner". The club were mentioned in his editorial which can be read on page 6.

SOME COMING EVENTS.

Dec 9th Kent Masters' champs, Swanley.
Jan 6th 2007. Kent xc champs, Detling.
Jan 13th Open 10km xc champs, Hayes (BC)
Jan 20th Mob match v Orion, Hayes (BC)
Jan 21st. South of England Indoor champs, Lee Valley
Jan 27th South of England xc champs, Holkham Hall
Feb 4th Mob match v Ranelgh H, Hayes (BC)
Feb 10th Norwich Union European trials, Birmingham.
Feb 17th Inter-City Challenge, Sheffield
Feb 23/24 Norwich Union AAAs champs, Birmingham.
Feb 24th Mob match v South London Harriers, Coulsdon
Mar 3/4th British Masters' Indoor champs, Lee Valley.
Mar 10th English National xc champs, Sunderland.

SOCIAL

(All events at Club HQ unless otherwise stated)
Dec 16th Christmas Supper
Dec 20th Wednesday nighters' Christmas supper
Feb 9th Punch Bowl Night

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884

NEXT COURIER: mid to late February 2007

Any contributions and articles from members are always welcome.

The Courier December 2006. Results

Road.

Marathons & Half Marathons

September 24th Real Berlin Marathon. 9231st W. Orton (3:55'45)

October 28th Beachy Head Marathon

10 D. Hillyer (3:21')- 35. Andy Tucker (3:42')-45. Clayton Aves (3:45')- 83. Peter Burford (3:59')-120 Kate Pratten(4:06')-143 Martin Blunden (4:11')-147 Dennis Mehmed (4:11')-184. Terry Brightwell (4:17')-194. Matthew Newin (4:18')-201. David King (4:19')- 248. Peter Lovell (4:25')-396. Ray Bennett (4:47')- 402. David Lewis (4:48')-410. Bernie Bater(4:49')-455. Colin Poole (4:53')-457. Adrian Walters (4:53')-477. Justine Eastbury (4:56')-478. Richard Griffin(4:56')-567. Alison Jelly (5:07')

October 29th Barnes Green Half Marathon. 4. J. Thorpe (1:15'24)

November 5th ING New York City Marathon. 6590th M. Salmon (3:41'58)

December 3rd Luton Marathon. 214. D. King (3:52'08)- 243. P. Rogers (3:57'20)- 315. D. Lewis (4:13'39)- 349. R. Bennett (4:22'35)

December 3rd Singapore Marathon. M. Steinle GB (3:16)

Other distances

September 3rd. Moray 10km. G. Muray (63'58)

October 21st. Nike ERRA National 6 stage road relays, Sutton Park, Sutton Coldfield.

Mens' 17th place team. {1st leg. J Atkinson (18'07)- 2. J. Mills (18'36)- 3. J. Poole (18'53)- 4. M. Steinle (17'50)- 5. A. Gibbins (19'13)- 6. P. Tucker (18'58)}. Womens' 4 stage relay. 31st team. {1. J. Butler (15'44)- 2. B. Proctor (16'.08)- 3. S. Henry (16'.21)- 4. F. Green}

October 15th Cabbage patch 10 miles, Wimbledon. 6. M. Skinner (49'46)

October 22nd Gillingham Hilly 7.5m 70. C. Woodcock (54'08) (1st in O60 cat)

November 19th Brookes Brighton 10km. 256. T. Simmons (40'36/40'29)- 382. J. Bailey (43'07/42'00)- 869. J. Jennett (49'01/48'07)

November 26th. Leeds Abbey Dash 10km G. Murray m70 (1:07'48).

December 10th Swanley Xmas Caper 1. Peter Tucker *Ravensbourne School Runners* (22'25)- 14. Amy Smith (26'21)- 79. Kate Pratten (31'13)- 81. Clare Lodwig (31'26)- 112. Rhiannon Lloyd (33'06)- 214. Ramon Saiz (37'45)-287. Abbie Jacobs (39'56)

December 10th Hogs Back, Artington, Guildford. 438. P. Cobbett (mv60) (1:05'47)

Walking events

November 4th Surrey Walking club Alec Potton 7 mile champs. 5. P. Hannell (1:06'54)- 7. S. Lightman (1:11'.04)- 9. N. Simmons (1:11'04)- 13. D. Hoben (1:17'03)

Handicap positions. 1. P. Hannell- 3. N. Simmons

Cross Country

October 28th. Kent County Athletics Cross Country League, Somerhills Park, Tonbridge.

Senior men. 10,000m. 2. J. Atkinson (31'3)- 11. P. Tucker (32'59)- 24. D. McKinlay (34'16)- 45. N. Humphreys (37'09)- 60. M. Ellison (38'02)- 69. B. McShane (34'48)- 76. R. Hall (39'16)- 82. G. Coates (39'53)- 98. N. Barber (41'35)- 108. R. Cliff (42'30)- 137. S. Eccles (46'24). *Team 4th with 144 points.*
U20 men 7,000m. 4. J. Vintner (20'56)- 9. A. Atkinson (23'08) ; **U17 men.** 2. A. Littlefield (20'13)- 10. A. Cliff (21'32)- 15. S. Simpson (22'13)- 17. C. Ward (22'19)- 19. T. Andrew (22'32)- 32. C. Fraser (25'15). 6th with 27 points.; **U15 Boys 3,500m.** 4. S. Cavey (17'32)- 6. P. Sesemann (18'07)- 8. A. York (18'10)- 10. H. Kurtyanek (18'38)- 13. R. Braden (18'56)- 22. J. Ayisi (20'36) *team 5th with 18 points.* ; **U13 boys 3,000m.** 10. G. Gregory (14'59)- 30. G. Proctor (16'18)- 39. S. Jackson (16'52)- 43. T. Scott (17'31). *Team 4th with 79 points.*
Senior Women. 5000m 1. J. Butler (21'48)- 4. B. Proctor (23'05)- 7. B. Clayton (23'49)- 10. F. Green (24'17)- 13. V. Mitchell (v) (24'44)- 19. E. Fisher (25'55)- 30. A. MacDonagh (v) (27'06)- 36. K. Philip (27'25)- 47. A. Cilia (v) (28'26)- 57. C. Jones- Baldock (29'29) 11th with 12 points ; **U17 women 3,500m.** 8. C. Chambers (22'48) ; **U15 girls. 3,000m** 1. D. Critchley (14'37)- 2. M. Fewster (14'58)- 5. S. Gordon (15'49)- 7. J. Saville (16'02)- 12. K. Galley (16'40)- 14. G. Naessens (16'53)- 18. A. Mitchell (17'11) 5th with 8 points. ; **U13 girls 2,500m.** 9. H. Cook (13'03)- 11. G. Chew (13'20)- 16. N. Carney- Holland (13'38)- 24. K. Leonard (14'26)- 25. H. Starling (14'46) 3rd with 36 points.

October 28th UK Cross Challenge, Sennelys Park, Birmingham. **Sen Men.** 5. M. Skinner- **Sen Women.** 52. E. Bugler- **U20 men** 12. J. Poole.

November 4th Horizon League cross country championships, Indianapolis. 8km. 1. S. Overall (Butler University) (24'53.70)- 8. A. Rayner (26'09.35)

November 4th Mass Mob Match at Ranelagh

31. N. Humphreys (46'52)- 33. A. Cliff J (47'02)- 54 G. Cook V (49'23)- 70 G. Coates V (50'35)- 80. B. Bater V (51'26)- 111. R. Drake (53'38)- 112 R. Brown V (53'47)- 115 N. Barber V (53'55)- 123. R. Cliff V (54'17)- 144. D. Ko J (55'52)- 148. M. Cronin V (56'13)- 168. A. Lawes V (59'04)- 175 S. Eccles V (59'36)- 183. Ms. A. McDonough (1:00'22)- 188. B. O'Gorman V (1:00'51)- 201. T. Pontifex V (1:02'16)- 211. M. Gasson V (1:03'55)- 213. A. Edwards V (1:04'19)- 214. Ms C. Jones- Baldock (1:04'24)- 219 Ms. A. Cilia (1:05'48)- 225 J. Jennett V (1:07'36) *Blackheath & Bromley finished 5th with 2324 points Winner John Macfarlane THH (41'39)*

November 4th English National Cross Country relay championships- Berry Hill Park, Mansfield

16th team Blackheath & Bromley 'A' Team {1st leg Jaime Atkinson (15'23/19th)- 2. Michael Skinner (14'45/2nd)- 3. Alex Gibbins (16'16/9th)- 4. Peter Tucker (16'41/16th)}- Blackheath & Bromley 'B' Team Dave McKinley (16'49/72nd)- Daniel Ryan (17'39/77th)- Jon Thorpe (16'56/65th) Richard Hall (18'43/66th)
Under 15 Girls 10th BBHAC "A" Team {4. Amy Dematos (7'12.55)- 13. Sophie Gordon (7'48.55)- 10. Danielle Critchley 7'28.00) = (22'29.10) **Under 15 Girls "B"** Rebecca Smith 40th / (7'50.65)- Sophia Maslin 36th (8'01.85) - Jess Saville 26th / (7'48.00) Team 26th out of 67 (23'40.50) **Under 13 Boys** George Gregory 25th / (7'34.80)- Tom Scott 38th / (8'24.40)- Gregory Proctor 31st / (8'04.05) Team 31st out of 52 (24'03.25) **Under 15 Boys "A"** Andrew York 36th / (6'53.40)- Hector Kurtyanek 46th / (7'19.05)- Philip Sesemann 36th / (6'50). Team 36th out of 71 (21'02.95) **Under 15 Boys "B"** Julian Ayisi 57th / (7'07.050- Ross Braden 56th / (7'23.50)- William Andrew 69th / (8'36.10) Team 69th out of 71 (23'06.65) **Under 17 Men** Samuel Simpson 50th / (10'10.95)- Alex Bruce-Littlewood (9'47.15)- Cameron Ward 29th / (10'26.75). Team 29th out of 56 (30'24.85) **Junior Men "A"** James Poole 8th / (9'07.35)- Danny Brewer 12th / (9'36.30)- Andrew Conway

29th/(10'21.55) Team 29th out of 51 (29'05.20) Junior Men "B" Jon Vintner 61st/(10'06.75)- Richard Daniel 52nd/(10'17.15)- Richard Davies 46th/(10'33.05) Team 46th out of 51(30'56.95) Senior Women 3K 40th Shavaun Henry (11'10)- 36th Fran Green (11'40)-23rd Jennie Butler (10'50) Team 23rd (33'41)

London Colleges League, Wimbledon. 1.B.Proctor (St Mary's College) (18'08)

November 19th BMC Cross Country Classic 4km, Bristol 12. S.Henry (15'02)

November 18th Kent League, Danson Park Sen Men. 7. P. Tucker (31'28)- 9. A. Gibbins (31'37)- 19. J. Thorpe (32'25)- 25. N. Ayres (33'32)- 30. E. Prendergast (34'18)- 31. N. Humphries (34'32)- 34. N. Ayrton (34'45)- 67. S. Hough (36'41)- 71. I. Taylor (36'50)- 72. M.Hill (36'52)- 77. M.Ellison (37'13) U20 men 7,000m. 7. J. Vintner (22'47)- 8. R. Daniel (23'01)- 9. R. Davies (23'03)- 13. J.Cornish (24'03).U17 men.5000m 2. A. Littlefield (21'31)- 12. A. Cliff (23'08); U15 boys 3000m. 4. S. Cavey (15'42)- 6. A.York (16'03)- 8. P.Sesemann (16'29)- 19. H.Kurtyanek (17'39)- 23. J.Clack (18'02)-31. J. Halls (19'56) U13 boys.3000m 11. R.Yates (16'.11)- 26. A.Moore (17'13)- 27.G.Proctor (17'20)- 31. S.Jackson (17'42)- 39. T. Scott (18'47); Senior women 5,000m 6 Fran Green (25'02)-11 Bella Clayton (25'58)-17 Viv Mitchell (26'59). 2nd Team-18 Ella Fisher (27'20)-20 Lisa Page (27'32)-22 Kate Pratten (27'42)-25 Clare Lodwig (28'01)-26 Kirsty Philp (28'05)-34 Annie McDonough (28'35)-49 Anne Cillia (30'00)-53 Tara Emery (30'38)-64 Justine Eastbury (33'00) U17 women.3,500m 2. R. Taylor (20'09)- 7. S. McClellan (21'09);U15 girls 3,000m. 2.D.Critchley (15'40)- 3. M. Fewster (16'06)- 7. K. Galley (16'54)- 8. S. Gordon (16'56)- 9. J. Saville (17'02)- 13. R. Smith (17'16)- 20 A. Mitchell (18'06) team 1st: U13 girls.2,500m 8. G. Chew (13'17)- 9. H. Cook (13'18)- 23. K. Leonard (14'33)- 24. H. Starling (14'42). *team 3rd 40 points*

November 25th UK Cross Country Challenge, Sefton Park, Liverpool. 2. M.Skinner (31'22)

December 9th European Cross Country Championships San Giorgio su Legnano 29th Michael Skinner
4th scorer Great Britain (28'54)

December 9th Kent Vets Champs, Swanley. Men 50.9500m. 1.A.Camp (35'07)- 2. T. Soutar (35'47)- 3. G. Coates. Men 40. 5. N.Ayrton- 16. M.Watling- 25. I. Taylor- 32. M. Jones. Women 35 5. B.Davey- 9. M. Porritt- 10. L.Page- 15. A.Taylor- 21.C. Robinson Women 45. 3. A.McDonough- 10. A.Cilia- 15. A.Jelly

Bennett Cup Events

*The clock time and net time (in italics) of each athlete is given with handicap points and position, unless finishing in the top 20 in handicap (signified by * against name), in which case handicap details are shown under leading handical placings.*

Club 10 mile cross-country championship

1. J. Atkinson (55'53/1:01'53){44th/17 pts} -2 P. Tucker (53'19/1:01'54){26th/35} - 3 J. Thorpe (53'08/1:04'28) {24th/37} - 4 D. Hillyar *(1:05'21)-5 N. Humphreys*(1:06'04)- 6 E. Prendergast (55'15/1:08'00){39th/22} -7 A. Cliff (53'03/1:08'08){22nd/39}- 8 M. Ellison* (1:09'18) -9 G.Cook* (1:09'20)-10 Ms J. Butler* (1:09'32) - 11 S. Hough (54'27/1:11'02){35th/26}- 12 S. Pairman* (1:11'45)- 13 G. Williams* (1:11'48) -14 I. Taylor (53'49/1:11'59) {31st/30}-15 M. Jones*(52'53/1:12'48){20th/41}-16 G. Coates (52'58/1:12'53){21st/40}- 17 C. Gentle*(1:14'57) -18 A.Tucker (55'29/1:15'49){41st/20}-19 S. Lloyd* (1:17'01) -20 B.Bater (58'14/1:17'24){51st/10}- 21. T. Sutton (53'56/1:17'26){32nd/29}-22 Ms R.Taylor* (1:17'31) -23 R. Minting (58'37/1:17'47) 54th/7} - 24 J. Cornish (1:03'27/1:18'27) {59th/2} -25 W. Slack* (1:18'34)- 26 D. Ko (53'07/1:18'37) {23rd/38} -27 N. Barber (55'40/ 1:18'40) {42nd/19} - 28 R. Cliff (53'23/ 1:18'43) {27th/34} -29 C. Pike (55'43/ 1:18'48) {43rd/18} - 30 R. Penfold (55'00/1:19'00){38th/23}-31 J. Bailey* (1:19'01)- 32. Ms V. Mitchell (53'34/1:19'04) {29th/32}-33 M. Skelly (55'23/1:19'28) {40th/21}- 34 B. Clayton (56'48/ 1:19'53)

{46th/15} -35 R. Brown (57'58/1:20'13) {50th/11} - 36 Ms K. Pratten* (1:20'44) -37 M. Cronin (53'18/1:20'48) {25th/36}-38 J. Phelan (55'57/1:22'12) {45th/16} - 39 M. Blunden (54'53/1:22'23) {37th/24} - 40 Ms C. Ludwig* (1:23'08)- 41 P. Burford (1:01'05/1:23'10) {55th/6}-42 Ms E. Fisher* (1:24'06)- 43 D. Carton (56'51/ 1:24'21) {47th/14} -44 A. Lawes (1:03'25/ 1:24'25) {58th/3} -45 G. Cooper (54'32/ 1:25'02) {36th/25} - 46 T. Delahoy* (1:26'16) -47 A. Richard (58'18/1:26'18) {53rd/8}- 48 M. Newins (1:01'53/ 1:26'53) {56th/5}- 49 Mrs A. Cook* (1:27'00)- 50 W. Orton (58'14/ 1:27'54) {52nd/9}-51 A. Pontifex (54'26/ 51'28) {34th / 27}- 52 A. Grace (53'59/ 1:28'54) {33rd/28} -53 Ms A. Cilia* (1:29'03)- 54 T. Brightwell (1:04'29/1:29'44) {60th /1} -55 Ms C. Jones-Baldock (57'07/ 1:30'27) {48th / 13} -56 I. Swatton (53'28/ 1:30'43) {28th/33} - 57 Ms R. Lloyd* (1:32'45) -58 M. Compton (1:02'32/ 1:33'12) {57th/ 4}- 59 Ms J. Eastbury (53'39/ 1:33'49) {30th / 31} -60 C. Illingworth (57'30/ 1:39'55) {49th /12} -61 B. McShane1 DNF- 62 B. Wetherilt DNF -63 Ms S. Fletcher 1 DNF -64 S. Gardner 1 DNF

Handicap leading places

1. Ms A.Cilia (48'13){60}- 2. Ms R.Lloyd (49'20) {59}- 3. Ms K.Pratten (49'34){58}- 4 N. Humphreys (49'39){57}- 5 G.Cook (49'45){56}- 6. Ms R.Taylor (49'56){55} -7. W. Slack (50'09){54}- 8. Ms E. Fisher (50'16){53}- 9. C.Gentle (50'57){52} -10. S. Lloyd (51'01){51}-11 G.Williams (51'28) {50}-12. J. Bailey (51'31){49}-13 Ms J. Butler (51'37){48} -14 D.Hillyar (51'51){47}- 46 T. Delahoy (51'56){46}-12 S. Pairman (52'10){45} -8 M. Ellison (52'13){44} -18. Ms C.Lodwig (52'18){43} -19 Mrs A.Cook (52'40){42} -20. M.Jones (52'53){41}

December 23rd Christmas yacht handicap 5 miles, Hayes

1.Dick Griffin (40'20/21'25){60}- 2. Peter Long (55'13/22'41){59}-3. Ron Chambers (60'54/ 23'09){58}- 4 Mike Salmon (37'52/24'07){57}- 5 Ken Daniel (33'14/24'09){56}- 6 Joe Clare (47'28/24'13){55}- 7 Sophia Maslin (39'45/24'30){54}- 8 Dave McKinlay (31'20/ 24'35){53}-9 John R Turner (39'23/24'38){52}-10 Michelle Fewster (37'24/24'39){51}-11 Mick Jones (33'50/24'40){50}-12 Alex Littlewood (30'16/ 24'41){49}- 13 Jon Thorpe (30'12/24'57){48}-14 Peter Burford (36'34/24'59){ 47}-15 Simon Lloyd (36'11/ 25'01) {46}-16 Brian Power (39'49/25'04){45}-17 Bernie Bater (34'56/ 25'11){ 44}-18 David Beadle (35'29/ 25'14){43}-19 Justine Eastbury (43'52/25'17){42}- 20 Eamonn Prendergast (31'43/25'18){41}- 21 Alison Jelly (49'08/25'18){40}-22 Trevor Delahoy (40'20/25'25){39}- 23 Andy Tucker (35'18/25'28){38}-24 Barry Fisher (40'56/25'31){37}- 25 Andy Edwards (45'38/25'33){36} - 26 Alastair Cliff (32'37/25'37){35}- 27 Amy DeMatos (39'32/25'37){34}-28 Graham Coates (34'57/ 25'47){33}-29 Jim Bailey (37'55/25'50){32} -30 Bob Cliff (37'36/25'51){31}- 31 Carolina Jones Baldock (42'07/25'52){30}-32 Will Slack (37'46/25'56){29}- 33 Rhiannon Lloyd (44'02/26'07){28}- 34 Dave Lewis (41'45/26'10){27}-35.Dan Ryan (31'31/26'11){27}- 36 Tony Pontifex (42'10/26'15){25}-37 Viv Mitchell (38'18/26'33){24}-38 Fran Green (37'24/26'39){23}- 39.Jennie Butler (34'19/26'39) {21}- 40 Steve Pairman (35'30/26'50){20}- 41.Gary Williams (35'31/26'51){19}-42 Gary Cook (34'00/26'55){18}- 43 Steve Hough (34'40/26'55){17}- 44 Chris Pike (38'35/27'00){16}- 45 Andy Lawes (39'08/27'03){15}-46.Amy Mitchell (42'34/27'04) {14}- 47 Phil Mitchell (41'22/27'07){13}- 48 Richard Hall (35'26/27'11){12}- 49 Angela Cook (42'24/27'14){11}-50 Stuart Littlewood (gst) (38'47/27'27){10}-51 Neal Humphreys (31'32/27'32){9}-52 Kate Pratten (39'52/27'32){8}- 53 Peter Lovell (46'25/27'45){7}-54 Rob Brown (38'38/27'58){6}-55 Anne Cilia (43'16/28'01){5} -56 Clare Ludwig (41'45/28'45){4}- 57 Mike Cronin (41'36/28'46){3}- 58 Martin Longstaff (45'10/29'05){2}-59 Darren Ko (40'44/29'54){1}- 60 Mark Ellison (36'58/29'58){1}-61 John Copley (46'49/30'09){1}- 62 Marcus Luck (gst) (48'28/30'48)- 63 Dave King (39'33/30'53) {1}- 64 Paul Hills (gst) (40'47/ 31'02) -65 Danielle Critchley (44'10/33'20){1}

Track and field

December 10th Data Connection Inaugural Indoor Open, Lee Valley AC.

60 metres. Sen men. (heat 5) 1. D.Bovell (7.25); sen women (race 1) 2. H. Godsell (8.6) ; m17. (race 4) 2. D. Putnam (7.4) ; boys 15.(race 3) 2. K.Daly (7.8); 200m Sen women. 3. H. Godsell (28.54) ; Sen men (race 1) 2. C. Leon (27.14)- (race 2) 2. T.Phillips (26.51); 400m Men (race 8) 3. N. Simpson (50.08) ; Ljump M50 1. C. Leon (4.46m).

November 25th NCAA Div One Champs, Indiana State University. 10,000m 36. S. Overall (31'41.6)

Triathlons and other disciplines

November 30th Maryon Wilson Swimming race, Eric Liddel Centre Eltham

1. Darryl Hilliar (31'05)- 2. Simon White (31'10)-3. Simon Tolson(31'9)-4. Michelle Fewster (33'2)- 5.Rhiannon Lloyd (44'9)-6. Anne Cilia (45'0)-7.Terri Shotton (52'3)- 8.David Johnston (61'1)- 9. Bill Clapham (72'5) **Handicap** 1.Terri Shotton (55+2.7)-2.Rhiannon Lloyd (47+2.1)- 3 Anne Cilia (47+2.0)- 4. Simon Tolson (33+1.1)- 5. Darryl Hilliar (32+0.95)- 6. Michelle Fewster (34+0.8)-7. Bill Clapham (73+0.5)- 8. Simon White (31- 0.1)-9. David Johnston (60-1.1)

(The following editorial appeared in the recent issue of Athletics Weekly, and features the reflections of its editor Jason Henderson after his appearance as guest speaker at the Club Dinner.)

Clubs welcome support to survive testing times

LAST weekend I had the pleasure of attending the annual dinner of Blackheath & Bromley Harriers AC. With origins dating back to 1869, it boasts huge tradition. Athletes such as Sydney Wooderson, the former world record-holder for 800m and the mile, also ensure the club has enjoyed more than its share of success.

Now aged 92, Wooderson is too frail to travel from his home in Dorset to the club's HQ in Hayes, Kent. Many others travelled from both near and far, though, to wallow in the club's history and celebrate the triumphs of the past 12 months.

I have been a proud member of clubs such as Blackpool & Fylde and Newquay & Par in the past, but nothing as big or successful as Blackheath & Bromley. A thriving organisation, it enjoys success across all age groups and surfaces. Veteran distance runners with literally hundreds of marathons under their belts are encouraged with the same enthusiasm as competitive teenage track and field athletes who have the potential to reach the Olympics.

Due to its location, the club has always enjoyed strong links with the London Marathon but it now also finds itself within striking distance of the 2012 epicentre. After a few hours spent in its magnificent clubhouse, I was overwhelmed by the club's incredible pride and camaraderie. With 2012 on the horizon, there is much optimism, but also a great deal of uncertainty. The sport, several members told me, is not quite

as vibrant as it once was. The dinner, for instance, featured lots of veterans and teenagers, but not many athletes aged in their 20s and early 30s our so-called peak years. Linked to this there is a huge dilemma - one that is shared by every club in the UK. To risk radical changes in order to discover a brighter future, or stick with traditional approaches and, in effect, strive for damage limitation. The club system in the UK has for decades been the envy of the world. No European country has such a massive network of clubs and the Americans, with their collegiate system, are openly jealous of our unique structure. It is what makes British athletics tick. Yet set against this is widespread disgruntlement among clubs that UKA does not do enough to help.

Take the European Champion Clubs Cup, for example. This year UKA contributed several thousand pounds toward getting Blackheath & Bromley's junior women's team to the Cup in Moscow, but with travel, visas and accommodation costs it was not enough and the club faces another crippling bill to get the junior women's team to the Czech Republic next year "The girls, after all, are representing their country in effect," says club president Ken Daniel.

I have rarely felt closer to the sport than at the Blackheath & Bromley dinner. Clubs such as this - and many others - need even more support. For if they dwindle and die, so too will the sport.

The editor would like to wish all readers and club members a Merry Christmas and a Happy New Year.