



# 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.

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8.Track & Field, 11 NYAL final photos, 12. Jack Lovelock lecture.

## From the editor:

### *Young athletes gain double-firsts in major championships*

At the McCains NYAL Final in Birmingham on September 6<sup>th</sup> the club's young athletes won the National Champions title. In a classic match with the lead constantly changing and the final positions only decided in the last of 82 events, it was the strength and depth of the team that won the title, but individual performances such as those of Ben Hopkins in the 400 metres, Christine Lyston and Chelsea Crouser in the High Jump, and Mark Longhurst winning the pole vault gave the teams sufficient momentum to sustain their challenge. Ultimately it fell to the relay teams, particularly the mens under 17s in the 4x100 metres to deliver the winning thrust as Ronnie Pocklington's final leg drove the club home for victory and the title. Two weeks later it was the junior women representing the United Kingdom, who won the European Champions Club Cup in Bosnia. Although this was by a very small margin from the Polish team 14 medals, including 5 golds were won by the girls and the UK were promoted to next year's final where Blackheath will again represent the nation.

Meanwhile the Parris Shield was won jointly by Chris Pike and Mick Jones in a dramatic finish that went to the wire. The Bennett cup season is now up and running and after two events there is also a joint leadership with Ross Braden and John Leeson each gaining 102 points from events held in fine weather and firm conditions underfoot. Handicap winners were Steve Holmes and Wilf Orton.

## SOME COMING EVENTS.

Nov 14. Kent league, Swanley  
(except senior men)  
Nov 21. Mob match v Orion H,  
Chingford. (BC3)  
Nov 28. South of Thames 5,  
Sparrows Den  
Dec 5. Kent league, Swanley  
(except senior women)  
Dec 12. European x/c  
championships, Dublin.  
Dec 12. Kent County Masters  
Dec 19. Xmas Yacht Handicap,  
Hayes (BC4)  
Dec 19. South of Thames  
Senior, Wimbledon.  
Dec 20. Gaston Roelants5k/10k  
crosscup  
Dec 26. Fancy dress paperchase,  
Hayes

## SOCIAL

(All events held at BHHQ  
unless otherwise stated)  
Nov 13. Club Dinner  
Dec 16. Wednesday nighter's  
Christmas supper  
Dec 19. Christmas supper.

## 200 CLUB

Organizer: Roger Counter  
Tel 020 8776 0884

NEXT COURIER: mid to late  
December 2009

Any contributions and articles  
from members are always  
welcome.

### *World Masters Championships, Lahti, Finland 28 July to 8 August 2009*

Although only four members the Club were included in the Great Britain squad at the World Masters Championships in Finland (due to various demands on eligible members) the select few were to achieve notable success in their respective disciplines. The championships were held Lahti, about 60 miles north east of Helsinki in conditions that were consistently warm and demanding especially in the longer races.

Medals were won by David Taylor gaining bronze in the 5,000 metres for the M45 category with a time of 15'38.26, and by Club Masters Captain Tom Phillips for the GB 4x100 squad on the last day of the championships when the quartet (Tom running third leg) secured the gold medal ahead of Finland and the USA. The time of 47.41 was the second fastest time recorded by a British M55 sprint team.

It was to be a great consolation for Tom who of all the Blackheath members of the GB squad had achieved consistently high finishes in his events. Fine performances in the heats and semi-finals of the 100 metres saw him running season's bests of 12.39 and 12.35 respectively to reach the M55 final of that distance, where he improved on this with a performance of 12.15 which earned him fifth place. This was followed by another final this time in the 200 metres, having qualified for this by winning his heat in 25.41, and as second fastest qualifier overall going into the semi-finals cruising to second place there in 25.12. For the final he had a great lane draw and in the home bend he was well placed for a medal. In third place almost to the end Tom clung on until the very last inches of the race, where he was denied the bronze medal by two hundredths of a second from Thomas Dickson one of two Canadians appearing in the final. Disappointed was he perhaps? Tom replied "What, at fourth place in a World Championship final?"

Meanwhile, Bill Foster in tough conditions gained good finishes in the long distance track events for the M50 category. He was sixth in the 5,000 metres, recording a time of 16'31.15, and battled it out to seventh in a tough 10,000 metres, with 34'45.2. Following his medal in the 5,000m, Dave Taylor was placed fourth in the M45 1500 metres in 4'24.38. In the M35 category sprint star Matt Richards reached the semi-finals by finishing in fourth place in both of his events, the 100 and 200 metres. He looked promising in qualifying but was to be eliminated in the former despite his 11.47 time, and in the 200 metres, he was one of two Britons eliminated in the same semi-final, where he ran 23.56. *Tom Phillips/WHO*

### *The Parris Shield memorial series 2009*

An exciting finale to this year's competition produced the tightest finish possible with two participants tying for top place. Going into the last event on September 2nd only one point had separated the top two contenders Mick Jones and Chris Pike and eight points separated the top four which also included Melody Kane and Steve Holmes. In the event the competition went right to the wire as Chris came home four seconds and one place ahead of Mick (finishing ninth and tenth places respectively) so that both finished the six race series on 139 points each. For Chris it was particularly satisfying to claim a share in winning the shield after the experience of coming close to winning the Bennett Cup earlier this year by finishing third just behind Will Slack. Last year's winner Ian Swatton put up a strong defence of his title and finished strongly to hold onto sixth place.

Winners of the individual events were in chronological order Chris Daniel, Bernie Bater (pulling off an unprecedented two consecutive race wins), Wilf Orton (who could hardly be said to have been tested in accomplishing his sixth win in nine years), Ron Chambers and Lisa Ketteringham who in winning the last event in September had the unique distinction of gaining a first, second and third place in the same summer in this competition. Winners were once again presented with a bottle of wine (or some equivalent prize) but the practice of wearing the winner's yellow T-shirt in the next race seems to have been abandoned.

The largest winning margin was 2 minutes and 34 seconds by Lisa Ketteringham while in contrast Bernie Bater shaded the next finisher by a mere 5 seconds in the first of his two victories in May. The fastest net times were recorded by Steve Holmes who was ultimately placed fourth overall. In three races he timed 16'53, 16'36 and best of all in the last event 16'22. The fastest time for the ladies came from Jane Bradshaw again in the last event, coming in just behind the competition's joint winners in a time of 18'50.

The handicappers aimed for all runners to finish within a tight window and achieved this particularly in the June race with the narrowest range of 1 minute 58 seconds, albeit with the smallest field of runners. In other races all finishers came home within a range of 4 minutes but in the last event nearly six minutes separated the first and last finishers, probably due to the deteriorating light at the end, the last runners finishing in the gathering darkness just before 8pm.

As in previous years the season was a success with well attended races producing interesting finishes and quality running, and once again well organised by Rob Brown and Steve Hollingdale

*WHO*

## The Courier October 2009. Results

### **Road.**

#### Marathons & half marathons

**September 6th. Kent Coastal Marathon.** 55. D. King mv50 (3'34.07)- 137. P. Rodgers mv40 (4'13.24)  
**September 6th Kent Coastal Half Marathon.** 241. D. Hilliar mv40 (1'25.00)

**September 6th Bristol Half Marathon.** 20. P.Tucker (1:09'26)- 50. A.Conway (1:12'57)

**September 27<sup>th</sup>. New Forest Marathon.** 113. P.Rogers (3:41'37)- 446. R.Griffin (4:51'36)

**September 27<sup>th</sup> Windsor Half Marathon.** 1. S. Overall (1: 6'10)

**October 11<sup>th</sup> Henley Half marathon.** 1. A. Rayner (1:11'12)

**October 24<sup>th</sup> Beachy Head Marathon** 47. Andy Tucker (3:53')-174. Dave King (4:18')-195. Sarah Dowling (4:20')-232. Mathew Newins (4:25')-233. Mark Skelly (4:25')-234. Peter Burford (4:25')- 279. Iain Swatton (4:33')-342. John Leeson (4:40')-384.Trevor Delahoy (4:48')-453. Andrew Riches (4:57')-512. David Lewis (5:04')-513. Nigel Webb (5:04')

#### Other distances

**May 10<sup>th</sup> Berlin 10km.** G. Murray (1:10'18)

**July 5<sup>th</sup> City of Manchester 10km.** 1525<sup>th</sup> G. Murray (1:09'14)

**September 6<sup>th</sup> Cardiff 10km.** 17. A. Rayner (31'33)- 82./9<sup>th</sup> woman.E. Murty (37'48)

**September 6<sup>th</sup> Adidas Womens' 5km Challenge, Hyde Park.**18. B.Proctor (17'28)- 35. J.Hamer (19'27)

**September 13<sup>th</sup> Moray Marathon Elgin 10km.** 225. G. Murray (1:05'16)

#### **September 13<sup>th</sup>. Kent Relay Championships, Dartford**

**4x100:** 1 BBHAC (G.Middleton, D.Asher-Smith, R.Dickins, C.Colegate (49.8))- 2 B&B B (F Read, J Moore, R Jones, V Hunt (52.2)); **3x800:** 1 BBHAC (J Jones, H Fletcher, S Salih (7'24.6))- 3 B&B B (E Self, H.Stenning, A Reed (7'44.0)) **U13 4x100:** 1 BBHAC (L.McDonald, O.Ogbeta, A.Hurlock, V.Olatunji (54.0)); **3x800:** 4 BBHAC (C. Rhule,L. Sidey, O.Chalmers (8'26.2))

**September 27<sup>th</sup> Southern Road Relays.** 5<sup>th</sup> place BBHAC (1:53'58) {leg 1. A. Bruce-Littlewood (12<sup>th</sup>/18'41)- 2. A. Rayner (4<sup>th</sup>/18'38)- 3. S. Holmes (13<sup>th</sup>/20'48)- 4. M. Skinner (6<sup>th</sup>/18'09)- 5. J. Poole (7<sup>th</sup>/19'28)- 6. S. Overall (5<sup>th</sup>/18'14)}

**September 20<sup>th</sup> Faversham 10km.** 298. R.Saiz (58'02)

**September 20<sup>th</sup> Portsmouth Victory 5.** 2. P. Tucker (25'00)- 8. A. Rayner (26'09)- 4<sup>th</sup> w. E. Murty (29'14)

**September 25<sup>th</sup>. Serpentine Last Friday of Month 5km.** 34.G.Coates (19'07)

**October 4<sup>th</sup>. Liverpool Asics 10km.** G. Murray (1:04'33)

**October 10<sup>th</sup>. Norman Park 5km.** 4. J. Selway (20'45)- 24. M. Peel

**October 11<sup>th</sup>. Petts Wood 10km.** 2. D.Marks (26.11)- 31. R. Braden (41'45)- 60. C. Pike (44'03)- 66. A. Lawes (44'17)- 92. A. Stocks (45'49)- 108 D. King (46'21)- 157. N. Barber (48'26)- 182. A. McDonough (49'48)- 192. M. Wade (49'48)- 2008. Z. Wood (50'12)- 388. S. Toulson (57'22)

**October 11<sup>th</sup> Dulwich Charity 10km, Dulwich Park.** 3. A. Gibbins (33'46)- 65. Ms F. Green (44'24)- 80. B. Wetherilt mv50 (45'23)- 148. J. Morris (48'56)- 258. J.E Sullivan mv65 (54'25)- 353. G. Stirling (1:01'21)

**October 11<sup>th</sup> Ashford Givanda 10km.** 35. J. Hamer (3<sup>rd</sup> woman) (38'32)- 614. R. Siaz mv60 (57'17)

**October 11th Bushy Park 5km.** 1. M. Skinner (15.02)

**October 17th ERRA National Road Relay Championships, Sutton Park, Birmingham.**

BBHAC women. 26th (1:04'16){leg 1.B.Proctor (25th/15'21)- leg 2. E.Murty 19th/15'38/30'59)- 22. J. Hamer (22nd/16'41/47'40)- 26. J.Bradshaw (26th/16'33/1:04'13)}. BBAC men 14th (1:47'51) {leg 1. A.Bruce-Littlewood (44th/18'20)- leg 2. A. Rayner (29th/17'56/36'16)- leg 3. A. Gibbins (27th/18'39/54'55)- leg 4. M.Skinner 17th/17'23/1:12'18)- leg 5. S.Overall (12th/17'03/1:29'21)- leg 6. J.Poole (14th/18'30/1:47'51)

**October 18<sup>th</sup> Croydon 10km,** 18.C.Keen (37'01)-38. C.Gentle (39'41) (*Winner Gzegorz Sobczyk (31'23)*)

**October 18th Twickenham Cabbage Patch 10 miles.** 2. S. Overall (50'05). (*Winner Mourin Geele, Newham and Essex Beagles 50'03*)

**October 25th BUPA Great South Run (10 miles).** 4. S. Overall (48'00)- 18. M. Skinner (49'55)- 25. A. Rayner (52'22)- 37. A.Gibbins (54'00)- 94. Richard Hall (1:04'39)

### **Parris Handicap Series**

**Race 6. September 2<sup>nd</sup>** 1. Ms L. Ketteringham (36.50/27.20){32 points}- 2. D.Leal (39'24/23'09) {30}-3. Ms C. Jones-Baldock (39'47/22'17) {28}- 4.A.Riches (39'56/20'41) {26}- 5.S. Holmes (40'07/16'22) {25}- 6. Ms M. Kane (40'14/20'29){24}- 7. I. Swatton (40'16/21'16){23}- 8. M.Compton (40'17/21'47){22}- 9. A. Stocks (40'21/19'36){21}-10. C. Pike (40'29/20'14)- 11.M. Jones (40'33/18'33) {19}-12. Ms J. Bradshaw (1st W) 40'35/18.50){18}-13. S.Pairman(40'38/19.23)-14. J.Daly (40'43/19'43){16}-15. A. Lawes (40'48/20'23){15}- 16. G. Coates (40'54/19'39){14}- 17. Ms A.Cilia (40'57/23'27){13}- 18. D. Beadle (41'01/18'46){12}- 19. D. Carton (41'14/21'14){11}- 20. Ms J. Eastbury (41'18/23'03){10}- 21. T. Delahoy (41'28/23'13){9}- 22. N.Ives (41'28/25'08){8}- 23. Ms C. Parkin (41'42/22'42){7}- 24. S. Freemantle (42'03'/25'33){6}- 25. D. Churchus (42'16/37'16){5}- 26. Ms. J. Jones (42'20/22'35){4}- 27. B. Bater (44'25/21'25){3}- 28. Ms S. Maslin (42'34/23'04){2}-29. A. Pickering/M.Cronin (42'38/31'38){1}

## Final positions

(Positions of all participants for the six events together with total points and scores for each event. Overall competition winners in bold, and winners of each event in bold italic)

=**1. Mick Jones (37/37/11/11/24/19 139 points)**- =**1.Chris Pike (19/36/17/22/25/20 139)**- 3. Melody Kane (26/34/20/32/24 136)- 4.Stephen Holmes (34/22/21/27/25 129) -5. Mark Compton (25/28/24/3/23/22 125)- 6. Iain Swatton (24/27/15/13/17/23 119)-7. Lisa Ketteringham (39/5/24/10/32 110)- 8. Andy Lawes (31/30/18/ 9/6/15 109) -9. Dave Beadle (33/18/18/20/12 101)- 10. Bernie Bater (14/ **43/ 28/ 8/ 2/ 3 98**) - 11.Jessica Jones (30/ 29/ 21/ 9/ 4 93)- 12. Adrian Stocks (39/ 5/18/ 21 83)- =13.Clare Parkin (27/ 32/ 8/ 7/7 81) -=13. Anne Cilia (20/ 31/17/13 81)- =13.Graham Coates (16/25/16/ 10/14 81)-=16. Wilf Orton (33/**28/15 76**)- =16. Carolyn Jones-Baldock (10/ 8/ 14/16/28 76) -=18.Justine Eastbury (32/17/ 7/ 1/ 7/ 10 74)- =18. Dave Leal (3/ 11/ 30/ 30 74) – 20.Cliff Keen (23/ 14/14/ 21 72) -21. Trevor Delahoy (28/ 13/ 3/ 2/ 16/ 9 71) -22.Ian Montgomery (22/ 24/ 19 65) - 23. Dave Carton (17/18/ 6/ 8/11 60)- 24. Colin McEntee (6/15/ 26 47)- =25. Chris Daniel (**41 41**)- =25. Gareth Evans (41 41)- =25. Richard Daniel (29/12 41)- =25. John Turner (9/19/13 41)- 29. Ron Chambers (6/**34 40**)- =30. Becky Woodhouse (4/35 39)- =30. S. Pairman (22/17 39)-=30. Jane Bradshaw (21/18 39) -33. David Churchus (7/ 10/1/12/ 3/5 38)- =34.Glen Read (12/ 5/20 37)- =35 Jay Galley (15/ 21 36)- =35. Neil Ives (18/10/ 8 36)- =35 Hannah Cook (35 35)- 37.Martin Lundie (26/4 30)- 38. Peter Rogers (28 28)- 39. Craig Daly (13/14 27)- =40. Tom Leeson (26 26)- =40.Mark Russell (26 26)- =40 Jason Daly (9/ 1/ 16 26) -=40 Andy Riches(26 26)- =44.Mike Gasson (8/15 23)- =44 Dick Griffin (4/19 23)- 47. Paul Hills (22 22)- =48.Darren Wilson (11/ 9 20)- =48. Michael Hegesippe (20 20)- 50. Mark Ellison (19 19)- 51.Rebecca Smith (16 16)- 52. Clem Leon (13 13)-=53. Mark McKinnon (12 12)- =53. Amber Reed (12 12)- 55. Sarah Dowling (11 11) -56. Tracey Ashenden (6/ 4 10)- 57. Ken Daniel (7 7) -=58. Roy Watkins (2/ 4 6) - =58. Steve Freemantle (6 6)- 60. Sheridan Morris (5 5)- =62. Dave King (5 5)- =62. Zoe Barnett (3 3)- =63 Andy Watkins (2 2)- =63 John Robinson (2 2) =63 -Sophia Maslin (2 2)- =66.Della Niyazi (1 1)- =66. Nicole Hamilton-Smith (1 1)- =66 Tony McKeown (1 1) =66.Alan Pickering (1 1)- =66.Mike Cronin(1 1)

## Walking events.

**September 4/6th Guernsey Road Walks** 3km 7. D.Hoben (SWC) (19'50); 19.4 miles 10. D.Hoben (3:58'49)

**September 6th Southern Vets league Final, Ashford** 4. P.Hannell (2<sup>nd</sup> M50) (11'18.8).

**September 12th 1 hour walk , Dartford** 9. P.Hannell (SWC) (9,790 metres)

**October 10th Enfield 5km, Lea Valley.**7. S. Lightman (28'12)- 12. P.Hannell (29'23)- 28. D.Hoben (33'40).

**October 17th Cambridge Harriers League 5km, Bexley** 17.D.Hoben (SWC) (36'14).

**October 24th Steyning AC Open 10km** 7. S.Lightman (SWC) (1:0'02)- 9. P.Hannell (SWC) (1:01'07)- 20.D.Hoben (SWC) (1:10'33)



## **Cross Country**

### **October 3rd. Kent XC League, Capstone Park.**

Sen. Men.10,000m 2.A.Bruce-Littlewood (31'10)- 9.A.Gibbons (32'12)- 27. J.Baptist-Phillip(34'20)- 50. R. Daniel (36'20). U17 men 5,000m. 7. S.Jackson(18'53)- 10. R.Yates (19'20)- 11.H.Kurtyanik (19'16)- 14. W. Mercer (19'41)-17.G.Proctor (19'53)- 29. R.Braden (21'00). U15 boys 3,000m 14.Tom.Greenhill (18'10). U13 boys 3,000m 6. William Fuller (12'58)- 17. Richard Webb (14'12)- 23.Tom Desborough(15'10). Sen & Vets women 5,000m. 4. S.Budd (20'31)- 8. J.Butler (21'45)- 17. C.Jones-Baldock (22'45)- 27. V.Mitchell (23'17)- 31. S. Elmquist (23'36). U15 girls 3,000m 1. Saffron Salih (13'17)- 7. Amber Reed (14'07)- 12. Hannah Cook (15'05)- 13. Jessica Jones (15'08)- 14. Hope Stenning (15'11)- 15. Isabel Jackson (15'11)- 16. Holly Fletcher (15'23). U13 girls 2,500m 2. Georgina Taylor (12'10)- 7. Samantha Leighton (12'37)- 12. Lucy Sidey (13'10)- 14. Holly Walman (13'16)

### **October 24<sup>th</sup> Kent XC League, Tonbridge**

Sen.men 10,000m. 6.A.Bruce-Littlewood (34'42)- 26.I.Frith (37'49)- 46. M.Airey (40'07)- 62.B.McShane (42'28)- 73. M.Ellison (43'25)- 89. G. Coates (44'33)- 116. A.Stocks (48'44) Sen.Women 5,000m 6. J.Hamer U20 (22'11)- 29.V. Mitchell (25'13)- 37.C.Jones-Baldock (26'14)- 49.A.Cilia (28'15) U20 women 3,500m 3.A.DeMatos (21'50) U17 women 3,500m 6.A.Mitchell (19'42)-8. D.Critchley (20'15)- 14. K.Galley (21'47)- 15.C.Parkin (22'13). U17 men 5,000m 11. P.Sesemann (20'15)-13. W.Mercer (20'27)- 15. S. Jackson (20'36) -17.G. Proctor (20'47)- 21.R Yates (21'35)- 22. H.Kurtyanek (21'41)- 23.R. Braden (21'42)- 28. G.Vacharopoulos (22'03) U15 girls 3000m 3.Amber Reed (14'02)-11. Jessica Jones (15'32)- 17. Hope Stenning (16'13)-18. Isabel Jackson (16'13)-21. Holly Fletcher(16'41) U15 boys 3,000m 18.Adam Willis (18'18)- 21.Thomas Greenhill (18'54)- 24. Jake Iowade (19'10) U13 girls 2,500m 4.Georgina Taylor (11'12) -6.Charlotte Rhule (11'32)- 8. Samantha Leighton (11'35) -15. Lucy Sidey (12'16) -16.Bekki Keyte (12'32) U13 boys 3,000m 22. Thomas Desborough (15'50)

### **Bennet Cup Events**

#### **September 19th. Will Bolton Cross Country Relays, Sparrows Den.**

Lap 1. 1. A. Bruce-Littlewood (*BBHAC A*) (12'41)- 10. S. Holmes (*BBHAC C*) (14'08)- 11. R. Ryan (*BBHAC B*) (14'32)- 12. S. Jackson (*BBHAC E*) (14'43)- 13. G. Proctor (*BBHAC F*) (14'45)- 20. C. Williams (*BBHAC D*) (15'47)- 24. C. Griffin (*BBHAC mixed K*) (16'02)- 27. S. Pairman (*BBHAC L*) (16'57)- 28. A. Lawes (*BBHAC H*) (17'01)- 29. A. Tucker (*BBHAC J*) (17'01)- 35. A. Stocks (*BBHAC M*) (17'56)- 41. J. Leeson (*BBHAC G*) (18'45)- 42. S. Belaon (*BBHAC Women B*) (19'00)- 43. A. De Matos (*BBHAC Women D*) (19'08)- 50. J. Eastbury (*BBHAC Women A*) (20'30). Lap 2. 1. M. Skinner (*BBHAC A*) (25'35/12'54)- 8. J. Thorpe (*BBHAC B*) (27'57/13'25)- 11.S.Cooper (*BBHAC C*) (29'29/15'21)- 16. R. Braden (*BBHAC F*) (31'56/16'13)- 21. R. Hall (*BBHAC D*) (31'56/16'09)- 22. G. Williams (*BBHAC J*) (32'06/15'05)- 26. M. Ellison (*BBHAC L*) (33'10/16'13)- 30. S. Salih (*BBHAC Women C*) (24'20/16'44)-35. J. Phelan (*BBHAC M*) (35'51/17'55)- 38. D. Leal (*BBHAC H*) (36.32/19'31)- 43. S. Hollingdale (*BBHAC G*) (39'25/20'40)- 44. H. Cook (*BBHAC Women D*) (39'47/20'39)- 45. A.Cilia (*BBHAC Women A*) (40'06/19'36)- 47. J. Montgomery (*BBHAC Women B*) (41'00/22'00) Lap 3. 1. P. Tucker (*BBHAC A*) (38'59/13'24)- 9. M. Skinner (*BBHAC C*) 42'25/12'56)- 10. R. Daniel (*BBHAC B*) (42'54/14'57)- 14. W. Mercer (*BBHAC E*) (44'48/15'11)- 18. J. Halls (*BBHAC F*) (47'36/16'38)- 21. R. Parrott (*BBHAC L*) (48'26/15'16)- 25. S. Littlewood (*BBHAC Mixed K*) (49'26/17'39)- 27. M. Compton (*BBHAC J*) (50'47 /18'41)- 28. J. Jones (*BBHAC Women C* (52'06/17'46)- 30. B. Bater (*BBHAC M*) (53'07/17'16)- 37.C.McEntee (*BBHAC H*) (55'13/18'41)- 40.W.Slack (*BBHAC G*) (58'00/18'35)- 42. S. Maslin (*BBHAC Women D*) (59'14/19'27)- 43. A. McDonagh (*BBHAC Women A*) 59'40/19'34)- 44. K.O'Mahoney (*BBHAC Women B*) (1:01'33/20'33). Lap 4. 1.A.Rayner (*BBHAC A*) (51'33/12'34)- 9. M. Airey (*BBHAC B*) (57'29/14'35)- 12. S. Cavey (*BBHAC C*) (58'22/15'57)- 13. H. Kurtyanek (*BBHAC E*)

(59'39/14'51)- 20. A. Booth (*BBHAC F*) (1 :04'55 /16'21)- 25. J. Butler (*BBHAC Mixed K*) (1 :06'33/17'05)- 26. D. Carton (*BBHAC L*) (1:06'33)/18'07)- 27. C. Pike (*BBHAC J*) (1:08'11/17'24)- 34. M. Jones (*BBHAC G*) (1:13'47/15'47)- 37.T.Delahoy (*BBHAC H*)(1:15'15/20'02)- 38.J.Bradshaw (*BBHAC Women D*) (1:15'18/16'04)- 40. S. Singer (*BBHAC Women B*) (1:16.06/14'33)- 41. C. Jones-Baldock (*BBHAC Women A*) (1:17'43/18'03)-44. P.Shepherd (*BBHAC M*) (1:25'31/32'24) U13/15 Lap 1. 3.W.Ruiz (*U15A*) (13'46)- 6. R. Webb (*U13A*) (14'09)- 9. J. Selway (*U15B*) (15'14). Lap 2. 6. T. Desborough (*U15A*) (15'16)- 8. H. Warman (*U15B*) 32'46/17'32)- Lap 3. 4. W. Fuller (*U13 B*) (13'53)

Handicap leading places

**1. S. Holmes (10'28) {60 points}- 2. M. Compton (10'31) {59}- 3. C. Jones-Baldock (10'33) {58}- 4. J. Jones (10'36) {57}- 5. A.Mitchell (10'36) {56}- 6. R.Yates (10'44) {55}- 7. A.Bruce-Littlewood (10'46) {54}- 8. J. Thorpe (11'00) {53}- 9. J. Leeson (11'00) {52}- 10. S. Jackson (11'03){51}- 11. R. Braden (11'03) {50}- 12. S. Littlewood (11'04) {49}- 13. G. Proctor (11'05){48}- 14. K. Daniel (11'05){47}- 15. R. Daniel (11'27) {46}- 15. S.Hollingdale (11'30){45}- 17. A.Rayner (11'34){44}- 18. M.Jones (11'37){43}- 19. C.Griffin (11'37){42}- 20. W.Mercer (11'46){41}**

### **October 10th. Club 5 Championships, Keston.**

Unless shown below under leading handicap places\* the clock time and net time (in italics) of each athlete given with handicap position and points.

1. A.Bruce-Littlewood (28'15/26'55){27th/32 pts}- 2.A.Gibbins\* (28'43)- 3. P.Sessemann\* (30'16)- 4. S. Holmes (31'11/28'21){50th/11}- 5. R.Yates(32'52/26'42){25th/36}-6. D.Beadle (33'42/26'32) {21st/40} - 7. M.Jones\* (33'52)- 8. Ms J.Hamer\* (34'01)- 9. M.Watling\*(34.02')- 10. R.Hall\* (34'09)- 11. D.Marks (34'20/28'10) {47th/14}- 12. G.Williams (34'27/26'42){26th/35}- 13. B.McShane (34'37/26'42){24th/37}- 14. R.Braden\* (34'42)-15. M.Ellison (34'44/26'29) {21st/38}- 16. A.Tucker (34'48/26'53) {28th/33}-17.Ms J. Bradshaw\* (34'54)- 18.C.Griffin\* (35'11)-19.G.Coates\* (35'15)- 20. K.Daniel (36'02/28'17){49th/12}- 21.S.Pairman\* (36'11)- 22. I.Taylor (36'28/27'48) {42nd/19}-23. R.Minting (36'29/27'41){32nd/29}-24. J.Halls (36'37/27'47) {41st/20}- 25. Ms A. Reed\* (36'54)- 26. A.Lawes (37'11/27'11) {37th/24}- 27. C. Pike (37'14/26'39)- 28. S. Haley\* (38.05)- 29. R.Brown (38'06/26'56){29th/32}- 30. A.Stocks (38'47/26'47) {26th/35}- 31. D. Carton (39'06/26'56){31st/30}-32. Ms M. Kane (39'28/27'08){34th/27}-33. I. Swatton\* (39'49)- 34. J. Leeson\* (40'05)- 35.Ms S.Elmqvist (40'17/28'17){48th/13}-36. Ms J. Jones (40'46/27'50){44th/17}-37. W.Slack (40'24/27'09) {35th/26}- 38.P. Hills (41'29/27'49){43rd/18}- 39. Ms S. Belaon *guest* (41'39)- 40. M. Wade\* (41'42)- 41.T.Delahoy (42'05/26'35){22nd/39}- 42. D.Leal (42'10/27'10){36th/25}- 42. Ms C. Parkin\* (42'49)- 44.Ms Z.Wood (43'18/32'18){54th/7}- 45.Ms A.Cilia (43'48/37'28){39th/22}- 46.A. Grace\* (44'09)- 47 W. Orton\* (44'19)- 48. Ms J. Eastbury (44'21/27'41) {40th/21}- 49. S. Hollingdale (45'40/27'05) {33rd/28}- 50. M. Russell (46'48/30'48) {53rd/8}- 51.C.Rowe(47'56/28'10) {46th/15}- 52.C. Painter (48'13/38'53) (51st/10)- 53. N. Ives (53'36/27'16) {38th/23}- 54. B. Wilson (53'19/30'19) {52nd/9}- 55. R. Chambers (1:06'45/27'55) {45th/16}

Handicap leading places.

**1.W.Orton (24'19){60 points}- 2. S.Haley (24'55){59}- 3. A.Gibbins (25'13) {58} - 4. P.Sesseman (25'16){57}- 5. G. Coates (25'25) {56}-6.C.Parkin (25'29){55}-7. J.Hamer (25'31){54}-8. M.Watling (25'42){53}- 9. R. Braden (25'42){52}- 10.A. Reed (25'44){51}- 11.J.Leeson (25'45){50}-12.M. Jones (25'47){49}- 13. R.Hall (25'49){48}-14. M. Wade (26'02) {47}- 15. J. Bradshaw (26'24){46}-16.I.Swatton (26'29){45}-17 A.Grace (26'29){44}-18. C.Pike (26'45){43}-19.C.Griffin (26'31){42}- 20.S.Pairman (26'31){41}**

### ***Bennett Cup leading places after 2 events.***

1. R. Braden (102 points)- 2. J. Leeson (102)- 3. M. Jones (93)- 4. R. Yates (92)- 5. A. Bruce-Littlewood (86)- 6. C. Griffin (85)- 7. Ms J. Bradshaw (83)- 8. R. Hall (79)- 9. Ms A. Reed (76)- 10. S. Hollingdale (74)- 11. Ms J. Jones (74)

## **Track & Field**

### **July 28-August 8th. World Masters Championships, Lahti, Finland.**

M45 1500m 4. D. Taylor (4'24.38); 5000m 3. D. Taylor (15'38.26). M50 5000m 6. W. Foster (16'31.15) ; 10000m 7. W. Foster (34'45.25). M35. 100m (heat 4) 4. Richards (11.57)- SF 7.Richards (11.47) ; 200m heat 4. M. Richards (23.29)- SF .7.M.Richards (23'56). M55.100m heat1 2. T. Phillips (12.39)- SF. T.Phillips (12.35)- F. 5. T. Phillips (12.15) ; 200m heat 1. T. Phillips (25.41)- SF 2. T.Phillips (25.12)- F. 4. T. Phillips (25.17) ; 4x100m (Tom Phillips 3rd leg for GB team finishing 1st in 47.41)

### **August 31st. Aviva British Grand Prix Gateshead.** 100m 6. M.Douglas (11.82)

### **September 6th UKA NYAL Leauge Finals Birmingham Alexander Stadium.**

U17 men 100m A string. 4. R. Pocklington (11.49) G3\*- B. String.3. K. Daly (11.75) G4 ; 200m A 1. R. Pocklington (22.54) G1\*- B. 1. K. Daly (23.04) G3\* ; 400m A. 2. R. Pocklington (51.18) G2\*- B. 3. J. Pettet (52.46) G3\* ; 800m A. 7. R.Yates (2'12.88) - B.7. R.Braden (2'24.36); 1500m A.1.P.Sesemann (4'12.15) G3\*- B. 3. O. Taylor (4'31.74); 3000m A.5. S.Jackson (10'00.36) - B.1.G. Proctor (10'05.0);100m Hurdles A. 2 B.Hopkins (14.04) G2\*- B. 4.D. Hamilton (15.92); 400m Hurdles A. 2 B. Hopkins (55.7) G1\*- B. 5.J.Appiah (66.11);1500m S/Chase A.7. H.Kurtayanek (5'17.83)- B.5.W.Mercer (5'20.12); Hjump A.7. O.Taylor (1.50m)- B.5.J.Pettet (1.50m); LJump A.2. M.Longhurst (6.33m) G1\*- B.6.K.Daly (4.95m); TJump A.2. M.Longhurst (13.00m) G1\*-B.2.T. Jenkins (11.99m) G4; Pvault 1. M. Longhurst (4.41m) G1- B.3. O.Taylor (2.10m) ; Shot A.3. E.Zorro (13.64m) G1\* -B.2.M.Takpak (11.12m) G4\* ; Discus A. 7. M.Takpak (27.68m) G3\*- B.7 D.Hamilton (20.18m); Hammer A.4 M.Takpak (40.94m) G3\*- B.3 T.Jenkins (24.63m); Javelin A.7. D.Hamilton (23.59m)- B.6.T.Jenkins (13.61) G2\* ; 4x100m Relay 5th place {J.Pettet, E.Zorro, K.Daly, R.Pocklington DQ}; 4x400m Relay 1st place {B.Hopkins, J.Pettet, B.Parkin, R.Pocklington (3'27.34)}.U/15 boys 100m A. 2 Anton Daly (11.68) G1\* -B.4 Kyle Bernard (12.07) G3\* ; 200m A. 2. Anton Daly (23.34) G1\*-B.6.Reuben Fakoua (25.76); 400m A. 5. Joshua Oyedele (55.01) G2\*- B.2.Harry Smith (55.08) G2\* ; 800m A.7.Louis Hopgood (2'19.4) -B.4.Tom Greenhill (2'18.48) G4; 1500m A. 6.Alex Lister (4'46.08)-B.5.Will Ruiz (4'56.15); 80mHurdles A. 2.Aaron Lloyd (11.89) G1\*- B.6.Nyaz Chowdhury (14.51); HJump A.2. Reon Gowan-Wade (1.60m) G3- B.=6.Anthony Moore (1.45m); PVault A.7. Louis Hopgood (2.00m)- B. 6.Adam Willis (2.00m) ; LJump A 3.Reon Gowan-Wade (5.82m) G1-B. 1.James Allen (5.50m) G2; Shot A. 5. Daniel Hollett (10.45m) G4\*- B.3. Joshua Ajiboye (10.38m) G4\* ; Discus A.3. Nyaz Chowdhury (31.20) G3\*- B. 3. Joshua Ajiboye (27.85) G4; Javelin A. 6.Liam Cater (33.50m) G4\*-B. 6.Reuben Fakoya (25.32m); Hammer A. 8. Joshua Ajiboye (27.00) G4\*- B. 8. Joel Shonibare (19.91m) ; 4x100m Relay 2<sup>nd</sup> place {Aaron Lloyd, Kyle Bernard, Reuben Fakaya, Anton Daly (47.17)\*} ; 4x400m Relay 5th place {Joshua Oyedele, Raphael Meloney, Harry Smith, Anton Daly (3'53.24)\*}U/13 boys 100m A. 7. Jonathan Holmes (14.0) G4-B. 5. Joshua Dalsan (13.95) G4; 200m A. 8. Joshua Shonibare (29.01) G4 -B.5. Ayo Adiboye (28.70) G4- 800m A. 4. Sean Sturrock (2'27.82) G3\*-B. 3. Thomas Powell (2'34.1) G4 ; 1500m A. 6. William Fuller (5'06.6) G3-B.5. Richard Webb (5'09.76) G4; 75m Hurdles A. 4. Kieran Gowan-Wade (13.52) G2- B 4. Sam Willis (14.23) G4- HJump A. 3. Gabriel Evans (1.35m) G3- B. 3. Kieran Gowan-Wade (1.30m) G4; LJump A. 7. John Pairman (4.18m) G4-B. 6.George Poyner (3.96m); Shot A. 3. Bobby Cribben (9.53m) G1- B.4. Michael Essam (7.27m) G4; 4x100m Relay 4th place (53.76\*)U17 women. 100m.A.6.A.Lalemi-Jacobs (13.17)- B. 7.R.Walker (13.95); 200m 5.A.Lalemi-Jacobs (27.2)- B.6. L. Stevens (28.0) ; 300m A.3. K.Galley (42.4)- B.4.R.Robinson (44.49)\* ; 800m A. 5. E. Nolan (2'24.08) G4\*- B. 2. K.Galley(2'23.13) G4\* ; 1500m A.6. E.Nolan (5'20.66)- B.7.M.Kane (5'41.29); 3000m A.3. D. Critchley (11'33.62) G4- B.6. C.Parkin (12'52.41); 80mHurdles A.2. S.Duffy (13.0) G4\*- B.1. N.Nelson-Roberts (12.97) G4\* ; 300mHurdles A. 4. C.Crowser (48.06) G3\*- B. 1. S. Duffy (47.62) G3\* ;



Hammer A. 8.G.Cousins (18.31m)- 4. J. Nicole-Smith (17.20m) ; Discus A. 3.E.Penny-Duffy (27.73m) G4\*-B. 5. G. Cousins (16.27m); Shot A. 4.G.Cousins (8.28m) G4- B.5. G.Cousins (7.30m) ; Javelin A. 8. E. Penny-Duffy (25.55m)- B. 6. M.Fewster (18.32m) ; Ljump A. 4. S. Hurlock (4.66m)- B. 1.L. Stevens (4.48m) ; Tjump A. 6. L. Stevens (10.04m) G3- B. 2. S. Hurlock (9.68m) G4 ; Hjump A. 2. C.Lyston (1.60m) G2- B.1. C.Crouser (1.40m) ; Pvault A. 3. A. Huggins (2.80m) G3\*- B. 1. J Nicole-Smith (2.70m) G3\* ; 4x100m relays 5th place {A.Lalemi-Jacobs, L. Stevens, C. Lyston, R. Walker (51.98)\*} ; 4x300m relays 4th place {C.Crouser, S.Duffy,E. Nolan, K. Galley, (2'58.13)}. U15 girls. 100m A. 2. Dina Asher Smith (12.13) G1\*- B. 1. Georgina Middleton (13.10) G3\* ; 200m A. 2. Dina Asher-Smith (24.86) G1\*- B. 1.Rachel Dickens (26.43) G2\* ; 800m A. 6. Jessica Jones (2'29.39) G4- B. 2. Holly Fletcher (2'29.8) G4 ; 1500m A. 2. Saffron Salih (5'00.56) G3\*- B. 3. Amber Reed (5'15.48) G4 ; 75mHurdles A. 31. Rhiannon Jones (12.06) G2\*- B. 6. Rachel Gianni (13.11) G4 ; Ljump A. 3. Frances Read (4.79m) G2- B. 1. Jessica Moore (4.45m) G4 ; Hjump A. 3. Frances Read (1.50m) G2- B. 4. Jade Lay 1.35m); Discus A. 5. Eleanor Dumper (22.41m) G3- B.3. Shannon Stride (18.85m) ; Javelin A. 4.Elouise Edwards (25.09m) G3\*- B. 5. Robyn Borg (16.69m); Shot A. 5. Eleanor Dumper (9.53m) G2\*- B.7. Victoria Munt (5.81m) ; 4x100m 1st team {Georgina Middleton, Dina Asher-Smith, Rachel Dickens, Charlotte Rhule (49.56)}\* U13 Girls 75m A 3. Shannon Hylton (10.33) G1\* -B 1. Leah McDonald (10.57) G2\* ; 150m A 4. Shannon Hylton (20.46) G1\*- B 2. Oshuwa Ogbeta (20.85) G2\* ; 800m A 2. Janae Galley (2'30.64) G1\*- B. 2. Sonia Woolhouse (2'35.99) G3\* ; 1200m A 2. Georgina Kennedy (3'59.72) G1\*- B 2. Charlotte Rhule (4'13.53) G3\*- 70m Hurdles A 2. Aine Hurlock (12.25) G1\*- B 3. Grace Mcgrand (12.92) G3\*- ; HighJump A 1. Shannon Clarke (1.43m) G1- B 1. Alex Wheelwright (1.35m) G2; Shot A 1. Ellie Lawrence (9.78m)G1\*-B 1. Jumoke Fatma (9.58m) G1\* ; LJump A 3. Maya Bruney (4.36m) G1-B 5. Shannon Cordell (3.69m) ; 4x100m Relay 1st place { Leah McDonald, Oshuwa Ogbeta,Aine Hurlock, Shannon Hylton, (55.5)}\*

McCain Extra. 4 x 400m relay 1st place. (P.Seseman, R.Yates, O.Taylor, D.Hamilton (3'48.26))

*Blackheath & Bromley finished 1st with 780.5 points to win NYAL Champions title.*

\* AW grades

### **September 6th Southern Counties Vets AC, Track & Field Final, Ashford.**

M35 100m A string 4. R. Fox (13.0)- B.3. T. Phillips (12.7) ; 200m A. 5. T. Phillips (26.6)- B. 4. R. Fox (26.8)) ; 400m A.1.D.Paisley (51.9)- B. 2. R. Holt (56.7); 800m A.3. M.Airey (2'04.6)- B.2. K.Ewing (2'13.7) ; 1500m A.2. M.Airey (4'24.0)- B. 1.J.Thorpe (4'21.8); 3000m A.1.J.Thorpe (9'20.5)- B.2.A.Camp (10'02.9) ; 2000m walk 1. R.Mitchell (10'33.4); Hjump 4. R. Holt (1.50m) ; Ljump 6. A.Hardy (4'12m); Tjump 6. D. Wallington (8.78m); Pvault 1. A. Williams (3.70m) ; Shot 4. M.van den Dobbellesteen (9.13m) : Discus 5. M. van den Dobbellesteen (25.97m) ; Hammer 6. G. Hickey (13.02m) ; Javelin 1. M. van den Dobbellesteen (50.01m). M50.100m.4.C. Leon (13.5) ; 200m 4. C.Leon (28.0) ; 400m 2. R.Minting (58.9); 800m 1. R. Minting (2'13.9); 1500m 3. T. Soutar (4'53.3) ; 3000m 1. T. Soutar (10'.00.7); 2000m walk 2. P. Hannell (11'18.8) ; Hjump 5.C.Leon (1.40m) ; Pvault 2.A.Hardy (3.10m) ; Ljump 2.C.Leon (5.30m) ; Tjump 2. C.Leon (10.79m) ; Shot 3.G. Hickey (8.40m); Discus 3.D.Wallington (23.34m) ; Hammer 5. C. Brand (20.67m); Javelin1.S.Langdon (47.42m). M60. 100m 5. J. Robinson (16.7) ; 400m 4. P.Hamilton (1'10.4) ; 800m 2. P. Hamilton (2'37.2) ; Hjump 3. J. Robinson (1.25m) ; Ljump 4. M. Martineau (3.64m) ; Shot 2. C. Brand (9.21m); Discus 2. C. Brand (32.74m). 4x100m relay 3rd . BBHAC (48.6) ; 4x400m relay 1st BBHAC (3'43.5).

*BBHAC finished 2<sup>nd</sup> with 275 points*

**September 9th Watford Open.** 800m (race 10). 2. B. Russell (1:54.24)

**September 9th One Hour Run, Norman Park.** 1.T.Soutar (16,399m/10.13 miles)- 2. C. Keen (15,405m/9.57 miles)- 3. A.Tucker (15,230m/9.46miles)- 4.D. Beadle (15,050m/9.35 miles)- 5. P.Rogers (14,165m/9.35 miles)-6.J.Phelan (13,090m/8.13 miles)- 8.P.Hannell (9,925m/6.17miles)- 9.M. Harran (SWC) (9,587m/5.96miles)- 10. A.Pickering (9,550m/5.93 miles) (guide M, Cronin)- 11.D. Hoben (8,390m/5.21 miles)

**September 13th British Masters 10,000m, Oxford.** 1. P.Hamilton (39'34.79)

**September 15th Pedros Cup, Szecsin, Poland.** W100m.7.M.Douglas (*G. Britain*) (11.72)

**September 13th. National Junior Athletic League Final, Moorways Stadium,Derby**

100m A string 2. T. Gilling (10.81) – B string 4. M. Walcott (11.72) ; 200m A.4. T. Gilling (22.42)- B.3. R. Pocklington U17 (23.03) ; 400m A.5. L. Charles (49.56)- B. 3. A.Blair (50.57); 400m A. L. Charles (49'56)- B. 3. A. Blair (50'57); 800m A. 6. A Bruce-Littlewood (1'58.06)- B. 8 B.Parkin U17 (2'23.66) ; 1500m A.4. A Bruce-Littlewood (4'09.17)- B.8. C. Fraser (4'36.75) ; 3000m A.2..P. Sesemann U17 (8'54.09)- 2000m s/c A.2.A Bruce-Littlewood (6'21.1)- 3. H. Kurtyanek u17(7'11.0) ; 110mH A.3.M Walcott (14.65); 400mH A. 3.B Hopkins u17 (55.43)- B.2. B.Parkin U17 (56.5) ; 2000m s/c 4. A. Bruce-Littlewood (6'15.34)- B.6. J. Clark (8'34.15);Discus A. 4. R. Al-Ameen (28.36m)- B 4 R. Norton (27.11m); Hammer A 6 R.Al-Ameen (42.78m)- B 4 M. Takpak (32.68m); High Jump A 8. R.Norton (1.70m)- B 8 J. Powell (1.60m); Javelin A 2. R. Norton (51.16m)-B.2. S Brown (40.20m); Long Jump A.6 M.Longhurst U17 (6.15m)- B 6 J.Powell (5.12m); Pole Vault A 3.S.Brown (4.10m) - B 1.M.Longhurst U17 (4.10m); Shot A - 5 E. Zorro (11.61m) –B. 5 R. Al Ameen (9.65m); Triple Jump A 8 T. Jenkins U17 (11.79m) - B 8 T.Powell (10.77m); 4 x 100m 2nd place (E.Zorro, R. Pocklington, M Walcott, T Gilling) (42.41) ; 4 x 400m 6th place {( A Blair, B. Hopkins, B Parkin, L. Charles) (3'33.71)} Women 100m A 2. S. Solomon (12.61) - B 4 Kirstie Robinson (13.0); 200m A 7. F. Foster (26.53) B 1 S.Echel Thompson (25.47); 400m A .1 S. Echel Thomson (57.23) - B 3 S. McLellan (60.11); 800m A.6. A.De Matos (2'27.8)- B 3. K. Galley U17(2'21.73); 1500m A.6 E. Nolan U17 (5'01.53)- B.5.R.Robinson U17 (5'32.27); 3000m A .4 D.Critchley U17(11'19.03) - B.3 A.Mitchell U17 (11'32.41); 100mH A 1 S. Solomon (14.26)- B 1 M. Southwart (15.55); 400mH A. 4 M. Southwart (1.05.12)- B.2 C. Crouser U17(1'08.84); 1500m S/c A 5 R. Smith (5'55.04)- B.2 M.Kane U17 (6'08.63); Discus A. 1. S. Brown (47.52m)-B.1.S. Milner (40.02m); Hammer A. 3 S. Brown (43.58m)- B. 2. O. Jemiyo (41.28m); HJump A. 6. C.Lyston U17 (1.50m)- B.2=C. Crouser (1.40m); Javelin A.3 S. McGuire (33.56m)- B. 5. S. Milner (26.21m); LJump A 7. L. Stevens (4.89m) –B.5 S.Hurlock U17(4.64m); PVault A 6 M. Southwart (2.15m); Shot A 1 S. Brown (13.77m) - B.1. S. Milner U17 (10.82m); TJump A 6 L. Stevens U17(10.46m) –B. 6. S. Hurlock U17 (9.83m); 4x100m Relay 2nd place B&B ( M. Southwart, S.Solomon, G. Sheppard, K. Robinson (48.88)); 4x400m Relay 2nd place B&B (S. McLellan, K. Galley, F. Foster, S. Echel Thompson (3'54.99))

*Blackheath & Bromley finished 3<sup>rd</sup> with 443.5 points*

**September 19th BUPA Great North Athletics Ashes, Gateshead.** W100m. 2. M. Douglas (*England*) (17.18)

**September 19th European Champion Clubs Cup, Tusla, Bosnia.**

Girls B final. 100m. 2. S. Solomon (12'43) ; 200m 4. G. Sheppard (26.87) ; 400m 2. S. Etchel-Thompson (56.34) ; 800m 5. K. Cosby (2'27.82) ; 1500m 3. D. Critchley (5'08.87) ; 3000m 5. M. Kane (11'54.93) ; 100mH 1. S. Solomon (14'06) ; 400m H 2. M. Southwart (64.49); 3000m s/c 2. R.Smith (13'22.33); Hjump 3. J. Matthews (1.60m); Ljump 1.Ugen (6.03m) ; Tjump 6. S.Hurlock (9.74) ; Pvault 1.C.Moore (3.30m) ; Shot 1. S. Brown (14.02m) ; Discus 3. S. Milner (39.65m) ; Hammer 3. S. Brown (43.70); Javelin 6. S. McGuire (22.39m)- ; 4x100m relays 1st. (M. Southart, S. Solomon, G. Sheppard, K. Robinson {48.57}) ; 4x400m 2<sup>nd</sup> K. Cosby, C. Crouser, M. Southwart, S. Etchel-Thompson {4'01.37}) *BBHAC 1st with 80 points*

**September 23rd Watford open grade evening.** 100m (heat 6) 2. T. Olubi (11.33) ; 200m 2. T. Olubi (23.03)

**September 26th Jim Day Memorial Pole Vault Meeting, Norman Park.**

U17m. 1.M.Longhurst (4.22m). u17w J. Nicole-Smith (2.92) U23m =1.N. Moore (4.02m) M55 1. A.Williams (3.72m)

**October 7th Leeds Varsity match 400m.** 1. R. Davies (*Leeds University*) (52.4)

**October 13-18th World Masters Games, Sydney.** Women 55. 100m 1.H.Godsell (13.78) ; Men 55. Pvault 2. A. Williams (3.50m) ; mv45.1.D.Brand (57.17m) *complete results in December Courier*

# Champions of British young athletics

*A few images of a momentous day in the club's summer season*



We are the champions ! The victorious NYAL teams in rehearsal for their performance of the song at the Freddie Mercury Tribute evening a few weeks after winning the trophy in Birmingham.

*The sporting life of Jack Lovelock, a lecture by David Colquhoun, London University August 27<sup>th</sup> 2009*

A small select audience that included runners, New Zealanders and historians crowded into one of the seminar rooms in London University Senate House in Mallet Street hear to New Zealand curator David Colquhoun talk about the short but distinguished career of New Zealand's first great athletics champion Jack Lovelock. For those of you who read my review in the February Courier of "As if Running On Air" Mr Colquhoun's book based on the training journals of Jack Lovelock, the chance to meet the author was a timely opportunity to further explore the character and personality of this enigmatic athlete and to bring the book to life.

The presentation made use of newsreel footage of several key races in Lovelock's career including the Princeton Invitation race of 1935 and the Berlin Olympic 1500m final the following year a race which Mr Colquhoun rated as one of the great races ever over that distance. As well as this material there were slides of the training journals which formed the subject matter of Mr Colquhoun's book and my review, and of various photographs of Jack Lovelock in his role of athlete, doctor and (to some) cult hero which persona generated many myths that sadly distorted his personality out of proportion to the image which Mr Colquhoun would more accurately portray in the talk.

That talk concentrated mainly on the five or six years of his sporting life from his arrival at Oxford to the 1936 Olympics and expanded on the material contained in the book and journals so readers of the review will perhaps have a clear idea of what it set out to achieve. Less time was spent on the events of his later life after he had retired from athletics and practiced as a doctor, or of his untimely death in 1949, suffice to say that Colquhoun would not support the proposition that his death under a train in a New York subway was suicide but pure speculation and not backed up with sufficient evidence. By refusing to be drawn into this, especially when asked that question afterwards, he made clear his intention of concentrating in his talk on Lovelock's athletic career.

As the talk was in fact part of a series on the theme of New Zealand cultural matters the subject of Lovelock's identity as a New Zealander would naturally be a key issue. Interestingly throughout the lecture Colquhoun often emphasised that Lovelock though a New Zealander was seen more as a British athlete. There appeared to be no sense of resentment at the New Zealand identity being superseded by the British one, (an attitude quite in contrast to Australia where the search for a native identity has constantly been apparent throughout the last century) and in assessing this Colquhoun took the view that Lovelock increasingly considered himself as British. In the atmosphere of that time Lovelock, coming from a relative backwater of empire, saw where his future lay and like others of his homeland wished to widen his horizons. Asked why Lovelock did not return to his homeland he replied "if the world opened up to you, why go back to New Zealand?".

In that world order Lovelock as an outsider, anxious to succeed in a class-ridden, elitist atmosphere, would want to grasp every opportunity available for self-improvement and fulfilment. Perhaps in portraying the person Colquhoun wanted the audience to get a feel for the mood of the time and not to judge it or Lovelock unfairly by modern standards.

Moving on to Lovelock's relationship with his American rivals, Colquhoun displayed remarkable sympathy. Increasingly Lovelock's career would be bound up with those of rising stars such as Bill Bonthron and Kansas born Glen Cunningham as opportunities presented themselves for him to be tested against these athletes. On the evidence of the archive footage shown it was clear that Glenn Cunningham was fiercely competitive, stopping at nothing short of bad sportsmanship to reach his objectives, and the audience were mildly amused by the site of Cunningham's tactics on the track, but Mr Colquhoun felt that this was being unfair to his reputation. Nevertheless there was little camaraderie between Glenn Cunningham and the man who often referred to his 'bad track manners' especially at the Princeton race of 1935.

Another rival against whom Lovelock had somewhat less success was Sydney Wooderson who would beat him on several occasions later in his career. Colquhoun believed that the growing presence of Wooderson had an undermining effect on Lovelock's self belief and subsequently his form, but had the positive influence of causing him to review the quality of his training and tactics, thus enabling him to raise himself for the climactic triumph of his career, namely winning Olympic gold in 1936. The presentation concluded with a showing of this race and allowed the audience to imagine the atmosphere and experience the excitement of that event in real time. Following this the floor was open for questions which ranged from Lovelock's use of pain-killing drugs, his journals, his trainer, and the hoary chestnut of whether or not he actually committed suicide in 1949. On the subject of this Mr Colquhoun had already spoken.

In the hour and a half over which this presentation was held Mr Colquhoun had comprehensively entertained and informed us of the career and personality of one of athletics' great enigmas, who although identifying himself strongly as a British runner is still and perhaps will always be the most talked, read and written about New Zealand sporting star and the constant source of speculation and legend.

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