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Blackheath & Bromley Harriers AC

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2003

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24 June 2003

Athletes from Blackheath And Bromley Harriers AC have been in action all over Britain and the world in the last week in a variety of Representative and individual competition. Most prominent was Julian Golding who ran the anchor leg for Great Britain at the Spar European Cup in Florence. He helped the team to third place behind Greece and Poland in a time of 38.60. The 28 year old had originally been selected for the 200 but turned down the individual event on the advice of coach John Regis.

At the Southern Championships at Portsmouth Liz Hughes soared over 4 metres in the pole vault to take the Senior Women's title, the same height as her coach, 50 year old Allan Williams achieved in finishing 9th in the Senior Men's event.

It was gold also in the under 17's hammer where Amir Williamson won by nearly two metres with a throw of 55.21 with his brother Alistair Tawanaee 4th with 47.99.

Michael Skinner was beaten into 2nd in the 1500 with 3.46.08; Spencer Newport was runner up in the 5,000 with 14.42.89 and Mohammed Sillah Freckleton also grabbed silver in the 110 hurdles in 14.28.

Patrick Boundy was not far off his best in coming 5th in the javelin with 61.59 and Russell Bentley took a couple of seconds off his best over 800 metres as he finished 7th in the final in 1.52.47.

Down in at the Welsh Championships in Carmarthen Fabian Collymore won the 100 and 200 metre titles in the Under 20 Men's competitions with times of 10.97 and 21.87. In the field Simon Williams picked up bronze in the Senior Men's javelin with a throw of 53.35.

The Club's youngsters produced a string of outstanding performances at the various County Schools Championships. At the Kents at Ashford Amir Williamson broke the Championship best in the Intermediate Boys hammer with a throw of 56.42 with his brother Alistair Tawanaee not far behind with 50.63. Stuart Harvey won the javelin with 60.29 and there was a best for Rob Wallace as he won the long jump with 6.37.

For the girls Layla Hawkins set a new championship best to win the 300 metres in 40.6 and Ella Fisher and Clare Silvester both had comfortable wins in the 800 and javelin.

There was another Championship best in the Junior Boys competition where Scott Huggins cleared 2.55 in the pole vault while for the girls there were wins for Amy Gibbs (100), Sarah Elson (200), Rebecca Taylor 800, Nina Akif (75Hurdles) and Flo Clark (discus).

It was a double celebration for Clark's coach Herbie Kuenstlinger as another of his athletes, Shaunagh Brown won the discus in the same age group at the London Schools Championships at Battersea Park. She threw 31.21. Other wins here came from Alex Al Ameen in the Junior Boys 80 metre hurdles in 12.0 and from Harriet Robinson who took the Intermediate Girls 80 hurdles in 11.6. At the Surrey Championships at Kingsmeadow there was victory for Danielle Fidge in the high jump in 1.63.

There was more success at the Kent Under 13 Championships at Canterbury. Chloe Shaw had a particularly successful time. She swept to victory in both the 100 and 200 metre races with times of 13.6 and 28.5 and also finished 2nd in the high jump. Sarah Harrison picked up silver in both the sprint races and there were other medals on the track from Ruby Samuels (silver in the 800) and from Hannah Garcia (bronze in the 1500). In the field Helen Silvester made a seismic improvement in the javelin launching the spear out to 22.41 for victory and Katrina Cosby won the long jump with an impressive leap of 4.33. For the boys Aston Stockdale picked up gold in the 200 to add to the silver he won in the 100; Michael Thorpe won the 1500 by nearly 6 seconds in 4.50.6; and Edward Martin took silver in the 800.

Two members were in action in the famous Comrades Marathon in South Africa. 66 year old diabetic Colin Poole completed the gruelling course in 11 hours 50.53 just inside the cut off time of 12 hours, with Dave Lewis even quicker in 10.24.41

Over in Sweden Trevor Simmons competed in the superbly organised Stockholm Marathon. On a two lap course that finished in the Olympic Stadium he timed 3.08.44, 487th out of a field of 15,000.

Many Club members of all ages took part in the Orpington 10km and 2km races at Darrick Wood school with Peter Tucker winning the 10km in 35.15, twelve seconds clear of Roy Smith who was the leading veteran. The Club also won the team prize.

The Junior Men are on course to reach the Final of the National Junior Athletics League after finishing third in their Southern Premier Division match at Copthall, Hendon. The Premier Division contains the top 8 men's teams from the whole of the South Of England and the Club are now third in the table with the top 4 progressing to the National Final in September.

Karim Chester proved the biggest points scorer with wins in the hammer, shot and discus and under 17 Stuart Harvey made it maximum points in the A string throws as he won the javelin with 55.42, a personal best with the Senior implement.

Other wins came on the track where Jamie Atkinson and Terry Hawkey won both A and B string 3,000 metre races and Ian Allerton looked impressive as he dipped under 50 seconds to take the 400 metres.

Most pleasing for team manager Fran Robinson was the performance of a number of under 17 athletes. Apart from Harvey's win the javelin, Alistair Tawanaee gained 2nd and 4th in the hammer and discus; Max Richardson ran an excellent 50.8 for 2nd in the B 400; Daniel Haque leapt a personal best to finish 2nd in the triple jump; Alex Worley gained a promising 2nd in the 400 hurdles B race; and Dominic Parsons and James Poole picked up 3rds in the 200 and 1500 B races.

Tom Robinson returned from injury to clear 3.80 in the pole vault with Alex Pope setting a new best of 3.65 in the B competition.

Elsewhere Sean Mulligan was impressive in finishing 2nd in the 400 hurdles in 56.0 while Duayne Bovell in the sprints, Rob Wallace in the jumps and Andrew Johnson in the hurdles all scored valuable points for the team. It looks as if the woman's team will be joining them in the Premier Division next season after an emphatic victory in their Medway Division match at Erith. Individual wins abounded, particularly on the track as the Club maintained its 100% record in the Division over 50 points clear of second placed Dartford.

Harriet Robinson, Layla Hawkins, Katherine McKinlay, Ella Fisher, Bryony Proctor and Fay Waller won all the A string track races from the 100 up to the 3000. The efforts of Alex Wickham, Jo South, Sonja Bye, Jenny McCaffrey and Leanne Critchley ensured they dropped hardly any points in the B strings. Stephnie Allerton picked up more valuable points in the 400 hurdles and it was no surprise that both relay teams finished first.

Christine Lawrence won the javelin with a mighty 37.15 throw and Rachel Blackie scored good points in the other throws. As well as her win in the 800, Leanne Critchley, who had only come to do the non scoring 100, also pick up important points in the shot as did Sarah Olney in the B javelin and Layla Hawkins and Katherine Townsend in the jumps.



17 June 2003

Individual Success

Julian Golding continued his promising start to the outdoor season as he recorded the fastest time by a Briton this year as he won the 200 metres in a meeting in Warsaw. He stopped the clock at 20.37 leaving last years top Briton Marlon Devonish trailing in his wake in 20.92. Unfortunately the time was with a +3.6 metre per second tail wind so it will not count for ranking purposes.

It impressed the Great Britain selectors who promptly selected him for the 200 metres at this weekends European Cup. However, having raced in Poland last weekend, come back to Britain and travelled to Cardiff to train with the GB relay squad; and then returned to Poland, a tired Golding decided with his coach John Regis that he should turn down selection. He will just travel as part of the relay squad.

Club mate Jonathan Barbour timed 21.22 in the same race in Warsaw and also ran a seasons best of 10.40 in the 100. Earlier in the week at Bratislava he had run 10.65.

Michael Skinner showed he is rounding into good form as he ran 3.45.41 in the British Milers Club meeting at Eton. Juniors Jamie Atkinson and Terry Hawkey timed 3.57.23 and 3.54.88 in their respective races while in the 5,000 Dave Taylor continued his recent run of good form with a 14.15.04 clocking. Russell Bentley ran 1.54.14 to win the 800 E race. Shavaun Henry made her debut in the 2000 steeplechase and ran a useful 7.54.42 to finish 10th in a strong field.

Team Success

Blackheath & Bromley Harriers AC lost their unbeaten record in the Southern Women's League Division One match at Basildon finishing runners up to recent National champions Windsor, Slough, Eton And Hounslow. They are still 5th in the 25 strong division and at the half way stage are in contention for a place in the UK Women's League qualifying match in September. This is despite the fact that many of those competing in the Senior age group were Under 20 and Under 17 athletes, a situation brought about by a string of injuries and illness.

Much credit is due, therefore to athletes such as Sam Singer who ran the 200, 800 and both relays despite only having just recovered from a bout of previously undiagnosed glandular fever. Under 17s Vicky Thomas and Rachel Blackie both had a busy time in the throws doing their maximum three events and both continue to make rapid improvement in the hammer.

Harriet Robinson's trio of events included a win in the B long jump and a grade one winning performance in the sprint hurdles. Jo Wood scored vital points in both the sprint and 300 hurdles as did Rachel King with a 1.55 clearance in the high jump. Katy Benneworth produced consistent performances in both long and triple jumps and also joined Louisa Guthrie in the sprints with the two combining with Singer and Robinson for a rousing victory in the 4x100 metre relay in 49.2 seconds. Singer, Ella Fisher, Maureen Miller and Eve Bugler also ran out winners of the 4x400.

Fisher earlier won the B 400 while elsewhere on the track Hannah Leach proved invaluable in the 3000 and 1500 as was Bryony

Proctor in the 3000 and 800.

The Under 15's provided a rich haul of points with a stream of winning performances. Amy Gibbs, Jade Castell Thomas, Sophie Robinson, Katie Murray, Emily Godley, Flo Clark and Shaunagh Brown all recorded wins while Hannah Shomade, Sarah Coombs, Rebecca Taylor, Hannah Garcia, Nina Akif, Rachel Arnheim, Frances Athawes and Rosanna Carter all showed good form.

Some of these athletes were back in action the next day at Norman Park where the Club also lost its 100% record in Kent Women's League Division One, narrowly missing out to Medway And Maidstone. After three matches, however, the Club have a commanding lead of over 100 points and look almost certain to confirm themselves as champions at the last match at Bexley in July.

Hannah Leach, Katherine McKinlay, Louisa Guthrie and Ellie Blackwell all had individual wins on the track and the latter three combined with Sam Singer and Claire Hobson for wins in both relays.

Layla Hawkins, Rachel Blackie and Clare Silvester won all four throws between them in the under 17's age group with Joanna South providing a useful win in the 200.

Nina Akif, Katie Murray and Frances Athawes had wins in the under 15's age group while Chloe Shaw, Julie Stacey, Amarah Taitt and Estelle Patten provided maximum points in the under 13s. The Club remain unbeaten in Division Two of the League but will not be able to be promoted as a Club cannot have two teams in the same division. They lead the table by 132 points.

Highlight here came from Victoria Thomas in the Under 17's hammer as she improved her best to 33.70, a grade one performance. Sonia Bye, Kate Pratten, Hannah Williams and Fay Waller were unbeatable on the track in the Senior age group as were Helen Bhandari, Rebecca Syrocki and Stephanie Allerton for the under 17s.

Sarah Elson, Sarah Jane O'Sullivan, Catherine Thomas, Rachel Arnheim and Rosanna Carter grabbed maximum points for the under 15's as did Ruby Samuels, Jessica Bain, Isobel Ivy and Charlotte Osborne in the under 13s. The Club also top the Kent Boys and Colts League after another victory in the latest match at Deangate where they won both the under 15's and under 13's competitions. Scott Blackwell was in top form in the under 15 sprints winning the 100 in a new best of 11.9 before taking the 200 in 23.9. There was a double win also for Alex AlAmeen. His 1.75 in the high jump was a new best and he also took the shot with a putt of 11.39.

Other wins came from Danny Brewer in the 3000 and James Somersby in the B 200 while Tytus Murphy continues to improve with a new best of 2.14.3 in the 800.

Every point counted for the under 13's as they won their match by just one point from Tonbridge. Wins came from Michael Thorpe, Aston Stockdale, Daniel Hammond and Lewis Patterson while the efforts of Robert Evans, Stephen Hawkin, Oliver Robinson, Andrew Jordan, Clement Richards and Oliver Jones helped secure victory.

To underline the all round success of the Club at present the Veteran men's team head Division One of the Kent League with the veteran women in line for promotion at the top of Division Two.

The Club is committed to catering for athletes of all ages and abilities and is always keen to welcome new members. For further details contact John Blackie on 020 8650 4262 or visit Norman Park track at the following times. Under 11s Wednesdays at 6 or 6.30.(ask for John Blackie) Over 11's Tuesdays and Thursdays from 6pm (ask for Heather Williamson).



10 June 2003

If proof were needed that 1998 Commonwealth Games 200 metres champion Julian Golding is back to his best it came in an International Meeting in Bydgoszcz, Poland on Sunday.

The 28 year old Blackheath And Bromley Harriers AC defeated World Indoor 200 metre champion Marlon Devonish convincingly in 20.63 to 20.78. Devonish was the fastest in Britain last year and the pair are finely matched on the all time list. Golding has a best of 20.18 while Devonish has run 20.19. With Olympic silver medallist Darren Campbell aiming to go sub 20 and Jason Gardener turning his eyes to the longer sprint, competition for places in the Great Britain team at this years World Championships in Paris could not be fiercer and some absorbing clashes are in prospect in the coming weeks. Golding is now coached by John Regis, as is team mate Jonathan Barbour. The current European Under 23 100 metre champion timed 21.37 in the same race as Golding in Poland.

More of the Club's top athletes were in action at the Loughborough International match. The fixture featured a Great Britain team taking on squads from Scotland and Wales, an International Select, British Students and Loughborough students. Proud recipient of his first International vest was Karim Chester who threw for the GB under 20 team in the hammer. This was his first competition for some time using the Senior implement and he celebrated with a new personal best of 53.40.

Pieter Koekemoer made a big impression in the 400 hurdles with the quickest time of the day as he won the B race in 51.42. Training partner BJ Holtzhausen did not fare so well in the 100 after suffering a bout of gastric flu. He finished in 11.29.

Sparks flew in the sprint hurdles as Mohammed Sillah Freckleton blasted out a 13.84 second time to finish 2nd in the B race with Club captain Mensah Elliott in 3rd in 13.97. Out in the field Inter Counties champion Liz Hughes placed 4th equal in a competitive pole vault competition with a clearance of 3.75. There was more National success for the Club's athletes at the British Masters Championships at the Moorways Stadium. The field events triumvirate of Colin Brand, Gordon Hickey and Jim Day came up trumps in the over 65's category with a hatful of medals.

Brand took both the javelin and discus titles with throws of 40.18 and 40.55 while 69 year Hickey was a class apart in the shot with a putt of 11.83. Despite missing much of the Winter through illness 69 year old Day launched himself over 2.60 to win the pole vault but a lack of stamina meant he had to settle for the runners up spot in the sprint hurdles.

Also on the track Ken Daniel took silver in the over 50's 1500, a race shrouded in controversy as it was run in conjunction with the

over 40's race, something which should not happen.



3 June 2003

The youngsters of Blackheath And Bromley Harriers AC remain unbeaten this Summer with a third successive victory coming in their National Young Athletes Southern Premier League match at Deangate against Medway And Maidstone, Brighton And Hove, and Radley.

With the points being separated to determine the strongest boys and girls teams, the girls are on target to qualify for the National Final in September while the boys are in with a chance of making the Auxiliary Final. The girls are unbeaten in all three matches and head the table with the winners and runners up going to the final and third and fourth going to the Auxillary . The boys team are in 4th with the first three going to the National Final and the next two to the Auxilliary.

Amongst a mass of excellent performances the results in the throws were particularly noteworthy. Following news that Under 20 hammer thrower Karim Chester has been selected to represent the Great Britain Junior team at this weekends Loughborough International, training partners from the Mike Davies coached group all made significant breakthroughs.

Amir Williamson was over 55 metres for the first time in the Under 17 Men's event as he won the competition with 55.66 and his brother Alistair Tawanaee broke through the 50 metre barrier with 50.12 in the B string. Then Richard Al Ameen produced a National Grade One performance as he won the Under 15's boys contest with 40.88. Not to be outdone his brother Southern hurdles champion Alex Al Ameen won the under15's high jump in a grade one height of 1.71.

Other grade ones came from Harriet Robinson clocking 11.7 in the under 17 women's sprint hurdles; Katrina Cosby with a lightning 20.5 in the under 13 girls 150 metres; and Scott Blackwell with an excellent 24.1 in the under 15 boys 200 to add to his win in the 100.

The Under 17 girls won most of their events with maximum points scored by Rachel Blackie, Victoria Thomas, Clare Silvester and Sarah Olney in the throws while other victories came from Vicki Cole (100 and 300 B), Amy Godsell (300A), Ella Fisher (800 A), Bryony Proctor (1500B) and Rachel King and Sarah Wiffen in the high jump. For the under 17 men Williamson and Tawanaee also scored maximum points in the discus as did Daniel Haque and Dwayne Lennon in the triple jump; James Du Salu and Jason Gabrielle in the high jump; and Dominic Parsons and Adai Monerville in the 100. Further A string wins came from Adam Berry (pole vault) and Rob Wallace (long jump) and in the B strings from Max Richardson(400), Alex Letchford (800) and Leigh Hall Henry (shot).

The Under 15 boys only dropped one point in all the field events with double wins for Richard Al Ameen and Joseph Stockton in the shot, discus and hammer; Sam Wardingley and James Alaka in the long jump; Scott Huggins and Matt Lowden in the pole vault and James Taylor and Stephen Cheyne in the javelin.

The girls were similarly dominant with Flo Clark, Shanaugh Brown and Rosanna Carter unbeatable in the throws. Emily Godley and Lauren Blackie picked up B string wins in the long and high jump competitions while on the track there were wins for Jade Castell Thomas (100B), Rebecca Taylor (1500A) and Nina Akif (75Hurdles A).

No under 13 girl finished lower than 2nd in their events with Chloe Shaw and Katrina Cosby all winning three events. Other wins came from Sarah Harrison (100B), Katy Gibbs (800B), Charlotte Osborne (1500B), Amara Taitt (high jump) and Isobel Ivy (long jump). Ashton Stockdale had a busy afternoon for the under 13 boys with wins in both the 100 and 200 as well as 2nd in the shot. Michael Thorpe was again unbeatable in the 1500 with Thomas Moran making it maximum points in the B string and Stephen Cavey winning the B 200.

It was not all about winners, however, and the Club would not have triumphed had it not been able to call on a host of athletes, such as Nicola Moran and Stephanie Allerton, who made a valuable contribution to the team with many of them achieving personal bests.

The third round of the Southern Men's League took place the day before and at the halfway stage of the season the Club's B and C teams are both well placed. The B team were 3rd in their match at Worthing where highlights included a win for former Irish International Nigel Keogh in the 400 hurdles, a mighty 14.29 leap from Sam Bobb in the triple jump and a fine B string 100 metre win for Duayne Bovell. The team are now 5th in the table out of 25.

The C team were just beaten in their match at Bury St Edmonds but remain top of the table having won their previous two matches. The mix of youth and experience in a squad that ranges from 15 to 69 years should ensure the team is in contention for a promotion place at the end of the season. A number of Club members were in action at the Bedford Games with perhaps the most notable performance coming from Mark Awanah who was 3rd in the long jump with 7.26. Mensah Elliott was 6th in his heat of the 110 hurdles in 14.33 the same position as Richard Holt achieved in the 400 hurdles with a time of 57.12.

Three of the Club's Junior athlete were also in action with Jamie Atkinson and Terry Hawkey 2nd and 3rd in the 800 and Fabian Collymore clocking 11.08 and 22.44 in the sprints.

Abroad Jonathan Barbour timed 10.71 in the 100 into a -2.0 wind in a meeting in Ljubljana. At the Kalamata Permit meeting in Greece Julian Golding improved his 200 metres time this year to 20.80 finishing 3rd in the C race.

There has more success for the Club's athletes on the road recently with the highlight being Dave Taylor's win in the South Of England 10km championship which was incorporated in the Poole Race. Taylor who will be 40 next January dominated the race timing 29.57 to set a new course record and finish 49 seconds clear of 2nd placed Wilson Chekwa.

Rob Brown was first over 50 at the Sharon Daniels-Norbury 5 in Eltham in a time of 32.17

The Club is always looking for new members of all ages and abilities for track and field, road and cross country. For further details contact John Blackie on 020 8650 4262 or visit the website at www.bandbhac.org.uk Track and field training takes place for those aged 11 and over at Norman Park track on Tuesdays and Thursdays from 6pm. Special classes for the under 11's take place on

Wednesdays from 6 to 7 and from 6.30 to 7.30. Road and cross country runners train from the Clubhouse on Wednesday evenings from 6.30



27 May 2003

There were some notable performances from athletes of Blackheath And Bromley Harriers AC at the Inter County Championships at Bedford, the highest quality event in the country so far this season. Many athletes were using the meeting as their opening competition in their bids for places in the Great Britain team at this years World Championships in Paris.

Liz Hughes, representing Kent, eventually proved victorious in the women's pole vault with a clearance of 3.80. On the track 1998 Commonwealth champion Julian Golding was easily the fastest in the heats of the 200 with a time of 20.85, the second quickest in the country this year behind Olympic silver medallist Darren Campbell. He decided not to run the final and save himself for racing in Greece this weekend. The previous day he was 5th in the 100 in 10.53 having timed 10.36 in the heats.

Michael Skinner took 3rd in the mile in 4.03.63 and Bill Foster, who turns 45 later this year, was 5th in the 5,000 in 15.08.30 with Andrew Rayner 8th in 15.35.48.

In the field under 20's Katy Benneworth and Danielle Fidge gained valuable Senior level experience as they finished 11th and 5th in the long jump and high jump. Patrick Boundy threw a useful 62.26 in the javelin for 8th place.

More medals were won by athletes from Blackheath And Bromley Harriers AC than from any other Club at the South Of England Under 20's Championships at Watford. Three gold, nine silver and five bronze medals were gained and numerous personal bests achieved.

It proved a particularly successful weekend for Flo Clark who struck gold in the under 15 girl's discus and silver in the shot. Her throws of 31.57 and 10.29 were both personal bests with training partner Shaunagh Brown scoring 2nd and 6th in the same events. Karim Chester won the under 20 men's hammer by over five metres with a throw of 56.67 while Alex Al Ameen snatched the under 15 boy's 80 metre hurdles title by just seven hundredths of a second. He was also 2nd in the high jump as was Chester in the discus. Other field event silvers came from Stuart Harvey in the under 17 men's javelin with 56.60 and from Sandra Alaneme in the under 20 women's triple jump with a leap of 12.16.

On the track Jamie Atkinson was 2nd in the 1500 with 3.56.97 with Terry Hawkey less than a second behind in 4th while Harriet Robinson missed gold by just three hundredths of a second as she clocked 11.25. Rebecca Taylor smashed her best in the Under 15 girl 800 as she ran 2.16.9.

Katy Benneworth leapt 5.52 for third place in the under 20 women's long jump and there were other bronzes in this age group from Christine Lawrence in the javelin with 38.84 and from Fabian Collymore who timed 22.12 in the 200 metres. In the younger age groups Amir Williamson took third in the under 17 men's discus with 40.38 and Scott Blackwell timed an excellent 23.63 in the under 15 boy's 200 to cap an outstanding weekend for the Club.

Despite the clash with these Championships the Club still had a successful couple of days of team competition with wins in both Division One and Two of the Kent Women's League at Deangate.

In the Division One match the best individual performances came in the younger age groups with Katrina Cosby outstanding in the Under 13's 75 metres where she won in 10.3. She also won the long jump and sprint hurdles as did Chloe Shaw in the high jump and 150 metres.

For the Under 15's Katie Murray set a new best of 1.60 to win the high jump while in the under 17's Vickie Cole took the 100 metres in 12.7 and Rachel Blackie's hat trick of victories in the throws included a 29.18 distance in the hammer.

Highlights of the Thameside League match at Battersea Park came in the under 15 boys events where a leap of 5.77 by Sam Wardingly in the long jump was an English Schools qualifying distance and James Alaka's 11.9 in the 100 metres was a national grade one performance. Alaka also won the 400 metres in 55.1. For further details about the Club visit the website at www.bandbhac.org.uk



20 May 2003

Weaknesses in the field events cost Blackheath And Bromley Harriers AC dearly in their opening British Athletics League Division Two match at Edinburgh. Despite some good track performances the team eventually finished in 7th place out of 8 teams and need to rally to firstly pull themselves out of the relegation places and then back into promotion contention.

Most highlights came on the track. South African Pieter Koekemoer started the day on the right note winning the 400 hurdles by nearly two seconds in 51.62. Anthony Draper followed with a controlled victory in the 800 and Michael Skinner and Andrew Rayner scored a double win in the 1500 metres. The sprint hurdles also proved a lucrative source of points as Commonwealth Games representative Mensah Elliott took 2nd in 14.06 before Mohammed Sillah Freckleton won the B race by over a second in 14.00 despite having badly sprained his ankle while warming up.

The day finished on a high as Koekemoer, Draper, Joe Godsell and Jason Charter combined to win the 4x400 in 3.15.28 with Charter timing an impressive 47.3 on the anchor leg. It was not so good in the field with the exception being the javelin where new boys Patrick Boundy and Simon Williams took two second places. Alex Pope was the other notable performer equalling his personal best of 3.60 in the pole vault despite using a stadium pole.

The Club's women's team continue to make good progress in their goal of qualifying for the UK Women's League. They remain unbeaten in the Southern Women's League after victory in their latest match Norman Park ahead of last years Golden Jubilee

Cup winners Belgrave. Best result in the Senior age group came from Liz Hughes who won the pole vault with 3.50. Katy Porter's 5.34 leap in the long jump was the Club's other A string victory while B string wins also came from Katy Benneworth in the long jump, veteran Maureen Miller (400) and under 17 Clare Cooper (100). Cooper also won the under 17's B 80 hurdles in 12.2 with Harriet Robinson first in the A race with 11.6.

There were victories galore in the under 15's age group with the highlight being Shanaugh Brown's 31.48 grade one performance in the discus to go with her new best of 10.04 in the shot. Needless to say she won these events, as did Flo Clark in the B string in bests of 9.93 and 29.64. Katie Murray was another double victor taking the 1500 metres and the high jump.

The Senior Men's B team also won their Southern League Division One fixture at the same venue with a solid all round performance keeping them at near the top of the table despite competing against other Club's A teams. The C team were in action at Dartford and remain unbeaten under the new management team of Brendan McShane and Mark Ellison. Best performances here came from Leon Odiete who posted impressive times of 11.1 and 23.5 in the 100 and from Alex Worley who won the long jump and sprint hurdles.

The boys and girls of the Club had a comprehensive victory in the latest National Young Athletes League Match at Newham winning the competition by over a hundred points from Crawley and proving victorious in both the boy's and girl's competitions. The girl's team remain on course for a place in the National Final in September while the boys have rallied following third place in their opening match. Particularly impressive were the performances in the field events where in the Under 17's age group Amir Williamson's 54.32 in the hammer and Stuart Harvey's 53.70 in the javelin were both national grade one performances. Alex Worley impressed with a 58.9 clocking in the 400 hurdles while for the girls Rachel Blackie and Victoria Thomas scored maximum points in the shot and discus. Rosanna Carter, Frances Athawes, Shanaugh Brown and Flo Clark scored maximum points in the throws for the under 15 girls, while, for the boys, Alex Al Ameen soared over 1.70 for a grade one performance in the shot, and James Stockton made a huge improvement in the B hammer to win in 36.07.

The Club welcomes new members of all ages and abilities. For further details visit the Club website at www.bandbhac.org.uk



13 May 2003

There were medals galore for athletes from Blackheath And Bromley Harriers AC at the various County track and field Championships over the weekend. Over 30 gold medals were won and despite the windy conditions some notable times recorded on the track.

One of the highlight races at the Kent Championships at Ashford was the Senior Men's 1500 where Anthony Draper used his 800 metre speed to devastating effect in the last 300 metres to first catch and then storm past the leaders to win in 3.52.3. Andrew Rayner finished 3rd in 3.56.8 and may have got a medal also in the 800 had he not had his heel clipped, causing him to crash to the track with 150 metres to go.

Elsewhere among the Seniors, Great Britain International Lash Lashore returned from injury to regain the 100 metre crown, the vicious headwind restricting him to 11.2. Training partner Mensah Elliott was also back, placing 3rd in the 100 and then winning the 110 hurdles, the event in which he represented England at the Commonwealth Games.

In the field a special presentation was made to Jim Day who was competing in his 50th consecutive Kent County Championships. The 69 year old placed 4th in the pole vault with 2.60.

In the Junior age group Karim Chester impressed in the hammer winning in 59.87 a Championship Best Performance. He remains the best in the country so far this year. Alex Pope continues to improve setting new bests of 3.60 to win the pole vault and 6.18 to place 3rd in the long jump. New girl Christine Lawrence took the javelin title in 39.64; Sandra Alaneme won the triple jump by a couple of metres and Terry Hawkey ran away with the 1500 metres. Katy Benneworth won both the 100 and long jump, the latter in an excellent 5.63

In the under 17's Clare Cooper achieved a National Grade One standard as she won the 80 metre hurdles in 11.9 and followed with silver in the 100 in 13.1. Ella Fisher scored an 800 and 1500 metre double winning with ease in both. The Club's newest International selection Robert Bain celebrated with a good win in 3km walk in 14.54.0.

There were some notable throws performances. Amir Williamson was again over 50 metres to win the hammer with his brother Alistair Tawanaee setting a new best of 49.83 to gain silver. Rachel Blackie got a new best of 32.32 to win the discus, with Victoria Thomas winning the shot with 10.00 and Clare Silvester the javelin with 31.39.

The strong winds did not prevent Scott Blackwell and Rebecca Taylor achieving Grade One performances. Blackwell stormed to victory in the Under 15's 200 metres in 24.3. Taylor won the 800 in a new best of 2.19.3 to add to her victory in the 1500. Alex AlAmeen won a tight 80 metre hurdles while James Alaka ran an assured 54.6 to win the 400 metres.

There was a notable clean sweep in the girls long jump where Jade Castell Thomas was again over 5 metres with 5.03 with Lauren Blackie achieving a new best of 4.83 for 2nd and Emily Godley 3rd with 4.75. Shanaugh Brown was again over 30 metres to win the discus while Scott Huggins soared over 2.70 to win the pole vault.

Meanwhile at the Surrey Championships, Russel Bentley achieved a new best of 1.54.2 to win the 800 metres, Richard Holt won the 400 hurdles and there were victories also for Danielle Fidge in the junior women's high jump and from Amy Godsell in the under 17 women's 300 metres.

Patrick Boundy won the Senior Men's javelin in the Hampshire Championships with 60.93 and at the Middlesex Champs Marvin Bramble won the triple jump with a leap of 13.62.

Further afield two of the Club's International sprinters were in action in the States. Former Commonwealth Champion Julian Golding timed 21.06 in the 200 metres at the Modesto Relays Meeting in California. Training partner Dwayne Grant opened up with a 10.45 in the 100 and 20.95 in the 200 at the Seminole Twilight Meeting in Florida.

For further details about the Club visit the website at www.bandbhac.org.uk



6 May 2003

Newly merged Blackheath And Bromley Harriers AC made a successful start in the new joint scoring boys and girls UK Athletics Young Athletes League. In their Southern Premier Division match at Norman Park, lasting over five hours, they finally emerged victors by just two points scoring 422 to Windsor, Slough, Eton and Hounslow's 420 with Harrow 3rd on 336 and Havering 4th on 302.

Four athletes achieved National Grade One performances the most notable being Stuart Harvey in the Under 17 men's javelin. The Brian Benn coached athlete launched the spear out to 61.21 to exceed the Grade one standard by over 10 metres and win the competition by even further.

Jade Castell Thomas continues to improve in the under 15's long jump. She leapt another new best of 5.21 in a strong contest where the first two jumped further than the boys competition. Training partners Ella Fisher and Max Richardson both set new bests in the Under 17's age group with Fisher timing 2.17 in a tight 800 metres, and Richardson posting a 51.3 in the 400, the same as the winner.

Elsewhere in the under 17's Amy Godsell impressed in the women's 300 metres winning by nearly two seconds in 41.8 after having finishing 2nd in the 100 in a blanket finish where the first three all timed 12.8. Harriet Robinson won the 80 metre hurdles at a canter in 12.1 while out in the field Amir Williamson launched the hammer out to 50.86 to win by over 6 metres. Amazingly Richard Al Ameen won the under 15 boys hammer by nearly 9 metres despite never having trained for the event. His brother Alex was a class apart in the 80 metre hurdles as was Rebecca Taylor who won the 800 by five seconds and Scott Blackwell, half a second clear in the 200 metres. Shanaugh Brown broke through the 30 metre barrier to win the discus while back on the track Daniel Casey's 2.11.3 for 800 was a new best.

For the under 13's Katrina Cosby timed a strong 21.2 in the 150metres and Michael Thorpe had a gun to tape victory in the 1500 timing 5.00.8. A wealth of other good performances contributed to the victory in what was a strong fixture. Harrow finished 3rd in last years boys National Final while Windsor were 3rd and Havering 6th in the girls event.

Up at Leamington Spa two of the Club's youngsters set new personal bests at the Road Walking Association Championships. In the under 17 boy's event Robert Bain took 2nd in 26.18 in the 5km, while in the under 13 girls 2km event Julia Stacey closed in 7th overall in 11.58. She is now 4th in the rankings after five rounds of the Grand Prix.

Many of the Club's Seniors have progressed from the Young Athletes League and they were out in force for the opening Southern Men's League matches. The B team were 2nd in their match at Yeovil on their return to the 25 team Division One. They were competing against other Club's A teams and, although they lost to last years runners up Herne Hill, they did defeat 4th placed Woking.

Best performance came from new member Patrick Boundy who won the javelin with 58.00 following with a 2nd in the discus. There was a welcome return to League action for Sam Bobb who won the triple jump with 13.89 to add to his 6.43 leap in the long jump.

On the track Martin Airey ran his customary well paced race to win the 800 while the efforts of Richard Holt, Mark Purser, Simon Tolson, Alan Hardy and Will Bolton formed the backbone of a fine team performance. Bolton was the youngest in the squad at 20 while at the opposite end of the age group 69 year old Gordon Hickey scored useful points in the shot and discus. The age range was even greater at Walthamstow for the third team's Division Four match. Seventeen year old Edwin Telfer enjoyed a win in the B triple jump to add to his 2nd in the 100 and 3rd in the high jump; while 69 year old Jim Day, who will compete in his 50th consecutive annual Kent County Championship this weekend, soared over 2.60 in the pole vault to place 2nd. Lloyd Francis ran a good 11.6 to win the 100 and a fine team performance assured victory for the new management team of Brendan McShane and Mark Ellison.

There were two surprises at the recent Kent Veterans League match at Dartford. Firstly, the men's team were beaten in their Division one match and secondly the women won their first ever match in Division Two. Best performances for the women came from Maureen Miller and Helen Godsell who scored a double victory in the 200 metres.

On the roads the Club hosted its annual Ted Pepper Memorial 10km race starting from Langley Park School. Winner was Roy Smith in 33.43 with Eammon Prendergast 4th in 35.48 and John Hoy 5th in 35.51. First home for the women was Kate Pratten in 78th overall with Anne Cilia 103rd and Carolyn Jones Baldock, celebrating her 30th birthday 3 days early, in 111th.

Course record holder is Mark Steinle and there was good news for him this week as he has been selected, subject to fitness, to represent Great Britain in the marathon at this year World Championships in Paris in August. He is currently recovering from the effects of an iron deficiency and an achilles injury that kept him out of this years London Marathon but qualifies for Paris with the 2.09.17 he timed at London in 2002, over a minute and a half faster than former London winner Eamonn Martin ever ran. Full result details from the weekend are available on the Club website at www.bandbhac.org.uk



29 April 2003

Blackheath And Bromley Harriers AC enjoyed an outstanding weekend with success across the age groups both on the road and track at home and abroad. The Senior Women achieved their highest ever placing at the Nike National 6 Stage Road Relays at Sutton Coldfield. They closed in 13th against the top teams in the country a huge improvement on their previous best of 26th. Best run of the day came from Siobhan Budd who timed a sparkling 17.22 on the opening stage, the 26th fastest of the day. She was 11th on the leg, a position held on leg two by Shavaun Henry who timed 18.51. Hannah Leach (19.27), Karyn O'Mahoney (19.45), Gemma Viney (19.26) and Kate Pratten (21.10) completed the team which finished one place ahead of Midlands

champions Birchfield Harriers.

The Men's team finished 14th in the 12 Stage event despite missing a number of top runners. The squad was a mixture of youth and experience ranging from 19 year old Jamie Atkinson who clocked a useful 28.48 on the opening long stage of 5.3 miles, through to 44 year old Bill Foster who posted 15.16 on a 3 mile short stage.

Other good runs came on the short stages from Joe Mills (15.01), Andrew Rayner (15.11), Anthony Draper (15.30) and Nick Gasson (16.13) in his first race following injury. Best run of the day came from Michael Skinner who timed 26.46 on a long leg with Rory Byrne (28.00) and Peter Tucker (28.37) also performing well.

The relays depleted the middle distance section of the squad that travelled to Sutton Arena for the opening Southern Women's League match of the season but some extraordinary performances by some of the Club's younger members secured a memorable victory in their first match in Division One after being promoted last year. Significantly they defeated last years Division Two champions Herts Phoenix in the process.

Under 17's training partners Harriet Robinson and Clare Cooper were both in Grade One performance mode with Robinson clocking 11.6 in winning the 80 metre hurdles and Cooper making a huge improvement in the 100 metres to time 12.5 for second in the B string.

Sandra Alaneme's 10.33 in the shot and Christine Lawrence's 39.02 in the javelin would both have broken the old Blackheath Junior Club Records, while Ella Fisher and the ever reliable Carolyn Jones Baldock scored a double victory in the 1500 metres.

The Under 15's grabbed an astonishing 18 wins out of a possible 21 events. Highlights were Jade Castell Thomas achieving a new best and English Schools qualifying distance of 5.07 in the long jump and Amy Gibbs producing a National Grade One performance of 12.7 to win the 100 metres. Gibbs also won the A string sprint hurdles in 12.3 only for Nina Akif to go two tenths faster in winning the B string. All three then combined with 100 and 200 B string winner Serita Solomon to deliver a comprehensive victory in the sprint relay in 52.5.

In the middle distance, under 13 Hannah Garcia won the B 1500 in 5.31.8 three seconds behind A string runner Sarah Coombs, who was third. Rebecca Taylor was close to her best in the 800 with 2.25.8 with Katy Murray taking the B string in 2.39.9 and also clearing an excellent 1.50 in the high jump with Rachel Arnheim winning the B string.

Elsewhere in the field there were double wins from Shanaugh Brown and Flo Clark in the shot and discus; Frances Athawes won the javelin in the final round; and Emily Godley leapt 4.77 in the B long jump.

A number were in action the following day at Sutcliffe Park where the Club romped to victory by over 100 points in the opening match of the Medway Division of the National Junior Athletics League.

Most notable performance of the day came from Clare Silvester who improved her best in the javelin by over 4 metres as she won in 34.98. Rachel Blackie and Victoria Thomas stacked up the points in the other throws while Layla Hawkins, Ellie Blackwell, Rachel King and Harriet Robinson scored maximum points in the jumps. This domination continued on the track with wins for Robinson, Amy Godsell, Katherine McKinley, Ella Fisher, Bryony Proctor, Sophie Williams, Fay Waller and Nicola Moran.

On this basis the team should gain promotion back to the Southern Premier Division of the League and join the men's team who enjoyed a good start to their season with a 4th place at Cophall. Stand out performance here came from first year under 17 Stuart Harvey who sent the 800 gram javelin out to 54.84 which is further than he has thrown the 700 gram implement. Throws success continued with Karim Chester winning both the hammer and shot and Alex Pope setting a new best of 43.89 in the B javelin. Pope also set a new best of 3.50 in the B pole vault with Tom Robinson clearing a seasons best of 3.65 in the A event.

On the track middle distance stars Terry Hawkey and Jamie Atkinson both defied tiredness to win their events. Hawkey landed at 2am from Cyprus but still had the energy to win the 1500 metres having earlier placed second in the 800. Atkinson followed his National Road Relay performance the day before with a confident win in the 3000 as Tom Webb made a promising debut gaining second in the B race. With a number of athletes still to call upon the Club is on course to make the National Final in September.

Meanwhile out in the United States sprinters Julian Golding, Jonathan Barbour and Dwayne Grant teamed up with Birchfield's Mark Lewis Francis to form a Great Britain that finished 5th in the 4x100 metres in an International Relays Meeting in Philadelphia. They clocked 39.59 which suggests that the Club record of 41.00 should fall this year. Over in Long Beach Mohammed Sillah Freckleton dipped under 14 seconds for the first time in the 110 hurdles clocking a wind assisted 13.99.

1998 Commonwealth Games marathon representative Dave Taylor returned from the Guernsey Easter Running Festival unbeaten over the four races. He timed 30.10 for the 10km road race; 25.13 to win the 4.6 mile cross country race; 9.43 for the 2 mile cross country relay and finished by winning the half marathon by five minutes in 68.58.

Full details of the weekend results can be found on the Club website at www.bandbhac.org.uk



22 April 2003

KATIE BENNEWORTH COOL AS EVER!

It was no surprise to see the newly amalgamated athletics clubs of Blackheath and Bromley winning both Division One and Two of the Kent Women's League at Deangate on Easter Sunday. With versatile athletes of the calibre of Katy Benneworth in the "B&Bs" (as the new club is becoming known), the team almost swept the board with a whole host of wins.

In Division One Katy was magnificent in winning the senior A string 100m in 12.7, the triple jump in 10m31, and the long jump in 5m23. Sam Singer had her first track outings of the new season, winning the 400m in 58.7 and the 200m 20 mins later in 26.3. Shavaun Henry took the 1500m in 5.11.6, and veteran Beatrice Simpson was thrilled with her 35m 50 win in hammer, plus 2nd place in the discus. Claire Ludwig made a stylish debut on the track in the 3,000m with 12mins 29.8 for 2nd. In Division Two there were three wins for Nadia Gharbaoui in the 200m, triple and long jump, and two wins for Anita Oliver in the shot and discus.

Rachel Chadwick took the 400m, Eve Bugler the 1500m and Carolyn Jones-Baldock the 400hurdles. Rachel, Eve, Carolyn and Nadia took the 4x100 relay.

U17 Rachel Blackie surprised everyone, including herself, attaining three superb wins in the Division One shot, discus and hammer after a recent injury. She made an excellent debut in the hammer with 23.97, and achieved a personal best 31.90 in the discus-the best of three standing throws over 30m. Other U17 wins came from Vikki Cole, 300m in 45.3, and Bryony Proctor, 1500m in 5mins 39.3. Katie Welch had two pleasing pbs in the 80 and 300 hurdles, 13.2 and 50.0.

The most gutsy performances of the day came from Florence Clarke, who was the victim of a serious assault the previous evening. Bruised, but still smiling, she won the U15 shot, discus and javelin, with a pb 29.63 in the discus. There were other U15 Division One wins in the 1500 for Rebecca Taylor, 5.09.5, Nina Akif, 75m hurdles, 12.4, Holly Williams 2K Walk and pole vault, and Jade Castell-Thomas, long jump, 4m85. The 4x100 relay of Nina, Rebecca, Jade and Amy Jackson were first in 55.5. In Division Two there were some outstanding performances. Lauren Blackie took the high jump, pole vault, (her debut) in 1m80 and long jump, 4m62. Frances Athawes threw a mighty 8m76 pb in the shot, and the javelin 23.92. Serita Soloman was again impressive with 13.3, taking the 100m in style. Sophie Robinson was delighted with her 13.0 pb in the 75hurdles for 2nd place. Serita and Sophie were joined by Hannah Shomade and Nicola Molnar for a win over the Division One team in 54.8.

U13 Julia Stacey emerged fresh-faced at Deangate on the Isle of Grain, less than 24hrs after competing in Coventry against top walkers from the USA. There she, and B&B's U17 Robert Bain, had finished in excellent third places. Julia again excelled, taking the 1K walk in 5mins 44.1, as well as managing 2nd in the 70m hurdles. Other U13 winners were Katrina Cosby in the 150m, 20.8, and long jump, 4m29, Hannah Garcia in the 1,000m, 3.32, and runner Ruby Samuels in the shot putt. In Division Two the girls were equally pleasing, with three wins for Charlotte Osborne in the throwing events. As a change from middle distance events, Charlotte tried the javelin, shot and discus, with 13m32 in the latter. Isobel Ivy took the 150m, 22.7, and long jump, 3.81. Estelle Patten took the 75m in 11.4 and Hannah Ware recorded 3mins 36.2 in winning the 1000m. Jessica Bain carried on the family tradition by winning the walk, her debut, in 6mins 35.2, after a little coaching from brother Robert. Changing gears, Jessica joined Isobel, Estelle and Hannah Ware to take the 4x100 relay.

For details of Blackheath and Bromley Harriers Athletic Club phone John Blackie on 0208 325 0241.



15 April 2003

Runners from Blackheath And Bromley Harriers AC were out in force at the Flora London Marathon striving to achieve personal bests and raising monies for charity.

Club Record Holder Mark Steinle, first Briton home in the last three Londons, was missing from the race having recently been diagnosed as suffering from an iron deficiency. He has the qualifying standard for this years World Championships in Paris and when recovered may well target this race in August. In his absence ever consistent Nick Kinsey took the Club Championship which was incorporated in the main event. The former British record holder for the Iron Man triathlon looked comfortable throughout, cruising round in 2.36.52. Andy Tucker paced himself well moving through the field to place second and dip under 3 hours with 2.59.05. Mark Ellison was third with 3.04.13. Françoise Rulens timed a useful 3.58.55 to win the women's race with Stephanie Calnan 2nd in 4.07.32 and Alison Jelly 3rd in 4.49.38.

Mike Peel and Peter Shephard continued their remarkable sequence of having run in every London Marathon. Peel ran round with his digital camera taking pictures of the Club supporters on the way. The 61 year old still managed to time 3.49.44 and this was despite having done limited training for the event. Shephard got round in 5.25.34 somewhat down on his best of 2.27.

Many of the Club's runners were raising money for the Bromley Autistic Trust the charity whose aim is to serve and represent the needs of children and adults with autism, and their families, in the London Borough Of Bromley.

A number of athletes were in action the day before at the Club's warm up meeting at Norman Park track. In the Senior age group Anthony Draper clocked a promising 1.20.4 in the 600 metres and Will Bolton just dipped under two minutes in the 800. Siobhan Budd was just outside her best in winning the women's 3000 in 10.21.5 and Sam Singer and Louisa Guthrie posted useful times of 41 and 41.9 in the 300 metres.

In the Junior age group new member Christine Lawrence won the javelin with a good throw of 39.79 and multi eventer Alex Pope had a busy afternoon with perhaps his best performance coming in the pole vault where he cleared 3.40. Like wise Rob Wallace in the Under 17 age group. He competed in the high jump, long jump and vault, reaching 2.50 in the latter. Amir Williamson threw a new best of 42.73 in the discus while his brother Alistair Tawanaee improved to 45.30 in the hammer.

The Club is organising a Sporting Dinner at the Chapter One Restaurant at Locksbottom on Monday 28th of April to raise funds for Athletics for young people in Bromley. Guest Speaker is former Olympic Champion Dame Mary Peters OBE who will also lead a question and answer session. Tickets are £40 and further details can be obtained from Mike Martineau on 01959 575046 or at mike.martineau@totalise.co.uk

Currently the Club has over 1100 members but welcomes new ones of all ages and abilities. For further details visit the website at www.bandbhac.org.uk



8 April 2003

Rebecca Taylor completed another successful Winter season by running the second fastest time of the day by an Under 13 girl athlete at the National Young Athletes Road Relay Championships at Sutton Coldfield. Running on the last leg, the Blackheath And Bromley Harriers AC athlete timed 8.30 to move the team up over 20 places after Hannah Garcia had clocked an excellent 9.23 on the opening stage and Hannah Ware had recorded 10.14 on leg two.

The Under 17's team went one better. Ella Fisher brought the team in 8th on the opening stage before, in a highly competitive field, Sevenoaks schoolgirl Eve Bugler slipped to 10th with 15.45 and Nicola Moran anchored the team home. The U15 girls team were 62nd including an excellent 9.39 from Sarah Coombs and some idea of the depth of competition can be judged by the fact that the Under 13 boys team were 32nd in a field of 129. Michael Thorpe was the fastest here with 8.29 while Daniel Casey was the quickest under 15 with 13.35 as he led the squad to 46th out of 131.

Both the Club's Senior Men and Women will be competing in the National Relays at the end of the month after qualifying at the South Of England Championships at Milton Keynes. Star performance of the day came from Spencer Newport who blitzed round the 5 mile long leg to record 23.41 for the fastest time of the day. It was the 5th fastest of all time, interestingly behind two other Club members, Mark Steinle and Dave Taylor. Neither of these two were available for Sundays race but a team described by manager Ian Wilson as "an interesting mix of young and not so young" ensured a 7th place that comfortably qualified for the National event. Other notable performances came from Michael Skinner who timed 24.38 on a long stage and Junior Terry Hawkey who posted 17.23 for a short stage.

For the women Siobhan Budd stormed round to finish 4th on the opening stage to record 19.45, her best ever time for the course. The team eventually closed in 11th with Shavaun Henry running a very useful 21.13 on the 2nd stage and it was good to see Jennie Butler turning out despite injury and Kate Pratten performing having raced at the Alpha Beta Meeting the day before.

There were some notable performances at the Crawley Open Meeting from the Mike Davies Hammer Group. In the Under 20's age group Karim Chester launched the 6kg implement out to 62.18 the 2nd furthest in the country so far this year. Not to be outdone Amir Williamson sent the Under 17's hammer out to 54.52, again the 2nd furthest in the country. His brother Alistair Tawanaee set a personal best of 44.53 and Amir then won bronze in the discus at the Hercules Wimbledon Meeting at Crystal Palace the next day. Best performance in this age group came from Stuart Harvey who, in his first year, launched the javelin out to 52.21. Clare Silvester took 2nd in the girls event with 30.04 and Rob Wallace was 3rd in the long jump with 5.98.

In the under 15's there was a double gold for Alex Al Ameen as he leapt 1.60 in the high jump and clocked 24.6 in the 200. His brother Richard took bronze in the discus with 26.11 while Scott Blackwell won silver in the shot with 11.77.

There was more success in the throws from Flo Clark who struck gold in the discus with 28.53 and silver in the shot with 9.48 with Shanaugh Brown 2nd in the discus with 27.73. Lauren Blackie claimed bronze in the high jump with 1.30.

Many Club members will be in action this weekend in the London Marathon. However, Mark Steinle, first Briton home for the last three years will be missing after being diagnosed with an iron deficiency. A lot of the members will be running for the Club's nominated Charity for this year, the Bromley Autistic Trust.

The Club will be hosting an open meeting at Ladywell track on Monday 14th April for athletes aged 11 to 16. The meeting runs from 1 to 6pm and entry is £1 for the first event and then 50p for any others. For further details contact Michelle Bovell on 07930 191345.

The Club welcomes new members of all ages and abilities. For further information contact Dave Liston on 01322 663504.

PROMOTION FOR Blackheath and Bromley

It was the best possible start to the new track and field season for athletes from the newly amalgamated Blackheath and Bromley Harriers AC. The annual Alpha Beta Meeting attracts top female teams from all over the South of England, with just Senior and U15 events. With five seniors and two Under 17s, the senior team placed second in the Beta meeting behind Herts Phoenix, and ahead of Thames Valley Harriers and Woodford Green with Essex Ladies.

The U15s girls team also placed second in their meeting, ensuring that the "B&Bs" will be promoted to the tougher Alpha section next year. There were double wins in the U15 A and B string long jump for Jade Castell-Thomas and Emily Godley, with 4m 84 and 4m72. Frances Athawes took the A javelin in 22m39, and was second in the B shot putt, with Florence Clark taking the A string with ease in 9m36.

Serita Soloman and Ruby Samuels were impressive in their first year in the age group. Serita attained two personal bests, in the 100m, 13.44 into a strong headwind, and in the 75m hurdles, 13.25, placing third and second respectively. Ruby, who has only just resumed training after a break, attacked the B string 800m, to win in 2mins 34.07. The U15 relay of Jade, Lauren Blackie, Emily and Serita, were clear winners of the 4x100 relay in 53.52, with Lauren running a scorching second leg! Lauren Underwood and Danielle Barley went well in the 1500m A&B for 3rd and 2nd places.

In the senior events, 16-year-old multi-eventer Layla Hawkins threw a pb 25m95 in the javelin, to place third in the A string. Louisa Guthrie and Claire Hobson were strong in both the 100 and 200m, events placing 2nd and 3rd in both. Maureen Miller was just piped for 3rd in the 400m, shortly before her 40th birthday! 29-year-old Sarah Cummings gamely took on the A string 800m AND 1500m, and Kate Pratten, 28, won the B string 1500, running with Sarah. Middle distance runner Kate went on to happily "fill a gap" in the 4x100 sprint relay, together with Maureen, Claire and Louisa, placing fourth against tough opposition. The excellent team spirit in this very early meeting augurs well for the season ahead.

The new club welcomes new members to Norman Park Track, Bromley, and Ladywell Track, Lewisham. For details phone Dave Liston on 01322 663504.



1 April 2003

The Parkwood Cross Country League finished with the relays meeting at Canterbury. Athletes from Blackheath And Bromley Harriers AC were in action but competing for the old Clubs Blackheath Harriers, Bromley and Bromley AC. On the boys side the Blackheath team finished in third position in what was a good quality race with each leg being run by an athlete from a different age group.

Under 13 Michael Thorpe timed 8.03 on the opening stage before Under 15 Daniel Casey timed the fastest for his age group on leg two with 7.26. Max Richardson clocked 7.38 on leg three before Terry Hawkey ran the fastest under 20 time of the day with 6.49 on the last stage.

The result meant the under 15s and under 20s won their age groups for the season and the Club were the overall winners for the season as well.

In the girls race a composite Bromley AC team finished in 5th place. Hannah Garcia led off with a useful 9.03 before Hannah Ware timed 9.17 on leg two. Ella Fisher posted the fastest under 17 time of the day when she ran 8.17 before Bryony Proctor finished with 9.32 on leg four.

The Blackheath quartet closed in 9th place with Rebecca Taylor running the fastest under 13's time of the day on the opening stage with 8.20. Sarah Coombs (9.28), Michelle Delahoy (10.32) and Hannah Williams (10.23) completed proceedings. This meant in the combined boys and girls race for the year Blackheath finished in third place.

The afternoon finished with the Easter Egg race an open event for all. Terry Hawkey won this in 7.33, three seconds of his team manager Ken Daniel.

Meanwhile indoors at the open meeting at Sutton junior Tom Robinson cleared 3.60 in the pole vault. Rob Wallace won the triple jump in the under 17 age group with a leap of 11.78 as well as running a best of 7.7 in the 60 metres. There was a best also for Daniel Haque in the 60 with a time of 7.3. In the Under 15's age group two first years in the age group both achieved new bests. Amy Jackson was 2nd in 8.5 with Lauren Blackie 4th in 8.6 to add to her 2nd place in the long jump with a leap of 4.41 .

The Club welcomes new members of all ages and abilities. For further details contact Dave Liston on 07946 629441.

