



**Blackheath
& Bromley**

The Courier

VOL 26 . No.2. April 2009. PRESIDENT 2009/10 Mrs Alison Brand. HON SEC:- Duncan Flagg
EDITOR:- W. Orton, 9 Jenson Way, Fox Hill, London SE19 2UP (0208-771-1128) (email
wilfred.orton@hmcourts- service.gsi.gov.uk
Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way, Hayes, Kent (Tel 020
8462 3115). Unless otherwise attributed, views are those of the Editor

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An Apology from the Editor:

Following some recent feedback from club members and readers of the Courier's last edition, the editor wishes to apologise for publishing an unsuitable item which has caused offence to some readers. This was unintentional and issued in good faith and had I realized it was going to be sensitive it would not have been published. The item has been removed from the electronic version on the club web site and hence from all club archives. In future, in addition to results and news, all other items will be vetted for suitability with the editor's discretion.

Third lady succeeds to the presidency

Alison Brand has succeeded Tim Soutar as President of Blackheath and Bromley AC. Involved with the Harriers since 1973 initially as a member of the ladies of Blackheath Harriers Social Club, she gradually became involved in organizing and supporting it. In 1992 when the Social Club closed Alison (pictured left) became an Associate Member, joined House and Social (continuing the work of the Social Club), and has over the years served Cross Country teas and helped behind in the bar and kitchen. Then she became a member of the Wine Committee and decided to become a Full Member of Blackheath Harriers. She was made a Vice-President in the year 2000, by P.P. Richard Coles and has organized the Vice-Presidents' Supper for several years. With Past President husband Colin Alison is now part of the second husband-and-wife presidential team, after John and Margaret Baldwin. An interview with the new president will appear in the next Courier.



SOME COMING EVENTS
27 Apr Kent Masters' League (18.45) Sutcliffe Pk
2 May BUSA Championships Bedford
2 May Southern Men's League (S) Norman Park
3/4 May BUSA Championships Bedford
4 May Ted Pepper 10km, Beckenham
5 May KCAA 5000m champs, Tonbridge
9/10 May KCAA champs, Ashford
16 May British Masters road relay champs, Sutton
16 May Southern mens' league, Battersea Park
17 May Loughborough International
18 May Kent Masters' League, Canterbury
20 May Parris H'Cap-23 May SEAA U15/U17 Young Atheltes, Ashford
(Cont..page 11)
SOCIAL
14 May Banter & Bonding Walk, 10.30am
June 26. Quiz Night BHHQ
200 CLUB
Organizer: Roger Counter
Tel 020 8776 0884
Recent winners (March 11) Ian Holden, Denis Laurie, Karen Hickey.

NEXT COURIER: Mid to late June 2009

Any contributions and articles from members are always welcome

Stealthy act of Will prevents historic third win....The Bennett Cup 2008/9

"No person has ever won the Bennett cup three times..." So said President Tim Soutar as he announced the results of the closing 5 the last event in this year's competition, prior to revealing the identity of the winner of the trophy to whom he would soon present. Mark Ellison however appeared tantalisingly close to doing just that whilst moving in on leader Chris Pike in the final event, that afternoon. Five places and points better than Chris would have given him that historic victory...or would it? When Chris had to settle for third place the prospects of that happening were momentarily kindled. Then the words were spoke again. "*Still, no person has ever won the Bennett cup three times.....*"

So there would be a new name on the cup, but whose? In the heightened speculation one name ignored by most people was on the cup, and for Will Slack it was a triumph of stealth and timing as he came through to surprise everyone. Until the last third of the season he had not featured in the leading positions. In December after three events he was barely in the top 20 and only entered the leading group after seven events, steadily working his way up the handicap ladder. Meanwhile the running had been made by others in a race which was especially tight, compared with past years such as the comfortable victory of last year's winner John Fenwick who due to injury would not feature in this season's contest. After five events Tony Pontifex, had a modest but well established lead held since the club 5 in October. 'Ponty' had displayed renewed vigour and enthusiasm to stay ahead of the field during the middle of the season, a field which was remarkably tight at that stage as only seven points separated the pack of seven behind the top two. However after a major turnaround following the sixth event, the mob match against Ranelagh in January, Ponty started to fall away in the group as he exchanged places with Mick Jones, Mark Ellison and Gareth Evans whilst Ian Swatton, Dave Carton Andy Lawes and Julie Reynolds held firm in their status as potential winners.

The contest built up to a climax now as the lead changed hands again to bring Chris Pike into pole position as Mark Ellison, moving up with some steady point-scoring was poised to strike behind him, though now Will Slack had slowly and stealthily mounted his challenge. Again anyone of the top eight could win now.

On the final day it was very tight, as Chris Pike valiantly hung on only to be passed by Mark Ellison who seemed to have secured victory in the final mile. However it was not enough to catch Will Slack who had established a strong advantage midway through the race and sneaked home by a margin of three points. In the end Will's winning hand comprised not so much of glassware, then of consistent point scores necessary for maintaining a useful handicap to compliment winning performances. Starting with modest 20s his scoring moved up to the 40 to 55 range that usually wins the Bennett Cup rather than contrasting high and low scores. As Tim Souter remarked, an average 40 points each event was all that was required to win the cup and Will did it at just a fraction of a point under that figure.

One noticeable statistic thrown up from the season's performances was that only seven runners completed all nine events, an indication of the competition that mob matches have continually faced from other events in the club calendar, but for the faithful the Lanterne Rouge made a welcome return for those still able to score in them. Again the handicap was dominated by the legendary fraternity of the FARTS, 10 of whom occupied the top 20. Some interesting paradoxes in point scoring were produced with consecutive 3rd and 2nd places being achieved by Ponty, whilst Amber Reed on her only two races, gained a 2nd and 1st. The weather was favourable throughout the season, despite the heavy snows in February which fortunately did not affect the race programme. Most events took place in bright sunshine, the opening 5 being run on a particularly warm autumn afternoon and, with the exception of the 10 mile event when the rain before and during it created a particularly boggy surface, the weather was generally benign. The later events took place during an unusually mild spell, which created favourable conditions for running in, very little mud and firm ground both home and away. Bright sunshine and smiles were the order of the day on the victors rostrum, although the dark shirts worn by the top two Will Slack and Mark Ellison barely distinguished them apart as they looked in danger of being mistaken for each other..



The big three....Chris, Will and Mark re-enact the roles of Churchill, Stalin and Roosavelt at Yalta in 1945.

The Courier April 2009. Results

Road.

Marathons, and Half Marathons

March 1st Cambridge Boundary Marathon. P. Rogers (4:16'23)

March 1st Roding Valley Half Marathon. 3. A. Gibbins (1:12'02)

March 8th Nike + Milton Keynes Half Marathon. 783. I Young (m60) (1:43'49/1:41'31)

March 8th Lydd half Marathon. 37. Ms B. Davey (1:32'36)

March 8th Duchy Marathon, Redruth. 116. R. Bennett (mv65) (4:16'28)

March 15th. Hastings Half Marathon. 12. P. Tucker (1:18'24)- 33. N. Kinsey (mv45) (1:18'43)- 96. R. Priestley (1:25'36)- 128. Ms J. Butler (1:27'30)- 220. Ms S. Dowling (1:31'18/1:30'54)- 581. K. Penny-Duffy (1:39'49/1:38'48)- 635. C. McEntee (mv55) (1:41'14/1:40'06)- 814. Ms J. Bradshaw (1:44'30/1:44'16)- 832. T. Delahoy (mv60) (1:44'45/1:44'11)-961. A. Riches (1:46'50/1:45'09)- 989. Ms J. Eastbury (1:47'22/1:47'08)-992. J. Fenwick (mv60) 1:47'23/1:46'51)- 1064. G. Read (mv45) (1:48'35/1:48'04)- 1093. I. Swatton (mv40) (1:48'58/1:47'32)- 1427. C. Fulford-Brown (mv50) (1:53'56/1:51'46)-3370. M. Cronin & 3371. A. Pickering (mv60) (2:33'30/2:29'54)

March 28th Prague Half Marathon. 865. M. Crisp (m50) (1:40'06)

April 5th Taunton Marathon. 122. R. Bennett (m65) (4:03'18/ 4:01'55)

April 5th Paddock Wood Half Marathon. 59. Richard Hall (1:23'23)- 83. K. Ewing (1:24'50)- 100. L. Crowder (1:25'50)- 179. P. Delicata (1:29'44)- 484. S. Henning (1:40'08/1:39'33)- 496. A. Stocks (1:40'37/1:40'16)- 583. Ms C. Eastbury (1:42'23/1:42'31)- 658. I. Montgomery (1:45'07/1:44'15)- 677. G. Read (1:45'39/1:55'47)- 1228. R. Hogwood (2:02'02)- 1376. C. Illingworth (2:04'54/2:04'02)

April 12th. Guernsey Easter Half marathon, St Peter Port. 4. A. Conway (1:12'04)

Other distances

March 1st Thanet 20, Ramsgate. 18. Richard Hall (2 :13'31)- 87. D. King (2 :31'35)-114. M. Skully (m40) (2 :35'45)- 115. M. Newins (m40) (2 :35'46)- 171. K. Penny-Duffy (m40) (2 :45'32)- 224. T. Delahoy (m60) (2 :49'50)- 238. Ms J. Eastbury (2 :51'14)

March 3rd. Crystal Palace Canter.10. J. Osman (21'29)

March 8th Banbury 15 miles. 363. L. Smith (mv50) (2:39'37)

March 13th Crook log, Friday 5km h'cap, Welling. 13. K. Daniel (34.04/19.04..fastest time)

March 14th Finchley 20miles 2. Alex Gibbins (1:54'33)

March 15th Sevenoaks Rotary 10km. 27. Ms J. Hamer (2nd W)(41'25)- 38. J. Halls (42'26)- 136. MS D. Harker (48'59)- 137. Ms A. Brain (48'59).

March 25th Chichester Corporate Challenge 4.5km. 2. A. Bruce-Littlewood (Portsmouth Univ) (13'40)

March 28th Victoria Park Open 5m. 6. J. Poole (25'47)- 12. A. Bruce-Littlewood (26'30)

March 29th Sandy 10miles. 72. Bridget Davey (2nd W, 1st W35) (1 :08'20)

April 5th Worthing 20miles. 28. R. Griffin (2:18'01/2:17'46)- 77. D. King (2:29'04/2:28'48)- 85. M. Newins (2:30'36)- 122. K. Penny-Duffy (2:39'30/2:38'56)- 168. T. Delahoy (2:48'06/2:47'50)- 210. Ms J. Eastbury (2:55'25)

April 5th Saucony SEAA mens 12-stage Road Relay Champs, Milton Keynes

19th team Blackheath & Bromley 'A' (4:34'43){1st leg 21st Andrew Conway (26'16) -2nd leg 24th Martin Airey (18'49) - 3rd leg 23rd Alex Bruce-Littlewood (26'56) - 4th leg 22nd Dave McKinley (18'14) - 5th leg 16th James Poole (25'23) - 6th leg 12th Frank Kilama (17'57) - 7th leg 12th Dave Taylor (26'21) -8th leg 12th Tim Soutar (19'06) -9th leg 15th Jean Baptiste-Philip (27'21) -10th leg 14th Adam Atkinson (19'33) -11th leg 17th Daniel Brewer (29'22) - 12th leg 19th Richard Daniel (19'25)}

April 9th Darent Vally 10km. 15. C. Keen (3rd mv50) (37'17")- 33. Ms J. Hamer (39'25")- 43. S. Pairman (40'15")- 54. G. Coates (40'53")- 58. P. Delicata (41'24")- 112. J. Coates (45'04).

April 10th. Isle of Man 10km. 7. A. Bruce-Littlewood (32'34)

April 18th .National 12 Stage Road Relays, Sutton Coalfield

1st Leg 35th Alex Bruce-Littlewood (28'12)- 2nd leg 13th Michael Skinner (14'04)- 3rd leg 21st Andrew Rayner (27'57)- 4th leg 21st Dave McKinlay (15'54)- 5th leg 25th Andrew Conway (29'23)- 6th leg 24th . Daniel Ryan (16'27)- 7th leg 21st Peter Tucker (27'43)- 8th leg 21st Frank Kilama (15'56)- 9th leg 19th Peter Tucker (28'37)

Parris Handicap Series Race 1. April 15th.

1. Chris Daniel (37'34/18'04) 41 points – 2. Lisa Ketteringham:(38'01/ 31'01) 39- 3. Mick Jones(38'10 /18'40) 37- 4. Hannah Cook (38'18 /22'33) 35- 5. Stephen Holmes (38'23 /17'23) 34 – 6. Dave Beadle (38'26 /17'56) 33- 7. Justine Eastbury (38'30 /22'45) 32- 8. Andy Lawes (38'31 /19'31) 31 – 9. Jessica Jones (38'34 /20'49) 30 -10 Richard Daniel (38'36 /17'06) 29 - 11 Trevor Delahoy (38'37 /21'37) 28 - 12 Claire Parkin (38'38/21'38) 27 - 13 Melody Kane (38'39/21'39) 26 - 14 Mark Compton (38'48 /21'48) 25- 15. Iain Swatton (38'50 /21'20) 24- 16. Cliff Keen (38'51 /17'36) 23 –17. Ian Montgomery (38'56 /20'41) 22- 18. Jane Bradshaw (38'57 /19'12) 21 - 19 Anne Cilia (39'00 /23'00) 20 – 20.Chris Pike (39'02 /20'32) 19- 21. Neil Ives (39'03 /24'03) 18- 22. Dave Carton (39'15 /20'45) 17 - 23 Graham Coates (39'16/19'16) 16 - 24 Jay Galley (39'22 /18'07) 15- 25. Bernie Bater (39'24 /21'09) 14 – 26. Clem Leon (39'32 /21'32) 13 - 27 Glen Read (39'46 /21'46) 12- 28. Darren Wilson (39'47 /20'17) 11- 29. Carolyn Jones-Baldock (39'48 /21'48)10- 30. John Turner (39'56/22'26) 9- 31. Mike Gasson (40'03 /24'33) 8- 32. David Churchus (40'18 /34'18) 7 - 33. Tracey Ashenden (40'24 /23'09) 6 –34. Sheridan Morris (40'54 /22'24) 5- 35. Becky Woodhouse (41'37 /26'37) 4 - 36 Dave Leal (41'46 /25'16) 3- 37. John Robinson (42'27 /27'57) 2- 38. Tony McKeown (42'27 /27'57) 1.

Walking events

February 28th. Surrey 10 mile championships, Selsdon. 9. D. Hoben (1:54'21)

March 7th BMAF Indoor 3km M55: 4. D.Hoben (22'16).

March 8th Gran Premio Citta Di Lugano, Switzerland. Womens 10km. 8. C. O'Rawe Hobbs (*Scotland*) (57'09)

March 14th Pat Furey Open 5 miles, Lea Valley, Men: 26. D.Hoben (Surrey WC) (57'14).

March 21st Cambridge Harriers League 5km, Bexley 21. D.Hoben (SWC) (37'30).

March 28th Slater Bryce Open/Sussex County Champs. 10km, Horsham 19. D.Hoben(SWC) (1:15'33)

April 4th Molly Barnet 10km, Coventry Senior Men 10km: 25. D.Hoben(SWC) (1:13'31).**Senior Women 5km:** 6.Sara Lightman (Leic/SWC) (32'6).

April 12th National 20km. Shrewsbury. (Sen. Women). 8. Sara Lightman (2 :26'28)

April 14th Vets AC 5 miles, Battersea:11. P.Hannell (SWC) (50'18")

Cross Country

Inter Counties cross country championships, Nottingham. U20 men. 41. A. Bruce-Littlewood (Kent) (28'04)- 73. F. Kilama (Kent) (28'59). Sen women. 89. J. Butler (Kent) (32'11) Sen men. 104. A. Gibbins (Kent) (41'26)- 121. P. Tucker (Kent) (41'47) U15 girls. 19. Amber Reed (Kent) (15'44) U15 boys 113. Oliver Taylor (Kent) (16'43)- 174. Will Mercer (Surrey) (17'08)

March 21st. English Schools cross country championships, Stanford Hall, Leicester.

Sen. Girls 4500m 46. Jen Hamer (*Kent*) (19'23);. Sen. Boys 6800m 61. F. Kilama (*Kent*) (25'08); Jun girls 3250m. 29. Amber Reed (*Kent*) (11'47); Int. girls 4100m. 92. Emily Nolen (*London*) (18'05)

March 28th IAAF World Cross Country Champs, Amman, Jordan. Mens 12km 87. M.Skinner (GB) (38'22)

Bennett Cup

*The clock time and net time (in italics) of each athlete is given with handicap points and position, unless finishing in the top positions in handicap (signified by * against name), in which case handicap details are shown under handicap leading positions.*

February 28th Mob match v Orion Harriers, Hayes.

Result 1st Orion Harriers 1868 points- 2nd Blackheath & Bromley AC 2414

1. Alex Bruce-Littlewood* (46'58) -5. Alex Gibbins (*43'21/ 48'26*) {19} -13. Gareth Evans* (51'21) -15. Tim Soutar (*42'00/ 52'15*) {23} -17. Jennie Butler* (52'44) -18. Gary Cook (*41'32/ 53'22*) {25} -20. Richard Hall* (53'41) -21. Gary Williams* (54'00) -22. Cliff Keen (*42'02/ 54'12*) {22} -24. Steve Pairman (*41'04/ 54'24*) {28} -25. Mick Jones (*40'13/ 54'28*) {38} -28. Andy Tucker (*40'11/ 54'56*) {39} -29. Richard Daniel (*43'46/ 55'06*) {18} -32. Simon Lloyd* (55'28) -33. Mark Ellison (*40'34/ 55'39*) {35} -34. Mark Watling (*41'54/ 55'39*) {24} -35. David Beadle (*42'20/ 55'45*) {21} -38. Ian Taylor (*40'17/ 56'02*) {37} -40. Julie Reynolds (*40'41/ 56'46*) {32} -42. Graham Coates (*40'51/ 56'56*) {31} -48. Andy Lawes* (57'41) -56. Dan Marks (*47'59/ 58'59*) {15} -57. Richard Penfold* (59'01) -60. Chris Pike (*41'00/ 59'29*) {29} -63. Bernie Bater (*41'41/ 59'41*) {25} -65. David Carton* (1:00'09) -66. Rob Brown* (1:00'26) -67. Andy Riches* (1:00'41) -69. Adrian Stocks* (1:01'13) -70. Trevor Delahoy* (1:01'23) -71. Nick Barber (*42'56/ 1:01'41*) {20} -72. Stuart Littlewood (*38'26/ 1:02'31*) -73. Martin Blunden (*41'18/ 1:02'38*) {26} -74. Angela Cook* (1:02'42) -75. Ian Montgomery* (1:02'46) -76. Will Slack* (1:02'49) -77. K Duffy-Penny (*41'03/ 1:03'13*) {30} -79. Iain Swatton (*40'07/ 1:02'32*) {40} -84. Tony Pontifex* (1:05'09) -85. Jim Osman (*40'37/ 1:06'22*) {34} -86. Glen Read* (1:06'51) -87. Anne Cilia (*40'22/ 1:07'12*) {36} -90. Andy Edwards (*40'38/ 1:09'28*) {33} -91. Drew Grace* (1:09'29) -94. Mike Gasson (*41'07/ 1:11'12*) {27} -95. Dave Appleton (*54'18/ 1:11'23*) {12} -96. John E Turner (*45'58/ 1:12'03*) {16} -97. Mike Peel (*43'54/ 1:13'59*) {17} -99. Alison Jelly* (1:16'47) -100. Wilf Orton (*51'53/ 1:19'58*) {14} -101. Ron Chambers (*52'08/ 1:53'33*) {13} Lanterne Rouge Dave Appleton

Handicap, leading positions

1. Jennie Butler (36'54) {60} -2. Ian Montgomery (37'26) {59} -3. Alex Bruce-Littlewood (37'33) {58} -4. Alison (L) Jelly (37'47) {57} -5. Trevor Delahoy (37'48) {56} -6. Adrian Stocks (38'08) {55} -7. Will Slack (38'29) {54} -8. Richard Penfold (38'41) {53} -9. Gary Williams (38'45) {52} -10. Simon Lloyd (38'53) {51} -11. Gareth Evans (38'56) {50} -12. Andy Riches (39'06) {49} -13. Drew Grace (39'14) {48} -14. Andy Lawes

(39'26) {47} -15 Glen Read (39'31) {46}-16 Angela Cook(L) (39'37) (45)- 17. Richard Hall (39'46) {44}-
18 David Carton (39'49) {43} -19 Rob Brown (40'01) {42} -20.Tony Pontifex (40'04){41}

March 14th Mob match v South London Harriers, Coulsdon.

Result 1st. South London Harriers 921 points- 2nd Blackheath & Bromley AC 1570

4. Alex Bruce-Littlewood (42'20/48'15){30} -12. Tim Soutar (50'29/39'39){46} -15. Richard Parrott(51'16/43'11){25}-16. Cliff Keen (51'35/39'10){50} -18. Roy Smith (39'38/51'43){47}-20. Gareth Evans (42'23/51'58){28} -22. Gary Cook* (52'10)- 24. Dave Beadle* (52'26) -26. Andy Tucker* (52'36) -27. Gary Williams* (52'41) -29. Mark Ellison, (40'00/53'55){43}- 31. Steve Pairman (41'08/54'28){34} -33. Will Mercer (42'36/54'46){26} -34. Ian Taylor* (54'51) -35. Mick Jones (42'20/55'10){29} -36. Simon Lloyd, (40'08/55'25){41}- 42. Andrew Lawes, (39'19/56'24){48}- 45. Graham Coates (39'11/56'46){49} -49. Chris Pike* (57'27)- 50. Julie Reynolds (39'50/57'30){44} -52. Rob Brown* (57'48)- 55. Ken Daniel (42'27/58'32){27} -59. Ian Montgomery* (59'28) -61. David Carton (40'26/59'31){40}-63. Viv Mitchell* (59'43) -69. Trevor Delahoy (40'54/1:01'09){37} -70. Peter Rogers (40'38/1:01'43){39}- 71. Iain Swatton, (40'45/1:02'10){38} -72. Will Slack (40'03/1:02'18){42}-73. Adrian Stocks (41'00/1:02'35){36} -76. Carloyna Jones-Baldock,* (1:03'44) - 83. Drew Grace (39'45/1:09'10){45} -84. Dave Appleton (42'13/1:10'18){31} -88. Colin Rowe (41'00/1:13'35){35} -89. Wilf Orton (43'45/1:13'50){24}-90. Mike Peel (41'54/1:13'59){32} -94. Bernard Wilson, (41'16/1:18'41){33}- Alison Jelly (DNF)

Lantern Rouge. Wilf Orton

Handicap leading positions

1. A. Tucker (37'51){60 points}- 2. G. Williams (38'16){59}- 3. C. Pike (38'32){58}- 4. V. Mitchell (38'38){57}-5. C. Jones-Baldock (38'39){56}- 6. D. Beadle ((38'41){55}- 7. R. Brown (38'48){54}-8. G. Cook (38'50){53}-9. I. Montgomery (38'53){52}- 10. I. Taylor (39'06){51}.



Even in the moment of supreme triumph John Robinson's sense of victory was deflated with the realisation that even he had failed to deny his own divinity.

March 21st Closing Yacht Handicap 5, Hayes.

1. J. Robinson (18'56/43'56) {60 points}- 2. Ms S. Budd (22'36/33'36) {59}- 3. J-P Delon (22'41/33'01) {58}-
4. S. Hollingdale (22'51/44'51){57}- 5. S. Littlewood (guest) (23'02/37'02){56}- 6. Ms J. Eastbury
(23'19/41'29){56}-7. D. Churchus (24'08/1:02'08){55} - 8. W. Slack (24'27/38'27){54}-
9. Ms J. Jones (24'33/41'33){53}-10. A. Stocks (24'37/37'47){52}-11. I. Swatton (24'41/39'01){51}-
12. K. Daniel (24'48/35'08){50}-13. R. Daniel (24'56/32'46){49}-14. M. Jones (25'03/34'23){48}-15. M.
Ellison (25'13/33'38){47}- 16. Ms. K. Pratten (25'21/38'41){46}-17. A. Bruce-Littlewood (25'23/29'13){45}-
18. R. Chambers (25'33/1:04'33){44}- 19. A. Lawes (25'35/35'40){43}- 20. Ms. S. Dowling
(25'44/36'54){42}- 21. J. Fenwick (25'47/39'07){41}- 22. T. Soutar (25'31/32'21){40}- 23. C. Pike
(25'52/36'22){39}- 24. D. Carton (25'58/38'23){38}- 25. I. Montgomery (26'29/38'09){37}- 26. Ms J. Butler
(26'30/33'50){36}-27. R. Brown (26'37/37'17){35}- 28. M. Peel (26'48/46'58){34}- 29. S. Pairman
(26'52/35'12){33}- 30. A. Tucker (26'56/34'16){32}- 31. P. Lovell (26'57/34'16){31}- 32. Mc C. Jones-
Baldock (27'05/41'55){30}- 33. T. Delahoy (27'09/39'49){29}- 34. W. Orton (27'42/47'22){28}- 35. D.
Anderson (guest) (28'20/46'30)- 36. Ms J. Reynolds (29'53/40'28){27}- 37. R. Watkins (41.22/1:18'12){26}.
Fastest times. Men. 1. A. Bruce-Littlewood (29'13)- 2. J-P Delon (30'01)-3. T. Soutar (32'21). Women. 1. S.
Budd (33'06) -2. J. Butler (33'50)- 3. S. Dowling (36'54).

Leading final positions 2008/9.

*(The following results are the placings of the top 50 competitors with points for each event given e.g 1) 4km
relays 2) opening 5m 3) 10m champs 4) xmas yacht h'cap 5m 5) 10km open 6) Ranelagh mob 7) Orion mob 8)
Sth London mob 9) Closing yacht 5, if competing in all events. Those marked with * indicate athletes finishing
in all 9 events. Figures in bold italic indicate 1st, 2nd & 3rd handicap placings in each event)*

1. Will Slack* (21/28/32/42/45/40/54/42/54 = 358 points) -2. Mark Ellison* (30/48/33/15/49/55/35/43/47=
355)-3. Chris Pike (3/54/57/56/56/29/58/39= 352) -4. Iain Swatton* (56/39/44/20/26/36/40/38/51 =350) -5.
Andy Lawes (43/52/49/32/34/47/48/43= 348) -6. Mick Jones* (47/14/56/40/30/44/38/29/48= 346) - 7. David
Carton* (45/ 50/ 31/ 28/ 33/ 33/ 43/ 40/ 38= 341) -8. Adrian Stocks (49/ 41/ 44/ 35/ 21/ 55/ 36/ 52= 333) - 9.
Julie Reynolds* (12/ 42/ 50/ 31/ 53/ 39/ 32/ 44/ 27= 330)-10. Trevor Delahoy* (1/ 45/ 24/ 41/ **60**/ 22/ 56/ 37/ 29
=315) -11. Gareth Evans (54/51/37/52/30/50/28= 302) -12. Graham Coates (27/47/35/35/37/35/31/49= 296)-13
Rob Brown (**58**/16/38/22/20/42/54/35= 285) -14 Gary Williams (22/37/ 47/18/42/52/**59** = 277)-15 Alex Bruce-
Littlewood (53/23/12/20/28/**58**/30/45= 269) -16 Gary Cook (29/35/49/24/50/25/53= 265) -17. Ian Montgomery
(20/ 31/ 37/25/ **59**/ 52/ 37= 261) -17. Tim Soutar (25/39/51/38/22/46/40=261) -19 Tony Pontifex (38/**58**/**59**/19/
27/10/41= 252) -20 Andy Tucker (15/19/23/57/39/**60**/32= 245) -21 Richard Hall (46/51/55/47/45= 244)- 22
Anne Cilia (41/42/27/44/51/36= 241)- 23 Steve Pairman (1/**60**/18/39/26/28/34/33= 239)- 24 Kate Pratten (5/
13/39/26/59/45/46= 233)- 25 John Robinson (54/7/55/54/**60**= 230)- 26 Jane Bradshaw (34/41/52/25/31/43=
226)- 27 Glen Read (10/55/36/24/53/46 = 224)- 28 Sarah Dowling (18/**59**/58/41/42= 218)- 29 Simon Lloyd
(26/47/52/51/41= 217)- 30 Drew Grace (7/33/28/48/48/45= 209)- 31 Ian Taylor (44/28/38/37/51= 198)- 32
David Beadle (30/45/34/20/55= 184)- 33 Jim Osman (**59**/11/16/29/25/34= 174)- 34 Roy Priestley (20/21/**58**/
43/31= 173)- 35 Angela Cook (42/4/40/32/45= 163) -36 Richard Penfold (12/41/50/53= 156)- 37 Colin Rowe
(27/46/46/35 = 154)- 38 Andy Riches (36/38/29/49= 152)- 39 Jennie Butler (54/**60**/36= 150)-40 Justine
Eastbury (15/21/29/27/56= 148)- 41 Carolyn Jones-Baldock (1 /15/37/56/ 30= 139)- 42 Ken Daniel (22/38/
27/50= 137)- 43 Alison Jelly (56/ 57/23= 136)- 44 Bob Minting (57 44/23= 124)- 45 Bernie Bater (11/27/46/
11.5/24= 119.5) -46 Amber Reed (**59**/**60**=119)- 47 Ron Chambers (8/34/19/12/44= 117)- 48 Roy Smith (1/21/
45/47= 114)- 49 Jessica Jones (57/53= 110)- 50 Vivienne Mitchell (33/19/57= 109)

Handicap winners. 1) *WBM relays* N. Ives; 2) *Open 5m* M. Kane; 3) *10m* S. Pairman; 4) *xmas 5m* A. Reed ;
5) *10km* T. Delahoy ; 6) *Ran mob* R. Ferguson ; 7) *Or. Mob* J. Butler ; 8) *SLH mob* A. Tucker ;
Clos 5m J. Robinson

Track & Field

February 28th Sydney track classic, Olympic Park. 1500m 9. M. Skinner (GBR) (3'45.36)

February 28th NK Studenten indoor jumps international, Apeldoorn Pvault (men) 3. S. Huggins (GBR) (5.00m) ; Ljump (women) 2. L. Ugen (GBR) (5.91m)

March 5th Melbourne Track Classic meeting, Olympic Park. 5000m 17. M. Skinner (GBR) (14'17.87)

March 7/8th BMAF Indoor track & field championships.

W55 60m. 1. H. Godsell (SCVAC) (8.57) ; 200m. 1. H. Godsell (28.83) W60 shot 3. B. Terry (SCVAC) (9.70)- hammer 3. B. Terry (27.15) M75 shot. 1. G. Hickey (VAC) (9.96m) ; h/weight 2. G. Hickey (11.34) M50 60m. (heat 3) 2. T. Phillips (SCVAC) (7.96)- F. T. Phillips (7.82) ; 200m (heat 1) 3. T. Phillips (26.23)- F. 5. T. Phillips (26.5) ; 3000m 1. W. Foster (SCVAC) (9'28.68) M55 1500m F. 5. K. Daniel ((SCVAC) (4'42.73) ; 3000m walk. 4. D. Hoben (VAC) (33'16.51) M35. 400m F. 2. R. Holt (56.10) ; 60m hurdles 1. J. Appiah (SCVAC) (8.52)- Ljump. 1. J. Appiah (6.37m)

March 14/15th BUCS championships, EI Stadium, Sheffield.

Men. Pvault 1. S. Huggins (*Brunel Uv.*) (4.80m)-11. N. Moore (*Canterbury, C'Church*) (3.80m). Women Pvault 4. R. Arnheim (*London Uv.*) (3.50m) ; Hjump =5. P. Hughes (*Brunel Uv*) (1.65m)

March 15th Inter Counties match, Lee Valley. 400m (B string) 1. A. Wilson (*Essex*) (50'28)

March 15th. Kingston & Polytechnic open throws meeting, Kingsmeadow.

Women. Jav. B. Terry (w60) 18.44m) ; discus E. Dumper (U15g) (22.46m)- B. Terry (w60) (20.03m) ; shot E. Dumper (u15g) (8.67m)- E. Penny-Duffy (U17w) (8.33m)- B. Terry (w60) (8.53m) ; hammer B. Terry (w60) (28.55m). Men. Jav. G. Hickey (m75) (24.67m) ; discus N. Chowdhury (u15b) (29.95m)- G. Hickey (m75) (24.09m) ; shot N. Chowdhury (u15b) (8.61m)- G. Hickey (m75) (9.98m) ; hammer G. Hickey (m75) (23.80m)

March 22nd ASHA-UK final, LG Arena NEC, Birmingham.

U13 girls. St. LJ. 1. Dina Asher-Smith (2.42m) ; 4 lap t-t 1. D. Asher-Smith (48.8) ; 6 lap t-t 1. Holly Fletcher (*Sth London*) (1'20.2) ; 2 lap t-t 3. Aine Hurlock (*Sth London*) (23.1) ; U13 boys shot 2. Niyaz Chowdhury (*Sth London*) (16.00m) U15 girls. 2 lap t-t. 24. Victoria Munt (*Sth London*) (24.3) ; St LJ =9. V. Munt (2.13m) ; 4 lap t-t 23. Rachel Robinson (*Sth London*) (52.4) ; shot. 31. R. Robinson (5.89m) ; St. LJ =32. R. Robinson (1.94m) ; 2 lap t-t 33. Frances Read (*Sth London*) (25.0) ; SB. =15. F. Read (76) ; VJ 7. F. Read (57) ; 4 lap t-t 32. Jessica Moore (*Sth London*) (54.8) ; SB. =28. J. Moore (71) ; St. LJ =9 J. Moore (2.18m) ; shot 7. Ellie Penny-Duffy (*Sth London*) (9.44m).

Abbrev. St. LJ- Standing long jump ; t-t – time trial ; SB- Speed Bounce ; VJ- Verticle Jump.

March 23rd European Masters Indoor Championships, Ancona, Italy.

W55. 60m (heat 1) 1. H. Godsell (8.61) Q- Final 1. H. Godsell (8.46) ; 200m (heat 2) 1. H. Godsell (28.99) Q- Final 1. H. Godsell (28.68) ; H. Godsell also in GB team finishing 2nd in 4x200m relays. (1'57'31) M55. 200m (heat 2) 1. T. Phillips (25.81) Q- SF. 3. T. Phillips (25.71) Q- Final 5. T. Phillips (26.20) ; 800m (heat 2) 1. R. Minting (2'22.51) Q- Final 1. R. Minting (2'13.43) ; 1500m (race 2) 6. K. Daniel (4'45.18)- 8. R. Minting (4'47.49) M50. 3000m 3. W. Foster (9'24.22) ; 60m (heat 2) 5. C. Leon (8.25) ; 200m (heat 1) 4. C. Leon (26.66) ; 400m (heat 2) 3. C. Leon (58.95) Q ; SF1 6. C. Leon (1'00.41). (*all ran for Great Britain*)

April 4th Pomona Ptizer Int. Meeting, Claremont, California. 400m (race 1) 4. M. Douglas (GB) 56.52)

April 4th Lee Valley Centre Open Meeting. Women 400m. 1. M. Southwart (u20)(65.69) ; 300m H. 3. S. Duffy (U17) (50.85). Men. 800m (heat 1) 1. B. Barikor (2'01.00)- (heat 3) 6. A. Willis (2'26.49)

(heat 3) 2. L. Rodney (11.75)- 4. K. Daly (11.82)- 6. D. Coelho (11.86)- (heat 5) 2. O. Ellis (11.92)- (heat 7) 5. T. Olubi (12.46).

April 4th. Crawley Track Marathon. 11. P. Rodgers (4 :09'02)- 13. J.E. Turner (4 :26'13).

April 4th - Young Athletes Open Track Meeting (U11/13) - Norman Park

U13Girls 70m Oshuwa Ogbeta (13.6) G4 -Alana Fajks-Collins (14.2)- Aine Hurlock (14.5)- Shannon Cordell (14.5)- Amber Johnson (14.6) ; 600m Bekki Keyte (1:58.5) -Emily Fincham (2:00.7) -Ellie Lawrence (2:02.0) Isobel Vowles (2:02.9) - Kate Woodbridge (02:03.2) -Shannon Clarke (02:04.7)- Chloe Smith (02:08.6)- Emma Shaw (02:09.4) ;75m(Ht1) Leah McDonald (11.2) G4 -Josephine Ray (11.2) G4 -Amber Johnson (11.5) -Kate Woodbridge (11.9) (Ht2) U13G Grace McGrand (11.7)-Lara Shakespeare (11.9)-Gaby Victor (11.9)- Jayda Richards (13.1);150m (Ht1) Leah McDonald (22.3) G4 -Oshuwa Ogbeta (22.8) -Bekki Keyte (23.1)-Cleo Hamilton (23.4)- Kate Woodbridge (24.0); (Ht2) Aine Hurlock (21.5) G3 -Josephine Ray (22.7) -Alana Fajks-Collins (23.4) -Ellie Lawrence 24.2 -Jayda Richards (27.0) (Ht3) Grace McGrand (23.0)- Gaby Victor (24.0)- Chloe Smith (25.0)- May Teverson (26.8) JT Ellie Lawrence (19.78) G3 Aine Hurlock (19.11) G3 Yemisi Sofolarin (18.17) G3; SP Ellie Lawrence (8.65) G1 Yemisi Sofolarin (6.47) G4 Shannon Cordell (5.61).

U13Boys 75H Thomas Desborough (17.7); 800 Thomas Desborough (02:49.8)-Daniel Waller (02:50.4)- Thomas Powell (02:51.9)- Cameron Lambert (02:56.7) -Andy Flagg (03:22.2) ;100 Ht1 Sam Willis (14.6) - Joshua Dalsan (14.6) -Kevon Bailey (14.7) -Josh Eversley (15.3)-Abraham Oyawade (19.2) ; 100 Ht2 Joshua Shonbridge (14.1) G4 -Ciaran Lindsay (14.6) -Fred Princewell (14.6)- James Tanner (16.7) ; 200 (Ht1) Joshua Shonibare (30.2)- Sam Willis (30.2)- Joshua Dalsan (31.4)- Kevon Bailey (32.7)- Thomas Powell (33.1) (Ht2) Ciaran Lindsay (31.2) -Josh Eversley (32.3) -Christopher Smith (35.5)

U13 mixed LJ Aine Hurlock (4.05m) G3- Sam Willis (3.93m) G4- Shannon Cordell (3.65m)- Bekki Keyte (3.63m)- Joshua Dalsan (3.61m)- Oshuwa Ogbeta (3.49m)- Josephine Ray (3.49m)- Alana Fajks-Collins (3.40m)- Josh Eversley (3.25m)- Samuel Thompson (2.80m) ; HT 2Kg U13 Yemisi Sofolarin (18.60m) G4- Daniel Waller (15.24m)- Chloe Smith (15.13m) -Emily Fincham (14.15m)- Chris Smith (13.67m)- Amber Johnson (12.74m)- Josephine Ray (12.04m)

April 10th. Young Athletes Open Track Meeting (U11/13/15) - Norman Park

U13Girls 70mH. Grace Mcgrand (13.9) G4- Shannon Cordell- Alana Fajks-Collins (15.4); 150m Oshuwa Ogbeta (22.2) G4- Leah MacDonald (23.1)- Christelle Baxter (24.7)- Kate Woodbridge (24.7)- Samantha Leighton (25.0) ; 600m Bekki Kyte (1'56.3)- Samantha Leighton (2'00.8)- Amy Lucas (2'27.4) ; 75m (heat 1) Aine Hurlock (10.7) G3- Oshuwa Ogbeta (11.0) G4- Shannon Cordell (12.1) -(heat 2) Grace McGrand (11.5)- Alana Fajks-Collins (11.6)- Kate Woodbridge (11.9) ; 150m Oshuwa Ogbeta (22.2) G4- Leah McDonald (23.10)- Christelle Baxter (24.7) ;1200m Sonia Woolhouse (4'24) G4- Molly Dawson (5'02.6) ; Javelin Aine Hurlock (19.75m) G3- Elie Lawrence (17.83m) G4 ; Hjump Alana Fajks-Collins (1.25m) G4 ; Shannon Cordell (1.15m) ; Ljump Aine Hurlock (3.88m) G4- Bekki Keyte (3.31m)- Alana Fajks-Collins (3.25m)- Kate Woodbridge (3.23m)- Samantha Leighton (2.95m)- Molly Dawson (2.66m)- Amy Lucas (2.62) ; Discus Ellia Lawrence (17.85m) G3- Shannon Cordell (11.38m) ; Shot Ellie Lawrence (7.30m) G3- Aine Hurlock (6.12) G4. **U13Boys** 75mH Thomas Desborough (17.8); 800m Mathew Ward (2'51.8)- Daniel Waller (02:56.3) ; 100 (Ht1) Joshua Dalsan (14.5) - Joshua Shonibar (14.8) Josh Eversley (15.7) Mitchell Scott (17.5)- 100 Ht2 =1 Sam Willis (14.6) -Elijah Laidlaw (14.8)- Jack Colegate (15.3) ; 200 (Ht1) Joshua Dalsan (29.9)- Joshua Shonibare (31.1)- Joshua Eversley (32.8)- Mitchell Scott (39.4)- (Ht2) Sam Willis (29.7) ; 800m Matthew Ward (2'51.8)- Daniel Waller (2'56.3) ;1500m James Bullen (5'13.6)- William Fuller (5'39.8)- Thomas Desborough (5'46.8) ; Ljump Sam Willis (3.95)- Jack Colegate (3.40)- Joshua Dalsan (3.26)- Aron Ramadan (3.15)- Daniel Waller (3.00)- Thomas Desborough (2.68m) ; Hammer Michael Essam (18.96m)- Jack Colegate (17.99m) James Bullen (14.50m) **U15girls**. 75mH. Rhiannon Jones (12.7) G3- Rachel Giannini (13.4) G4; 100m (heat 1) Diana Asher-Smith (12.9) G2- Georgina Middleton (13.4)- Victoria Munt (13.9)- Irene Mcintosh (14.2)- Megan Holland (15.3)- (heat 2) Rhianna Amoah-Williams (14.3)- Laura Pettit (16.6)- Rebecca Pettit (16.8)- (heat 3) Rachel Dickins (13.10) G3- Charlotte Colegate (13.7)- Natalie Heptinstall (14.0) Katie Pukis (16.2);

200m (race 1) Victoria Munt (28.5)- Natalie Heptinsall (29.3)- (race 2) Rachel Dickens (26.4) G2- Georgina Middleton (27.7) G4- Jessica Moore (27.9) G4- Rhiannon Jones (28.2)- Charlotte Colegate (28.2); 300m Diana Asher-Smith (42.10) G1- Rachel Robinson (24.8)- Beth Burnett (51.9)- Sian Bayley (52.3) ; 800m Holly Fletcher (2'30.7) G4- Kate Curran (2'30.9) G4- Ella Self (2'34.4)- Hannah Cook (2'35.0)- Ellouise Edwards (2'46.0)- Brianna Barwell (2'58.2) ;1500m Jessica Jones (5'26.1) ; Ljump Frances Reed (4.38m) G4- Jessica Moore (4.20m)- Victoria Munt (3.98)- Amber Bryon-Isaacs (3.66m)- Irene Mcintosh (3.46m)- Rachel Keyte (3.39m)- Brianna Barwell (3.32m)- Megan Holland (3.04m) ; Discus Eleanor Dumper (22.77) G3.

U15 boys 80mH Niyaz Chowdury (14.5) ; 100m Seyi Daramola (13.2)- James Allen (13.2)- Bruno Myska-Reder (13.9)- Emmanuel Unayi (13.9) ; 400m Gavin Benson (1'15.4);800m Luke Dawson (2'20.3)- Adam Willis (2'21.0)- Thomas greenhill (2'23.5)- Jake Wade (2'38.0)- Gavin Benson (2'43.3) ;1500m Will Ruiz (4'58.9) ; Javelin James Nichols (23.44) ;Ljump James Allen (5.27m) G4- Adam Willis (4.67m)- Sam Lucas (3.87m) ; Discus Niyaz Chowdhury (30.05m) G4 ; Shot Niyaz Chowdhury (7.97) U17 women. 100m (heat 1) Lucy Pamment (14.9) ; Krystal Galley (27.3)- Rachel Robinson (28.6) ; 400m Louis Parker (53.7) G4- Chelsea Crouser (1'01.4) G4- Samantha Bechet (1'02.1) ; Javelin Rachel Robinson (12.05m) ; Ljump Sian Hurlock (4.39m)- Rachel Robinson (3.96m) ; Discus Ellie Penny-Duffy (26.03) G4 ; Shot Ellie penny-Duffy (8.74m) G4 U17 men. 100m (heat 1) Tom Chapman (11.9)- Jon Pettet (12.0)- Dean Colley (12.3)- (heat 2) Ronnie Pocklington (11.6)- Dominic Coelho (11.9)- Jonathan Ilori (12.4) ; 200m Ronnie Pocklington (23.2) G4- Jon Pettet (23.8)- Dean Colley (24.8) ; 400m Louis Parker (53.7) G4- Luis John (1'01.8) G4 ; 800m Jacob Burton (2'13.4)- Sam Jackson (2'17.7) ; Ljump Jonathan Ilori (5.14m)

April 17th Bryony Clay Invitational, Azuza University, California. women 100m (section 1) 3. A. Shand-Whittingham (11.95) men. 100m (sect.1) 3. J. Alaka (10.72) ; 200m (sect.1) (21.71)

April 18th Long Beach State Classic, California. women. 100m. 6. A. Shand-Whittingham (11.60/11.85) ; Men 100m 7. J. Alaka (10.46/10.74) ; 200m 2. J. Alaka (21.32/21.64).

April 18th Kinniard & Sward Trophies, Kingston.

Kinniard. 100m. A string. (nwr) 1. D. Haque (10.97)- B string (-0.9) 4. R. Pocklington (11.52) ; 200m A string (+3.2) 1. D. Haque (21.5) ; B string (+1.5) 2. J. Alexander (U20) (22.97)- 2 NS 4. R. Pocklington (22.9) ; 400m A string. 3. L. Charles (51.01)- B string. 3. N. Francis (52.86) ; 800m A string 6. B. Barikor (2'00.50) – B string 6. R. Daniel (2'04.37) ; 1500m 7. R. Daniel (4'38.77)- 9. K. Daniel (v55) (4'46.87) ; 3000m 10. S. Holmes (10'01.45)- 12. T. Soutar (v50) (10'09.28) ; 110mH (wind +0.5) 5. R. Holt (v35) (17.4) ; 400m 1. B. Hopkins (u17) (57.76)- 2. R. Holt (v35) (58.91) ; 4x100m relays 4th BBHAC (44.17) ; 4x400m 4th BBHAC (3'43.49). Sward. Pvault A string. =1. M. Longhurst (3.80m)- Pole Vault B 3. A. Hardy (2.80m) ; Tjump A string. 1. S. Bobb (13.45m). *BBHAC finished 3rd in the track events.*

April 19th Alpha & Beta Trophy meeting. Lee Vally Athletics Centre, Picketts Lock

Alpha. Senior Women. A string 100m. 3. G. Sheppard (12.99); 200m 5. I. Ivy (27.77); 400m 4. I. Ivy (1'01.93); 100m hurdles 2. M. Southwart (15.70) ; 400m hurdles 2. M. Southwart (1'07.80); HJ 2. L. Hawkins (1.45m); LJ. 3. I. Ivy (4.44m); Discus 5. C. Wickham (14.36m) ; Shot 1. S. Effiannayi (8.03m) ; Javelin 6. S. Effiannayi (20.31m) B string. 100m 2. M. Southwart (12.95); 200m 2. G. Sheppard (26.54) ; 400m 2. L Hawkins (1'06.88) HJ. 3.I. Ivy (1.30m) ; LJ. 5. L.Hawkins (3.88m) ; Shot 1. C. Wicken (8.30m) ; Discus 3. S. Effiannayi (19.34m) ; Javelin 4. C. Wicken (15.09m). *Blackheath & Bromley SW finished 4th with 127 points*

U15 girls. A string 100m. 2. G. Middleton (13.36) ; 200m. 1. D. Asher-Smith (25.68) ; 800m 3. A. Read (2'27.30) ; 1500m. 3. I. Jackson (5'48.42) ; 75m hurdles 1. R. Jones (13.34) ; HJ A. 1. R. Jones (1.30m) ; LJ. 1. J. Moore (4.73m) ; Shot 5. V. Munt (6.70m) ; Discus 5. E. Edwards (14.15m) ; Javelin 3. E. Edwards (22.73m). B string. 100m. 2. C. Colegate (13.36) ; 200m 1. G. Middleton (26.66) ; 800m 2. J. Moore (2'47.53) ; 75m Hurdles 1. R. Gianani (13.34) ; HJ 1. J. Moore (1.30m) ; LJ 1. D. Asher-Smith (4.73m) ; Shot 1. A.

Williams (6.19m) ; Discus 3. A. Williams (8.14m) ; Javelin 3. A. Reed (5.31m) *Blackheath & Bromley U15 finished 1st with 161 points*

On the combined senior & under 15 scores Blackheath & Bromley promoted to the Alpha Trophy for 2010.

April 19th Hercules Wimbledon AC Young Athletes meeting, Crystal Palace SC

U15 boys. 100m (+3.5 m/s) (race 1) 4. Foshua Oledede (12.34)- 5. James Allen (12.38); 200m (0.7m/s) (race 1) 5. Joshua Oyedele (25.51); 800m (race 1) 5. Adam Willis (2'20.22)-1500m (race 2) 5. William Ruiz (5'00.75) ; Ljump 4. Adam Willis (4.71m) ; Shot 4. Niyaz Chowdhury (8.95m) ; Discus 2. Niyaz Chowdhury (29.94m).

U17 men. 200m (race 1) 1. J. Pettet (23.20) ; Javelin 4. J. Chambers (30.91m) **U13 girls.** 100m (race 2) 1. Aine Hurlock (13.86)- (race 3) 1. Oshuwa Ogbeta (13.80) ; 800m (race 3) 7. Shannon Clarke (3'01.44); Ljump 3.

Aine Hurlock (3.90m)-8. Oshuwa Ogbeta (3.73m) ; 4x100m (race 1) BBHAC (54.37) - (race 2) BBHAC (59.86). **U15 girls** 100m (race 1) (+2.3m/s) 1.Dina Asher-Smith(12.60)- 4.Georgina Middleton (12.91)- (race 2) (+0.8m/s) 1. Rachel Dickens (12.74) ; 200m (race1) (+2.0m/s) 1. Dina Asher-Smith (25.86)- 4. Georgina Middleton (26.87)- (race 2) (+2.7m/s) 1. Rachel Dickens (25.86)- 3. Victoria Munt (28.12) ; 800m (race 1) 3. Holly Fletcher (2'30.85) ; 1500m 2.Amber Reed (5'02.27)- 9. Jessica Jones (5'28.17)-10. Hannah Cook (5'28.89)- 14. Kassia Soards (6'36.54) ; Hjump 2. Frances Read (1.53m) ; Ljump 1. Frances Read (4.70m)- 4. Jessica Moore (4.58m) ; 4x100m 1st. BBHAC A (50.80)- 3rd BBHAC B (53.50).

U17 women. 100m (race 1) (+2.5m/s) 8. R. Walker (13.47) ; 200m (race 3) (+1.5m/s) 3. S. Hurlock (28.55)- 4. R. Robinson(28.59) ; 800m (race 1) 4. E. Noan (2'21.47)- (race 2) 3. R. Robinson (2'32.86) ; Ljump 5. S. Hurlock (4.02m) ; Discus 6. E. Penny-Duffy (23.48m) ; Shot 3. E. Duffy-Penny (9.31m) ; 4x100m 5. BBHAC (54.3)

Quiz night Friday the 26th of June .

What is the capital of Assyria? What is the wing-speed velocity of a swallow (African or European)? Get researching ready to parade your useless knowledge at this year's ding-dong on Friday the 26th of June at the club House 7.45, your friendly hosts being once more Rob Brown and Steve Hollingdale. So come on you might win a bottle of wine or a box of smarties!

SOME COMING EVENTS cont

- 25 May Kent Young Athletes league, Sutcliffe Park- 27 May Club 10000m Championship, Norman Park (19.30)- 30 May Southern Women's League, Norman Park- 31 May International Games, Bedford (BIG)- 31 May National Young Athletes League, Tonbridge - 3 Jun Club Championships, Norman Park (19.00)- 6 Jun British Athletics League (men), Cardiff-

6 Jun Southern Men's League, Deangate (D)- 6 Jun UK Womens Athletic League, Cardiff- 7 Jun Kent Young Athletes league, Canterbury - 12 Jun Kent Masters' League, Norman Park (18.45)- 14 Jun National Junior Athletic League, Eton- 14 Jun SCVAC Championships, Kingston-17 Jun Parris Handicap Hayes (19.15)- 20 Jun SEAA U20/Senior Championships Watford.



Blackheath's Successful medallists at the European Indoor Masters Championships, Ancona.

“Living the life of a 24/7 athlete” Mike Skinner at the club, Wednesday April 15th.

Regular “Wednesday nighters” were a given rare opportunity to meet our latest international star Mike Skinner on April 15th when he gave a detailed talk on his latest training and racing activities to a packed clubhouse.

He began by describing his time spent in Australia training with British No. 1 1500m runner Andy Baddeley and Australian Olympian Collis Birmingham at the Falls Creek resort. At 1600m altitude and running on dirt tracks and trails he relayed amusing references to training sessions that were literally breathtaking. Whilst in Australia he competed firstly at the track classic in Sydney and then secondly at Melbourne, where in a highly competitive field in the 5000 metres he unfortunately lost his shoe after another athlete trod on his spike. In replacing it he admitted to losing 60 metres and a better placing in the race, but nevertheless considered his time in Australia to be valuable learning experience as in his own words he had “lived the dream of a 24/7 athlete” and the intense training regime had benefitted his performance.

He next went on to relate his relief in being selected for the World Cross Country Championships in Jordan, where after the training camp in Aldershot, he found himself thrust into an intense atmosphere of high security and protection, both in and around the hotel and training areas. This he felt diminished any glamour factor which he would have expected from that part of the world. The course itself he described as being completely unlike any cross country course he’d ever ran on, being more similar to a road surface which perhaps did not aid his performance, but he felt the experience itself was nevertheless valuable. Having expressed his hopes to progress on what he’d already accomplished, he then invited questions from the floor.

On being asked what stood out for him as significant points in his progression to his present level of competition he readily admitted the debt of gratitude he owed to the club for giving him the opportunity to be part of a continually winning team. Asked what his favourite and best events were he replied cross country was where he achieved greatest success but he still considered himself predominantly a track runner, especially in the 5000 metres. Training he said depended very much on how his body felt, but his mileage of up to 100 miles a week certainly raised a few eyebrows. His favourite run was what he refers to as the ‘classic club run’ taking in Boundary Wood, the Triangle and the Chicken Run from his parents home near Sparrows Den. Finally he admitted his social life had suffered but for what he now aims, you’d have to say that it’s worth it.

Meeting Mike Skinner in the flesh has been an encouraging and uplifting experience, and his enthusiasm for his running is patently clear to see. If his level of achievement is far beyond that which most runners could ever dream of realising, it is reassuring that such zest and enthusiasm has not been diminished by the pressures of higher standards expected of him and of the opposition he has competed against. If anything he seems drawn forwards and upwards to greater achievement because of it.

WHO



More of those famed quotes of the great and good in athletics ...and David Coleman.

As they come through absolutely together with Wells in first place.....David Coleman

And the line-up for the final of the women’s 400 metres hurdles includes three Russians, two East Germans, a Pole, a Swede and a Frenchman.....David Coleman

I think I could be the best pole vaulter in Britain, but I’m in danger of falling between two stools.... Brian Hooper on his success in TV’s Superstars.

She’s very tough, she’s remorseful.....David Moorcroft.

Mary Decker, the world’s greatest front-runner, I shouldn’t be suprised to see her at the front...Ron Pickering

When I lost my decathlon record, I took it like a man, I cried for a week.....Daley Thompson

Ingrid Kritstianson, then has smashed the world record, running the 5,00 metres in 14’48.09. Truly amazing. Incidentally this is a personal best for Ingrid Kristianson..... David Coleman.