



Blackheath & Bromley Courier

February 2016.

President 2015-16. Dave Cordell.

Editor. Pat Calnan (p.calnan@btinternet.com)

Editorial.



The current and former British record holder for the 100 and the European Indoors 60 metre hurdles bronze medallist. Dina Asher Smith, Montell Douglas and Serita Solomon. Nearly 40 years of Club Membership between them. Happy 30th birthday Montell!

Olympic year is under way. Adam has already broken the Club Record for the 60 metres and Dina is the fastest woman over the distance in the UK. Will Fuller and Niamh Bridson Hubbard gained further International representation in January; we picked up a good haul of medals both indoors and outdoors; and Tremayne Gilling has been picked to represent the GB bobsleigh team. Just a shame about the Mob Match.

We may not all be able to be selected for Brazil but we can all still be involved in an Olympic related event. Every four years we have the Club photo taken. Come along on the 19th of March and be part of History. All Club members, young and old, can be in it. Following this our current President will introduce his successor at the AGM. Who will it be?

A glaring error in the last Courier was the omission of James Lancaster's hammer performance in the under 15 boys rankings. Apologies to James. He was second ranked in the country with a distance of 59.20.

February

6th BUCs Cross Country Championships, Gloucester

7th. Club 10, Hayes

13th. Kent Cross Country League, Footh Cray Meadows. (Seniors only).

13th-14th. England Athletics Under 20, 17 and 15 Championships, Sheffield.

14th. BMAF Pentathlon Championships, Lee Valley

19th-21st. BUCs Indoor Championships, Sheffield

20th. Mob Match v Ranelagh, Richmond Park

20th-21st. Surrey and Sussex Indoor Championships, Sutton.

21st. SCVAC Championships, Lee Valley.

27th. National Cross Country Championships, Castle Donington.

27-28th. British Athletics Indoor Championships, Sheffield

March

5th. English Schools Cross Country Championships, Nottingham

12th. CAU Inter County Cross Country Championships, Birmingham.

12th. Bromley Primary Schools Cross Country, Crystal Palace.

12-13th. BMAF Championships, Lee Valley

12-13th. EA U17/U15 Combined Events, Sheffield

17-20th. World Indoor Championships, Portland, USA

19th. Closing 5 Handicap, Hayes

19th. SIAB Schools International and Home Countries International, Falkirk

19-20th. Kent Indoor Championships, Lee Valley

20th? SEAA 12 and 6 stage road relays?

28th. Tonbridge Open Meeting

29th- 3rd April. European Masters Indoor Championships, Ancona, Italy.

On the Social side.

February 12th. Punch Bowl Night has been cancelled because of insufficient numbers.

February 27th. National Supper at Castle Donington

March 19th Club photo (2pm but be there earlier) and AGM (6.30 buffet food)



Results

1/1/6

Parkruns. Bromley. 5. Amy Leach 19.20 (first woman), 15. Matthew Pond 20.05, 17. Andy Tucker 20.10, 23. David Beadle 20.29, 24. Steve Pairman 20.34, 44. Niamh Milmo 21.55, 48. Daniella Harper 22.10, 50. Glen Read 22.21, 53. Lily Tappenden 22.43, 57. Iain Swatton 22.51, 60. Graham Coates 22.55, 73. Ethan Kitteridge 23.33, 92. Nigel Haffenden 24.10, 93. Sally Haffenden 24.10, 103. Nigel Bulmer 24.28, 116. Charlotte Faries 25.06, 124. Scott Bulmer 25.21, 192. Tim Ward 27.35, 212. Chloe Haffenden 28.27, 254. Mick Keene 30.33, 255. Billy Keene 30.35.

Bexley. 1. Marco Arcuri 18.08, 207. Zoe Kingsmell 40.56.

Greenwich. 16. Steve Pairman 21.06, 20. Matthew Pond 21.21, 103. Marco Arcuri 27.45, 118. Zoe Kingsmell 29.19.

Lloyd Park. 6. Clare Elms 20.42, 20. Andy Tucker 22.44, 29. Rob Brown 23.28, 40. Mike Simms 24.09.

Lonehill. 14. Bob Minting 22.50.

Peckham Rye. 107. Peter Rogers 25.50

2/1/16

Parkruns. Bromley. 1 Rowan Fuss 16.39, 10. Jessica Keene 19.01 (first woman), 18. Jessica Neal 19.53, 22. Kelsey Fuss 20.00, 23. Andy Tucker 20.01, 27. Carlotta Weitzel 20.15, 29. Steve Pairman 20.28, 33. Andrew Lawes 20.41, 34. Matthew Pond 20.49, 42. Lisa May 21.11, 45. Harry Keene 21.14, 46. Jake Leng 21.18, 48. Mike Simms 21.20, 50. Steve Evenden 21.30, 54. Joseph Folkes 21.45, 62. Glen Read 22.02, 86. James Neylon 22.53, 94. Jason Short 23.15, 119. John Isaacs 23.53, 132. Nigel Bulmer 24.06, 143. John Butler 24.44, 211. Claire Austridge 26.02, 334. Mick Keene 29.53, 451. Peter Lovell 41.39.

Bexley. 33. Chris Pike 23.50, 173. Claire Springett 32.26.

Crystal Palace. 4. Len Crowder 18.30, 9. Carole Penlington 19.34 (first woman), 30. Thomas Penlington 21.49, 42. Niamh Milmo 22.38, 49. Gracie Horton 22.59, 53. Nigel Wood 23.09, 122. John Fenwick 27.34.

Lloyd Park. 49. Tim Ward 27.51.

Newbury. 217. Zoe Kingsmell 29:43, 218. Andy Kingsmell 29.44.

Worcester. 4 4 Christopher Tuck 18.46

Riddlesdown. 13. Mark Ellison 23.13, 50. Anne Cilia 28.15.

Barnstaple. 18. Barry Wetherilt 22.37.

Dulwich. 67. James Morris 24.17.

Orpington. 15. Joseph Georgiadis 24.02, 16. Joanna Clowes 24.03, 23. Stephanie Taylor 25.03, 32. Dave Leal 26.15, 37. Andrew Clowes 27.41, 91. Karen Desborough 36.17.

Woodlands. 7. Bob Minting 23.27

Peckham Rye. 70. Peter Rogers 27.34, 71. John Turner 27.35, 99. Maz Turner 31.53.

Penrose. 6. Robert Perry 21.22, 31. Adrian Perry 26.15

Lullingstone. 1. Angus Harrington 19.56, 8. Rod Harrington 23.45, 19. Isobel Harrington 30.33

3/1/16.

Metaswitch Games Lee Valley. Senior Men. 60 metres. Round 1 Race 1. 5. Duayne Bovell 7.07. R2. R2. 4. Duayne Bovell 7.14. Long Jump. 1. Tom French 7.18. Pole Vault. Pool B. 5. Allan Williams 3.36. **Senior Women.** 60 metres. R1. R1. 1. S Solomon 7.59, 2. Parris Johnson 7.89, 3. Modupe Shokunbi 7.94. R1. R2. 1. Imogen Levy 7.94, 5. Elizabeth Ibidunni 8.12. R2 R1. 1. Serita Solomon 7.54, 2. Parris Johnson 7.75, 4. Modupe Shokunbi 7.89, 5. Imogen Levy 7.90. 400. R1. 1. Rachel Dickens 58.02. R2. 2. Isabella Hilditch 59.10. 60 metre hurdles. R1. R1. 4. Anastasia Davies 8.95. R2. R1. 4. Anastasia Davies 8.97. Triple Jump. 1. Anastasia Davies 11.43, 3. Imogen Levy 10.33. **Under 20 Men.** R1. R2. 2. Alex Skipp 7.23. R2 R1. Alex Skipp 7.32. **Under 17 Men.** 400. 1. Matthew Knight 56.24. 60 metre hurdles. R1. R1. 3. Adeyinka Adeniran 8.67. R2. R1. 4. Adeyinka Adeniran 8.69. **Under 17 Women.** R1. 2. Olivia Richer 8.03, 3. Katie Woolcott 8.10. R2. 2. Olivia Richer 8.02, 3. Katie Woolcott 8.13. 400. Megan Walsh 59.39.

Windsor, Slough, Eton & Hounslow Winter Series, Eton. 60 metres. Round 1 Race 1. Dean Hylton 6.95, 3. Oweka Wanogho 7.06. R.10. 2. Holly Mills 7.69. R2.R1. 1. Dean Hylton 6.95, Oweka Wanogho 7.05. R5. 2. Mark Cryer 7.45. 60 metre hurdles. R1. 2. Mark Cryer 8.57. R2. 1. Mark Cryer 8.40. Long Jump. 1. Holly Mills 6.02. Shot. 4. Mark Cryer 11.26. Triple Jump. 1. Robert Sutherland 13.86, 3. Patrick Apantaku 12.21. U20W triple jump. 2. Mary Adeniji 10.92.

South London Athletics Network Open, Carshalton. 60 metres Men. R1. R7. Kyron Morgan 7.80. R12. Myles Xavier 7.73. R9. Kyron Morgan 7.78. R19. 4. Kamilya Robinson Pascal 8.58. R1.20. 4. Zoe Martial 8.85. R.21. 1. Karina Harris 8.60. R22. 1. Akeiyla Robinson Pascal 8.75. Round 2. Race 6. 2. Kyron Morgan 7.80, 3. Myles Xavier 7.81. R10. 2. Karina Harris 8.63, 3. Kamilya Robinson Pascal 8.65, 5. Akeiyla Robinson Pascal 8.74. R11. 2. Zoe Martial 8.78. Senior Women. Race 4. 5. Zoe Martial 8.76. R6. 5. Karina Harris 8.79. R7. 4. Kamilya Robinson Pascal 8.59. R9. 2. Akeiyla Robinson Pascal 8.88. Pole Vault. A. 3. Jackie Montgomery 2.60, 10. Ethan Kitteridge 2.10, 12=. Elise Swatton 1.90. B. 6. Christina Moore 3.30.

Cambridgeshire Cross Country Championships, St Neots. Senior Men. 1. Graham Rush 35.37.

7/1/16

Horsham Blue Star Open Meeting. Senior Men. 50 metres. Race 1. 6. Patrick Apantaku 6.6. R2. 6. Patrick Apantaku 6.7. Under 20 Women. R1. 1=. Imogen Levy 6.9, 3. Mary Adeniji 7.3. R2. 1. Imogen Levy 6.8, 3. Mary Adeniji 7.4. Under 17 Men. R2. 5. Max Dowling 7.0.

9/1/16.

Great Edinburgh Cross Country International. Under 20 Men. 22. Will Fuller 20.43.

Kent Cross Country Championships. Brands Hatch. Senior Men. 26. Danny Brewer 45.40, 27. Ross Braden 45.40, 41. Gareth Evans 47.02, 51. Georges Vacharopoulos 48.18, 55. Fintan Parkinson 48.54, 58. Daniel Kennedy 49.13, 71. Jonathan Vintner 51.00. 113. Richard Byford 55.36, 116. Andy Tucker 56.06, 126. Andy Lawes 56.54, 143. Richard Hall 59.24, 160. Nic Corry 62.11. Team (6 to score) 5th. Team (12 to score) 5th. **Senior Women.** 6. Carole Penlington 34.33, 8. Amber Reed 34.45, 20. Sarah Belaon 36.37, 32. Lisa May 38.27, 38. Jessica Jones 39.17, 39. Danielle Critchley 39.40. Team (3 to score) 3rd. Team (6 to score) 2nd. **Under 20 Women.** 6. Samantha Leighton 26.31. **Under 17 Men.** 7. Marco Arcuri 23.52, 8. Joss Barber 24.12, 19. Lewis Mills 24.52, 26. Charlie Davis 25.46, 35. James Crawley 28.00. Team 3rd. **Under 17 Women.** 1. Jessica Keene 22.28, 5. Amy Leach 23.43, 7. Yasmin Austridge 24.10, 9. Genevieve Allan 24.35, 11. Carlotta Weitzel 24.59, 12. Joanna Clowes 25.19, 20. Chloe Kibblewhite 27.00, 21. Mary Guy 27.57. Team 1st. **Under 15 Boys.** 4. Angus Harrington 16.54, 9. Joseph Georgiadis 17.16, 19. Robert Suckling 18.12, 21. Coleman Corry 18.25, 25. Charles Andrews 18.31, 27. Keir Lundy 18.49, 31. George Pope 19.15, 33. Cameron Swatton 19.21, 39. Benjamin Gardiner 19.42, 42. Leo Braden 20.15, 44. Seb Large 20.26. Team 2nd. **Under 15 girls.** 3. Kelsi Cornish 16.52, 6. Millie Smith 17.29, 13. Lily Tappenden 18.22, 14. Stephanie Taylor 18.31, 17. Imogen Meers 19.16, 19. Isabelle Bridge 19.27. Team 2nd. **Under 13 boys.** 1. Rowan Fuss 12.01, 10. Justin Strover 13.32, 17. Thomas Penlington 13.58, 21. Edward Sellar 14.07, 23. Ethan Kitteridge 14.25, 27. Jake Leng 14.47, 35. Charles Winton 15.29. Team 3rd. **Under 13 girls.** 2. Morgan Squibb 11.55, 3. Ellie Dolby 12.01, 5. Rosanna Allan 12.20, 6. Jessica Neal 12.23, 11. Daniella Harpur 12.57, 21. Niamh Milmo 13.42, 22. Abigail Leeves 13.44, 33. Emily Davis 14.22, 34. Olivia Berry 14.24. Team 1st.

Middlesex Championships, Wormwood Scrubs. Under 15 girls. 2. Lia Radus 15.07, 4. Yasmin Marghini 15.32. **Under 13 girls.** 1. Maayan Radus 13.28.

Parkruns. Bromley. 15. Andy Tucker 19.59, 16. Steve Pairman 20.02, 32. Rob Brown 21.05, 48. Barry Wetherilt 21.35, 119. Scott Bulmer 23.51, 121. Harry Keene 23.58, 153. Adrian Perry 24.47, 204. Mike Simms 25.49, 234. Nigel Bulmer 26.13, 261. Mick Keene 26.44, 427. Bernard Wilson 31.08, 588. John Bugler 58.57.

Bexley. 142. Zoe Kingsmell 29.36, 246. Andy Kingsmell 35.56.

Greenwich. 135. Jennifer Neal 30.21

Bath Skyline. 175. Chloe Haffenden 31.02.

Crystal Palace. 12. Frankie Scrivener 20.16, 33. Glen Read 22.31, 132. John Fenwick 27.28, 134. John Isaacs 27.29, 133. John Butler 27.29.

Dulwich. 52. Nigel Wood 21.31, 107. James Morris 23.54.

Orpington. 17. Dave Leal 24:38, 20. Leah Everson 25.13. 97. Karen Desborough 36.09.

Woodlands. 9. Bob Minting 23.14.

Peckham Rye. 75. Peter Rogers 24.28.

Dartford. 23. John Turner 23.29, 127. Maz Turner 33.52

Hastings. 55. Stephen Hollingdale 27.18

9-10/1/16.

England Athletics Senior/U20 Combined Events Championships, Sheffield. 60m Mark Cryer 7.44, 1000. Mark Cryer DNS, 60H. Mark Cryer 8.72. High Jump. Mark Cryer 1.84. Pole Vault. Mark Cryer 3.20. Long Jump. Mark Cryer 6.96. Shot. Mark Cryer 11.47.

South Of England Indoor Under 17 & Under 15 Championships, Lee Valley. Under 17 Men. 60 metres. 6. Adeyinka Adeniran 7.27. Semi Final 3. 1. Adeyinka Adeniran 7.22, 3. Matthew Knight 7.33. Heat 5. 1. Adeyinka Adeniran 7.28, 2. Matthew Knight 7.33. 400. 5. Ben Sutton 54.08, Semi Final 1. 3. Ben Sutton 55.39, Heat 2. 2. Ben Sutton 55.32. 60 metre hurdles. 5. Adeyinka Adeniran 8.67. Semi final 1. 2. Adeyinka Adeniran 8.82. Heat 3. 2. Adeyinka Adeniran 8.76. Under 17 Women. 60 Metres. S F 1. 6. Nicole Farmer 8.30, SF. 4. 2. Katie Woolcott 8.04. Heat 2. 1. Katie Woolcott 7.98, Heat 5. 4. Nicole Farmer 8.33. Heat 7. 5. Brooke Wickenden 8.53. Heat 8. DQ. Olivia Richer. 200. 4. Megan Walsh 26.02. Semi final 1. 2. Megan Walsh 26.00. 3. Olivia Richer 26.67. Semi Final 4. DQ. Magda Cienicala. Heat 1. 2. Megan Walsh 26.15, 3. Olivia Richer 26.54. Heat 3. 1. Magda Cienicala 26.22. 400. Heat 1. 4. Grace Scopes 63.84. 800. 4. Kelsi Cornish 2.28.87. 60 metre hurdles. 1. Holly Mills 8.59. Semi Final. 1. Holly Mills 8.52. Heat 3. 1. Holly Mills 8.77. Pole Vault. 1. Shaye Emmett 3.60. Long Jump. 1. Holly Mills 6.12. Triple Jump. 3. Karina Harris 11.00, 8. Nicole Farmer 10.33. Shot. 2. Eloise Locke 13.07. Under 15 Boys. 60 metres. Semi Final 1. 6. Myles Xavier 7.79. Semi Final 2. 4. Kyron Morgan 7.73. Heat 1. 3. Myles Xavier 7.82, 4. Kyron Morgan 7.84.

10/1/16.

Surrey Cross Championships, Dorking. Senior Men. 16. Dave Taylor 45.32.

BMC Open, Sheffield. 3000 metres. 3. Phil Sesemann 8.11.03.

13/1/16

Open Meeting, Crystal Palace. 60 metres. Men. Round 1 Race 1. 2. Oweka Wanogho 6.98. R5. 4. Adeyinka Adeniran 7.32. R8. 5. James Whiteaker 7.51. R10. 1. Joshua Clarke 7.50. R11. Dylan Reeves-Fellows 7.79. R13. 4. Philip Tenyue 8.77. R14. 1. Rico Cottell 7.93, 2. Caelan Raju 8.36. 4. Jonathan Abbott 8.98. Round 2 Race 4. 2. Adeyinka Adeniran 7.27. R7. 2. Joshua Clarke 7.51, 3. James Whiteaker 7.51. R10. 2. Dylan Reeves-Fellows 7.74, 3. Myles Xavier 7.80, 4. Rico Cottell 7.82. R12. 3. Caelan Raju 8.30. R13. 2. Philip Tenyue 8.48, 5. Jonathan Abbott 9.32. Women. Round 1 Race 1. 1. Cheriece Hylton 7.53, 3. Vivien Olatunji 7.68, 5. Mhairi Brooks 8.18. R3. 4. Antonia Alapafuja 8.41. R4. 2. Rachel Yeldham 8.43. R5. 1. Brooke Wickenden 8.38, 2. Sophia Harper 8.45, 4. Zoe Martial 8.60, 5. Kamilya Robinson Pascal 8.80. R6. 1. Holly Mpassy 8.39, 4. Akeiyla Robinson-Pascal 8.94, 5. Eva Stephanou 8.95. R7. 5. Olivia Howlett 9.21. R8. 1. Ella Brown 8.95, 2. Greta Elliott 9.02, 3. Rashidah Ayinbode 9.30, 5. Skye Ferris 9.56. R9. 1. Esther Oniwinde 8.90, 2. Meeka Duhaney-Pinnock 9.27, 3. Chloe Skipp 9.50, 5. Katie Westpfel 9.62. R10. 3. Renee Bel Momodu 9.13, 5. Philippa Widdows 9.77. R11. 2. Donelle Yapp 9.22. Round 2. Race 1. 1. Cheriece Hylton 7.55, 3. Vivien Olatunji 7.68. R2. 5. Mhairi Brooks 8.29. R4. 2. Antonia Alapafuja 8.37, 3. Holly Mpassy 8.39, 4. Brooke Wickenden 8.41, 5. Rachel Yeldham 8.85. R5. 1. Sophia Harper 8.42, 4. Zoe Martial 8.60. R7. 1. Kamilya Robinson Pascal 8.76, 2. Esther Oniwinde 8.90, 3. Eva Stephanou 8.94, 5. Akeiyla Robinson Pascal 9.01. R8. 3. Ella Brown 9.08, 5. Greta Elliott 9.13. R9. 3. Donelle Yapp 8.97, 4. Renee Bel-Momodu 9.22, 5. Olivia Howlett 9.30. R10. 1. Meeka Duhaney-Pinnock 9.13, 2. Rashidah Ayinbode 9.30, 4. Chloe Skipp 9.68. R11. 1. Skye Ferris 9.57, 2. Katie Westpfel 9.60.

15-16/1/16

Lexington, USA. Long Jump. 1. Oliver Newport 7.15.

16/1/16

South Of England Senior and Under 20 Indoor Championships, Lee Valley. Senior Men. 60m. QF.R1. 5. Saul Thompson 7.18. HT4. 5. Ishmael Smith John 7.37. HT11. 4. Saul Thompson 7.20. 1500. 6. Georges Vacharopoulos 4.06.04. Heat 2. 3. Georges Vacharopoulos 4.16.84. Pole Vault. 1. Scott Huggins 5.11. Long Jump. 1. Tom French 7.36. Triple Jump. 2. Jonathan Ilori 15.27, 5. Rob Sutherland 14.45. Senior Women. 2. Serita Solomon 7.55. Semi Final 1. DNS. Shayone Simao. SF2. 1. Serita Solomon 7.53. Heat 1. 1. Serita Solomon 7.60. Heat 4. 1. Shayone Simao 7.94. 200m. 1. Cheriece Hylton 24.25, 3. Rachel Dickens 25.22. Heat 1. 1. Cheriece Hylton 25.24, 5. Donelle Yapp 29.69. Heat 2. 2. Rachel Dickens 25.41. 800. Ht2. 4. Jessica Jones 2.24.41. Pole Vault. 5. Christina Moore 3.40. Shot. 1. Divine Oladipo 13.66. Under 20 men. 60. Sf3. 2. Shamar Thomas Campbell 7.06. Heat 3. Shamar Thomas Campbell 7.11. 200. 4. Shamar Thomas Campbell 22.59. SF2. Shamar Thomas Campbell 23.00. HT4. 1. Shamar Thomas Campbell 22.86. 400. SF1. 3. Ocean Schwartz 51.61. HT2. Aleksander Wiltshire 55.70. HT5. 1. Ocean Schwartz 53.33. Under 20 women. 60m. SF1. DNS Maya Bruney. SF2. 3. Modupe Shokunbi 7.86. SF3. 5. Parris Johnson 7.98. HT1. 3. Elizabeth Ibdunni 8.11. HT2. 3. Maya Bruney 7.86. HT3. 3. Modupe Shokunbi 7.94. HT5. 2. Parris Johnson 7.88. 200. 2. Isabella Hilditch 25.40. Ht2. 2. Isabella Hilditch 25.59. 1500. 2. Katy Ann McDonald 4.35.79. 60 metre hurdles. 4. Anastasia Davies 9.02. Ht2. 2. Anastasia Davies 9.04. Long Jump. 7. Jamilya Robinson Pascal 5.28. Triple Jump. 2. Anastasia Davies 11.66, 5. Mary Adeniji 11.08, 7. Toyin Orelaja 10.77, 8. Imogen Levy 10.47. Shot. 1. Divine Oladipo 13.96.

Surrey League, Mitcham Common. 27. Dave Taylor (Herne Hill) 30.14

Birmingham League, Coventry. Senior Men. 5. Graham Rush (Cheltenham 2nd claim) 27.58, 13. Will Fuller (Loughborough Students) 28.38.

Leeds Varsity race. 2. Phil Sesemann 28.36.

Senior Knole Run. Men. 59. Oscar Hussey 36.31, 67. Bertie Harrington 36.58, 110. Robert Perry 38.45. **Women.** 12. Genevieve Allan 20.32, 15. Carlotta Weitzel 20.45, 22. Rosanna Allan 20.58.

Parkruns. Bromley. 4. Robert Suckling 18.29, 5. Charlie Andrews 18.31, 7. Amy Leach 18.49 (first woman), 8. Jessica Keene 19.08, 11. Jessica Neal 19.32, 14. Matthew Pond 19.39, 35. Steve Pairman 20.43, 40. Rob Brown 21.03, 68. Glen Read 21.53, 183. Mike Simms 24.54, 227. Nigel Bulmer 25.45, 303. Andrew Kingsmill 27.37, 332. John Isaacs 28.13, 331. John Butler 28.13, 371. Gareth Griffin 29.23, 373. David Appleton 29.24, 374. Mick Keene 29.25, 489. Peter Lovell 33.13.

Greenwich. 5. Niamh Bridson Hubbard 18.38 (first woman).

Bath. 107 Chloe Haffenden 27.08

Crystal Palace. 1 Rowan Fuss 17.36, 4. Frankie Scrivener 19.40, 6. Callum Myatt 19.48, 8. Kelsey Fuss 19.52 (first woman), 15. Charlie Scrivener 21.00, 16. Ethan Kitteridge 21.10, 18. Joanna Clowes 21.18, 19. Thomas Penlington 21.30, 28. Stephanie Taylor 22.13, 38. Niamh Milmo 22.48, 65. Andrew Clowes 24.35.

Dulwich. 9. Richard Byford 18.52, 46. Peter Hamilton 21.28, 85. James Morris 23.18, 216. Claire Springett 30.38.

Orpington. 2. James Crawley 19.33, 100. Karen Desborough 34.28.

Reigate Priory. 1. Angus Harrington 19.26, 13. Rod Harrington 23.10, 77. Isobel Harrington 28.05.

Lonehill. 17. Bob Minting 22.28.

17/1/16.

Open 10km and Veterans Championships, including Mob Matches against Beckenham Road Runners and Croydon

Striders . 1. Marco Arcuri 40.30, 4. Luca Ercolani 41.49, 6. Chris Tuck 42.26, 8. Bryan Donnelly 43.03, 9. Coleman Corry 44.05, 12. Jessica Keene 44.33, 13. David Beadle 44.39, 15. Steve Pairman 44.52, 16. Andy Tucker 44.56, 17. Paul Sharpe 45.07, 18. Richard Byford 45.14, 23. Clayton Aves 46.06, 26. Amy Leach 46.15, 30. Con Griffin 46.55, 31. Andy Lawes 47.41, 32. Cameron Swatton 47.52, 35. Yasmin Austridge 47.57, 38. Mark Ellison 48.15, 39. Mick Jones 48.19, 40. Nic Corry 48.28, 45. Sarah Belaon 49.06, 47. Steve Evenden 49.12, 49. Matthew Pond 49.24, 53. Graham Coates 50.15, 54. Nick Barber 50.24, 57. Paul Austridge 50.31, 58. Rob Brown 50.49, 59. Lisa May 50.52, 62. Barry Wetherilt 51.18, 63. Glen Read 51.19, 64. Jane Bradshaw 51.22, 65. Mike Simms 51.27, 69. Stuart Callum 52.20, 70. Dave Leal 52.21, 76. Chris Pike 53.06, 80. Nick Swatton 53.42, 82. Scott Bulmer 53.54, 84. Will Slack 54.10, 85. Jason Short 54.20, 89. Adrian Stocks 54.53, 91. Nigel Bulmer 55.24, 103. John Turner 56.45, 104. Luigi Arcuri 56.48, 109. Neil Roberts 57.58, 111. John Isaacs 58.04, 113. Anne Cilia 58.38, 121. James Neylon 59.35, 124. Gerry Alger 60.14, 128. Mike Richards 61.32, 131. Mick Keene 62.19, 135. John Butler 63.15, 144. Andy Kingsmill 66.48.

Mob Matches. Race 1. 1. Blackheath & Bromley 1902, 2. Beckenham Road Runners 2297. Race 2. 1. Blackheath & Bromley 700, 2. Croydon Striders 1810.

Veterans Championships. M40. 1. Luca Ercolani, 2. David Beadle, 3. Andy Tucker. M50. 1. Steve Pairman, 2. Mark Ellison, 3. Mick Jones. M60. 1. Con Griffin, 2. Andy Lawes, 3. Graham Coates. M70. 1. John Isaacs, 2. Mike Richards. W35. 1. Lisa May, 2. Jane Bradshaw. W55. 1. Anne Cilia. W65. 1. Maz Turner.

Bennett Cup Handicap. 1. Graham Coates 30.15, 2. Andy Lawes 31.01, 3. Paul Sharpe 31.37. After five events. 1. Steve Pairman 230, 2=. David Beadle and Nic Corry 226, 4. Graham Coates 225, 5. Sarah Belaon 218, 6=. Rob Brown and Jessica Keene 212, 8. Chris Pike 210, 9. Mike Simms 201, 10. Richard Byford 193.

23/1/16

Notre Dame International, South Bend, IN, USA. 60m. 3. Oliver Newport 7.01. Ht3. 3. Oliver Newport 7.03. Long Jump. 1. Oliver Newport 7.26.

Kent Schools Cross Country Championships. Senior Boys. 10. Marco Arcuri 24.47. **Senior Girls.** 1. Jessica Keene 14.01, 2. Kelsey Fuss 14.10, 4. Joanna Clowes 15.27, 6. Chloe Kibblewhite 15.41. **Intermediate Boys.** 10. Lewis Mills 20.16, 18. Oscar Hussey 20.49, 25. Callum Myatt 21.26, 26. Joseph Folkes 21.31, 31. Robert Perry 21.49, 34. Charlie Andrews 21.56, 68. Frankie Scrivener 24.37. **Intermediate Girls.** 4. Yasmin Austridge 13.54, 5. Millie Smith 14.15, 6. Amy Leach 14.22, 9. Genevieve Allan 14.39, 19. Stephanie Taylor 16.05, 27. Jessica Sellar 16.47, 46. Annie Ponulak 17.57. **Junior Boys.** 18. Keir Lundy 13.47, 24. Joseph Georgiadis 14.01, 28. Robert Suckling 14.06, 35. Cameron Swatton 14.13, 41. Benjamin Gardiner 14.32, 42. Jake Leng 14.33, 83. Ethan Kitteridge 15.34. **Junior Girls.** 1. Ellie Dolby 9.06, 3. Danielle Harpur 9.29, 30. Heidi Forsyth 10.59. **Year 7 boys.** 5. Samuel Reardon 10.48, 8. Thomas Penlington 10.55, 28. Alex Sibley 11.57. **Year 7 Girls.** 3. Morgan Squibb 11.10, 5. Rosanna Allan 11.37, 6. Jessica Neal 11.38, 12. Niamh Milmo 12.03, 24. Isabella Bridge 12.24, 28. Abigail Leeves 12.29, 36. Zoe Austridge 13.00, 40. Emily Davis 13.10, 53. Grace Goddard 13.49.

Somerset Schools Cross Country Championships, Yeovil. Intermediate Boys. 3. Henry James Cowie 19.24.

Surrey Schools Cross Country Championships, Reigate. Intermediate boys. 7. Angus Harrington 20.07, 22. Michael Eagling 20.59, 24. Coleman Corry 21.21. **Junior Girls.** 37. Gracie Horton 14.11.

Steining AC 15 walk. 8. Peter Hannell 102.54. Richmond. 5. Jonathan Vintner 17.40.

Parkruns. Bromley. 2. Chris Tuck 17.56, 4. Sam Agnew 18.06, 5. George Pope 18.19, 11. Matthew Pond 19.16, 17. Andy Tucker 19.56, 23. Andrew Lawes 20.12, 27. 1 Eve Bugler 20.21, 49. Steve Pairman 21.23, 57. Barry Wetherilt 21.43, 91. James Neylon 23.02, 209. Mike Simms 25.58, 258. Iain Swatton 27.13, 257. Nigel Haffenden 27.13, 291. Chloe Haffenden 28.06, 345. Claire Springett 29.17, 367. Bernard Wilson 29.48.

Bexley. 126. Andrew Kingsmell 28.47, 246. Zoe Kingsmell 35.25

Norwich. 125. Trudi Carmichael 22.44.

Crystal Palace. 5. Len Crowder 18.24, 25. Carlotta Weitzel 21.20 (first woman), 126. John Fenwick 27.19.

Dulwich. 5. Ritchie Leccia 17.04, 30. Richard Byford 19.30, 84. James Morris 22.50.

Orpington. 3. Leo Braden 22.28, 12. Matthew Smith 24.07, 87. Karen Desborough 35.58.

Bryanston. 11. Bob Minting 21.03

Peckham Rye. 85. John Turner 25.32, 86. Peter Rogers 25.34, 170. Maz Turner 31.46

Hastings. 59. Stephen Hollingdale 26.22.

Malling. 36. Mick Keene 25.47.

23-24/1/16.

London Under 17, Under 15 and Under 13 Games, Lee Valley. Under 17 Men. 60m. Round 1 Race 1. 7. Adeyinka Adeniran 7.31. R2. R2. 1. Adeyinka Adeniran 7.14. 200m. 5. Matthew Knight 23.59. 60m hurdles. R1. R3. 3. Adeyinka Adeniran 8.70. Triple Jump. 5. Max Dowling 10.96. **Under 17 Women.** 60. R1. R1. 2. Holly Mills 7.65, 7. Magda Cienicala 7.94. R2. 6. Mhairi Brooks 8.20. R4. 2. Olivia Richer 7.99. R5. 2. Nicole Farmer 8.37. R7. 7. Sophia Harper 8.59. R8. 3. Rachel Yeldham 8.41. Round 2. R1. 2. Holly Mills 7.65. R2. 1. Magda Cienicala 7.92, 7. Olivia Richer 8.01. R4. 2. Mhairi Brooks 8.11. R6. 1. Nicole Farmer 8.28. R7. 6. Rachel Yeldham 8.57. R10. 3. Sophia Harper 8.66. 200m. 5. Rachel Yeldham 30.20. 300m. Race 3. 5. Grace Scopes 43.96. R4. 5. Karina Harris 45.16, R5. 1. Antonia Alapafuja 44.56. High Jump. 7=. Antonia Alapafuja 1.45. Long Jump. 19. Sophia Harper 4.23. Shot. 1. Eloise Locke 12.87. **Under 15 boys.** 60. Round 1. R1. 3. Kyron Morgan 7.76, 4. Myles Xavier 7.87. Round 2. R2. 2. Kyron Morgan 7.73, 4. Myles Xavier 7.80. Long Jump. 3. Myles Xavier 5.36. **Under 15 girls.** 60m Round 1. R2. Holly Mpassy 8.50. R7. 2. Eva Stephanou 8.85, 3. Ella Brown 8.86. R8. 3. Greta Elliott 9.00. R11. 5. Emily Purser 9.19. Round Two. R4. 1. Holly Mpassy 8.48. R7. 5. Eva Stephanou 8.97. R9. 2. Greta Elliott 8.96. R12. 4. Emily Purser 9.38. Also in boys R1 race 3. Kamilya Robinson Pacal 8.63. 200. 3. Holly Mpassy 28.83. 300. R2. 4. Zoe Martial 46.69. R4. 2. Kamilya Robinson Pascal 47.70. Long Jump. Pool B. 7= Kamilya Robinson Pascal 4.25. Pool C. 12. Zoe Martial 4.45. **Under 13 boys.** 60m hurdles. Round One R2. 2. Caelan Raju 9.88. Round 2 R1. 4. Caelan Raju 9.95. **Under 13 girls.** 60m. Round 1. R2. 1. Akeiyla Robinson Pascal 8.57. Round 2. R1. 7. Akeiyla Robinson Pascal 8.81. Long Jump. 1. Akeyla Roberts 4.55.

24/1/16

British Athletics Cross Challenge, Cardiff. Senior Men (10.37km). 6. Graham Rush 36.32, 44. Richard Webb 42.39. Under 15 girls. 3. Sophie Hoare 11.19, 16. Yasmin Marghini 12.15. Under 13 girls. 12. Maayan Radus 12.08.

Cross Internacional Juan Maguerza, Spain. Under 20 women (4.538km). 7. Niamh Bridson Hubbard 16.41.

Mob Match v South London Harriers, Hayes. 5. Peter Tucker 52.41, 7. Luca Ercolani 53.09, 8. Marco Arcuri 53.20, 10. Angus Harrington 53.57, 14. Roger Beswick 55.18, 15. Bryan Donnelly 55.41, 16. Chris Tuck 55.43, 17. Bertie Harrington 55.45, 23. Jessica Keene 57.33 (first woman), 25. David Beadle 58.19, 26. Coleman Corry 58.29, 27. Steve Pairman 58.30, 29. Andy Tucker 58.41, 31. Clayton Aves 59.03, 34. Richard Byford 59.31, 37. Andy Lawes 60.59, 41. Alexis Tobin 61.53, 42. Kelsey Fuss 62.10, 44. Rod Harrington 62.28, 45. Paul Sharpe 62.33, 49. Mark Ellison 63.08, 50. Nigel Haffenden 63.22, 51. Sarah Belaon 63.27, 53. Nic Corry 63.46, 55. Mick Jones 64.17, 56. Jane Bradshaw 64.19, 60. Mike Simms 66.17, 62. Chris Pike 66.41, 64. Rob Brown 67.15, 65. Paul Austridge 67.23, 66. Barry Wetherilt 67.28, 67. David Leal 68.21, 72. Will Slack 70.23, 73. Nick Swatton 70.32, 74. Jessica Jones 70.53, 78. Adrian Stocks 72.39, 79. Sally Haffenden 72.48, 80. Luigi Arcuri 73.08, 82. John Turner 74.49, 83. Anne Cilia 75.23, 84. Nigel Bulmer 75.36, 86. Scott Bulmer 79.39, 88. Isabel Harrington 83.30, 89. James Neylon 85.50, 90. Andy Kingsmell 86.39. Lisa May, Con Griffin, Zoe Kingsmell and Graham Coates DNF.

Match. 1. SLH 1532, 2. B&B 1874.

Bennet Cup Handicap. 1. Bertie Harrington 38.15, 2. Nigel Haffenden 41.22, 3. Luca Ercolani 42.39. Positions after 6 events. 1. Steve Pairman 274, 2. Sarah Belaon 270, 3. David Beadle 261, 4. Chris Pike 259, 5. Jessica Keene 255, 6. Nic Corry 254, 7. Richard Byford 240, 8. Rob Brown 237, 9. Andy Lawes 235, 10. Mike Simms 234.

Ponsford Pewter 1st veteran. Luca Ercolani.

Tiger Open, Princeton. Long Jump men. 8. Stefan Amokwandoh 6.50 pb. Long Jump women. 5. Kerri Davidson 5.41. Triple Jump women. 2. Kerri Davidson 11.43.

Vault Cardiff. Pool E. 5. Allan Williams 3.36. PF. 4. Christina Moore 3.46, 7. Helena Coleman 3.26. PG. 4. Scott Huggins 4.96.

Canterbury 10. 8. Ben Cockburn 56.52, 63. Carole Penlington 64.33, 221. Jenny Neal 72.12.

29/1/16

Harvard – Yale – Princeton, Statten Island. Men. Triple Jump. 1. Stefan Amokwandoh 15.16 pb. Women. Triple Jump. 2. Kerri Davidson 11.86.

29-30/1/16

Razorback International, Fayetteville. Women 60 hurdles. H2. 4. Jahisha Thomas 8.58. Long Jump. 14. Jahisha Thomas 6.03. **30/1/16.**

South Of England Cross Country Championships, Parliament Hill. Senior Men. 34. Alex Bruce Littlewood 53.30, 91. Dave Taylor 56.00, 120. Danny Brewer 57.03, 123. Ross Braden 57.09, 128. Alex Gibbins 57.16, 240. Peter Tucker 60.32, 262. Dan Kennedy 61.10, 306. Jon Vintner 62.28, 429. Chris Tuck 65.25, 643. Richard Byford 70.33, 775. P. Sharpe 74.54, 801. Richard Hall 75.41. Team 9th. **Senior Women.** 56. Carole Penlington 34.43, 68. Amber Reed 35.09, 108. Sarah Belaon 36.33, 236. Jenny Neal 40.31. Team 18th. **Under 20 Men.** 69. Tom Desborough 32.33, **Under 20 Women.** 9. Niamh Bridson Hubbard 24.12. **Under 17 Men.** 35. Marco Arcuri 22.04, 77. Oscar Hussey 23.09, 106. Charlie Davis 24.01. **Under 17 Women.** 15. Jessica Keene 21.29, 18. Yasmin Austridge 21.44, 21. Kelsey Fuss 21.56, 35. Amy Leach 22.32, 39. Genevieve Allan 22.58, 60. Carlotta Weitzel 23.49, 75. Georgina Taylor 24.15, 98. Chloe Kibblewhite 25.01. Team 2nd. **Under 15 Boys.** 48. Angus Harrington 18.00, 83. Keir Lundy 18.29, 95. Joseph Georgiadis 18.39, 99. Michael Eagling 18.42, 115. Charlie Andrews 18.54, 125. Coleman Corry 19.05, 151. Callum Myatt 19.20, 160. Cameron Swatton 19.29, 243. Leo Braden 21.58, 250. Seb Large 22.20. Team 11th. **Under 15 Girls.** 14. Millie Smith 18.25, 124. Isabella Bridge 20.42, 131. Grace Scopes 20.56, 149. Lily Tappenden 21.17, 223. Zoe Austridge 23.43. Team 15th. **Under 13 Boys.** 2. Rowan Fuss 11.45, 27. Samuel Reardon 12.42, 111. Thomas Penlington 13.31, 128. Justin Strover 13.44, 159. Ethan Kitteridge 14.07, 165. Charles Winton 14.13, 209. Jake Leng 14.53, 245. Barnaby Corry 15.46. Team 10th. **Under 13 girls.** 12. Ellie Dolby 13.19, 18. Morgan Squibb 13.29, 39. Rosie Allan 13.54, 53. Jess Neal 14.07, 74. Daniella Harper 14.18, 100. Niamh Milmo 14.31, 203. Emilie Davis 15.47, 210. Olivia Berry 15.54. Team 4th.

Parkruns Bromley. 1. Sam Agnew 18.19, 2. Roger Beswick 18.20, 4. Luca Ercolani 18.35, 13. Clayton Aves 19.44, 16. Matthew Pond 19.50, 24. Andy Tucker 20.02, 23. Stuart Cullum 20.02, 27. Steve Pairman 20.20, 57. Barry Wetherilt 21.38, 70. Abigail Leeves 22.01, 73. Iain Swatton 22.10, 122. Nigel Bulmer 23.37, 128. Jamie Muir 23.45, 137. Mike Simms 23.56, 169. Andrew Clowes 24.51, 286. Nigel Haffenden 28.03, 285. Chloe Haffenden 28.03, 290. Sally Haffenden 28.09, 344. Bernard Wilson 29.48,

Bexley. 26. Chris Pike 23.17.

Ashton Court. 237. Andy Kingsmell 28.32, 353. Zoe Kingsmell 35.22.

Hampstead Heath. 113. Mick Keene 27.26.

Moors Valley. 17. Peter Hamilton 21.42.

Crystal Palace. 26. Max Gregson 21.42, 30. Matthew Smith 21.59, 117. John Fenwick 27.23, 199. Glen Read 40.52.

Killerton. 19. Bob Minting 22.34.

Dulwich. 54. Nigel Wood 22.03.

Orpington. 8. Harry Keene 22.51, 39. Dave Leal 27.46.

Workington. 1. Phil Sesemann 15.31.

Reigate Priory. 46. James Neylon 26.59.

Peckham Rye. 69. John Turner 25.59, 70. Peter Rogers 25.59, 120. Maz Turner 31.05.

Malling. 85. Claire Springett 29.52.

30-31/1/16.

London Senior and Under 20 Games, Lee Valley. Senior Men. 60 metres. Pool A Round 1. Race 2. 6. James Alaka 6.92. A2. R3. 6. James Alaka 6.93. B1. R4. 4. Ishmael Smith John 7.25. 800. R2. 5. Georges Vacharopoulos 1.58.00. Long Jump. 1. Tom French 7.37. Triple Jump. A. 7. Rob Sutherland 13.92. B. 6. Patrick Apantaku 12.61. **Senior Women.** 60 metres. Round 1. Race 1. 1. Dina Asher Smith 7.20, 5. Montell Douglas 7.50. R2. 2. Serita Solomon 7.53. R5. Yimika Adewakun DQ. R2. R1. 1. Dina Asher Smith 7.22, 5. Montell Douglas 7.48, 6. Serita Solomon 7.49. R4. 6. Yimika Adewakun 8.12. 200. R2. 5. Yimika Adewakun 26.87. R4. 5. Donnelle Yapp 29.42. 400. R1. 4. Rachel Dickens 55.78. R3. 1. Samantha Brown 60.15. 800. R5. 2. Donnelle Yapp 2.41.52. 60 Hurdles (Sen and U20 combined). R1. R1. 1. Serita Solomon 8.21. R2. 4. Anastasia Davies 8.97. R6. 1. Isabella Hilditch 8.91. R2. R1. 1. Serita Solomon 8.10. R3. 2. Isabella Hilditch 8.86, 3. Anastasia Davies 8.88. Pole vault. Pool A. 8. Christina Moore 3.30. **Under 20 men.** 60 metres. R1. R4. 1. Shamar Thomas Campbell 7.12. R5. 3. Alex Skipp 7.27. R10. 6. Ryan Poyroo 7.6. R2. R2. 3. Shamar Thomas Campbell 7.08. R11. 3. Ryan Poyroo 7.61. 200. R2. 1. Shamar Thomas Campbell 22.77. 400. R5. 1. Aleksander Wiltshire 55.42. **Under 20 women.** 60 metres. R1. R1. 3. Vivien Olatunji 7.81, 4. Modupe Shokunbi 7.82, 7. Parris Johnson 7.95. R3. 6. Elizabeth Ibidunni 8.10. R2. R1. 1. Vivien Olatunji 7.74, 6. Modupe Shokunbi 7.88. R2. 1. Parris Johnson 7.77. Triple Jump. Pool B. 1. Anastasia Davies 11.48, 7. Imogen Levy 10.17. 31/1/16.

Welsh Athletics Indoor Championships, Cardiff. 60. A. Adam Gemili 6.59 (Club Record). Heat 3. 1. Adam Gemili 6.68.

Sheffield Open Meeting. 400. 2. Dan Putnam 48.42.

25 years ago January 1991.

Phil Davies wins the Senior Mens long jump at the Southern Indoor Championships with a leap of 6.78.

Debbi Marti wins the high jump at the Omon Games at Cosford with a clearance of 1.88, her best since 1984.

Blackheath Harriers team of Spencer Newport, Jerry Barton, Dave Heath, Alan Guilder, Bill O Donnell and Tim Nash finish 4th in the Southern Cross Country Championships at Havant. Mark Steinle is 10th in the Youths (U17) race.



Start of the Southern Cross Country Championships 1991. Tim Nash, Spencer Newport, Bill O Donnell, Tony Weeks Pearson (President), Graham Botley (captain), Pat Calnan, Jerry Barton (partial), Alan Guilder, Tony Baldock, Dave Hassall, Mark Watling, Richard Coles, Dave Heath

Gillian Stacey is first in the Kent Womens League race at Hayes leading Bromley Ladies to victory. Margaret Baldwin is 5th for Cambridge Harriers.

Tanya Blake wins a junior International race at Lisbon in Portugal.

In the Southern Womens Championships at Horspath, Oxford Gillian Stacey is 3rd and Tanya Blake 16th both are still under 20s.

20 years ago January 1996

Phil Hogston wins the Aylesham 10 in 51.47.

Tim Dickinson finishes in 3rd place at the Inter County Cross Country Championships at Luton. Gemma Viney is second in the under 13 girls race. Steve Holmes is 16th and Abdi Madar 21st as Kent finish 3rd in the Under 15 boys. Will Bolton is 4th in the under 13 boy race, one place behind Mo Farah, with Matt Hill 8th as Kent place 3rd.

Tim Dickinson wins the Southern Cross Country title at Parliament Hill Fields and leads the Club to victory. Spencer Newport is 3rd, Mark Steinle 13th, Darrell Smith 18th, Paddy Brice 33rd and Phil Hogston 45th.

Gemma Viney wins the under 13 girls race.

Blackheath win both the under 15 boys and under 13 boys titles. Steve Holmes is 5th in the under 15s with Abdi Madar 6th. 40th placed Pete Tucker does not make the scoring team. Matt Hill wins silver in the under 13s with Will Bolton 4th and in between them is some bloke called Mo Farah. In the under 17s race Chris Moss is 13th and Michael Skinner 42nd.

At the South of England indoor champs at Horsham Emeka Udechuku and Adrian Cluskey win the under 20 and under 17 mens shot titles. Aaron Harris wins the under 17s 60 metre title at Crystal Palace.

15 years ago January 2001

Michael Skinner is second in the 1500 metres at the AAA's Indoor and World trials, just one hundredth of a second behind the winner. Mark Awanah is third in the long jump.

At the Southern Cross Country Championships Dan Ayrtton is third in the under 20 mens race.

At the Southern indoor Championships there are wins for Mohammed Sillah Freckleton in the Senior mens 60 metre hurdles and for Katy Porter in the under 20 womens 60 hurdles. Tom Robinson is third in the under 17 mens pole vault.

Dave Taylor wins the Surrey Cross Country Championships. At the Kents, Rebecca Taylor wins the under 13 girls race despite having two further years in the age group. With Aimee Boyle and Bryony Proctor, Blackheath win team gold.

10 years ago January 2006

Michael Skinner is 2nd in the short course race at the Great Edinburgh International. Scott Overall is 5th and Andy Rayner 12th. Later in the month Michael, represents a Commonwealth Select at the Norwich union International at Kelvin Hall finishing third in the 1500 metres. James Alaka is third in an Invitation 60 metres for under 17s.

Two British records in a minute at the South Of England Championships at Brunel. Serita Solomon, still an under 17 wins the Under 20 60 metre hurdles title. This is the fastest over the 2.9' by a 15 or 16 year old. Almost immediately Allan Williams sets an over 50s record of 4.20 for the pole vault. Alex AlAmeen wins the under 20 mens 60 metre hurdles.

Three sets of medals at the South Of England Championships at Exeter. Under 15 girls Bronze (Amy Smith, Amy DeMatos, Rebecca Smith, Catherine Chambers). Under 13 girls silver (Michelle Fewster, Danielle Critchley, Sophie Gordon, Emma Hook). Under 20 men, bronze (James Poole, Andrew Conway, Richard Daniel, Dale Willis)

Amy Smith retains her Kent Under 15 cross country title and leads the team victory. Gold also for the under 17 men and women.

5 years ago January 2011

Club members win six gold medals at the South Of England Indoor Championships. Tremayne Gilling (senior mens 60 metres), Shaunagh Brown (Senior Womens Shot), Liz Hughes (Senior Womens Pole vault, 10 years after she last won it), Jonathan Ilori (U20 Mens triple jump), Rachel Dickens (U17W 200), Anton Daly (U17M 60).

The Senior Women win the 3 and 6 to score races at the Kent Cross Country Championships. Gold too for the under 15 girls and under 13 girls.

Answers from last months Quiz will be in the next Courier. In the meantime a couple of teasers from one avid reader.

1. When and where were the IAAF World XC Championships long race held on the last two occasions when the GB Senior Men won Team medals?

What team position did they finish in?

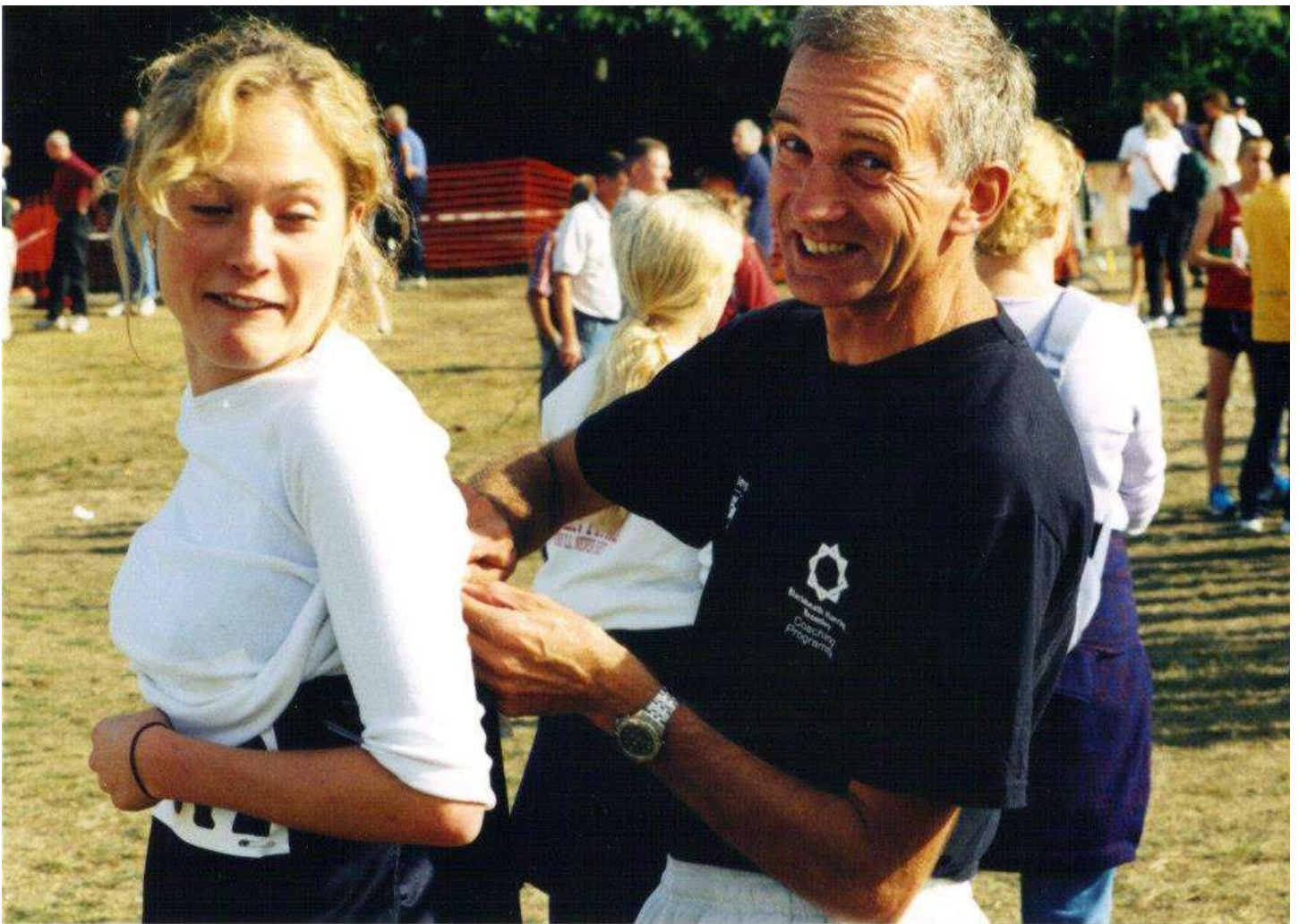
What did the two courses have in common?

What is their connection with B&B?

2. In the 2015 AW pole for British Veteran of the Year 2015 what connection do the 4th and 5th athletes have with B&B?



Southern champions 1996



Caption anyone?