



# The Courier

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EDITOR:- W. Orton, 9 Jenson Way, Fox Hill, London SE19 2UP (0208-771-1128) (email  
wilfred.orton@hmcourts- service.gsi.gov.uk or wilf.orton2@btinternet.com  
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.

**Contents:** Page 1. Bennett Cup news. Page 2. Results, Road. Page 3.  
Cross-Country Page 5. Track & Field, Page 7. The New President.

From the editor:

*Mark Ellison wins Bennett Cup for a second time.*

The Cross Country handicap season ended in late March as Mark Ellison won the Bennett Cup for the second time, having previously won it in 1997. In so winning this he joined a select band of three who have won the cup twice. Although the winning margin was only a slender 5 points, the victory represented a solid and consistent performance for Mark throughout the season where he was always in contention for the trophy. After 2 events he was one of a few early leaders in what was to prove one of the most open contests in years along with Bella Clayton, Chris Pike and Clare Lodwig. Other challenges would come from



Neal Humphries, Barry Fisher and Steve Pairman who led after the 6th and 7th events. At each stage the contest was extremely open but Mark eventually established a lead with one race to go, and kept it in the last event despite a late surge from Bernie Bater (pictured right) who claimed second place, and with Andy Tucker competing another highly consistent season by finishing third for the second successive year. Such a performance must surely be a presage of a future win for Andy and proves that even in a handicap competition high placings can be consistently achieved over successive years. In contrast however the cup holder, Wilf Orton was to suffer from the handicapper, despite improved times in the first two events, by gaining too few points in these earlier events to mount any serious challenge after his success last year. There were other notable performances from Anne Cilia, Jim Bailey (returning to active competition from injury) and Neal Humphries who twice led the table. Despite missing one event Darryl Hilliar tied with Gary Cook for fifth place, Mr. Cook following up well on last year's challenge. Tom Sutton won the first handicap in September and on only seven races finished well in 12<sup>th</sup> place, whilst Andy Lawes returning from serious illness improved throughout the winter and finished strongly in 15<sup>th</sup>. Fifteen was also the number of athletes who took part in all nine events, and although not one of this select number, the most consistent performance in terms of points gained per event came arguably from Barry Fisher who in six events scored between 25 and 54 points for a total of 256.

## SOME COMING EVENTS SOCIAL



200 CLUB

Organizer: Roger Counter  
Tel 020 8776 0884

NEXT COURIER:

Late June.

Any contributions and articles  
from members are always  
welcome

## The Courier April 2007. Results

### Road.

#### **April 22<sup>nd</sup> . Nutra-Sweet London Marathon.** (places in Club marathon champs/in London Marathon)

1/175 A. Gibbins (2:42:23)- 2/197 N. Kinsey (mv45) (2:43:40)- 3/262 R. W. Hall (2:46:37)- 4/398 N. Humphreys (2:51:22)- 5/1045 K. May (3:04:19)- 6/1426 G. Cook (mv40) (3:09:52)- 7/1672 S. Hough (3:13:04)- 8/1851 C. Aves (mv40) (3:15:29)- 9/2059 J. McConville (mv45) (3:17:43)- 10/2231 D. Beadle (m40) (3:19:49)- 11/2273 J. Beck (mv40) (3:20:15)- 12/ Mme. A. McDonough (wv50) (3:29:42)- 13/3385 C. Gentle (mv45) (3:30:48)- 14. Ms B. Davey (3:33:53)- 15/3835. J.Phelan (mv55) (3:34:40)- 16/3839. Richard Hall (3:34:43)- 17/3922 P. Burford (mv50) (3:35:25)- 18/4034. M. Salmon (mv55) (3:36:27)- 19/4213. N. King (mv50) (3:37:57)- 20/5592. M. Skelley (3:48:01) -21. Miss K. Jones (3:53:07)- 22/6536. R. Griffin (3:53:40)- 23/7267. R. Walsh (mv50) (3:57:46)- 24. N. Bunclark (3:59:17)-25/8516 M. Newins (mv40) (4:05:45)- 26/9198 G. Lloyd (04:10:11)- 27/9413 N. Barber (mv45) (4:11:27)- 28/9713 K. Penny-Duffy (mv40) (4:13:18)- 29/9733 R. Bennett (mv65) (4:13:24)- 30. Miss J. Eastbury (4:16:35)- 31/10959 D. Lewis (mv50) (4:19:58)- 32/11942. J. Du Plessis (4:25:23)- 33/12492 B. Bater (mv45) (4:28:22)- 34/12898 M. Peel (mv65) (4:30:32)- 35/15986. P. Cobbett (mv60) (4:48:40)- 36/17351.D. Hunter (4:56:48)- 37/17366.M. Longstaff (mv55) (4:56:53)- 38/18001. J. Isaacs (mv65) (5:01:09)- 39/18157. C. Poole (mv65) (5:02:18)- 40/19504. N. Simmons (Walk)(mv60) (5:13:25)- 41/20190. C. Illingworth (mv45) (5:18:36)- 42/21938. G. Cummings (mv50) (5:35:53)- 43/23076. S. Lightman (Walk) (mv60)(5:54:22)- 44. Mrs J. Kift (6:44:16).

#### **March 11<sup>th</sup>. Hastings Half marathon.**

50. R. Hall (1:19.38)- 92. G. Cook (1:24.01)- 127. M. Ellison (1:26.08)- 141. A. Tucker (1:26.44)- 347. R. Drake (1:31.44)- 332. D. Mehmed (1:32.26)- 340. M Skelly (1:32.37)- 338. M. Blinden (1:32.56)- 436. M. Salmon (1:35.04)- 430. J. Phelan (1:35.08)- 445. D. King (1:35.16)- 567. R. Strong (1:36.30)- 567.P. Phillip (1:38.27)- 693.C.Pike (1:39.42)- 650. K.Jones (1:39.46)- 672 A. McDonough (1 :40.00)- 668 J. E (1 :41.03)- 872 A. Cilia (1 :45.54)- 1033 D. Leal (1 :46.30)- 1188. T. Delahoy (1: 47. 42)- 1176 J. Issacs (1 :49. 18)-1279 R. Hogwood (1:49.24)- 1239 J. Eastbury (1:49.26)- 1278 R. Lloyd (1:53.18)- 1551. E. Mikusa1 (1:55.09)- 1751. C. Fulford-Brown (1:55.13) – 1787. C. Hobson (1:56.04)- 1723. M. Johnson 1 :59.11)- 2128. R. Saiz (2 :00.25)- 2107. C. Poole (2 :01. 09)- 2249. F. Ward 1 :19 10s- 3101. C.Pallen (2 :21.58)- 3244. M. Cronin 2 :22.21)- 3278 A. Pickering (2 :22.41)- 3279 Mrs J. Kift (2 :29.24)

#### **March 25<sup>th</sup> Norwich Road Runners; Broadlands Half marathon.**51. R. Brown (mv50) (1:33.17)

**April 1<sup>st</sup>. Paddock Wood half marathon.** 15<sup>th</sup> D. Hilliar (1:18.00)- 16<sup>th</sup> R. Hall (1:18.40)- 83<sup>rd</sup> A. Crowder (1:25.26)- 90. A. Tucker (v40) (1:26.29)- 99. G. Williams (v40) (1:27.07)- 432. J. Isaacs (mv60) (1:42.49)

*BBH finished 5<sup>th</sup> in the mens team competition with 196 points*

#### **Parris Handicap 5km series, Hayes.***(net times in italics)*

Race 1. April 18<sup>th</sup>.

1<sup>st</sup> Mike Salmon (32:00/20:00) (41 points) - 2<sup>nd</sup> Carolyn Jones-Baldock (32:07/19:52) (39) -3<sup>rd</sup> Tara Emery (32:25/23:55) (37)- 4<sup>th</sup> . Mike Gasson (32:27/22:12) (35)- 5<sup>th</sup> Will Pook (32:42/19:42) (34)- 6<sup>th</sup> . Rhiannon Lloyd (33:02/22:47) (33)- 7<sup>th</sup> Sophie Cowper (33:10/19:10) (32)-8<sup>th</sup> Katie Jinks (33:15/22:30) 31- 9<sup>th</sup> Justine Eastman (33:43/23:43) (30)- 10<sup>th</sup> Mike Peel (33:47/24:02) (29)- 11<sup>th</sup> Barry Wetherilt (33:57/20:22) (28)- 12<sup>th</sup> Chris Pike (34:00/20:15) (27)- 13<sup>th</sup> Iain Swatton (34:03/22:18) (26)- 14<sup>th</sup> Lisa Page (34:07/21:07) (25) -15<sup>th</sup> Pete Rogers (34:09/19:55) 24- 16<sup>th</sup> Jason Daly (34:12/19:27) (23)- 17<sup>th</sup> David Carton (34:13/20:13) (22)- 18<sup>th</sup> Rob Drake (34:17/18:32)(21) -19<sup>th</sup> Anna Gear (34:20/23:20) (20)- 20<sup>th</sup> Andy Lawes (34:26/21:11) (19)- 21<sup>st</sup> Craig Daley (34:28/28:28) (18)- 22<sup>nd</sup> Kate Pratten (34:29/21:14) (17)- 23<sup>rd</sup> Paul Hills (34:32 /21:32) (16) -24<sup>th</sup> Clare Lodwig

(34:33/22:03) (15)- 25<sup>th</sup> John Copley (34:35/23:50) (14)- 26<sup>th</sup> Con Griffin (34:36/18:06) (13) -27<sup>th</sup> Martin Blunden (34:42/19:42) (12) -28<sup>th</sup> Dave Ellison (34:43/18:58) (11)- 29<sup>th</sup> Mike Cronin (34:46/21:31) (10)- 30<sup>th</sup> Bernie Bater (34:52/19:22)(9)- 31<sup>st</sup> Rob Hall (35:23)/18:08) (8)- 32<sup>nd</sup> Dave Leal (35:29/22:59) (7)- 33<sup>rd</sup> Mike Martineau (35:35/25:20) (6)- 34<sup>th</sup> Terry Brightwell (36:07/22:22) (5)- 35<sup>th</sup> Anne Cilia (36:13/26:13) (4)- 36<sup>th</sup> Wendy Cooper (36:17/25:17) (3)- 37<sup>th</sup> Neil Ives (36:31/25:16) (2)- 38<sup>th</sup> David Churchus (40:02/33:32)(1).

#### **April 2<sup>nd</sup> - Southern 12 Stage Road Relay - Milton Keynes**

**Blackheath A Team 15th O/A** James Poole (24'.45)- Bill Foster (18'.12)- Peter Tucker (25'.37)- Daniel Ryan (17'.58)- Dave McKinley (26'.57)- Spencer Newport (17'.17)- Neil Humphreys (27'.37) Martin Airey (17'.56)- Danny Brewer (29'.32)- Chris Daniel (19'.56) Jon Vinter (27'.53) Dave Griffin (19'.11) **Blackheath B Team** Alex Bruce-Littlewood (27'.07)- Richard Daniel (21'.03)- Con Griffin (30'.45) Ken Daniel (19'.46).

**March 4<sup>th</sup> Enfield & Haringey 5 mile road walk** 1. Chelsea O Rawe Hobbs (46'.18).

### Cross Country

**March 3<sup>rd</sup> Inter Club match at Richmond Park. 3.83 miles** 1. Alex Bruce Littlewood (for Hercules Wimbledon).(21'.36)

#### **March 10<sup>th</sup> English National Cross Country Championships, Sunderland.**

**Senior Men 12000m** . 122. A. Gibbins (42'19)- 135. P. Tucker (42'34)- 178 J. Thorpe (43'31)- 206. E. Prendergast (44'05)- 232. C. Osborn (44'50)- 249. N. Humphreys (45.02)- 257. D. McKinlay (45.21)- 397. N. Ayrton (47.51)- 448. D. Griffin (48.52)- 469. R. Hall (49.04)- 482. B. McShane (49.23)- 506. S. Hough (50'15)- 514. I. Taylor (50'28)- 621. C. Griffin (52.51)- 799. D. Hunter (57.49)- 881. A. Edwards (1:04'21)  
*Blackheath & Bromley team finished 15<sup>th</sup> with 1118 points.*

**Senior Women. 8000m** 48. J Butler (33:12)- 49 S Budd (33:16)-62 F Green (33:55)- 158 K Philp (38:05)181 K Pratten (38:57)-193 C JonesBaldock (39:37)-224 C Ludwig(41:27)*Blackheath & Bromley finished 11<sup>th</sup> with 317 points*

**Junior Men 10000m** . 35.J. Poole (34'35)- 83.A.Conway (36'45)- 95. J. Vintner (37'24)- 110.R. Daniel (38'26)- 114. A. Atkinson (38'38)- *Blackheath & Bromley finished 9<sup>th</sup> with 323 points*

**junior women 5000m**24 B Proctor (18:39) **under 17 men 6000m** 17<sup>th</sup> A. Bruce Littlewood (21'51)- 141st C. Ward (24'55)- 150th S. Simpson (25'.07)- 176. T. Andrew (26'54) *Blackheath & Bromley finished 15<sup>th</sup> with 484 points.*

**Under 15 boys 4500m** 47. S. Cavey (16'11)- 97. A.York (16'53)- 106. P. Sesemann (17'03)- 133. H. Kurtyanek (17'28)

**U15 girls 4000m** 52. M. Fewster (18':51) -57. D Critchley (18':57)- 82. S. Maslin(19:26)- 117. A. DeMatos (19:55)-136. J Saville (20:13)-171. R. Smith (20:50) *Blackheath & Bromley finished 8<sup>th</sup> with 308 points*

**under 13 boys.** 57 O. Taylor (11:30)-168 G Proctor (12:36)- 180 S Jackson (12:43)-236 T Scott(13:36)

**Under 13 girls** 3000m 195. G Chew (13:47)- 236. H. Starling (14:39)

#### **March 24<sup>th</sup>. Orion Harriers XC 15.**

7. D. Hillier (1:38.39)- 31. G. Coates (mv50) (1:49.38)- 59. N. Barber (mv40) (1:56.10)- 207. A. Edwards (mv50)(2.25.20)

### **March 24<sup>th</sup> English Schools Cross Country Championships, Leeds.**

Senior boys 23<sup>rd</sup> Danny Brewer- 44<sup>th</sup> Alex Bruce Littlewood ; Intermediate Girls 8<sup>th</sup> Amy Smith – 216<sup>th</sup> Rebecca Smith .

**March 25<sup>th</sup> World Cross Country Championships in Mombassa Kenya, 62<sup>nd</sup>.** Michael Skinner (Great Britain)

### **Bennett Cup.**

**February 24th South London Harriers v Backheath Harriers Mob Match, Coulsdon.**

**Match Result (Scoring 30 aside (1) Blackheath Harriers 923 (2) South London Harriers 951)**

1. P. Tucker (48'09)- 2. D. Hilliar (48'25)- 9. A. Cliff (51'33)- 14. G. Cook MV40 (53'22)- 15. M. Ellison MV40 (53'56)- 17 D. Griffin (54'45)-18 A. Tucker (MV40) (54'50) -21. B. McShane (MV40) (55'40) -23. K. Daniel (MV50) (56' 08)- 24. G. Coates (MV50) (56'11) -25 B. Bater (MV40) (56'21) -26 C. Griffin (MV50) (56'28) -28. R. Hall (57'17) -30. D. Ellison (57'55)- 32.R. Drake (59'02) -34. T. Sutton (59'29) -35. A. Lawes (MV50) (59'39) -36. R. Brown (MV50) (59'41)-37. J. Bailey (MV50) (1:00'12)-38. Ms J. Bradshaw (1:00'13) -39. B. Wetherilt (MV50) (1:00'14) -40 C. Pike (MV50) (1:00'15) -43. W. Slack (MV50) (1:00'46) -44. J. Phelan (MV50) (1:00'58) -45. N. Barber (MV40) (1:01'03) -46. D. Ko (1:01'06) -48 P. Rogers (MV40) (1:01'27) - 50 A. Seddon (MV40) (1:01'59) -51 D. Beadle (1:01'59) -52 M. Cronin (1:02'58) (MV60) -53 Ms C. Jones-Baldock- (1:03'00) - 56 W. Orton (MV40) (1:03'59)-57. P.Hills (MV50) (1:04'21)- 61 K. Jones (1:06'05) -62 D. Carton (MV50) (1:06'12)- 63 T. Delahoy (MV50) (1:06'37) -64 Mme A. McDonough (LV45) (1:06'46) 80-65 A. Grace (MV60) (1:07'02)- 66 Ms T. Emery (LV35) (1:07'22) -68 Ms A. Cilia (LV45) (1:08'37)- 69 I. Swatton (MV40) (1:08'45) -70 S. Fletcher (MV40) (1:09'07) -74 M. Gasson (MV50) (1:11'34) -75 A. Pontifex (MV60) (1:13'28) -76 J. Du Plessis (1:14'28) -79 J. Copley (MV60) (1:18'21) -80 A. Jelly (LV45) (1:28'18).

Leading handicap placings

1. Ms C. Jones-Baldock (34'00)(60 points) -2. Ms. T. Emery (37'02)(59) -3. C. Pike (38':55) (58)- 4. Ms A. Cilia (39'02)(57) -5. M. Ellison (39'06)(56)- 6. Ms K. Jones (39'10)(55)-7. K. Daniel (39'13)(54)- 8 B. Wetherilt (39'14)(53)- 9.A. Lawes (39'14)(52)- 10 W. Slack (39'31)(51)- 11 S. Fletcher (39'32) (50)- 12 A. Grace (39'42) (49)- 13 W. Orton (39'49) (48)- 14 R. Brown (39'51) (47)- 15 B. Bater (39'51) (46)- 16 D. Hilliar (40'05) (45) -17 A. Seddon (40'09) (44)- 18 C. Griffin (40'13) (43)- 19 A. Tucker (40'15)(42)-20 A.Cliff (40'18)(41).

### **March 31st . Closing 5, Hayes.**

1. D. Ko (60)(22.48/34.48)- 2. J. Copley (59)(23.01/44.26)- 3. M. Peel (58) 23.06/43.46)- 4. B. Bater (57) (23.07/34.27)- 5. R. Penfold (56) (23.09/35.09)- 6. Mrs A. Cook (55) (23.21/38.36)- 7. M. Gasson (54) (23.24/42.29)- 8. I. Swatton (53) (23.29/41.39)- 9. C. Rowe (52) (23.45/45.05)- 10. T. Sutton (51) (23.45/35.25)- 11. Ms A. Cilia (50) (23.48/41.58)- 12. E. Prendergast (49) (23.53/31.03)- 13. B. McShane (48) (24.01/33.31)- 14. Ms A. Mitchell (47) (24.22/40.42)- 15. W. Slack (46) (24.23/37.18)- 16. W. Orton (45) (24.27/38.37)- **17. M. Ellison (44) ((24.28/33.48)**- 18. P. Mitchell (43) (24.35/41.25)- 19. A. Lawes (42) (24.49/37.14)- 20. J. Phelan (41) (24.53/37.08)- 21. D. Hilliar (40) (25.03)/30.18)- 22. G. Coates (39) (25.04/34.39)- 23. G. Cook (38) (25.07/33.02)- 24. S. Lloyd (37) (25.09/36.39)- 25. A. Tucker (36) (25.14/34.09)- 26. D. Carton (35) (25.15/39.10)- 27. B. Wetherilt (34) (25.21/38.11)- 28. R. Chambers (33) (25.24/58.14)- 29. A. Grace (32) (25.25/43.30)- 30. C. Pike (25.27/38.17)- 31. Ms V. Mitchell (30) (25.27/37.37)- 32. N. Humphreys (29) (25.28/31.48)- 33. D. Ellison (28) (25.31/34.41)- 34. F. Green (27) (25.32/36.42)- 35. J. Bailey (26) (25.38/38.28)- 36. B. Fisher (25) (25.42/39.57)- 37. T. Delahoy (24)

(25.52/42.02)- 38. M. Cronin (23)(26.04/38.39)- 39. A. Cliff (22) (26.10/33.15)- 40. P. Long (21) (26.26/57.06)- 41. R. Brown (20) (26.36/39.01)- 42. Richard. Hall (19) (26.46/35.11)- 43. J. Robinson (18) (27.33/48.48)- 44. A. Pontifex (17) 27.41/44.16)- 45. Ms J. Butler (16) (28.57/37.27)- 46. J. Fenwick (15) (29.28/ 45.08)- 47. Ms M. Fenwick (DNF).

### **Bennett Cup . Leading Final placings.**

*(The following results are the placings of those competitors totalling 100 points or more with points for each event given e.g 1) 4km relays 2) opening 5m 3) 10m champs 4) xmas yacht h'cap 5m 5) 10km open 6) Orion mob 7) Ranelagh mob 8) Sth London mob 9) Closing yacht 5, if competig in all events. Those marked with \* indicate athletes finishing in all 9 events. Figures in bold italic indicate 1st, 2<sup>nd</sup> & 3rd handicap placings in each event )*

1 M. Ellison\* (47/16/44/ 1/51/28/11/56/ 44 = 298 points)- 2 B.Bater\* (42/ 19/ 10/ 44/ 22/ 40/ 13/ 46/ 57= 293)- 3 A. Tucker\* (1/ 47/ 20/ 38/ 50/ 13/ 39/ 42/ 36 = 286)- 4. Ms A. Cilia\* (1/ 48/ **60**/ 5/ 10/ 41/ 8/ 57/ 50 = 280)- 5. G. Cook\* (1/ 39/ 56/ 18/ 38/ 34/ 30/ 24/ 38 = 278) - 5. D. Hilliar (9/ 26/ 47/26/ 37/ 48/ 45/ 40 = 278) – 7. J. Bailey\* (1/ 21/ 49/ 32/ 31/ **60**/ 21/ 28/ 26 = 269)- 7. Ms V. Mitchell\* (26/ 14/ 32/ 23/ 36/ 23/ 46/ 39/ 30/= 269)- 9. M. Cronin\* (16/20/ 36/ 3/ **59**/ 49/ 44/ 17/ 23= 267)- 10 W. Slack\* (1/ 1/ 54/ 28/ 19/ 31/ 34/ 51/ 46/ =265)- 11. A. Cliff \* (22/ 9/ 39/ 35/ 56/ 16/ 23/ 41/22= 263)- 12 T. Sutton (**60**/ 1/ 29/35/ 48/ 34/ 51= 258) - 13. B. Fisher (38/ 37/53/54/49/25= 256)- 14. J. Phelan (57/ 16/ 27/ 32/ 47/ 33/ 41= 253)- 15 A. Lawes (3/ 15/ 47/ 52/ 41/ 52/ 42= 252)- 16. T. Delahoy\* (1/ 49/ 46/39/11/29/16/35/24= 250)- 17 D. Ko\* (1/ 32/ 38/ 29/ 4/ 5/ 56/ 23/ **60**= 248)- 18. R. Brown (55/ 11/ 6/32/ 35/ 36/ 47/ 20 = 242)- 18. N. Humphreys (1/53/57/9/21/53/ 19/29 = 242)- 20. E. Prendergast (53/ 8/ 22/41/12/51/49=236)- 21. S. Pairman (1/ 36/ 45/ 20/ 52/ 43/ 37= 234) – 22. S. Lloyd\* (41/ 7/ 10/ 51/ 46/ 25/ 26/ 31/37= 233)- 23. G. Coates\* (56/ 19/ 7/ 40/ 33/38/ 18/ 37/ 39= 231)- 24 Richard Hall\* (32/ 44/ 23/12/14/46/53/19/19 = 230)- 25. B. Wetherilt (50/40/ 1/15/ 27/ 54/ 53/ 34= 224)- 26 Ms C. Lodwig (32/ 34/ 43/ 4/ 40/ 25/ 38 = 216)- 27 Mrs A. Cook (1/ 1/ 42/ 11/ **60**/ 45/ 55= 215)- 28 R.Chambers (17/**58**/ 34/ 15/ 50/33= 207)- 29 A. Atkinson (35/**58**/ 57/ 52=202)- 30 A. Littlewood (34/ 25/49/ 45/43= 196)- 31. C. Pike (29/ 41/ 18/ 16/1/ **58**/ 31= 194) -32 A. Grace (1/52/28/10/17/49/32= 189) -32 Ms C. Jones-Baldock (33/ 37/13/30/ 5/44/60= 189)- 34 J. Copley (56/6/1/7/12/29/18/**59**= 188)- 35 R. Cliff (17/ 22/34/ 31/ 43/ 33=180)- 36. Ms. A. Jelly (53/46/40/41/39/13=179)- 37 A. Pontifex (41/27/27/24/28/14/17=178)- 38. W. Orton (1/1/ 9/39/11/20/48/45= 174)- 39. B. Mcshane (**60**/ 1/25/36/ 48= 170)- 40 Ms J. Butler (1/44/48/21/ 3/35/16= 168)- 41. J. Clare (1/1/55/49/**59**= 165)- 41. Ms T.Emery (45/6/ 55/**59**= 165) -43 M. Salmon (57/48/ 56= 161)- 44 Ms K. Jones (30/46/**58**/55= 159)- 45. M. Gasson (**59**/ 4/10/ 31/ 54= 158)- 46 K. Daniel (1/ 5 / 56/ 20/ 20/ 1/ 54=157)- 46. Ms F. Green (24/22/ 33/51/27=157)- 48. P. Mitchell (39/ 1/13/55/ 43= 151)- 48 J. Thorpe (37/15/1/37/ 48/50= 151)- 50. R. Penfold (37/23/42/27/56= 148)- 51. R. Drake (28/**59**/21/42/22= 144)- 51. Ms. M. Fewster (13/46/18/51/ 24/5=144)- 53. P. Hills (1/57/55/29=142)- 54. N. Barber (33/19/23/36/ 30= 141)- 54. A. Gibbins (30/12/30/17/42/40=141)- 56. Mme A. MacDonough (43/8/30/24/32=137) -57. A. Edwards (55/36/45=136)- 58. M. Jones (27/1/41/50/1/14=134)- 58. I. Swatton (10/33/38/53= 134)- 60. P. Rogers (30/19/57/27= 133)- 61. D. Beadle (39/38/24/43/15= 120)- 62. D. Carton (20/31/14/16/35= 116)- 62. G. Williams (1/37/50/19/9= 116)- 64 S. Fletcher (7/**58**/50=115)- 64. D. Mcinlay (35/1/53/26= 115)- 66. Ms S. Maslin (54/1/54=109)- 67. Ms E. Fisher (50/53=103)- 68. I. Taylor (18/30/54=102).

### **Track & Field**

#### **February 23/24<sup>th</sup>. Norwich Union England AAAs Championships, Birmingham.**

**Under 20 men.** 200m. 1. (gold medal) D. Doyley (21.22")- 2. James Alaka (21.65) ; 60m. 2. D. Doyley (6.69")- J. Alaka (6.92); pole vault 4. Scott Huggins.

**under 20 women.** 60 m. hurdles 1. S. Solomon. (8.38); pole vault 3.E. Godley (3.40m)

**under 17 men.** 400m SF. 1.D. Putnam (50.06)- F. 4th D. Putnam (50.21)

**under 17 women** 300m 4. J. Saville; triple jump 4. I. Ivy  
**under 15 boy's** 60m. 1. B. Hopkins (8.50); LJ. 1. M.Fletcher (6.17m)

**March 3/4<sup>th</sup> Kent Indoor Championships, Sutton Arena.**

Senior Women. 60 metres 1. Katy Benneworth, (7.86) long jump 1. K. Benneworth (5.34m)  
Senior men 60m. 1. Duayne Bovell (6.96); triple jump. Sam Bobb (14.80m)  
Junior men 60m 1. Daniel Haque (6.99); 110m hurdles 1. Alex AlAmeen (8.28); pole vault 1. Scott Huggins (4.70); shot 1. Liam Presnell (13.11m) Junior Women shot 1. Shaunagh Brown (12.84m); pole vault 1. Emily Godley. (3.20m). Under 17 men 60 metres 1. Dan Putnam (7.24); 60m hurdles 2. Simon Lloyd (8.85); triple jump 3. (bronze medal) Marcus Morrison (13.57m) U17 women. triple jump 1. (10.69m); long jump 2. (silver) Isobel Ivy (4.99m); 60 metres 3. Grace Sheppard (8.00). U15 boys. 60m hurdles 1. Ben Hopkins(8.94); 60m 1. Dominic Coelho. U15 girls triple jump 3. Anna Huggins (2.01m) 60 metres 3. Letitia Noel; long jump 3. Sian Hurlock

**March 3/4<sup>th</sup> British Masters Indoor Championships, Lee Valley Indoor Arena Pickett's Lock**

1500m. 1. Bob Minting (mv55) (4'33.63)- 2. Ken Daniel (4'34.13) Bob Minting also won the 800, 400 and 200m. Helen Godsell (fv50) golds in the 60 and 200 metres and also bronze in the 400; Mv50 triple jump 1. Clem Leon; high jump 2. Clem Leon; long jump 3. Clem Leon Mv70 pole vault 1. Jim Day won (2.00m); shot 1. Gordon Hickey (11.38m) Fv60 discus 1. Barbara Terry; shot 2. Barbara Terry.

**March 10/11<sup>th</sup> . British Universities Indoor Championships in Sheffield.**

Men 200m 5. Daniel Haque (Imperial) (22.30) ; 60m heats Duayne Bovell (London South Bank) (6.96)  
Women. 60 m. heat 1. Montell Douglas (*Representing Brunel University*) (7.35) -SF. 1. Montell Douglas (7.33)- F. 1. Montell Douglas (7.31); 200 m 1. Montell Douglas (24.17); Katy Benneworth (London) 7th place in the long jump. 1500m heats Ella Fisher (Brunel) (4' .57.04).

**March 17<sup>th</sup> National Collegiate Championships, Fayetteville, Arkansas.** Mile, final. 6. S. Overall (4'01.24)

**March 2007 European Veterans Athletics Championships, Helsinki,**

W50 60m 1<sup>st</sup> . Helen Godsell (8.87); 200m 1<sup>st</sup> . Helen Godsell (27.95) (*a new UK national W50 record*).  
W50 4 x 200 metres relay 1<sup>st</sup> . Blackheath & Bromley AC.  
M55 400m 2<sup>nd</sup> Bob Minting (56.20); 800m. 1<sup>st</sup> . Bob Minting (2':08.98); 1500m 4<sup>th</sup> Bob Minting (4' .41.25);  
M55 4 x 200 metre relay 1. Blackheath & Bromley AC.  
M50 60m 5<sup>th</sup> . Tom Phillips (7.84); 200m SF 3<sup>rd</sup> Tom Phillips (25.52); 60m Clem Leon (8.12); 200m heats Clem Leon (27.22); long jump 12<sup>th</sup> Clem Leon (4.78m); high jump 5<sup>th</sup> Clem Leon (1.50m); triple jump 10<sup>th</sup> Clem Leon (9.10m)

**April 8<sup>th</sup> European 10000 Challenge in Ferrara, Italy.** 17<sup>th</sup> M Skinner (30.06.41) *second quickest by a Briton this year.*

**April 14<sup>th</sup> Alpha Beta Trophy Meeting Lee Valley Athletics Centre, Picketts Lock.**

**Senior Women** A. string. Shot 1. Shaunagh Brown (12.28m); javelin 1. Christine Lawrence (42.37m); 400m hurdles 2. Sarah McLellan (1' .5.93); 800m Maureen Miller (2' .24.4); 200m Vanessa Nakangu (25.81); B string. 100m 1. Katy Benneworth; long jump 1. Isobel Ivy; shot 1. Florence Clark (shot).

**U15 girls.** A string. Shot. 1. Kelly Davey (10.00m) (*p.b & grade one performance*); HJ. 1. Christine Lyston (1.50m); 800m 1. Michelle Fewster; 4x100 relay 1<sup>st</sup> team of (Letitia Noel, Christine Liston, Sian Hurlock and Sian Duffy)(52.80). B. string. 1. long jump. Lauren Stevens; 75m hurdles. Lauren Stevens (12.93); both Kelly

Davey and Mollie Norris achieved grade 2 standards in the discus.

*BBHAC finished in 4th place in both the senior and under 15 contests and 3<sup>rd</sup> overall in the Alpha Trophy.*

### **April 18<sup>th</sup> Hercules Wimbledon Open Meeting Crystal Palace**

U17 women 100m (grade1) Daniella Annon (12.5)- Grace Sheppard (12.6); 4x100 metre relay. 1<sup>st</sup> team (Daniella Annon, Grace Sheppard, Katie Vistuer, Rebecca Cook) ***Champions for EA London Region***

U15 girls. shot 1. Kelly Davey (9.64m); high jump 1. Nenisha Nelson-Roberts (1.55m).

U13 boys 200m. 1. Anton Daly (25.7); 100m j.1. Anton Daly (12.7).

*And finally, introducing our new president.*

At the club AGM on the 31<sup>st</sup> of March, retiring president Ken Daniel announced that his successor for 2007/8 was Les Roberts. So another familiar name in the club begins his reign as our president. Les joined the club in August 1978 having first pursued an active interest in cycling and, with a first Category Licence to his name, considered a professional cycling career. After a respite from active sports he was to transfer his energies into all forms of running. Driven by a determination and resilience gleaned from his bike racing days ("*which had to be seen to be appreciated*" Pat Calnan), Les quickly established himself in the Club's senior track squad at 5000 and 10000metres and the 3000m steeple-chase during a period that saw the Club rise from the middle of the Southern League to the top division of the British League in four consecutive seasons as Champions and feature prominently in the Cup competitions.

He would not just compete but win too and throughout the 1980s he would amass a highly impressive list of victories on road, country and track. These included wins in the club's 7 ½ miles (twice) and 10 miles cross Country races; two wins each in the 10000m and 5000m track championships; two firsts at the Kent 20 miles Road Race; wins in the Boulogne Demi-Marathon; wins at half marathons at Lingfield, Tunbridge Wells, High Peak, Presteigne and Tunbridge Wells; wins at 10 miles (Inter-Banks, Fourbanks and Crawley) and at 10km

(Modesto Masters USA). In the midst of these stellar performances and on graduating to the veteran category in 1984 he took his performance to a new level by taking the European Masters 5000m track title and the 10km



Road Championship. Soon after, in 1985 in the Olympic Stadium in Rome, a final lap of 60 seconds flat brought him the World Masters' 5000m title. Further triumphs included personal bests before he retired from active athletics in 1990.



Before and after his retirement from active athletics Les was establishing his profile in other areas in the club. From 1982 to 1989 he was editor of the Gazette, and in 1993 joined the Wine Committee which he still sits on today. He was secretary of that committee for four years. A familiar face at the club house he would become a staunch regular behind the bar often at the many social events that the wine committee would organise up to his elevation to the presidency.

In taking up his new office he has stated his commitment to the true spirit of athletics

*“Being a member of this Club has always meant a great deal to me..... The Club gave me the opportunity, guidance and encouragement to run in a way I could never have dreamed possible....., I feel, therefore, I owe the Harriers a lot; so now to have the added privilege of being your President for the forthcoming year is beyond words.....*

*Since hanging up my spikes and flats I have become increasingly disenchanted with the top echelons of athletics, which I now find predictable, uninspiring and all too often, of questionable validity. In stark contrast, there is the sport of athletics as played by our own teams to savour. Here you will see, at all levels and ages, competition as it should be - fierce and uncompromising but conducted in the true Corinthian spirit of enjoyment and sportsmanship”.*

In his statement he has promised to provide a constant presence in all areas of club activity and rediscover the atmosphere of competition; if this can now only be as a bystander he aims to be there, in spirit, to give encouragement and support to all who adopt that attitude.