



Blackheath & Bromley Courier

May 2016.

President 2016-17. Bill Foster.

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



Editorial

The Summer season is underway and by the end of April we are already seeing Club records broken, and personal bests set. Congratulations to Yasmin Austridge who broke both the Under 20 and Under 17 Womens 2000 metre steeplechase records in April and to Tom Phillips who did the same in the 60 metres at the European Masters indoor Championships. More are on the way.

April is the date of the London Marathon and this is highlighted as we look back over the last 25 years and dig out some Archive photos. At the sharp end it has been probably the most successful period of the Clubs History in the endurance events with Mark Steinle, Dave Taylor, Scott Overall and President Bill Foster all being selected for major championships. Who will be next?

Below this we don't have the numbers we once had, which is a worry as those joining to run marathons have strengthened the Club in many ways. Some have found they were better at shorter distances. Others have gone on to do jobs for the Club.

The weekends are packed now with fixtures. If you have the chance get along to support our athletes and the Club.

150 year celebrations. The Club will be 150 years old in 2019 and among the proposals to celebrate this milestone is to update the Club History. With this in mind it would be particularly useful to hear from those who have archive material relating to Bromley AC. Please contact the editor or Wilf Orton.

As ever, please advise of any errors and omissions in the results. All contributions are welcome.



Forthcoming fixtures.

May. 30th April- 2nd May. BUCS Championships, Bedford. 1st. Youth Development League U20 and U17, Reading. 2nd. Ted Pepper race, Norman Park. 7th. British Athletics League, Watford. 8th. Kent Young Athletes League, Norman Park. 9th. Kent Masters League, Canterbury. 2th. Bromley Year 7 Inter Schools, Norman Park. 14th. BMAF Road Relays, Sutton Park. 14th-15th EA Combined Events Championships, Bedford. 14th-15th. Kent Championships, Ashford. 14th-15th Surrey County Championships, Kingston. 20th-22nd. European Masters Championships non stadia, Portugal. 21st Youth Development League, U15 and U13, Southampton. 22nd. Southern Athletics League, Hornchurch. 22nd. Loughborough International. 23rd Club Championships and Open Meeting, Norman Park. 25th Parris Handicap, Hayes. 27th. Kent Masters League, Norman Park. 28th. Southern Counties Vets AC Championships, Ashford. 29th Youth Development League U20 and U17, Norman Park.

June. 1st. Club 3000m and 3000 walk championships, Norman Park. 4th British Athletics League, West London. 5th Diamond League, Birmingham. 5th. UK Womens League, Bristol. 5th. Kent Young Athletes League, Dartford. 8th Bromley Schools Minors (yrs 7&8) Girls Champs, Norman Park. 9th. Bromley Primary Schools Quadkids, Norman Park. 10th. Kent Masters League,

Norman Park. 11th. Kent Schools Championships, Ashford. 11th-12th SEAA Senior and Under 20 Championships ??? 13th. Open Meeting and Club Championships, Norman Park. 15th. Bromley Schools Minors (yrs 7&8) Boys Championships. 16th Bromley Primary Small Schools Championships, Norman Park. 18th. Southern Athletics League, Lee Valley. 18th. Schools Inter County Championships, Surrey. 18th-19th. EA. Under 23 and Under 20 Championships, Bedford. 19th Youth Development League Under 15 and 13s, Norman Park. 22nd Parris Handicap, Hayes. 22nd. Kent mens 10,000 and womens 3000 metre champs, Dartford. 23. Bromley Primary Medium Schools Championships, Norman Park. 24th-26th. British Senior Championships, Birmingham. 26th. Youth Development League Under 20s and 17s, Allianz Park. 26th. North Downs Run 30km. 27th. Kent Masters League, Ashford. 29th. Johnson Bowl (road walk), Norman Park. 30th. Bromley Primary Large Schools Championships, Norman Park.

On the Social side.



25th May. BBQ after Parris Handicap.

12th June. Summer Lunch

22nd June BBQ after Parris Handicap

Results

29/3/16 - 3/4/16 European Masters Indoor Championships, Ancona, Italy.

M60. 60. F. 6. Tom Phillips 8.10. SF. 4. Tom Phillips 8.25. Ht4. 1. Tom Phillips 8.07. 200. SF 4. Tom Phillips 27.81. Ht5. 2. Tom Phillips 27.78. 60H. R2. 2. Clem Leon 11.67. Pole Vault. 2. Allan Williams 3.40. W60. F. Helen Godsell DNS. Ht2. 1. Helen Godsell 9.01. M65. 1500. 11. Peter Hamilton 5.43.45.

1/4/16.

Florida Relays. 100H. Ht6. 1. Jahisha Thomas 13.67 (1.7). Long Jump. 12. 5.93 (2.7)

2/4/16

Alpha Trophy Meeting, Lee Valley. Senior Women. 100. A. 2. Modupe Shokunbi 12.74 (-2.9), B. 1. Elizabeth Ibidunni 13.30 (-4.3). 200. A. 1. Rachel Dickens 24.63 (-1.9), B. 1. Elizabeth Ibidunni 26.47 (-2.7). 400. A. 3. Krystal Galley 60.75, B. 5. Roisin Atkins-Dyke 64.92. 800. A. 2. Danielle Critchley 2.22.30, B. 1. Leah Everson 2.24.39. 1500. A. -, B. -. 100 Hurdles. A. 1. Anastasia Davies 14.63 (-3.4), B. 1. Isabella Hilditch 14.70 (-3.4). 400 Hurdles. A. 1. Isabella Hilditch 66.75, B. -. High Jump. A. 2. Jamilya Robinson Pascal 1.50, B. 3. Toyin Orelaja 1.40. Long Jump. A. 1. Jamilya Robinson Pascal 5.18, B. 1. Toyin Orelaja 5.07. Shot. A. 1. Shaunagh Brown 13.14, B. 1. Carys Marsden 9.15. Discus. A. 1. Shaunagh Brown 49.21 B. 1. Carys Marsden 33.90. Javelin. A. -, B. -. 4X100. 1. 49.25. (Modupe Shokunbi, Rachel Dickens, Isabella Hilditch, Elizabeth Ibidunni). Match. 1. Blackheath & Bromley 170. 2. Herts Phoenix 155. 3. Thurrock 128. 4. Marshall Milton Keynes 127. 5. Enfield & Haringey 126. 6. Wycombe Phoenix 124. 7. Victoria Park Tower Hamlets 61. 8. Watford Harriers/Chiltern 38. **Under 15s.** 100. A. Holly Mpassy 13.81 (-3.6), B. 2. Lani Bakewell 14.40 (-3.6). 200. A. 3. Eva Stephanou 28.80 (-2.9), B. 3. Grace Goddard 29.43 (-3.4).

800. A. -, B. 2. Niamh Milmo 2.48.04. 1500. A. 4. Lily Tappenden 5.25.76, B. 1. Gracie Horton 5.33.98. 75 Hurdles. A. 5. Grace Fullerton 13.60, B. 3. Zoe Austridge 15.49. High Jump. A. 3. Kamilya Robinson Pascal 1.50, B. 1. Grace Goddard 1.35. Long Jump. A. 3. Kamilya Robinson Pascal 4.43, B. 1. Zoe Austridge 4.25. Shot. A. 2. Kareena Galley 10.43, B. 1. Daisy Dowling 6.30. Discus. A. 2. Kareena Galley 25.01, B. 2. Daisy Dowling 13.69. Javelin. A. 1. Daisy Dowling 27.83, B. Kareena Galley 14.67. 4X100. 3. Blackheath & Bromley 55.36. (Lani Bakewell, Holly Mpassy, Eva Stephanou, Grace Goddard). Match. 1. Blackheath & Bromley 159. 2. Thurrock 124. 3. Herts Phoenix 114. 4. Victoria Park Tower Hamlets 101. 5. Wycombe Phoenix 91. 6. Enfield & Haringey 85. 7. Watford Harriers/Chiltern 76. 8. Marshall Milton Keynes 69.

Parkruns. Roundshaw Downs. 29. Steve Haley 24.02. **Sunderland.** 5. Jessica Keene 18.56 (first woman), 17. Billy Keene 21.33, 65. Mick Keene 25.25. **Bromley.** 1. Angus Harrington 16.56, 2. James Crawley 17.57, 10. Jake Leng 19.07, 14. Amy Leach 19.24, 17. Millie Smith 19.34, 26. Matthew Pond 19.46, 30. Andy Lawes 19.48, 33. Nic Corry 19.53, 51. Rod Harrington 20.37, 57. Grace Scopes 20.46, 59. Daniella Harper 20.50, 81. Chloe Kibblewhite 21.33, 87. Adam Parkinson 21.40, 92. Matthew Smith 21.45, 157. Hannah O'Flynn 23.29, 158. Iain Swatton 23.30, 170. Andrew Clowes 23.49, 174. Chris Swinfen 23.52, 195. Scott Bulmer 24.17, 220. Mark Compton 24.46, 225. Andy Tucker 24.58, 233. Gareth Griffin 25.08, 248. Nigel Bulmer 25.39, 261. John Butler 25.57, 316. Chloe Haffenden 26.59, 317. Nigel Haffenden 27.02, 334. Julia Pairman 27.25, 388. Leszek Malynicz 29.04, 391. Bernard Wilson 29.07, 473. Damian Hayes 32.04. **Bexley.** 24. Chris Pike 22.25. Greenwich. 22. Barry Wetherilt 22.35. **Crystal Palace.** 2. Rowan Fuss 17.56, 6. Kelsey Fuss 19.52 (first woman). Worcester. 49. Stephanie Taylor 22.35. **Whitstable.** 16. Leo Braden 22.28. **Killerton.** 26. Bob Minting 22.05. **Dulwich.** 45. Nigel Wood 21.33. **Tilgate.** 8. Kelsi Cornish 19.36. **Orpington.** 7. Harry Keene 21.11. **Southwark.** 4. Alan Camp 18.13, Osterley. 76. Andy Kingsmill 28.41, 87. Zoe Kingsmill 29.59. **Weymouth.** 193. William Whiting 30.29. **Peckham Rye.** 32. John Turner 22.55, 47. Peter Rogers 24.30, 96. Maz Turner 30.41. **Folkestone.** 23. Simon Lloyd 21.47. **Penrose.** 5. Robert Perry 20.46. **Constantia Greenbelt.** 23. Darryl Hilliar 22.46. **Mount Edgumbe.** 7. Glen Read 24.56.

3/4/16

South London Network Trophy Events, Tooting. U20W. Discus. 1. Anna Barnett 33.40. U15 Boys. Long Jump. 1. Myles Xavier 5.83.

6/4/16

Watford Open Meeting. 1500 R5. 5. Morgan Squibb (U15G) 4.55.47

Highgate Harriers/City Of London Open, Parliament Hill. 5000. Race 1. 1. Will Fuller (u20) 14.55.17

Parris Handicap, Hayes. 1. Gerry Alger 34.08 (23.23), 2. Mike Simms 34.27 (20.57), 3. Andy Kingsmill 34.30 (26.15), 4. Jannet Ricketts 34.35 (26.35), 5. Mark Compton 34.39 (23.54), 6. Luca Ercolani 34.41 (17.56), 7. Adrian Stocks 34.43 (20.43), 8. Marco Arcuri 34.44 (16.59), 9. Paul Sharpe 34.52 (18.37), 10. Clayton Aves 34.56 (18.41), 11. Zoe Kingsmill 35.01 (26.46), 12. Tom Desborough 35.02 (18.47), 13. Nick Barber 35.04 (20.34), 14. Rob Brown 35.06 (20.36), 15. Steve Pairman 35.07 (19.37), 16. Andy Lawes 35.12 (20.12), 17. Austin Adams 35.16 (23.31), 18. Maz Turner 35.21 (29.21), 19. Jennie Butler 35.28 (20.13), 20. James Neylon 35.29 (22.59), 21. Luigi Arcuri 35.30 (23.45), 22. Sarah Belaon 35.32 (20.17), 23. Bryan Donnelly 35.35 (18.50), 24. John Turner 35.36 (22.06), 25. Iain Swatton 35.41 (21.41), 26. Steve Evenden 35.50 (20.35), 27. Graham Hollingdale 36.12 (20.12), 28. Dave Carton 36.14 (22.44), 29. Sheridan Morris 36.44 (23.14), 30. Bernie Bater 36.45 (23.30), 31. Nigel Bulmer 36.56 (24.41). Scott Bulmer, Tim Ayres DNF.

7/4/16

Assembly League, Beckenham. Men. 9. Dan Kennedy (Ravensbourne Runners) 15.43. M55. 1. Alan Camp 17.34. Women. 2. Clare Elms 17.25

9/4/16.

Jim Click Shootout. 100H. 3. Jahisha Thomas 13.71 (1.3). Long Jump. 2. 6.07 (2.5).

Lee Valley Open. 400 Hurdles. 1. Joe Fuggle 54.31, 2. Lewis Church 54.99. High Jump. 1. Lewis Church 1.95. Long Jump. 1. Lewis Church 6.49. Javelin. 3. Lewis Church 45.00.

Leeds Beckett University Open. 400. James Habergham 51.9. 800. James Habergham 1.57.2.

Parkruns. Richmond. 2. Jonathan Vintner 17.43. **Bromley.** 1. Alex Gibbins 17.09, 3. Angus Harrington 17.34, 7. Robert Perry 19.03, 10. Samuel Reardon 19.12, 12. Jake Leng 19.19, 15. Matthew Pond 19.46, 20. Amy Leach 19.59 (first woman), 21. Joseph Folkes 20.04, 22. Stuart Cullum 20.17, 27. Andrew Lawes 20.25, 28. Mike Simms 20.26, 30. Jessica Neal 20.29, 31. Steve Pairman 20.32, 38. Nick Barber 20.50, 40. Rod Harrington 20.55, 58. Iain Swatton 22.00, 65. Stephanie Taylor 22.12, 66. Jamie Muir 22.17, 74. Adam Parkinson 22.31, 89. James Neylon 23.10, 112. Austin Adams 23.41, 114. Nigel Bulmer 23.44, 117. Scott Bulmer 23.52, 119. Kelsey Pullin 23.57, 123. Hannah O'Flynn 24.01, 185. Isobel Harrington 25.29, 307. Bernard Wilson 29.11, 420. Damian Hayes 33.58. **Bexley.** 24. Chris Pike 22.15, 128. Zoe Kingsmill 28.28, 154. Andy Kingsmill 29.56. **Greenwich.** 24. Jennifer Neal 22.12. **Bath Skyline.** 176. Chloe Haffenden 28.21. **Crystal Palace.** 3. Rowan Fuss 18.58, 13. Kelsey Fuss 21.42 (first woman), 43. Glen Read 24.20, 100. John Fenwick 28.18. **Dulwich.** 1. Fintan Parkinson 16.44, 11. Chris Tuck 17.42, 12. Niamh Bridson Hubbard 17.46 (first woman). **Orpington.** 1. Ben Cockburn 17.43, 7. Harry

Keene 20.42, 17. Leah Everson 22.07 (first woman), 95. Karen Desborough 35.15. **Peckham Rye.** 42. Peter Rogers 24.06. **Oakwell Hall.** 22. Steve Haley 24.45. **Dartford.** 99. Maz Turner 30.24. **Lullingstone.** 37. John Butler 29.08. **Bedgebury Pinetum.** 2. Jessica Keene 19.38 (first woman), 33. Mick Keene 26.35.

10/4/16

Hercules Wimbledon Open Meeting. Under 20 Men. Mile. 1. Will Fuller 4.21.57. Under 17 Men. 100. Race 1. 2. Robert Abbott 12.84 (-2.2). 200. 5. Robert Abbott 25.90. 400. 1. Vishnu Dhir 57.87. Under 17 Women. 100. R1. 2. Sophia Harper 14.06 (-1.9). 200. R1. 1. Karina Harris 28.16 (0.1). Long Jump. 1. Karina Harris 4.92, 5. Sophia Harper 4.39. Shot. 1. Eve Keith 9.71. Discus. 1. Eve Keith 30.80. Under 15 Boys. 100. R1. 5. Leo McCallum 14.59 (-3.7), 6. Jonathan Abbott 14.96 (-3.7). R3. 3. Oliver Briars 13.28 (-3.3). High Jump. 1. Pedro Gleadall 1.65. Discus. 2. Michael Burfoot 19.44. Javelin. 1. Pedro Gleadall 46.33. Under 15 Girls. 100 R2. 3. Greta Elliott 14.69 (-0.8). R3. (-3.8). 1. Grace Fullerton 14.06, 2. Zoe Martial 14.20, 3. Madeleine Bonner 14.33, 6. Kamilya Robinson-Pascal 14.52. R4. (-2.8) 3. Holly Mpassy 14.11, 6. Rahmat Ottun 14.72. R5. (-0.9). 6. Lani Bakewell 14.85. 200. R2. 1. Eva Stephanou 29.49 (-2.8). R3. 4. Greta Elliott 30.08 (-0.9). Long Jump. 6. Zoe Martial 4.09. Javelin. 1. Daisy Dowling 28.52. Under 13 Boys. 100. R2. 2. Jacob Byfield 14.2 (-2.7). 200. R1. 2. Alex Sibley 31.45 (-0.9). R3. 4. Matthew Smith 33.74 (-2.9). 800. R1. 4. Alex Sibley 2.41.56. 1500. 9. Matthew Smith 5.33.80. Long Jump. 2. Jacob Byfield 4.25, 9. Matthew Smith 3.23. Under 13 girls. 100. R3. 2. Olivia Howlett 15.4. R4. 1=. Achieng Oneko 14.2, 3. Akeiyla Robinson Pascal 14.4, 4. Daiza Foster 14.9. 200. R1. 3. Amarisa Sibley 31.14 (-2.3). R3. 1. Daniella Harper 30.47 (2.1). 800 R2. 2. Daniella Harper 2.36.4. Long Jump. 1. Akeiyla Robinson Pascal 4.65, 6. Achieng Oneko 3.83, 9. Olivia Howlett 3.68. Under 11 girls. 600. 1. Amarisa Sibley 1.53.97.

Medway & Maidstone Open, Gillingham. Under 17 Men. Hammer. 1. James Lancaster 54.04.

Wakefield Spring Open Meeting. 800. 4. James Habbergham 1.59.14.

Croydon Half Marathon. 11. Carole Penlington 84.56 (1st woman), 142. James Neylon 1.56.24.

16/4/16.

National 12 Stage Road Relay, Sutton Coldfield. 39. Blackheath & Bromley 4.46.13. 1. Alex Bruce Littlewood 27.14, 2. Phil Sesemann 15.22, 3. Alex Gibbins 29.17, 4. Will Fuller 15.37, 5. Fintan Parkinson 29.26, 6. Richard Webb 16.33, 7. Dan Kennedy 30.53, 8. Luca Ercolani 19.13, 9. Andy Rayner 29.57, 10. Nic Corry 21.33, 11. Chris Tuck 31.59, 12. Tom Desborough 19.09. Also leg one Graham Rush (Cheltenham/2nd claim) 26.08.

Southern Athletics League, Norman Park. Men. 100. A. 1. Toby Olubi 10.96 (0.8), B. 1. Shamar Thomas Campbell 11.00 (0.8). Non scoring R1 (2.0). 1. Alex Skipp 11.25, 2. Matthew Knight 11.26, 3. Kyler Adote 11.31, 4. Michael Damoah 11.61. R2 (1.8). 1. Chizute Ogbedeh 12.05, 2. Joe Freeman 12.13, 3. Callum Gardiner 12.48. 200. A. 2. Shamar Thomas Campbell 22.31 (1.5), B. 2. Toby Olubi 22.46 (1.5). N/S R1 (3.0). 1. Ocean Schwartz 22.59, 2. Matthew Knight 22.81, 3. William Pope 23.46, 4. Ben Sutton 23.49, 5. Aleksander Wiltshire 24.38. N/S R2. 1. Joe Freeman 25.25. 400. A. 3. Bailey Stickings 52.46, B. 3. Will Pope 54.86. N/S. 1. Ocean Schwartz 51.68, 3. Josh Watson 55.88, 4. Korede Osinibi 57.43, 5. Richard Holt 59.73. 800. A. 1. Georges Vacharopoulos 2.00.35, B. 1. Joss Barber 2.02.31. 1500. A. 2. Lewis Mills 4.25.43, B. 3. Charlie Andrews 4.53.45. 5000. A. 2. Peter Tucker 16.50.48, B. 1. James Crawley 17.25.10. 110H. A. 4. Lewis Ely 25.52, B. -. 400H. A. 1. Tim Ayres 67.55. B. -. 2000 S/Chase. A. 2. Charlie Davis 7.07.13, B. 1. Gareth Evans 7.10.46. 4x100. 1. B&B 43.68. 4X400. 1. B&B 3.33.54. High Jump. A. 2. Lewis Ely 1.85, B. 4. Tim Ayres 1.00. Long Jump. A. 1. Tom French 7.19, B. 3. Edward Adams 5.67. Triple Jump. A. 1. Tom French 12.73, B. 1. Patrick Apantaku 12.71. Pole Vault. A. 2. Frankie Scrivener 2.90, B. 1. George Pope 2.30. Shot. A. 1. Alex Pope 12.05, B. 1. Steve Timmins 11.81. Discus. A. Alex Pope 38.85, B. 4. Tim Ayres 15.79. Javelin. A. 1. Alex Pope 38.24, B. 1. Steve Timmins 37.60. Hammer. A. 2. Steve Timmins 38.16, B. 1. Alex Pope 37.60. Women. 100. A. 2. Parris Johnson 12.45 (0.4), B. 1. Katie Woolcott 12.79 (0.4). N/S. (0.7). 2. Maya Bruney 12.27, 3. Magda Cienciala 12.63, 4. Vivien Olatunji 12.71, 5. Mhairi Brooks 12.95. 200. A. 3. Magda Cienciala 26.00. (1.4), B. 2. Mhairi Brooks 26.64 (1.4). N/S. (2.4). 2. Elizabeth Ibidunni 26.31, 3. Olivia Richer 26.47, 4. Tamara Duncan 26.88, 5. Katie Woolcott 27.01. 400. A. 1. Becky McLinden 58.06, B. -. 800. A. Danielle Critchley 2.21.13, B. 1. Millie Smith 2.28.69. 1500. A. 1. Niamh Bridson Hubbard 4.37.53, B. 1. Jessica Keene 4.37.97. 3000. A. 1. Carole Penlington 10.39.97, B. 1. Amy Leach 10.50.38. N/S. 1. Genevieve Allen 10.53.70, 2. Siobhan Delon 11.19.73, 3. Chloe Kibblewhite 11.30.30. 100H. A. 1. Isabella Hilditch 14.37 (2.1), B. 1. Anastasia Davies 14.52 (2.1). 400H. A. 1. Isabella Hilditch 66.65, B. 1. Catrin Murphy 71.38. 2000 s/chase. A. 1. Yasmin Austridge 7.20.16. 4x100. 1. B&B 49.86. 4X400. 1. B&B 4.05.22. High Jump. A. 3. Tabitha Lisciotta 1.50, B. 1. Isobel Reeves 1.50. Long Jump. A. 4. Sophia Harper 4.35, B. 4. Donelle Yapp 3.38. Triple Jump. A. 1. Anastasia Davies 11.57, B. 1. Katrina Harris 11.02. Pole Vault A. -. B. -. Shot. A. 1. Shaunagh Brown 13.60, B. 1. Divine Oladipo 13.37. Discus. A. 1. Shaunagh Brown 45.10, B. 1. Divine Oladipo 41.89. Javelin. A. 2. Shaunagh Brown 26.56, B. 2. Ellie Moore 23.50. Hammer. A. 1. Shaunagh Brown 51.07, B. 1. Victoria Wiltshire 47.44.

Texas Invitational, Austin. 100H. Race 2. 6. Jahisha Thomas 14.07 (0.8).

London Inter Club Challenge, Lee Valley. Women. 1500. 8. Anna Myers 5.22.05. Under 17 Men. Hammer 1. James Lancaster 53.26.

Parkruns. Bromley. 6 Samuel Reardon 18.40, 9. Matthew Pond 18.50, 24. Eddie Sellar 19.39, 28. Steve Pairman 19.50, 32. Nick Barber 20.10, 38. Thomas Penlington 20.20, 42. Stephanie Taylor 20.29 (first woman), 47. Oliver Robertson 20.37, 48. Ethan Kitteridge 20.39, 58. Emily Davis 20.52, 62. Keir Lundy 21.13, 68. Adrian Stocks 21.28, 80. Iain Swatton 21.46, 88. Adam Parkinson 22.01, 90. Barry Wetherilt 22.09, 104. Stuart Cullum 22.29, 117. Jessica Sellar 22.46, 120. Austin Adams 22.51, 122. Mike Simms 22.52, 123. James Neylon 22.53, 189. Andrew Clowes 24.19, 219. Gareth Griffin 25.16, 221. Claire Austridge 25:17, 334. Julia Pairman 27.27, 371. Bernard Wilson 28.20. **Greenwich.** 11. Max Gregson 21.02, 17. Jennifer Neal 21.34. **Southampton.** 31. Jessica Neal 19.31 (first woman). **Braunstone.** 1. Ian Frith 17.00. **Bath Skyline.** 109. Chloe Haffenden 27.28. **Crystal Palace.** 1. Rowan Fuss 18.03, 4. Kelsey Fuss 19.34 (first woman), 10. Lewis Warren 20.15, 31. Lily Tappenden 21.48, 52. Nigel Wood 22.44, 59. Naomi Kingston 23.02, 124. John Butler 25.53. **Killerton.** 22 Bob Minting 22.11. **Dulwich.** 59. Rod Harrington 20.32. **Orpington.** 4. Harry Keene 20.32, 46. Mick Keene 28.15, 88. Karen Desborough 35.00. **Peckham Rye.** 58. Peter Rogers 23.25, 164. Maz Turner 29.46, 201. John Turner 39.59. **Lullinstone.** 9. Matthew Smith 22.40. **Bedgebury Pinetum.** 35. Zoe Kingsmill 29.42, 37. Andrew Kingsmill 30.04.

17/4/16

Southern Athletics League, Division 3 South East. N/S 100. 5. Jake Field 12.2. High Jump. 1. Jake Field 1.90. Triple Jump. 1. Jacob Veerapen 13.79.

20/4/16

Watford Open. 800. Race 9. 3. Kelsi Cornish 2.21.77. 3000. Race 1. 8. Jessica Keene 9.54.49, 20. Kate Curran 10.29.58. Race 2. 29. Niamh Bridson Hubbard 9.51.67, 31. Kelly Grant 10.09.74.

22/4/16

Tom Jones Memorial, Gainesville, USA. 200. Race 1. 5. James Alaka 21.61.

23/4/16

UK Youth Development League Lower Age Group, Southern Premier Division One, Reading. Under 15 Boys. 100. A. Rico Cottell 11.9, B. 2. Kyron Morgan 12.2. 200. A. 1. Myles Xavier 24.4, B. 5. Oliver Briars 26.0. 300. A. 4. Robert Suckling 40.6, B. 4. Keir Lundy 42.9. 800. A. 4. Robert Suckling 2.12.2, B. 1. Rowan Fuss 2.15.8. 1500. A. 1. Joseph Georgiadis 4.32.0, B. 4. Cameron Swatton 4.55.8. 80 Hurdles. A. 1. Caelan Raju 12.6, B. 1. Pedro Gleadall 13.2. High Jump. A. 1. Rico Cottell 1.68, B. 1. Caelan Raju 1.60. Long Jump. A. 1. Myles Xavier 5.74, B. 2. Kyron Morgan 4.87. Pole Vault. A. 2. Pedro Gleadall 2.60, B. 2. Ethan Kitteridge 2.00. Shot. A. 3. Michael Burfoot 10.61, B. 4. Kyron Morgan 9.42. Discus. A. 3. Michael Burfoot 29.77, B. 5. Oliver Briars 18.29. Javelin. A. 3. Pedro Gleadall 43.19, B. 5. Ethan Kitteridge 13.18. Hammer. A. 5. Michael Burfoot 26.32, B. 3. Cameron Swatton 19.48. 4X100. 1. B&B 47.9 (Kyron Morgan, Caelan Raju, Myles Xavier, Rico Cottell). 4x300. 2. B&B 2.47.3 (Robert Suckling, Keir Lundy, Caelan Raju, Pedro Gleadall). Non scoring 800. 2. Keir Lundy 2.17.1, 3. Ben Gardiner 2.23.5. Under 15 Girls. 100. A. 4. Holly Mpassy 13.5, B. 3. Grace Fullerton 13.4. 200. A. 5. Eva Stephanue 28.0, B. 4. Grace Goddard 28.4. 300. A. 4. Lauren Goddard 45.4, B. 5. Zoe Martial 45.5. 800. A. 6. Lily Tappenden 2.30.7, B. 6. Rosanna Allen 2.38.8. 1500. A. 5. Imogen Meers 5.10.8, B. 6. Isabelle Bridge 5.52.2. 75 Hurdles. A. 6. Grace Fullerton 12.9, B. 5. Zoe Austridge 13.6. High Jump. A. 3. Alice Prentice 1.50, B. 2=. Isabelle Bridge 1.40. Long Jump. A. 5. Zoe Martial 4.60, B. 6. Zoe Austridge 4.20. Pole Vault. A. 2. Eleanor Barrett 2.90, B. 4. Elise Swatton 1.80. Shot. A. 4. Kareena Galley 9.30, B. 4. Daisy Dowling 6.96. Discus. A. 3. 3. Kareena Galley 24.78, B. 4. Daisy Dowling 17.54. Javelin. A. 4. Kareena Galley 26.15, B. 6. Daisy Dowling 11.42. Hammer. A. 6. Elise Swatton 5.56, B. -. 4X100. B&B DNF. 4X300. 5. B&B. 3.07.6 (Zoe Martial, Grace Goddard, Zoe Austridge, Lauren Goddard). Non scoring 100. Race 1. 6. Lani Bakewell 14.2. Under 13 Boys. 100. A. 6. Ben Campbell 14.8, B. 6. Callum Carlton 15.7. 200. A. 2. Sam Reardon 28.2, B. 6. Callum Carlton 31.2. 800. A. 6. Alex Sibley 2.36.8, B. 3. Brandon Back 2.39.4. 1500. A. 3. Eddie Sellar 5.02.1, B. 3. Matthew Smith 5.17.2. 75 Hurdles. A. 1. Jacob Byfield 12.8, B. 2. Barnaby Corry 14.9. High Jump. A. 3. Barnaby Corry 1.25, B. 3. Matthew Smith 1.15. Long Jump. A. 2. Jacob Byfield 4.42, B. 2. Oliver Robertson 3.92. Shot. A. 4. Sam Reardon 6.00, B. 3. Matthew Smith 4.65. Javelin. A. 5. Brandon Back 15.39. B. -. 4X100. 2. B&B. 56.9. (Callum Carlton, Sam Reardon, Jacob Byfield, Ben Campbell). Non Scoring. 800. 1. Ben Campbell 2.35.4, 5. Oliver Robertson 2.45.1. Under 13 Girls. 75. A. 4. Renee Bel-Mondue 10.8, B. 3. Olivia English 11.1. 150. A. 3. Shakanya Oshason 20.7, B. 3. Daniella Harper 21.9. 800. A. 6. Lily Meers 2.56.5, B. 6. Sofia Elliott 3.12.0. 1200. A. 5. Amarisa Sibley 4.10.7, B. 5. Hannah Clark 4.47.2. 70 Hurdles. A. 3. Akeiyla Robinson-Pascal 12.5, B. 1. Olivia English 12.7. High Jump. A. 2. Akeiyla Robinson-Pascal 1.35, B. 2. Kacy Walters 1.20. Long Jump. A. 2. Akeiyla Robinson-Pascal 4.50, B. 1. Olivia Howlett 4.04. Shot. A. 3. Renee Bel-Mondue 7.84, B. 6. Nienke Van Velzen 4.98. Javelin. A. 6. Renee Bel-Mondue 11.73, B. 5. Nienke Van Velzen 10.17. 4X100. 2. B&B 56.9 (Shakanya Oshason, Danielle Harper, Akeiyla Robinson-Pascal, Olivia English). Non Scoring. 75. Race 2. 3. Olivia Howlett 11.3, 6. Rose Meers 12.9.

Loughborough Students BUCS Trials & Open, Loughborough. 100. R1. 4. Dan Putnam 11.02 (1.0). 200. R1. 6. Dan Putnam 22.67 (0.4). 400 Hurdles. R1. 3. Jack Messenger 55.00. Under 18s. 3. Joe Fuggle 54.42.

Parkruns. Bromley. 2. Kelsi Cornish 18.57 (first woman), 7. Matthew Pond 19.16, 16. Stuart Cullum 19.50, 25. Steve Pairman 20.20, 34. Mike Simms 20.32, 52. Barry Wetherilt 21.20, 55. David Beadle 21.22, 69. Adam Parkinson 21.44, 91. Chris

Swinfen 22.16, 111. Austin Adams 22.44, 122. Nigel Bulmer 22.54, 130. Andy Tucker 23.07,148. Scott Bulmer 23.35, 165. Andrew Clowes 23.53, 224. Claire Austridge 25.08, 235. John Butler 25.20, 380. Leszek Malynicz 28.27, 385. Bernard Wilson 28.31, 419. David Appleton 29.13, 432. Adrian Perry 29.28, 493. Tim Ward 31.14. **Greenwich.** 1. Niamh Bridson Hubbard 18.28. **Brockwell Park.** 141. Abigail Kingston 25.22. **Bath Skyline.** 165. Chloe Haffenden 27.55. **Lloyd Park.** 19. Rod Harrington 21.52, 76. Isobel Harrington 27.01. **Killerton.** 35. Bob Minting 21.52. **Dulwich.** 50. Peter Hamilton 21.:42. **Orpington.** 6. Harry Keene 21.05, 11. Leah Everson 21.43 (first woman), 34. Dave Leal 25.18, 62. Mick Keene 27.24, 63. Jessica Keene 27.25. **Dartford.** 113. Maz Turner 30.49, 156. John Turner 38.41.

24/4/16.

London Marathon. 88. Fintan Parkinson 2.31.34, 1170. Clare Elms (2nd claim) 2.53.52, 1228. Tony Crowder 2.54.46, 1302. Alex Gibbins 2.55.25, 1451. Luca Ercolani 2.56.33, 2173. Richard Byford 3.01.00, 2463. Paul Sharpe 3.03.54, 2797. Jon Vintner 3.06.54, 2817. Len Crowder 3.07.03, 3979. Richard Hall 3.15.11, 4713. Jenny Neale 3.20.04, 4922. Ritchie Leccia 3.21.30, 5424. Alexis Tobin 3.24.43, 6650. Nick Barber 3.30.28, 7924. William Brindley 3.37.03, 9389. Glen Read 3.43.38, 9580. Chris Pike 3.44.20, 10065. Tracey Ashenden 3.46.10, 12162. Deniz Mehmed 3.53.53, 24109. Ellie Duffy Penny 4.38.24, 28434. Dick Griffin 4.56.56, 28912. Gareth Griffin 4.58.57. DNF Scott Overall, Carole Penlington.

London Mini Marathon. Borough Challenge. 15-17 boys. 10. Marco Arcuri 16.03, 19. Joss Barber 16.34, 27. Lewis Mills 16.43, 33. James Crawley 16.49, 34. Oscar Hussey 16.49, 53. Charlie Davis 17.07, 148. Frankie Scrivener 19.50. 15-17 girls. 2. Jessica Keene 16.58, 3. Kelsey Fuss 17.45, 5. Amy Leach 18.10, 10. Carlotta Weitzel 19.03, 14. Georgina Taylor 19.16, 18. Yasmin Austridge 19.23, 68 Mary Guy 21.43. 14-15 boys. 7. Michael Eagling 16.21, 9. Angus Harrington 16.24, 28. Peter Guy 17.13, 3. Charlie Andrews 17.18, 40. Benjamin Gardiner 17.34, 56. Callum Myatt 17.52, 61. Coleman Corry 17.58. 158. Joseph Georgiadis 21.08. 14-15 girls. 1. Yasmin Marghini 17.11, 11. Lia Radus 18.21, 15. Madalina Samoila 18.40, 25. Millie Smith 19.06, 51. Grace Scopes 20.14, 54. Stephanie Taylor 20.23, 60. Gracie Horton 20.31, 90. Lily Tappenden 21.34, 97. Alice Prentice 21.56. 11-12 boys. 5. Rowan Fuss 16.55, 16. Samuel Reardon 17.39, 42. Justin Strover 18.23, 50. Jake Leng 18.34, 62. Max Gregson 18.50, 74. Thomas Penlington 19.04. 11-12 girls. 1. Morgan Squibb 17.44, 6. Jessica Neal 18.25, 19. Ellie Dolby 19.25, 33. Daniella Harper 19.53, 52. Emily Davis 20.27, 55. Niamh Milmo 20.30.

Musco Twilight Meeting, Iowa City. 100 hurdles. 2. Jahisha Thomas 13.79. Triple Jump. 1. Jahisha Thomas 12.89 (2.5).

Larry Ellis Invitational, Princeton. Triple Jump. 8. Stefan Amokwandoh 14.37 (+2.5).

23-24/4/16. Somerset/Dorset Schools Combined Events, Street. Octathlon. 7. Henry James Cowie 4015. (400. 53.9. Long Jump. 5.35. Discus. 29.38. Javelin. No Mark. 100 hurdles. 15.38. High Jump. 1.68. Shot. 10.27. 1500. 4.23.66).

29/4/16

Kent Masters League, Sutcliffe Park. Mens Div One. M35. 400. A. Luca Ercolani 63.3, B. 5. Adrian Stocks 64.7. 3000. A. 1. Gareth Evans 9.53.9, B. 2. Luca Ercolani 10.43.1. Pole Vault. Murray Hilborne NH. Triple Jump. Andy Kingsmell NJ. Hammer. 6. Andy Kingsmell 12.81. M50. 400. 6. Tim Nash 10.38.2. N/S. Mark Ellison 12.02.9. Pole Vault. -. Triple jump. -. Hammer. 6. Jim Phelan 13.17. M60. 400. 1. Rob Brown 68.9. Triple jump. 2. Rob Brown 7.04. Match. 1. Dartford 61, 2= Cambridge Harriers and Medway & Maidstone 48, 4. Bexley 47, 5. Ashford 46, 6. Blackheath & Bromley 33. **Womens Div One.** W35. 400. A. 4. Jane Bradshaw 78.1, B. 3. Sara Elmqvist 72.8. 3000. A. 3. Andrea Pickup 11.39.6, B. 2. Jane Bradshaw 11.47.2. Triple Jump. 1. Caroline Morten 7.65. Hammer. 5. Sara Elmqvist 6.69. W50. 400. 1. Jackie Montgomery 76.5. 3000. 4. Anne Cilia 14.28.0. Triple Jump. 5. Zoe Kingsmell 4.63. Hammer. 3. Jackie Montgomery 16.63. W60. 400. 3. Maz Turner 109.3. Triple Jump.3. Maz Turner 3.90. Match. 1. Dartford 64, 2. Cambridge Harriers 57, 3. Blackheath & Bromley 47, 4. Bexley 35, 5. Bromley Veterans 26.

30/4/16

Memphis, USA. Long Jump. Oliver Newport 7.48. 30/4/16

Parkruns. Bromley. 7. Roger Beswick 18.08, 9. Robert Suckling 18.37, 10. Matthew Pond 18.41, 12. Robert Perry 18.50, 18. Ellie Dolby 19.09 (first woman), 43. Mike Simms 20.14, 49. Steve Evenden 20.30, 54. Chloe Kibblewhite 20.40, 66. Niamh Milmo 21.00, 77. Barry Wetherilt 21.19, 107. Abigail Leeves 22.08, 110. Chris Swinfen 22.11, 113. James Neylon 22.13, 128. Austin Adams 22.37, 145. Scott Bulmer 23.04, 156. Kelsey Pullin 23.19, 169. Nigel Bulmer 23.43, 211. Adrian Perry 24.29, 331. Leszek Malynicz 27.21. **Bexley.** 17. Chris Pike 22.10, 142. Andy Kingsmell 28.44, 223. Zoe Kingsmell 32.57. **Crystal Palace.** 10. Lewis Warren 19.49, 11. Cameron Swatton 19.51, 35. Keir Lundy 22.02, 134. John Fenwick 26:17. **Lloyd park.** 17. Sarah Belaon 21.19, 21. Andy Lawes 21.53, 63. John Butler 26.16. **Killerton.** 21. Bob Minting 21.31. **Dulwich.** 17. Jessica Neal 19:23 (first woman). **Burgess.** 39. Nigel Haffenden 21.19, 71. Sally Haffenden 23.04, 118. Chloe Haffenden 25.46. **Orpington.** 1. Robert Donohue 18.41, 3. Clare Elms 19.08 (first woman), 40. Andrew Clowes 24.49, 60. Jessica Keene 26.26, 61. Harry Keene 26.27, 62. Mick Keene 26.28, 132. Karen Desborough 34.44. **Shorne Woods.** 15. Peter Hamilton 21.26. **Dartford.** 2. Peter Tucker 17.17. **Folkestone.** 12. Stuart Cullum 20.25

25 years ago in 1991

Bill Foster is the Club Marathon champion as he finishes 96th in London in 2.19.03. Nineteen Club members dip under 3 hours.

Tim Soutar, who is the Race Director, wins the Hong Kong round the island race in 5.36.34.

Alan Guilden wins the Southern Counties 10000 metre title in 29.38.03 with Dave Taylor 2nd in 29.47.56.

Blackheath Harriers win the Woolworths National Young Athletes League, Southern Premier League match by 258 points to Haringey's 187. Among the winners are Steve Timmins in the U17s shot, discus and hammer, David Gilkes in the under 15s 100; and Michael Skinner in the U13s 800 and 1500.

20 years ago in 1996

Bill Foster is Club marathon champion as he finishes 22nd in the London in 2.22.13.

Among the winners at the Reebok Hercules Wimbledon Young Athletes Meeting at Crystal Palace are Daniel Plummer (U17 100), Dwayne Grant (U15 100), Aaron Evans (U15 200), Paul Archer (U15 Shot and discus), and David Akinluyi (U13 200).

The first National Junior Athletics League Premier Division mens match of the season at Waltham Forest sees a win for Blackheath, 17 points ahead of Sale, with Birchfield 3rd, Old Gaytonians 4th, Peterborough 5th and Gateshead 6th. Athlete Of The Match is 18 year old team manager Andy Benn who wins the javelin and hammer.

Bromley Ladies win the Div One South match at Feltham. Individual victories include Lindsey Fleet in the 200 and high jump, Fran Green (800) and Bianca Liston (100 hurdles and long jump).

Beatrice Simpson of Bromley Ladies sets a UK record of 37.48 for the w40 hammer at the Kent Womens League at Norman Park. Bianca Liston wins the 100, 200 and 100 hurdles, and Liz Gibbins the long and triple jumps.

Blackheath win the Kinnaird Trophy at Kingsmeadow. Individual wins come from Mensah Elliott (110 hurdles), Nigel Keogh (400 hurdles) and John Marks (2000 steeplechase)

Blackheath finish 6th in the National 12 Stage relay at Sutton Park.

Blackheath enjoy an emphatic victory in the first Kent Veterans League match of the season. Shaun Lightman, Peter Hannell and Nolan Simmons produce a clean sweep of victories in the walks with further wins for Dennis Wallington (long jump), Colin Brand (javelin and shot), and Chris Ellis (discus).

A Blackheath team of Spencer Newport, Pat Calnan and Pete Barlow finish second to Kenya in the PUMA Trinomic Grand Prix which incorporates the London 10km Championships at Crystal Palace.

15 years ago in 2001

Mark Steinle breaks the Club Marathon record as he times 2.10.46 to finish 6th in London. Five other Club members are under three hours. Natalie Brightwell is first woman in 3.57.20.

Club President Mike Peel continues his unbroken run of London marathon finishes. He has now completed all 21.

Blackheath finish in 5th place in the Wellington Relays in Belgium, despite dropping the baton on the opening stage.

Blackheath finish a womens team in the Southern 6 stage relay for the first time, left to right Cath Castledine, Hazel Barker, Siobhan Budd, Gemma Viney, Karyn O Mahoney, Jennie Butler.



Below more marathon greats, Mke Peel, Graham Botley, Dick Griffin, Richard Coles (old Club white vest) and Peter Lovell.



10 years ago in 2006

Rob Hall is the Club marathon champion as he finishes 223rd in London in 2.40.38. Four others dip under three hours. Annie McDonough takes the womens title in 3.19.24.

Past President Mike Peel continues his unbroken run of London Marathon finishes. He has completed all 26.

In the mini marathon, Katie Murray wins the 15-17 year old race for the second year in a row.

Scott Overall breaks the Club 5000 metres record with 13.38.19 surpassing James Harrison's 14 year old record by over five seconds.

Blackheath & Bromley win the National Young Athletes League match at Harrow and remain unbeaten in the League since it went joint scoring in 2004. Athlete Of The Match awards go to Dan Putnam, Vanessa Nakangu, Emily Godley and Andrew Jordon.

At the Southern League match at Deangate the 4X400 team is made up of the Daniel family with Ken joined by sons Chris, Mark and Richard.

5 years ago in 2011.

Kev May is the Club marathon champion as he times 2.52.33 to finish 572nd in the London. One other Club member dips under 3 hours. First woman is Julie Reynolds in 3.24.45.

Past President Mike Peel continues his unbroken run of London marathon finishes. He has now completed all 31.

In the mini marathon, Kate Curran is 3rd in the 13-14 year olds race. Bailey Stickings is 3rd in the 11-12 year olds race.

Adam Gemili makes his Club debut at the Sward and Kinnaird Trophy Meeting at Kingston. The first year under 20 wins the 100 in 10.73 into a minus 1.9 metre per second headwind. He also wins the non scoring 200.

The Club win the Beta Trophy at Lee Valley and so are promoted back to the Alpha Trophy for 2012.