



# Blackheath & Bromley Courier

November 2015.

President 2015-16. Dave Cordell.

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

It is nearly five years since the last edition of the Courier so why bother reviving it? Results of our members can be found on our website and elsewhere on the internet, but not in one place. To read the results from the first Kent League races 22 pdf files need to be opened, one more if there had been an under 20 womens team result. The older the event the more chance that the link to a website won't work. Looking at an old press report will give the interested person some detail on an event but probably not all the results. So think of it as an app that brings all Blackheath & Bromley results together, and reminds members of forthcoming fixtures and social events. Results in this edition cover September and October, but the aim is to go monthly.



**Past President Graham Botley RIP.** Many attended Graham's funeral in Sutton Coldfield at the end of September. A full obituary will, no doubt, appear in a forthcoming Gazette. He was the first Club manager to win the Southern Cross Country Championships, and the Southern 12 Stage Road Relay. Diagnosed with cancer, he was advised he was unlikely to reach his 70<sup>th</sup> birthday, which is just the thing to inspire someone with an athlete's mentality. He celebrated his 70<sup>th</sup> with great friends Chris Haines and Ian Wilson in Summer 2014 at the Clubhouse. At the time of his death he had plans to organise a celebration of Senior Club success at the Sydney Wooderson Centre. He has passed on this baton and expect further news on this in the New Year. This edition of the Courier is dedicated to his memory.

Sadly Johnny Johnson has also passed away at the age of 88.

**VOTE VOTE VOTE....Athletics Weekly, Athletes Of The Year, Readers Choice Awards.**



The Club has five nominations in the various categories. Vote for them at [athleticsw.com/AWaoty2015](http://athleticsw.com/AWaoty2015)  
Voting closes on November 29th and results will be published on December 10th.

**British Female Athlete Of The Year – Dina Asher Smith**

**British Junior Female Athlete Of The Year – Cheriece Hylton and Shannon Hylton are both nominated.**

**British Veteran – Dave Heath**

**British Breakthrough – Dina Asher Smith**

### Forthcoming fixtures

7<sup>th</sup> November. Kent League, Sparrows Den. All age groups except Senior Women.

21<sup>st</sup> November. Bromley Primary Schools Cross Country, Crystal Palace.

28<sup>th</sup> November. Kent League, Danson Park. All age groups except Senior Men.

5<sup>th</sup> December. Kent Masters Cross Country, Sparrows Den

20<sup>th</sup> December. Christmas Yacht Handicap.

26<sup>th</sup> December. Fancy Dress Paperchase.



### On the social side

13<sup>th</sup> November. Youth Club 7-9pm

20<sup>th</sup> November. Annual Club Dinner. Guest Mike Gratton. Tickets £27 SOLD OUT. To be added to the waiting list mail Dick Griffin ([rfgriffin556@gmail.com](mailto:rfgriffin556@gmail.com)).

Sunday 13<sup>th</sup> December. Christmas Lunch. 12.30.

Wednesday 16<sup>th</sup> December. Wednesday Nighters Christmas Dinner. Contact Gerry Alger [galger@hotmail.co.uk](mailto:galger@hotmail.co.uk)

Saturday 26<sup>th</sup> December. Post paperchase bar open from noon.



### Officials

Many of our officials have been working for the Club for far longer than they might like to remember. The more people who help the easier it becomes for everyone as we support our many teams in various disciplines.

Over the Winter if you would be interested in timekeeping or recording contact Steve Hollingdale on 020 8467 4104. Potential trail layers and pointsmen speak to Bob Cliff on 020 8295 1295.

Now is the time to be thinking about officiating next Summer so contact Mike Davies on [mj.davies4@ntlworld.com](mailto:mj.davies4@ntlworld.com) In most Leagues officials score points for the team.

If you would like to qualify as a Leader in Running Fitness contact John Baldwin [johnrbaldwin@tiscali.co.uk](mailto:johnrbaldwin@tiscali.co.uk). Funding is available from B&B and KLAN.

**Coaching news.** John Blackie was recently presented with the Award for Bromley Coach Of The Year by Sports Bromley President Bernard Holley. John coaches Dina Asher Smith who at the age of 19 broke the British 100 and 200 metre records this Summer. They had stood for over 30 years. In doing so Dina became the first British woman to run under 11 seconds for the 100 metres, a truly Historic event.

**Off to school.** A number of our athletes have started University this Autumn. Among them are Stefan Amokwandoh (Princeton, USA), Kerri Davidson (Princeton, USA), Tom Desborough (Brighton), Will Fuller (Loughborough), Louis Mascarenhas (St Marys), Richard Webb (Cardiff), and Sonia Woolhouse (Bradford). If you are attending University please ensure Membership Secretary Rob Brown is aware.

## September Results

**2<sup>nd</sup>**. Lee Valley Sprint Series Open. 100. Ht 7. 3. Montell Douglas 11.77 (+0.3).

Parris Handicap, Hayes. 1. James Neylon 33.07 (22.07 net time), 2. Peter Kerry 33.18 (30.03), 3. Sheridan Morris 33.20 (21.35), 4. Bob Minting 33.25 (19.40), 5. Rob Brown 33.26 (20.11), 6. Sally Haffenden 33.32 (22.17), 7. Zoe Kingsmill 33.36 (25.36), 8. Luigi Arcuri 33.39 (23.09), 9. Luca Ercolani 33.44 (18.14), 10. Clayton Aves 34.05 (18.50), 11. Chris Pike 34.07 (21.22), 12. Gerry Alger 34.08 (23.38), 13. David Carton 34.09 (21.39), 14. David Beadle 34.11 (18.41), 15. Marco Arcuri 34.21 (17.36), 16. Chris Tuck 34.22 (18.22), 17. Bryan Donnelly 34.24 (18.24), 18. Tim Ayres 34.31 (19.16), 19. Adrian Stocks 34.32 (20.32), 20. Maz Turner 34.39 (29.39), 21. Bernie Bater 34.45 (22.30), 22. Martyn Longstaff 34.48 (27.33), 23. Rob Clark 34.55 (24.25), 24. Anne Cilia 43.20 (34.05), 25. Harry Louca 43.21 (35.21). Final standings. 1. Bob Minting 131, 2. Zoe Kingsmill 128, 3. David Carton 118, 4. Dave Leal 110, 5. Gerry Alger 109, 6. Tim Ward 102, 7. Tim Ayres 102, 8. James Neylon 95, 9. Bernie Bater 86, 10. Chris Pike 82.

**3<sup>rd</sup>**. IAAF Diamond League, Zurich. LJ. 8. Lorraine Ugen 6.31 (-1.1)

**4<sup>th</sup>**. Guernsey 3km track walk. 9. David Hoben 20.40.

Sainsburys School Games, Sportscity Manchester. U17W. 100. 1. Charmont Webster Tape (2<sup>nd</sup> claim) 12.22 (-2.4). 3000m. 2. Jessica Keene 10.07.55. 1500S/C. 1. Yasmin Austridge 5.07.65. LJ. 1. Holly Mills 5.95 (-0.6). U17M. 1500S/C. 3. Joss Barber 4.31.27. JT. 1. James Whiteaker 73.45.

**5<sup>th</sup>**. Youth Development League, Lower Age Group Final, Birmingham.

U15B. 100. A. 6. Robert Abbott 12.40 (2.2). B. 5. Myles Xavier 12.75 (1.3). 200. A. 4. Ben Sutton 24.48 (1.6). B. 4. Tom Mills 25.39 (1.0). 300. A. 2. Ben Sutton 38.43. B. 1. Ben Bennett 40.00. 800. A. 1. Henry James Cowie 2.05.03. B. 1. Peter Guy 2.12.42. 1500. A. 1. Angus Harrington 4.18.93. B. 1. Coleman Corry 4.34.68. 80H. A. 4. Henry James Cowie 12.12 (1.1). B. 5. Ben Edozie 12.74 (0.7). HJ. A. 4. Rico Cottell 1.60. B. 2. Pedro Gleadall 1.60. LJ. A. 6. Ben Edozie 5.04 (-1.4). B. 4. Myles Xavier 4.94 (0.0). PV. A. 1. George Pope 3.20. B. 1. Lewis Stickings 2.80. SP. A. 6. James Lancaster 9.83. B. 5. Tom Mills 9.70. DT. A. 3. James Lancaster 34.18. B. 3. Nathan Sureshkumar 30.26. JT. A. 1. Angus Harrington 44.92. B. 1. Nor Mohamed Kasem 38.35. HT. A. 1. James Lancaster 54.62. B. 4. Charlie Short 27.59. 4x100. 4. 49.22. (Myles Xavier, Caelan Raju, Tom Mills, Robert Abbott). 4x300. 1. 2.39.58. (Ben Sutton, Ben Bennett, Henry James Cowie, Peter Guy).

U13B. 100. A.1. Tareq Bannour 12.55 (1.3). B. 1. Kyron Morgan 12.49 (2.9). 200. A. 1. Tareq Bannour 25.53 (2.5). B. 1. Kyron Morgan 25.98 (1.4). 800. A. 5. Thomas Penlington 2.32.97. B. 5. Jake Leng 2.38.27. 1500. A. 1. Rowan Fuss 4.31.20 (LEAGUE RECORD). B. 1. Sam Reardon 5.00.41. 75H. A. 6. Jacob Byfield 13.98 (3.0). B. 7. Barnaby Corry 15.88 (1.2). HJ. A. 8. Jacob Byfield 1.15. B. 7. Ethan Kitteridge 1.15. LJ. A. 5. Archie Shipley 4.34. (-1.2) B. 3. Jacob Byfield 4.15 (0.0) SP. A. 1. Michael Burfoot 9.91. B. 1. Kyron Morgan 8.89. JT. A. 8. Michael Burfoot 18.11. B. Ethan Kitteridge 12.85. 4X100. 2. 53.20 (Leo McCallum, Kyron Morgan, Archie Shipley, Tareq Bannour).

U15G. 100. A. 5. Katie Woolcott 13.05 (0.9). B. 6. Rachel Yeldam 13.68 (0.9). 200. A. 3. Mhairi Brooks 26.69 (1.7). B. 2. Katie Woolcott 26.69 (1.2). 300. A. 3. Grace Scopes 43.79. B. 2. Karina Harris 44.13. 800. A. 4. Kelsi Cornish 2.26.52. B. 3. Stephanie Taylor 2.27.54. 1500. A. 5. Millie Smith 5.07.99. B. 4. Lily Tappenden 5.17.97. 75H. A. 7. Grace Fullerton 13.39 (0.6). B. 7. Zoe Austridge 13.76(1.7). HJ. A. 4. Alice Prentice 1.45. B. 4. Antonia Alapafuja 1.40. LJ. A. 1. Karina Harris 5.11 (0.0) B. 3. Zoe Martial 4.45 (-2.2). PV. A.5. Eleanor Barrett 2.30. B. 5. Zoe Austridge 1.80. SP.A. 1. Eloise Locke 12.46. B. 1. Eve Keith 10.50. DT. A. 1. Eve Keith 32.58. B. Kareena Galley NT. JT. A. 1. Eloise Locke 39.77. B. 2. Daisy Dowling 26.17. HT. A. 6. Andrea Kelsey 29.89. B. 5. Eloise Locke 20.49. 4x100 B&B DQ. 4x300. 2. 2.59.41 (Kelsi Cornish, Antonia Alapafuga, Karina Harris, Grace Scopes).

U13G. 75. A. 2. Holly Mpassy 10.31 (2.5). B. 8. Eva Stephanue 11.01 (0.7). 150. 6. Eva Stephanue 21.61 (0.5). B. 5. Shakanya Osashon 21.38(1.8). 800. A. 4. Morgan Squibb 2.31.95. B. 5. Roseanna Allan 2.45.56. 1200. A. 1. Ellie Dolby 3.57.38. B. 2. Jessica Neal 4.08.17. 70H. A. 8. Olivia English 13.24 (0.4). B. 8. Ella Brown 13.20 (0.6). HJ. A. 4=. Akeiyila Robinson Pascal 1.30. B. 5= Morgan Squibb 1.25. LJ. A. 7. Philippa Widdows 4.03(-0.3) B. 8. Heidi Forsyth 3.10 (-0.9) SP. 8. Renee Bel-Mondue 7.19. B. 5. Kendeaa Cameron-Chavannes 5.81. JT. A. 3. Ella Osborne 22.97. B. 7. Kendeaa Cameron-Chavannes 12.55. 4x100 7. 57.35 (Shakanya Osashon, Eva Stephanue, Emily Purser, Holly Mpassy).

1. Edinburgh AC. 608. 2. Blackheath & Bromley 599. 3. Sale Harriers, Manchester 591. 4. Southampton 549.5. 5. Cardiff 527.5. 6. Rugby & Northampton 507.5. 7. Reading 448. 8. Preston Harriers 405.5.

Frank Starkie Award U15B 1500 Angus Harrington 4.18.93.

Parkruns. Bromley. 17. Steve Pairman 19.21. 26. Keir Lundy 19.47. 27. Joseph Folkes 19.48. 32. Andy Tucker 19.58. 34. Mike Simms 19.59. 45. Matthew Pond 20.44. 49. Adrian Perry 20.53. 72. Jamie Muir 21.48. 89. Graham Coates 22.11. 92. James

Neylon 22.14. 97. Hannah O'Flynn 22.19. 103. Chloe Kibblewhite 22.27. 104. Tim Ward 22.27. 120. Daniella Harper 23.07. 122. Imogen Meers 23.09. 297. Nigel Bulmer 27.17. 331. Julia Pairman 28.41. 442. Andy Kingsmell 32.49. 450. Peter Lovell 33.01. Bexley. 21. Chris Pike 2.39. Greenwich. 17. Jenny Neal 21.31 (1<sup>st</sup> woman). Brockwell Park. 178. Zoe Kingsmell 27.46. Crystal Palace. 58. Niamh Milmo 24.01. Lloyd Park. 7. David Beadle 19.33. Poole. 112. Ian Young 22.06. Riddlesdown. 21. Gracie Horton 22.07. Barnstaple. 30. Barry Wetherill 22.32. Dulwich. 78. John Isaacs 24.36. 80. John Butler 24.45. 82. Austin Adams 25.08. Peckham Rye. 102. Maz Turner 30.29. Exeter Riverside. 12. Bob Minting 20.36.

6<sup>th</sup>. Youth Development League, Upper Age Group Final, Birmingham.

U20M 100. A. Shamar Thomas Campbell 11.27 (0.1) B. 8. Callum Gardiner 12.37 (0.2). 200. A. Shamar Thomas Campbell 23.05 (4.2). B. 6. Luca Taylor 23.44 (0.8). 400. A. 6. Luca Taylor 54.06. B. 7. Bertie Harrington 62.39. 800. A. 8. Will Fuller 2.07.29. B. 7. Will Ruiz 2.19.23. 1500. A. 3. Will Fuller 4.02.37. B. 5. Will Ruiz 4.18.94. 3000. A. 3. Will Fuller 8.47.57. B. 4. Will Ruiz 9.44.58. 110H A. -. B. -. 400H. A. 6. Tom Desborough 66.62. B. 7. Bertie Harrington 74.53. 2000s/c. A. 7. Tom Desborough 7.04.25. B. 5. Bertie Harrington 7.31.60. HJ. A. 6. Jon Pairman 1.70. B. E. Gregorio De Souza N/H. LJ. A. 7. Callum Gardiner 4.87 (0.2). B. 6. Frankie Scrivener 4.66 (-1.1). TJ. A. 8. Oscar Hussey 10.43 (-0.4). B. Jon Pairman 10.11 (0.0). PV. A. 7. Jon Pairman 2.15 B. Frankie Scrivener N/H. SP. A. 1. Louis Mascarenhas 15.03. B. 8. Dylan Reeves-Fellows 5.86. DT. A. 1. Louis Mascarenhas 51.13. B. 7. Joe Freeman 17.11. JT. A. 6. Korede Osinibi 36.29. B. 6. Jon Pairman 32.12. HT. A. 6. Louis Mascarenhas 31.34. B. 7. Charlie Scrivener 6.66. 4x100. 5. 46.48 (Aleksander Wiltshire, Callum Gardiner, Luca Taylor, Shamar Thomas Campbell). 4x400. 7. 3.47.67 (Will Fuller, Will Ruiz, Edward Adams, Luca Taylor).

U17M. 100. A. 6. Matthew Knight 11.51 (0.4). B. 7. Adeyinka Adeniran 11.93 (2.4). 200. A. 5. Matthew Knight 23.29 (1.0). B. 4. Korede Osinibi 23.83 (2.1). 400. A. 7. William Pope 55.49. B. 6. Aleksander Wiltshire 55.25. 800. A. 4. Joss Barber 2.03.18. B. 7. Oscar Hussey 2.13.75. 1500. A. 6. Lewis Mills 4.29.08. B. 4. Marco Arcuri 4.34.31. 3000. A. 6. Marco Arcuri 9.53.14 B. 3. James Crawley 9.59.53. 100H. A. 5. Adeyinka Adeniran 15.03 (-0.2). B. 5. Edward Adams 18.64 (0.5). 400H. A. 5. Edward Adams 63.20. B. 5. Joe Freeman 68.78. 1500s/c. A. 5. Frankie Scrivener 5.05.36. B. 2. Charlie Scrivener 5.07.62. HJ. 4=. Aleksander Wiltshire 1.60. LJ. A. 8. Dylan Reeves-Fellows 4.95 (-0.9). TJ. E. Gregorio De Souza 10.51 (-1.0). PV. 4. Edward Adams 3.05. SP. 4. Dele Aladese 12.15. DT. A. 1. Dele Aladese 44.72. JT. 1. James Whiteaker 65.16. HT. 7. Dylan Reeves-Fellows 24.50. 4x100. 4. 46.44. (Korede Osinibi, Matthew Knight, Joe Foreman, William Pope). 4x400. 7. 3.47.58 (Aleksander Wiltshire, William Pope, Lewis Mills, Frankie Scrivener).

U20W. 100. A. 1. Vivien Olatunji 12.11 (-0.1). B. Magda Cienicala DQ. 200. A. 2. Vivien Olatunji 25.03 (1.0). B. 1. Magda Cienicala 26.15 (3.0). 400. A. 6. Leah Everson 61.46. B. 7. Lizzy Ibdunni 65.49. 800. A. 1. Niamh Bridson Hubbard 2.15.48. B. 5. Shannon Riskey 2.38.84. 1500. A. 1. Niamh Bridson Hubbard 4.38.75. B. 6. Mary Guy 5.35.29. 3000. A. 7. Sam Leighton 11.42.56. B. 4. Jo Clowes 11.50.67. 100H. A. 2. Molly Scott 14.66(1.3) B. 5. Helena Coleman 18.39 (3.1). 400H. A. 3. Leah Everson 67.09. B. 2. Kate Purser 71.63. 1500s/c. A. 5. Genevieve Allan 5.47.49. B. 2. Charlotte Rhule 5.52.90. HJ. A. 4. Isobel Reeves 1.55. B. 2=. Jamilya Robinson Pascal 1.50. LJ. A. 1. Holly Mills 5.94 (-0.1). B. Toyin Orelaja 4.89 (0.0) TJ. A. 2. Anastasia Davies 10.74 (-1.0). B. 2. Nicole Farmer 10.12 (0.0). PV. A. 3. Helena Coleman 3.50. B. 1. Sonia Woolhouse 2.60. SP. A. 6. Emma James 8.55. B. 5. Carys Marsden 7.58. DT. A. 4. Carys Marsden 31.44. B. 6. Emma James 16.84. JT. A. 3. Ali Higgins 33.53. B. 1. Zoe Fitch 33.16. HT. A. 3. Victoria Wiltshire 38.58. B. 3. Emma James 24.81. 4x100. 1. 49.42 (Jamilya Robinson Pascal, Molly Scott, Olivia Richer, Vivien Olatunji). 4x400. 5. 4.14.62. (Sonia Woolhouse, Leah Everson, Kate Purser, Niamh Bridson Hubbard).

U17W. 100. A. 1. Molly Scott 12.25 (-0.3). B. Parris Johnson DQ. 200. A. 1. Parris Johnson 25.50 (0.9). B. 2. Olivia Richer 26.83 (-0.1). 300. A. 1. Isabella Hilditch 41.54. B. 5. Roisin Atkins-Dykes 44.28. 800. A. 1. Jessica Keene 2.20.09. B. 4. Georgina Taylor 2.27.30. 1500. A. 4. Jessica Keene 4.43.90. B. 3. Georgina Taylor 5.15.27. 3000. A. 1. Jessica Keene 10.04.01. B. 1. Amy Leach 10.57.82. 80H. A. 1. Holly Mills 11.36 (0.9). B. 1. Anastasia Davies 11.93 (1.3). 300H. A. 1. Isabella Hilditch 44.31. B. 1. Anastasia Davies 47.74. 1500s/c. A. 1. Yasmin Austridge 5.15.33. B. 2. Carlotta Weitzel 6.03.25. HJ. 5. Tabitha Lisciotto 1.50. LJ. 2. Jamilya Robinson Pascal 5.22 (0.0). TJ. 2. Toyin Orelaja 10.83 (-1.1). PV. 3. Shaye Emmett 3.50. SP. 8. Anna Barnett 8.57. DT. 4. Anna Barnett 31.48. JT. 8. Victoria Wiltshire 15.40. HT. 5. Carys Marsden 41.01. 4x100. 1. 49.65 (Lizzy Ibdunni, Parris Johnson, Holly Mills, Isabella Hilditch). 4X300. 1. 2.49.77 (Isabella Hilditch, Roisin Atkins-Dykes, Holly Mills, Lizzy Ibdunni).

1. Windsor, Slough, Eton & Hounslow 839. 2. Shaftesbury Barnet 771. 3. Blackheath & Bromley 759.5. 4. Team Edinburgh 727.5. 5. City Of Sheffield 715. 6. Rugby & Northampton 670. 7. Birchfield Harriers 644. 8. Team DC. 597.

Olive Meggit Award. U17G 300H Isabella Hilditch 44.31.

SCVAC Masters Track and Field Final, Ashford. W35. 100. A. 6. Jenny Neal 14.85. B. 5. Carole Penlington 16.13. 200. A. 6. Jenny Neal 31.36. B. 6. Jackie Montgomery 31.83. 400. A. 6. Jenny Neal 72.51. B. 2. Carole Penlington 68.54. 800. A. 2. Carole Penlington 2.27.3. B. 3. Sara Elmquist 2.38.27. 1500. A. 6. Jennie Butler 5.30.05. B. 2. Sara Elmquist 5.31.93. 3000. A. 2. Carole Penlington 10.43.27. B. 4. Jennie Butler 12.32.10. 2000W. 5. Jackie Montgomery 13.41.42. 4x100. 6. 61.72. 4x400. 6. 4.56.90. HJ. 7. Jenny Neal 1.15. LJ. 7. Jenny Neal 3.27. TJ. 7. Jenny Neal 7.36. PV. 1. Jackie Montgomery 2.30. SP. 7. Sara

Elmqvist 6.03. DT. 6. Sara Elmqvist 16.38. JT. 6. Anne Cilia 11.97. HT. -. W50. 100. 7. Anne Cilia 18.69. 200. 4. Helen Godsell 32.07. 400. 7. Maz Turner 115.48. 800. 7. Maz Turner 4.20.8. 1500. 5. Anne Cilia 7.03.99. 3000. 6. Anne Cilia 15.03.11. 2000W. 5. Anne Cilia 13.25.99. HJ. 7. Anne Cilia 1.00. LJ. 2. Jackie Montgomery 3.76. TJ. 6. Anne Cilia 6.15. PV. 4. Anne Cilia 1.40. SP. 6. Jackie Montgomery 5.98. DT. 7. Jackie Montgomery 10.66. JT. 5. Barbara Terry 14.96. HT. 5. Barbara Terry 21.12. W60. 100. 2. Helen Godsell 14.96. 400. 2. Helen Godsell 80.48. 800. 1. Helen Godsell 3.18.03. 3000. 5. Maz Turner 17.48.63. HJ. 2. Helen Godsell 1.05. LJ. 3. Helen Godsell 3.06. SP. 4. Barbara Terry 7.03. DT. 2. Barbara Terry 17.71. Team. 1. Epsom & Ewell 245, 2. Dartford 197, 3. Winchester 188. 4. Herne Hill 178, 5. Stevenage & North Herts 172, 6. Blackheath & Bromley 148, 7. Abingdon 138. ISTAF, Berlin. LJ. 8. Lorraine Ugen 6.23 (-1.1). Cardiff 10km 9. Graham Rush (Cheltenham 2<sup>nd</sup> claim) 30.10. Jim Sharlott 10km, Leicester. 7. Roger Michell 61.02, 11. Shaun Lightman 64.21. Sarnia Walking Club Church to Church. 11. David Hoben 4.37.45

**7<sup>th</sup> to 9<sup>th</sup>.** Commonwealth Youth Games, Apia, Samoa. SP. 9. Divine Oladipo 12.71, DT. 4. Divine Oladipo 42.44.

**8<sup>th</sup>.** Zagreb, Croatia. 100H. 8. Serita Solomon 13.34 (0.3). 12<sup>th</sup>. Will Bolton Relays, Sparrows Den. Seniors. 4. B&B A. 55.34. (Danny Brewer 13.57 (6<sup>th</sup> h/cap), Ross Braden 13.58 (13), Andy Rayner 13.30 (4), Will Ruiz 14.09 (3)). 9. B&B B. 59.43 (Fintan Parkinson 14.05 (30), Richard Byford 15.35 (12), Gareth Evans 14.24 (23), Tom Desborough 15.39 (45)). 18. B&B Women. 64.18 (Yasmin Austridge 16.26 (39), Amy Leach 16.26 (8), Kelsey Fuss 15.54 (11), Jessica Keene 15.32 (16)). 19. B&B U17M. 65.10 (Oscar Hussey 15.41 (14), Frankie Scrivener 16.21 (21), Bertie Harrington 16.33 (34), Harry Keene 16.35 (5)). 30. 70.45. (Nic Corry 17.49 (7), Barry Wetherilt 19.00 (40), Chris Pike 18.16 (32), Tim Ayres 15.40 (1)). 31. 71.23 (Graham Coates 18.15 (31), Rob Brown 17.33 (18), Sally Haffenden 19.36 (2), David Beadle 15.59 (33)). 33. 72.09 (Elaine Rayner 15.29 (25), Mark Compton 20.47 (38), Iain Swatton 18.25 (46), Sarah Belaon 17.28 (27)). 34. 72.13 (Chris Tuck 15.58 (42), Oz Adams 20.58 (43), Sara Elmqvist 17.24 (29), Nigel Haffenden 17.53 (48)). 35. 72.47 (Carole Penlington 16.08 (17), James Neylon 18.51 (15), Mike Simms 18.24 (41), Nigel Bulmer 19.24 (36)). 39. 74.39. (Steve Pairman 16.36 (26), Anne Cilia 21.11 (35), Jenny Neal 18.29 (28), Ian Taylor 18.23 (22)). 43. 76.41. (Chris Woodcock 21.55 (47), Andrea Pickup 17.02 (20), Scott Bulmer 20.14 (49), Andy Lawes 17.30 (44)). Inc (Will Pope 17.54 (19), Charlie Davis 15.55 (37)). Inc (Chloe Kibblewhite 18.33 (10), Charlotte Rhule 18.58 (24), Mary Guy 18.11 (9)). U15s/U13s. 3. B&B 15B. 40.39 (Robert Sucking 13.54, Keir Lundy 14.08, Angus Harrington 12.37). 6. B&B U15B B 41.36 (Cameron Swatton 14.08, Charlie Andrews 13.19, Lewis Warren 14.09). 7. B&B U15B C 41.41 (Coleman Corry 13.42, George Pope 14.16, Callum Myatt 13.43). 10. U13B A. 42.21 (Justin Strover 14.02, Eddie Sellar 13.41, Brandon Back 14.38). 13. U15G A 44.04 (Stephanie Taylor 14.44, Kelsi Cornish 14.53, Millie Smith 14.27). 14 U15B D. 44.09. (Joe Georgiadis 13.30, Lewis Stickings 14.50, Charles Winton 15.49). 18. U13G A 46.48 (Niamh Milmo 16.31, Ellie Dolby 14.58, Morgan Squibb 15.19). 19. U15G B. 46.54 (Grace Scopes 15.17, Lily Tappenden 16.42, Gracie Horton 14.55). 21. U13B B. 47.20 (Thomas Penlington 14.42, Alex Sibley 15.09, Barnaby Corry 17.29). 28. U15G C. 54.03. (Lauren Goddard 19.36, Zoe Austridge 16.55, Alice Prentice 17.32). 29. U13G B 54.41. (Abbie Leeves 16.52, Daniella Harper 16.26, Daisy Bates 21.23). U15G D inc (Claudia Pickup 18.01, Isabek Bridge 16.37). U15B inc (Leo Braden 14.22). Years 5-6 race. 3. Amarisa Sibley 5.09, 4. Lily Mears 5.11, 11. Sian Smith 5.49, 12. Jamie Dolby 5.54, 14. Isabella Louth 6.08, 16. Isaac Evans 10.09.

UK Javelin Carnival, Loughborough. U15G. 1. Eloise Locke 41.33.

**12<sup>th</sup>-13<sup>th</sup> Kent Masters, Under 13s and Combined Events Championships, Erith. M60. 800. 2. Peter Hamilton 2.54.21. 1500. 1. Peter Hamilton 5.50.11. W50. PV. 2. Jackie Montgomery 2.50. W60. SP. 1. Barbara Terry 7.90. DT. 1. Barbara Terry 18.90. JT. 1. Barbara Terry 16.02. HT. 1. Barbara Terry 20.93. U13B. 100. 1. Kyron Morgan 12.75 (-1.5). Ht 1. 1. Kyron Morgan 13.15 (-2.7). Ht 2. 6. Jacob Byfield 14.55 (-1.0) pb. 800. 1. Rowan Fuss 2.16.91, 3. Sam Reardon 2.23.42. Ht 1. 1. Rowan Fuss 2.19.99. Ht 2. 2. Sam Reardon 2.25.63, 5. Jake Leng 2.43.63. 1500. 1. Rowan Fuss 4.32.71 (Championship best), 3. Sam Reardon 4.52.26. 2000W. 3. Ethan Kitteridge 12.17.20. LJ. 3. Kyron Morgan 4.79pb, 7. Jacob Byfield 4.20, 13. Jake Leng 3.90pb. SP. 1. Michael Burfoot 11.35pb, 3. Kyron Morgan 10.34. DT. 1. Michael Burfoot 31.57pb (Club Record), 4. Harry Jack Cowie 24.15. U13G. 75m. 6. Eva Stephanou 10.81 (1.0.), 7. Olivia English 11.05 (1.0)pb. Ht1. 3. Olivia English 11.09 (0.6)pb. Ht2. 4. Eva Stephanou 10.98 (0.6). 150m. 3. Shakanya Osahon 21.72 (-3.6). Ht2. 4. Renee Bel-Momodu 23.08 (-1.2). Ht3. (-3.5) 1. Shakanya Osahon 21.49, 2. Eva Stephanou 21.93, 3. Ella Brown 22.95. 800m Ht1. 7. Kendaa Cameron-Chavanne 2.48.47. Ht2. 7. Niamh Milmo 2.54.81. 1200m. 1. Jessica Neal 3.59.10 pb. 70H. (-1.5) 4. Akeilya Robinson Pascal 12.90, 5. Olivia English 13.63, 6. Ella Brown 14.23. HJ. 3. Akeilya Robinson Pascal 1.35. LJ. 1. Akeilya Robinson Pascal 4.40 pb. SP. 3. Renee Bel-Momodu 6.98, 4. Kendaa Cameron-Chavanne 6.67 pb, 7. Akeilya Robinson Pascal 4.78.**

Parkruns  
Richmond. 4. Jonathan Vintner 18.21. Bromley. 28. Matthew Pond 20.21. 79. Jason Short 22.07. 108. Tammy Falshaw 23.00. 153. Mike Simms 23.57. 164. John Butler 24.19. 168. Ian Montgomery 24.24. 169. Iain Swatton 24.24. 181. Richard Griffin 24.47. 256. Julia Pairman 27.45. 270. Ian Cayzer 28.12. Ashton Court. 3. Niamh Bridson Hubbard 19.00 (1<sup>st</sup> woman). Havant.

163. Jesse Bailey 34.28. Crystal Palace. 71. Glen Read 24.53. Killerton. 19. Bob Minting 21.04. Orpington. 16. Joanna Clowes 22.04. 36. Andrew Clowes 24.36. 64. Mick Keene 26.37. 143. Karen Desborough 36.04. Margate. 45. Amanda Knowles 31.33. Hazlehead, Aberdeen. 67. John Isaacs 25.34. Folkestone. 44. Zoe Kingsmell 26.12. 45. Andy Kingsmell 26.13.

**19<sup>th</sup>**. European Champions Club Cup for Juniors, Istanbul, Turkey. 100. 1. Vivien Olatunji 12.61 (-5.9). N/S. 1. Parris Johnson 12.80. 4. Magda Cienciala 13.07. 200. 1. Cheriece Hylton 24.72 (-4.1). 400. 1. Cheriece Hylton 55.57. 800. 4. Niamh Bridson Hubbard 2.17.50. 1500. 3. Niamh Bridson Hubbard 4.50.42. 3000. 1. Jessica Keene 10.08.89. 100H. 4. Molly Scott 16.12 (-5.4). 400H. 5. Isabella Hilditch 65.97. 3000s/c. 6. Georgina Taylor 12.22.08. HJ. 5=. Tabitha Lisciotta 1.55. LJ. 7. Jamilya Robinson Pascal 5.23 (+2.3). 3. Anastasia Davies 11.53 (+3.2). PV. 4. Helena Coleman 3.40. SP. 5. Divine Oladipo 11.40 DT. 2. Divine Oladipo 41.59. JT. 6. Ali Higgins 33.36. HT. 4. Victoria Wiltshire 41.57. 4x100. 1. 47.88. 4x400. 5. 4.01.89. Team. 1. Fenebahce (TUR) 113. 2. Sparta AM (DEN) 108. 3. Blackheath & Bromley 101.5. 4. AK Olymp Bro (CZE) 101. 5. Playas de Castellon (ESP) 88. 6. Pro Sesto Atletica 70.5. 7. AD Kladiver (SLO) 63. 8. SK SOG Nitra (SVK) 37.

English Schools Multi Events Championships, Bedford. U15B Pentathlon. 2. Henry James Cowie 2996 CLUB RECORD (800 2.06.74, 80H 12.04 (-0.2), HJ 1.76, LJ 5.52 (1.8), SP 11.29) 12. Coleman Corry 2607 (800 2.06.51, 80H 12.61 (0.4), HJ 1.55, LJ 5.19 (1.8), SP 9.63)

Self Transcendence 24hr track race, Tooting. 34. John Turner 130.033km (80.79 miles).

**19t-20<sup>th</sup>**. SEAA Road Relays, Aldershot. Senior Men. 19. (Alex Bruce Littlewood 19.03, Andy Rayner 19.45, Will Fuller 19.04, Danny Brewer 20.04, Ross Braden 20.25, Fintan Parkinson 20.42) B. 50. Chris Tuck 22.32, Peter Tucker 21.21, Will Ruiz 20.32, Jon Vintner 21.51, Tom Desborough 20.42, Richard Byford 24.02). Senior Women. 41. (Sophie Kelleher 15.20, Jenny Neal 16.07, Sarah Belaon 16.02, Jessica Jones 16.22). U17M. 21. (Lewis Mills 13.27, James Crawley 13.49, Oscar Hussey 14.09, Marco Arcuri 13.51). U17W. A. 9 (Yasmin Austridge 11.15, Amy Leach 11.12, Kelsey Fuss 11.03) B. (Joanna Clowes 11.58, Mary Guy 12.41, Carlotta Weitzel 11.37). U15B. A. 19. (Callum Myatt 10.40, Robert Suckling 11.14, Michael Eagling 10.15, Angus Harrington 10.11) B. 42. (Cameron Swatton 11.22, Ben Gardiner 11.46, Leo Braden 11.30, George Pope 11.21). U15G. A. 4. (Lydia Taylor 11.27, Kelsi Cornish 11.37, Millie Smith 11.18). B. 44. (Lily Tappenden 12.25, Imogen Meers 12.42, Zoe Austridge 13.50). C. incomplete (Hannah O Flynn 12.24, Claudia Pickup 13.00). U13B. A. 18. (Sam Reardon 10.48, Brandon Back 13.07, Jake Leng 11.35, Alex Sibley 11.54). B. 26. (Thomas Penlington 11.13, Ethan Kitteridge 11.52, Charles Winton 12.31, Coleman Corry 13.46). U13G. A. 1. (Jessica Neal 11.27, Morgan Squibb 11.47, Ellie Dolby 11.07(3<sup>rd</sup> fastest overall)). B. 32. (Niamh Milmo 12.46, Abigail Leeves 13.19, Daniella Harper 12.36). C. incomplete (Emily Davis 12.26).

Parkruns

Roundshaw Downs. 47. John Isaacs 26.12. Bromley. 22. Andy Lawes 19.56. 23. Andy Tucker 19.58. 26. Matthew Pond 20.13. 38. Adrian Perry 21.02. 49. Steve Pairman 21.31. 56. Ian Montgomery 21.58. 59. Jason Short 22.04. 61. James Neylon 22.06. 73. Tim Ward 22.25. 88. Mike Simms 22.54. 101. Scott Bulmer 23.38. 125. Nigel Bulmer 24.00. 182. Austin Adams 25.35. 261. Julia Pairman 27.56. 272. Gareth Griffin 28.05. 337. Richard Griffin 30.00. 354. Peter Lovell 30.28. 406. Bernard Wilson 32.55. Bexley. 15. Nick Barber 20.33. 34. Chris Pike 22.01. Kingston. 69. Andy Kingsmell 25.12. 88. Zoe Kingsmell 26.28. Crystal Palace. 6. Carole Penlington 19.21 (1<sup>st</sup> woman). 27. Thomas Penlington 21.31. 182. Glen Read 51.04. Lloyd Park. 37. Gracie Horton 23.51. Gunnersbury. 36. James Perry 20.17. Killerton. 18. Bob Minting 21.06. Riddlesdown. 54. Anne Cilia 25.24. Orpington. 11. Rob Brown 21.15. 12. Joseph Georgiadis 21.25. 34. Andrew Clowes 24.03. 37. Dave Leal 24.19. 136. Karen Desborough 35.27. Margate. 35. Amanda Knowles 30.05.

**20<sup>th</sup>**. Kent Relays. Tonbridge. U13B. 4X100 1. B&B 1 (Leo McCallum, Kyron Morgan, Archie Shipley, Tareq Bannour) 52.77. 4x300. DQ (Kyron Morgan, Arche Shipley, Tareq Bannour, Leo McCallum). 3X800. 2. B&B (Alex Sibley, Barnaby Corry, Samuel Reardon) 8.04.48.

U13G. 4X100. 2. B&B 1. (Eva Stephanou, Olivia English, Ella Brown, Holly Mpassy) 54.95. 3x800. 1. B&B 1. (Jessica Neal, Morgan Squibb, Ellie Dolby) 7.40.18. 2. B&B 2. (Shakanya Osahon, Daniella Harper, Kendaa Cameron-Chavannes) 8.10.53. U15G 4X100. 1. B&B 1. (Mhairi Brooks, Katie Woolcott, Sophia Harper, Gabrielle Dalsan) 51.48 Heat 1. 1. 51.42. 4. B&B 2. (Antonia Alapafuja, Greta Elliot, Katie Cienciala, Rachel Yeldham) 53.79. Heat 52.94. 4X300. 1. B&B 1 (Antonia Alapafuja, Kelsi Cornish, Karina Harris, Grace Scopes) 2.54.92. DQ. B&B 2 (Zoe Martial, Zoe Austridge, Kamilya Robinson Pascal, Lauren Goddard). Ht 2. 1. B&B 1. 2.58.98. 4. B&B 2. 3.10.49. 3x800. 1. B&B 1 (Millie Smith, Stephanie Taylor, Kelsi Cornish) 7.27.37. 3. B&B 2. (Lily Tappenden, Alice Prentice, Lauren Goddard) 7.53.81.

U15B. 4X100. 3. (Myles Xavier, Thomas Mills, Robert Abbott, Jed Hamilton) 47.26. 6. B&B 2. (Leonard Wright, Rico Cotell, Philip Tenyue, Caelan Raju) 53.19. Heat 2. 2. B&B 1. 47.03. 3. B&B 2 52.60. 4x300. 1. B&B 1. (Coleman Corry, Thomas Mills, Henry James Cowie, Ben Sutton) 2.39.31 (CLUB RECORD). 3. B&B 2 (Jed Hamilton, Rico Cottell, Robert Suckling, Robert Abbott) 2.47.03. 3x800. 1. B&B 1 (Coleman Corry, Henry James Cowie, Angus Harrington) 6.24.53 CLUB RECORD. 3. B&B 2. (Robert Suckling, Joseph Georgiades, Keir Lundy) 6.54.22. 4. B&B 3. (Cameron Swatton, Leo Braden, Benjamin Gardiner) 7.37.46.

Jim Day Memorial Pole Vault Meeting, Carshalton. Pool B. 6=. Eleanor Barrett (U15G) 2.42 pb. C. 7= Murray Hilborne (M45) 2.72, 12. Jackie Montgomery (W50) 2.52. D. 13. Ethan Kitteridge (U13B) 1.92, F. 4. Allan Williams (M60) 3.32, 12=. George Pope (U15B) 3.02, 12=. Christina Moore 3.02. G. 14. Shaye Emmett (U17W, 2<sup>nd</sup> Claim) 3.52. H. 2. Scott Huggins 4.72. Reigate Half Marathon. 44. Luca Ercolani 85.47 (85.39). 52. Neil Ayrton 86.54 (86.45). 241. Mark Ellison 97.53 (97.40). 23<sup>rd</sup>. Watford Open Meeting. 1500. 11. Jessica Keene 4.41.16. 3000. 5. Joss Barber (U17M) 9.08.00. 10. Dave Taylor (M50) 9.24.73.

**26<sup>th</sup>** Parkruns. Gorleston Cliffs. 16. Rob Brown 20.39. Finsbury Park. 88. Austin Adams 26.15. Bromley. 2. Kev May 17.12. 14. Cameron Swatton 19.11. 15. Amy Leach 19.11 (1<sup>st</sup> woman). 23. Steve Pairman 19.28. 25. Nick Barber 19.31. 27. Matthew Pond 19.32. 33. Andy Tucker 19.57. 34. Andy Lawes 19.59. 38. Ian Montgomery 20.05. 48. Alex Sibley 20.40. 68. Anna Myers 21.17. 71. Lily Tappenden 21.22. 88. James Neylon 21.59. 90. Robert Pairman 22.01. 91. Iain Swatton 22.01. 93. Jamie Muir 22.03. 103. Graham Coates 22.21. 106. Mike Simms 22.24. 116. Nigel Bulmer 22.41. 132. Jessica Sellar 23.03. 133. Scott Bulmer 23.04. 171. John Butler 23.57. 188. John Isaacs 24.21. 278. Richard Griffin 26.42. 310. Julia Pairman 27.12. 316. Amanda Knowles 27.25. 442. Bernard Wilson 31.36. 530. John Bugler 50.33. Bexley. 31. Chris Pike 22.07. Greenwich. 1. Niamh Bridson Hubbard 18.18. Royal Tunbridge Wells. 8. Tim Soutar 21.21. Crystal Palace. 25. Thomas Penlington 21.33. 93. John Fenwick 26.23. 174. Glen Read 45.56. Bournemouth. 15. Jessica Neal 20.43 (1<sup>st</sup> woman). Riddlesdown. 75. Helen Godsell 26.49. Dulwich. 3. Fintan Parkinson 16.25. 12. Richard Byford 18.39. Hilly Fields. 52. James Perry 23.12. 59. Robert Perry 23.51. 133. Adrian Perry 28.40. Orpington. 3. Joseph Georgiades 18.59. 8. Harry Keene 20.19. 40. Dave Leal 24.11. 53. Andrew Clowes 25.28. 64. Mick Keene 26.14. 130. Karen Desborough 35.01. Enniskillen. 33. Brendan McShane 26.09. Parke. 20. Bob Minting 22.52. Dartford. 25. John Turner 22.39. 102. Maz Turner 31.34. Hastings. 40. Stephen Hollingdale 25.44. Uditore. 13. Zoe Kingsmill 27.30. 14. Andy Kingsmill 29.03.

Enfield One Hour Walk, Hemel Hempstead. 17. David Hoben 8.214km.

**27<sup>th</sup>**. Berlin Marathon. 10. Scott Overall 2.11.24.

Ealing Half Marathon. Carole Penlington 86.17, Jenny Neal 98.43, Trudi Carmichael 1.42.53.

East Grinstead 10km. 2. Rob Donoghue 36.07.

Robin Hood Nottingham Ikano Half Marathon. 17. Danny Brewer 73.23 (73.20).

Surrey Walking Club Gazette Cup, Addiscombe. 6. Peter Hannell 43.59.

## **October**

**3<sup>rd</sup>**. EA 6 Stage Road Relays, Sutton Coldfield. Senior Men. 43. 1.57.44 (Alex Bruce Littlewood 17.59, Will Fuller 18.14, Andy Rayner 21.44, Danny Brewer 19.14, Richard Webb 19.39, Tom Desborough 20.54). Cheltenham (Graham Rush (2<sup>nd</sup> claim) 17.21) Women incomplete team (Elaine Rayner 15.31, Amber Reed 16.23).

European Masters Games, Nice, France. M60 PV. 1. Allan Williams 3.20.

SECTA Throws meeting, Ewell. Pentathlon. W70. 1. Barbara Terry 3322. (SP 7.07, DT 17.11, JT 15.13, HT 22.50 WT 9.52) All W70 Club records.

Cambridge Harriers 5 mile cross country championships. 9. Neil Ayrton M50 32.49.

Parkruns. Bushy Park. 4. Rowan Fuss 17.00. Bromley. 11. Jake Leng 18.58. 19. Matthew Pond 19.20. 23. Graham Hollingdale 19.35. 27. Andy Lawes 19.40. 38. Rob Brown 20.11. 53. Peter Hamilton 20.34. 60. Ian Montgomery 20.44. 76. Barry Wetherilt 21.09. 78. Iain Swatton 21.16. 98. Graham Coates 21.43. 114. Nigel Haffenden 22.03. 151. Sally Haffenden 23.07. 214. Olivia Berry 24.42. 226. Jackie Montgomery 25.01. 241. Clare Austridge 25.19. 266. Mike Simms 25.58. 453. Bernard Wilson 31.06. 525. Glen Read 38.03. 553. John Bugler 48.41. Greenwich. 10. Ritchie Leccia 20.36. Sheffield Hallam. 190. James Neylon 24.09. Crystal Palace. 85. John Isaacs 24.57. 98. John Butler 25.21. 130. Austin Adams 26.49. Croydon. 13. Bob Minting 21.41. Poole. 161. Andrew Clowes 23.59. Tilgate. 8. Kelsi Cornish 20.00. Orpington. 3. Clare Elms 19.34. 12. Harry Keene 21.47. 13. Jessica Keene 21.48. 41. Mick Keene 24.51. 133. Karen Desborough 33.47. Hastings. 42. Stephen Hollingdale 25.21.

**4<sup>th</sup>** EA Young Athletes Road Relays, Sutton Coldfield. U17M Incomplete team (Marco Arcuri 12.50, Charlie Davis 14.04) U17W. 4. 42.52 (Amy Leach 14.47, KatyAnn McDonald 13.43, (4<sup>th</sup> fastest of day), Kelsey Fuss 14.22). U15B. A. 11. 40.00 (Coleman Corry 13.24, Joseph Georgiadis 13.40, Henry James Cowie 12.56). B. 45. 44.01 (Cameron Swatton 14.41, Callum Myatt 14.22, Keir Lundy 14.58). U15G. A. 3. 43.21 (Yasmin Marghini 14.02, 2<sup>nd</sup> fastest of day, Sophie Hoare 14.32, Millie Smith 14.47). B. 36. 48.31. (Stephanie Taylor 15.25, Gracie Horton 16.46, Grace Scopes 16.20). C. 48. 49.49 (Alice Prentice 16.41, Claudia Pickup 17.22, Lily Tappenden 15.46). D. Incomplete (Isabelle Bridge 16.57). U13B. 30. 37.32 (Samuel Reardon 14.08, Alex Sibley 15.41, Barnaby Corry 17.43). U13G. A. 2. 45.08 (Jessica Neal 15.04, Morgan Squibb 15.28, Ellie Dolby 14.36 4<sup>th</sup> fastest of day). B. 35. 50.29 (Emily Davis 16.32, Daniella Harper 16.51, Niamh Milmo 17.06).

Tonbridge Half Marathon. 129. Mike Simms M40 98.03 (97.45).

Jersey Half Marathon. 48. Nick Barber 3.28.38 (3.28.30)

Mornington Chasers Regents Park 10km. 172. Natalie Jones 57.28 (57.19)

Lloyds Bank Cardiff Half Marathon. Fintan Parkinson 73.24.

Blenheim Palace Half Marathon. Zoe Kingsmell 2.05.28. Andy Kingsmell 2.14.38

**10<sup>th</sup>**. Kent League, Wilmington. SM. 12. Danny Brewer 33.41, 17. Alex Gibbins 34.01, 25. Ross Braden 34.45, 28. Gareth Evans 35.11, 36. Dan Kennedy 35.35, 51. Tom Desborough 36.54, 59. Jon Vintner 37.34, 72. David McKinlay 38.10, 73. Chris Tuck 38.13, 108. Graham Hollingdale 40.48, 126. Steve Pairman 41.47, 134. Andy Lawes 42.38, 148. Nic Corry 43.43, 153. Ian Taylor 44.17, 158. Rod Harrington 44.38, 166. Richard Daniel 45.31, 170. Chris Pike 46.35, 184. Nick Swatton 49.31. Team 4<sup>th</sup>. 12 to score 2<sup>nd</sup>. SW. 2. Niamh Bridson Hubbard 19.08, 4. Elaine Rayner 19.56, 6. Carole Penlington 20.38, 12. Sophie Kelleher 21.40, 21. Sara Elmqvist 22.32, 31. Danielle Critchley 23.33, 33. Jessica Jones 23.39. Team 1<sup>st</sup>, 6 to score 1<sup>st</sup>. U20M. 7. Bertie Harrington 19.49. U20W. 3. Charlotte Rhule 15.04. U17M. 9. Marco Arcuri 18.45, 13. Lewis Mills 18.57, 14. Charlie Davis 18.59, 23. James Crawley 19.30, 26. Oscar Hussey 19.40, 39. Frankie Scrivener 20.44, 41. Harry Keene 21.13. Team 3<sup>rd</sup>. U17W. 3. Jessica Keene 13.12, 4. Yasmin Austridge 13.20, Amy Leach 13.21, 6. Kelsey Fuss 13.32, 8. Georgina Taylor 13.57, Joanna Clowes 14.35, 19. Shannon Risky 15.23, Chloe Kibblewhite 15.27. Team 1<sup>st</sup>. U15B. 4. Joseph Georgiadis 14.14, 17. Michael Eagling 14.59, 18. Callum Myatt 15.05, 19. Coleman Corry 15.07, 20. Ben Gardiner 15.09, 21. Robert Suckling 15.14, 22. George Pope 15.15, 25. Cameron Swatton 15.24, 26. Charlie Andrews 15.25, 28. Kier Lundy 15.29, 33. Lewis Warren 15.42, 44. Lewis Stickings 16.09, 45. Leo Braden 16.21, 56. Seb Large 16.56. Team 2<sup>nd</sup>. U15G. 2. Millie Smith 12.18, 6. Kelsi Cornish 12.42, 9. Stephanie Taylor 13.01, 11. Grace Scopes 13.12, 16. Lily Tappenden 13.32, 25. Alice Prentice 14.18, 29. Isabelle Bridge 14.32, 31. Claudia Pickup 14.38, 33. Zoe Austridge 14.45. Team 2<sup>nd</sup>. U13B. 1. Rowan Fuss 11.16, 7. Sam Reardon 12.16, 9. Justin Strover 12.23, 14. Thomas Penlington 12.38, 26. Alex Sibley 13.21, 37. Charles Winton 14.10, 46. Ethan Kitteridge 14.50, 47. Barnaby Corry 14.50. Team 2<sup>nd</sup>. U13G. 1. Ellie Dolby 9.51, 5. Jessica Neal 10.21, 7. Morgan Squibb 10.34, 16. Danielle Harper 11.13, 20. Niamh Milmo 11.24, 22. Ella Smith 11.35, 23. Abbie Leeves 11.39, 24. Olivia Berry 11.41, 28. Emily Davis 11.45, 46. Daisy Bates 13.17. Team 1<sup>st</sup>.

Surrey League Div One, Wimbledon Common. 24<sup>th</sup> Dave Taylor (HHH) 26.21.

Gloucestershire League, Guiting Power. 1. Graham Rush (Cheltenham/2<sup>nd</sup> claim B&B) 29.09.

Gwent League, Newbridge Fields, Bridgend. 20. Richard Webb (Cardiff Uni) 33.20.

Park Runs. Bromley. 17. Matthew Pond 19.32, 33. Andy Tucker 20.00, 53. Barry Wetherilt 21.01, 57. Iain Swatton 21.11, 62. Glen Read 21.18, 88. Tim Ward 22.13, 111. James Neylon 22.47, 144. Mike Simms 23.40, 177. Scott Bulmer 24.20, 184. Mark Compton 24.34, 203. Nigel Haffenden 25.04, 204. Ian Montgomery 25.04, 206. Jackie Montgomery 25.07, 207. Sally Haffenden 25.08, 286. Julia Pairman 27.02, 330. Gareth Griffin 28.20, 362. Alex Pope 29.30, 446. Bernard Wilson 32.41. Bexley. 307. Zoe Kingsmell 50.39. Newcastle. 76. Peter Hamilton 20.58. Lloyd Park. 63. John Isaacs 25.44, 76. John Butler 26.32. Killerton. 22. Bob Minting 21.40. Tilgate. 5. Dave Beadle 19.29. Orpington. 1. Peter Tucker 17.48, 34. Dave Leal 23.51, 46. Mick Keene 25.45, 120. Karen Desborough 34.20.

Enfield League 5 mile yacht handicap. 13. (h/cap 11) Shaun Lightman 50.58, 23 (7). Peter Hannell 53.23, 30 (32). David Hoben 58.10.

11<sup>th</sup>. Hammer Circle Reunion, Woodford. HT. 1. Victoria Wiltshire 44.81.

SPAR Budapest Marathon, Hungary. John Turner 4.05.49 (4.00.05).

Petts Wood 10km. 7. Tony Crowder 38.32, 24. Carole Penlington 40.27 (1<sup>st</sup> female) (40.25), 42. Robert Perry 42.08, 43. Rob Brown 42.14 (42.12), 80. Adrian Perry 45.50 (45.26), 91. Mike Simms 45.51 (45.01), 136. Barry Wetherilt 47.38 (46.38), 174. Chris Pike 48.59 (47.59), 187. Scott Bulmer 49.27(47.39), 351. Nigel Bulmer 56.52 (54.15), 386. Simon Tolson 58.14 (55.41), 441. Austin Adams 60.09. (57.27), 445. Andy Kingsmell 60.20 (57.34).

**14<sup>th</sup>**. Southern Varsity Welcome Games, Exeter. SP. 1. Matthew Blandford 14.30 pb.

**17<sup>th</sup>**. SEAA Cross Country Relay, Wormwood Scrubs. U15B. 11. B&B. 21.21 (Corry Coleman 7.01, Joseph Georgiadis 7.08, Michael Eagling 7.12). U13B. 4. B&B. 22.46. (Justin Clover 7.26, Thomas Penlington 7.47, Samuel Reardon 17.33).

Parkruns. Bromley. 8. Chris Tuck 17.57, 10. Robert Suckling 18.20, 12. Frankie Scrivener 18.33, 14. Keir Lundy 18.39, 22. Andy Tucker 18.58, 26. Leo Braden 19.27, 28. Steve Pairman 19.33, 34. Amy Leach 19.46, 66. Barry Wetherilt 21.22, 68. Mike Simms 21.24, 70. Niamh Milmo 21.26, 90 James Neylon 22.13, 93. Barnaby Corry 22.21, 118. Jamie Muir 23.08, 172. Nigel Bulmer 24.40, 202. Claire Austridge 25.29, 247. Amanda Knowles 26.42, 265. Julia Pairman 27.14, 475. Claire Springett 44.11. Banbury. 74. Andy Kingsmell 27.38, 81. Zoe Kingsmell 28.33. Crystal Palace. 2. Bertie Harrington 19.15, 63. John Isaacs 24.51, 69. John Butler 25.07. Newbury. 15. Robert Perry 19.56, 189. Adrian Perry 26.36. Killerton. 21. Bob Minting 21.52. Tilgate. 6. Kelsi Cornish 19.40. Orpington. 1. Peter Tucker 17.57, 6. Cameron Swatton 19.44, 9. Jessica Neal 20.02, 28. Dave Leal 23.42, 32. Andrew Clowes 24.09, 143. Karen Desborough 34.19. Lullingstone. 7. Jessica Keene 20.36, 11. Harry Keene 21.53, 35. Mick Keene 28.06, 36. Anne Cilia 28.25.

Cambridge Harriers Open Race Walks, Sutcliffe Park. 10km. 7. Shaun Lightman 1.03.44. 3km. 3. Ethan Kitteridge 17.48. 3km. 7. Isabelle Bridge 14.48.

Leicester Topham 7 Miles. 6. David Hoben 1.23.25.



**18<sup>th</sup>**. Club 5 Mile Cross Country Championships. 1. Fintan Parkinson 29.13 (h/cap 11), 2. Marco Arcuri 31.20 (21), 3. Coleman Corry 31.40 (6), 4. Tim Nash 31.47 (24), 5. Chris Tuck 33.07 (8), 6. Charlie Andrews 33.36 (19), 7. Jessica Keene 33.55 (17), 8. Tim Ayres 34.03 (30), 9. David Beadle 34.06 (14), 10. Andy Tucker 34.09 (16), 11. Richard Byford 34.18 (20), 12. Steve Pairman 34.47 (9), 13. Mick Jones 34.52 (2), 14. Alexis Tobin 34.55 (23), 15. Andy Lawes 35.37 (4), 16. Tom Sutton guest 36.16, 17. Mike Simms 36.34 (7), 18. Nic Corry 36.57 (10), 19. Rod Harrington 37.00 (29), 20. Ian Taylor 37.18 (1), 21. Iain Swatton 37.30 (3), 22. Cameron Swatton 37.57 (28), 23. Chris Pike 37.59 (5), 24. Sarah Bealon 38.26 (18), 25. Rob Brown 39.09 (25), 26. Yasmin Austridge 39.30 (34), 27. Paul Austridge 39.0 (33), 28. Dave Leal 39.45 (13), 29. Barry Wetherilt 40.12 (12), 30. Graham Coates 40.31 (22), 31. Martin Fitzgerald guest 40.47, 32. Neil Roberts 41.44(32), 33. Nick Swatton 41.47 (27), 34. Nigel Bulmer 43.33 (26), 35. Scott Bulmer 44.56 (15), 36. Austin Adams 48.13 (31).

East Sussex Cross Country League, 8. Tom Desborough (Brighton University) 29.40.

**24<sup>th</sup>**. Kent League, Somerhill School. SM. 4. Alex Bruce Littlewood 33.58, 20. Danny Brewer 36.38, 24. Alex Gibbins 36.52, 36. Gareth Evans 37.41, 40. Tom Desborough 38.09, 44. Dan Kennedy 38.17, 50. Jonathan Vintner 39.18, 57. Colin Norris 39.50, 74. Chris Tuck 41.16, 106. Richard Byford 44.03, 113. Steve Pairman 44.24, 115. Andy Lawes 44.49, 119. Andy Tucker 44.59, 148. Rod Harrington 47.25, 152. Nic Corry 48.08, 156. Iain Swatton 48.47, 165. Ian Taylor 49.56. Team 4 to score 3<sup>rd</sup>, 12 to score 2<sup>nd</sup>. U20M. 11. Bertie Harrington 19.20. U17. U17M. 5. Marco Arcuri 17.53, 8. Lewis Mills 18.11, 19. James Crawley 18.50, 25. Frankie Scrivener 19.21, 26. Oscar Hussey 19.22, 36. Harry Keene 20.18. Team 3<sup>rd</sup>. U15B. 4. Joseph Georgiadis 14.41, 14. Callum Myatt 15.22, 15. Charlie Andrews 15.28, 17. Robert Suckling 15.35, 18. Kier Lundy 15.40, 19. Ben Gardiner 15.48, 20. Cameron Swatton 15.50, 25. Coleman Corry 15.58, 36. Lewis Warren 16.17, 51. Seb Large 17.45. Team 3<sup>rd</sup>. U13B. 1. Rowan Fuss 10.11, 5. Sam Reardon 11.21, 16. Jake Leng 12.01, 22. Thomas Penlington 12.14, 23. Alex Sibley 12.21, 28. Ethan Kitteridge 2.54, 40. Nicholas Paddington 13.21, 48. Barnaby Corry 13.52, 51. Charles Winton 14.00. SW. 1. Niamh Bridson Hubbard 18.36, 2. Elaine Rayner 19.20, 19. Sarah Belaon 21.54, 23. Sara Elmqvist 22.15, 27. Lorna Clowes 22.41, 28. Samantha Leighton 22.43, 35. Jessica Jones 23.14. Team 3 to score 2<sup>nd</sup>, 6 to score 1<sup>st</sup>. U17W. 3. Jessica Keene 13.19, 4. Kelsey Fuss 13.34, 5. Yasmin Austridge 13.39, 6. Amy Leach 14.06, 10. Georgina Taylor 14.43, 14. Chloe Kibblewhite 15.45. Team 1<sup>st</sup>. U15. 2. Millie Smith 11.56, 5. Kelsi Cornish 12.07, 7. Grace Scopes 12.12, 16. Lily Tappenden 12.52, 25. Imogen Meers 13.30, 26. Isabelle Bridge 13.30, 31. Zoe Austridge 14.08. Team 2<sup>nd</sup>. U13G. 1. Ellie Dolby 9.38, 4. Jessica Neal 9.55, 5. Morgan Squibb 9.56, 16. Danielle Harper 10.47, 19. Ella Smith 10.58, 24. Niamh Milmo 11.07, 27. Emily Davis 11.22, 29. Olivia Berry 11.29, 32. Abbie Leeves 11.35, 50. Daisy Bates 13.03.

BMAF Cross Country Relays, Long Eaton. M65. 2. B&B 38.12. (Peter Hamilton 12.50, Rob Brown 12.48, Bob Minting 12.24). Beach Head Marathon. 38. Luca Ercolani 3.35.57.60 (3.35.54.40), 43. Carole Penlington 3.38.59.70 (3.38.55.80), 85. Bryan Donnelly 3.50.48.10 (3.50.44.40), 120. Clayton Aves 3.58.28.60 (3.58.25.00), 142. Alexis Tobin 4.03.47.40 (4.02.41.15), 247. Stuart Bayley-Dainton 4.19.50.35 (4.19.15.40), 266. Glen Read 4.21.53.70 (4.21.13.90), 338. Jenny Neal 4.30.21.25 (4.30.03.60), 568. Will Slack 4.56.19.60 (4.55.23.50), 919. Deniz Mehmed 5.41.01.65.

Steyning Open 10km walk. 6. Shaun Lightman 65.39, 10. Peter Hannell 67.46, 12. David Hoben 72.30.

Parkruns. Bromley. 28. Andy Tucker 20.00, 39. Matthew Pond 20.33, 56. Barry Wetherilt 21.37, 59. James Neylon 21.43, 61. Ian Montgomery 21.46, 66. Jamie Muir 21.51, 84. Jason Short 22.20, 87. Tim Ward 22.26, 136. John Butler 23.50, 144. John Isaacs 24.00, 161. Nigel Bulmer 24.22, 171. Charlotte Faries 24.40, 183. Jackie Montgomery 25.12, 197. Austin Adams 25.47, 270. Amanda Knowles 27.54, 332. Claire Springett 30.19, 388. Bernard Wilson 32.15. Bexley. 145. Andy Kingsmill 29.20. Royal Tunbridge Wells. 22. Mike Simms 22.54. Orpington. 50. Mick Keene 26.28, 100. Karen Desborough 35.13. Peckham. 103. Maz Turner 31.31. Penrose. 4. Robert Perry 21.18, 7. Genny Allan 22.23.

Great South Run, Portsmouth 10 miles. 12. Scott Overall 48.11, 5441. Zoe Kingsmill 91.15, 6543. Andy Kingsmill 94.55, 10210. Pongo Waring 1.48.15.

**31<sup>st</sup>** National Cross Country Relays, Mansfield. Note these are chip times so you get the hundredths! Senior Men 9. 1.03.35.85 (Alex Gibbins (16.49.95), Alex Bruce Littlewood (15.48.85), Phil Sesemann (15.24.50), Scott Overall (15.32.55)). B inc Nic Corry (22.16.55), Chris Tuck (17.49.85). Senior Women. 38. 34.53.85 (Elaine Rayner (10.26.15), Carole Penlington (11.39.00), Jane Bradshaw (2.48.70)). Under 20 Men. 20. 28.16.10 (Will Fuller (8.46.75), Richard Webb (9.15.30), Tom Desborough (10.14.05)). Under 20 women. Inc. Niamh Bridson Hubbard 8.20.40 (3<sup>rd</sup> fastest of day). U17M. 20. 29.32.65 (Joss Barber (9.15.05), Marco Arcuri (9.52.10), James Crawley(10.25.50)). U17 Women. 2. 26.52.15 (Jessica Keene (8.47.50), Kelsey Fuss (9.04.00), Katy Ann McDonald (9.00.65)). 7. 28.07.50. (Yasmin Austridge (8.52.25), Chloe Kibblewhite (9.46.30), Amy Leach (9.28.95)). U15 Boys 29. 20.53.90 (Joseph Georgiadis (6.44.45), Callum Myatt (7.14.40), Coleman Corry (6.55.05)). 63. (Cameron Swatton (7.09.80), Charlie Andrews (7.36.85), Leo Braden (7.42.15)). U15 girls 11. 22.49.75 (Millie Smith (7.26.15), Grace Scopes (7.49.80), Yasmin Marghini (7.33.80)). 32. 23.51.35 (Lily Tappenden (8.00.45), Madalina Samoila (7.20.20), Isabelle Bridge (8.30.70)). U13 boys. 21. 22.40.55. (Samuel Reardon (6.58.28), Thomas Penlington (7.36.65), Alex Sibley (8.05.65)). 60. 25.20.80. (Ethan Kitteridge (7.47.65), William Leggatt (8.37.40), Barnaby Corry

(8.55.75)). U13 girls. 2. 22.29.95. (Jenny Neal (7.26.95), Morgan Squibb (7.37.30), Ellie Dolby (7.25.70)). 39. 25.30.25. (E Smith (8.17.35), Abbie Leeves (8.36.90), Niamh Milmo (8.36.00)). Inc. Olivia Berry (8.55.05). Parkruns. Bushy Park. 8. Rowan Fuss 16.33. Richmond. 3. Jonathan Vintner 17.36. Bexley. 40 Chris Pike 22.35, 142. Andy Kingsmill 28.18, 172. Zoe Kingsmill 29.39. Greenwich. 30 Barry Wetherilt 22.30, Jenny Neal 24.07. Braunstone. 2. Ian Frith 17.29. Cambridge. 8. James Perry 19.17. Royal Tunbridge Wells. 26. Daniella Harper 22.27. Crystal Palace. 31. Matthew Pond 20.38, 75. Nigel Wood 23.43, 98. Luigi Arcuri 24.53. Killerton. 9. Bob Minting 21.56. Riddlesdown. 29. Gracie Horton 23.31. Dulwich. 133. Scott Bulmer 23.55, 138. Nigel Bulmer 24.02. Orpington. 25. Ian Montgomery 21.54, 27. Rob Brown 21.58, 36. Graham Coates 22.58, 47. David Leal 23.46, 54. Sally Haffenden 24.11, 83. Jackie Montgomery 25.44, 84. Charlotte Faries 25.47, 145. Amanda Knowles 29.32, 175. Dick Griffin 32.46, 193. Karen Desborough 34.54. Peckham. 113. Maz Turner 36.47. Dartford. 13. Steve Pairman 20.20, 18. Mike Simms 21.08, 80. Julia Pairman 28.33. Penrose. 10. Genny Allan 22.30 (1<sup>st</sup> woman). Costantia Greenbelt. 48. Darryl Hilliar 26.26. Malling. 11. Robert Perry 20.05, 26. Adrian Perry 21.31.

## **25 years ago.**

**Sept.** Blackheath Harriers win the National Young Athletes League Final by 4 points from Shaftesbury Barnet Jamie Quarry and Alexis Sharp are 1<sup>st</sup> and 2<sup>nd</sup> in the English Schools multi events championships. Along with Steve Harrison they win gold for Kent in the team contest.

Colin Moynihan, MP. Under Secretary, Department of Energy is the guest at the Annual Dinner.

Jenny Kelly, Bromley Lades, is part of the England U23 team who defeat Czechoslovakia and Poland in a three way International in Jablonec.

Blackheath win both the Kinnaird and Sward Trophies for the second year in a row.

Gary Arthey finishes 8<sup>th</sup> in the Great North Run in 63.49. Mark Steinle is 4<sup>th</sup> in the Junior Mens race.

Blackheath represent the UK in the European Champions Club Cup for Juniors for the first time. The venue..... Copthall. The team of Michael Nartey, Ben Eldred, Jonathan Murray, Anthony Draper, Mark Steinle, Jamie Quarry, Laurence Rogers.

Anthony Algeo, Guy Murphy, Ezra Clarke, Richard Samuel, Steve Harrison, Toby Walter, Richard Lansiquot, Barry Gardener, and Neil Gardener finish in 6<sup>th</sup> place out of 14 teams.

**October.** 112 finish the Club 5. At the AGM following Don Gillate introduces Tony Weeks Pearson as the new Club President. Julie Stacey finishes runner up in the AAAs 10km road championships at Southend. She times 35.05 and wins £40. She also wins the 17-19 year olds race at the London Youth Games Cross Country Championships at Hendon. Jonathan Murray and Anthony Draper are 2<sup>nd</sup> and 3<sup>rd</sup> in the boys 15-16 year old race.

## **20 years ago**

**September.** Blackheath win the boys Young Athletes Final in Birmingham for the seventh successive year. They beat 2<sup>nd</sup> placed Liverpool by 58 points. Under 15 high jumper Wayne Gray is the Athlete of the match clearing 1.97 for a League and English record.

Bromley Ladies win the Guardian Insurance Plate Final at Stoke after finishing runners up the year before. Debbi Marti is the Athlete Of The Match winning both the high and long jump and finishing 4<sup>th</sup> in the triple jump. Myrtle Augée wins the shot and is 2<sup>nd</sup> in the hammer and 3<sup>rd</sup> in the discus.

Blackheath represent the UK in the European Champions Club Cup for Juniors. They are runners up in the B final in Paris. The team includes David Gilkes, Darren Burley, Nizamul Hoque, Michael Skinner, Stephen Holmes, Alex Gibbins, Mensah Elliott, Ruben Tabares, Jeremy Bradley, Haleem Banda, Wayne Gray, Marvin Bramble, Emeka Udechuku, Andy Benn, Aaron Harris and Adrian Harris.

“Have pole – will travel”, Past President Jim Day is interviewed in Athletics Weekly. He describes joining the Club as “the wisest move I ever made”. Earlier in the year he competed for the British League team at the age of 62 an appearance which received comment in The Times. He had competed in all European and World Veterans Championships. He was Kent pole vault champion six times between 1957 and 1979 and runner up on six occasions.

A team of Roy Smith, Simon Baines, Dave Heath, Phil Hogston, Mark Steinle and Spencer Newport finish runners up in the Southern 6 stage road relay at Aldershot.

**October.** Dave Taylor represents Great Britain in the World Half Marathon Championships in France. He finishes 51<sup>st</sup> in 64.47.

Blackheath have great success at the McDonalds South of England Young Athletes relays. They are 1<sup>st</sup> and 3<sup>rd</sup> in the under 15 boys race and Steve Holmes, John Baker and David Baker run the three fastest times of the day. The under 13 boys are runners up with Will Bolton running the second quickest time of the day.

The following day at the Reebok Southern Womens Relays, Gemma Viney runs the fastest leg in the under 13 girls race for the second year in a row. She is 21 seconds quicker than the second fastest runner and with Frances Barker and Katie Lucht they win team silvers.



Blackheath represent England in the European Champions Club Cup Half Marathon Championships at Ch Aveiro in Portugal. The team of Roy Smith, Pat Calnan, Giles Clifford and John Beck finish in 13<sup>th</sup>. With team manager Mark Watling at home winning the Club 5, Ken Daniel takes the reins (see left).

**15 years ago.**

**Sept.** Blackheath finish runners up in the National Young Athletes Auxillary Final in Birmingham.

**October.** Mark Steinle finishes in 56<sup>th</sup> place in the Olympic Marathon in Sydney in a time of 2.24.42. Sian Brice is pulled out of the triathlon after falling off her bike. Julian Golding is an unused reserve in the 4x100.

Dwayne Grant is part of the winning Great Britain 4x100 metres relay team at the World Junior Championships in Santiago, Chile. He is 7<sup>th</sup> in the 200 in 21.33.

Athletics Weekly reports on six British youngsters who are given the opportunity to train at Bucknell University in Pennsylvania. Olympic Marathon runner Richard Nerurkar is just one of the coaches to instruct the youngsters. It obviously did 2012 Olympian Scott Overall no harm.

techniques that other athletes follow."

**Name:** Scott Overall  
**Age:** 17  
**Club:** Borough of Hounslow AC  
**Coach:** Alex McGee  
**Major achievements:** 1999 – eighth in the English Schools' 1500 final. 2000 fourth in the London Mini Marathon and 30th in the English Schools' Cross Country Championships.

**Reasons for attending the camp:**

"I wanted to learn more about running such as diet, other forms of exercise to complement my running, to do some warm weather training and to visit the United States for the first time."



camp it was an unforgettable trip. "It was a memorable experience which has given me inspiration and has improved my motivation to a new level," Scott Overall explained.

Humps', he was able to train with hardly any pain. "The last six months have been a nightmare and being able to run was the best feeling for me," said Adam.

The emphasis was not just about



**10 years ago**

Blackheath & Bromley's boys and girls win the National Young Athletes League Final at Birmingham. Shaunagh Brown is female field event athlete of the match for her meeting record in the discus.

The Club's Under 20 women win the National Junior Athletics League Final at Derby. The 4x100 metre team of Clare Cooper, Serita Solomon, Amy Godsell and Montell Douglas set a British record for a UK Club team.

Brother and sister Bob Minting and Helen Godsell both win gold medals at the World Masters Championships in San Sebastian, Spain. Bob takes the M55 800 title in 2.07.99 and Helen is a member of the victorious W50 4X100 and 4x400 teams. Bob's diary of the Championships is printed in Athletics Weekly. On the 2<sup>nd</sup> of September he has the 400 and 1500 finals on the same day. He is 2<sup>nd</sup> in the 400 in 55.23. "I am 55.29 years old and, for the first time, I've run 400 metres in fewer seconds than my age....My championship is summed up by reversing the UKA mission statement – from fulfillment to fun – and perhaps that's how masters' athletics should be".

National Junior Hammer champion Amir Williamson is interviewed in Athletics Weekly, "To develop elite throwers, you need to be able to do the training to become world class. You don't need brand new tracks or nice buildings with nicely painted walls and air conditioning. You just need a facility where we can do the throwing required for the event."

**5 years ago**

**September.**

The Club win the National Young Athletes Auxillary Final by 100 points.

The men and women win the National Junior Athletics League Final at Derby. The Club are the best womens team on the day and qualify to represent the UK in the European Champions Club Cup in 2011.

The Under 20 womens team finish in 4th place in European Champions Club Cup for Juniors. Savannah Echel Thompson wins the 400 and Sarah Abrams the high jump. Savananah, Frederica Foster, Krystal Galley and Katrina Cosby break the Club 4x400 record by over four seconds. Others in the team are Megan Southwart, Amara Lalemi Jacobs, Rachel Dickens, Grace Sheppard, Amber Reed, Danielle Critchley, Jessica Jones, Samantha Milner, Christina Moore, Lauren Stevens, Ellie Duffy Penny and Georgina Cousins.

Scott Overall wins the Windsor Half Marathon in the morning and in the afternoon is part of the B&B team who qualify for the National 6 stage road relay.

**October.** Montell Douglas is part of the England 4x100 metre relay team who win gold at the Commonwealth Games in Dehli.

That's it. Corrections, omissions, comments etc always welcome.

