



**Blackheath  
& Bromley**

# The Courier

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Unless otherwise attributed, views are those of the Editor.

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From the editor:

At last after over a year out of print the Courier returns I hope to renewed or rekindled interest from club members. The last year has seen an unfortunate collection of difficulties, challenges and obstacles which together prevented me from being able to produce any editions since October 2006 and I apologize to anyone who might have sincerely missed it in 2007.

However with a new year I am pleased to produce the Courier again, more or less in its now familiar form. Please do take time to read it and give me whatever useful feedback you can. The Courier is the official archive of the club and is, even in this age of on-line communication, both a constant and readily available source of information, and a means of verifying results for those younger members of this club seeking recognition of their performances at club, County or National level. Even if some of you may not perhaps appreciate how important a part of club life it is, I have been reminded by others of its worth and value. That being I would not hesitate to impress on every reader that I can only produce it effectively with your continued support and input. Therefore I would encourage you to send me any results either by email([wilf.orton2@btinternet.com](mailto:wilf.orton2@btinternet.com)), ordinary mail, telephone or by hand. I am usually down at club on Wednesday evenings, so don't hesitate to approach me. Several of you have in the past been generous contributors of material and for this I am most deeply grateful, and will continue to be so if you could give me anything you think worthy of mention. I promise you it will go into print to be recorded for posterity. You may be surprised, on looking through old editions going back several years, and by browsing the courier section on the website, to find how well you performed on this or that race; and be reminded of what feats you were once capable in a particular season, whether or not you can still perform at that level. You might even be entertained or inspired to raise your performances to new heights, lengths or times. Anyway whatever your disposition you will have a good read.

WHO February 2008

## SOME COMING EVENTS

- Mar. 5 Bromley Schools Race, Sparrows Den.
- Mar 8. Mob match v South London Harriers, Hayes
- Mar 8. English Schools xc champs, Liverpool.
- Mar 29. Closing 5 yacht handicap, Hayes.
- April 5. B & B Young Athletes Open, Norman Park.
- April. 6. SEAA 12/6 Stage Road Relays, Milton Keynes.
- April. 13. London Marathon (and club marathon champs.)
- April 16. Parris Handicap race 1
- April 19. AAA 12/6 Stage Relays, Sutton Park.
- April 20. Kent Young Athletes League, Sutcliffe Park
- April 21. Kent Masters, Sutcliffe Park.

## SOCIAL

- Feb 23<sup>rd</sup> National Supper
- March 29<sup>th</sup> Club AGM & photo

## 200 CLUB

- Organizer: Roger Counter
- Tel 020 8776 0884
- Winners: Mrs Linda Young, David Appleton (February 27<sup>th</sup>)

## NEXT COURIER:

- Mid to Late April.
- Any contributions and articles from members are always welcome.

## The Courier February 2008. Results

### Road.

#### Half Marathons

**February 3<sup>rd</sup> Watford Half Marathon.** 2<sup>nd</sup> P. Tucker (1:10'50)-114<sup>th</sup> R. Hall- 471<sup>st</sup> K. Pratten

**February 10<sup>th</sup> Wokingham Half Marathon.** 4<sup>th</sup> J. Atkinson (1:07'.14)- 8<sup>th</sup> P. Tucker (1:08'.34) (*winner T. Lambert (Winchester & District AC in 1:05.41)*)

#### **February 17<sup>th</sup> Sussex Beacon Half Marathon, Brighton (Gun time/ chip time)**

34. K. May (mv40) (1:20'46/1:20'41)- 65. Richard Hall (1 :23'51/1:23'44)- 84. D. Beadle (1:24'53/1:24'45)- 106. C. Gentle (mv40) (1:26'01/1:25'52)- 118. G. Williams (mv40) (1:26'40/1:26'34)- 186. Ms F. Green (1:28'48/1:28'40)- 256. M. Skelley (1:30'53/1:30'46)- 290. P. Burford (1:31'58/1:31'51)- 346. C. Hogg (1:33.31/1:33'28)- 387. Ms J. Bradshaw (1:34'26/1:29'18)- 708. Ms K. Philp (1:40'53/1:40'46)- 719. Mme A. McDonough (1:40'58/1:40'44)- 790. Ms K. Jones (1:42'02)/1:39'58)- 1032. J. Morris (1:45'50/1:45'42)- 1055. M. Ellison (1:45'06/1:45'58)- 2107. N. Merritt (1 :59'28/1:59'20)

#### **February 24<sup>th</sup> Childrens Mutual Tumbidge Wells Half Marathon.** (Gun time/chip time)

32. A. Tucker (1:23'53/1:23'48)- 48. N. Ayrton (*aka G. Maynard, Cambridge Harriers*) (1:25'42/1:25':28)- 85. S. Pairman (1:29'12/1:29'07)-162. T. Simmonds (1:34'18/(1:34'.18)- 183. Ms R. Ferguson (1:35'19/ :35'09)-422. K. Jinks (1:43'24/1:42'29)- 473. J. Osman (1 :44.45/1 :44'42)- 477. Mme A. McDonough (1 :44'55/1 :44.35)- 733. C. Fulford-Brown (1 :53.25/1:52'57)-. 960. R. Hogwood (2 :00'53/1 :59'.30) (*Mens' team finished 10th with 263 points, Ladies' team finished 5th with 122 points*)

#### Other Distances

**December 16<sup>th</sup>. (2007). Lossiemouth Turkey Trot 10miles .** G. Murray (m70) (1:42'18)

**January 1<sup>st</sup>. Louis Buckie 4.8 miles.** G. Murray (48'02)

**January 27<sup>th</sup> Barratts Canterbury 10 miles.** 1<sup>st</sup> . J. Atkinson (51'.51)- 14<sup>th</sup> . N. Kinsey (2<sup>nd</sup> mv45) 58'.53)- 55<sup>th</sup> . A. Morlock (1:04'.44)- 216<sup>th</sup> . T. Brightwell (mv55) (1:17'.05)- 509<sup>th</sup> . R. Saiz (mv55) (1:33'.58)

**February 10<sup>th</sup> Kent AC 10 mile road race Sidcup** 2.Andrew Rayner (50'.17)- 22. Darryl Hilliar (1:00'.57)- 42. Richard Hall (1:04'.21)- 117. Carolyn Jones Baldock (1:13'.40)- 306 Jo Kift (2:19'.59). *Winner Ben Noad Highgate (49'.58).*

**February 24<sup>th</sup> Polar Bear 5 mile road race Fayetteville U.S.A** 1<sup>st</sup> S. Overall. (23'36)

#### Walking Races

**February 16<sup>th</sup> Cambridge Harriers Winter League Walks races, Bexley** (women) 1. Chelsea O Rawe Hobbs (26'.54).

## Cross Country

### **January 5th Kent County Cross Country Championships, Detling Show Ground.**

**Senior Men 12400m** 6. J. Poole (41.30)- 7. J. Atkinson (41.48)- 15. P. Tucker (43.14)- 18. A. Gibbins (43.59)- 24. A. Conway (45.08)- 29. D. McKinlay (45.56)- 77. S. Hough (51.15)- 84. R. Hall (52.01)- 109. I. Taylor (54.06)- 175. A. Edwards (1 :03.22) *Blackheath & Bromley team 2<sup>nd</sup> with 73 points*

**Junior Men 7200m** 7. D. Brewer (26.10) 14. A. Cliff (27.03)- 22. J. Vintner (28.20) *Blackheath & Bromley team 2<sup>nd</sup> with 22 points*

**Under 17 Men 6300m.** 14. A. York (23.35)- 16. S. Cavey (23.37).

**Under 15 Boys 4200m.** 3. P. Seseman (15.07)- 13. O. Taylor (16.14)- 17. S. Jackson (16.33)- 28. G. Proctor (17.20)- 32. R. Braden (17.50)- 38. J. Halls (18.11)- 40. G. Gregory (18.16)- 47. T. Chapman (19.24) *Blackheath & Bromley team 2<sup>nd</sup> with 37 points*

**Under 13 Boys 3200m.** 11. A. Willis (12.48)- 29. R. Webb (13.53).

**Senior Women 7200m.** 1. B. Proctor (27.57)- 15. R. Ferguson (31.09)- 33. C. Lodwig (34.11)- 43. K. Pratten (35.10)- 47. A. McDonough (35.52)- 50. K. Jinks (36.06)- 53. A. Cilia (36.34) *Blackheath & Bromley team 2<sup>nd</sup> with 49 points*

**Under 17 Women 4200m** 11. R. Smith (19.32)

**Under 15 Girls 3650m** 3. D. Critchley (15.05)- 6. M. Fewster (15.38)- 10. S. Maslin (15.54)- 21. M. Kane (17.49)- 29. D. Webb (20.56). *Blackheath & Bromley team 2<sup>nd</sup> with 19 points.*

**Under 13 Girls. 3200m.** 6. H. Cook (14.03)- 15. H. Fletcher (15.10)- 18. K. Leonard (15.16). *Blackheath & Bromley team 4th with 39 points.*

**January 5th South West Vets Cross Country, Bicton. 7.6km.** 99th . C. Woodcock (32'49) (4th M60/1st M65)

**January 27th South West Vets, Sidmouth.** 8th P. Hamilton (M60) (34'14)

### **Bennett Cup events**

### **December 22nd. Christmas Yacht Handicap, Hayes**

Position-name-clock time-net time-points

1 D. Ryan (30:54/24:19){60 points}- 2 R. Hall (34:41/24:21) {59}- 3 S. Littlewood (Guest) (38:00/24:55)- 4 A. Bruce- Littlewood (29:18/24:58) {58} -5. R. Chambers (1:02:27/25:02) {57}-6 G. Coates (34:28/25:03) {56}- 7 N. Barber (38:26/25:11){55} - 8. S. Gascoigne (45:24/25:30) {54} - 9 P. Lovell (44:36/25:51){53} - 10 R. Drake (36:48/25:53) {52}- 11. A. Tucker (34:40/25:55) {51}- 12. Ms K. Pratten (40:50/25:55) {50} - 13. M. Ellison (34:13/25:58) {49}- 14 R. Penfold (36:28/25:58) {48}- 15 Mrs A. Cook (40:50/26:10) {47}-16. A. Lawes (36:34/26:19) {46}-17. S. Pairman (35:11/26:21) {45}- 18 Ms J. Bradshaw (36:15/26:30) {44}- 19 A. Riches (39:50/26:30) {43}- 20 R. Brown (37:26/26:36) {42}- 21 R. Minting (37:12/26:42) {41} - 22 G. Cook (33:45/26:50) {40} - 23 T. Delahoy (40:57/26:57) {39}- 24 M. Cronin (41:57/26:57) {38}- 25 I. Swatton (41:45/27:05) {37}- 26 D. Beadle (33:55/27:10) {36}- 27 B. Fisher (41:37/27:12) {35}- 28 D. Carton (39:58/27:14) {34}- 29 W. Slack (40:10/27:20) {33}- 30 A. Cliffe (32:33/27:33){32}- 31 S. Lloyd (36:21/27:36) {31} - 32 Ms A. Cilia (43:12/28:12) {30} - 33 M. Gasson (44:52/28:22) {29}- 34 G. Williams (34:41/28:36) {28}- 35 Ms J. Eastbury (41:49/28:44) {27}- 36 C. Pike (37:52/28:57){26}- 37 Mme A. McDonough (42:01/29:01) {25}- 38 J. Fenwick (42:22/29:47) {24}- 39 D. Churchus (1:02:16/30:46) {23}- 40 Ms J. Jones (44:26/30:56) {22}.

## **December 29th Orion v Blackheath Mob Match, Chingford.**

### **Match result (32 to score) Orion Harriers 728 Blackheath & Bromley 1611**

1. A. Littlewood (47.29)- 5. R Smith (49.58)- 8. T Soutar (51.20)- 16. G Cook (53.40) -18. G Williams (53.56) - 25. D Beadle (55.00)-26. T. Webb (55.09)- 29. A. Tucker (55.57) -31. M. Ellison (56.27)- 32. G. Coates (57.04) - 36. Ms J Bradshaw (58.16)- 37. S. Lloyd (58.42)- 47. A Lawes (60.16) -52. M Russell (61.01) -56. C Pike (61.11) - 57. N Barber (61.20) -59 Ms F. Green (61.29) -63. R Brown (62.26)- 66. J Bailey (63.14) - 67. J Phelan (63.23) -69. M Cronin (64.08)-70. D. Lewis (64.40) -71. J. Fenwick (65.17)- 72. D Leal (65.33) -74. W Slack (65.47) -76. A. Riches (65.49)-77. T. Delahoy (65.51) -79 J. E Turner (66.14)- 80 B. Fisher (66.23)- 83.N. Webb (67.10) - 84. I. Swatton (68.08)- 85. Mme. A McDonough (68.08) - 87. J Coates (69.41)- 89. Ms A Cilia (70.22) - 94. M. Gasson (73.43)



### **Handicap placings, times and points**

1. T Soutar (44'05) {60}- 2. A Littlewood (45'39) {59}- 3. R Smith (45'58){58} - 4. G Cook (46'10) {57}-5. G Williams (46'31) {5} -6. G Coates (47'09) {55}- 7. A Tucker (47'27) {54}- 8. M Ellison (47'32) {53}- 9. D Beadle (47'55) {52}- 10. M. Cronin (48'03) {51}- 11. N Barber (48'35) {50}- 12. Ms J Bradshaw (48'41) {49}- 13. S Lloyd (48'47) {48}- 14. D Lewis (48'50){47}- 15. J. Fenwick (49'12){46}- 16. D Leal (49'23) {45}- 17. C Pike (49'56) {44}- 18. R Brown (50'06){43}- 19. A Lawes (50'11) {42}- 20. J Bailey (50'39) {41}- 21. J Phelan (50'48) {40}- 22. W Slack (50'57) {39}- 23. J E Turner (51'09) {38}- 24. T Webb (51'09) {37}- 25. B Fisher (51'18) {36}- 26. M Russell (51'31) {35}- 27. T Delahoy (51'36) {34}- 28. Ms. F Green (51'54){33}- 29. A McDonough (52'08) {32}- 30. N Webb (52'25) {31}- 31. A Riches (52'34){30}- 32. I Swatton (52'43) {29}- 33. Ms. A Cilia (53'17) {28}- 34. J Coates (54'41) {27} - 35. M Gasson (55'38) {26}.

### **January 12th Open 10km, Hayes**

1. N. Gasson (32'44/38'24){42} -2. R. Smith (1st MV40) (33'46/38'56){26} -3 T. Souter (1st MV50) (34'22/40'32){15}- 4. R. Daniel (33'51/41'11) {24} -5 D. Hilliar (35'07/41'27){11}- 6. G. Cook (2nd mv40) (32'07/41'32){50} -7. M. Ellison (3rd mv40) (31'36 /42'06){53} - 8. O. Taylor (31'31/42'31){55}-9. D. Beadle (mv40) (34'13/42'38){18}-10 G. Williams (mv40) (5'05/42'45){12} -11 Richard Hall (32'26/43'01){45} -12. I. Taylor (MV40) (32'46/43'21) {41} -13. B. Mcshane MV40 (32'56 /43'26) {40}-14. G. Coates 2nd MV50 (33'11/43'36) {34} -16 S. Pairman MV40 (33'16/ 44'16) {31} -17 S. Lloyd (MV40) 32'58 /44'53 {39} -19 D. Ellison (MV40) (33'52 /44'57) {23} -22. Ms R. Ferguson (1st W/1st FV35)

(28'45/45'10) {60} -23. Ms J. Bradshaw (2nd W/ 2nd FV35) (33'36/45'11){28}-25 A. Lawes (3rd MV50) (33'07/ 45'42) {36} -26 C. Gentle (MV40) (35'47/45'47) {10} -29 P. Mackrell (31'00/46'00){58}-32. C. Pike (MV50) (33'09/46'49){35}-34 R. Drake (33'55/47'00){22} -35. N. Barber (MV40) (31'41/47'06){52} -37 A. Seddon (MV40) (31'08/47'38) {56}- 38 J. Halls (30'29/47'39) {59} -39. M. Salmon (MV50)(34'51/47'51){13} -40 R. Brown (MV50) (33'05/47'55){37}- 44. B. Bater (MV40) (36'50/48'30){5} - 45 M. Cronin (1st MV60) (31'01/48'31) {57}-46 A.Tucker (MV40) (39'50 /49'00) {2}-47 J. Bailey (MV50) (34'21/49'41){17}-48 J. Phelan (MV50) (34'22/49'47){16} -50 Ms C. Ludwig (3rd W) (33'56/49'51){21}- 51 P. Hills (MV50) (34'12/49'52) {19}-52. Ms K. Pratten (32'00/50'00) {51} -54 D. Carton (MV50)(34'03/ 50'13){20}- 55 J. Osman (33'48/50'28) {25} - 56. W. Slack (MV50) (32'59/50'34) {38}- 57 J. Fenwick (2nd MV60) (32'35/50'45){44}- 58. T. Delahoy (MV50) (33'41/50'51){27} - 62 B. Fisher (3rd MV60) (33'12/51'12) {33} -63 I. Swatton (MV40) (32'21/51'16){46}-65. Mme A. McDonough (1st FV45) (32'16/51'41) {47} -68 M. Compton (MV50)(32'42/ 53'17){43} -69 Ms. J. Eastbury (3rd FV35) (36'24/53'34) {8}-70. Ms A. Cilia (2nd FV45)(32'15/53'35) (48)-72 C. Jones-Baldock (32'09/54'19){49}-73 M. Gasson (MV60) (33'15/54'35){32}-75 S. Ridgewell (MV50) (36'43/55'38) {6}-76 A. Riches (38'08/55'53){4}-78 S. Gascoigne (MV40) (33'18/57'03) {30}-79 C. Rowe (MV60) (33'30/58'15) {29}-80 Ms A. Helmsley (FV35) (40'10/58'40){1}-82 S. Hollingdale (MV50) (34'37/ 1:00'32){14}-83 Ms E. Harker (39'36/1:00'36){3}-84 N. Ives (36'36/1:04'31) {7}-85 J. Robinson (MV60) (41'43/1:05'33) {1}-86 Ms E. Barrett (47'34/1:06'14) {1}-87 Ms E. Burns (47'29/1:06'14){1}-88 D. Churchus (1st MV70) (31'36 /1:15'51) {54}-89 R. Chambers (MV70) (36'24 /1:21'04){9}



Leading handicap places and times

1. Ms R. Ferguson (28'45){60 points}-2. J. Halls (30'29){59}-3. P. Mackrell (31'00){58}- 4. M. Cronin (31'01){57}-5. A. Seddon (31'08){56}- 6. O. Taylor (31'31){55} -7. D. Churchus (31'36) {54} -8. M. Ellison (31'36) {53} -9. N. Barber (31'41) {52}- 10. Ms K. Pratten (32'00){51}- 11. G. Cook (32'07){50} -12. C. Jones-Baldock (32'09){49} -13. Ms A. Cilia (32'15) (48) -14. Mme A. McDonough (32'16){47}- 15. I. Swatton (32'21){46}-16. Richard Hall (32'26){45}.17. J. Fenwick (32'35){44}-18. M. Compton (32'42){43} - 19. N. Gasson (32'44){42}-20. I. Taylor (32'46) {41}-21. B. Mcshane (32'56){40}.

### **February 2<sup>nd</sup> Ranelagh Harriers v Blackheath & Bromley A.C. Mob Match, Petersham.**

#### ***Match Result (31 to score)1<sup>st</sup> Ranelagh 920 2<sup>nd</sup> Blackheath 1047***

4. R. Smith (mv40) (47'.05)- 6. T. Souter (47'.05)- 7. R. Beswick (48'.12) 10. N. Ayrton (49'.32)- 11. D. Hilliar (49'.35)- 12. C. Keen (49'.36)- 13. G. Cook (49'.52)- 15. A. Tucker (50'.10)- 16. D. Beadle (50'.48)- 19. G. Williams (51'.05)- 21. S. Pairman (52'.03)- 22. G. Coates (52'.21)- 25. Ms R. Ferguson (52'.57)- 26. T. Sutton (53'.04)- 31. S. Lloyd (54'.04)- 33. A. Lawes (54.19')- 34. Ms J. Bradshaw (54'.29)- 37. R. Brown (55'.04)- 42. C. Pike (56'.23)- 44. J. Phelan (56'.45)- 45. A. Seddon (56'.46)- 47. N. Barber (57'.16)- 51. D. Carton (58'.15)- 52. M. Cronin (58'.18)- 54. Ms C. Ludwig (58'.28)- 56. T. Delahoy (58'.41)- 58. Ms C. Jones-Baldock (59'.02)- 59. J. Bailey (59'.16)- 62. A. Riches (59'.43)- 67. Ms J. Eastbury (1:01'.35)- 68. Mme. A. McDonough (1:02'.07)- 72. Ms A. Cilia (1:03'08)- 73. W. Slack (1:03'.45)- 77. J. Fenwick (1:05'.12)- 85. W. Orton (1:20'.10).

## Handicap results

1. Ms C. Jones-Baldock (30'.22)(60 points)- 2. A. Riches (32'.38)(59)- 3. T. Delahoy (34'.26)(58) - 4. R. Brown (34'.34)(57)- 5. Ms A. Cilia (34'.43)(56)- 6. J. Phelan (34'.45)(55)- 7. A. Tucker (34'.55)(54)- 8. D. Carton (35'.45)(53)- 9. T. Sutton (35'.49)(52)- 10. M. Cronin (35'.58)(51)- 11. Mme. A. McDonough (36'.07)(50)- 12. Ms J. Eastbury (36'.20)(49)- 13. Ms C. Ludwig (36'.28)(48)- 14. S. Pairman (38'.08)(47)- 15. A. Seddon (37'.11)(46)- 16. G. Coates (37'.16)(45)- 17. N. Barber (37'.21)(44)- 18. J. Bailey (37'.21)(43)- 19. Ms R. Ferguson (37'.27)(42)- 20. A. Lawes (37.34')(41)- 21. N. Ayrton (38'.07)(40)- 22. S. Lloyd (38'.09) (39)- 23. Ms J. Bradshaw (38'.29) (38)- 24. C. Keen (38'.26) (37)- 25. D. Hilliar (38'.40) (36)- 26. G. Williams (38'.40)(35)- 27. C. Pike (38'.43)(34)- 28. T. Souter (38'.54)(33)- 29. G. Cook (39'.17)(32)- 30. D. Beadle (39'.18)(31)- 31. W. Slack (39'.35)(30)- 32. R. Smith (39'.50)(29)- 33. R. Beswick (41'.42)(28) - 34. J. Fenwick (42'.12)(27)- 35. W. Orton (57'.55)(26).



### *Bennett Cup leaders after 7 events.*

1. A. Tucker (273 points)- 2. A. Cilia (266)- 3. A. McDonough (264)- 3. D. Beadle (264)- 5. T. Delahoy (263)- 5. G. Coates (263)- 7. A. Lawes (262)- 8. C. Pike (260)- 9. J. Bradshaw (258)- 10. G. Williams (256)- 10. G. Cook (256)

### **January 26<sup>th</sup> Southern Cross country Championships Parliament Hill,**

Senior Women. 83 Rosie Ferguson (38.57)- 97. Bridget Davey (39.52)- 107 Jane Bradshaw (40.09)- 126. Kate Pratten (41.22); 14th team, 1st Kent team -147. Ella Fisher (42.33)-164 Carolyn Jones-Baldock (43.51)- 165 Clare Ludwig (43.51)- 204 Annie McDonough (45.32); 23rd Team- 218. Anne Cilia (46.38) – 233. Tara Emery (47.13)- 257. Justine Eastbury (49.47).

### **February 10<sup>th</sup> Cinque Mulini 10km race Milan, Italy.** 9<sup>th</sup> Michael Skinner (33'.33)

### **February 9<sup>th</sup> Southern Schools Inter Counties Cross Country Championships, Paddock Wood.**

**Senior Boys** 18<sup>th</sup> Alex Bruce Littlewood.- 39<sup>th</sup> Alastair Cliff- 69<sup>th</sup> Sam Simpson. **girls** 42<sup>nd</sup> Catherine Chambers –60<sup>th</sup> Hannah Garcia. **Inter Boys race** 6<sup>th</sup> Phil Sesemann.-. 14<sup>th</sup> Ben Greenhalgh- 31<sup>st</sup> Hector Kurtyanek. **girls** 8<sup>th</sup> Danielle Critchley (*gained automatic selection for the English Schools*).- 34<sup>th</sup> Michelle Fewster- 59<sup>th</sup> Sophia Maslin- 67<sup>th</sup> Jessica Saville- 70<sup>th</sup>. Amy Mitchell **Junior Boys race** 32<sup>nd</sup> Will Mercer- 43<sup>rd</sup> Sam Jackson- 47<sup>th</sup> Robert Yates- 86<sup>th</sup> Adam Willis-. **girls** 68<sup>th</sup> Jessica Jones- 71<sup>st</sup>, Lauren Heria- 80<sup>th</sup> Hannah Cook- 84<sup>th</sup> Hope Stenning- 87<sup>th</sup> Kayleigh Leonard.

### **February 16<sup>th</sup> Kent League races, Nurstead Court, Meopham.**

Women. 3<sup>rd</sup> Jennie Butler (23'.08)- 5<sup>th</sup> Rosie Ferguson (24'.08)- 10<sup>th</sup> Ella Fisher (25'.21) (scoring 1<sup>st</sup> Ladies team)- 16<sup>th</sup> Clare Lodwig (25'.57) - 20<sup>th</sup> Kate Pratten (26'.18) - 33<sup>rd</sup> Carolyn Jones Baldock (27'.27).  
Men. 16<sup>th</sup> Alex Gibbins- 18<sup>th</sup> Dave McKinlay- 19<sup>th</sup> Alex Bruce Littlewood- 29<sup>th</sup> Nick Gasson- 34<sup>th</sup> David Griffin- 35<sup>th</sup> Roy Smith- 53<sup>rd</sup> Jonathan Vintner- 66<sup>th</sup> Richard Hall. *the team finished third*

### **February 23<sup>rd</sup> English National Cross Country Championships, Alton Towers.**

**Senior Men 12000m** 5. Mike. Skinner (32'47)- 46. Andy Rayner (34'41)- 99. Peter. Tucker (35'47)- 100. James Poole (35'59)- 128. Alex. Gibbins (36'28)- 233. Dave. McKinlay (38'10)- 302. Dan Ryan (35'58)- 315. Nick Gasson (39'09)- 362. Roy Smith (39'54)- 466. David Griffin (41'24))- 601. Richard Hall (43'27) 676. Brendon. McShane (44'19) 953. Steve Hough (48'51)- *Blackheath & Bromley team finished 8th out of 99 finishing teams.*

**Senior Women. 8000m** 61. Siobhan Budd (27'39)- 93. Jenny Butler (28'26)- 143. Jane Bradshaw (29'44)- 215. Kate Pratten (38'57)- 277. Katy Jinks (33'24)- 330. Justin Eastbury (34'51)- 341. Anne Cilia (35'11) *Blackheath & Bromley finished 18<sup>th</sup>*

**Junior Men 10000m** 61. Dan Brewer (31'08)- 99. Alex Bruce-Littlewood (32'14)- 160. Richard Daniel (34'28) -195. James Vintner (36'49) *Blackheath & Bromley finished 9<sup>th</sup>*

**Under 17 men 6000m** 72. Steve Cavey (16'08)

**Under 15 boys 4500m** 4. Phillip Sesemann (11'42)- 41. Hector Kurtyanek (12'29)- 163 Sam Jackson (13'31)- 190. Will Mercer (13'45)- 241. Greg Proctor (14'04)- 315. Jonathan Halls (14'56). *Team finished 11<sup>th</sup>*

**U15 girls 4000m** 74. Daniella Critchley (14'45)- 118. Michelle Fewster (15'09) -182. Sophia Maslin (15'47)- 214. Mel Kane (16'13)-255. Rachel Robinson (17'00) *Blackheath & Bromley finished 8<sup>th</sup>*

**Under 13 boys 3000m** 141. Adam Willis (12'11) -195. Nicholas Webb (12'32)

**Under 13 girls 3000m** 242. Hope Stenning (14'10).

## **Track & Field**

### **January 19/20th SEAA Indoor Championships- Lee Valley Athletic Centre.**

**Senior Men.** 60m. 1st Round heat 1. 3. D. Bovell (7.00)- heat 2. 3. D. Doyley (7.04)- heat 6. J. Barbour- heat 9. 3. T. Taiwo (7.06)- 2<sup>nd</sup> Round heat 1. 3. J. Barbour (6.91)- heat 3. 4. D. Doyley (6.97)- heat 4. 4. D. Bovell (7.00)- 2<sup>nd</sup> SF. 4. J. Barbour (6.89) ; 200m heat 3. 1. D. Doyley (23.1)- 2<sup>nd</sup> SF. 2. D. Doyley (22.40)- F. 4. D. Doyley (22.54) ; 400m heat 3. 3. E. Harrison (51.12)- heat 6. 4. I. Allerton (51.39)- 1st SF 5. I. Allerton (51.22)- 3rd SF. 5. E. Harrison (50.91) ; 1500m heat 2. 3. D. McKinlay (4'00.48)- F. 8. D. McKinlay (4'.08.3) ; 60m hurdles heat 1. 3. T. Sodeyi (8.10)- F. 3. T. Sodeyi (8.01); Pole vault A. Williams (Nht).

**Senior Women.** 400m. heat 3. 2. S. Singer (59.65)- 1st SF. 3. S. Singer (58.19)- F. 5. S. Singer (57.86) ; Shot putt 4. S. Brown (13.28) (12.58-13.28 over 5 putts).

**Under 20 Men.** 60m. heat 3. 1. J. Alaka (7.03)- heat 7. 1. J. Alexander (7.82)- 2<sup>nd</sup> SF 4. J. Alexander (7.22)- 3rd SF. 1. J. Alaka (6.98)- F. 2. J. Alaka (6.81) ; 200m. Heat 1. 1. J. Alaka (22.81)- 2<sup>nd</sup> SF. 1. J. Alaka (22.15)- F. 1. J. Alaka (21.80) ; 400m heat 1. 5. A. Blair (53.30)- 60m hurdles 1. A. Al-Ameen (8.17) ; PV 1. S. Huggins (4.91m) (4.60-4.91m over 5 vaults).

**Under 20 Women.** 60m. Heat 1. A. Shand-Whittingham (7.70)- SF. 1. A. Shand-Whittingham (7.64)- F. 1. A. Shand-Whittingham (7.54) ; 200m heat 2. 1. A. Shand-Whittingham (25.13)- F. 1. A. Shand-Whittingham (24.53); 400m heat 1. 4. S. McLellan (1'.01.27)- 2<sup>nd</sup> SF 4. S. McLellan (1'.00.69) ; PV 1. R. Arnheim (3.40m) (3.20-3.40m over 3 vaults) ; LJ 2. L. Blackie (5.50m) (5.18-5.50m over 6 jumps) ; TJ 2. L. Blackie (11.71m) (11.33-11.71m over 4 jumps) ; Shot 1. S. Brown (13.50m) (11.96- 13.50m over 5 puts).

**Under 17 Men.** 60m. 1st Round. Heat 3. 3. D. Coelho (7.7)- heat 6. 1. D. Putnam (7.26)- 3. M. Fletcher (7.41)-

2<sup>nd</sup> Round. Heat 3. 1. D. Putnam (7.16)- 4. M. Fletcher (7.34)- 1st SF. 2. D. Putnam (7.10)- F. 4. D. Putnam (7.11) ; 200m. Heat 1. 1. D. Putnam (23.1)- 1st SF. 1. D. Putnam (23.59)- F. 1. D. Putnam (22.14) ; 400m heat 1. 5. B. Parkin (56.28)- heat 2. 1. T. Bensted (51.74)- 1st SF. 1. T. Bensted (52.66)- F. 1. T. Bensted (51.20) ; 60m hurdles. Heat 2. 4. B. Hopkins (8.83)- F. 3. B. Hopkins (8.6).

**Under 17 Women.** 60m. Hurdles. Heat 5. 2. D. Annon (8.06)- 2<sup>nd</sup> SF. 3. D. Annon (8.00) ; 200m - F. 3. D. Annon (26.21) ; 1500m F. M. Fewster (5' .14.16) ; HJ. 2. J. Matthews (1.70m) (1.55-1.70m over 5 jumps) ; LJ. 6. J. Matthews (5.08m) (4.61- 5.08m) ; Shot 4. K. Jones (10.20m) (9.30-10.20m over 6 jumps).

**Under 15 Girls.** 60m hurdles. Heat 2. 2. L. Stevens (9.19) ; 2<sup>nd</sup> SF. 4. L. Stevens (9.77) ; PV. 4. A. Huggins (2.30m) (2.00-2.30m over 5 vaults)- 6. S. Parr (2.20m) (2.10-2.20 over 3 vaults) ; LJ. 10. L. Stevens (4.40m) (4.16-4.40m over 3 jumps).

### **January 26/27<sup>th</sup> Kent Indoor Championships- Lee Valley Athletic Centre.**

**Senior Men.** 60m. heat 1. 1. D. Bovell (6.99)- heat 2. 1. E. Harrison (7.13)- 2. D. Haque (7.13)- F. 1. D. Bovell (6.96)- 2. D. Haque (7.06)- 4. E. Harrison (7.12) ; 400m.F. 5. E. Harrison (50.04) ; 1500m F. 1. D. McKinlay (4'.06.8) ; 60m hurdles F. 1. A. Al Ameen (8.32); Pole vault A. Williams (3.60m) (as mv50)

**Senior Women.** 60m. F. 1. V. Cole (7.74) ; PV. E. Hughes (3.20m) ; Shot put 1. S. Brown (13.91)

**Under 20 Men.** 60m. heat 1 1. A. Al Ameen (7.29)- heat 2. 1. J. Alexander (7.24)- 2. M. Morrison (7.25)- 4. A. Stockdale (7.42) - F. 1. J. Alexander (7.19)- 2. A. Al. Ameen (7.21) ; 400m. F. 2. A. Blair (53.73) 60m hurdles F. 1. A. Al Ameen 8.10) ; PV 1. S. Huggins (4.92m) ; LJ 5. A. Stockdale (4.93m) ; Shot F. 1. A. Stockdale (8.42m).

**Under 20 Women.** 400m F. 2. S. McLellan (1'.00.50) ; 800m F. 2. S. Crocker (2'35.41)- 60m hurdles F. 2. S. McLellan (9.86) ; PV 1. R. Arnheim (3.40m)- 2. E. Godley (3.10m); LJ 1. L. Blackie (5.37m); TJ 1. L. Blackie (11.52m)) ; Shot 1. S. Brown (13.33m).

**Under 17 Men.** 60m. 1st Round. Heat 2. 1. D. Putnam (7.21)- 3. D. Coelho (7.64). - F. 1. D. Putnam (7.09) ; 200m F. 1. D. Putnam (22.58) ; 400m F.1. D. Putnam (50.21) ; 60m hurdles. F. 2. B. Hopkins (8.71)

**Under 17 Women.** 60m. Hurdles. Heat 1. 1. G. Sheppard (8.16)- heat 2. 1. D. Annon (8.00) F. 2. D. Annon (7.95) ; 200m F. 1. D. Annon (26.29) ; 800m heat 2. 1. D. Critchley (2'40.09)- 2. M. Fewster (2'40.24)- F. 1. D. Critchley (2'21.00)- 2. M. Fewster (2'29.09); HJ. 2. J. Matthews (1.65m); LJ. 6. J. Matthews (4.96m) ; Shot 4. K. Jones (10.32m).

**Under 15 Girls.** 60m hurdles. Heat 2. 2.C Colegate (8.55)- 4. V. Munt (8.92) ; 400m F. 1. J. Moore (1'08.37) ; 800m 2. J. Jones (2'44.14) ; 60m hurdles F. L. Stevens (9.66)- 5. R. Jones (1.39); PV. 1. A. Huggins (2.40m); LJ. 2. L. Stevens (4.62m)- 7. J. Moore (4.13m).

**February 3<sup>rd</sup> Indoor International, Bratislava (Slovak Republic)** 60m Danny Doyley (England team) (6.98)

**Celtic Games in Cardiff.** 60m hurdles 1. Alex Al Ameen (8.10); pole vault 1. Scott Huggins (Scottish Senior International). (4.85m); long jump 1. James Grocock (7.39m).

**Birmingham Games** under 20 women 200m. Anike Shand Whittingham. (24.28)

**UKA Inter City Indoor Challenge Cardiff** long jump 5<sup>th</sup> Lauren Blackie (representing London South) (5.34m); triple jump 6<sup>th</sup> Lauren Blackie (11.53); 60m Lorraine Ugen (7.9); 200m Lorraine Ugen.(25.97)

**February 9<sup>th</sup> Scottish Junior Championships.** Under 20 mens' pole vault 1. Scott Huggins (4.80m), (*a new Championship best*); under 15 girls pole vault 1. Anna Huggins (2.40m).

**February 8/9<sup>th</sup> Norwich Union World Championships Trials and UK Championships, Sheffield**

Womens Triple jump 4. Sandra Alaneme (Brunel University) (12.86m); 60m hurdles. Heats Taiwo Sodeyi



(8.01) B final Taiwo Sodeyi (8.03); mens' 60m SF. Jonathan Barbour (6.82); womens' 60m heats Lorraine Ugen (7.87)- Vickie Cole (7.92).

**February 10<sup>th</sup> BVAF 2008 Indoor Pentathlon Championships, Lee Valley Athletics Centre.**

**Mens' v50.** 3<sup>rd</sup> Clem Leon. (total 2564 points). Individual events and scoring. 60m hurdles (12.1/334pts) / Long Jump (4.22m/439pts) /Shot putt (8.21m/450pts) / High Jump (1.48m/636pts)/ 200m (23.9/705pts).

**February 13<sup>th</sup> International meeting. Great Britain v Netherlands, Lee Valley Athletics Centre.**

Junior Men's Pole Vault. 5<sup>th</sup> S. Huggins (4.95m) (*New junior men's Scottish record*)

**February 12<sup>th</sup> Norwich Union Grand Prix Birmingham** womens 60m heats 5. M. Douglas (7.38).

**February 13<sup>th</sup> London South in the Indoor City Challenge Sheffield.** Women's 60m. 1.M. Douglas (7.34)- 3. A. Shand Whittingham (7.54); shot 5. S. Brown (14.15m); long jump L. Blackie (5.32m)

**February 23<sup>rd</sup> England Athletics Indoor Under 20 Championships Birmingham**

**Under 20 Women** 60m 1. A. Shand Whittingham (7.47); 200m heat (qual) A. Shand Whittingham (24.64)- Final. 4. A. Shand Whittingham (24.82); **Under 20 men** 200m. 1. J. Alaka (21.87); 60m F. 3. J. Alaka (6.86); 60m hurdles 1. A. AlAmeen (7.98)- 3. S. Merrill (8.05); pole vault 2. S. Huggins (4.90m); long jump 2. J. Grocock. **Under 17 men** 200m 1. D. Putnam (21.94); 60m 3. D. Putnam (7.04); 400m heats (qual)1.T. Bensted (49.81)- F. 3. T. Bensted (50.19).

**February 23/24<sup>th</sup> National Vets Championships, Lee Valley Athletics Centre.**

**Mens' v50.** 60m. 1<sup>st</sup> heat 2. T. Phillips (7.93) {DNQ}; 200m 1<sup>st</sup> heat 3. T. Phillips (25.73)- Final 4. T. Phillips (25.82). **Mens' v60.** 1500m Final. 1. P. Hamilton (5'2.99); 3000m F. 1. P. Hamilton (10'47.57).

**Mens' v70.** Shot putt 2. G. Hickey (10.36m). **Womens' v50.** 60m Final A. 1. H. Godsell (8.58); 200m Final A. 2. H. Godsell (28.56).

***The National Cross Country Championships, Alton Towers, Saturday February 23rd.***

Some memorable and outstanding performances were produced by the club's cross country teams, with strong representation in both the mens' and womens' senior teams in the National Cross Country Championships at Alton Park. For a mens' team spearheaded by GB International Michael Skinner in the starting line up the team performance was outstanding with the highest placing for some 11 years and a performance that was reminiscent of the glory days of the early and mid 1990s. In the six to score the senior team finished 8th (and in the nine to score they were 6th). Michael Skinner's first senior "National" saw him mount an impressive challenge in the race although the course took its toll, and he eventually finished 5th. Andy Rayner was well placed early on but then slipped to 46th. There was good solid support from Jamie Atkinson, Pete Tucker, James Poole and Alex Gibbins to make up the scoring. On this showing the mens' team could be potential medallists or championships in the imminent future. Meanwhile the senior women with Siobhan Budd flying in from France finished 18<sup>th</sup> in the team race, fine support coming from Jennie Butler, Jane Bradshaw and Kate Pratten. The best individual performance of the day came in the under 15 boys contest. Phil Sesemann had the race of his life to finish in 4th place, narrowly missing the bronze medal on the line. This and other fine runs from the Under 15 boys team earned them 11<sup>th</sup> place in the team race. Meanwhile the Junior men put in a fine show with Dan Brewer and Alex Bruce-Littlewood in the top100, and the team coming 9th. Altogether most runners came home in the top 200 of their respective groups.

Nick Gasson paid a special tribute to the Blackheath supporters who turned up to cheer each team on. Describing them as outstanding and as a force that could be heard everywhere on the course, he stated that without doubt they had enhanced the performances and encouraged every runner to dig deep within themselves to give that little extra. They seemed to be everywhere on the course and, although the teams did not win the trophies at this year's event, it could be said that if there was an award for the best supporters the club would win it by a long neck.



The beauty of it Hall.. in the long haul up the hill at Alton Towers.

Richard of the species wins the award for most photogenic competitor at the National Cross Country Championships.

***And finally congratulations.***...are due to a considerable number of Blackheath athletes of all ages who achieved notable victories in their respective competitions. On the road there were first places for Jamie Atkinson at the Canterbury Ten miles, for Scott Overall in the USA at the Polar Bear 5 miles, for Chelsea O'Rawe Hobbs in the Cambridge Harriers February walk race in Bexley, and of equal merit a second place for Peter Tucker at the Watford Half Marathon. Over the country there was victory for Bryony Proctor in the senior women's race at the Kent championships at the new year in Detling, but it was at the track and field meetings that gold was really struck particularly at the Lee Valley Athletic Centre. Gold medallists included James Alaka for the under 20 mens' 200 metres, Siobhan Brown (under 20 womens') for shot putt and Dan Puttnam (under 17 men) for 200 metres at the SEAA championships ; and a week later at the Kent championships it was raining golds from Dave McKinley (senior 1500 metres), Alex Al Ameen and Vicky Cole (60 metre hurdles for men and women), Siobhan Brown and A. Stockdale (shot putt), three golds for Dan Putnam (60,200 and 400 metres for the under 17s), and J. Moore (400 metres for the under 15 girls). At international level Scott Huggins continued to progress with wins at the pole vault at the Celtic games and Scottish Junior championships where new records were set. Finally at the other end of the age spectrum Peter Hamilton triumphed with two victories at 1500 and 3000 metres at the National Vets indoor championships just a few days ago.