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Blackheath & Bromley Harriers AC

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2006

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27/06/06

Dwayne Grant has been called up for the Great Britain team for the Spar European Cup which takes place in Malaga, Spain this Wednesday and Thursday. He gained selection for 4x100 squad after the withdrawals of Jason Gardener, Mark Lewis Francis and Darren Campbell. Grant was part of the 4x100 squad that won gold at the 2004 Olympics but has been dogged by injury since. This year he has run 10.37 for the 100 and is getting back to his best form.

Hammer throwers Amir Williamson and Rachel Blackie have also gained International selection. They are part of the Great Britain Junior team that competes in the Mannheim International meeting on the 7th and 8th of July.

Just back from International duty is Paul Sutherland. He won the 400 hurdles for Great Britain in the Masters International against France and Belgium in Le Touquet. His time of 58.02 was just outside his Club over 40s record and with a sub 52 relay split he should go quicker.

In the latest of the Nike BMC races at Solihull, Michael Skinner set a new best of 13.51.61 in the 5000 metres. He finished 4th overall and second Briton and now prepares for the European Trials in two weeks time.

Dave Taylor was in action over the same distance in the Horwich road race which incorporated the AAA's of England Championship and the British Masters Championships. He won the over 40s race with an impressive 14.38, seventeen seconds clear of the runner up.

A number of athletes were selected to represent the South Of England in the Inter Area match in Birmingham with some useful performances. Montell Douglas was runner up in both the 100 and 200 with times of 11.89 and 24.48. Her 100 metre time was the same as the winner.

It was second also for Jamie Atkinson in the 1500 with 3.53.32 while Danny Doyley was 6th in the 100 metres in 10.87.

Two of the Club's more mature athletes won National titles at the British Masters Throws Pentathlon at Milton Keynes. Colin Brand's total of 4206 points in the men's over 70's category was a new British best by 136 points. His best of the five events (hammer, shot, discus, javelin and heavy weight) was the discus where his throw of 39.32 not only gained him a mighty 986 points but it was also a British best for the event.

This performance catapulted him into the lead in the competition and he pressed home the advantage by setting another British best in the javelin with a throw of 37.79. His final tally of 4206 was over 400 clear of the runner up in what was a very high standard contest.

Club mate Gordon Hickey was 4th with 3328 points but he had the satisfaction of putting the furthest in the shot with a distance of 11.32. Beatrice Simpson began her afternoon in the women's over 50's event with an excellent 35.01 in the Hammer and she was never headed after this. She won the contest with 3310 points, over 550 more than the runner up. Her points score improved the British best by over 300 points and her throw of 10.98 with the heavy weight was also a British best.

The Club were stretched to it's limits in the latest Southern Women's League at Plymouth with a huge number of athletes unavailable. As a result they finished in 4th place with a very low points score of 111. Despite this they avoided finishing in last place beating Exeter by 5 points and there were some good performances.

Katy Benneworth won 100, 200, long jump and B string triple jump in preference to competing for the South Of England in Birmingham. There were wins also for Sarah McLellan in the 400 hurdles, Jade Castell Thomas in the triple jump and Christine Lawrence in the javelin.

Jennie Butler and Debbie Shearing doubled up in the 800 and 1500 and Debbie also made her 400 hurdles debut. Catherine Thomas and Cathy Murray, in her first appearance for the Club scored valuable points in the throws.

For the under 15's Rebecca Cook set new bests of 13.4 and 4.58 for the 100 and long jump. Katie Vistuer had a useful win in the B 200 with 27.2.

Diandra Beckles and Emma Hook both had busy days competing in the high jump and hurdles and Emma also did the 800.

Chigo Orunta had a busy day in the throws scoring useful points in the throws as did Nicole George in the shot, discus and 200.

Three Club members were in action in the South West Veterans Championships in Exeter where Bob Minting set two new Championship bests. In the over 55s he timed 26.0 for the 200 metres to take half a second off the previous best. He also improved the 800 metre best to 2.08.0.

Peter Hamilton was just outside the Championship record in the 5000 as he timed 18.08.5 in the over 55's race while Chris Woodcock clocked 20.56.3 in the over 60's category.

Many Club members took part in the Orpington 10km, a multi event course from Darwick Wood school. Peter Tucker retained the title he won last year with 33.50 and with Anthony Draper 4th and Nick Gasson 5th the Club took the team prize.

First over 40 was Roy Smith in 37.16 and first over 50 was Graham Coates with 41.03.



20/06/06

After edging closer and closer in recent weeks Amir Williamson finally achieved a qualifying performance for the World Junior Championships in Beijing in August. He burst through the 68 metre barrier with a throw of 68.97 to win the South Of England Junior title at Crystal Palace. His throw won him the gold medal and was a new Club Record.

It was a well earned achievement for the 19 year old who has worked hard under coach Mike Davies and with help from former Olympians Chris Black and BBC commentator Paul Dickenson.

It was a double celebration in the Williamson household with his brother Alistair picking up the silver medal with 58.27

Like wise the event was a double celebration for coach Mike Davies as the previous day Rachel Blackie and Victoria Thomas had picked up another one-two for Blackheath & Bromley in the Junior Women's event. Rachel's throw of 56.74 was a new Championship best performance and five of her six throws bettered the previous record. Her distance is just 26 centimetres off the qualifying distance for Beijing and would also have been good enough to win the Senior title as well. Victoria's 53.22 also bettered the previous CBP and she may have thrown further had she not been carrying an injury.

Rachel's winning throw was both a Club Senior and Junior record and heralded a golden hour for the Club with four Club Records being broken in the first 60 minutes of the Championships.

On the track Paul Sutherland lowered the Club over 40's record to 58.00 in the heats of the 400 hurdles and Clare Cooper broke the Junior Women's 400 hurdles record by winning her heat in 61.90.

Clare's reward, however, was a sprained tendon in her foot and unfortunately she was unable to contest the final. She will be on crutches for a week.

A sixth Club Record came in the Senior Women's steeplechase where Shavaun Henry ran 7.15.31 to win the silver medal.

Jamie Atkinson made a big breakthrough in the Senior Men's 1500 metres. Last week he broke 3.50 for the first time and this weekend he took the Southern title with a new best of 3.47.49. There was a silver in the 200 for Dwayne Grant with 21.43.

Montell Douglas ran her fastest time of the year to claim silver in the Senior Women's 100 in 11.75 and then picked up bronze in the 200. Fourth in the 100 but second in the long jump was Katy Benneworth who leapt a new best of 5.91. There were bronze medals also in the Senior Women's events for Sandra Alaneme in the triple jump with 12.33 and for Bella Clayton in the 800 with 2.10.21.

In the Junior Men's age group Daniel Haque made a big improvement to run 21.40 and take the silver in the 200. It was second also for Alex AlAmeen in the sprint hurdles with 14.91. Second claim member James Lindor Thomas went one better however taking the long jump title with a leap of 7.15.

One of the most pleasing sights of the weekend was to see the return to competition of Scott Huggins in the pole vault. He has been out of action since the start of April after missing the landing mat at the Tonbridge Open Meeting and injuring his foot. He bounced back by winning the bronze medal with a clearance of 4.20.

For the women defending 400 metre champion Rebecca Syrocki has to settle for silver this year but she nevertheless set a new best of 56.67. Amy Godsell also ran a new best to take bronze in the 200 metres in 24.75. There was a silver for Shaunagh Brown in the discus despite still being an under 17 and competing against athletes up to three years older than herself and there was a silver too for 2nd claim member Jade Dodd in the javelin.

Many other athletes set season's best or personal bests making it an extremely successful weekend for the Club.



13/06/06

The National Junior League hosted in Haringey last weekend saw many successes for the Blackheath and Bromley Harriers team; despite the hot weather it did not hinder the squad's performance. Both female and male athletes of the match were awarded to B&B athletes. Alistair Williamson for the Hammer and training partner Victoria Thomas for the Hammer also. Further

successes came from Mike Davies' Hammer training group with Richard Alameen winning the B-string with 46.85m alongside A-string Alistair Williamson with a throw of 59.89m. Alistair also placed 2nd in the men's Discus with a throw of 45.19m.

Further gains in the men's competition came from James Lindor Thomas who jumped 7m.15 in the Long Jump achieving 1st place. Simon Hemmings came 2nd in the 110m hurdles, and Daniel Haque came 1st in the 200m with a time of 22.0s. In the women's competition Amy Smith made a worthy performance in the 3000m earning herself 1st place. Her B-string Sarah Coombes placed 4th. In the Javelin Jade Dodd threw 38.15m which earned herself 2nd place. Shaunagh Brown managed to throw out to 41.35m in the Discus winning 1st place she also came 2nd in the Shot Put. Florence Clark received 2nd place in the Discus and 1st place in the B-string Shot. Concluding the days efforts Blackheath and Bromley finished 3rd place overall just one point behind 2nd place.

The Club's athletes have been performing all over the world in the last few days. In the States Scott Overall was in action in the NCAA nationals in the 5000. He qualified for the final by timing 14.01.01 in his heat. The Final itself was a much slower affair. Starting off at 70 second laps the field crawled through the first 3km in around nine minutes. From there, however, sparks flew. Having been running in lane three for much of the race Scott elected to drop back so that he could run on the inside lane. Unfortunately as he did so a break was made at the front. A frenetic race for the line was underway and he eventually placed 11th in 14.27 with the winner having run 4.01 for the last mile.

In Geneva Dwayne Grant ran the fastest times in the Club this year over 100 and 200 as he timed 10.37 and 20.75. Likewise in the women's sprints Montell Douglas timed 11.85 and 24.35. The previous weekend she had been in Rehlingen in Germany where she clocked 11.84 and 24.82 for the same distances.

Julian Golding raced in San Ligure in Italy but missed his outbound flight and had to travel on the day and compete. Thus his times of 11.04 and 21.99 were below what he had been aiming for. He then travelled to the Bedford International Games where he clocked 10.79 and 21.85. Jonathan Barbour ran 10.63 for the 100 and 21.76 for the 200 while Duayne Bovell clocked an excellent new best of 10.78 for the 100.

Highlight of the day, however, came from Amir Williamson whose throw of 60.86 with the 7.26kg hammer was both a new Senior and Junior Club Record. This performance was all the more notable as he had only returned from warm weather training in Spain the day before where he had been training three times a day in temperatures of 42 degrees. Training partner Rachel Blackie threw a very useful 54.01.

Amongst the others in action were a trio of B&B sprinters in the women's 200. All were pitched against each other with Amy Godsell winning in 25.04, Anike Shand Whittingham second in 25.11 and Vickie Cole third in 25.58. Alex Alameen ran a useful 14.75 in the 110 Hurdles.

Katy Benneworth travelled to Norway as part of a South Of England representative team and came away with a new best for the 200. She timed 24.94 the first occasion she has broken the 25 second barrier. She also ran 12.62 into a headwind in the 100.

James Alaka ran in the Young Athletes Invitation 100 metres at Gateshead and finished in 3rd place in 10.96. Michael Skinner was in action at Watford where he timed 3.43.90 in the 1500 A race in the BMC Nike Grand Prix. Jamie Atkinson set a big personal best as he won the D race in 3.48.31 and super veteran Dave Taylor won the F race in 3.50.45. There was also a new best for Bella Clayton of 2.09.00 in the 800.

These competitions may seem far removed from the Kent Young Athletes League but many of these Seniors took their first steps in Athletics in this competition and it may well be that some who competed in the first match of the season at Canterbury will go on to compete at the highest level.

The Club's youngsters enjoyed a good start with the girls winning overall and the boys coming second which means they hold a marginal lead over Tonbridge in the overall standings.

Grace Sheppard was in impressive form in the under 15 girls 200 metres winning the race by nearly a second in a new best of 26.1 a national grade one performance. There were A string wins also for Jessica Saville (300), Danielle Critchley (1500), Nenisha Nelson Roberts (High jump) and Katherine Jones (shot and discus)

For the boys wins came from Stephen Camacho (long jump) Danny Duffin (javelin), Charlie Hine (shot) and Alex Scott (discus).

More promising performances came in the under 13's age group not least from Letitia Noel and Sian Duffy whose 10.2 for the 100 and 12.0 for the 70 metre hurdles were both grade one performances. Christine Lyston (150m), Laura Ashley Ward (shot) and Mollie Norris (discus) also enjoyed A string wins.

Anton Daly enjoyed a double win in the boys sprints giving the Club it's only individual A string victories.

Highlight of the Club Championships at Norman Park was a new Senior and Junior record for Rachel Blackie in the Hammer. She smashed training partner Victoria Thomas' previous best by over a metre as she threw 56.04 with Victoria second with 54.13.

A number of the Club's athletes were in action in the County Schools Championships. Highlight from the Kents at Ashford was a new Intermediate Girls Championship record for Lauren Blackie as she leapt 11.59 in the triple jump, a new personal best. There was a new best also for runner up Isobel Ivy with 11.34.

On the track Amy Smith ran an excellent 10.27.4 to win the 3000 metres and Amy DeMatos was also impressive winning the Junior Girls 1500 in 4.48.8. Other wins came from Sarah McLellan (Inters 300 hurdles), Holly Williams (Inters 2000 walk), Jessica Matthews (Junior High Jump), Helen Silvester (Junior Javelin), Elliott Cox (Junior 100), Dan Putnam (Junior 200) Grace Sheppard (Junior 100) and Stephen Cavey (Junior 800).

At the Surreys there were wins for Amy Godsell (Senior 200), Jade Castell Thomas (Senior Triple jump), Frances Athawes (Senior Javelin) and Estelle Patten (Junior Discus)

On the roads the Club provided the individual victor and the winning men's and women's teams at the Beckenham 10km. Nick Kinsey crossed the line first in 35.20 an impressive performance from an over 45 on a testing course. Supported by the Crowder brothers, Len and Tony they won the team race. Gemma Viney was first woman home for the Club and with backup from Annie McDonough and Claire Lodwig the Club again took the team title.

Norman Park track is now shut for refurbishment. Details of temporary training arrangements plus further details of the above matches can be found [here...](#)



6/06/06

Blackheath and Bromley had a mixed weekend of results on a hectic weekend of League action. While the Senior Women had a useful start in finishing 3rd in the UK Women's League Division Three match at Bedford, the men slipped to 7th in a tight finish in the British League Division One match at the same venue. The men also struggled in their two Southern League matches at Norman Park on Saturday but the Club's youngsters won their National Young Athletes match at the same venue quite easily the following day.

Best performances for the newly promoted Senior Women's team at Bedford came from hammer throwers Rachel Blackie and Victoria Thomas. They threw 53.44 and 53.17, the two furthest distances of the day, to gain maximum points in the Hammer.

There was a double win also from Christine Lawrence and Jade Dodd in the javelin with Sandra Alaneme the other A string victor with an excellent 12.35 in the triple jump.

Katy Benneworth again impressed with a new best of 5.88 in the long jump and added a very useful 11.97 clocking in the 100 metres, the first time she has been under 12 seconds. B string wins came from Anike Shand Whittingham in the 100 and Captain Liz Hughes in the shot to add to her runner up spot in the pole vault.

The afternoon was rounded off with resounding wins in both relays courtesy of Benneworth, Vicki Cole, Shand Whittingham and Sam Singer in the 4x100 and Singer, Bella Clayton, Rebecca Syrocki and Clare Cooper in the 4x400.

It was not so easy for the men's team as there were a number of key field eventers and middle distance runners unavailable. Most pleasing aspect of the day was the return to League competition of Julian Golding and former captain Mensah Elliott. Commonwealth 1998 200 metre champion Golding ran in both the 100 and 200 B string events taking 2nd and 3rd, while 2002 Commonwealth Games representative Elliott surprised himself by placing 2nd in the 110 hurdles despite having done no hurdles training.

Jonathan Barbour also returned to League action timing 10.69 in the 100 and there was an excellent performance from Danny Doyley who was 2nd in the 200 in 21.36. Best event for the Club on the day was the pole vault where 52 year old Allan Williams was 2nd in the A event with Loughborough student Alex Pope winning the B string. Both cleared 4 metres. Alex and Paul Sutherland were the two busiest athletes of the day competing in 6 and 5 events respectively.

Weakness in the field events cost the teams dear in the Southern Men's League Division Two and Three matches at Norman Park. In the Division Two match the Club were the second best of the five Clubs in track events but the worst in the field. Similarly in Division Three they were the best track team but last in the field. This meant they finished 4th in both matches. Best performance in the Division Two match came from Daniel Haque who ran 11.0 and 22.0 in the 100 and 200 while in the Div 3 match there was a useful 22.9 from James Summersby in the 200.

There was much better news the following day as the Club's youngsters comfortably won their UKA National Young Athletes League match at Norman Park. They led for virtually for the whole afternoon with new Club Hammer Record holder Richard AlAmeen starting the day with a win in the Hammer.

With so many good performances it is difficult to single out individuals or do justice the efforts of all who made such a valuable contribution to the team result while not necessarily winning their events.

Some of the highlights from the under 17 age group were an English Schools qualifying time of 4.35.9 for Alex Bruce Littlewood as he led from gun to tape in the 1500 steeplechase. Emily Godley set a new best of 3.15 to win the pole vault with Rachel Arnheim winning the B string. Isobel Ivy again showed what an important member of the team she has become with a wins in the long and triple jumps while captain Sarah McLellan (300 hurdles) and Banke Jemiyo (Hammer) both achieved grade one standards.

The under15's again looked mightily impressive with Elliott Cox, and Dan Putnam dominant on the track. Andrew Jordon stacked up the points in the field events with wins in the hammer, shot and discus. For the girls Amy Dematos was in fine form on the track in the 800 winning by 7 seconds.

The under 13's relished the competition and tackled their events with characteristic vigour. There was a new best for Oliver Taylor as he won the 800. Leticia Noel and Anton Daly again impressed in the sprints.

The Club remain unbeaten in the League since 2003 but the team face a big test in the next match when they meet two of the top teams in the country Enfield & Haringey, and Shaftesbury Barnet in the next match which is hosted by Herne Hill at Battersea on the 25th of June.

Full details of these matches will appear on the Club website at www.bandbhac.org.uk along with information on the Club's training activities while Norman Park Track is closed for refurbishment.

Club members of all ages descended on Norman Park track last Wednesday to take part in a Marathon Relay. Teams of ten runners ran the 26 miles in legs of 400 metres to raise funds to help with the costs of the sending the Club's Under 20 women's team to Moscow to represent the United Kingdom in the European Junior Champion Clubs Cup.

Fastest team of the day was the squad organised by Vice President Nick Gasson who completed the distance in 1 hour 48 minutes and 30 seconds. Slowest was the Past Presidents team who ran the distance in 2.45.31 and included Ian Wilson and Graham Botley who had travelled down from the Midlands to take part.

Further details about the Moscow expedition can be found on the Club website.



30/05/06

Mark Steinle and Julian Golding, two of Blackheath & Bromley's Sydney Olympians have been back in action recently at National Level after long periods out with injury. After an outing in the Club's Ted Pepper 10km Mark travelled to Manchester for the Bupa Great Manchester Run. He finished the 10km course in 29.42 nearly a minute and a half quicker than his previous race. This will give him confidence as he prepares for the AAA's 10,000 metre championships in a couple of weeks time.

Julian ran his first races for two years when he competed at the Inter Counties Championships at Bedford. Understandably rusty, he was, nevertheless, happy with his performances. He timed 10.72 in the heats of the 100 metres although he was slower in the semi final where he eased down to clock 10.81. Returning the next day he won his heat of the 200 in 21.61 before deciding to end his weekend of racing. He returns to Bedford this weekend with the Club's Senior Men's team for the second British Athletics League match of the season. The Club's women's team are also in action at the same venue in the UK Women's League.

Only one Club member won a medal at these high profile Championships and that went to Rachel Blackie who is still an under 20. She picked up the bronze medal in the Hammer with a throw of 51.98. Another under 20 who excelled was Danny Doyley. He reached the Final of the 200 metres and smashed his personal best with a 21.35 in the heats. He also set a new best of 10.75 in the 100 while Chelsea O Rawe Hobbs, an under 17 was 5th in the 3000 walk with 15.11.56

Others to come close to medals were Sam Bobb who was 4th in the triple jump (15.09); Ed Harrison 5th in the 400 hurdles (55.22) and Liz Hughes, 5th in the pole vault with 3.70. Allan Williams, at the age of 52 was 8th in the men's vault with 4.10.

A number of the Club's athletes enjoyed great success at the South Of England Under 17 and Under 15 Championships at Chelmsford picking up 5 gold, 6 silvers and 5 bronze medals. This was an excellent haul as the area covers 19 counties.

In the under 17 age group the throwers were in dominant mood. Richard AlAmeen picked up the Hammer title with a mighty 60.84 effort with Joe Stockton second with 53.03. Shaunagh Brown took the discus title with 41.08 and then claimed bronze in the shot with a putt of 10.99.

Last year Sarah McGuire won the under 15's shot title. This year she moved up an age group and changed event. The result was the same, however, as she took the javelin with a last round effort of 34.82. James Alaka picked up two bronze medals in the sprints with times of 10.97 and 21.95 and there was a bronze too for Rachel Arnheim in the pole vault with a clearance of 3.10, the same height as Emily Godley who placed 5th.

In the under 15's Jessica Matthews smashed the Club long jump record with a leap of 5.38 and added a silver in the high jump with a leap of 1.60. Andrew Jordan stamped his authority on the hammer contest with a throw of 59.69 which won the event by over 10 metres.

Helen Silvester took silver in the javelin with 29.16 and there were runners up spots too for Dan Putnam (400), Matthew Fletcher (triple jump) and Stephen Cavey (800)

Danny Duffin produced a new best in the javelin of 48.60 which won him bronze.



23/05/06

Loughborough International and Nike BMC races.

Amir Williamson broke two Blackheath & Bromley Club Hammer records at the Loughborough International match. The 19 year old was invited to compete as a guest and totally justified his selection as he launched the Senior Hammer out to 60.46.

This distance broke both the Club Junior and Senior records and the distance is just short of the qualifying distance for the World Junior Championships in Beijing this August. Amir receives vital support from the For Goodness Shakes Company, the same Company that supports decathlete Dean Macey and Amir's profile can be found on their website at www.forgoodnessshakes.com

Also in action at Loughborough was fellow Club record holder Christine Lawrence who took part in her first International as part of the England team. She finished in 4th place in the javelin with 45.46, her second best throw ever.

Amy Godsell was in the Great Britain Junior squad for the 4x100 but did not get to run. However she did compete in the Invitation 200 where she timed 24.97. Her brother Joe ran in the 400 and set another new best finishing in 48.86.

Danny Doyley set a new best of 10.86 in the 100 and Alex AlAmeen ran 15.28 in the Junior Mens 110 hurdles.

The evening before at the Nike BMC races at the same venue two juniors James Poole (1.56.11) and Richard Davies (1.59.58) set new bests for 800 while Jamie Atkinson timed a useful 1.55.21. Michael Skinner was 4th in the 3000 in 8.10.62.

Meanwhile Alex Pope improved his best by 400 points in a decathlon at Woodford. He set new bests in the 100 (11.76), high jump (1.76), 400 (53.94) and 110 Hurdles (17.06) to improve his overall best to 5936 points.

National Masters Road Relays, Sutton Coldfield.

The Club's over 50's are National Road Relay Champions winning the title by just one second in an exciting finish at Sutton Coldfield.

Bob Minting set off on the last 5km leg with a lead of 1.48 but this was steadily closed by Oxford City. By the bottom of the final they were level but Minting, who is National Over 55's 400, 800 and 1500 metre champion on the track, used all his experience to summon the energy for one last sprint and secure victory.

It was an ideal birthday present for Alan Camp who turned 50 the day before and the icing on the cake was that his time of 15.57

was the quickest of the day.

Tim Soutar (16.26) and Con Griffin (16.40) also recorded quick times with Peter Hamilton(17.56) and President Ken Daniel (17.16) completing the sextet.

UKA National Young Athletes League, Bedford

The Club's youngsters continued their unbeaten run in the UKA Young Athletes League at Bedford but only after being pushed very closely by the host Club. The League became a joint boys and girls scoring competition in 2004 and since then the Club have won every match twice becoming National Champions.

At Bedford a large number of athletes were not available to compete and the Club's cause was not helped when the Hammer events were cancelled because work on the cage had not been completed because of the wet weather.

It is hoped that conditions this week will allow the necessary work to be completed so the event can take place at the Inter County Championships this weekend.

Normally the Club could expect to get near maximum points in these events. Add to this a few disasters on the day, and a points penalty for not supplying a full complement of officials and the match became one of the tightest for some time.

Fortunately there were some excellent performances from the athletes who were there, not least from Sarah McGuire who won the under 17 women's shot, discus and javelin, the latter in a new best of 32.88. Captain James Alaka was dominant in the Under 17 men's sprints.

Isobel Ivy had a useful win the triple jump and the pole vault duo of Emily Godley and Rachel Arnheim both produced grade one performances of 2.70 and 2.60.

The under 15 throwers boys and girls dropped just one point out of 48. In fact the under 15 girls only dropped five out 88 points across all the events.

On a day when the team were short in numbers there were a number of athletes who did more events than they were expecting to do. For example, Jessica Saville won the B 200 before heading to the 800 start where she placed second in the A string.

Grace Sheppard timed a very useful 13.2 to win the 100 and Amy DeMatos and Michelle Fewster were dominant in the 1500.

Double wins came from Jessica Matthews (75 hurdles and Long jump), and from Katherine Jones and Estelle Patten who won both strings of the shot and discus. Estell also won the B 75 hurdles.

The boys were almost as dominant led by Danny Duffin who won the javelin and B string shot before helping out in the high jump and running in the 4x400. Andrew Jordon would probably had a clean sweep of throws wins had the Hammer taken place, while on the track there were grade one performances from Elliott Cox (100) and Dan Putnam and Stephen Cavey (both 400)

Oliver Taylor and George Gregory scored maximum points in the under 13's 800 and George returned to grab victory in the sprint hurdles. For the girls there was an impressive debut from Leticia Noel in the 150 metres as she timed an excellent 20.8 in difficult conditions while Sian Duffy edged a very tight 70 metres hurdles race.

Southern Leagues

The Club also had teams competing in the Southern League. In the Mens matches at Luton and Portsmouth good performances on the track were negated by a lack of field eventers. As a result the Division Two team finished 5th and the Division Three team were 3rd. The Women's problem in their match at Southampton was a lack of Senior athletes and while the under 15's performed admirably their efforts were undermined by yawning gaps in some of the Senior events. Best performances here was a new best of 64.7 in the 400 hurdles from Clare Cooper and another fine throw in the Hammer from Victoria Thomas who reached 54.15.

Particular credit should go, however, to youngsters Emma Armstrong and Rebecca Cook who made the trip to Southampton and then travelled to Bedford the next day.



16/05/06

Blackheath & Bromley enjoyed another highly successful Kent Championships at Ashford as athletes from the Club won nearly 50 individual gold medals and set a number of Championship best performances.

Amazingly five of these Championship bests were set by Mike Davies' Hammer group. In the under 20's Amir Williamson smashed his best to win in 66.35 with his brother Alistair picking up silver in 59.18. It was a one-two in the women's event also as Victoria Thomas broke the Championship record only to see Rachel Blackie exceed this and win the competition with 52.59. In the Under 17's Richard AlAmeen celebrated his 16th birthday a day early by winning with a CBP of 59.54 while in the under 15's Andrew Jordan excelled as he launched the Hammer out to 61.44.

The other Championship best came from English Schools International Shaunagh Brown who won the discus with a throw of 41.72.

In the Senior age group Jamie Atkinson retained his 800 metre title as well as winning the 1500. Ed Harrison was a comfortable winner of 400 hurdles and there were wins too for 52 year old Allan Williams in the pole vault and Sam Bobb in the triple jump. Under 20 Stuart Harvey contested the Senior javelin and won having taken the Junior title as well.

Katy Benneworth leapt a new best of 5.84 to win the women's long jump and looks set to pepper the 6 metre mark. She ran an impressive 100 metres to win in 12.09. There was a double victory also for Bella Clayton in the 400 and 800 and good wins too for Vicki Cole (200) Clare Cooper (400 hurdles), Liz Hughes (pole vault) and Christine Lawrence (javelin).

James Poole dipped inside 4 minutes in the under 20's 1500 while Alex AlAmeen took the 110 hurdles in a useful 14.96 despite running into a strong headwind. For the women there was a good wins for Anike Shand Wittingham in the 200 in 25.12; Rebecca

Syrocki (400) Jo Wood (100 hurdles), Jade Castell Thomas (long jump) and Flo Clark (discus).

Despite still being an under 17 James Alaka ran the fastest time by a Club member this year to win the 100 metres in 10.88. This was quicker than the winning time in the Senior Men's race. He followed this with 21.79 to win the 200.

There was a sprint double also for Vanessa Nakangu who won the 200 and 300. Isobel Ivy leapt an excellent 5.27 to win the long jump and there were wins too for Rachel Arnheim (pole vault), Holly Williams (3000 walk) and Rebecca Taylor (800).

Elliott Cox was another double winner taking both sprint titles in the under 15's age group and Amy DeMatos was mightily impressive in winning the 800 and 1500. Dan Putnam took the 400 title and runner up Stephen Cavey won the 800 metres by an astonishing 10 seconds. Daniella Annon won the 100 with some ease and there were wins too for Jessica Matthews (long jump) Jessica Nicol-Smith (pole vault), and Helen Silvester (javelin)

There was more success for the Club at the Surrey Championships at Kingston with wins in the Senior Men's contest for Jonathan Barbour in the 200 with 21.83 and for Joe Godsell with a new best of 48.97 in the 400, the first time he has dipped under 49 seconds. His sister Amy won the under 20 women's 200 in 25.51 and there were also wins for second claimers Jade Dodd (javelin), Marcus Williams (shot), Jeremy Odametey (triple jump).

Christine Lawrence's excellent early season form has been recognized with selection for the javelin for the England team which competes in the Loughborough International match this Sunday. Amy Godsell has been picked for the GB Under 20 sprints squad.

The first National Junior league of the season kicked off in Copthall Sunday May 7th proving many successes for the Blackheath and Bromley Harriers team.

The team's effort lead them to earn 3rd place in the match leaving them only 16 points behind the strong competition of Shaftesbury Barnet Harriers.

Impressive performances were delivered from Rebecca Syrocki and Clare Cooper in the 400m with times of 58.43s and 60.18 securing them 1st place in the A and B string.

Training partners, Rachel Blackie and Victoria Thomas continued to intimidate competition in the women's hammer as they both threw over 53 metres securing them two well deserved first places and in amongst the top three U20 women in the UK this season.

Shaunagh Brown and Florence Clark also delivered in the Discus throwing themselves into first place for both A and B string, Shaunagh also achieved national standard for U17 women.

In the 400m hurdles, Katie Murray came first with a time of 60.6, her B-string Sarah McLellan also enjoyed success earning 2nd place with a time of 70.41.

Isobel Ivy achieved a PB in the Triple Jump with a jump of 11.08 placing her 1st in the B-string.

Further performances came from Frances Athawes in Javelin 32.59, Ella Fisher in the 800 and 1500m, earning the club 2nd place in the B-string and Bryony Proctor also won 2nd place in the 3000 metres with a time of 10.16.72 this was also a P.B.

Meanwhile in the men's events Stuart Harvey launched the Javelin out to 59.58m which respectfully allowed him 1st place in the A-string.

The hammer competition continued to thrive like the women's, when Richard Alameen threw 50.76 and B-string Joe Stockton threw 49.53 earning themselves a 2nd and 1st place. Both relay teams achieved 3rd place, with James Alaka contributing to the 4x100, 100m 10.98 and 200m 22.20, earning 2nd place in the 100 and 200 B-string. Daniel Doyley also competed in the 100m with 10.91 earning himself 3rd place in the A-string, and in the 4x100 relay.

The next National Junior League match will be held on 11th June, and the Club will need to ensure the team is at its strongest to make the clubs aim to reach the finals in Derby this September.



9/05/06

Blackheath & Bromley opened their British League season with fifth place in their opening Division One match at Copthall. With a number of athletes missing for a variety of reasons the result showed that with a stronger team in the remaining three matches, the Club are perfectly capable of challenging for one of the two promotion places to the Premiership.

There were a number of good individual performances. Ed Harrison got the track programme off to the right start winning the 400 hurdles in 52.91, a particularly good run as he was in the outside lane.

Captain Michael Skinner doubled up in the middle distance winning the 1500 metres with some ease in 3.56.56 following his third place in the 800 metres, and there was a welcome return to League competition for Dwayne Grant. Having just arrived back from warm weather training the British International just ran the opening leg of the 4x100 and looked in tremendous form. Unfortunately the team were disqualified due to an infringement at a later changeover, a great shame as they crossed the line first. Anchor man Duayne Bovell had earlier claimed an excellent third place in the A string 100 metres.

There was better fortune for the 4x400 who placed second in a very useful 3.15.91 with splits of Neil Simpson (50.0), Bomene Barikor (49.2), Ian Allerton (49.1) and Alloy Wilson (47.7) In the field Stuart Harvey threw 59.05 despite the rainy conditions to gain second place in the javelin and there was a welcome return to competition for Tom Robinson who cleared 3.60 in the pole vault. Man of the match for the Club was Alex Pope who competed in seven events setting a personal best in the Hammer and gaining a valuable second place in the B string javelin. Veteran Paul Sutherland also scored valuable points as he placed third in the B string 400 hurdles, fifth in the A string sprint hurdles and competed in the shot and discus.

Match Result. 1. Trafford (381) 2. City Of Sheffield (376) 3. Border (323) 4. Windsor, Slough, Eton and Hounslow (298) 5. Blackheath & Bromley (236) 6 Cardiff (205) 7. Bedford and County (173) 8 City Of Edinburgh (157)

The Club's Masters (and Mistresses) made a successful start to their 2006 campaign in the Kent Veterans League with both the men's and women's teams winning their matches.

The women finished 9 points clear of Dartford and significantly they had more athletes at the match at Sutcliffe Park than they had at the Southern Final last September when all events are contested. Most notable performances coming from Beatrice Simpson who broke the over 50's Club Records in the javelin with 25.48 and in the shot with 25.48.

Maureen Miller made a welcome return to competition winning her 200 metres, putting the shot and helping the 4x100 team to victory.

In fact the team scored near maximum points in the sprints with wins also for Mel Healey and Helen Godsell and a second place for Nanette Cross to add to her first place in the shot Miranda Porritt and Viv Mitchell secured maximum points in the 1500 with times of 5.24.4 and 5.36.4.

For the men the best performance came from Alan Camp who, two weeks before he moves up to the over 50's age group, timed 4.34.1 for second in the 1500.

New over 50 Craig Mitchinson won the high jump and also scored well in the javelin. There was a promising debut for Joe Camacho in the 200 and a win for Ken Daniel in the 1500.



2/05/06

A busy weekend of Athletics saw Blackheath & Bromley achieve some outstanding individual and team performances. In the States Scott Overall smashed the Club 5000 metre record at Stanford with a time of 13.38.19, bettering Jamie Harrison's old record which has stood since 1992 by over 5 seconds.

His time is the fastest by a Briton this year and is inside the UKA Development standard for the European Championships of 13.42

Closer to home in the Southern Men's League Division Two match at Kingston, Amir Williamson improved the Club Record for a Junior using the Senior weight Hammer launching the 7.26kg implement out to 57.78 to win the competition and the match.

His brother Alistair won the B event with a new best of 52.37 and together with Alex Pope and Stuart Harvey they achieved near maximum points in the throws.

Highlight of the Division Three match at Deangate was the appearance of a 4x400 team made up entirely of members of the same family. The Daniel brothers Chris, Mark, and Richard ran solid legs before handing over to their father and Club President Ken, who ran a useful 62 seconds for a 55 year old.

The Club's youngsters travelled to Harrow for a potentially tough match against the host Club, Tonbridge and Basildon in the first round of the Southern Premier Division of the National Young Athletes League. The National Champions came away with an excellent victory which means they have not been beaten since the League went joint scoring in 2004.

All four athlete of the match awards went to Blackheath & Bromley athletes. On the track Dan Putnam scooped the award for his 53.1 winning time in the 400. Vanessa Nakangu took the women's prize for her time of 41.2 in the 300.

In the field Emily Godley's three metre leap in the pole vault gave her the award while the boys title went to Andrew Jordan who threw 52.14 in the hammer.

It was, however, a real team effort that saw the squad win the match with many youngsters making promising debuts for the team.

A number of the Club's athletes were in action at the British University Championships in Birmingham and there were again some good performances. Highest placed was Sandra Alaneme who was 4th in the women's triple jump with 11.82 while there was a new best for Joe Godsell in the men's 400 with 49.01 and Katy Benneworth claimed a useful 6th place in the 100 metres.

Mark Steinle dominated the Club's Ted Pepper 10km race at Beckenham on Bank Holiday Monday. The marathon star won the race by over two minutes from Club mate Peter Tucker in 31.02. Steve Holmes placed 9th having run the London Marathon the week before and timed 4.12 for 1500 on the Saturday in the Southern League. Youngsters Danny Brewer (11th) and Jonathan Vintner (15th) both made good debuts at the distance while over 50 runner Con Griffin did well to finish in 36.35.

First woman home from the Club was Viv Mitchell in 41.31 followed by Annie McDonough and Kate Pratten.

In a related discipline Anthony Draper had an impressive win in the Sevenoaks Triathlon. He timed 6.59 for the swim; 44.35 for the bike and 29.54 for the run to win the title by nearly two and a half minutes.



25/04/06

Runners from Blackheath & Bromley were out in force for the London Marathon and Mini Marathon seeking personal bests and raising money for Charity. The race also incorporated the Club Marathon Championships.

First home was Rob Hall in 223rd with 2.40.38 followed by veteran Nick Kinsey (254th) in 2.42.12 and John McConville (756th) in 2.54.33. Michael Beaton (2.56.56) and Steve Holmes (2.58.19) also dipped inside 3 hours.

Annie McDonough took the Women's title. She placed 3155th in the race with 3.19.24 followed by Kirsty Philip 3.39.36 and Clare Ludwig 3.53.51.

Mike Peel continued his record of having finished every London Marathon since the first race in 1981. He made it round in 5.25.11.

Immediate Past President Anne Cilia nominated the St Mary's Wrestwood Children's Trust as the Club's chosen Charity for 2006. St Mary's is a non-maintained mixed special school for pupils with speech, language and communication difficulties. Many pupils have additional areas of need including moderate learning difficulties, physical disability, hearing impairment, autistic spectrum disorders or complex medical difficulties.

The School educates and cares for up to 144 students between the ages of seven and nineteen, sharing with parents the responsibility of preparing them to become as independent as possible, and ready to realise their full potential.

Club Member John Leeson was running the Marathon to raise funds for the school for a special reason. His son Tom attends the school. They ran the race together and finished in 5.25.15.

If anyone would like to contribute to the fundraising Anne can be contacted on 07733 335759.

There were some outstanding results from some of the Club's youngsters in the Mini Marathon. Katie Murray won the 15-17 year olds race for the second year in a row. This was an achievement in itself but more so as she is now training primarily for the 400 hurdles.

Hector Kurtyanek finished an excellent 4th in the 11-12 year olds race just one place clear of Oliver Taylor, while Michelle Fewster was 5th for the girls in the same age group.

Others to achieve top 10 placings were Cameron Ward (6th in the 13-14 boys), Danny Brewer (9th 15-17 boys), Jonathan Vintner (10th 15-17 boys) and Amy DeMatos (10th 13-14 girls)

The Club hosted a particularly successful initial match to the Southern Women's League at Norman Park on Saturday the 22nd despite opposing Windsor and Herts Phoenix who accomplished first and second in the League last year.

Blackheath and Bromley triumphed with 209.5 points achieving a particularly strong result in the Senior throws, securing 38 out of a potential 40 points.

Shaunagh Brown performed outstandingly, obtaining two first places in the Discus and Shot, consecutively exceeding her previous p.b in the Discus and simultaneously acquiring the U17 and U20 club records with 43.22.

Christine Lawrence additionally achieved a pb of 47.69 metres and the Club's Senior javelin record, with Sarah McGuire also winning the B string.

Rachel Blackie further improved her Hammer best to 53.95 and Katy Benneworth achieved a useful 5.60 in winning the long jump.

Further double wins came from Bella Clayton and Sam Singer in the Senior 400; Estelle Patten and Emma Armstrong in the discus U15s; and Daniella Annon and Jessica Matthews in the U15's 200 metres.

Jessica also achieved 1.60 in the high jump situating her 1st and her B string Emma Armstrong also gained a well deserved 1st place with 1.45.

Jade Castell Thomas and Lauren Blackie accomplished two first places in the Senior triple jump both above grade three standard.

Bryony Proctor excelled in the Senior 3000 metres with 10.21.8, which was not only a personal best and accomplished first place, yet a time which exceeds any of her Clubmates performances from the previous year.

Congratulations go out to Jessica Nicol Smith, who participated in the non scoring pole vault and achieved 2.50. Despite being twelve years of age, she comfortably obtained a grade one U15 Pole Vault standard.

There was more success for the Club's athletes at the South East Counties April Throws Pentathlon camp at Ewell Court Track. Colin Brand and Gordon Hickey took first and second places in the over 70's competition.

Colin won three of the five throws and took first place by over 850 points. Not only this he set a new British best in the javelin of 39.24, improving the previous best by over five metres. His points score bettered the previous competition record by fifty-two points. Gordon Hickey was over 200 points clear of third.

Meanwhile up at Loughborough Joe Godsell opened his outdoor season by timing 49.5 for 400 and 22.7 for 200. This qualifies him for the Loughborough team for this weekends British Universities Championships which take place in Birmingham.



18/04/06

Victoria Thomas made an astonishing start to the track and field season by breaking both the Junior and Senior Blackheath and Bromley Hammer records. In her first throw at the open meeting at Tonbridge she launched the hammer out to 54.95 to improve her previous best from last season by almost six metres. This distance would have ranked her 12th in the country as a Senior last year and means she is close to the 57 metres qualifying distance for the World Junior Championships in Beijing in August. It is the 7th furthest ever thrown by a Junior Woman.

Inspired by Victoria's performance training partner Rachel Blackie, the previous junior and senior record holder, improved her best to 52.55 and she will no doubt go further as the season progresses. Her throw puts her 15th on the UK Junior all time list for the event.

Another from their Mike Davies training group, Alistair Williamson, set a new best of 59.50 in the junior men's event and Richard AlAmeen opened his under 17 season with a useful 54.37.

At the Sward and Kinnaird meeting at Kingston the Senior Men won the Kinnaird trophy for the best track team on the day. Best performance here came from Ed Harrison who won the 400 hurdles with some ease in 53.7. In the B string there was another new Club Record as Paul Sutherland smashed the Club Over 40's record timing 59.0 to take over 5 seconds off the previous record. He also timed a useful 16.9 in the 110 hurdles.

Elsewhere Duayne Bovell equalled his best of 10.9 to win the 100 metres and there were new bests for Dan Snow (800), Dan Ryan (1500) Nick Gasson (3000) and Richard Hall (2000 chase).

Up at Haringey the Club had mixed fortunes for the Senior women and Under 15 girls teams at the Alpha Beta Meeting. The Seniors finished in 8th place in a very close match whereas the under 15's won comfortably. This meant that overall the Club finished in 2nd place, but they probably would have won had they had athletes competing in all the Senior events.

In the under 15's there was maximum points in the middle distance events from Rebecca Smith, Danielle Critchley, Amy DeMatos, and Michelle Fewster as there were in the jumps from Jessica Matthews, Nenisha Nelson Roberts and Leah Forbes Morris. Emma Armstrong and Estell Patten took maximum points in the discus.

For the Seniors, Amy Godsell, Katy Benneworth and Sam Singer all took second places in their sprint events but the windy conditions prevented fast times. Katy's leap of 5.40 for runner up spot in the long jump was the same as the winner while Jade Castell won the B string with 5.19. There was a B string win also for Vaness Nakangu in the 400 and runner up spots for Shaunagh Brown and Florence Clark in the discus. Sarah Olney opened her season with a new best of 22.94 in the javelin.

Peter Tucker was a comfortable winner of the Club 10,000 metre championship last Wednesday at Norman Park. He lapped nearly all the field to finish in 34.37.9 with Rob Hall second in 35.30.5. Over 50 runner Con Griffin timed an excellent 36.19.5 for third.

Prior to this, the first of a new Grand Prix for young middle distance runners took place. First home over the 1500 distance was Stephen Cavey in 4.31.2 but first in the handicap competition was Nancy Carney. The next race in the series is the 800 on the 3rd of May.



11/04/06

A number of Blackheath & Bromley Club members are just adding the finishing touches to their preparations for the London Marathon on the 23rd of April. As usual many will be running for Charity. Outgoing President Anne Cilia has nominated the St Mary's Wrestwood Children's Trust as the Club's chosen Charity for 2006. St Mary's is a non-maintained mixed special school for pupils with speech, language and communication difficulties. Many pupils have additional areas of need including moderate learning difficulties, physical disability, hearing impairment, autistic spectrum disorders or complex medical difficulties.

The School educates and cares for up to 144 students between the ages of seven and nineteen, sharing with parents the responsibility of preparing them to become as independent as possible, and ready to realise their full potential.

Club Member John Leeson will be running the Marathon to raise funds for the school for a special reason. His son Tom attends the school and Tom will be running with his father.

The Winter season came to a close with the Nike National 12 and 6 Stage road relays at Sutton Coldfield. Although understrength both the men and women's team acquitted themselves well and finished in the top half of the fields. The men closed in 19th having being given a discretionary place after the Southern Relays date was altered so that it clashed with a date when over 30 Club members were away warm weather training. The women finished in 21st place, a good effort with much promise for the future.

Fastest long leg for the men came from the evergreen Dave Taylor. The 42 year old timed 27.09 on a very windy course, 20 seconds quicker than Jamie Atkinson who ran a very good opening stage. There was also an encouraging performance from 18 year old James Poole who timed 29.01 in his first 12 stage road relay.

Quickest short leg came from Welsh International Joe Mills who ran 15.20 in his first race for some time following injury.

Fastest in the women's 6 stage event was Shavaun Henry on the opening stage. She ran 17.49 to bring the team in 21st. Bryony Proctor showed that she is becoming an important member of the Senior squad. Still a junior she was the second quickest for the Club as she timed 18.28 on the third stage. Bella Clayton (19.19), Fran Green (19.38), Gemma Viney (19.29) and captain Kate Pratten (20.42) completed the team.

The track and field season is getting underway and a number of athletes were in action at open meetings last weekend. At Havering Alloy Wilson opened his season with a useful 49.5 to comfortably win the Senior Men's 400. Daniel Haque won the Junior Men's 100 metres in 11.4 despite running the last 30 metres with and injury. His problem may not be serious.

Conditions were not easy for the pole vaulters but, nevertheless, there was a one-two for Rachel Arnheim and Rebecca Haywood with clearances of 2.80 and 2.30. Despite being well below her best Rachel's clearance was still a national grade one performance as was Lauren Blackie's 10.73 in the triple jump, although this also was below her best. There was a new best for Marcus Morrison in the men's event as he leapt 13.02 while on the track Katrina Cosby ran a useful 42.6 to win the 300 metres.

First year under 15 Matthew Fletcher produced an outstanding new best of 5.72 in the long jump in his first year in the age group. His 12.5 in the 100 metres was also a new best.

More were in action at Crystal Palace in the Hercules Wimbledon Open Meeting. Stephen Cavey opened his outdoor season by winning the under 15 boys 800 by over seven seconds in 2.06.2 and there were national grade one performances also from Dan Putnam in the 100 and 200 with clockings of 11.9 and 24.2; and from Jessica Matthews who soared over 1.60 in the high jump.

Amara Jacobs produced very promising times of 14.5 and 29.3 in the under 13's 100 and 200 and in the under 11s there was a very good win in the 600 metres from Bromley Primary Schools cross country champion Hannah Cook who timed 1.58.5.



4/04/06

Scott Overall opened his 2006 outdoor track and field campaign with a new personal best in the 5000 metres at the Stanford Relays Meeting. The Blackheath & Bromley athlete, who represented Great Britain at last years European Under 23 Championships improved his best to 14.00.32, a time that would have ranked him in the top ten in Britain in 2005. He actually placed 10th in a high quality field.

One result from a little earlier was his 12th place in the 3000 metres at the NCAA Indoor Championships, a race which could certainly never be described as even paced. The first 1000 metres took 2.52 but the next 1000 was 2.32. He finished in 8.16.56.

Otherwise, this was a very quiet weekend, a lull before the storm as the Summer season gets underway.

The Summer track and field season is fast approaching. The Club is always looking for new blood to join what is one of the oldest and most successful Athletics Clubs in the world.

Athleticism forms the basis of all Sports and former B & B members who have gone on to excel in other Sports include England International and Manchester United footballer Kieran Richardson, Southend striker Wayne Gray and England and Sale rugby International Andrew Sheridan.

There may be athletes from other disciplines who would like to maintain their fitness over the Summer months by taking part in Athletics.

The Club will be holding an open meeting for youngsters from School Years 6 to 11 on Good Friday, April the 14th at Norman Park track. Entry is only a £1 in advance of £2 on the day. Entry forms can be obtained by downloading from the Club website at www.bandbhac.org.uk or by sending an SAE to Mike Davies at 21 Tudor Way, Petts Wood, Orpington, Kent. BR5 1LH



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