



# The Courier

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8462 3115). Unless otherwise attributed, views are those of the Editor

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## From the editor:

The summer season is well under way now with the club teams from different age groups, the Juniors, seniors and Vets involved in competitions at different levels, all gaining first places recently, most notably the Vets at Norman Park. Norman Park will be the venue of what promises to be a high quality event on July 4<sup>th</sup> when the club will be hosting a British Athletics League fixture for the first time. Competing clubs will include Cardiff AAC, Kingston and Polytechnic, and Leeds City AC and the prominent athletes likely to be competing could include Andy Baddely, Christian Malcolm and Dwayne Grant as well as our own Mike Skinner, Scott Huggins and Scott Overall. Commencing at 12.30pm, the meeting includes a barbeque complete with beer tent and great entertainment. Meanwhile two distinguished veterans have gained notable records. For Bob Minting a world personal best in his age group for 800m, whilst Gordon Hickey broke the British record for his age in the shot, the former at the Kent Masters and the latter at the Southern Masters.

Finally congratulations go to Myrtle Augée for an award of the MBE in the recent birthday honours list. Myrtle represented England at five Commonwealth Games between 1986 and 2002 in the shot putt. Her career highlights include winning a bronze medal at the first of those, two silvers, and in 1990 the gold medal at Auckland, New Zealand. She also putted for Great Britain at olympiads in Seoul and Barcelona. However her MBE award is for her work in the prison service where she is a Senior Officer at HM Prison Pentonville. **WHO**

## SOME COMING EVENTS

July 1<sup>st</sup>. Club 3000m and walk  
champs, Norman Park.  
July 4<sup>th</sup>. British Athletics  
League, Norman Park.  
July 5<sup>th</sup> British Masters'  
Champs. Birmingham  
July 5<sup>th</sup>. Kent Young Athletes  
League, Erith.  
July 5<sup>th</sup> UK Women's Athletic  
League, Lee Valley.  
July 11<sup>th</sup>. Southern Men's  
League, Hastings.  
July 13<sup>th</sup> Kent Master's League,  
Erith (6.45pm).  
July 15<sup>th</sup>. Parris Handicap,  
Hayes (race 3)  
July 19<sup>th</sup> National Young  
Athletes League, Norman Park.  
July 20<sup>th</sup> Kent Master's League,  
Erith.  
July 24/25<sup>th</sup> Grand Prix, Crystal  
Palace  
July 29<sup>th</sup> Club 800m champs,  
Norman Park  
Aug 1<sup>st</sup>. BA League, Leeds  
(Continued page 14.)  
**SOCIAL**  
July 11<sup>th</sup> Summer Supper (HQ)  
**200 CLUB**  
Organizer: Roger Counter  
Tel 020 8776 0884  
Recent winners June 3<sup>rd</sup>. £50.  
Colin Rowe, £25. Dave Carton,  
Gill Cavanagh.

**NEXT COURIER:** Mid to late  
August 2009

Any contributions and articles  
from members are always  
welcome

*London Marathon Supper April 29<sup>th</sup>*

Once again the annual post marathon celebration with runners giving their personal account of the day's events provided an evening of interest and anecdotes. The moving spirit was once again Mike Peel whose past marathon memorabilia decked the club common room, and Mike took on the role of compere as he encouraged those runners present to stand up and (as everyone else tucked into their streak suppers) relate their stories to the 80 or so members and guests present that evening. Here are the thoughts and reminiscences of some of the participants:

**Cardyna Jones-Ballock.** "My legs ached after 18 miles...I was very annoyed when someone tripped me up at 22..I asked me if someone had cut me up...I just hadn't done enough training..but I still can't believe that I did it".

**Richard Hall.** "As I live a quarter of a mile from the start I have no excuse for not running the marathon. I grew up watching it so it was quite cool to do it. It was cool .... to hear the English Cross-Country Champion shout 'cm'on Blackheath, you can do it!'...such a sense of community and social cohesion...the good news was that it was a personal best for me...the bad news was that last year I ran 3.02, and this year my time was 3.01....."

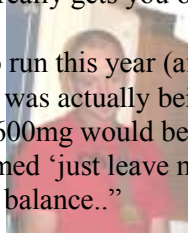


**Dave Beadle.** "I crossed the line with Richard last year but I beat him on the chip-to-chip time! I had a great race...wearing someone else's name on the shirt...I wore sunglasses..and didn't find it hot...I ran 1 hour 28 for the first half and 1 hour 28 for the second half and as I ran under three hours I can retire now!"

**Chris Pike** "I had a satisfactory run...I was in a starting pen with a disco group...took eleven minutes to run the first mile...I managed to do a negative split....the sense of community was tremendous...the support I got really gets you out of your zone".



**Deniz Mehmed.** "I was desperate to run this year (after being out with flu last year)..even though I was injured. I was so dosed up that I was actually being sponsored by ibuprofen. I thought 400mg would be my maximum dose but a friend (a nurse) said 600mg would be ok.but asked 'do you suffer from stomach cramp?.. I knew I was going to suffer.. Turning to Pete I exclaimed 'just leave me where I fall'. I ended up with a time of 3.41. The wheels didn't fall off completely but they were out of balance.."

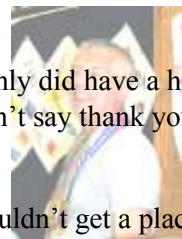


**Adrian Stocks.** "It was cheaper to fly to Australia than to bid in the auction..so I ran in a marathon in Canberra...two laps of a dull course in Canberra which is a very dull city..."

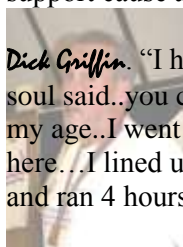
**Nick Kinsey** "I did a 2.44.38 this year which was three seconds slower than last year. I thought of all the things that slowed me down...hadn't done the training? I knew I'd have to go into a trance and run the best I could. I was just looking at the blue line...every now and then one of you buggers would shout and I'd turn and wave. That was probably what put me off my stride!"



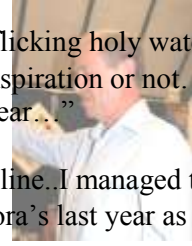
**Nigel Webb.** "At the start line one of the marshalls wished me a happy marathon.I certainly did have a happy marathon...I ran very steady all the way..had a good first twenty miles and a crappy last six"..I can't say thank you for the crowd support cause all of you had gone by the time I reached the finish".



**Dick Griffin.** "I had a problem 'cause I entered through the ballot, draw, charity and couldn't get a place...then some kindly soul said..you can have my number.. I got a red start number with a green stripe..someone told me it meant I was fast for my age..I went to my starting line and found I was the only white person there !...Oh hell I thought, I'm in trouble here...I lined up and thought I can live with this, which I probably did for the first two miles. I was aiming for 4 hours and ran 4 hours 7 seconds...so I was happy with that".



**Trevor Delahoy.** “A little way into the run I got blessed by a vicar standing outside his open church..flicking holy water at everyone..he nearly got half a bottle of water in his face...whether it was to give people divine inspiration or not...it didn't help me...4 hours 7 minutes was my time..... but I got through it and I'm up for it next year...”



**Mike Peel.** “I started on the green start...It took only a minute to cross the start line..I managed to get on tv and radio..I got the medal but the t-shirt was a load of crap. As this was Flora's last year as sponsors.. I suppose they didn't really care a toss....”

**Peter Rodgers** “Wouldn't it be more interesting if we wore all our t-shirts instead of our medals ....”.(the inference being that Mike Peel as an ever-present London Marathoner might have a job putting all of his on at once and might not want to be seen wearing the last one!)

**Andy Tucker** Most of Andy's reminiscence was needless to say unsuitable for inclusion here. However in conclusion he did make this observation...“Seriously I was struck by three things 1) the support you get being a Blackheath Harrier, 2) how much it means to a lot to us, and 3) although I didn't have a good race I can appreciate it when other people did”. Given the graphic nature of his reminiscence I suppose he had a great deal to appreciate.

## The Courier June 2009. Results

### Road.

#### **Marathons, and Half Marathons**

##### April 26<sup>th</sup> Flora London Marathon (Blackheath/Greenwich – The Mall)

1/124 Alex Gibbins (2:36'54)- 2/ 283 Nick Kinsey (2:44'38)- 3/ 424 Paul Sharpe (2:49'35)- 4/ 724 David Beadle (2:56'52)- 5/1010 Richard Hall (3:01'23)- 6/ 1013 Gary Cook (3:01'27)- 7/1217 Andy Tucker (3:05'04)- 8/1554 John McConville (3:09'44)- 9/ 1805 Peter Mackrell, (3:12'54)-10/ 1858 Kev May (3:13'25)- 11/ 1981 Mark Skelly (3:14'40)- 12/2600 Dave King (3:20'16)- 13/ 2685 Gary Williams (3:21'58)- 14/ 3607 Peter Burford (3:29'42)- 15/ 4116 Christopher Gentle (3:34'02) -16/ 4175 Matthew Newins (3:34'18)- 17/ 4626 Christopher Pike (3:37'30)- 18/ 825 Carolyn Jones-Baldok (3:39'52)- 19/894 Francesa Green (3:41'40)- 20/ 5200 Deniz Mehmed (3:41'53)- 21/ 5431 Clayton Aves (3:42'57)- 22/ 5654 William Slack (3:44'23)- 23/1310 Kate Jones (3:51'15)- 24/7855 David Lewis (3:56'39)- 25/ 8637 Raymond Bennett (3:59'58)- 26/ 8667 Dick Griffin (4:00'07)- 27/ 9350 Peter Rogers (4:04'13)- 28/ 9723 Martyn Longstaff (4:06'28)- 29/ 9944 Trevor Delahoy (4:07'41)- 30/10121 Stephen Holmes (4:08'36)- 31/ 11018 Nigel Webb (4:13'16)- 32/ 2880 Justine Eastbury (4:16'04)- 33/14422 Brian Smith (4:32'03)- 34/15294 Colin Monks (4:37'11)- 35/16641 Mike Peel (4:45'08)- 36/17236 Keith Duffy-Penny (4:48'46)- 37/ 21634 Colin Illingworth (5:28'08)

May 10th Ranelagh Richmond Half marathon. 1. P. Tucker (1: 9'24)

May 10th - Halstead & Essex Marathon 165 A.Stocks (3:53'05)- 255 P. Rogers (M45) (4:11'34)

May 23rd ING Luxembourg half marathon 486. M. Crisp (1:43'00)

May 24<sup>th</sup> Canterbury Half Marathon 47. S. Hough (1:33'56)

May 31<sup>st</sup>. Edinburgh Marathon 5. P. Tucker (2:23'51)

#### **Other distances**

May 3rd BUPA Great Edinburgh Run. M. Skinner (30'32)

May 4th Ted Peppar 10km, Langley Park School. 4. Richard Daniel (36'10)- 6. Tim Soutar (1st M50) (36'25)- 8 Len Crowder (37'19)- 11 Tony Crowder (37'31)- 16 Mark Ellison (39'21)- 17. Elaine Murty (39'25) (1st woman)- 19. Graham Coates (1st M55) (39'38) -23 Steven Pairman (40'23)- 31 Rob Brown

(41'43)- 32 Ian Montgomery (41'45)- 41 David Carton (42'42)- 42 Adrian Stocks (42'53)- 51 Stephen Cavey (44'03)- 57. Iain Swatton (44'35)- 59 John E. Turner (44'48)- 61 William Slack (44'49)- 78 Richard Griffin (47'26)- 79 Mark Compton (47'31)- 81 Justine Eastbury (47'40)- 88 Steve Hollingdale (48'56)- 91 Tracey Ashenden (49'43)- 92 Jackie Montgomery (49'58)- 98. David Leal (51'21)- 114 Eva Mikuska (58'47)- 117 Bernard Wilson (1:00'09)- 124 Keith Tyler (1:11'27)- 125 Ron Chambers (1:12'13)

**May 5th Watford 10km.** 1. P.Tucker (32'56)

**May 16th British Masters Road Relay Champs, Sutton Park, Birmingham.**

**M50.**6th team.(1:46'23){1st leg) 18/15. M.Watling (17'41)- 2<sup>nd</sup> leg) 17/16. K. Daniel (18'10)- 3rd leg) 6. T. Soutar (16'35)- 4th leg) 4. C. Keen (17'18)- 5th leg) 3. A. Camp (17'06)- 6th leg) 6. C. Griffin (19'36).

**W35.** 7th team (1:16'38){ 1) 36/7. J. Bradshaw (18'28)- 2) 59/13. C. Jones-Baldock (21.23)- 3) 50/12. S. Dowling (19.03)- 4) 32/7. J. Butler (17.44)}. **W45.**11th team.(1:7'58) {1) 99/11. A. MacDonough (22'27)- 2) 98/12 J. Montgomery (22'42)- 3). 96/11 A. Cilia (22'49)}.

**May 17th Ottery 10km** 14.R.Minting (40'55)

**June 7th Beckenham 10km.** 11. N.Kinsey (35'20)- 17. L.Crowder (36'43)-18. A.Crowder (36'50)- 127.Ms K. Philp (47'57)

**June 7th Eltham Park 5 miles.** 18. G. Coates *m50* (32'02)- 26. A.Lawes *m50* (32'57)- 29. R.Brown *m50* (33'20)- 75. M.Compton *m50* (36'49)- 186. K.Tyler *m40* (55'08)

**June 14th. Sherunsheruns 10km, Blewater.** 4. P.Tucker (33'11)- 24. A.York (38'30)- 35. D. Marks (39'35)- 238. K.Penny-Duffy (47'08/45'55)- 339. G. Cooper (49'09/48'43)

**Parris Handicap series.**

**Race 2. May 20th** 1.B.Bater (37'22/19'22){43 pts}- 2.G.Evans (37'27/17'42){41}-3 A.Stocks (37'48/19'48){39}-4 M. Jones(38'07/18'37){37}- 5 C.Pike (38'12/19'57){36}- 6. Ms R Woodhouse (38'16/25'31){35}-7 Ms M.Kane (38'17/ 21'02){34}-8.W.Orton (38'20/24'20){33}- 9 Ms.C. Parkin (38'21/20'36){32}-10. Ms A.Cilia (38'22/22'22){31}-11. A.Lawes (38'24/19'24){30}-12. J.Jones (38'25/ 20'40){29}- 13. M.Compton (38'26/21'26){28}-14. I.Swatton (38'29/20'59){27}-15. M.Lundie(38'33/32'18){26}- 16. G.Coates (38'44/18'59){25}-17. I.Montgomery (38'45/20'00){24}-18. D.Carton (38'47/20'17){23}- 19. S.Pairman (38'48/19'18){22}-20 Ms J.Galley (38'48/17'33){21}-21 M. Hegesippe (38'49/17'34) {20}- 22 M.Ellison (38'52/18'22) {19}-23 D.Beadle (38'55/ 18'10){18}- 24 Ms J. Eastbury (38'57/ 22'57){17}- 25 Ms R.Smith (38'59/ 21'14){16}-26 M.Gasson (39'06/24'06){15}- 27 C.Keen (39'07/17'52){14}- 28 T. Delahoy (39'14/21'44){13}-29 M.McKinnon (39'35/23'35){12}-30 D.Leal (39'37/23'37){11}- 31 D.Churchus (39'42/34'12){10}-32 D.Wilson (39'43/20'43){9}-33 Ms C. Jones-Baldock (39'48/ 22'18) {8}-34 K.Daniel (39'56/ 19'11) {7}-35 R.Chambers (40'02/35'02) {6}- 36 Ms L.Ketteringham (40'08/31'23){5}-37 R.Griffin (40'51/ 23'36){4}-38 Ms Z. Barnett (41'38/32'53){3}-39 R.Watkins(42'46){2}- 40 Ms D.Niyazi *DNF* {1}- 41 Ms N.Hamilton-Smith *DNF* {1}

**Race 3. June 17<sup>th</sup>** 1.B.Bater (38'09/19'39){28}-2. T.Leeson (38'16/38'16){26}- 3.M.Compton (39'02/ 21'32){24}- 4.S. Holmes (39'07/17'22){22} ***2nd M-*** 5. Ms J.Jones (39'09/20'39){21} ***Ist F-*** 6. Ms M. Kane (39'13/21'13){20} ***2nd F-*** 7. I.Montgomery (39'16/ 20'01){19}- 8. A.Lawes (39'17/19'47){18}- 9.C. Pike (39'20/ 20'35){17}-10.G.Coates (39'23/18'53){16}-11. I. Swatton (39'26/21'26) {15}-12.Ms C.Jones-Baldock (39'31/ 22'16){14}-13.C.Daly (39'33/30'48){13}-14. R.Daniel (39'40/16'55){12} ***Ist M-***15. M. Jones (39'48/18'33){11} ***3rd M-*** 16.N. Ives (39'49/24'19){10}- 17. J.Daly (39'50/19'35){9}-18.Ms C. Parkin (39'50/21'20){8} ***3rd F-*** 19. Ms J.Eastbury (40'02/ 23'17){7}- 20. C.McEntee(40'05/ 22'20){6}- 21.G.Read (40'13/21'58){5}- 22. R.Watkins (41'06/ 41'06) {4}-23. T.Delahoy (41'15/23'15){3}-24. A.Watkins (41'20/23'50){2}-25. D.Churchus (41'35/36'05){1}

**Serpentine Last Friday of Month 5km, Hyde Park**

**April 24<sup>th</sup>** 50.G.Coates (19'05); **May 29<sup>th</sup>** 29. D.Beadle (18'26)- 43. G.Coates (19'22)-83. C. Pike (21'14)

## Walking events

### April 29th Surrey & Middlesex County and Veterans AC 10 km Track Championships, Battersea

Men: 18. S.Lightman (SWC 3<sup>rd</sup> M65) (64'6.7)- 25. D.Hoben (SWC 3<sup>rd</sup> M55)(1 :13'45)

May 3rd National Champs and Open races, Victoria Park, Hackney 11. P.Hannell (18'38)

May 9<sup>th</sup> Surrey County 3 km Track Championships, Kingston Men: 4. P.Hannell (SWC M65) (17'47.4)

May 9<sup>th</sup> Middlesex County 3 km Track Championships, Cophall 3. S.Lightman (SWC) (17'12).

May 5<sup>th</sup> Steyning AC 3km 1. S.Lightman (SWC) (15'52)- 3. P.Hannell (17'42).

May 18<sup>th</sup> Southern County Vets AC 2km 1. P.Hannell(11'22.3)

May 23<sup>rd</sup>. Surrey County 3 km Vets Track Champs, Kingston 3. P.Hannell (SWC M65) (17'50.7)-  
8. D.Hoben(SWC M55) (20'18.4).

June 8<sup>th</sup> British Masters Vets 20km Championships, Northampton M55 2. D.Hoben (2:26'00)

June 15<sup>th</sup> Mickey Brown Memorial Track Walks, Horsham Mens 5 km 4. S.Lightman(SWC) (29'15)- 6.  
P.Hannell(SWC)(30'46)

## **Cross Country**

### **Orpington 10km.**

1. A. Rayner (33'11)- 2. P. Tucker (33'11)- 14. M. Airey (37'43)- 20. A. Tucker *mv40* (38'39)- 30. M. Skelly *mv40* (39'37)- 38. M. Ellison *mv40* (40'47)- 39. G. Coates *mv50* (40'50)- 49. S. Pairman *mv40* (42'00)- 64. R. Brown *mv50* (43'30)-92. M. Blunden *mv40* (45'33)- 112. W. Slack *mv50* (46'43)- 175. Ms A. Cilia *fv45* (50'00)- 185. D. Flagg *mv40* (50'38)- 198. W. Orton *mv50* (51'09)- 230. A. Mcewan (53'00)- 333. R. Saiz *mv50* (59'16) *BBHAC 1st male team.*

## **Track & Field**

### **May 2<sup>nd</sup> Southern League- Div 3south, Norman Park.**

A string. 100m 1. D. Haque (10.9) ; 200m 1.D.Haque (21.6) ; 400m 1. D. Putnam (u20) (49.9) ; 800m 2. D.McKinlay (1'59.9);1500m 1. M. Airey (v35) (4'08.8) ;5000m 1. M. Jones (18'38.1) ; 100mH 2. I.Holder (20.8) ; 400mH 1. D. Paisley (v35) (55.6) ; 3000m s/chase 1. R. Daniel (11'13.3) ; Discus 1. A. Pope (43.04m) ; Hammer 2. A. Pope (35.79m) ; Hjump 2. A. Pope (1.80m) ; Javelin 1. M. Dobbblesteen (v35) (48.83m) ; Ljump 1. M. Longhurst (U17) (6.01m) ; 1. Pvault 1. A. Williams (v55) (3.70m) ; Shot 1. A. Pope (v55) (12.86m) ; Tjump 4. T. Powell (11.65m) ; 4x100m relay 1st B&B (K. Daly, D. Bovell, J. Alexander, R. Holt) (46.8).  
B string. 100m 1. D. Bovell (11.3) ; 200m 1. J. Alexander (u20) (22.7) ; 800m 1. R. Daniel (2'04.3) ; 1500m 1. F. Kilama (u20) (4'13.4) ; 5000m 1. M. Watling (v50) (18'47.3) ; 400mH 1. R. Holt (v35) (59.0) ; Discus 2. C. Brand (v70) (23.79m) ; Hammer 3. D. Huggins (15.99m) ; Hjump 1.M.Champion (1.60m) ; Javelin 1. A. Pope (v35) (43.91m) ; Ljump 1. A. Pope (5.03m) ; 1. Pvault =1. A. Hardy (v50) (3.00m) ; Shot 3. A. Hardy (v50) (7.54m) ; Tjump 2. A. Hardy (v50) (9.08m). Non-scoring. 100m K. Daly (11.7)- M. Champion (12.0) ; 200m 1. D. Bovell (23.2)- K. Daly (23.5)- A. Blair (23.9) ; 400m L. Charles (u20) (52.1) ; 800m O. Robinson (2'04.4)- J. Halls (2'08.2) ; 1500m D. McKinlay (v35) (4'08.8) ; 400mH E. Harrison (53.7)- J. Clarke (62.1) ; Pvault M. Longhurst (3.50m) ; 4x400m relay B&B (3'36.8).

### **May 3rd NYAL Leauge Harrow**

U17 men 100m A string. 2nd Ronnie Pocklington (11.3)- B. String.1st Ellis Zorro (11.6) ; 200m 1st A.Ronnie Pocklington (26.3)- B.1st Tom Bensted (26.3); 400m A. 1st Ton Bensted (50.5)- B. 1st Jonathan Pettet (53.0); 800m A. 2nd Ben Parkin (2'06.8)- B. 3rd Grgory Proctor (2'17.1); 1500m A. 4th Sam Jackson (4'47.5)- B. 4th Grgory Proctor (4'49.8); 3000m A. 3rd Hector Kurtyanek (10'16.9)-B. 2nd Ross Braden (11'32.2);1500m S/Chase A. 3rd Sam Jackson (5'28.3);100m Hurdles A. 2nd Ben Hopkins (14.2)- B. 2nd Mark Longhurst

(15.0);400m Hurdles A. 2nd Ben Hopkins (56.6)- B. 2nd Mark Longhurst (62.6) ;High Jump A. 4th Ben Parkin (1.60m)- B. 2nd Daniel Hamilton (1.55m); Long Jump A. 3rd Abs Jalasao (5.70m)- B. 3rd Tom Jenkins (5.29m); Triple Jump A. 3rd Tom Jenkins (11.46m)-B. 2nd Abs Jalasao (11.19m);Shot Putt A. 1st Ellis Zorro (12.25m)-B. 1st Mehmet Takpak(12.07m); Discus A. 3rd Mehmet Takpak (25.87m)- B. 2nd Daniel Hamilton (21.69m); Hammer A. 3rd Mehmet Takpak (38.10m)- B. 3rd Tom Jenkins (16.40m); Javelin A. 4th Jonathan Pettet (30.32m)- B.2nd Daniel Hamilton (18.40m) ;4x100m Relay 1st { Abs Jalasao,Ellis Zorro,Dominic Coelho, Ronnie Pocklington (44.2)} ; 4x400m Relay 1st {Ben Hopkins,Jonathan Pettet ,Ben Parkin,Tom Bensted (3.39.2)} U/15 boys 100m A. 2nd Anton Daly (12.20) –B. 3rd James Allen (12.8) ; 200m A. 2nd Joshua Oyedele (25.8)-B. 1st James Allen (25.8); 400m A. 2nd Joshua Oyedele (58.3)- B.3rd Adam Willis (2.20.8 ??; 800m A. 4th Adam Willis (2'20.8) –B. 2nd Louis Hopgood (2'24.4); 1500m A. 3rd Thomas Greenhill (4'58.2)-B. 3rd Jake Allen-Wade (5'19.9); 80m Hurdles A. 3rd Louis Hopgood (13.3)- B. 3rd Rueban Folkes (16.4); High Jump A. 2nd Connor Tullis (1.50m)- B. 2nd Reon Gowan-Wade (1.45m); Pole Vault 2nd A. Anton Daly (1.70m) ; Long Jump 1st A.Reon Gowan-Wade (5.44m)-B. 1st James Allen (5.19m); Shot Putt A. 3rd Connor Tullis (8.19m)-B. 4th Thomas Greenhill (6.29m); Discus A. 4th Rueban Folkes (18.02m)- B. 3rd Anton Daly (9.32m); Javelin A. 3rd Liam Cater (31.03m)-B. 3rd Rueban Folkes (24.95m); 4x100m Relay 2nd place {Louis Hopgood, Rueban Folkes , James Allen, Anton Daly (49.8)} ; 4x400m Relay 3rd place {Joshua Oyedele, Connor Tullis, Jake Allen-Wade, Adam Willis (4.29.6)} U/13 boys 100m A.2nd Joshua Shonibare (13.9)-B.1st Sam Willis (14.2); 200m A.2nd Joshua Shonibare (29.1) –B. 2nd Jovan Elliott (30.0); 800m A. 3rd Thomas Desborough (2'50.3)-B. 2nd James Selway (2'50.4); 1500m A. 2nd William Fuller (5'18.3)-B.1st Richard Webb (5'22.6);75mHurdlesA.3rd Thomas Desborough (16.8)-B.2nd William Fuller (17.7); Hjump A.1st Keiran Gowan-Wade (1.35m)-B.1st Jon Pairman (1.30m); Long JumpA. 1st Keiran Gowan-Wade (4.28m)-B. 1st Sam Willis (3.98m); Shot Putt A. 4th Jon Pairman (5.69m) – B.4th Jovan Elliott (3.45m); 4x100m Relay 1st place {Keiran Gowan-Wade, Joshua Shonibare, Sam Willis, Jovan Elliott (55.9)} U13 Girls 75m (A)1st Shannon Hylton(10.2) - (B) 1st Cheriece Hylton(10.50); 150m (A)1st Shannon Hylton (20.3)- (B)1st Aine Hurlock (21.4); 800m (A)1st Janae Galley (2'36.3)- (B) 1st Rebecca Keyte (2'46.7) ;1200m (A) 1st Charlotte Rhule (4'24.1)- (B) 1stAnna Myers (4'29.9)- 70m Hurdles (A)1st Aine Hurlock(12.80)- (B)1st Grace McGrand (13.7); HighJump (A)1st Ellie Lawrence (1.15m)- (B)1st Isabelle Jones (1.10m) ; Shot (A)1st Ellie Lawrence (6.71m)- (B) 2nd Shannon Cordell (4.79m); Long Jump (A)1st Shannon Cordell (3.91m) -(B)1st Aine Hurlock (3.89m) ; 4x100m Relay 1st place {Shannon Hylton,Cheriece Hylton, Grace McGrand, Aine Hurlock (56.7)} *BBHAC finished 1st with 457 points*

### **May 8/9th KCAA Track and Field Champs, Julie Rose Stadium, Ashford.**

Sen men.100m (heat 1) 3.D.Bovell (11.40)- 7. R.Fox (m45) (13.00)- (heat 2) 2.J.Alaka (11.10m)- 3. D.Haque (11.40m)- Final 1. J.Alaka (11.00)- 4. D.Haque(11.26)- 8. D. Bovell (11.46) ;200m.(heat 1) 1. J.Alaka (21.64)- 4. E. Harrison (22.67)- (heat 2) 1. D. Haque (22.18)- 7. R. Fox (25.98)- Final w/s +3.3. 1. Alaka (21.01)- 3. D. Haque (21.63)- 7. E.Harrison (22.04) ; 800m (heat 2) 4. D. McKinlay (1'59.56)- Final 6.D.McKinlay (2'00.11); 1500m 3.A.Bruce-Littlewood (4'07.35)- 4. D. McKinlay (4'08.08) ; 400mH 1. E. Harrison (53.43) ; Pvault 1.S.Huggins (4.70m) ; Tjump3. S.Bobb (14.22) ; Hammer 1. K. Chester (63.46).U20 men.100m (heat 2) 1. D. Putnam (10.86)- Final 1. D. Putnam (10.83) ; 200m Final 2. D. Putnam (22.8) 400m Final 1.D.Putnam (49.92)- 2. A. Blair (50.79) ; 1500m 2.A. Bruce-Littlewood (4'05.25)- 3.F.Kilama (4'06.12) ; Hammer 1. A. Jordon (62.01m)- 2. R. Al-Ameen (53.39m) U17 men 100m (heat 1) 3.D.Coelho (11.9)- (heat 2) 1. R. Pocklington (11.7)- 3. E. Zorro (12.0)- (heat 3) 3. K. Daly (11.9)- Run off 1. K.Daly (11.9)- Final 3. R. Pocklington (11.6)- 6. D. Coelho (11.8)- 7. K. Daly (11.8) ; 200m (heat 1) 2. R.Pocklington (23.13) ; 400m (heat 2) 2. B. Parkin (52.8)- 3. J. Pettet (53.2)- Final 2. B. Parkin (50.7)- 6. J. Pettet (53.7) ; 1500m (heat 1) 7. S. Jackson (4'40.98)- (heat 2) 6. G. Proctor (4'35.87)- Final 12. S. Jackson (4'39.9) ; 400m 1.B.Hopkins (53.16)

### **May 16th Southern League- Div 3south, Battersea Park.**

**A string.** 100m 2. F. Owlade (11.0) ; 200m 1. F. Owlade (22.5) ; 400m 1. L. Charles (*u20*) (50.2) ; 800m 3. R. Bentley (2'04.4) ; 1500m 2. R. Bentley (4'10.1) ; 5000m 3. Rob Hall (18'34.2) ; 100mH 2. A.Pope (18.9) ; 400mH 1. J. Clarke (*u20*) (61.1) ; 3000m s/chase 3. R. Hall (12'51.7) ; Discus 1. A. Pope (42.18m) ; Hammer 1. K.Chester (60.42m) ; Hjump 1. L. Ely (1.80m) ; Javelin 1. A. Pope (48.23m) ; Ljump 1. A. Pope (6.01m) ; 1. Pvault 1. A. Williams (*v55*) (3.82m) ; Shot 2. A. Pope (12.54m) ; Tjump 3. L. Ely (11.13m) ; 4x100m relay 1st B&B (L. Charles, J. Clarke, A. Pope, N. Francis (45.1)) ; 4x400m relay 2. B&B (D. McKinlay, J. Clarke, 3. R. Bentley, 4. L. Charles (3'39.9)). **B string.** 100m 3. J. Clarke (*u20*) (12.2) ; 200m 2. J. Clarke (*u20*) (27.2) ; 400m 1. Francis (53.0) ; 800m 1. D. McKinlay (2'02.8) ; 1500m 2. D. McKinlay (4'27.0) ; 100mH 3. Rob Hall (*v35*) (21.8) ; Discus 4. C. Leon (*v50*) (15.88m) ; Hammer 1. A. Pope (27.09m) ; Hjump 2. C. Leon (*v50*) (1.40m) ; Javelin 1. M. Van Den Dobbblesteen (*v35*) (47.04m) ; Ljump 1. C. Leon (*v50*) (4.71m) ; 1. Pvault 1. A. Hardy (*v50*) (2.60m) ; Shot 1. K. Chester (12.18m) ; Tjump 1. C. Leon (*v50*) (9.77m).

*BBHAC finished 2<sup>nd</sup> with 107 points.*

### **May 17th UKA NYAL Leauge Palmer Park, Reading**

**U17 men** 100m A string. 2nd R. Pocklington (11.8)- B. String. 2nd E.Zorro (12.3) ; 200m A 2nd T. Bensted. (23.2)- B. 1st R.Pocklington (23.4); 400m A. 2nd T. Bensted (50.4)- B. 1st J. Pettet (53.1); 800m A. 2nd B. Parkin (2'09.9)- B. 2nd O.Taylor (2'10.0); 1500m A. 2nd S. Jackson (4'49.6)- B. 2nd G.Proctor (5'05.0); 3000m A. 3rd S.Jackson (10'10.3)-B. 2nd G.Proctor (10'14.8); 1500m S/Chase A. 2nd S. Jackson (5'24.2); 100m Hurdles A. 3rd B.Hopkins (14.5)- B. 1st M.Longhurst (15.0); 400m Hurdles A. 1st B. Hopkins (57.5)- B. 1st B.Parkin (63.0) ; High Jump A. 3rd B.Parkin (1.60m)- B. =1st K. Daly (1.35m); Long Jump A. 1st M.Longhurst (5.98m)- B. 3rd J. Pettet (4.68m); Triple Jump A. 1st M. Longhurst (13.07m)-B. 2nd T. Jenkins (11.47m); Shot Putt A. 1st M. Takpak (12.00m)-B. 1st E. Zorro (11.82m); Discus A. 3rd M. Takpak (32.52m)- B. 3rd T.Jenkins (19.13m); Hammer A. 2nd M. Takpak (36.27m)- B. 2nd T. Jenkins (20.17m); Javelin A. 4th J.Pettet (28.59m)- B. 4th O.Taylor (21.72m) ; 4x100m Relay 1st place {R. Gowan-Wade, J.Oyedele.R. Fokoua , A. Daly (48.6)} ; 4x400m Relay 4th place {T.Greenhill, W. Ruiz, J. Oyedele, A.Willis (4.16.0)} **U/15 boys** 100m A. 3rd Anton Daly (12.40) -B. 1st Reuben Fakoua (12.8) ; 200m A. 3rd Joshua Oyedele (26.0)-B. 3rd Reuben Fakoua (25.9); 400m A. 4th Joshua Oyedele (59.9)- B. 4th Ross Wilkinson- Boram (1.16.3); 800m A. 3rd Adam Willis (2'19.3) -B. 4th Jack Kew (2'47.2); 1500m A. 3rd Will Ruiz (4'53.7)-B. 3rd Tom Greenhill (4'53.8); 80m Hurdles A. 2nd Louis Hopgood (13.7)- B. 4th Stephen Folkes (16.2); High Jump A. 3rd Anthony Moore (1.40m)- B. =2nd Reon Gowan-Wade (1.35m); Pole Vault A. 3rd Anton Daly (1.70m) ; Long Jump A 1st.Reon Gowan-Wade (5.43m)-B. 2nd Stephen Folkes (4.52m); Shot Putt A. 4th Nyaz Chowdhury (8.44m)-B. 4th Thomas Greenhill (5.91m); Discus A. 2nd Niyaz Chowdhury (28.97m)- B. 3rd Reuben Fakoua (18.87m); Javelin A. 3rd Liam Cater (30.33m)-B. 4th Ross Wilkinson-Boram (2.25m); Hammer A. 4. Tom Greenhill (11.33)- B. 3. Niyaz Chowdhury (5.69m) ; 4x100m Relay 1st place {Reon Gowan-Wade, Josh Oyedele, Reuben Fokoua, Anton Daly (48.6)} ; 4x400m Relay 4th place {Tom Greenhill, William Ruiz, Josh Oyedele, Adam Willis (4'16.0)} **U/13 boys** 100m A. 4th Joshua Shonibare (14.5)-B. 3rd Jon Holmes (14.5); 200m A. 4th Jon Holmes (29.5) -B. 4th Lewis Burton-Bell (30.90); 800m A. 4th James Selway (2'45.2)-B. 2nd Jon Pairman (2'45.3); 1500m A. 4th Daniel Waller (5'40.3)-B. 1st Thomas Desborough Richard Webb (6'02.5); 75m Hurdles A. 2nd Kieran Gowan-Wade (13.6)-B. 3rd Thomas Desborough (17.4); High Jump A. 3rd Keiran Gowan-Wade (1.30m)-B. 2nd Jon Pairman (1.25m); Long Jump A. 2nd Keiran Gowan-Wade (4.57m)-B. 2nd Sam Willis (3.87m); Shot Putt A. 3rd Jon Pairman (6.09m) - B. 3rd Lewis Burton-Bell (4.85m); 4x100m Relay 4th place {Joshua Shonibare, Lewis Burton-Bell, Sam Willia, Jon Holmes (58.4)} **U17 women.** 100m. A. 4th. A. Lalemi-Jacobs (13.4)- B. 4th R. Walker (13.8) ; 200m 4th. K.Galley (27.9)- B. 3rd N.Nelson-Roberts (28.3) ; 300m A. 4th C. Crouser (44.5)- B. 2<sup>nd</sup> S.Duffy (45.2) ; 800m A. 3rd E.Nolan (2'43.2); 1500m A. 1st E.Nolan (5'00.2)- B. 1. M. Fewster (5'36.1) ; 3000m A. 1. D. Critchley (11'28.7)- B. 2. M. (11'58.7) ; 80mHurdles A. 1. S. Duffy (12.7)- B. 1. N. Nelson-Roberts (13.0) ; 300mHurdles A. 1. S. Duffy (48.4)- B. 1. C.Crouser (48.7) ; 4k Hammer A. 4. M. Fewster (9.98m)- B. 2. C. Lyston (6.28m) ; 1k Discus A. 1. E.Penny-

Duffy (29.74m)-B. 2. G. Cousins (22.08m) ;4k Shot A. 2. E.Penny-Duffy (8.43m)- B. 3. G. Cousins (7.44m) ; 600g Javelin A. 3. E. Penny-Duffy (21.69m)- B. 3. G.Cousins (14.29m) ; Ljump A. 3. A.Lalemi-Jacobs (4.45m)- B. 2. R. Walker (4.09m) ; Tjump A. 4. M. Kane (8.03m) ; Hjump A. 2. C.Crouser (1.35m)- B. 1. N. Nelson-Roberts (1.30m) ; Pvault A. 1. J. Smith (2.30m) ; 4x100m relays 2<sup>nd</sup> place {A.Lalemi-Jacobs, S. Duffy, E. Duffy-Penny, R.Walker (52.80)} ; 4x300m relays 2<sup>nd</sup> place {C. Crouser, N. Nelson-Roberts, K. Galley, E.Nolan (3'00.80)} ; U15 girls. 100m A. 1. Dina Asher Smith (12.8)- B. 1. Georgina Middleton (13.3) ; 200m A. 1. Dina Asher-Smith (25.7)- B. 1. Rachel Dickens (26.7) ; 800m A. 1. Jessica Jones (2'26.3)- B. 1. Holly Fletcher (2'31.0) ; 1500m A. 3. Amber Reed (5'07.7)- B. 3. Jessica Moore (7'12.6) ; 75mHurdles A. 2. Rhiannon Jones (12.4)- B. 2. Rachel Giannini (14.1) ; Ljump A. Frances Read (4.76m)- B. 1. Jessica Moore (4.74m) ; Hjump A. 1. Franes Read (1.50m)- B. 6. Holly Fletcher (1.20m) ; 1k Discus A. 1. Eleanor Dumper (24.32m)- B.3. Ellouise Edwards (14.63m) ; 600g Javelin A. 1. Ellouise Edwards (21.68m)- B. 4. Katie Sales (11.44m) ; 3.2k Shot A. 4. Eleanor Dumper (8.31m)- B. 1. Monique Walcott (7.95m) ; 4x100m 1st team {Georgina Middleton, Dina Asher-Smith, Rachel Dickens, Charlotte Colegate (52.20)} U13 Girls 75m A 1st Leah MacDonald (10.8) -B 3rd Amber Johnson (11.70); 150m A 3rd Aine Hurlock (21.7)- B 4th Josephine Ray (23.0); 800m A 1st Janae Galley (2'39.2)- B. 2nd Charlotte Rhule (2'49.1) ; 1200m A 3rd Sonia Woolhouse (4'23.2)- B 3rd Louise Davison (4'31.3)- 70m Hurdles A 3rd Aine Hurlock(12.10)- B 3rd Vivien Olatunji (13.4)-; HighJump A 3rd Alana Fawks- Collins (1.20m)- B 4th Ellie Lawrence (1.05m) ; Shot A 3rd Ellie Lawrence (7.98m)-B 1st Yemisi Solofarin (7.49m); Long Jump A 4th Shannon Cordell (3.85m) –B 3rd Isabelle Jones (3.43m) ; 4x100m Relay 4th place {Aine Hurlock, Vivien Olatunji, Leah McDonald, Josephine Ray (58.0)} *Blackheath & Bromley finished 2<sup>nd</sup> with 397.5 points.*

**May 17th. BUPA Great City Games, Deansgate, Manchester.** 100m women. (heat 1) 3. M. Douglas (17.83)- B Final 3. M. Douglas (17.78).

**May 17th Loughborough International, University.**

Women. 100m 6. S. Seaton (14.46)); Javelin 2. C. Lawrence (*England*) (46.47m) ; Shot 6. S. Brown (Gbu20) (14.32m) ; Discus 3. S. Brown (*Gbu20*) (46.89m). Men 100m inviation race A 4. J. Alaka (10.5)- race C 3. T. Gilling (10.8)- 5. D. Bovell (11.0) ; 400mH 1. E. Harrison (52.92) ; 3000m 13. J. Poole (*Loughborough Un.*) (8'34.49) ; Discus 2. E. Edechuku (*Loughborough Un.*) (57.68m) ; Tjump 4. K. Adedoyin (15.08m)

**May 18th Southern Counties Vets AC, Kent Divisions, Canterbury High School.**

M35. A string. 400m 4. R. Fox (1'02.6) ; 3000m 3. K. Ewing (9'51.6) ; 2000m walks 1. R. Brown (11'50.2) ; Pvault 2. A. hardy (2.50m) ; Tjump 4. Rob Hall (10.17m)- B string 400m 2. T. Phillips (1'00.7) ; 2. Rob Hall (10'27.9) M50. A string 400m 2. C. Leon (1'00.8) ; 3000m 1. T. Soutar (10'06.2) ; 2000m walks. 1. P. Hannell (11'22.3) ; Pvault. 3. C. Leon (1.60m) ; Tjump 2. C. Leon (9.39m) ; Hammer 3. C.Brand (23.15m).

M60.400m M. Martineau (63.3m) ; Tjump 4. M. Martineau (6.39m). W35. A string 400m. 2. J. Montgomery (1'11.5)- 3000m 5. A.Cilia (13'33.6) ; Tjump 3. J. Montgomery (7.30m)- B string. 400m. 4. A. Cilia (1'26.3); W50 400m 1. H.Godsell (1'11.9)- 3000m 4. H. Godsell (14'16.4) ; Pvault 1. A. Cilia (1.60m). W60 400m 5. N. Cross (1'25.0)- Tjump 3. N.Cross (4.20m). N/S W35.1.A. McSorley (13.21m)

**May 24th National Junior Athletic League (Match 1), Copthall**

100m A string 1st F.Olowade (10.82) – B string 2nd D. Putnam (11.00) ; 200m A.3rd D. Putnam (21.84)- B.3rd T Gilling\* (22.14) ; 400m A.3rd L. Charles (50.38)- B. 2nd A. Blair (51.28) ; 800m A. 4th A Littlewood (1'57.59)- B.7th J Clack (2'09.38) ; 1500m A.7th B. Greenhalgh (4'15.78)- B.5th O Taylor (4'23.59) ; 3000m A.2nd F Kilama (8'54.28)- B.3rd A Grimsey\* (9'27.99); 2000m s/c A.2nd A Littlewood (6'21.43) ; 110mH A.3rd M Walcott\* (14.75)- B. 4th J Clarke (16.75) ; 400mH A. 3rd B Parkin (59.75)- B.2nd J Clarke (58.92) ; 4 x 100m 1st place (T Gilling, D Putnam M Walcott, F Olowade) (42.25) ; 4 x 400m 1st place {(L Charles, A Blair, B Parkin, D Putnam) (3,23'12)}; Discus A. 8th M Takpak (29.24m)- B. 8th R Al-Ameen (25.79m) ; Shot A. 7th M Takpak (10.72m)- B. 4th R Al-Ameen (10.58m) ; Hammer A. 3rd R Al-Ameen (56.16m) ; Javelin A. 6th S Brown\* (40.14m)- B. 4th F Kilama (35.85m) ; LJump A. 7th M Longhurst (6.06m)- B. 6th J Powell (5.63m);HJump A.6th M Longhurst (1.65m)- B.6th J Powell (1.65m) ; TJump A. 6th T Powell (11.62m)- B. 4th J Powell(11.42m); PVault A.3rd Longhurst (4.10m)- B.1st S Brown\* (4.10m). \* second claim



**May 25th KYAL Div 1, Sutcliffe Park, Eltham.**

U13 girls. A string 75m.1. Leah McDonald (10.4)- B string 1.Amber Johnson (11.3) ;150m. A. 3. Tozuimi Ladega (22.2)- B.3. Kate Woodbridge (23.4); 600m A. 3. Bekki Keyte (1'54.9)- B.1.Lucy Sidey (1'59.8); 1000m A.3.Anna Myers (3'34.2)- B. 3. Shannon Clarke (3'58.4) ; 70mH A.1.Oshuwa Ogbeta (13.4)-B.1. Isabelle Jones (16.6) ; 1200m walk A. 2. Shannon Cordell (8'10.0)-B.1. Isabelle Jones (9'19.5); Hjump A. 1. Shannon Clarke (1.25m)- B. 2.Oshuwa Ogbeta (1.15m) ; Ljump A.3.Isabelle Jones (3.72m)- B.3. Kate Woodbridge (3.08m); Shot A. 4. Shannon Cordell (5.36m)-B. 3. Lucy Sidey (4.91m) ; Discus A.1. Shannon Cordell (5.36m)-B. 1.Oshuwa Ogbeta (11.93m) ; Javelin A. 2. Shannon Clarke (12.17m)-B. 2.Amber Johnson (11.04m); 4x100m relays team disq U15 girls. 100m A. 3. Charlotte Colegate (13.4)- B.1.Ayoni Williams (13.4) ; 200m A.1. Jessica Moore (27.2)- B. 1. Charlotte Colegate (27.7) ; 300m A.1.Dina Asher-Smith (42.1)- B. 1. Georgina Middleton (44.3) ; 800m A. 2. Ella Self (2'36.5)- B. 2.Ellouise Edwards (2'44.7);1500m A. 4. Hope Stenning (5'15.9)- B. 2. Issy Jackson (5'40.6) ; 75mH A.5.Rachel Gionnani (13.6) ; 1200m A. 4. Jessica Jones (8'36.8)- 2. B. Holly Fletcher (8'54.7) ; Ljump A. 2. Georgina Middleton (4.55m)- B.1.Jessica Moore (4.49m) ; Hjump A. 5. Jessica Jones (1.35m)- B. 1. Holly Fletcher (1.20m) ; Discus A. 1.Eleanor Dumper (25.55m)- B.2. Ayoni Williams (14.46m) ; Javelin A.2.Ellouise Edwards (23.14m)- B.3.Dina Asher Smith (12.22m) ; Shot A. 2. Eleanor Dumper (8.85m)- B.3. Ayoni Williams (6.41m) ; 4x100m 1st team {Georgina Middleton, Ayoni Williams, Irene McIntosh, Charlotte Colegate (52.40)} U13 boys 100m A. 5. Joshua Shonibare (13.8)-B. 2. Joshua Dalsan (13.9); 200m A. 5. Sam Willis (29.7) –B. 4. Andrew Narracott (31.50); 800m A. 4. Thomas Desborough (2'50.5)-B. 3. James Selway (2'53.2); 1500m A. 4. Louis Parkinson (5'28.9)- B. 2. Daniel Waller (5'56.5); 75m Hurdles A. 4. Thomas Desborough (17.8)-B. 2. Sam Willis (14.9); 1200m walk A.1.James Selway (8'11.4)- B.1.Thomas Desborough (8'45.9) ; Long Jump A. 2. Sam Willis (4.07m)- B.1.Andrew Narracott (3.72m); Shot Putt A. 4. Daniel Waller (5.34m); Javelin A. 2. Daniel Waller (15.31m)- B.1.Mitchell Scott (12.79m) ; 4x100m Relay 4th place{ Joshua Dalsan, Sam Willis, Joshua Shonibare, Andrew Narractt (59.1)} U15 boys 100m A. 2.Anton Daly (12.20) –B. 2. James Allen (12.7) ; 200m A. 4. Rueben Fakoya (25.0)-B.1. James Allen (25.8); 400m A. 6. Jake Allen-Wade (65.0); 1500m A. 4. Alex Lister (5'02.3)- B. 2. Jake Allen-Wade (5'17.9); 3000m A. 2. Adam Willis (10'23.7)- B.1.Tom Greenhill (10'34.4) ; 1200m walk A. 2. Anthony Moore (7'38.6) ; High Jump A. 2.Anthony Moore (1.45m); Pvault A. 2. Adam Willis (2.20m) ; Long Jump A. 2. James Allen (5.34m)-B.1.Adam Willis (4.51m); Shot Putt A.6.Tom Greenhill (6.44m)- 5.Jake Allen-Wade (5.09m); Discus A. 3.Reuben Fakoya (18.45m) ; Javelin A.3. Liam Cater (29.17m)-B. 1. Reuben Fakoya (23.13m) Non-scorers. U13 boys 1500m 1.Thomas Powell (5'28.3). U13 girls. 75m 2. Tofuimi Ladega (10.6) ;U15 girls 100m 2. Irene Mcintosh (13.8)- 3. Evi Syron-Russell (14.1)- 4. Amber Bryan-Isaacs (14.3) ;Ljump 4. Amber Bryan-Isaacs (3.94) ; Discus 2. Irene Mcintosh (15.60m) ; 4x100m relays 1st place {(Amber Bryon Isaas, Ayoni Williams, Evi Syron-Russell, Holly Fletcher (54.7))} *Blakheath & Bromley AC finished 5th with total 270 points*

**May 26th BMC Regional Race Exeter.**1500m 4. Bob Minting (v55) (*S-West Vets*) (4'48.92)

**May 27th BMC Sutcliffe Park, Eltham.** 800m (men) 7. F. Kilama (2'07.08) ; 1500m (mixed) 9. Hannah Cook (u15) (5'23.5).

**May 30th. BMC Meeting, Manchester.** Women. 800m (race E) 3. R. Syricki (*Loughborough Un.*) (2'16.39) ; 1500m (race B) 16. B. Proctor (*St Mary's, London Un*) (4'35.39). Men.1500m (race C) 16. J. Poole (*Loughborough Un.*) (4'00.50)- (race F) 14. D. Ryan (*Loughborough Un.*) (4'08.05).

**May 30th Southern Women's League, Norman Park.**

A string. 100m 2. A. Godsell (12.3) ; 200m 1. A. Godsell (25.1) ; 400m 2. S. McLennan (60.5) ; 800m 2. A. De Matos (2'28.0) ; 1500m 3. F. Green (5'04.3) ; 3000m 2. J. Hamer (10'48.1) ; 100mH 2. M. Southwart (15.3) ; 400mH 1. M. Southwart (1'07.8) ; Hjump 4. R. Arnheim (1.45m) ; Pvault 1. R. Arnheim (3.50m) ; Ljump 3. M. Southwart (5.04m) ; Tjump 3. R. Arnheim (9.54m) ; Shot 2. E. Hughes (10.41m) ; Discus 3. E. Penny-Duffy (29.08m) ; Hammer 4. C. Wickham (25.95m) ; Javelin 4. S. McLennan (22.04m) ; 4x100m 2<sup>nd</sup> place (51.9) ; 4x400m 1st place (4'21.3). B string. 100m 2. H. Godsell (13.8) ; 200m 2. L. Vallens (28.0) ; 400m 3. L. Vallens

(69.0) ; 800m 3. L. Vallens (3'25.5) ; 1500m 3. R. Smith (5'31.2) ; 3000m 1. J. Bradshaw (10'53.5) ; 400mH 1. C. Crouser (1'09.5) ; Hjump 4. A. Godsell (1.20m) ; Pvault 1. E. Hughes (3.30m) ; Ljump 4. C. Moore (3.49m) ; Tjump 4. J.Montgomery (8.40m) ; Shot 1. E. Penny-Duffy (9.10m) ; Discus 3. E. Hughes (26.15m) ; Hammer 3. E. Hughes (21.61m) ; Javelin 3. C. Wickham (19.85m). N/S 200m H. Godsell (28.7) ; Pvault C. Moore (3.10m).

### **May 31st UKA NYAL Leauge, Tonbridge School**

**U17 men** 100m A string. 2nd Ronnie Pocklington (11.2)-B String. 1st Ellis Zorro (11.7) ; 200m A 2nd Ronnie Pocklington (22.5)- B. 1st Kieran Daly (23.1); 400m A. 1st Ben Parkin (50.9)- B. 2nd Jonathan Pettet (53.2); 800m A. 4th Robert Yates (2'17.4)- B. 4th Sam Jackson (2'30.6); 1500m A. 4th Robert Yates (5'45.4)- B. 4th Will Mercer (5'01.8); 3000m A. 3rd Sam Jackson (10'12.7)-B. 3rd Will Mercer (10'40.6); 1500m S/Chase A. 3rd Sam Jackson (5'11.8)- B. 3. Will Mercer (5'33.7); 100m Hurdles A. 1st Ben Hopkins (13.8)- B. 1st Kieran Daly (16.8); 400m Hurdles A. 1st Ben Hopkins (58.1)- B. 1st Ben Parkin (56.8) ; High Jump A. 3rd Ben Parkin (1.70m)- B. 4th Daniel Hamilton (1.50m); Long Jump A. 2nd Courtney Ubank (5.55m)- B. 2nd Alan Jalaseo (5.41m); Triple Jump A. 1st Mark Longhurst (13.06m)-B. 1st Courtney Ubank (11.68m); Shot Putt A. 1st Mehmet Takpak (12.39m)-B. 1st Ellis Zorro (12.05m); Discus A. 1st Mehmet Takpak (31.15m)- B. 2nd Daniel Hamilton (22.34m); Hammer A. 2nd Mehmet Takpak (33.77m)- B. 3rd Jon Pettet (10.47m); Javelin A. 3rd Jonathan Pettet (24.21m); 4x100m Relay 1st {Dominic Coelheo, Ellis Zorro, Keiren Daly, Ronnie Pocklington (44.0)}; 4x400m Relay {Ben Parkin, Jonathan Pettet, Ellis Zorro, Ronnie Pocklington} disq. **U/15 boys** 100m A. 2nd Anton Daly (12.00) –B. 2nd James Allen(12.6) ; 200m A. 4th Joshua Oyedele (25.5)-B. 2nd Rapheat Maloney (26.9); 400m A. 2nd Joshua Oyedele (56.6)- B. 3rd Jake Allen- Wade (1.05.5); 800m A. 3rd Adam Willis (2'18.5) –B. 2nd Will Ruiz (2'20.4); 1500m A. 4th Tom Greenhill (5'55.6)-B. 3rd Jake Allen-Wade (5'21.6); 80m Hurdles A. 4th Louis Hopgood (13.1)- B. 4th Reon Gowan-Wade (13.5); High Jump A. 3rd Reon Gowan-Wade (1.50m)- B. =2nd Anthony Moore (1.45m); Long Jump 1st A.Reon Gowan-Wade (5.59m)-B. 1st James Allen (5.40m); Shot Putt A. 2nd Nyaz Chowdury (8.83m) –B. 3rd Lamar Richmond (8.45m); Discus A. 2nd Niyaz Chowdhury (30.93m)- B. 4th Anthony Moore (13.37m); Javelin A. 3rd Liam Cater (29.58m)-B. 3rd Lewis Duffy Penny (16.66m); Hammer A. 3. Niyaz Choudhry (18.86)- B. 3. Anthony Moore (13.37m); 4x100m Relay 1st place {Reon Gowan-Wade, Josh Oyedele, James Allen, Anton Daly (47.8)};

**U/13 boys** 100m A. 2nd Joshua Shonibare (13.7)-B. 1st Joshua Dalsan (14.1); 200m A. 3rd Joshua Shonibare (28.4) –B. 4th Jon Holmes (30.10); 800m A. 4th Thomas Desborough (2'49.5)-B. 3rd James Selway (2'58.6); 1500m A. 2nd William Fuller (5'03.4)-B. 3rd Thomas Powell (5'23.5); 75m Hurdles A. 1st Kieran Gowan-Wade(13.1)-B. 4th Sam Willis(14.9); High Jump A. 3rd Keiran Gowan-Wade(1.30m)-B. 3rd Jon Pairman (1.20m); Long Jump A. 1st Keiran Gowan-Wade (4.26m)-B. 1st Sam Willis (4.11m); Shot Putt A. 1st Jon Pairman (6.38m) – B. 4th James Selway (4.28m); 4x100m Relay 1st {Joshua Shonibare, Lewis Burton-Bell, Sam Willia, Jon Holmes (53.8)} **U17 women.** 100m. A. 2nd. Amara Lalemi-Jacobs (13.0)- B. 3rd . Nenisha Nelson-Roberts (14.0) ; 200m A. 3rd. Krystal Galley (27.4)- B. 2nd S. Duffy (27.4) ; 300m A. 2nd Krystal Galley (42.7)- B. 2<sup>nd</sup> Sian Duffy (46.2) ; 800m A. 1st Emily Nolan (2'21.2)- B. 1st. Rachel Robinson (2'31.1) ; 1500m A. 4th. Rachel Robinson (5'31.1)- B. 2. Michelle Fewster (5'37.4) ; 3000m A. 2. Danille Critchley (11'35.8)- B. 1. Melody Kane (11'56.4) ; 80mHurdles A. 3. Sian Duffy (12.6)- B. 2. Nenisha Nelson-Roberts (13.0) ; 300mHurdles A. 2. Chelsea Crouser (47.7)- B. 1. Nenisha Nelson-Roberts (49.6) ; 4k Hammer A. 1. Georgina Cousins (21.29m)- B. 2. Sian Hurlock (8.00m) ; 1k Discus A. 1. Ellie Penny-Duffy (26.92m)-B. 2. Christine Lyston (14.75m) ; 4k Shot A. 1. Ellie Penny-Duffy (8.59m)- B. 1. Georgina Cousins (7.22m) ; 600g Javelin A. 4. Ellie Penny-Duffy (23.20m)- B. 3. Georgina Cousins (19.73m) ; Ljump A. 2. Amara Lalemi-Jacobs (4.38m)- B. 2. Sian Hurlock (4.01m) ; Tjump A. 1. Sian Hurlock (9.71m)- 3. Rachel Robinson (8.56m) ; Hjump A. 1. Christine Lyston (1.50m)- B. 2. Chelsea Crouser (1.35m) ; Pvault A. 1. Anna Huggins (3.00m)- 1. Jessie Nicol-Smith (2.60m) ; 4x100m relays 4th place {Amara Lalemi-Jacobs, Ellie Duffy-Penny, Krystal Galley , Nenisha Nelson-Roberts (57.50)} **U15 girls.** 100m A. 1. Dina Asher Smith (12.7)- B. 1. Georgina Middleton (13.0) ; 200m A. 1. Dina Asher-Smith (25.7)- B. 1. Georgina Middleton (27.1) ; 800m A. 1. Jessica Jones (2'25.9)- B. 3. Kate Curren (2'36.6) ; 1500m A. 2. Amber Reed (5'03.4)- B. 3. Hope Stenning (5'23.5) ;

75mHurdles A. 1. Rhiannon Jones (12.2)- B. 2. Rachel Giannini (13.0) ; Ljump A. 1. Frances Read (4.63m)- B. 1. Jessica Moore (4.61m) ; Hjump A. 1. Frances Read (1.50m)- B. 1. Holly Fletcher (1.20m) ; 1k Discus A. 1. Eleanor Dumper (24.45m)- B.3. Hannah Cook (14.11m) ; 600g Javelin A. 3. Rhiannon Jones (19.37m)- B. 2. Jessica Jones (12.03m) ; 3.2k Shot A. 3. Eleanor Dumper (8.76m)- B. 3. Monique Walcott (5.21m) ; 4x100m 1st team { Georgina Middleton, Dina Asher-Smith, Victoria Munt, Ayoni Williams (51.50)} U13 Girls 75m (A)1st Leah MacDonald (10.8) -(B) 1st Oshuwa Obbeta (10.50); 150m (A )1st Leah McDonald (21.0)- (B)1st Oshuwa Obbeta (20.6); 800m (A)1st Janae Galley (2'30.4)- (B) 2nd Louise Davidson (2'44.8) ;1200m (A) 2nd Georgina Kennedy (4'04.8)- (B) 1st Sonia Woolhouse (4'15.9)- 70m Hurdles (A)1st Aine Hurlock(12.2)- (B)2nd Grace McGrand (13.7)-; HighJump (A)1st Shannon Clarke (1.33m)- (B)2nd Alana Fawk-Collins (1.25m) ; Shot (A)1st Ellie Lawrence (8.18m)-(B) 1st Yemisi Solofarin(7.74m); LongJump (A)1st Aine Hurlock (3.85m) -(B)1st Shannon Cordell (3.77m) ; 4x100m Relay 1st place { Leah McDonald Oshuwa Obbeta, Aine Hurlock, Grace McGrand (56.5)} *Blackheath & Bromley finished 1st with 463.5 points.*

**May 31st. Bedford International Games, Bedford Int. Stadium.**

Men.100m (race 2) 2.O. Sobudu (10.65)- (race 6) 7. J.Alaka (10.84); 400m 4. T. Bensted (49.43)- Tjump 7. K. Adeyogin (14.82m); 4x100m relays F Sodudu in GB team 1st; T.Gilling in GB team 2<sup>nd</sup>. Women 100m (race 1)1.A.Shand-Whittingham (11.99)-7.V.Cole(12.39); 200m (race 1) 5.V.Cole (24.95);100mH (race 2) 5.S. Solomon (14.29); Discus 3. S.Brown (50.54m)- Shot 5. S.Brown(13.92m); Javelin 7.C.Laurence(44.72m); Hjump 9=P.Hughes(1.68m); Ljump 5.L.Ugen (5.99m); 4x100m relay A.Shand-Whittingham in GB team 1st place.

**June 1st Fanny Blankers-Koen Grand Prix, Hengelo, Netherlands.** W100m. 7. M. Douglas (GB) (11.62).

**June 6<sup>th</sup> UKWAL Div 2 Round 1 Cardiff, Leckwith Road,**

100m A 1 Anike Shand-Whittingham (12.04)- B. 2 Vickie Cole (12.24); 200m A.1 Anike Shand-Whittingham (24.7) - B 1 Vickie Cole (25.1); 400m A 2 Rebecca Syrocki (55.8)- B. 7 Rebecca Smith (67.1); 800m A 4 Elaine Murty (2'16.06); 1500m A 7 Ella Fisher (5'02.4); 100mH A 2. Serita Solomon (14.31)- B. 2 Megan Southwart (15.67); 400mH A 5 Katrina Cosby (66.10)- B. 5 Megan Southwart (67.10); Discus Throw A 1 Shaunagh Brown (45.29m)- B. 3 Liz Hughes (28.32m); Hammer Throw A 4 Shaunagh Brown (38.90m); High Jump A 1 Pamela Hughes (1.70m)- 2 Rachel Arnheim (1.45m)- Long Jump A. 5. Isabel Ivy (4.42m); B 7. Megan Southwart (4.62m); Pole Vault A 4. Isabel Ivy (3.10m) ; Shot Putt A 1. Liz Hughes (9.89m)- B.3 Shaunagh Brown (13.13m); Triple Jump A 6. Isabel Ivy (10.23+2.2m)- B. 4 Rachel Arnheim (9.34+0.7m) 3 153 63; 4x400M Relay 6<sup>th</sup> place B&B (Elaine Murty, Isabel Ivy, Megan Southwart, Rebecca Syrocki) (4'02.8) 6<sup>th</sup> *Blackheath & Bromley H&AC 153 points*

**June 6<sup>th</sup> British League, Cardiff.** 100m A F. Sobudu (10.89)- B. 5.D.Bovell (11.11); 200m A. 5.E. Harrison (22.3)- B.7.L.Charles (23.1); 400m A. 4. D.Putnam (49.5)- B. J.Cayenne (49.4); 800m A.8.D.McKinlay (1'58.45)- B. 4. D.Ryan (1'58.89); 1500m A. 4. J. Poole (3'59.1)- B. 2.R.Bentley (3'59.1); 5000m A. 7. D.Brewer (15'45.7); 100mH A.6.A.Pope (18.3)- B. 4.B.Barikor(18.4); 400mH A.3.E.Harrison (53.96)- B.1.D.Paisley (57.11); 3000ms/c A. 4. Bruce-Littlewood (9'34.90)'- B.2. A.Gibbins (9'54.40); Discus A.7.A.Pope (32.47)- B. 7. R.Alameen (21.53); Hammer A. 4.R.Al Ameen (48.76m)- B. A.Pope (30.12m); Hjump A.2.L.Ely(1.90m)- B.3= B. Barikor(1.75m); Javelin A.7.A.Pope (47.75m)- B. 8. C.Brand (32.48m); Ljump A. 5. J. Olasan (6.78+0.6m)- B.5.B.Barikor (6.10+0.6m); Pvault A.3.A.Williams v55 (3.80m)- B. 3. N. Moore (3.40m); Shot A. 8. A. Pope (10.93m)- B. 6. D. Bovell (8.97m); Tjump A.2. S.Bobb (13.71m)- B.2. J.Olasan (12.57m); 4x400m Relay 3<sup>rd</sup> place B&B (B.Barikor, D.Paisley, E. Harrison, L.Charles) (3'20.8). *Blackheath & Bromley 4<sup>th</sup> 271 points*

**June 6th Southern Men Div 3S Round:3D, Norman Park,**

100m A 1 S.Sultan *U17* (11.6) -B. 2.L.Downham *U17* (12.0) ; 200m A 1 N. Francis (23.51)- B. 1. D.McKeown (25.2) ; 400m A 1.A.Wilson (51.8)- B. 1 J. Clarke *U20* (58.9) ; 800m A 1 O.Robinson *U20* (2'06.1)- B.2 R. Daniels (2'01.1) ; 1500m A 2 R. Daniels (4'21.2)- B.2 P.Sesemann *U17* (4'23.9) ; 5000m A 1 J. Thorpe *V35* (15'57.7)- B. 2 B. McShane *V40* (18'19.4) ; 110mH A 1.D.Willis (18.6)-B. 1 I.Holder *V45* (21.5) ; 400mH A. 1

J.Clarke *U20* (61.7)-B. 1 R. Holt *V35* (62.8) ; 3000m S/C A 2. Richard Hall (11'37.6)- B.3 D.McKeown (15'13.8) ; Discus A 3. I.Holder *V45* (19.64m) -B.3 D.Willis (17.42m) ; Hammer A 2 D.Willis (13.26m)- 3 Richard Holt *V35* (17.22m) ; HJump A 2 Dale Willis (1.55m)- 2 Dan McKeown (1.45m) ; Javelin A.3. R.Holt *V35* (27.18m)- 4. D.McKeown (6.11m) ; LJump A 1 M.Longhurst *U17* (6.20m)- 1 D. McKeown (5.88m); PVault A 2 A.Hardy *V50* (2.80m); Shot A.2 M.Longhurst *U17* (9.61m)- B. 3 D.McKeown (6.68m) ; TJump A 1 M.Longhurst *U17* (13.02m) – B. 2 D.McKeown (10.74m) ; 4x100M Relay 1st B&B ( N.Francis *U20*, S. Sultan *U17*, D.McKeown, L. Downham *U17*) (46.3); 4x400M Relay1st B&B (R.Daniels, J.Clarke *U20*, A.Wilson, O.Robinson) (3'37.1) *Ist Blackheath & Bromley H&AC 113 points*

**June 12th Southern Counties Vets AC, Kent Divisions, Norman Park.**

**Division 1. M35.** A string.100m1.M Richards (11.6)- 800m 5. K. Ewing *m45* (3'15.6); Discus 3. S. Tolson (23.46m)-Ljump. B string 100m. 2. R. Fox *m50* (12.5); 800m 1. Rob Hall (2'12.8) ; 4x200m relays 1st place (M.Richards, R. Fox, N.Keogh, P.Byfield {1'42.0}) **M50.** A string100m 1.T. Phillips *m55*(12.8) ; **M50** 800m 2. R.Minting (2'10.6) ; Discus. 2. C. Leon (18.26m) ; Ljump 2. C. Leon (4.85m) ; **M60.**100m 4. M. Martineau (16.2m) ; Discus 1. G. Hickey *m75* (25.14m). **W35.** A string 100m. 4. S. Rowbotham *w40* (15.5) ; 800m 3. M. Miller *w45* (2'42.4) ; Discus 4. A. McSorley (14.27m) ; Ljump 3.J. Montgomery (3.76m). B string 100m.2. J.Montgomery (14.8)- 800m 1.J. Bradshaw *w40* (2'36.6); 4x200m Relays 1st place.(H.Godsell, J. Montgomery, M. Miller, S. Rowbotham (1'59.8) **W50** 100m 1. H. Godsell *w55*(14.0)- 800m 3. A. Cilia (3'09.8) ; Discus 1. B. Simpson (24.60m); Ljump 3.A.Cilia (3.30m) **W60** Discus 1.B.Terry (22.48m).B string 100m 1. J. Montgomery *w45* (14.8); 800m 1. J. Bradshaw (2'36.6) **Division 2. W35.**A string 4. S. Dowling (16.8); Ljump 1.C. Jones-Baldock (3.27m). B string. 100m.1.C. Jones-Baldock (16.5) ; 800m 1. C. Jones-Baldock (2'46.9). N/S **M35.** Ljump P. Byfield *m40* (5.19m) ; Discus R. Horne *m40* (18.60) ; 100m C. Leon *m50* (12.9) **M60.**100m J. Robinson *m65* (15.6). *Blackheath & Bromley 1st with 64 points*

**June 13<sup>th</sup> BMC Nike Grand Prix, Watford** Mens 1500m race C 13 J.Poole *U23* (*Loughborough Un.*) (3'55.68); race G 3. A.Bruce-Littlewood *U20* (3'57.44)- 11. F.Kilama *U20* (4'05.88); **Womens 1500m** race B.17. B.Proctor *U23*(4'38.41)(*St. Mary's College, London Un.*)

**June 13th Cezmi Or Memorial meeting, Istanbul.** Women 100m. 6. A.Shand-Whittingham (*GB*) (12.08) ; 200m 4. A. Shand-Whittingham (24.56) ; Men Tjump 10. K. Adedoyin (*GB*)(14.86m)

**June 13/14th Bauhaus Junioren-Gala, Mannheim.**Women. Discus.7. S. Brown (*GB*)(46.12m) ; Shot 5. S.Brown (14.02m). Men 4x100m relay. (F. Sobodu in GB team finishing 1st in 40'23)

**June 14th IAAF Golden League, Berlin.**Women 4x100m (M Douglas in GB team finishing 1st in 43.18)

**June 14<sup>th</sup> NJL Southern Premier Div Round:2, Eton, TVAC,**

**Men** 100m. A string *Wind +2.9 m/s* 2. T.Gilling (10.80)–B.string.*Wind +1.8 m/s* 3. R.Pocklington *U17* (11.31); M 200m A *Wind +0.9 m/s*; 2. D.Putnam (21.95)- B.*Wind +0.4 m/s* 2 T.Gilling (22.09); 400m A 1 D. Putnam (48.71)-B. 2 L.Charles (49.93); 800m A 4. A.Bruce Littlewood (1'59.43)-B. 4. O. Robinson (2'04.77); 1500m A 7. B. Greenhalgh (4'21.44)-B. 7 C. Fraser (4'43.96); 3000m A 7 S. Jackson *U17* (10'05.68) -B. 5 O. Robinson (10'32.84); 110mH A *Wind +0.3 m/s* 3 M.Walcott (14.75)-B. *Wind -0.2 m/s* 5 J.Powell (20.81); 400mH A 3 B. Parkin *U17* (57.58)-B. 3 J. Powell (1.02.34); 2000m S/c A 2 A.Bruce Littlewood (6'20.05)-B. 5 H.Kurtyanek *U17* (7'23.19); Discus A. 5 R. Norton (30.20m)- B 3 A. Jordan (28.62m); Hammer A 2 A.Jordan (61.45m)- B 1 R. Al Ameen (55.16m); High Jump A 5. R. Norton (1.80m)- B 6 J. Powell (1.55m); Javelin A 2. R.Norton (48.89m)-B.3 S. Brown (40.63m); Long Jump A.3 J.Olasan (6.86m)- B 5 M.Longhurst *U17* (5.42m); Pole Vault A 1 M.Longhurst *U17* (3.95m) - B 1=S.Brown (4.10m); Shot A - 5 R. Al Ameen (11.02m) –B. 2 E. Zorro *U17* (10.50m); Triple Jump A 6 C.Ubank *U17* (11.63m) - B 4 T. Powell *U17* (11.23+0.9m); 4x100m Relay 2<sup>nd</sup> place B&B (T.Gilling, M. Walcott, D.Putnam, R.Pocklington (42.26) ); 4x400m Relay 1st place B&B (A.Blair, R. Pocklington *U17*, B.Parkin *U17*, L.Charles (3'23.41))

**Women** 100m A *Wind +1.0 m/s* 7 Kirstie Robinson (12.95) - B *Wind +1.1 m/s* 3 Grace Sheppard (12.68); 200m A *Wind +0.2 m/s* 2 F.Foster *U17* (25.44) B- *Wind +0.5 m/s* 1 S. Solomon (25.19); 400m A .3 S. Echel

Thompson (56.78) - B 1 S.McLellan (1.00.36); 800m A. 5 E. Nolan *UI7* (2'15.90)- B 1 K. Galley *UI7* (2'24.18); 1500m A 6 A.De Matos (5'17.78)- B. 2 C. Parkin (5'24.86); 3000m A .3 J Hamer (10'39.37) - B.1 D.Critchley (11'14.71); 100mH A *Wind +0.9 m/s* 1 S. Solomon (14.03)- B *Wind +1.3 m/s.* 1 S. Seaton (14.73); 400mH A. 4 M. Southwart (1.05.12)- B.7 C. Crouser *UI7* (1'18.15); 1500m S/c A 3 R. Smith (6'01.13)- B.2 M.Kane *UI7* (6'23.51); Discus A. S. Milner *UI7* (38.35)-B.6. A-S. Gnadou (18.69); Hammer A. 5 O. Jemiyu (38.83); HJump A. 5=A-S.Gnadou (1.45m)- B.4 G. Sheppard (1.45m); Javelin 5 S.McLellan (21.02m)- B 3 A.- S Gnadou (30.99m); LJump A 1 L.Ugen (5.99+0.2m) -B. 2 I.Ivy (4.77-0.2m); Pole Vault A 1 C. Moore (3.20m)-B. 1 A.Huggins (3.05m); Shot A 2 S. Effenayi *UI7* (11.91m) - B.1 S.Milner *UI7*(11.24m); TJump A 5 I. Ivy (10.22+1.0 5m) -B. Robinson *UI7* (9.07-0.2m); 4x100m Relay 2nd place B&B ( M. Southwart, S.Solomon, G.Sheppard, K. Robinson (48.81)); 4x400m Relay 2nd B&B (S. McLellan, A. De Matos, I. Ivy, S. Echel Thompson (3'59.01))

### **June 17<sup>th</sup> Watford open graded meeting (inc. BMC Gold Standard races), Woodside Stadium**

100m.(race F) 7. T.Olubi (11.50); 1500m (race D) 2. E. Nolan *wUI7* (4'47.64)- (race G) 6. W. Foster *m50* (4'25.84)- (race J) 8. F. Kilama *mU20* (4'19.14); 800m (race B) 6. D. McKinlay (*East Anglia Un.*) (1'59.27)

### **Club Championships- Norman Park**

**May 27<sup>th</sup> 10,000m Club Championship** 1.T. Soutar (35'44.3)- 2. C.Keen (36'42)- 3. G.Evans (36'46.8)- 4. D.Beadle (38'27.6)-5. G.Coates (40'40.3)- 6. R.Brown (41'14.4)- 7. A.Laws (41'17.3) -8. A. Stokes (41'58.1).

**June 3<sup>rd</sup>. U13 girls. 150m** 1st heat 1. A.Hurlock (21.5) G3- 2. A. Johnson (22.5)- 3. S. Cordell (22.8)- 4. S. Clarke (23.2)- 2<sup>nd</sup> heat 1. S.Woolhouse (21.8) G3- 2. G. McGrand (22.6)- 3. S. Leighton (23.9)- 4. C. Smith (25.6); **Hjump**1. S. Clarke (1.30m) G3-2. A. Hurlock (1.20m) G4- 7. S. Cordell (1.20m) G4- 4. G. McGrand (1.15m)- 5. A. Johnson (1.10m)- 6. S. Woolhouse (1.00m); **Javelin**1. A. Hurlcok (17.10m) G4- 2. S. Clarke (15.57m) G4- 3. 4. A. Johnson (12.11m)- 5. G. McGrand (11.70m)- 6. C. Smith (7.31m)- 7. S. Cordell (7.19m)-8. S. Leighton (5.51)

**U13 boys. 150m** 3rd heat 1. D. Waller (25.60)- 2. J. Holmes (20.80)- 3.A. Naracott (22.8)- 4.K. Gowan-Wade (20.4)- 5. L. Burton-Bell (22.2) ; **Hjump** 1. K.Gowan-Wade (1.30m)- 2. A. Naracott (1.15m)- 3. J. Holmes (1.15m)- 4. L. Burton-Bell (1.10m)- 5. D.Waller (1.05m); **Javelin** 1. L. Burton Bell (17.54m)- 2. J. Holmes (14.27m)- 3. D.Waller (13.49m)- 4. A. Narracott (12.65m)- 5. K.Gowan-Wade (9.25m)

**U15 girls. 200m** 1st heat 1. D. Asher- Smith (26.1)- 2. R. Dickens (26.3)- 3. V. Munt (27.7) G4- 4. H. Fletcher (27.8). - 2<sup>nd</sup> heat 1. G. Middleton (27.1)- 2. A. Williams (30.3)- 3. C. Harris (28.9)- 4. A. Bryan-Isaacs (30.6)- 5. N. Mountford (30.7)- 6. M. Holland (32,3) Final 1.D.Asher- Smith (25.7)- 2. R.Dickens (25.8)- 3. G. Middleton (26.8)- 4. H. Fletcher (27.7)- 5. V.Munt (28.4)- 6. C.Harris (29.5) ; 300m 1. C.Crouser (47.8)- 2. R. Jones (50.4)- 3. R. Giannini (53.5).

**U15 boys. 200m** 1 J.Oyedele (25.3) G4- 2. J. Allen (25.5) G4- 3. M. Baker (27.3)- 4. L. Hopgood (27.3) **U17 men** 200m 1. R. Pocklington (22.7)G1- 2. J. Pettet (23.6) G4- 3. C. Ubank (24.0) G4- 4. L. Downham (24.8) ; **Open. Men's mile.**1. B. Greenhalgh *U20* (4'49.1)- 2. K. Ewing *m45* (4'51.7)- 3. R. Yates (5'01.4)- 4. T. Soutar *m50* (5'08.7)-5. W.Ruiz (5'19.8)- 6. C. Keen (5'23.8)- 7. M. Jones (5'25.1)-8. R. Brown *m50* (5'44.7)-9. I. Montgomery (5'47.5)- 10. A.Lawes *m50* (6'03.3) ; W200m. 1. A. Godsell (25.7)- 2. G. Sheppard *U20W* (26.0)- 3. R. Robinson *UI7W* (28.3)- 4. J. Montgomery *W45* (30.2).

**Women's mile** 1. A. Reed (*U15G*) (5'52.9)- 2. J.Bradshaw *w35* (5'43.6)- 3. J.Jones *UI7W* (5'40.3)- 4. R Robinson *UI7W* (5'55.1)- 5. I. Jackson (6'26)- 6. T.Ashenden (6'43.8)- 7. S.Bayley (7'38.4)- 8. B. Woodhouse (7'39.8); **Hammer** 1.A. Jordan *U20M* (60.84m)- 2. R.Al-Ameen *U20M* (54.81)- 3. C. Brand *M70* (30.90m)- 4. D.Mehmed (12.80m)- 5. P. Burford (11.45m) ; **Tjump**1.8.C.Ubank *UI7m* (11.30m)- 2. C. Leon *m50* (10.16m)- 3. J.Allen *UI5B* (10.12m)- 4. F.Read (*UI5G*)G3 (9.93m)- 5.M.Baker *UI5B* (9.88m)- 6. J. Moore *UI5G* G3 (9.66m)- 7. R. Robinson *UI7W* G4- 8.V.Munt *UI5G* (8.54)-(9.02m)- 9. C. Lyston (*UI5G*) (8.34m)- 10. J. Montgomery *W45* (8.43)- 11. H. Fletcher *UI5G* (7.65m)

**M50.200m** 1. T. Phillips *M55* (25.7)- 2.C. Leon (26.8)- 3. R. Brown (29.0)- 4. A. Lawes (33.4)

### **Local knowledge**

As material for this edition is somewhat thin on the ground this month I may as well take the opportunity to mention a column which I will be regularly writing for the Hayes Review, a quarterly newsletter dealing with local issues and organisations. Although this club does get a lot of coverage in the local, national and athletics press the Review's editor has asked me for regular input as to the role of the club in the community, and to that end I have submitted an article explaining in broad terms who we are and what we do to those unfamiliar with active athletics. In the future I intend to produce regular articles featuring different aspects and news of the club, designed to appeal to non-runners and inform the community of where we are and what we stand for. What I would ask of readers and members is that if you have anything you wish me to mention or work into the article, please let me know in the usual way. The following are extracts from the article that I've just submitted for inclusion in the next edition of the Review:-

*“The club has always maintained a high standard of performance in British and world athletics and plays its part in the various bodies that control and govern the sport. On July 4<sup>th</sup> this year the club will be hosting an athletics meeting in the British Athletics League at Norman Park. ... However it aims to play its role in supporting and contributing the community. Since 1988 the club has raised over £140,000 for a variety of charities through members taking part in the London Marathon. Beneficiaries have included local charities such as St Christopher's Hospice and the Kent Association for the Blind, as well as familiar names such as Great Ormond Street. ....Through its network of coaches and officials the club aims to promote its aims in local schools and youth groups by encouraging young people in pursuing a more healthy and constructive lifestyle. As can be seen through its fund raising Blackheath has played an integral role in the organisation of the London Marathon since it was first staged in 1981 ..... “Always an essential element of any sports club..... (the social activities) are managed by a wine committee which ensures that a social programme is devised which includes non-athletic events as well as dinners, themed social functions and barbeques. .... The club house has also been the venue for live bands, musical performers and art exhibitions. All are open to members but guests are invited. The club has particularly good bar and catering facilities by the standards of many athletic clubs. ....On attending such functions one realises that the club contains a mix of people who enjoy a diverse range of sporting and cultural pursuits including golf, art, music and drama. I got the impression from one of the club's most distinguished lady athletes that many members see the club as a family providing a network of support and friendship just like any normal community .....It is more than just a running club but a community in itself aiming to serve the wider community”.*

**WHO.**



Was this the crucial moment that cost Nick Kinsey his chance of beating last year's marathon time...the 3 seconds lost?.

Some Coming events continued...

Aug 1st Southern Men's League, Tonbridge- Aug 2<sup>nd</sup> Kent Young Atheltes League, Deansgate- Aug 2<sup>nd</sup> UK Womens Athletic Lge, Glasgow- Aug 8th BAL Cup final, Bedford- Aug 8/9th England U15/17 Champs, Birmingham- Aug 12th Club 5000m champs, Norman Park-Aug 15-23rd World championships, Berlin- Aug 19th Parris Handicap (race 5)- Aug 19th. Sydney Wooderson Memorial 800m , Sutcliffe Park- Aug 22nd BA League, Kingston.