



# Blackheath & Bromley Courier

January 2016.

President 2015-16. Dave Cordell.

Editor. Pat Calnan ([p.calnan@btinternet.com](mailto:p.calnan@btinternet.com))

## Editorial.

Nothing counts until Christmas! Well there are some important relays, league races and the opportunities to gain International selections in the Autumn, but the main Championships all happen in the New Year. Every weekend for the next couple of months we'll have Club members in action both indoors and outdoors. If you aren't competing yourself get along and give them some support and don't forget the Mob Matches!

This edition features more rankings, from our talented and enthusiastic youngsters, and from our Masters who continue to compete at National level and beyond. Last year was a good one for the Club and its members at all levels. Don't forget that whether you are striving to win medals at a Championship, aiming for a personal best, or just competing for a point, you could become a Quiz Question. Happy 2016!

### January

- 3<sup>rd</sup> Metaswitch Games Open, Lee Valley.
- 9<sup>th</sup>. Kent Cross Country Championships, Brands Hatch
- 9<sup>th</sup>- 10<sup>th</sup>. SEAA U17 and U15 Individual Championships, Lee Valley.
- 16<sup>th</sup> – 17<sup>th</sup>. SEAA Senior and U20 Individual Championships, Lee Valley.
- 17<sup>th</sup>. Open 10km, Hayes, 10.30
- 23<sup>rd</sup>-24<sup>th</sup> London Senior & Under 20 Games, Lee Valley.
- 24<sup>th</sup>. Mob Match South London Harriers, Hayes. 10.30.
- 30<sup>th</sup>-31<sup>st</sup> London Under 17 & Under 15 Games, Lee Valley
- 30<sup>th</sup> SEAA Cross Country Championships, Parliament Hill.

### February

- 6<sup>th</sup> BUCs Cross Country Championships, Gloucester
- 7<sup>th</sup>. Club 10, Hayes
- 13<sup>th</sup>. Kent Cross Country League, Fooks Cray Meadows. (Seniors only).
- 13<sup>th</sup>-14<sup>th</sup>. England Athletics Under 20, 17 and 15 Championships, Sheffield.
- 14<sup>th</sup>. BMAF Pentathlon Championships, Lee Valley
- 19<sup>th</sup>-21<sup>st</sup>. BUCs Indoor Championships, Sheffield
- 20<sup>th</sup>. Mob Match v Ranelagh, Richmond Park
- 20<sup>th</sup>-21<sup>st</sup>. Surrey and Sussex Indoor Championships, Sutton.
- 21<sup>st</sup>. SCVAC Championships, Lee Valley.
- 27<sup>th</sup>. National Cross Country Championships, Castle Donington.

### On the Social side.

January. 15<sup>th</sup>. Burns Night.



February. 12<sup>th</sup>. Punch Bowl Night.



## 2015 rankings. B&B athletes featuring in the top 50 in their event.

**Under 17 Men.** 1500. 33. Joss Barber 4.03.9. 1500 steeplechase. 8. Joss Barber 4.29.77. 60 hurdles. 30 Adeyinka Adeniran 8.69. 100 hurdles. 26. Adeyinka Adeniran 13.86. Discus. 10. Dele Aledese 46.04. Javelin. 1. James Whiteaker 73.45. Octathlon. 33. Edward Adams 3892.

**Under 17 Women.** 60. 5. Charmont Webster Tape 7.68, 6. Holly Mills 7.69, 17. Parris Johnson 7.79, 25. Magda Cienciala 7.88. 100. 3. Charmont Webster Tape 11.84, 35. Holly Mills 12.31, 41. Parris Johnson 12.40. 200. 26. Charmont Webster Tape 25.15, 37. Holly Mills 25.28, 42. Magda Cienciala 25.32. 800. 2. Katy Ann McDonald 2.06.45, 20. Jessica Keene 2.12.44, 1500. 2. Katy Ann McDonald 4.22.96. 3000. 3. Jessica Keene 9.41.35. 1500 steeplechase. 1. Yasmin Austridge 4.54.82, 10. Naomi Kingston 5.16.01. 60 metre hurdles. 2. Isabella Hilditch 8.64, 3. Holly Mills 8.66, 13. Anastasia Davies 8.97. 80 metre hurdles. 3. Holly Mills 11.32, 6. Anastasia Davies 11.42, 11. Isabella Hilditch 11.58. 300 hurdles. 5. Isabella Hilditch 44.19. Long Jump. 1. Holly Mills 6.29, 35. Jamilya Robinson Pascal 5.42. Triple Jump. 6. Anastasia Davies 11.57, 15. Karina Harris 11.30, 18. Toyin Orelaja 11.16. Pole Vault. 5. Shaye Emmett 3.70. Shot. 1. Divine Oladipo 15.37, 4. Eloise Locke 13.69, 47. Eve Keith 11.78. Discus. 2. Divine Oladipo 45.63, 22. Eve Keith 35.90, 37. Anna Barrett 34.41, 41. Carys Marsden 33.98. Javelin. 5. Eloise Locke 43.44. Hammer. 24. Victoria Wiltshire 50.46.

**Under 15 boys.** 300 metres. 18. Ben Sutton 37.6. 400. 9. Henry James Cowie 53.92, 41. Vishnu Dier 57.41. 800. 6. Henry James Cowie 1.59.27, 13. Angus Harrington 2.01.83, 25. Coleman Corry 2.03.78. 1500. 26. Henry James Cowie 4.16.65, 32. Angus Harrington 4.18.93, 39. Rowan Fuss 4.20.62. 80 metre hurdles. 46. Henry James Cowie 12.0. High Jump. 27. Henry James Cowie 1.76. Long Jump. 45. Ben Sutton 5.76. Triple Jump. 39. Benjamin Edozie 11.50. Pole Vault. 12. George Pope 3.20, 31. Lewis Stickings 2.80. Discus. 35. James Lancaster 34.18. Javelin. 12. Angus Harrington 44.92, 21. Thomas Mills 42.71, 28. Nor Mohamad Kasem 41.28. Pentathlon (indoors). 10. Coleman Corry 2213. Pentathlon (outdoors). 2. Henry James Cowie 2996, 18. Coleman Corry 2607. 3000 metres walk. 6. Ethan Kitteridge 17.48.

**Under 15 girls.** 100. 34. Katie Woolcott 12.52. 200. Mhairi Brooks 26.11. 300. 38. Grace Scopes 42.6. 800. Kelsi Cornish 2.18.96. 1500. 25. Yasmin Marghini 4.45.80, 46. Millie Smith 4.48.70. Triple Jump. 3. Karina Harris 11.30. Pole Vault. 39. Eleanor Barrett 2.42. Shot. 2. Eloise Locke 13.69, 14. Eve Keith 11.78. Discus. 4. Eve Keith 35.90, 15. Eloise Locke 31.16, 47. Kareena Galley 27.05. Javelin. 2. Eloise Locke 43.44. Hammer. 37. Alexandra Kelsey 37.14. 3000 metre walk. 11. Isobelle Bridge 17.48.

**Under 13 boys.** 100 metres. 7. Tareq Bannour 12.3, 15. Kyron Morgan 12.48. 200. 11. Tareq Bannour 25.90, 13. Kyron Morgan 25.91. 800. 5. Rowan Fuss 2.13.79. 1500. 1. Rowan Fuss 4.20.62. Long Jump. 44. Kyron Morgan 4.79. Shot. 3. Michael Burfoot 11.35, 13. Kyron Morgan 10.34. Discus. 6. Michael Burfoot 31.57, 19. Harry Jack Cowie 25.21. 60 metre indoors. 32. Jacob Byfield 8.57.

**Under 13 girls.** 150 metres. 31. Holly Mpassy 20.25. 800. 16. Ellie Dolby 2.25.29, 46. Morgan Squibb 2.28.41. 1200. 7. Ellie Dolby 3.52.8, 31. Jessica Neal 3.59.10. 1500. 4. Ellie Dolby 4.51.46, 23. Jessica Neal 5.03.12. High Jump. 40. Akeilya Robinson Pascal 1.44.

### Masters

**M35.** 1500. 29. Ritchie Leccia 4.20.6. 3000. 39. Alex Gibbins 9.16.2, 46. Ritchie Leccia 9.20.6. 3000 steeplechase. 7. Alex Gibbins 10.02.21, 38. Gareth Evans 11.20.8. Long Jump. 41=. Reynaldo Guevara 4.91. Triple Jump. 35. Reynaldo Guevara 10.14. Shot. 7. Steve Timmins 12.60. Discus. 12. Steve Timmins 36.52. Javelin. 23. Steve Timmins 40.05. Hammer. 6. Steve Timmins 47.57.

**M40.** 400. 43. Richard Holt 57.2. 400 hurdles. 5. Richard Holt 61.43. Shot. 3. Steve Timmins 13.02. Discus. 8. Steve Timmins 36.73. Javelin. 8. Steve Timmins 40.22. Hammer. 7. Steve Timmins 45.18.

**M45.** 800. 1. Dave Heath 1.59.61. 1500. 1. Dave Heath 3.59.93. 3000. 1. Dave Heath 8.41.02. 3000 walk. 6. Mike Kitteridge 20.33.5.

**M50.** 800. 1. Dave Heath 1.58.72, 44. Tim Nash 2.19.05. 1500. 1. Dave Heath 3.58.26, 38. Tim Nash 4.42.85. 3000. 6. Dave Taylor 9.19.47, 38. Tim Nash 10.08.5. 10,000. 2. Dave Taylor 33.54.37, 23. Roger Beswick 40.02.2. Long Jump. 26. Paul Sutherland 4.83. Triple jump. 27. Paul Sutherland 9.35, 50=. Tim Nash 7.80.

**M55.** 60 Metres. 14. Clem Leon 8.49. 100. 31. Clem Leon 13.50. 200. 18. Clem Leon 27.20. 400. Clem Leon 60.87. 1500. 39. Mick Jones 5.07.72. 10,000. 29. Dave Carton 48.34.6. 60 hurdles. 5. Clem Leon 11.78. High Jump. 4=. Clem Leon 1.51. Long jump. 18. Clem Leon 4.58. Triple Jump. 9. Clem Leon 10.02. Pole Vault. 17=. Clem Leon 2.20. Shot. 46. Clem Leon 7.91. Discus. 42. Clem Leon 21.96. Javelin. 48. Clem Leon 20.36. Hammer. 48. Clem Leon 12.92.

**M60.** 60 metres. 3. Tom Phillips 8.10. 100. 4. Tom Phillips 12.82. 200. 6. Tom Phillips 26.59. 400. 35 Rob Brown 69.0. 1500. 31. Andy Lawes 5.26.7. 3000. 22. Andy Lawes 11.28.1. Triple Jump. 24. Rob Brown 6.77. Pole Vault. 1. Allan Williams 3.40. Hammer. 40. Richard Coe 12.59. 3000 walk. 6. David Hoben 20.30.9. 5000 Walk. 7. David Hoben 34.45.2.

**M65.** 200. 6=. Rob Brown 29.5. 400. 37. John Turner 83.8. 800. 2. Bob Minting 2.31.4, 9. Rob Brown 2.40.2, 20. Peter Hamilton 2.50.2. 1500. 14. Peter Hamilton 5.43.21. 3000. 8. Rob Brown 11.52.7, 29. Peter Hamilton 12.45.75, 34. John Turner 13.02.9, 45. Colin McEntee 13.29.2. 5000. 12. Rob Brown 20.31.4, 16. Peter Hamilton 21.12.20, 24. John Turner 22.21.2. 10,000. 5. Peter Hamilton 42.41.62, 15. John Turner 49.54.9. High Jump. 14=. John Turner 1.10. Long Jump. 25. Rob Brown 3.06. Shot. 45. Jim Phelan 6.44. Discus. 45. Jim Phelan 18.85. 3000 walk. 4. Roger Michell 16.28.17. 5000 walk. 3. Roger Michell 28.52.89. 10000 walk. 4. Roger Michell 61.46.00.

**M70.** 1500. 19. Chris Woodcock 6.48.31. 3000 walk. 2. Shaun Lightman 17.47.75. 4. Peter Hannell 19.11.16. 5000 walk. 4. Shaun Lightman 30.54.0, 6. Peter Hannell 32.29.0.

**W40.** 100. 26=. Charlotte Stickings 14.6. 200. 28. Charlotte Stickings 29.9. 800. 34. Sara Elmqvist 2.38.27. 3000. 45. Jane Bradshaw 11.42.5. 5000. 8. Carole Penlington 18.53.7. Long Jump. 36. Charlotte Stickings 3.57.

**W45.** 100. 25. Jenny Neal 14.85. 200. 27=. Jenny Neal 31.3. 400. 28. Jenny Neal 71.4. 3000. 43. Jenny Neal 12.02.58. High Jump. 26=. Jenny Neal 1.15. Long Jump. 35. Jenny Neal 3.38. Triple Jump. 22. Jenny Neal 7.36.

**W50.** 100. 23. Maureen Miller 15.2, 33. Jackie Montgomery 15.64. 200. 10. Jackie Montgomery 30.3, 31. Maureen Miller 31.80. 400. 21=. Jackie Montgomery 7.42. 800. 1. Clare Elms 2.23.48. 1500. 1. Clare Elms 4.47.79. High Jump. 15=. Jackie Montgomery 1.20. Long Jump. 10. Jackie Montgomery 4.12. Pole Vault. 1. Jackie Montgomery 2.70. Shot. 50. Jackie Montgomery 6.29.

**W55.** 100. 38. Anne Cilia 17.5. 800. 43. Anne Cilia 3.26.9. 1500. 39. Anne Cilia 6.56.0. 3000. 38. Cathy Messent 14.14.6. High Jump. 24=. Anne Cilia 1.00. Triple Jump. 22. Anne Cilia 6.15. Pole Vault. 4. Anne Cilia 1.70. Javelin. 23. Anne Cilia 13.00. Hammer. 37. Anne Cilia 10.64.

**W60.** 60. 1. Helen Godsell 8.76. 100. 4. Helen Godsell 14.65. 200. 2. Helen Godsell 29.70. 400. 3. Helen Godsell 72.29. 800. 17. Helen Godsell 3.18.03. 1500. 35. Maz Turner 8.07.8. 3000. 33. Maz Turner 16.58.9. High Jump. 5. Christine Rogers 1.12, 9=. Helen Godsell 1.05. Long Jump. 10. Helen Godsell 3.06. Triple Jump. 3. Helen Godsell 7.60. Shot. 44. Maz Turner 3.46.

**W65.** 400. 19. Maz Turner 1.55.48. 800. 19. Maz Turner 4.08.7. 3000. 17. Maz Turner 17.48.63. Long Jump. 23. Maz Turner 1.34. Shot. 2. Barbara Terry 8.09. Discus. 3. Barbara Terry 19.52. Javelin. 5. Barbara Terry 15.49. Hammer. 3. Barbara Terry 22.83, 18. Maz Turner 2.25. Weight. 1. Barbara Terry 9.79.

**W70.** Shot. 3. Barbara Terry 7.07. Discus. 3. Barbara Terry 17.11. Javelin. 2. Barbara Terry 15.13. Hammer. 3. Barbara Terry 22.50. Weight. 2. Barbara Terry 9.52. Weight Pentathlon. 2. Barbara Terry 3322.

### **Quiz Of The Year. (Answers to the editor. Most correct answers gets a prize)**

#### **Section B &**

1. Which Club member became a double European champion and a World Record Holder?
2. "Always run through the line". Who offered this advice after the AJC Peachtree Road Race?
3. Which Club Member coached the first over 65 woman in the world to run under 6 minutes for the mile?
4. Who set six different Club Records in a day?
5. Who broke a World Record that had stood for 31 years?
6. Who burst on to the race walking scene with 10<sup>th</sup> place in the Johnson Bowl?
7. Who represented England in a) Brussels b) Samoa, c) Antrim?
8. Who made her boxing debut in August?
9. Which three athletes broke Club records in 30 minutes at the Sainsburys Birmingham Grand Prix?
10. What team medals did the Club win at the National Cross Country Championships?
11. Who won medals in Eskilstuna?
12. Who won medals in Prague?
13. Who represented England Schools in a) Dublin b) Grangemouth?
14. Who led the Bennett Cup after 8 events before the Closing 5?
15. Who was the Clubs first (first claim) finisher in the Senior Womens race at the National Cross Country Championships?
16. Who won the Dartford Half Marathon?
17. "Hips held high and level and shoulders relaxed". Whose advice on buggy running was quoted in the Daily Telegraph?
18. Which Club member appeared in the BBC Programme "Britain's Greatest Generation" which highlighted the courage of servicemen and women during the Second World War.
19. Which former member was announced Sports Journalist of the year at the Press Awards.
20. Which husband and wife lost Club records this year and what events?

## Section B.

These were Club records at the start of the Summer but what are they now and who holds them?

- 1). 4.54.8
- 2). 10.90
- 3). 3.40
- 4). 28.04
- 5). 4.03
- 6). 10.04
- 7). 40.68
- 8). 11.05
- 9). 13.07
- 10). 5.01.4

Can you identify the athlete by their seasons bests?

- 11). 1.10, 8.07.17, 8.83, 14.11.09, 2.69.
- 12). 15.1, 25.90, 2.13.79, 28.4, 18.68
- 13). 27.0, 11.58, 44.19, 64.88, 18.99
- 14). 4.40, 15.06, 3.25.08, 12.74, 1.44
- 15). 51.16, 6.99, 3.71, 39.25, 15.24.

## Results

### December

**5<sup>th</sup>. Kent Masters Cross Country Championships, Sparrows Den.** M40. 15. Luca Ercolani 35.21, 43. David Beadle 38.28, 49. Alexis Tobin 39.08, 50. Andy Tucker 39.20, 57. Rod Harrington 40.18, 58. Nic Corry 40.22, 76. Tim Ward 44.53. Team (4 to score) 9<sup>th</sup>. M50. 5. Tim Nash 34.36, 7. Nick Kinsey 35.13, 11. Roger Beswick 36.11, 34. Steve Pairman 39.20, 35. Mick Jones 39.40, 43. Mark Ellison 41.07, 47. Chris Gentle 41.58, 60. David Carton 47.10, 61. Nigel Bulmer 47.14, 65. James Neylon 49.25. Team (3 to score) 2<sup>nd</sup>. M60. 3. Tim Soutar 20.55, 6. Con Griffin 21.24, 9. Andy Lawes 22.01, 10. Paul Ross Davies 22.20, 16. Rob Brown 22.55, 22. Chris Pike 23.37, 23. Graham Coates 23.41, 29. Jim Phelan 25.07, 36. John Turner 25.55, 49. John Butler 28.10. Team (3 to score) 1<sup>st</sup>. W35 1. Clare Elms (2<sup>nd</sup> claim) 19.46, 3. Carole Penlington 20.27, 9. Jennie Butler 21.31, 19. Lisa May 22.44, 20. Jane Bradshaw 22.53. Team 3<sup>rd</sup>. W45. 10. Jenny Neal 23.09, 29. Tracey Ashenden 26.36, 31. Angela Powell 26.49, 35. Jackie Montgomery 27.59, 36. Julia Pairman 30.44. Team (3 to score) 6<sup>th</sup>. W55. 5. Anne Cilia 27.15, 6. Helen Godsell 27.25, 15. Maz Turner 34.16. Team 2<sup>nd</sup>.

**Birmingham League, Cheltenham.** 1. Graham Rush (Cheltenham/2<sup>nd</sup> claim) 30.29, 8. Will Fuller (Loughborough Students) 31.28.

**English Schools Cup Final, Bedford.** Under 15 boys. 57. Joseph Georgiadis 16.36. Under 13 boys. 4. Rowan Fuss 9.21.

**Parkruns. Banstead Woods.** 44. Gracie Horton 22.42.

**Sunderland.** 14. Ian Taylor 21.35

**Bromley.** 8. Charlie Andrews 18.43, 10. Matthew Pond 19.14, 11. Amy Leach 19.32 (1st woman), 18. Andy Tucker 20.03, 27. Ethan Kitteridge 20.51, 33. Mike Simms 21.02, 51. Nicholas Paddington 21.45, 55. Adrian Perry 21.53, 74. Jamie Muir 22.29, 111. Scott Bulmer 23.50, 128. Luigi Arcurri 24.16, 198. Andrew Riches 26.10, 226. John Isaacs 26.49, 269. Claire Springett 28.32, 302. Bernard Wilson 29.49, 372. Sharon Jackson 33.10, 415. John Bugler 46.22.

**Greenwich.** 23. Barry Wetherilt 23.03.

**Crystal Palace.** 3. Len Crowder 18.20, 40. Nigel Wood 23.13.

**Lloyd Park.** 3. Angus Harrington 20.00.

**Killerton.** 13. Bob Minting 22.30.

**Orpington.** 2. Harry Keene 20.57, 10. Leo Braden 23.13, 15. Dave Leal 24.15, 84. Karen Desborough 36.37.

**Hastings.** 28. Stephen Hollingdale 26.17.

**Jersey.** 44. Andrew Kingsmill 26.05, 62. Zoe Kingsmill 27:53.

**12<sup>th</sup>. South Of England Masters and Inter County Championships, Biggleswade.** W40. 1. Clare Elms 23.23. Senior Women. 41. Amber Reed 24.13, 42. Carole Penlington 24.14. Under 20 women. 1. Niamh Bridson Hubbard 21.50, Under 17 Men. 37. Marco Arcuri 16.23. Under 17 Women. 5. Jessica Keene 17.51, 7. Yasmin Austridge 18.14, 8. Kelsey Fuss 18.16, 18. Amy Leach 18.44, 38. Georgina Taylor 19.27. Under 15 boys. 45. Joseph Georgiadis 13.05. Under 15 girls. 21. Lia Radus 14.11, 36. Millie Smith 14.34, 51. Kelsi Cornish 15.03, 79. Stephanie Taylor 15.39. Under 13 boys. 2. Rowan Fuss 9.27, 16. Samuel Reardon 10.07. Under 13 girls. 2. Ellie Dolby 10.33, 5. Morgan Squibb 10.36, 11. Jessica Neal 10.48, 23. Maayan Radus 10.59.

**Parkruns. Bromley.** 3. Robert Suckling 18.29, 5. Luca Ercolani 18.42, 17. Steve Pairman 19.34, 19. Matthew Pond 19.37, 30. Andy Tucker 20.03, 34. Mike Simms 20.20, 37. Robert Brown 20.31, 43. Lisa May 20.52, 61. Nicholas Paddington 21.43, 63. Chloe Kibblewhite 21.46, 77. Tim Ward 22.14, 81. James Neylon 22.25, 88. Adrian Stocks 22.42, 103. Nigel Haffenden 23.15, 110. Sally Haffenden 23.26, 112. Nigel Bulmer 23.31, 130. Scott Bulmer 24.00, 131. John Butler 24.04. 170. Adrian Perry 24.58, 179. Jackie Montgomery 25.18, 197. Gareth Griffin 25.56, 208. Stephen Hollingdale 26.17, 212. Chloe Haffenden 26.22, 283. David Appleton 29.03, 291. Richard Griffin 29:21, 311. Terry Race 30.04, 321. Bernard Wilson 30.22, 404. Samantha Barnett 40.18, 407. Glen Read 42.12

**Bexley.** 29. Chris Pike 22.12.

**Eastbourne.** 91. Andrew Kingsmill 27.20, 92. Zoe Kingsmill 27.22

**Crystal Palace.** 31. Thomas Penlington 22.47, 94. John Fenwick 27.58

**Lloyd Park.** 10. Cameron Swatton 21.22

**Killerton.** 22. Bob Minting 22.30

**Dulwich.** 9. Richard Byford 18.26,

**Orpington.** 10. Harry Keene 22.34, 20. Billy Keene 24.02, 79. Karen Desborough 36.17

**13<sup>th</sup>. Metaswitch Games, Lee Valley.** 200 metres. Men. Race 2. 3. Matthew Knight 23.93. Race 3. 4. William Pope 24.33. Women. Race 1. 2. Megan Walsh 26.22.

**Holly Run, Reigate.** Under 17 Men. 1. Joss Barber 17.20. Under 17 women. 2. Genevieve Allan 20.04, 3. Carlotta Weitzel 20.29. Under 15 girls. 5. Grace Scopes 21.00, 11. Lily Tappenden 22.28. Under 13 boys. 12. Ethan Kitteridge 12.28. Under 13 girls. 1. Rosanna Allan 12.32, 10. Niamh Milmo 13.22, 17. Emily Davis 14.40.

**16<sup>th</sup>. Crystal Palace Open Meeting.** 60 Metres Men. Round 1 Race 1. 1. Shamar Thomas Campbell 6.98. R2. 3. Ishmael Smith John 7.20. R4. 1. Matthew Knight 7.33. R5. 2. Chizute Ogbedeh 7.57, 3. Robert Abbott 7.77, 4. Kyron Morgan 7.94, 5. Jonathan Abbott 9.03. Round 2. Race 1. 4. Ishmael Smith John 7.27. R2. 3. Matthew Knight 7.24. R4. 1. Chizute Ogbedeh 7.52, 5. Robert Abbott 7.81. R6. 4. Jacob Byfield 8.69. R7. 2. Jonathan Abbott 9.01. Women. Round 1 Race 1. 1. Parris Johnson 7.87, 2. Modupe Shokunbi 7.90, 3. Anastasia Davies 8.12, 5. Rashidah Ayinbode 9.41. R2. 1. Katie Woolcott 7.98, 2. Elizabeth Ibudunni 7.98, 3. Mhairi Brooks 7.99, 4. Leah Everson 8.61. R3. 4. Nicole Farmer 8.32. R4. 1. Brooke Wickenden 8.28, 2. Tamara Duncan 8.29. R5. 1. Donelle Yapp 9.09, 3. Skye Ferris 9.34. Round 2. Race 1. 1. Parris Johnson 7.86, 2. Modupe Shokunbi 7.93, 3. Elizabeth Ibudunni 7.93, 4. Katie Woolcott 7.94, 5. Mhairi Brooks 7.97. R2. 1. Anastasia Davies 8.13. R3. 1. Nicole Farmer 8.21, 3. Tamara Duncan 8.35, 4. Brooke Wickenden 8.45. R4. 3. Leah Everson 8.82, 4. Donelle Yapp 8.82. R5. 2. Skye Ferris 9.33, 3. Rashidah Ayinbode 9.38.

**19<sup>th</sup>. Walthamstow Christmas Throws.** Senior Men. Hammer. 1. Tom Parker 56.22. Under 20 women. Discus. 2. Anna Barnett 30.50. Under 17 women. 1. Eve Keith 32.23.

**Steyning AC Alf Palmer 5km, Broadbridge Heath.** 16. Peter Hannell 32.29, 20. David Hoben 35.30. 3km. 2. Ethan Kitteridge 19.47.7, 3. Mike Kitteridge 20.33.5. 1km. men. 1. Finn Kitteridge 7.16.5, women. 2. T Kitteridge 7.48.9.

**Parkruns. Wimbledon Common.** 269. Chris Hogg 33.18

**Bromley.** 1. Ross Braden 16.33, 2. Fintan Parkinson 17.01, 9. Robert Suckling 18.37, 11. Amy Leach 18.46, 14. Robert Perry 19.24, 19. Matthew Pond 19.45, 24. Andy Tucker 20.01, 26. Steven Pairman 20.06, 28. Andrew Lawes 20.10, 33. Mike Simms 20.26, 34. Joseph Folkes 20.37, .36. Rob Brown 20.44, 49. Keir Lundy 21.28, 75. Nicholas Paddington 22.09, 82. James Neylon 22.37, 86. Adrian Perry 22.43, 108. Leo Braden 23.36, 135. Scott Bulmer 24.17, 167. Nigel Bulmer 24.55, 287. Claire Austridge 28.28, 345. Claire Springett 30.20, 406. Peter Lovell 33.28, 455. Glen Read 38.31.

**Bexley.** 25. Chris Pike 22.48, 82. Andrew Kingsmill 27.45, 106. Zoe Kingsmill 29.20.

**Greenwich.** 1. Ritchie Leccia 18.34, 95. Isla Oliver 29.05.

**Crystal Palace.** 27. Thomas Penlington 22.14, 38. Nigel Wood 23.14.

**Killerton.** 21. Bob Minting 23:03.

**Dulwich.** 19. Jessica Neal 19.38 (1st woman).

**Orpington.** 2. Peter Tucker 20.10, 3. Jessica Keene 20.14, 9. Harry Keene 21.36, 27. John Isaacs 25:12, 45. John Butler 27.05, 53. Mick Keene 27.40, 122. Karen Desborough 36.11.

**Hartlepool.** 51. Roy Watkins 47:17.

**Peckham Rye.** 24. John Turner 23.44, 73. Maz Turner 31.09.

**Hastings.** 36. Stephen Hollingdale 25.32.

**19<sup>th</sup>-20<sup>th</sup> South of England Combined Events Championships, Lee Valley.** Heptathlon. DNF. Mark Cryer. 60 metres 7.42. 1000. DNS, 60 metre hurdles. 8.73. High jump. 1.89. Long jump. 6.89. Pole vault. 3.50. Shot. 10.86.

**20<sup>th</sup>. Christmas 5 mile Yacht Handicap, Hayes.** 1. Scott Bulmer 24.03 (40.53), 2. Nigel Bulmer 26.55 (41.15), 3. Tom Desborough 27.04 (30.44), 4. Barry Wetherilt 27.24 (38.34), 5. Anne Cilia 28.05 (43.55), 6. Chris Tuck 28.28 (31.58), 7. David Beadle 28.40 (33.50), 8. Tim Ward 28.52 (40.12), 9. Chris Pike 28.56 (38.26), 10. Rob Brown 29.08 (37.48), 11. Amy Leach

29.09 (33.49), 12. Mike Simms 29.16 (37.26), 13. Sarah Belaon 29.24 (36.54), 14. Dave Leal 29.43 (39.03), 15. Fintan Parkinson 29.59 (30.09), 16. Andy Lawes 30.12 (38.02), 17. Graham Coates 30.18 (39.48), 18. Nic Corry 30.25 (37.05), 19. Charlie Andrews 30.39 (33.19), 20. Mark Ellison 30.52 (36.32), 21. Ross Braden 31.12 (31.12), 22. Steve Pairman 31.16 (34.56), 23. Jessica Keene 31.27 (32.57), 24. Luigi Arcuri 31.40 (42.20), 25. Coleman Corry 31.43 (34.23), 26. Paul Austridge 32.01 (39.21), 27. Jane Bradshaw 32.08 (37.18), 28. Tim Ayres 32.28 (34.38), 29. Mick Keene 32.32 (47.02), 30. Mick Jones 32.46 (35.36), 31. Ian Taylor 33.00 (37.00), 32. John Butler 33.36 (45.16), 33. Neil Roberts 34.31 (44.11), 34. Glen Read 34.52 (39.02), 35. John Turner 35.08 (43.38), 36. Yasmin Austridge 35.27 (40.07), 37. Maz Turner 36.00 (55.40), 38. David Carton 36.49 (42.59), 39. Neil Ives 38.56 (52.36), Leo Braden DNF, Andy Tucker DNF.

**Bath Christmas Pole Vault Special.** Pool B. 7. Allan Williams 3.34.

**Kent Fitness League, Nurstead.** 148. Jenny Neal 38.25 (15<sup>th</sup> woman).

**26<sup>th</sup> Preston Park Boxing Day 5, Brighton.** 5. Peter Hannell 61.31, 7. David Hoben 63.25.

**Parkruns. Bromley.** 12. Robert Perry 19.20, 13. Robert Suckling 19.22, 17. Ellie Dolby 19.33 (1st woman), 24. James Perry 19.52, 28. Andy Tucker 20.00, 32. Matthew Pond 20.12, 34. Mike Simms 20.20, 59. Glen Read 22.02, 66. Daniella Harper 22.18, 72. Iain Swatton 22.35, 91. Katie Murray 23.31, 92. Nick Perry 23.39, 103. John Isaacs 23.52, 108. Nigel Bulmer 24.00, 229. Andrew Kingsmell 28.34, 239. Chloe Haffenden 28.58, 240. Nigel Haffenden 29:01, 267. Zoe Kingsmell 29.44

**Bexley.** 17. Nick Barber 21.53

**Greenwich.** 4. Niamh Bridson Hubbard 18.50 (1st woman).

**Bath Skyline.** 81. David Carton 25.06

**Crystal Palace.** 20. 1 Lily Tappenden 22.49 (1st woman)

**Riddlesdown.** 25. Tim Ward 25.16

**Orpington.** 3. Jessica Keene 21.03, 41. Mick Keene 28.24

**Tonbridge.** 198. Claire Springett 31.03

**Lonehill.** 24. Bob Minting 22.58

### **25 years ago December 1990**

Spencer Newport represents England at the Reebok International at Margate. He is 19<sup>th</sup>. Gillian Stacey also representing England is 7<sup>th</sup> in womens race.

Gary Arthey wins the Thanet 10 mile road race in 50.07 by nearly five minutes. He also wins the Centresport 10km at Crystal Palace. In a post race interview he reveals he gets up at 3.45 each morning and has his first run at 5am before starting work as a dreyman. His second run of the days is at 4pm.

Gillian Stacey is part of a Great Britain team, which includes Paula Radcliffe, who finish 6<sup>th</sup> in the Hawaii Ekiden Relay in Honolulu.

### **20 years ago December 1995**

Dave Taylor is fourth scorer for the Great Britain who win bronze medals at the Weetabix European Cross Country Championships at Alnwick, Northumberland. He finishes in 42<sup>nd</sup> place.

Sydney Wooderson receives an Honorary Fellowship from Roehampton Institute London.

At the Kent Cross Country Championships at Mote Park, Maidstone, Blackheath win the team titles in the Senior mens, under 15 boys, and under 13 boys age groups. There are individual wins for Steve Holmes (U15B), Matt Hill (U13B) and Gemma Viney (U13G). Tim Dickinson wins the Lancashire title at Blackburn.

Wayne Gray representing England wins the TSB International Schools Under 16s Pentathlon at Glasgow.

A large number of Club members run at the IAAF World Cross Challenge races in Brussels. In the senior mens race won by Kenya's Paul Tergat, Spencer Newport is 24<sup>th</sup>, Tim Dickinson 26<sup>th</sup>, Mark Steinle 28<sup>th</sup> and Simon Baines 52<sup>nd</sup>.

The next World Cross Challenge race is at Durham where Tim is 17<sup>th</sup>, Spencer 24<sup>th</sup> and Mark 30<sup>th</sup>.

Gemma Viney wins the Under 13s race at the South Of England Inter Counties at Frimley.

### **15 years ago December 2000**

Dave Taylor is 37<sup>th</sup> for Great Britain at the European Cross Country Championships at Malmo, Sweden. He helps the team to 6<sup>th</sup> place.

Sydney Wooderson receives the MBE from the Queen at the age of 86. He set World records for the 800 metres, 880 yards and Mile in the 1930s.

Blackheath Senior mens team of Michael Skinner, Roy Smith, Dan Ayrton and Joe Mills win the Kent Road Relay Championships at Rochester. Joe and Michael run the second and third fastest legs of the day. Ken Daniel is the fastest over 50.

BH is set to continue its scholarship scheme for under 15 athletes. Children aged 14 and under joining the Club will not have to pay a subscription until 1<sup>st</sup> Jan 2002. This will enable to try the Sport and enjoy it before making a further commitment. There was a time when Sports other than football received weekly coverage in the local papers, the exception being the South London Press which continues to cover a wide range. The above is from the Kentish Times.

### 10 years ago 2005

Michael Skinner is the second Great Britain athlete to finish at the European Cross Country Championships at Tilburg in the Netherlands. He is 35<sup>th</sup> and helps the team to 7<sup>th</sup> place.

### 5 years ago 2010

Michael Skinner represents England in the Iris Lotto Cross Cup meeting in Brussels. He finishes 17<sup>th</sup> with Alex Bruce Littlewood 46<sup>th</sup> and Andy Rayner 51<sup>st</sup>. Phil Sesemann is 21<sup>st</sup> in the under 20 mens race. Jack Swallow wins the accompanying Gaston Roelants 10km road race.

Three months after the event B&B are promoted to 3<sup>rd</sup> place in the European Champion Clubs Cup for Juniors. Originally 4<sup>th</sup> they are elevated due to rule infringements by the Serbian representatives.

Jennie Butler W35, Nick Kinsey M50 and Paul Ross Davies M60 are individual winners at the Kent Veterans Championships at Tunbridge Wells.



Archive Picture Quiz.

1. Five important Club members have come to support the British League team, but which one is the President?
2. Which one never was a President?
3. There are four former Club record holders in the picture. Name them and the events at which they held records.
4. What is the venue, (which is no longer used for League matches)?
5. Name the Olympic medallist who is also in the picture.

As with the Quiz Of The Year, answers to the editor.