



**Blackheath  
& Bromley**

# The Courier

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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.

**Contents:** Page 1. Articles, news. Page 3. Results, Road. Page 4. Cross-Country, Fell, Track & Field, Page 9 Triathlon.

From the editor:

### *The great escape*

Blackheath & Bromley's senior men managed to avoid relegation and stay in British League Division One in their last League fixture at Sheffield. Lying in 7th place in the 8 team Division (the bottom two due to go down) they needed to beat rivals Bedford by one place to avoid the drop. However, they finished in third place on the day and were not far off winning the match while Bedford struggled and finished last. The contribution of Scott Overall was outstanding, winning both the 1500 and 5000 metre races with times of 3.53.2 and 14.33.0. Dwayne Grant won the A string 100 metres in 10.5 with Jonathan Barbour making it maximum points in the B string, and the relay team won the 4x100 relay by a whole second in 40.6 .Stuart Harvey returned to League action after injury and won the javelin with 62.93 while Mensah Elliott, another on the comeback trail, took the 110 hurdles in 14.9. However, the Southern League Division two team were third in their match at Chelmsford and will be relegated while due to a lack of athletes the Club did not contest the Division three match at Uxbridge

### **Club 2006 CLUB CHAMPIONSHIPS NORMAN PARK Saturday 30<sup>th</sup> September**

*This year, despite what it says in the fixture list, these championships are to be an end of season reunion following a summer when we have been scattered all over south London. The meeting will also be the Norman Park re-opening meeting. We hope that you will all want to be part of this double celebration*  
To reflect the end of season atmosphere and to allow for the small but real risk that the track construction just might not be finished, entries will be on the day rather than in advance. The provisional timetable below is subject to adjustment.

TRACK 1.15pm. 75m hurdles(U13B/U15G) : 1.25pm 70m hurdles(U13G) :80m hurdles U15B/U17W) :

1.35pm 75m races for U11's 1.45 100m hurdles(U17M/U20W 110m hurdles (U20M/SM) : 2.00pm 75m (U13G) 100m :2.25pm 1500m :3.00pm 300m (U17W) 400m.

FIELD 1.00pm Shot, Pole vault : 1.45pm Long Jump (U13 B&G) : 2.15pm Discus, High Jump ,Ball : 3.00pm Javelin throw for U11's : 2.45pm Long Jump (U15 & older) Long jump for U11's.

### SOME COMING EVENTS.

Aug 19<sup>th</sup> BALCup final Bedford

Aug 26<sup>th</sup> Vancouver trophy, Parliament Hill.

Sept 2<sup>nd</sup> Southern Womens league

Sept 3<sup>rd</sup> Nat. YA lge main final, Birmingham

Sept 3<sup>rd</sup> . SCVAC Inter-club finals

Sept. 6<sup>th</sup> Parris handicap race 6

Sept 10<sup>th</sup> KCAA relays champs, Deangate.

Sept. 10<sup>th</sup> Nat Junior Athletic lge final, Derby.

Sept 16<sup>th</sup> B&B Cross country relays (Bennett cup)

Sept 23/24<sup>th</sup> SEAA Road Relays, Aldershot

Sept 30<sup>th</sup>. Club champs, Norman Park

Oct 7<sup>th</sup>. Kent League, Capstone Park

### SOCIAL

Sept 16<sup>th</sup> Relay supper

Oct 17<sup>th</sup> VP's supper

Nov 17<sup>th</sup> Club dinner

Dec 3<sup>rd</sup> Club 10 roast lunch

### 200 CLUB

Organizer: Roger Counter

Tel 020 8776 0884

Recent winners:

NEXT COURIER: mid-autumn.

Any contributions and articles from members are always welcome.



## **Raise funds for Blackheath & Bromley Harriers AC when you shop online**

Blackheath & Bromley Harriers AC has teamed up with [easyfundraising.org.uk](http://easyfundraising.org.uk) who provide a great service where you can raise funds for us simply from shopping online. Use as of the 150 retailer links provided on the [easyfundraising.org.uk](http://easyfundraising.org.uk) website when you shop and each time a commission is donated back to the club, completely free of charge, many of the UK's best known retailers are participating.

Using the site

1. to start you need to Register with [easyfundraising.org.uk](http://easyfundraising.org.uk). Registration is completely FREE and you will receive an email confirming your registration has been successful. When you register you simply select Blackheath & Bromley Harriers AC from the drop down list.
2. Next, login using your username/password. This is how the system recognises who you are and which cause will benefit when you make purchases.
3. Finally, after you have logged in simply select the retailer you wish to use and make your purchase directly with them.

The donations from your purchases will be clearly displayed in your online account (which you can access when you login). Most retailers confirm donations within minutes of placing your order, but please note that some retailers can take up to 30 days to notify [easyfundraising](http://easyfundraising.org.uk).

That's all you need to do! (apart from remembering to return the fundraising website next time you shop online).

*Will you need to pay anything extra?*

No. You pay the same prices, exactly as if you visited each retailer's website directly. Using the service will not cost you a penny more than you would pay normally..

*How much can you raise?*

Up to 15% of every purchase is donated depending on which retailer you select and what you buy. To see how much will be raised click "donation" located next to each retailer.

*Are you dealing with the retailer or with easy fundraising?*

You still deal directly with each retailer. [Easyfundraising](http://Easyfundraising) simply record your visit to their website and reward Blackheath & Bromley Harriers AC if you make any purchases.

*Editing the Courier*

Anyone who saw my plea for help in the last edition and would be interested in joining a small editorial team please let me know, as I think that three people working together could turn this into an even better publication.

*And finally*

The winter cross-country handicap championship for the Bennett Cup kicks off on the 16<sup>th</sup> of September with the traditional opening event, the Will Bolton memorial cross country relays. Yours truly will be commencing his defence of the Bennett Cup, hoping for great things again this coming season. History suggests that no one defending the trophy will win it again the following year but you never know! The only runner in club history to win it more than once was Peter Stenning in 1950 and 1958 (jointly with P.G Bond). Maybe history will repeat itself (gloat, gloat).

## The Courier August 2006. Results

### Road.

#### Half marathons

July 23<sup>rd</sup> Dartford Half Marathon. 111<sup>th</sup> D. Mehmed (m40) (1:39.56)- 113. Mm A. McDonough (fv40) (1:40.03)- 153. N. Barber (m40)- 165. M. Salmon (m50) (1:44.48)- 176. Ms C. Lodwig (1.45.50)- 341. Ms J. Eastbury (1:59.37)- 348. Ms A. Jelly (fv50) (1:59.50): 560. K. Tyler (m40) (2:41.48).

#### Other distances

July 2<sup>nd</sup>. Bewl Water 15m. Wadhurst. 23<sup>rd</sup> A. Tucker (m40) (1:41.34)- 102. T. Brightwell (m50) (2:00.17)- 144. R. Strong (v50) (2:08.30)- 212. Ms A. Jelly (fv50) (2:21.03).

July 9<sup>th</sup>. Portsay Aberdeenshire 10k. G. Murray (m70) (64.01)

July 12<sup>th</sup>. Johnson Bowl walk, Hayes. 1. S. Lightman (38.55)- 2. P. Hannell (39.03)- 3. R. Brown (40.03)- 4. N. Simmons (40.53)- 5. A. Pickering (42.21)- 6. D. Hoben (45.33).

July 23<sup>rd</sup>. Julie Button Memorial 10km. Elmbridge. 204<sup>th</sup>. W. Orton ( 44.31). (*winner S. Major (SLH) 32.05*)

August 1<sup>st</sup>. Bromley Vets 2m handicap series. Norman Park, Bromley. 2. R. Brown (11.55)- 4. M. Compton (12.47) (net times given)

#### **Roy Parris Memorial Handicap Series.** (net time given in italics)

**Race 4. July 19<sup>th</sup>** 1. Bryony Proctor 33:12/19:12 (1<sup>st</sup> F)- 2. Rob Drake 33:17/19:02 (3<sup>rd</sup> M)- 3. Craig Daly 33:18/27:18- 4. Bernie Bater 33:24/18:24 (2<sup>nd</sup> M)- 5. Mick Jones 33:34/18:19 (1<sup>st</sup> M)- 6. Mike Gasson 33:39/24:09 - 7. David Carton 33:48/20:48 - 8. Jason Daly 33:56/19:26 - 9. Richard Penfold 33:59/19:44- 10. Gary Cook 34:04/19:19- 11. Pete Rogers 34:08/20:08- 12. Barry Wetherilt 34:12/20:42 -13. Clare Lodwig 34:20/21:50 (3<sup>rd</sup> F) 14. Chris Pike 34:35/21:20 -15. Mark Compton 34:40/21:55 -16. Sophie Cowper 35:09/21:09 (2<sup>nd</sup> F)- 17. Mike Cronin 35:15/22:15 -18. Trevor Delahoy 36:25/25:40 - 19. Martin Lundie 36:48/31:03 -20. Leo Swan 36:49/22:34 - 21. Dave Leal DNF.

**Race 5. August 16<sup>th</sup>** 1. David Carton (32.37/19.57)- 2. Rhiannon Lloyd (33.12/23.42)- 3. Mick Jones (33.15/18.00)(2<sup>nd</sup> M)- 4. Mark Compton (33.22/20.52)- 5. Sophie Cowper (33.27/20.57)(2<sup>nd</sup> F)- 6. Bryony Proctor (33.29/18.44)(1<sup>st</sup> F)- 7. Rob Drake (33.30/18.30)(3<sup>rd</sup> M)- 8. Barry Wetherilt (33.32/20.17)-9. Steve Pairman (33.33/18.33)- 10. Graham Coates (33.34/18.34)- 11. Darryl Hilliar (33.35/17.35)(1<sup>st</sup> M)- 12. Kate Jones (33.27/22.07)(3<sup>rd</sup> F)- 13. Jim Bailey (33.43/20.13)- 14. Colin McEntee (33.47/20.47)- 15. Jason Daly (33.51/19.51)- 16. John Copley (33.56/23.41)- 17. Trevor Delahoy (34.11/24.41)- 18. Andy Tucker (34.13/18.58)- 19. Craig Daly (34.18/28.18)- 20. Mike Cronin (34.19/21.19)- 21. Wilf Orton (34.24/22.09)-22. Steve Eccles (34.26/21.41)- 23. Gary Williams (34.28/19.28)- 24. Martin Lundie (35.20/29.20)- 25. Terry Brightwell (36.29/23.09)

### Cross Country

July 23<sup>rd</sup>. Fairlands Valley Marathon. D. King (4:00.58)- B. Smith (4.00.58) (*Dave King's 100<sup>th</sup> Marathon*)

July 9<sup>th</sup>. Beccehamians RFC 10 mile run, Sparrow's Den. 3. D. Hilliar (1:03.35)- 4. A. Tucker (1:5.02)- 5. S. Pairman (1:06.55)- 11. R. Brown (1:11.15)- 16. A. McDonough (1:13.54) (1<sup>st</sup> F)- 19. T. Brightwell (1 :07.38)- 22. K. Pratten (1:18.08)(2<sup>nd</sup> F)- 29. W. Orton (1:20.42)- 47. A. Jelly (1:31.34).

## Fell

June 15th. Walsh two lads fell 5 mile, Horwich, Nr Bolton. 67th . N. Barber (41.53)

## Track and field (A and B indicate A and B string)

June 18<sup>th</sup>. SEAA champs at Crystal Palace

**Senior Men.** 100m heats. 4<sup>th</sup> . J. Barbour (10.92)-. 3<sup>rd</sup> D. Bovell(10.88)- 100m semi-final 3<sup>rd</sup> J Barbour(10.75)-6<sup>th</sup>. D. Bovell(10.88)- 100mfinal 5<sup>th</sup>. J.Barbour (10.65): 200m heats 1. D.Grant (21.31)-3.D.Bovell(22.20)- semi-finals 1.D.Grant (21.51)-6. D.Bovell(22.49)- final. 2<sup>nd</sup>. D. Grant (21.43): 400m heats A. 3<sup>rd</sup>. N. Simpson (49.41)- B. 3<sup>rd</sup>. I. Allerton(49.56)- s-f 4<sup>th</sup>. N.Simpson (48.55)I. Allerton (49.71)- final. 5<sup>th</sup> .N. Simpson(49.38)- 7. I. Allerton (50.33): 800M heats. 4<sup>th</sup>. I. Airey (1.56.60): 1500m heats 3. J. Atkinson (4.01.40)-final 1<sup>st</sup>. JAtkinson (3.47.49): 5000m 11<sup>th</sup>. P.Tucker (15.29.44): 400mh. heats. 3<sup>rd</sup> . E. Harrison(54.4)- final 4<sup>th</sup>. E. Harrison(53.60):7<sup>th</sup> . P. Sutherland(M40) (58.00): TJ 4<sup>th</sup> S. Bobb (14.87): PV 5<sup>th</sup>. T. Robinson (4.20)- PV. 6<sup>th</sup>. A. Williams(M50)(4.00).

**Senior Women.** 100m Heats. 2<sup>nd</sup>. K.Benneworth(12.2) 4<sup>th</sup>. V. Cole (12.44)-1<sup>st</sup>. M. Douglas (11.98)- Final 2<sup>nd</sup>. M. Douglas (11.75)4<sup>th</sup>. K. Benneworth (12.1): 200m heats 3<sup>rd</sup>. V. Cole (25.50)- 5<sup>th</sup>. S. Singer (26.22)- 1<sup>st</sup>. M. Douglas (24.50)-8<sup>th</sup> V.Cole (25.36): 400m heats 4<sup>th</sup>.S. Singer (57.60): 800m heats 3<sup>rd</sup> B.Clayton(2.14.05)- 800m. f. 3<sup>rd</sup>. B. Clayton(2.10.21): 2000S/C 2<sup>nd</sup> S.Henry (7.15.13): JT 4<sup>th</sup> . C.Lawrence (44.62): LJ 2<sup>nd</sup> K. Benneworth (5.91): PV E.Hughes (N/H): TJ 3<sup>rd</sup>. S. Alaneme (12.37).

**U17 Women.** 400m heats 4. V. Nakangu (58.54): DT(1) 2<sup>nd</sup> S. Brown (42.62).

**U20Men.** 200m heats 1. D. Doyley (21.76)- 1. D. Haque (22.21)- SFinal. 1. D. Doyley (21.64)- 4. D.Haque (21.89)- Final. 2. D. Haque (21.40)- F. 4. D. Doyley (21.64): 400m heats 2. S. Blackwell (50.79)- D.Parsons (DNF)- 4.A. Babb (50.86- Sfinal. 5. S. Blackwell (51.86)- Sfinal 4. A. Babb (50.44)- final A. Babb (DNF): 800m heats 2. J.Poole(1.56.5)- heats R. Davies (DNF)- final 7.J. Poole (1.56.90): 110m H heats 4. M. Shoker (16.74)- heats 1. A. AlAmeen (14.94)- heats rd 2. 2.A. Al Ameen (14.96): 400m H (91.4) heats. A. 6. A. Healy (64.46): HT(6) 1. Amir Williamson (68.97)- 2. Alistair Williamson (58.27): LJ 1. J. Lindor Thomas (7.17m): PV 3. S. Huggins (4.20)

**U20 Women.** 100m heats 3. A. Shand-Whittingham(12.31): 200m heats 1. A. Godsell (24.85)- 3. A. Shand-Whittingham (25.06): finals 3. A. Godsell (24.75)- 5. A. Shand-Whittingham (25.13): 400m heats 2. R.Syrocki (57.62): Final. 2. R. Srocki (56.67) :1500m heats 5. B. Proctor (4.49.86): 400mH heats (76.2) 1. C. Cooper (61.90): - 2. K. Murray (62.93)- final 5.K. Murray (62.87): DT(1) 4. F. Clark (35.81m): HJ 5. A. Smith (1.60m): HT(4) 1. R. Blackie (56.74m)- 2. V. Thomas (53.22m): JT(600)2. J. Dodd (43.97m): LJ 3. E. Martin (5.50m): SP(4) 4. F. Clark (10.32m): TJ 7. J. Castell-Thomas (1.09m).

July 3<sup>rd</sup> British League - Carlisle 100m A. 3<sup>rd</sup> .Jonathan Barbour (10.83) –B. 2<sup>nd</sup> Danny Doyley(10.89) : 200m. A. 3<sup>rd</sup> . Danny Doyley (21.71)- B. 1<sup>st</sup> Julian Golding (21.40): 400m A. 4<sup>th</sup> . Neil Simpson (49.26) –B. 7<sup>th</sup> . Ian Allerton (50.61) : 800m A. 7<sup>th</sup> . Jamie Atkinson (1.58.42) – B. 7<sup>th</sup> Dan Ryan (2.01.46) : 1500m A. 8<sup>th</sup> . Nick Gasson (4.08.12)- DNF Jamie Atkinson: 5000m A. 5<sup>th</sup> . Peter Tucker (15.30.94)-B. 8<sup>th</sup> . Steve Holmes (18.09.86): 3000 S/C A. 8<sup>th</sup> . Alex Bruce- Littlewood (10.45.30)- B. 5<sup>th</sup> . Richard Hall (11.25.01):110m H A..7<sup>th</sup> Paul Sutherland (16.69)- B.7<sup>th</sup> . Richard Holt (17.63): 400m H 3<sup>rd</sup> . Ed Harrison (54.30)- B. 6<sup>th</sup> . Paul Sutherland (57.91): L. Jump A. 7<sup>th</sup> . Sam Bobb (6.45)- B. 5<sup>th</sup> . Bomene Barikor (6.24) : Tjump A. 6<sup>th</sup> Sam Bobb (14.38)- B. 3<sup>rd</sup> . Bomene Barikor (12.25): H jump A. 7<sup>th</sup> . Bomene Barikor (1.80)- B. 7<sup>th</sup> .Neil Simpson (1.75): PV. A. 4<sup>th</sup> . Scott Huggins (4.50)- B. 3<sup>rd</sup> . Allan Williams (4.00): shot. A. 8<sup>th</sup> . Paul Sutherland (7.47)-B. 8<sup>th</sup> . Richard Holt (7.15): Hammer A. 5<sup>th</sup> . Alistair Williamson (50.42m)- B. 8<sup>th</sup> .Richard Holt (13.24): Discus A. 8<sup>th</sup> . Alistair Williamson (35.31)- B. 7<sup>th</sup> . Paul Sutherland (23.73) : Jav throw A. Paul Sutherland (33.70)- B.7<sup>th</sup> . Richard Holt (26.86): 4x100 2<sup>nd</sup> (Julia Golding,Jonathan Barbour,Danny Doyley, Duayne Bovell)(41.96): 4x400 4<sup>th</sup> (Neil Simpson,Bomene Barikor,Ed Harrison,Ian Allerton (3.18.19) *Blackheath & Bromley finished*

8<sup>th</sup> with 206 points

June 18<sup>th</sup> - Kent Young Athletes League - Bexley

U13 GIRLS Shot 1. Mollie Norris (6.81)-1. Laura Ashley Ward (6.71): 70m H 3. Kelly Davey (13.7) –2. Jessica Jones (16.1): 600m 4. Jessica Jones (2.05) – 2. Laura Ashley Ward (2.10.03): Discus 1. Mollie Norris (17.31)-1. Sian Duffy (12.09): 175m 3. Rebecca Ella (11.3)-2. Ayoni Williams (11.4): Long Jump 3. Ellie Duffy Penny (3.21) 4. Victoria Nicol Smith (3.45) :150m Sian Duffy (21.4) 2<sup>nd</sup>-Victoria Russell (24.33): High Jump 4. Georgina Chew 1.00- 4. Hannah Cook (1.15): 1000m 4. Siobhan Parr (3.54.7)-1. Victoria Russell (3.55.3): Javelin 1. Mollie Norris (13.56)- 1. Ellie Dumper (14.94): 2000m Walk 2. Georgina Chew (14.26)-1. Siobhan Parr (14.28): 4 x 100m Relay 1<sup>st</sup> (Sian Duffy, Letitia Noel, Christine Lyston, Amara Jacobs) (54.4) *Total Points 179 Match Position 1st*

June 25<sup>th</sup> Young Athletes Junior League Southern premier, Battersea Park.

U13 Girls HighJump A. 4. Christine Lyston (1.20)- B. 2. Hannah Cook (1.152):150m A. 2. Letitia Noel (20.3)- B. 1. Christine Lyston (21.4) : 80m A.. 4. Georgina Chew (2.36.4)- B. 2. Nancy Carney Holland (2.38.0) Shot A. 3. Kelly Davey (7.75)-B. 1. Mollie Norris (7.31): 70m Hurdles A. 1. Sian Duffy (12.0)- B. 1. Kelly Davey (13.5): Long Jump A. 1. Lauren Stevens (4.19m)- B. 1. Letitia Noel (3.87m): 1200m A. 3. Hannah Cook (4.34.4)- B. 2. Jessica Jones (4.52.0): 75m A. 3. Letitia Noel (10.6)- B. 1. Amara Jacobs (10.7): 4 x 100m Relay 1st (Christine Lyston, Sian Duffy, Amara Jacobs Letitia Noel) (55.1) *Team 1st with 54 Points*

U15 Girls Long Jump A. 3. S. Hurlock (4.63)- B. L Forbes-Morris 4.60 G. Shepherd 26.52nd J. Raikes 28.1 2<sup>nd</sup>: 800m 2. J. Saville (2.23.2)- B. 1<sup>st</sup> S. Gordon (2.29.8): HighJump A. 1<sup>st</sup> J. Matthews (1.67)- B. 1<sup>st</sup> N. Nelson-Roberts (1.50): Discus A. 1<sup>st</sup> E. Patten (21.78)- B. 1<sup>st</sup> N. George (12.9): Javelin A. 2<sup>nd</sup> H. Silvester (22.55)- B. 1<sup>st</sup> N. George (17.69) :100m A. 2<sup>nd</sup> D. Annon (13.4) – B. 2<sup>nd</sup> R. Cook (13.8): Shot A. 1<sup>st</sup> E Patten (8.56)- B. 2<sup>nd</sup> N. George (7.26): 1500m A. 1<sup>st</sup> M. Fewster (5.01.0)- B. 1<sup>st</sup> D. Critchley (5.06.1): 4 x 100 Relay 2<sup>nd</sup> (1. S. Hurlock ,2. J. Saville 3. J. Raikes, 4. R. Cook) (52.2) *Total Points 73, Match Position 1st*

U17 Women Hammer A. 1<sup>st</sup> Oyebanke Jemiyo (35.37)- B. 1<sup>st</sup> Shaunagh Brown (23.80): 300m Hurdles 1<sup>st</sup> A. Sarah McLellan (46.11)- B. 1<sup>st</sup> Rebecca Haywood (49.8): LongJump A. 1<sup>st</sup> Isabel Ivy (5.22)- B. 1<sup>st</sup> Lauren Blackie (4.95): 200m A. 3<sup>rd</sup> Katrina Cosby (26.5)- B. 2<sup>nd</sup> Sarah Harrison (27.1): 800m A. 2<sup>nd</sup> Rebecca Taylor (2.25.8)- B. 1<sup>st</sup> Sarah McLellan (2.28.1): PoleVault A. Emily Godley (CAN) – B. Rachel Arnheim (CAN): High Jump A. 2<sup>nd</sup> Rebecca Haywood (1.40m)- B. 2<sup>nd</sup> Jessica Harding (1.40m): Discus A. 1<sup>st</sup> Shaunagh Brown (41.14m)- B. Oyebanke Jemiyo N/T: 3000m A. 2<sup>nd</sup> Catherine Chambers (12.11.1) –B. 1<sup>st</sup> Hannah Garcia (12.15.7): 80m Hurdles A. 1<sup>st</sup> Sarah McLellan (13.0)- B. 1. Julia Stacey (13.6): 300m A. 2<sup>nd</sup> Isabel Ivy (42.5)- B. 1<sup>st</sup> Katrina Cosby (42.7): Javelin A. 1<sup>st</sup> Sarah McGuire (28.47m)- B. 3<sup>rd</sup> Chloe Shaw (12.01m): 100m A. 3<sup>rd</sup> Lauren Blackie (12.8)- B. 3<sup>rd</sup> Sarah Harrison (13.0): Shot A. 1<sup>st</sup> Shaunagh Brown (11.06m)- B. 1. Sarah McGuire (9.78m): 1500m A. 4. Jessica Harding (6.42.9): TripleJump A. 2<sup>nd</sup> Isabel Ivy (10.65)- B. 1. Emily Godley (10.20): 4 x 100m Relay 1<sup>st</sup> (Sarah Harrison, Emily Godley, Katrina Cosby, Lauren Blackie) (50.9): 4 x 300m Relay 1<sup>st</sup> (Sarah McLellan, Rebecca Haywood, Katrina Cosby, Isabel Ivy) (2.57).

*U17 GIRLS Total Points 102 Match Position 1<sup>st</sup> GIRLS' TEAM Total Points 229 Match Position 1st COMBINED BOYS/GIRLS' TEAM Total Points 446 Match Position 2nd*

July 16<sup>th</sup> - National Junior Athletic League - Ware

Men. 100m A. 2<sup>nd</sup> D Doyley (10.7)-B. 5<sup>th</sup> M Crooks (11.9): 200m A. 6<sup>th</sup> S. Blackwell (22.8)- 6<sup>th</sup> M. Crooks (24.00): 400m A. 4<sup>th</sup> A. Babb (51.00)- B. 3<sup>rd</sup> A. Stockdale (53.3): 800m A. 7<sup>th</sup> R. Daniel (2.15:1)- B. 5<sup>th</sup> R. D'Angelo (2.09:5): 1500m A. 7<sup>th</sup> D. Brewer (4.19:5)- B. 6<sup>th</sup> C Ward (4.40:2): 3000m A. 7<sup>th</sup> J Vintner (9.41:2)- B. 6<sup>th</sup> Szczepanski (11.26:0): 2000m s/c A. 3<sup>rd</sup> A. Littlewood (6.31:0)- B. 3<sup>rd</sup> S. Simpson (7.28:0): 110mH A. 1<sup>st</sup> A. Alameen (14.6)- B. 2<sup>nd</sup> S. Hemmings (15.4): 400mH A. 6<sup>th</sup> J. Summersby (60.60)- B. 3<sup>rd</sup> A. Healy (60.20): 4 x 100m relay 2<sup>nd</sup> (A Stockdale, S Blackwell, A. Alameen, D. Doyley) (43.4): 4 x 400m relay 1<sup>st</sup> (S. Blackwell, R D'Angelo A Babb, D Doyley) (3.24:5): Discus A. 2<sup>nd</sup> A. Williamson (43.37m)- B. 4<sup>th</sup> A. Alameen (27.36m): Shot A. 5. Al Williamson (11.92m)- B. 6. S Blackwell (10.11m): Hammer A. 1. Al Williamson (49.64m)- B. 7. R D'Angelo (6.38m): Javelin A. 8. D. Willis (15.21m)- B. 7 R D'Angelo (11.58m): Long Jump A. 8. D Willis (5.71m)- B. 6. J Odametey (5.49m): High Jump A. 1. S. Hemmings (2.00m)- B. 5. D. Willis (1.70m): Triple Jump A. 2. J Odametey

(13.97m)- B. 6. D Willis (11.42m): Pole Vault A. 1. S Huggins (4.40m)- B. 6. S. Hemmings (2.00m) *Blackheath & Bromley finished 4<sup>th</sup> with 427.5 points*

Women. 100m A. 6<sup>th</sup> Lauren Blackie (12.8)- B. 6<sup>th</sup> Sarah Harrison (13.2): 200m A. 3<sup>rd</sup> Kara Graham (25.2)- B. 8<sup>th</sup> Sarah Harrison (27.3): 400m A. 2<sup>nd</sup> Rebecca Syrocki (57.6)- B. 3<sup>rd</sup> Katrina Crosby (61.5): 800m A. 6<sup>th</sup> Rebecca Taylor (2.28.6)- B. 4<sup>th</sup> Ella Fisher (2.28.1): 1500m A. 3<sup>rd</sup> Bryony Proctor (4.47.1)(PB)- B. 6<sup>th</sup> Rebecca Taylor (5.52.9): 3000m A. 6<sup>th</sup> Sarah Coombs (12.09.2)- B. 3<sup>rd</sup> Laura Kastoryano (13.40.7): 1500ms/c 3<sup>rd</sup> Catherine Chambers (6.19.3): 100MH A. 8<sup>th</sup> Jo Wood (8 17.9)- B. 3<sup>rd</sup> Leanne Critchley (18.1): 400mH 1<sup>st</sup> A. Sarah Harrison (66.1)- B. 5<sup>th</sup> Jo Wood (77.8): 4 x 100m relay 3<sup>rd</sup> (Lauren Blackie, Sarah Harrison, Rebecca Syrocki ,Kara Graham) (3 50.2): 4 x 400m relay 3<sup>rd</sup> (Sarah McLellan, Ella Fisher, Katrina Crosby, Rebecca Syrocki) (4.08.9): Discus A. 8<sup>th</sup> Chloe Shaw (18.97m): B. 8<sup>th</sup> Katrina Crosby (11.46m): Shot A. 8<sup>th</sup> Leanne Critchley (6.59m)- B. 7<sup>th</sup> Sarah Harrison (6.41): Hammer A. 8<sup>th</sup> Rebecca Taylor (11.90m)- B.6<sup>th</sup> Jo Wood (8.93m): Javelin A. 4<sup>th</sup> Emily Godley (17.97m)- B. 7<sup>th</sup> Chloe Shaw (12.34m): Long Jump A. 7<sup>th</sup> Lauren Blackie (4.98m)- B. 5<sup>th</sup> Jade Castell (4.86m): High Jump A. 2<sup>nd</sup> Anna Smith (1.55m)- B. 2<sup>nd</sup> Jessica Harding (1.40m): Triple Jump A. 6<sup>th</sup> Jade Castell (10.68m)- B. 5<sup>th</sup> Rachel Arnheim (9.79m): Pole Vault A. 1<sup>st</sup> Rachel Arnhiem (3.30m)- B. 1<sup>st</sup> Emily Godley (3.20m).

#### July 16<sup>th</sup> National Junior League Match 3 - Stevenage

100m A. 2<sup>nd</sup> D Doyley (10.7)- B. 5<sup>th</sup> M Crooks (11.9): 200m A. 6<sup>th</sup> S. Blackwell (22.8)- B. 6<sup>th</sup> M Crooks (24.00): 400m A. 4<sup>th</sup> A. Babb (51.00)- B. 3<sup>rd</sup> A. Stockdale (53.3): 800m A. 7<sup>th</sup> R. Daniel (2.15:1)- B. 5<sup>th</sup> R.D'Angelo (2.09:5): 1500m A. 7<sup>th</sup> D. Brewer (4.19:5)- B. 6<sup>th</sup> C. Ward (4.40:2): 3000m A. 7<sup>th</sup> J. Vintner (9.41:2)-B. 6<sup>th</sup> B. Szczepanski (11.26:0): 2000m s/c A. 3<sup>rd</sup> A. Littlewood (6.31:0)- B. 3<sup>rd</sup> S. Simpson (7.28:0):110mH A. 1<sup>st</sup> A. Alameen (14.6)- B. 2<sup>nd</sup> S. Hemmings (15.4): 400mH A. 6<sup>th</sup> J. Summersby (60.60)- B.3<sup>rd</sup> A. Healy (60.20): 4 x 100m 2<sup>nd</sup> (A. Stockdale, S Blackwell A Alameen, D Doyley)(43.4): 4 x 400m 1<sup>st</sup> (S. Blackwell, R D'Angelo, A Babb, D Doyley)(3.24:5): Discus A. 2<sup>nd</sup> Al Williamson (43.37m)- 4<sup>th</sup> A. Alameen (27.36m): Shot A. 5<sup>th</sup> Al Williamson (11.92m)- B. S Blackwell (10.11m): Hammer A. 1<sup>st</sup> Al. Williamson (49.64)- B. 7<sup>th</sup> R. D'Angelo (6.38?): Javelin A. 8<sup>th</sup> D. Willis (15.21m)- B. 7<sup>th</sup> R. D'Angelo (11.58m): Long Jump A. 8<sup>th</sup> D. Willis 5.71m)- B. 6<sup>th</sup> J. Odametey (5.49m): High Jump A. 1<sup>st</sup> S. Hemmings (2.00m)- B. 5<sup>th</sup> D. Willis (1.70m): Triple Jump A. 2<sup>nd</sup> J. Odametey (13.97m)- B. 6<sup>th</sup> D. Willis (11.42m): Pole Vault A. 1<sup>st</sup> S. Huggins (4.40m)- B. 6<sup>th</sup> S. Hemmings (2.00m). *Blackheath & Bromley A string team. 3rd. 269 points. B. string team. 4<sup>th</sup> 427.5 points.*

#### July 22<sup>nd</sup> - Southern League - Div 2 Portsmouth

100m A. 5. Tim Ayres (12.5)- B. 5. Mark Purser (13.20): 200m A. 5. Tim Ayres (25.10)- B. 5. Mark Purser (28.1): 400m A 4 Dale Willis (53.10)- B 5. Dan Ryan (54.10): 800 A. 1. Martin Airey (1.58.3)- B 1. Dan Ryan (1.59.5) 1500m A. 1. Scott Overall (4.06).5 B 2. David McKinlay (4.23.6): 5000m A 1. Scott Overall (14.55.6) B 1. Peter Tucker (15.23.1): 110H A 4. Paul Sutherland (18.1) B 4. Richard Holt (18.50): 400mH A 3. Paul Sutherland (57.5) B 3. Richard Holt (60.3): 3000m s/c A. 4. David McKinlay (10.37.2)- B 3. Richard Hall (11.20.3): HJ A. 5. Dale Willis (1.65m)- B 4. Mark Purser (1.30m): LJ A 5 Paul Sutherland (5.56m)- B 5. Tim Ayres (4.98m): TJ A 4. Dale Willis (11.76)- B 5. Tim Ayres (9.77): PV A 5. John Robinson (1.10m)- B 5. Mark Purser (1.10m):SP A. 3. Alex Pope (11.42m) B 5. Paul Sutherland (7.71): JT A 1. Alex Pope (52.93)- B 3. Paul Sutherland (35.58): HT A 4. Alex Pope (33.19)- B 5 John Robinson (11.12): 4x100m relay 4<sup>th</sup> . (Paul Sutherland ,Tim Ayres, Mark Purser, Dale Willis) (47.5):4x400m 2<sup>nd</sup> (Martin Airey,Dan Ryan,Dale Willis, Scott Overall) (3.32.9)

#### July 29<sup>th</sup> Norwich Union Grand Prix.

Women's 200m 5. M. Douglas (23.81)- 200m (Spar Sprints Initiative) J. Akala (22.18)- Javelin 6. C. Lawrence

#### 30<sup>th</sup> July. British Athletics League Plate. Semi-final. Eton.

**Men.** 100m. 1. D. Grant (10.5): 200m. 1. D. Grant (20.98): 400m 2. N. Simpson (49.11): 800m 1. S. Overall (1.54.15): 1500m 1. M. Skinner (3.52.31): 5000m 3. P. Tucker (15.33.16): 10,000m 7. R. Hall (40.57.33): 110m hurdles 2. M. Elliott (14.53): 400m hurdles 5. P. Sutherland (56.87): 3000m s/c 5. A. Gibbins (10.05.99): Discus 7. P. Sutherland (22.91m): Hammer 6. J. Robinson (11.12m): HJ 4. B. Barikor (1.80m): Jav. 1. S. Harvey (62.13m): LJ 4. S. Bobb (6.49m): PV. 4(joint) J. Robinson (1.50m): shot 5. M. Elliott (11.41m): TJ 1. S. Bobb (14.74m): 4x100m relay. 1<sup>st</sup> (D. Doyley, J. Barbour, J. Golding, J. Grant) (40.34): 4x400m relay. 1<sup>st</sup> (N. Simpson, J. Golding, I. Allerton, D. Doyley) (3.17.01).

**Women.** 100m 7. J. Butler (15.18): 200m 5. K. Murray (26.37): 400m 5. S. McLellan (1.00): 800m 3. J. Butler (2.22.07): 1500m 3. J. Butler (4.56): 3000m 2. B. Proctor (10.28.12): 100m hurdles 6. E. Hughes (20.44): 400m

hurdles 2. K. Murray (1.03.28): Discus 1. S. Brown (44.23m): Hammer 3. B. Simpson (29.09m): HJ 3(joint) S. Alaneme (1.40m): Jav 1. C. Lawrence (40.63m): LJ 6. K. Murray (4.51m): PV 1. E. Hughes (3.50m): Shot 3. S. Brown (11.88m): TJ 7. S. Allerton (8.79m): 4x100m relay. 4<sup>th</sup> A. Jacobs, S. McLellan, J. Butler, K. Murray (55.40): 4x400m relay. 3<sup>rd</sup>. (K. Murray, S. McLellan, J. Butler, E. Fisher) (10.27). *Blackheath & Bromley finished 2<sup>nd</sup> with 224.5 points*

19<sup>th</sup> to 30<sup>th</sup> July. European Masters Championships, Poznan, Poland

M40. 1. D. Taylor (14.42.34) (*gold medal*): M55. 400m 2. R. Minting (55.58) (*silver medal*): 800m 1. R. Minting (2.07.42) (*silver medal*): 1500m . 1. R. Minting (4.40.19) (*gold medal*):4x100m relay: Team 2<sup>nd</sup> : 4x400m Team 1<sup>st</sup> : M50. 100m SF. 1. T. Phillips (12.21)- F. 8. T. Phillips: 200m heats T. Phillips (25.51)- SF T. Phillips (25.46). M70. PV. 3. J. Day (2.40m).(*bronze medal*)

August 5<sup>th</sup> British League (senior men)- Sheffield

100m. A. 1<sup>st</sup> Dwayne Grant (10.5)- B. 1. Jonathan Barbour (10.8): 200m A. 2. Julian Golding (21.7)- B. 2 Danny Doyley (21.8): 400m A. 2. Neil Simpson (48.9)- B. 4. Ian Allerton (50.8): 800m A. 3. Scott Overall (1.55.9)- B. 3. Martin Airey (1.55.6): 1500m A. 1. Scott Overall (3.53.2)- B. 1. Jamie Atkinson (3.55.8): 5000m A. 1. Scott Overall (14.33.0)- B. 2. Joe Mills (15.27.8): 3000m S/C A. 4. David McKinlay (9.54.7)-B. 1. Peter Tucker (9.55.9): 110m H A. 1. Mensah Elliott (14.9)- B. 3. Paul Sutherland (16.8): 400m H A. 3. Ed Harrison (54.3)- B. 3. Paul Sutherland (57.5): LONG JUMP A. 2. Neil Simpson (6.87m)- B. 2. Sam Bobb (6.65m): TRIPLE JUMP A. 4. Sam Bobb (14.29)- B. 4. Ian Allerton (12.45): HIGH JUMP A. 7. Neil Simpson (1.70m)- B. 4. Alex Pope (1.70m): POLE VAULT A.7. Alan Hardy (3.40m)- B. 3. Alex Pope (2.10m): SHOT A. 5. Mensah Elliott (11.35m)- B. 4. Alex Pope (10.36m): HAMMER A. 6. Alistair Williamson (48.79)- B. 5. Alex Pope (33.93): DISCUS A. 6. Alex Pope (37.52)- B. 4. Alistair Williamson (37.39): JAVELIN A. 1 Stuart Harvey (62.93)- B. 5. Alex Pope (39.94): 4x100m relay 1<sup>st</sup> team (Dwayne Grant, Jonathan Barbour, Julian Golding, Danny Doyley) (40.6): 4x400m relay 3<sup>rd</sup> team (Neil Simpson, Ian Allerton, Ed Harrison, Danny Doyley) (3.17.9). *Blackheath & Bromley finished 3<sup>rd</sup> with 352 points.*

August 5<sup>th</sup> - Southern League - Div 2 Chelmsford

100m A. 2. Duane Bovell (10.9)- B. 5. Mark Purser (12.90): 200m A. 2. Duane Bovell (22.70)- B. 3. Tom Robinson (24.1): 400m A. 1. Daniel Haque (49.80)- B. 3. Richard Daniel (54.70): 800m A. 4. Richard Daniel (2.09.1)- B. 4. Chris Hogg (2.15.7): 1500m A. 1. Daniel Ryan (4.16.2) B. 1. Danny Brewer (4.18.9): 5000m A. 4. Jon Thorpe (16.01.2) B. 4. Alistair Cliff (17.11.0): 110mH A. 5. Richard Holt (17.2)- B. 2. Mark Purser (17.60): 400Hm A. 2. Dale Willis (61.7)- B. 2. Richard Holt (60.1): 3000mS/C A. 4. Chris Hogg (11.48.4)- B. 4 Michael Leal (12.10.8): HJ A. 5. Dale Willis (1.75m) B. 4. Chris Hogg (1.50m): LJ A. 3. Dale Willis (5.71m) B. 2. Mark Purser (5.48m): TJ A. 3. Dale Willis (12.29m)- B. 3. Richard Daniel (10.81m): PV A. 1. Tom Robinson (4.20m)- B. 2. Jim Day (2.40m): SP A. 5. Duane Bovell (9.69m)- B. 5. Richard Holt (6.94m): DT A. 5. Richard Holt (20.75m)- B. 5. Mark Purser (19.64m): JT A. 5. Richard Holt (31.53m)- B. 5. Mark Purser (5.24m): HT A 5 John Robinson (11.72m)- B. 5. Richard Barrett (9.52m): 4x100m relay 3<sup>rd</sup> (Mark Purser, Richard Holt, Daniel Haque, Duane Bovell) (46.5): 4x400m relay A. 3. Dale Willis, Richard Daniel, Danny Brewer, Daniel Ryan)(3.39.1) *Blackheath and Bromley finished 3<sup>rd</sup> with 93.5 points*

August 5<sup>th</sup>. AAA's Under 17 and Under 15 Championships, Birmingham U17 women. Discus. 1<sup>st</sup>. Shaunagh Brown (44.95): 5km walk 1<sup>st</sup> Chelsea O'Rawe Hobbs (26.44.55): PV. 1. Rachel Arnheim (3.20m)- Emily Godley (3.10m): 100m 3<sup>rd</sup> James Akala (10.73): 200m 2<sup>nd</sup> James Alaka (21.68): **U15 boys** 400m 2<sup>nd</sup> Dan Putnam (51.22): 800m 3<sup>rd</sup> Stephen Cavey (2.03.38): 1500m s/c 5<sup>th</sup> Alex Bruce Littlewood (4.37.79): Hammer 1<sup>st</sup> Andrew Jordon (56.20).

August 6<sup>th</sup> - Kent Young Athletes League - Sutcliffe Park

**Under 13's** Shot A. 1 Mollie Norris (7.49)- B.1. Kelly Davey (8.86): 70m Hurdles A. 2. Sian Duffy (11.6)- B.1.Lauren Stevens (12.0): 600m A. 3.Hannah Cook (2.03)- B.1.Francesca Waters (2.04.9): Discus A.Mollie Norris NT- B.1.Ellie Dumper (15.67):75m A. 2.Letitia Noel (11.1)- B.2.Christine Lyston (10.7): Long Jump A.2. Lauren Stevens (4.09)-B. 2.Letitia Noel (3.35):150m A. 2.Amara Jacobs (21.1)- B. 1.Sian Duffy (21.1): High Jump A. 3.Christine Lyston (1.25m)- B. 2. Hannah Cook (1.15m): 1000m A.1.Georgina Chew (3.27)- B. 3. Siobhan Parr (3.59): Javelin A. 1.Mollie Norris (20.09m)- B. 1.Ellie Dumper(13.06m): 2000m Walk A.2. Georgina Chew (14.53.8)- B.2. Siobhan Parr (14.09.6): 4 x 100m Relay (Christine Lyston,Letitia Noel,Amara Jacobs,Sian Duffy)(54.8). **Under 15's** Javelin A. 3. Nicole George (13.31m)-75m Hurdles A 2. Nenisha Nelson Roberts (13.2)- B. 1. Michelle Fewster (16.1): 800m A. 2.Danielle Critchley (2.33.1)-B. 1.Lucy Price (2.38.4): Shot A. 1. Emma Armstrong (7.45m)- B. 1. Nicole George (7.6m): 100m A. 2. Jasmyn Raikes (13.2)- B. 2. Rebecca Cook (13.8): Pole Vault A. 1.Jessica Nicol-Smith (2.3m)- B: High Jump A. 1. Nenisha Nelson Roberts (1.52m)- B. 1. Emma Armstrong (1.4m): 300m A. 5. Michelle Fewster (48.0)- B. 2.Danielle Critchley (47.1): 200m A. 3. Jasmyn Raikes (28.8)- B. 3. Nicole George (29.3): Discus A. 2. Emma Armstrong (17.58m)- B. 3. Danielle Critchley (7.81m): 1500m A. 1. Rebecca Smith (5.14)- B. 1. Michelle Fewster: Long Jump A. 1. Rebecca Cook (4.71m)-B.1. Nenisha Nelson Roberts (4.23m): 2000m Walk A. 1.Rebecca Smith (14.33.2)-B. 1. Lucy Price (14.22.8): 4x100m Relay 1<sup>st</sup> (1 Jasmyn Raike 2 Nicole Georg 3 Rebecca Cook 4 Nenisha Nelson Roberts (52.6)).

August 12th. BMC Grand Prix Final, Manchester. 1500m. 3. M. Skinner (4.05.29).

August 12/13th. Celtic Games, Waterford, Rep. Ireland. U18men. PV. 1st. S. Huggins (4.70m) (for Scotland)

August 12th. U23 Interarea match, Derby. Men. 1500m 1st . J. Atkinson (3.58.60) : Jav. 2<sup>nd</sup> . S. Harvey (68.08).Women. 3000m walk 9. H. Williams : U20 Hammer. 1st R. Blackie (53.66m).

August 12th Southern Women's League - Sutton Arena

100m A. 5 K. Welch (14.9)- B. 5. H. Godsell (14.3): 200m A. 5. S. Bye (30.6)- B. 4. H. Godsell (29.9): 400m A. 5. R. Chadwick (67.2)- B. NR: 800m.A. 3. K. O'Mahoney (2:28.7)- B. NR: 1500m A. 2. J. Butler (5:01.7)- B. 5. A. Cilia (6:38.5): 3000m A. 2. J. Butler (10:53.4)\*- B. NR: 400m Hurdles A. 5. K. Welch (79.7)- B. NR : 4x100m relay 5<sup>th</sup> (56.8): Pole Vault A. 5. A. Cilia (1.70)- B. NJ: Long Jump A. 5. K. Welch (4.53)- B. 4. A Cilia (3.25): Shot Putt A. 2. S. Brown (11.13)\*- B. 5. S. Bye (6.88): Discus A. 1. S. Brown (42.44)\*- B. 3. S Bye (18.97): Javelin A. 4. S. Bye (25.34)- B. 5. A. Cilia (11.20): Hammer A. 1. R. Blackie (53.33)\* -B. 3. S Brown (24.49) **U15s** 100m A 1. D Annon (13.4)- B. 5. R Channon (14.7): 200m A 3. N George (29.8)- B. NR: 800m A. 2. L Price (2:45.8)- B. NR: 1500m A. 3. J Linker (5:53.3)- B. NR: 4x100m 2<sup>nd</sup> (54.0): High Jump A. 5. L Forbes-Morris (1.20m)- B. 5. R Channon (1.15m): Long Jump A. 2. L Forbes-Morris (4.92m)\*- B. 5. D Annon (3.82m): Shot Putt A. 2. N George (8.40m)- B. 1. C Orunta (8.01m): Discus A. 2. N George (21.60)- B. 1. C Orunta (18.58m): Javelin A. 5. R Channon (9.40m)- B. 4. C Orunta (8.94) *Blackheath & Bromley finished 5<sup>th</sup> with 96 points* \* Athletics Weekly performance

August 13<sup>th</sup> - National Junior Athletic League - Eton

**Women** 100m A. 2. Anike Shand-Whittingham (12.4)- B. 1.Amy Godsell (12.3):200m A. 1.Amy Godsell(24.9)- B. 3. Kara Graham (26.0):400m A. 4<sup>th</sup> Katrina Cosby (61.1)-B. 4. Rebecca Haywood (71.0): 800m A. 5. Ella Fisher(2.24.5)-B. 3. Sarah Coombs(2.37.0): 1500m A.5. Ella Fisher(5.07.8)-B.3. Sarah Coombs(5.43.3): 3000m A.5. Catherine Chambers(12.28.7)-B. 4. Debbie Shearing (12.35.0): 100mH A.1. Serita Solmon (14.9)- B. 3. Katie Murray(17.5): 400mH A.1. Katie Murray(66.1)- B. 3. Rebecca Haywood (72.6): 4 x 400m relay 4<sup>th</sup> (Katrina Cosby,Amy Godsell,ClareCooper,KatieMurray) (4.15.9): Discus A. 1.



Shaunagh Brown (41.60): Shot A.1. Shaunagh Brown (11.25)-B. 4. Sarah McGuire (7.56): Hammer 2.A. Oyebanke Jemiyo (36.36)-B. 1. Shaunagh Brown(23.49): Javelin A. 6. Sarah McGuire (30.23)- B.7. Chloe Shaw (16.01): Long Jump A. 3. Emily Martin(5.19)-B. 3. Isobel Ivy(4.90): High Jump A. 4. Anne Smith(1.50m)-B. 4. Jessica Harding (1.35m): Triple Jump A. 4. Jade Castell(11.07m)-B. 1. Lauren Blackie(10.85m)- Pole Vault A. 2. Emily Godley(3.15m)- B. 1.Rebecca Haywood (2.45m). *Blackheath & Bromley finished 1<sup>st</sup> with 510 points*

## Triathlons

August 6<sup>th</sup>. London Triathlon. (1500m swim, 40km cycle, 10km run.  
D. Mehmed (2:33.13)- K. May (2:33.16)- R. Hall (2:41.46)



19th British Masters Open Road Relay Championships 2006 held at Sutton Park - B&B win the over 50's Championship.