



The Courier

VOL 24 . No12 June 2006. PRESIDENT 2006/7 Ken Daniel
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Unless otherwise attributed, views are those of the Editor.

From the editor

At last another courier for those of you who have been wondering when you would get another one. Well here it is, a little late but here anyway. I hope that the wait has been worth it and apologize for the delay although I have been rather busy and away a lot (as well as experiencing some ominous symptoms of RSI). I intend to circulate the April edition in retrospect so that the sequence of editions can be maintained unbroken. At this point I think it worth mentioning that I may need assistance in the future editing of this magazine and would welcome any offers to form a small team to enable the Courier to come out regularly and on time. I will of course put this to the committee and appreciate any response from any of you interested in being involved in this aspect of the club's activities.

Quiz night Friday the 14th of July.

What is the capital of Assyria? What is the wing-speed velocity of a swallow (African or European)? Get researching ready to parade your useless knowledge at this year's ding-dong on Friday the 14th July at the club House 7.45, your friendly hosts being once more Rob Brown and Steve Hollingdale. So come on you might win a bottle of wine or a box of smarties!

SOME COMING EVENTS.

June 25th. National Young Athletes League, Battersea.
June 30th. Kent Vets league, Erith.

July 1st. British Athletics league (mens), Carlisle.
July 2nd UK womens league
July 8/9th British masters Championships. Birmingham.
July 8th. Southern mens League div.3s, Tooting.
July 12th. Johnson Bowl (walk)
July 15th AAA Champs, European trial, Manchester.
July 19th. Parris handicap 5km
July 23rd. AAA U20/U23 Champs.
Nat. Young Athletes League, Eton.
July 28th Grand prix, Crystal Palace.
Aug 1st. Open T & F meeting, Tonbridge.
Aug 5th. Southern men's league, Sutcliffe Park.
Aug 12th SEAA Comb. Ev & walks
Aug 16th. Parris handicap.

SOCIAL

July 14th Quiz Night.

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884
Recent winners: February Frank Rogers , Doug Cocker, Leslie Bight)- March Steve Hollingdale, John Hills, John Oliver.

NEXT COURIER: August 2006

Any contributions and articles from members are always welcome.



The start of the Ted Pepper 10km race on Bank Holiday Monday May 1st. The event was won for a second successive year by Mark Steinle (second left) in a winning margin of over two minutes from runner up Peter Tucker with Steve Holmes in third place. Full results of Blackheath runners in the road section of the results.

Subida al Naranco 18 September 2005

For the third successive year I participated in this race which starts with a lap around the park in the centre of Oviedo (Asturias, Spain) of some 3 km followed by a 5 km ascent of the Naranco mountain. This was the 7th edition of the race which is organised by a running shop - Master Sport. There is no entry fee, yet the goody-bag puts many a high cost race to shame - T-shirt, trophy, magazine, food and drink. The average gradient is 6.5% and there is a mini-bus service to bring you down although many, like me, prefer to jog down.

This year the race was won by two brothers in 28.29 and 28.34. Yours truly trundled in in 41.28 in 153rd position (337 finished). I was not even the first Brit home, this honor went to a Mr. Ashworth (40.41) who has been living in Asturias for the past 7 years which is also the difference between us in age (some consolation for me, his senior).

Another great thing about the race is that it takes place during the local fiesta of San Matteo, this does not of course provide the ideal preparation but it makes for a fantastic week-end.

So you want to try it? Book a cheap flight with Ryan Air from London to Asturias and take the bus from the airport or hire a car if there are few of you. Stay in town for the Fiesta and visit the beaches if the weather is good. Let me know if you are going !

Mark Crisp.

The Parris memorial shield series 2006.

At the time of this edition going into press three events in this series have been completed. It promises to be another exiting and eventful contest, with plenty of interest from club members (35 runners in the first race in April.) Wilf Orton won the first race, following on from his success in the winter cross country handicap series, 'stuffing' the handicapper in the process and by a more comfortable winning margin than in the closing club 5 in March. Mike Salmon won event number 2, with the June prize bottle of wine being claimed by Craig Daly in a tight finish from Clare Lodwig, who now leads in the current standings with 67 points to Jason Daly on 66, and John Leeson on 62. This year as an innovation the winner of each race takes custody of a yellow t-shirt which they wear for the next race, assuming that the previous wearer has washed it, or maybe not since their DNA in the shirt might act to give the next wearer an unusual advantage over the rest of the field.

The Courier June 2006. Results

Road.

Marathons

April 17th. Boston Marathon. D. King (3:24)

April 23rd. Flora London Marathon. (Blackheath to the Mall). 1. R. Hall (2:40:38)- 2. N. Kinsey (2:42:12)- 3. J. McConville (2:54:33)- 4 M. Beaton (2:56:56)- 5. S. Holmes (2:58:19)- 6. D. Ellison (3:01:07)- 7.G. Cook (3:02:20)- 8. A. Tucker (3:03:26)- 9. G. Williams (3:04:23)- 10.S. Pairman (3:06:57)- 11. C. Aves (M40) (3:11:22)- 12. P. Burford (3:11:33)- 13. T. Brightwell (03:15:38)- 14. M. Ellison (M40) (03:17:05)- 15. A. McDonough(W40) (3:19:24)-16. D. Mehmed (M40) (3:20:46) -18.N. Barber (M40) (3:21:28)- 19. D. King (M50) (3:26:49)- 20. P. Rogers (M40) (3:33:21) -21. J. Steer (M50) (3:38:32)- 22. K. Phillip (W25) (3:39:36)- 23. R. Hall (3:39:44)-24. P. Lovell (3:45:3) - 25. M. Newins (3:49:28) -26. D. Lewis (03:51:18)- 27. N. Webb (03:51:18)- 28. Clare Lodwig (03:53:51)- 29. K. Jones (03:58:12)- 30. B. Smith 03:58:49- 31 B. O’Gorman (04:00:22)- 32. C. Fulford Brown (04:07:47)- 33 M. Longstaff (04:23:57)- 34. R. Griffin (04:29:02)- 35. C. Illingworth (04:47:26)- 36.P. Connaughton (04:55:54)- 37. J. Reynolds (05:02:38)- 38. C. Pallen (05:19:42)- 39. D. Lawrie (05:21:34)- 40. M. Peel (05:25:11)- 41. J. Leeson (05:25:15)- 42. T. Leeson (05:25:15)- 43 S. Lightman (05:37)

May 17th Prague Marathon. D. King (3h:29)

May 17th Isle of Wight Marathon . C. Poole (4h:17)

June 3rd. Stockholm Marathon. 337. D. Hilliar (3:06.22)

June 16th. Night of Flanders Marathon. D. King (3:49)- R. Bennett (4:13)- B. Smith (4:17)- C. Poole (4:19).

Half marathons

May 13th Gothenbourg (Sweden) half marathon M. Crisp 1.32.56 place 1631/26800

Other distances

April 9th. Darent Valley 10km, Swanley. 30. G. Coates (mv50) (40.11)- 62. N. Barber (mv40) (42.27)- 123. A. McDonough (lv45) (45.37).

April 29th. Balmoral Tartan 10Km Balmoral Castle Aberdeenshire. G. Murray (m70) 67.58

May 1st. Ted Pepper 10km. Langley Park School. 1. M. Steinle (31.02)- 2. P. Tucker (33.21)- 9. S. Holmes (35.12)- 11. D. Brewer (35.29)- 15. J. Vintner (36.20)- 17. C. Griffin (36.35)- 22. A. Cliffe v50 (37.32)- 37. G. Cook v40 (39.04)- 38. G. Coates v55 ((39.13)- 45. D. Beadle (39.37)- 47. B. Mcshane (39.46)- 60. R. Brown v55 (40.59)- 72. T. Simmons (41.29)- 73. V. Mitchell (41.31)- 75. W. Orton v45 (41.41)- 77. D. Carton v45 (41.43)- 83. C. Woodcook (42.03)- 86. P. Rodgers (42.16)- 92. B. Wetherilt (42.22)- 110. A. McDonagh (44.25)- 112. K. Pratten (44.23)- 114. L. Bryant v40 (44.40)- 126. S. Eccles v40 (45.43)- 133. M. Compton v55 (46.00)- 141. C. Jones-Baldock (46.54)- 152. S. Hollingdale v55 (47.23)- 156. J. Leeson v45 (47.47)- 161. C. Lodwig (47.58)- 171. A. Pontifex v60 (48.60)- 187. C. Rowe v55 (51.00)- 198. A. Jelly fv50 (54.04)- 215. P. Shephard v60 (1:08.02)- 217. v40. K. Tyler (1:15.22)

May 14th Sevenoaks 7 mile. 8. R. Smith (42.46) 2nd M40)- 12. R. Hall (43.32)- 21. P. Sharpe (44.26)- 35. G. Coates (46.11) (2nd M50)- 40. M. Ellison (46.52)- 43. S. Pairman (47.02)- 44. J. Butler (47.06) (**1st Female**)- 65. N. Butler (47.03)- 66. R. Brown (49.05)- 91. B. Wetherilt (50.33)- 95. C. Pike (50.47)- 103. A. McDonough (51.06) (2nd F45)- 202. C. Jones-Baldock (55.46)- 253. M. Gasson (57.58)- 280. A. Cilia (59.29)- 312. A. Jelly (62.11)- 400. S. Fletcher (1:14.43)- 402. M. Fletcher (1:14.51)- 423. K. Tyler (1:24.52). (*Blackheath & Bromley male teams 1,2 and 3 finished 2nd, 8th and 22nd respectively.*)

May 21st. Larkfield 10km. 50. G. Coates (m50) (39.22)-113. B. Wetherilt (m40) (42.55).

May 28th. Myra Garrett 10km. 12. G. Coates (v50) (39.57)- 17. D. Deadle (41.02)- 33. R. Brown (v50) (42.43)- 48. T. Brightwell (v50) (43.59)-51. B. Wetherilt (v40) (44.17).

May 28th City of Aberdeen 10km. G. Murray (M70) 62.48

May 28th BUPA Great Manchester Run. M. Steinle (29.42)

June 4th. Beckenham 10km, Beckenham Place Park. 1. N. Kinsey (35.20)- 5. L. Crowder (37.16)- 9. A. Crowder (38.52)- 20. C. Aves (40.32)- 33. R. Brown (41.36)- 43. G. Vinet (42.38)- 52. T. Brightwell (43.54)- 58. C. Pike (44.25)- 59. M. Newins (44.27)- 60. A. McDonough (44.28)- 87. C. Lodwig (47.38)- 127. R. Lloyd (50.48).

June 11th. Eltham Park 5. 18. G. Coates (33.11)- 24. S. Pairman (33.59)- 34. R. Brown (34.56)- 38. C. Pike (35.35)- 41. B. Wetherilt (35.53)- 51. A. McDonough (36.29).

June 25th Manchester YMCA Harriers 10km. G.Murray (m70) (64.03)

Ultra Distance

June 3rd. Dartmoor Discovery Road Ultra 32.5 miles. 59. P. Burford (5:34.40)- 95. D. Leal (6:03.06)- 97. J.E Turner (6:03.39)- 110. P. Rogers (6:20.05)- 135. C. Poole (7:05.00) (oldest vet finisher). (*Blackheath & Bromley 8th team prize*)

May 20th - BMAF Relays Sutton Park 19th British Masters Open Road Relay Championships B&B first team in over 50's Tim Soutar 16:26- Peter Hamilton 17:56 - Ken Daniel 17:16 - Alan Camp 15:57 -Con Griffin 16:40 - Bob Minting 18:30 *Over 60's were 20th* Ian Wilson 21:59- Joe Clare 23:56- Chris Woodcock- 21:10

Roy Parris Memorial Handicap Series.

Race 1. April 19th 1. W. Orton (19:44/31:44)- 2. T. Sutton (19.09/32:09)- 3.J. Daly (1900/32:31)-4. Alex Littlewood (17:07/32:37)- 5. Tom Leeson (29:42/32:57)- 6. Ken Daniel (17:59/32:59)-7. J.Leeson (29:45/33:00)- 8. M. Peel (29:46/33:01)- 9. A. Seedon (20:07/33:07) -10. S. Littlewood(19:41/33:10)-11. P. Ollendorff (23:43/33:13) - 12. D. Carton (20:01/33:16) -13. C. Lodwig (21:21/33:36) -14. B. McShane (18:53/33:38)- 15. M. Jones (18:27/33:42)- 16. B. Bater (18:54/33:54)- 18. D. Leal (21:44/33:59)-19. B.Wetherilt (20:15/34:00)-20. J. E Turner (20:22/34:07)- 21. V. Mitchell (20:27/34:12)- 22.M. Compton 21:30/34:15)- 23. L. Swan (19:31/34:16)-24. D. Beadle (18:49/34:19)-25. P. Rogers (20:06/34:21)-26.K. Pratten (21:06/34:36) - 27. C. Pike (21:08/34:53)- 28. C. Daly (28:44/34:59) -29. S. Pairman (19:33/35:03)- 30. T. Brightwell (20:19/35:04)- 31. M. Lundie (28:54/35:09) - 32. R. Lloyd (25:01/35:31)- 33. P. Mitchell (23:41/35:56)-34. M. Martineau (26:31/36:31)- 35. P. Shephard (31:49/39:49) none Ella Fisher (22:17).

Race 2. May 18th 1. M. Salmon (20.59/32.44)- 2. J. Leeson (22.00/33.15)- 3. R. Lloyd (24.04/33.19)- 4. P. Ollendorf (23.25/33.25)- 5. K. Jones (22.47/33.32)- 6. C. Lodwig (21.23/33.38)- 7. S. Littlewood (19.12/33.42)- 8. G. Coates (18.29/33.44)- 9. B Bater (18.48/33.48)- 10. J. Daly (19.04)/ 33.49)- 11. M. Lundie (27.49/33.49)- 12. A. Littlewood (16.37/33.52)- 13. D. Carton (20.52/34.07)- 14. B. Wetherilt (20.11/34.11)- 15. D. Beadle (18.57/34.12)- 16. S. Pairman (18.57/34.12)- 17. C. Pike (20.28/34.13)- 18. M. Pike (20.28/34.13)- 19. L. Bryant (20.17/34.17)- 20. M. Blunden (19.28/34.28)- 21. A. Cilia (23.32/34.47)- 22. T. Brightwell (20.39/34.54)- 23. M. Cronin (21.34/35.04)- 24. C. Jones-Baldock (22.43/35.13) (2nd L)- 25. M. Longstaff (23.14/35.14)- 26. C. Daly (29.28/35.28)- 27. W. Orton (21.29/36.14)- 28. S. Sartori (26.15/37.30).

Race 3. June 21st 1. C. Daly (27.29/32.59)- 2. C. Lodwig (21.01/33.01) (1st lady)- 3. B. Bater (18.34/33.19)- 4. C. Pike (20.06/33.21)- 5. B. Wetherilt (19.58/33.28)- 6. K. Jones (22.17/33.32)- 7. D. Carton (20.39/33.39)- 8. J. Daly (18.57/33.42)- 9. M. Jones (18.31/33.46)(1st man) - 10. L. Swan (19.32/33.47)- 11. S. Pairman (18.48/33.48)- 12. A. Tucker (18.47/34.02)- 13. M. Blunden (19.44/34.14)- 14. R. Lloyd (24.29/34.14)- 15. C.

McEntee (21.05/34.20)- 16. W. Orton (20.52/34.23)- 17. J. Leeson (22.29/34.29)- 18. R. Brown (20.06/34.36)- 19. C. Jones-Baldock (22.38/34.38)- 20. D. Ellison (18.42/34.42)- 21. M. Peel DNF.

Cross Country

May 1st 2006 Beckerich (Luxembourg/Belgium) x-country half marathon M. Crisp 1.37.29 place 148/830
June 11th. South Downs Cross Country marathon, Arundel. N. Webb (5hrs.00)- D. Lewis (5hrs.00)- R. Bennett (5hrs 06)- C. Poole (5hrs 16).

June 25th- Orpington Road Runners 10km, Darrick Wood School. 1. P. Tucker (33.50)- 4. A. Draper (35.49)- 5. N. Gasson (36.02)- 9. R. Smith (mv40) (37.16)- 14. L. Crowder (38.12)- 19. L. Warren (mj) (39.05)- 20. D. Hilliar (39.13)-24. M. Ellison (mv40) (39.31)- 27. A. Crowder (39.50)- 33. A. Tucker (mv40) (40.27)- 35. D. Richardson (40.43)- 40. G. Coates (mv50) (41.03)- 50. S. Pairman (mv40) (41.51)- 56. T. Simmons (mv50) (42.27)- 58. D. Beadle (42.35)- 65. J. Steer (mv50) (43.19)- 73. N. Bunclark (43.58)- 75. R. Brown (mv50) (44.01)- 78. W. Slack (mv50) (44.07)- 85. J. Daly (mj) (44.54)- 89. B. Wetherilt (mv50) (45.05)- 91. D. Carton (mv50) (45.15)- 96. A. McDonough (fv45) (45.33)- 102. W. Orton (mv40) (45.46)- 134. C. Lodwig (47.49)- 171. P. Mitchell (mv50) (49.32)- 219. M. Gasson (mv50) (51.59)- 227. C. Jones-Baldock (52.18)-418. C. Daly (mv40) (1:02.54)- 492. K. Tyler (mv40) (1:14.30).

June 25th. North Downs 30km. P. Rodgers (2:46)- J.E Turner (2:49)- D. Leal (2:56).

Track and field

May 5th Kent Veteran's League - Sutcliffe Park

Men 200m. V40 A string 4. Clem Leon (27.1)-B string 4. Joe Camacho (27.7)-V50 2. Tom Phillips (26.9)-V60 3. John Robinson (34.6): 1500m V40 A string 2. Alan Camp (4.34.1)- B string 1. Mark Watling (4.42.5)- non scorer Mark Ellison (4.59.9)- V50 1. Ken Daniel (4.40.0)- non scorers Pete Hamilton (4.50.9)- Rob Brown (5.04.6): JavelinV40 3. Craig Mitchinson (35.59)- V50 1. Colin Brand (35.14): High Jump V40 6. Alan Hardy (1.25)- V50 1. Craig Mitchinson (1.45): ShotV40 4. Alan Hardy (7.87):V50 2. Gordon Hickey (9.63)- V60 2. Colin Brand (9.53): 4x100 relay 3rd (C. Leon, J. Camacho, R. Fox and T. Phillips) (50.1) *Blackheath and Bromley finished 1st with 66 points.*

Women 200mV35 A string 1. Mel llealy (30.3)- B string 1. Maureen Miller (29.1)-V50 1. Helen Godsell (29.7)-V60 2. Nan Cross (39.9): 1500m V35 A string 1.Miranda Porritt (5.24.4)- B string 1. Viv Mitchell (5.36.4)- non scorer Annie McDonough (5.56.9)- V50 3. H Symons (6.44.0): High JumpV35 4. Anne Cilia (1.00m)-V50 Beatrice Simpson 3rd 1.10Shot V35 Maureen Miller 4th 7.07V50 Beatrice Simpson 1st 8.61 V60 1. Nan Cross (6.69m)- JavelinV35 4. H Symons (14.63)-V50 1. Beatrice Simpson (25.48) 4x100 relay 1st (59.5) *Blackheath and Bromley finished 1st with 72 points.*

May 7th National Junior Athletic League - Cophall **Men** 100m A. 2. D .Doyley (10.91)- B. 2. J Alaka (10.98): 200m A. 3. J Thomas-Lindor (22.37)- B. 2. J Alaka (22.20): 400m A. 3. D Parsons (50.51)- B. 3. P Rochester (51.85): 800m A. 4. J Poole (1.58:83)- B. 4. R Daniel (2.02:12): 1500m A. 4. D Brewer (4.14:84)- B. 1. R Davies (4.16:58): 3000m A. 6. A Conway (9.16:47)- B. 5. A Cliff (9.56:95): 2000m s/c A. 4. A Littlewood (6.40:85)- B. 2. S Simpson (7.00:60): 110mH A. 3. S Hemmings (15.65)- B. 4. M Shoker (16.81): 400mH A. 3. A Alameen (57.12)- B. 4. M Shoker (60.95): 4 x 100m 3. J. Alaka, J Thomas-Lindor, A Alameen, D Doyley (42.77): 4 x 400m 3. S Blackwell, J Summersby, R D'Angelo, D Parsons (3.28:51): Discus A. 8. J. Stockton (28.24)- B. 6. R Alameen (22.24): Shot A. 2. M Williams (13.84)- B. 5 S. Blackwell (10.88): Hammer

A.2. R Alameen (50.76)- B. 1. J Stockton (49.53): Javelin A. 1. S Harvey (59.58)- B. 7. R D'Angelo (12.81): Long Jump A. 3. A Harris (6.77)- B. 2. J Thomas-Lindor(6.73): High Jump A. 5. S Hemmings (1.85)- B. 7. D Willis (1.70): Triple Jump A. 5. M Morrison (12.67)- B. 6. D Willis (11.23): Pole Vault A.6. R Evans (2.60)- B. 5. A Stockdale (2.45).

Women.100m A. 3. Gosdell (12.22)- B. 2. A. Shand-Whittingham (12.46): 200m A. 5.A. Godsell (25.54)-B. 2. A.Shand-Whittingham (25.60): 400m A. 1.R. Syrocki (58.43)- B. 1. C. Cooper (60.18): 800m A. 6. R. Taylor (2.23.09)- B. 2. E. Fisher (2.25.47); 1500m A. 5. R. Taylor (5.02.89)- B. 2. E. Fisher (5.06.41): 3000m A. 2. B. Proctor (10.16.72) (PB)- B. 3. S. Coombs (11.56.71): 1500ms/c A. 2. C. Chambers (5.55.02): 100MH K. Murray (16.96): 400mH A. 1.K. Murray (62.72)- B. 2. S.McLellan (70.41): 4 x 100m 2. C. Cooper, A. Shand-Whittingham, J. Castell, A. Godsell (49.13): 4 x 400m 4. K. Murray (60.6),K. Crosby (59.9), I. Ivy (62.9),C. Cooper (62) (4.05.2): Discus A. 1. S. Brown (41.82)- B. F. Clark (39.22): Shot A. 2.S. Broen (10.97)- B. F. Clark (9.40): Hammer A. 1. R. Blackie (53.57)- B. 1. V. Thomas (53.11): Javelin A. 4. J. Dodd (34.57)- B. 1.F. Athawes (32.59): Long Jump A. 7. L. Blackie (5.05)- B. 5. J. Castell (4.90): High Jump A. 6. A. Smith (1.50)- B. 6. I. Ivy (1.35): Triple Jump A. 5. J. Castell (11.09)- B. 1. I. Ivy PB (11.08). *Blackheath & Bromley finished 3rd with 504 points*

May 19th Kent veterans league, Norman Park.

Men 5000m Vet 40 A string 5. Mark Ellison (18.25.4)- B string 6. Pete Burford (19.31.1)- 5000m Vet 50 3. Rob Brown (19.24.6) 400m Vet 40 A String 1. Neil Ayrton (54.2)- B string 2. Mark Watling (59.2)- 400m Vet 50 2. Graham Coates (61.3)- 400m Vet 60 3. John Robinson (77.0): Hammer Vet 40 3. Dennis Wallington (18.91m): Hammer Vet 50. 4. Gordon Hickey (24.17m): Triple Jump Vet 40. 5. Mark Watling (8.06m): Triple Jump Vet 50. 2. Dennis Wallington (8.59m) *Blackheath and Bromley finished joint 2nd with 43 points.*

Women 5000m Vet 35 A string 2. Miranda Porritt (20.42.7)- B. string 1. Viv Mitchell (20.48.6) 5000m Vet 50 no B&B competitor- 400m Vet 35 A string 2. Mel Healy (69.5)- B string 1. Maureen Miller (64.5)- 400m Vet 50 1. Helen Godsell (69.4)- 400m Vet 60 3. Nan Cross: Hammer Vet 35. 1. Beatrice Simpson (29.41m) Hammer Vet 50 2. Heather Symmons (18.19): Triple Jump Vet 35. 3. Anne Cilia (6.73)-Triple Jump Vet 50 1. Helen Godsell (8.45): Triple Jump Vet 60 2. Nan Cross (6.13). *Blackheath and Bromley finished 1st with 58 points.*

May 28th Inter counties championships, Bedford. Mens 100m (heats) J. Golding (10.72)- (SF) J. Golding (10.81): 200m (heats) 1. J. Golding (21.61): TJ 8. A. Williams (mv50) (4.10m). Womens 400mh. 5. E. Harrison (55.22): hammer 3. R. Blackie (51.98): TJ 4. S. Bobb (15.09m): PV 5. E. Hughes (3.70).

May 29th Kent Young Athletes League - Canterbury

U13 Girls. Shot A. 1. Mollie Norris (5. ?)- B. 1. Laura Ashley Ward (6.48): 70m Hurdles A. 1.Sian Duffy B. 3. Jessica Jones (16.1): 600m A.3. Hannah Cook (1.57.6)- B. 2. Victoria Russell (2.04.6): Discus A. Mollie Norris 1. Laura Ashley Ward (2:13.15): 75m A.1. Letitia Noel (10.2)-B. 1. Julia McHale (10.6): Long Jump A. 1. Letitia Noel (3.66m)- B.1. Jessica Moore (3.91m):150m A. 1. Christine Lyston (20.9)- B. 1. Amara Jacobs (21.3): High Jump.A. 2. Christine Lyston (1.25)- B. 1.Hannah Cook (1.20): 1000m A. 3. Jessica Jones (3.43.6)- B. 2 Laura Ashley Ward (3.53.3): Javelin A.2. Mollie Norris (16.99)- B. 2. Kelly Davey (11.66): 2000m Walk A. 2. Jessica Jones (15.40.2)- B. 2. Hannah Cook (15.04): 4 x 100mRelay 1. (Julia McHale, Letitia Noel,Christine Lyston,Sian Duffy) (55.7) *Total Points 203 Match Position 1st.*

U15 Girls. Javelin. A. 4. Estelle Patten -B. 4. Michelle Fewster (11.68)- NS Emma Hook (13.31): 75m Hurdles.A. 2 Nenisha Nelson-Roberts (12.8) B. 2. Jessica Saville (14.6): 800m A. 3. Amy Mitchell (2.40.3)-B.

3. Emma Hook (2.43.3): Shot A. 1. Katherine Jones (8.99)-B. 11. Estelle Patten (7.99): 100m A. 2 Rebecca Cook (13.7)-B. 1. Sian Hurlock (13.8)- NS Michelle Fewster (15.0)- NS. Rosie Channing (15.0): High Jump A. 1. Nenisha Nelson-Roberts (1.42)- B. 2. Amy Mitchell (1.30)- NS. Danielle Critchelly (1.00): 300m A. 1. Katie Vistuer (43.3)- B. 1. Jessica Saville (45.2):200m A. 1. Grace Sheppard (26.1)-B. Discus A. Katerine Jones (21.511)-B . 3.Amy Mitchell (15.81) NS Estelle Patten (15.15): 1500m A. 1. Danielle Critchley (5.08.3)B1. Sophie Gordan (5.17.5)- NS Ali Richards (5.46.6):Long Jump A. 3. Rebecca Cook (4.45) B 1. Sian Hurlock (4.26): 2000m Walk. A 3. Emma Hook (13.38.4). B. 2. Michelle Fewster (13.42.3): 4 x 100m Relay1.(Sian Hurlock, 2.Grace Shepard,3.Rebecca Cook,4. Katie Vistuer) (52.11) *Total Points: 206 Match Position: 2nd*

June 4th. UKA National Young Athletes leauge, Norman Park.

Boy's U17. A string. 100m 2. M. Harrison (11.6) ; 200m 3. A. Stockdale (24.0) : 400m A. Stockdale (53.3) : 800m 4. M. Payne (2.11.6) : 1500m 4. C. Ward (4.39.7) : 3000m 2. B. Szczepanski (9.50.7) : 400mH. 4. B. Szczepanski (63.1) : 100mH 3. S. Lloyd (15.3) : 1500m s/chase 1. A. Littlewood (4.35.9) : hammer 1. R. Al-Ameen (59.73m) : discus 3. R. Al-Ameed (29.25m) : shot 1. J. Jackson (12.42m) : javelin 4. S. Pease (30.12) : pole vault 1. B. Szcpeanski (2.00m) : HJ 3. S. Peacock (1.60m) : LJ 2. M. Morrison (5.87m)- TJ 1. M. Morrison (12.78m) :

Boy's B. string. 100m 2. J. Muji (11.9) ; 200m 2. J. Muji (24.5) : 400m A. Blair (59.3) : 800m 4. E. Martin (2.16.8) : 1500m D. Pigott (5.38.5) : 3000m 1. A. Cliff (9.59.5) : 400mH. 1. S. Lloyd (64.5) : 100mH 1. J.Fortune (15.7) : 1500m s/chase 1. S. Simpson (5.09.9) : hammer 1. J. Stockton (51.97m) : discus 2. M. Jenkins (26.40m) : shot 1. R. Al-Ameen (10.44m) : javelin 3. D. Pigott (15.43) : HJ 1. S. Pease (1.45m) : LJ 3. J. Muji (4.49m)

Boy's U15. A string. 100m. 1. Elliott Cox (11.7) : 200m. 1. D. Putnam (23.7) : 400m. 1. D. Putnam (53.2) : 800m 3. J. Ayisi (2.17.9) : 1500m. 1. S. Cavey (4.27.6) : 80mH. 1. B. Hopkins (12.7) : Hammer (4k). 1. A. Jordan (33.02m) : discus (1.25k) 1. A. Jordan (33.02m) : shot.(4k). 1. A. Jordan (11.00m) : javelin (600g) 2. D. Duffin (40.05m) : LJ. 1. M. Fletcher (5.50m) : HJ. 1. D. Duffin (1.60m) : PV 2. E. Smith (2.00m).

Boy's U15 B. string. 100m. 3. D. Coelho (12.9) : 200m 1. E. Cox (23.9) : 400m. 1. S. Palmer (56.4) : 800m 2. P. Sesemann (2.24.8) : 1500m 1. J. Warren (4.36.7) : 80mH 1. J. Clarke (12.8) : hammer (4k) 1. J. Haylock (42.74m) : discus (1.25k) 2. C. Hine (22.29m) : shot(4k) 1. D. Duffin (10.52m) : javelin (600g) 2. J. Haylock (26.89m) : LJ. 4. K. Daly (3.73m) : HJ. 1. M.Fletcher (1.60m) : PV. 1. I Uzoko (1.90m).

Boys U13. A. string 100m 1. A. Daly (13.3) : 200m 1. A. Daly (27.6) : 800m 1. O. Taylor (2.24.7) : 1500m 3. R. Yates (5.07.3) : 80mH. 2. A. Lloyd (14.1) : shot (3.2k) S. Dalston (6.79m) : LJ. 3. R. Maloney (3.83m) : HJ. 2. A. Lloyd (1.25m).

Boys U13 B. string. 100m 3. T. Saluadeen (14.2) : 200m 1. R. Maloney (28.0) : 800m 1. G. Gregory (2.30.5) : 1500m 1. G. Proctor (5.23.7) : 75mH 1. G. Gregory (14.3) : shot (3.25k) 3. M. Liston (4.41m) : LJ. 2. J. McQueen (3.63m) : HJ 1. T. Saluadeen (1.20).

Womens' U17. A string. 100m 1. L. Blackie (13.0) : 200m 1. K. Cosby (26.3) : 300m 2. K. Cosby (44.4) : 800m 2. R. Taylor (2.25.6) : 1500m. 1. A. Smith (4.54.2) : 3000m 2. L. Kastoryano (12.18.7) : 80mH 3. R. Haywood (13.1) : 300mH 2. S. McClellan (45.6) : hammer (4k) 2. C. Oyebanke Jemiyo (37.68m) : discus (1k) 2. C. McAliffe (27.73m) : shot (4k) 2. S. McGuire (9.72m) : javelin (600g) 2. S. McGuire (30.38m) : LJ 1. I. Ivy (5.08m) : TJ 1. I. Ivy (10.90m)- HJ. 3. R. Haywood (1.40m)- PV. 1. E. Godley (3.15m).

Womens' U17. B string. 100m. 1. S Harrison (13.2) : 200m. 1. S. Harrison (27.6) : 300m 1. S. McLellan (45.3) : 800m 1. S. Crocker (2.35.6) : 1500m 3. C. Chambers (5.36.2) : 3000m 1. L. Smith (13.00.1) : 80mH 2. S. McLellan (13.1) : 300mH 2. R. Heywood (49.2) : hammer (4k) 2. A-L. Barrett (17.11m) : discus (1k) 1. O. Jemiyo (25.65m) : shot (4k) 2. O. Jemiyo (7.52m) : javelin (600g) 2. C. Shaw (14.47) : LJ 1. L. Blackie (4.99m) : TJ 1. L. Blackie (10.60m) : HJ 2. I.Ivy (1.35m) : PV 1. R. Arnheim (3.00m).

Girls' U15. A string. 100m. 2. D. Annon (12.8) : 200m 2. G. Sheppard (26.8) : 800m 1. A. De Matos (2.20.4) : 1500m 1. M. Fewster (5:04.6) : 75mH 3. E. Patten (12.8) LJ 1. Forbes-Morris (4.64m) : HJ 2. E. Armstrong (1.40m) : discus (1k) 2. K. Jones (22.93) : javelin (600g) 1. H. Silvester (26.39m) : shot (3.25k) 1. K. Jones (9.15m)

Girls' U15. B string. 100m. 2. R. Cook (13.5) : 200m 1. S. Pritchard-Lewis (27.2) : 800m 1. J. Saville (2.25.5) : 1500m 1. R. Smith (5.17.0) : 75mH 1. N. Nelson-Roberts (13.0) LJ 3. R. Cook (4.21m) : HJ 1. N. Nelson-Roberts (1.40m) : discus (1k) 1. E. Patten (22.01) : javelin (600g) 1. N. George (18.41m) : shot (3.25k) 1. E. Patten (7.75m)

Relays. Boys' U17. 4x100 2. (S. Lloyd, J. Muji, M. Morrison, A. Stockdale) (46.2) : 4x400 1. (M. Payne, A. Blair, B. Szczepanski, A. Stockdale) (3.38.2)

Boys' U15 4x100m 1. (M. Fletcher, D. Putnam, I. Ukoko E. Cox) (46.9) : 4x400m 1. (S. Palmer, T. Cascarino, S. Cavey, D. Putnam) (3.57.1)

Boys' U13. 4x100m. 2.(C. Hazelwood, B. Weston, H. Pickering, C. Mullen (54.7)

Womens' U17 4x100m 1.(S. Harrison, K. Cosby, R. Arnheim, L. Blackie) (51.1) : 4x300m 1. (1. S. McLellan, I. Ivy, A. Smith, K. Cosby) (2.56.9)

Girls' U15. 4x100m 2. (G. Sheppard, J. Raikes, K. Vistuer, S. Hurlock) (51.7)

Girls' U13. 4x100m. 1. (S. Duffy, C. Lyston, A. Jacobs, L. Noel) (56.3)

11 June 2006 - National Junior Athletic League - Haringey

MEN 100m A. string. 4. D Haque (11.10)- B. string. 3. J Lindor-Thomas (11.10): 200m A. 1. D Haque (22.00)- B. 4. Scott Blackwell (22.8): 400m A. 6. D Parsons (52.3)- B. 4. P Rochester (52.6): 800m A. 8. R Davies (2:07.7)- B. 8. R Daniel (2:04.6): 1500m A. 2. J Poole (4:06.0)- B. 2. D Brewer(4:21.3): 3000m A. 8. A Conway (9:52.3)- 5.A Cliff(9:57.7): 2000m s/c A. 4. A Littlewood (6:37.7)- B. 4. S Simpson (7:12.3): 110mH A. 2. S Hemmings (15.2)- B. 4. M Shoker (17.1): 400mH A. 7. M Shoker (61.50)- B. 4.J. Summersby (61.20): 4 x 100m 4. (J Summersby, P Rochester, L Charles, S Blackwell) (43.7): 4x 400m 6. (J Summersby, Scott Blackwell, P Rochester, A Babb): Discus A. 2. Al Williamson(45.19)- B. 5. R Alameen (25.92): Shot A. 4. Al Williamson (12.48)- B. 6. R Alameen (10.43): Hammer A. 1. Al Williamson (59.89)- B. 1. R. Alameen (46.85): Javelin A. 5. A Atkinson (37.24)- B. 6. D Willis (24.25): Long Jump A. 1. J Lindor-Thomas (7.15)- B. 7. M Walters (5.34): High Jump A. eq 2. S Hemmings (1.95)- B. 4. D Willis (1.70): Triple Jump A. 8.D Willis (11.63) B. 5. A Healy (11.43): Pole Vault A. 7. R Evans (2.60)- B. 4. S Hemmings (2.30): Non-Scoring 400mH - A Healy :200m - L Charles (23.9) *Blackheath & Bromley finished 3rd with 483 points*

June 18th. Southern Counties Vets Athletics Championships, Battersea Park.

M50. 100m 4. 100m. J Phillips (12.39)-6. C Leon. (12.89): 200m 1. J. Phillips (25.54)- 6. C. Leon (30.21): LJ 2. C. Leon (4.73m): HJ 2. C. Leon (1.50m).

M55. 800m. 2. K. Daniel (2.17.53): 1500m 1. K. Daniel (4.33.05 club pb)

M70. PV. 1. J. Day (2.40m): HJ 1. J. Day (1.21).

W40. 200m 1. M. Healy (29.54): 400m 3. M. Healy (67.42).

Club Grand prix championships

May 3rd Club 800m - Norman Park **Men** 1 S Jarred 2:01.4; 2 D Warrington 2:01.7 3 D McKinlay 2:02.7; 4 N Gasson 2:03.1; 5 P Tucker 2:03.1; 6 R Hall 2:06.9; 7 J Daly 2:12.7 **U201** R D'Angelo 2:02.6; 2 R Daniel 2:04.3; 3 A Atkinson 2:05.8; 4 D Willis 2:06.4 **U171** B Szczepanski 2:05.7 2 A Littlewood 2:06.5; 3 C Ward 2:07.0; 4 E Martin 2:13.2; 5 M Payne 2:15.1; 6 R Evans 2:23.9; 7 D Piggott 2:26.2; **U151** S Cavey 2:04.7; 2 J Ayisi 2:19.3; 3 H Kurtyanek 2:26.8; 4 P Sesemann 2:29.9; **U131** R Yates 2:30.6; 2 O Taylor 2:31.3; 3 G Gregory 2:32.3; 4 B Channon 2:33.2; 5 R Braden 2:32.5; 6 G Proctor 2:35.8; 7 N Smith 2:44.1; 8 D Benn 2:45.7; 9 A Moore 2:48.4; **M401** M Jones 2:25.3; 2 M Ellison 2:32.2; 3 B Wetherilt 2:35.1; 4 N Barber 2:40.5; 5 J Leeson 2:48.8 **M501** K Daniel 2:18.6; 2 C Griffin 2:19.6; 3 R Brown 2:29.9; 4 M Compton 2:43.7. **Women** 1 E Harker 2:48.8; 2 C Jones Baldock 2:54.5 **U201** B Proctor 2:25.5; **U151** A De Matos 2:20.3; 2 M Fewster 2:30.0; 3 D Critchley 2:33.9; **U131** N Carney-Holland 2:41.9; 2 H Cook 2:44.0; 3 J Jones 2:51.7; **W401** A Cilia 3:11.4;

May 10th Club 3K Walk Norman Park 1 P Hannell (16:48.0)- 2 S Lightman (17:03.9)- 3 N Simmons (19:02.8)- 4 S Hollingdale (19:54.5)- 5 D Hoben (20:15.3).

May 10th Club 3000m Norman Park

Men U201 A Conway 9:23.6-U171 B Szczepanski 9:52.2;- 2 D Piggott 12:02.1- U151 H Kurtyanek 10:35.9;- 2 R Braden 10:47.8 -U131 R Yates 11:05.6- M401 D Ellison 10:29.3;- 2 M Ellison 10:29.6;- 3 B McShane 10:32.2;- 4 M Jones 10:40.5; -5 D Beadle 10:52.7;- 6 P Rogers 11:26.6;- 7 B Wetherilt 11:34.9;- 8 D Leal 12:38.3- M501 C Griffin 9:56.3;- 2 P Hamilton 10:23.3;- 3 G Coates 10:37.2;- 4 R Brown 10:59.0; -5 John E Turner 11:39.1;- 6 R. Cliff 11:54.3;- 7 C Pike 12:01.1;- 8 S Cluney 12:52.3

Women 1 S Henry 10:29.0; 2 J Butler 10:44.7; 3 E Harker 12:32.4; 4 C Jones-Baldock 12:49.6 **U151** M Fewster 11:05.8; 2 D Critchley 12:03. **W401** A Cilia 13:34.9

May 24th Club 5,000 Championships - Norman Park 1 Andrew Conway (U20) (16.27.2)- 2 Rob Hall (16.48.1)- 3 Con Griffin (M50) (17.01.4)- 4. Alastair Cliff (U17) (17.20.4).-5. Mark Ellison (M45) (17.57.4)- 6. Brendan McShane (M40) (18.12.2)-7. Paul Sharpe (18.15.2)- 8. Graham Coates (M55) (18.20.1)-9. Andy Tucker (M40) (18.33.4)- 10. Darryl Hilliar (18.47.8)- 11. Steve Pairman (M40) (18.51.3)- 12. David Beadle (18.54.9)- 13. Rob Brown (M55) (19.07.4)- 14 Beau Szczepanski (U17) (19.44.0)- 15 Barry Wetherilt (M45) (20.05.2)- 16 John E Turner (M55) (20.11.9)- 17. Bob Cliff (M55) (20.18.1)- 18 Bridget Davey (20.28.9)- 19 Chris Pike (M50) (20.30.0)-20 Dan Piggott (U17) (20.32.3)- 21. Diane Osborn (20.59.6)- 22. Elle Harker (est. 21.40.0)- 23 Dave Leal (M45) (21.49.0)- 24 Carolyn Jones-Baldock (20.50.3)- 25. Martyn Longstaff (M50) (23.02.0)- 26. Anne Cilia (W45) (23.10.9).

June 7th Club Track & Field Championships - Norman Park **Men** M50 200: 1 C Leon 27.4 **U20200**: 1 D Parsons 23.6; 2 L Warren 28.0. **U17200**: 1 M Payne 25.0; 2 B Szczepanski 25.4; 3 D Piggott 29.1 **1500 S/C**: 1 B Szczepanski 5:25.6; 2 C Ward 5:35.6; 3 D Piggott 6:40.6. **U15200 Final**: 1 D Putnam 23.8; 2 E Cox 23.8; 3 B Hopkins 26.4; 4 J Ayisi 26.6; 5 K Daly 27.0; 6 J Warren 27.1. **Ht 1**: 1 E Cox 24.1Q; 2 J Ayisi 26.4Q; 3 K Daly 26.5q; 4 J Warren 26.6q. **Ht 2**: 1 D Putnam 24.7Q; 2 Ben Hopkins 26.3Q; 3 J Clarke 27.0; 4 D Coelho 27.3. **TJ**: 1 J Ayisi 10.40; 2 J Clarke 10.33; 3 B Hopkins 9.77. **HT**: 1 A Jordon 56.66; 2 J Haylock 42.48. **U13 200**: 1 A Daly 28.6; 2 A Lloyd 29.8; 3 T Armstrong 31.2; 4 D Benn 31.3. **STJ**: 1 A Williams 5.38; 2 S Dalton 5.04; 3 T Armstrong 4.98. **HT**: 1 S Dalton 24.88; 2 M Liston 17.32.

Women

HT: 1 A Duffy 15.68. **U20400H:** 1 K Murray 65.4. **HT:** 1 R Blackie 56.04 **CLUB RECORD** U20W & Sen; 2 V Thomas 54.13; 3 C Thomas 29.16. **U17200:** 1 I Ivy 27.1; 2 S Harrison 28.1; H Jordon 29.5. **300H:** 1 J Saville 50.0. **TJ:** 1 I Ivy 11.08. **HT:** 1 O Jemiyo 35.68. **U15200:** 1 D Annon 26.7; 2 G Sheppard 27.4; 3 J Matthews 27.8; 4 J Raikes 28.0; 5 S Hurlock 28.5; 6 N Nelson-Roberts 29.4. **STJ:** 1 E Armstrong 8.88; 2 N Nelson-Roberts 8.76. **HT:** 1 A Mitchell 13.76. **U13150 Final:** 1 L Noel 21.2; 2 A Latemi-Jacobs 21.5; 3 S Duffy 22.1; 4 A Williams 22.6; 5 N Carney-Holland 23.0; 6 D Beckles 23.3. **HT1:** 1L Noel 21.5Q; 2 A Latemi-Jacobs 21.6Q 3 A Williams 22.6q; 4 J Moore 23.6. **HT2:** 1 S Duffy 21.7Q; 2 N Carney-Holland 22.9Q; 3 D Beckles 23.3q; 4 E Duffy-Penny 23.8; 5 S Parr 24.1; 6 A McHannell 25.1. **STJ:** 1 L Noel 6.06; 2 E Duffy-Penny 5.34; 3 D Beckles 5.16; 4 J Moore 5.15; 5 S Duffy 4.90; 6 A McHanwell 4.81. **2kg HT:** 1 L Noel 22.81; 2 D Beckles 20.44; 3 S Duffy 12.53; 4 A McHanwell 12.34; 5 M Morris 10.67; 6 J Moore 9.26.

Mixed

Mile: 1 A Gibbins 4:31.3; 2 D McKinlay 4:33.0; 3 A Bruce-Littlewood (U17M) 4:44.9; 4 L Warren (U20M) 5:04.4; 5 J Warren (U15B) 5:12.0; 6 J Clack (U15B) 5:20.0; 7 M Ellison 5:21.3; 8 M Fewster (U15G) 5:25.6; 9 H Kurtyanek (U15B) 5:28.3; 10 R Yates (U13B) 5:29.8; 11 D Critchley (U15G) 5:34.8; 12 R Brown (M55) 5:38.6; 13 S Littlewood (M50) 5:41.2; 14 B Cliff (M55) 5:53.0.

YA Grand Prix U13. 1 D Benn (U13B) 5:30.1; 2 N Carney-Holland (U13G) 5:49.0.

Triathlons

April 22nd. Sevenoaks Triathlon.

1. A. Draper. (swim 6.59, Bike 44.25, Run 39.54).



Runs in the family...Father and son ,John and Tom Leeson on their way to glory at Tower Bridge.