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Blackheath & Bromley Harriers AC

Apl to Jun
2007

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Montell Douglas was part of the women's 4x100 team whose victory at the European Cup at Vaasa, Finland helped the Great Britain team to get promoted back to the Super League Final for 2008. The Blackheath & Bromley athlete, who had earlier in the day run a new best of 11.51 ran an excellent back straight as the quartet timed a very useful 43.24 which is a qualifying time for the World Championships in Osaka.

Scott Huggins is the National Under 20 champion in the pole vault. He took the title at the England Athletics Championships at Bedford with a clearance of 4.80 that won the contest on countback.

Anike Shand Whittingham made a big breakthrough in the 100 metres as she not only picked up the silver medal but also set a new best of 11.60 in a race that recorded a wind speed of 2.0 metres per second. She was also 4th in the 200 in a new best of 24.26.

There were two bronze medal winners, both in the under 23 age group. Shavaun Henry was third in the 3000 steeplechase in 11.24.41 while Stuart Harvey threw the javelin 61.22.

Others did well despite not winning medals. James Alaka was 4th in the 100 metres in a new best of 10.51 and he was 5th in the 200 in 21.64. Danny Doyley was 5th in the 200 in 21.64 and Funmi Sobodu was 6th in the 100 in 10.63. Alex AlAmeen equalled his best of 14.34 in placing 5th in the 110 hurdles. Victoria Thomas and Rachel Blackie were 4th and 5th in the under 23 hammer.

National Young Athletes League, Lee Valley

The Club's youngsters have secured a place in this years National Young Athletes Final by defeating National Champions Enfield & Haringey on their own ground at Lee Valley. Last year the North Londoners narrowly won the National title with B & B having won the previous two. With a strong Shaftesbury Barnet also in action the afternoon proved an absorbing affair with the Club eventually winning by just ten points.

Two of the squad received Athlete Of The Match Awards. Aaron Lloyd received the men's track award for his 12.7 winning performance in the under 13 boys 75 metre hurdles.

Katherine Jones received the female award for her new personal best of 11.03 in the shot , a well earned accolade as she also won the discus and B Hammer achieving maximum points from her three permitted events.

The only other Club Athlete to do this was Sarah McGuire who won the A javelin and B shot and discus, and with Banke Jemiyo first in the A Hammer and Helen Silvester returning to action to win the B javelin the Club achieved maximum points in the Under 17 women's throws.

Other wins for the girls in this age group came from captain Isobel Ivy in the 300 metres; from Katrina Cosby in the 300 hurdles and from Jessica Matthews who returned from injury to win the high jump.

For the men Dan Putnam was in majestic form in the 400 winning in 49.60 and Andrew Jordon won the Hammer by over 27 metres with 65.66 while Jake Haylock won the B event with a new best of 52.14. Eddie Ekanem also set a new best in the shot with 14.23 and Jermaine Alexander timed a useful 22.60 to narrowly win the 200. Stephen Cavey again impressed in winning the 800. Many of the above were grade one performances and there were more in the under 15 age group from Tom Bensted in the 100, Ben Parkin and Ben Hopkins (400) and from Ben again in the 80 hurdles with 11.7. Philip Sesemann continues to improve in the 1500 winning in 4.29 Kelly Davey won the shot again with 9.69 and Nenisha Nelson Roberts had a successful afternoon with her best position being in the A string high jump where she was a joint winner. Anton Daly achieved two grade ones in the under 13 age group in the 200 with a time of 12.70 and in the 75 metre hurdles with 13.20.

One of the most exciting finishes of the day came in the under 13 girls 1200 where Jessica Jones dug deep in the home straight to move from third place to secure victory. Frances Read and Lara Lalemi won both strings of the high jump.

Kent Young Athletes League, Deangate

The previous weekend the under 15s and under 13s were in action again in the Kent Young Athletes League at Deangate where there were wins for the under 13 boys and under 13 and under 15 girls with the under 15 boys runners up. This meant a win overall for the girls and second place for the boys.

Highlight of the day came in the under 15 girls pole vault where Jessica Nicole Smith set a new Club Record of 2.81 for victory. Other A string wins came from Sian Hurlock (300); Krystal Galley (800), Nenisha Nelson Roberts (75 hurdles and high jump), Letitia Noel (shot) and the 4x100 team of Letitia, Nenisha, Sian and Amar Jacobs.

Stephen Camacho enjoyed a successful day with wins in the A 100, the 80 hurdles and the long jump. He also joined Bernard Channon, Jamie Sadler, and Jimmy Clack to help the Club to victory in the 4x400.

Anton Daly was a double winner in the under 13 age group taking the 100 and 200 titles and there were further wins for Aaron Lloyd (75 hurdles), Eddie Otoyto (high jump), Charlie Penny (long jump) and the 4x100 team of Anton, Eddie, Charlie and Joe Green. Dina Asher Smith won the long jump with a leap of 3.78 and she joined Lara Lalemi, Lauren Pariola Birch and Rachel Dickens to win the 4x100.

Peter Tucker has hit a rich vein of form recently. He won the Kent 10,000 metre title at Deangate with a new best of 31.41.6. Fran Green was first Senior Woman to finish in the 3000 timing a new best of 10.30.9.

Pete also ran a new best in the 3000 metres in a representative match at Loughborough timing 8.47, narrowly beating veteran Spencer Newport. Bill Foster, who is 50 next year, recently timed 9.20 for the distance at an Open Meeting at Watford, a time he feels is superior to both if the times were age adjusted.

Following on from his track success Tucker also retained his title at the Orpington 10km winning the multi terrain event in 34.30. Second home for the Club in 8th was Darryl Hilliar in 37.10 with Lee Warren 13th 38.15. Wilf Orton looked a different athlete as he made a remarkable recovery from injury to finish 19th in 38.48.

First woman home was Viv Mitchell in 69th with Annie McDonough 103rd and Elle Harker 270th.

The Senior Men enjoyed a good victory in their latest Southern League match of the season at Norman Park. Against good opposition they won by 18 points and are now 3rd in Division Three South.

Best performance of the day came from Tom Robinson with a 4.20 clearance in the pole vault but Man Of The Match according to team manager Dave McKinlay was Dale Willis who won both hurdles events as well as scoring good points in the jumps.



19/06/07

Blackheath & Bromley athletes had a highly successful weekend at the South Of England Championships for Senior and Under 20 athletes at Crystal Palace. They came away with eight gold medals from a Regional contest that covers athletes from 19 different counties with seven of those golds coming from athletes in the under 20 age group.

Victoria Thomas was the Club's only Senior winner. She claimed her first Senior title with a comfortable win in the Hammer, her distance of 53.40 being a season's best. There were silver medals from Stuart Harvey in the javelin with 61.80; from Alex Pope in the shot with a new best of 12.82; and from Shaunagh Brown in the discus with 46.25. Liz Hughes and Christine Lawrence both just missed out on medals with 4th places in the pole vault and javelin.

The previous day Shaunagh had picked up golds in the junior age group in both the shot and the discus with throws of 12.67 and 45.17, the Club's only double winner of the two days.

It was another memorable weekend for Scott Huggins. He broke the Scottish Junior record for the 4th time this season as he cleared 4.81 to win the pole vault. The Allan Williams coached athlete looked to have gone even higher as he seemed to clear 4.90 only for the bar to come down after he had landed on the bed.

Both men's sprints were won by athletes who have been suffering from injuries. Funmi Sobodu took the 100 metre title timing 10.90 into a -1.9 headwind while Danny Doyley swept to victory in the 200 metres in 21.59. Bronze medallist in the both races was James Alaka with times of 11.00 and 22.03.

To add to the success in the sprints Anike Shand Whittingham claimed silver in the women's 100 in 11.86 and Alex AlAmeen won gold in the 110 hurdles in a new best of 14.34. Back in the field there was another impressive victory in the Hammer for Alistair Williamson who threw 65.76 with Richard AlAmeen third in 50.09.

There was bronze too for Emily Godley in the pole vault with a clearance of 3.50 and a new personal best for Alex Bruce-Littlewood in the 2000 metre steeplechase in 6.09.29.

Shaunagh Brown is the Club's first recipient of a Jack Petchey Foundation Achievement Award. Each month a Club member aged between 11 and 25 receives a framed certificate and a cheque for £200 to be spent on a Club project of the recipient's choice. The award will not necessarily go to outstanding athletes, it could equally go to members who are making a valued contribution to Club Life.

Shaunagh's award is, therefore, made, not just for her breaking the Club Junior and Senior discus records; achieving a European Junior Qualifying distance; and gaining her first Great Britain Junior International vest; but also for the consistent support which she gives the Club's teams. Her award was presented by her coach John Hilliar in front of her training group at Sutcliffe Park track. Visit www.myspace.com/discuschampbrown for more on Shaunagh.

Both the men's and women's veteran teams moved a step closer to places in the Southern Veterans Final in August as they won their respective matches in the latest Kent Veterans League match of the season at Deangate.

For the women there were A string wins for Jane Bradshaw in the 1500 and for Barbara Terry who moved down in age groups to

win the shot. Jane then joined Bridget Davey, Helen Godsell and Annie McDonough to win the 4x400. It proved an exceptional day for Annie who had earlier broken the Club over 50s 1500 metre record winning her race in 5.46.4.

Helen also had a win in the over 50s 200 metres while Beatrice Simpson took the over 50s shot title in 8.74 and Barbara Terry returned to her correct age group to win the javelin. The men's strongest area was the over 50's age group where Vice President Bob Minting made the trip up from Exeter worthwhile as he won the 1500 metres. Maximum points were also achieved by Tom Phillips (200) and Craig Mitchinson (high jump and javelin) with John Robinson winning the over 60s high jump in 1.25.

The Women's B team finished as runners up in their Division Two match at the same venue.

A number of the Club's youngsters were in action at the Schools Inter Counties match at Bedford. Stephen Cavey helped the Kent Intermediate Boys team to victory with his win in the 800 in 1.58.5 while Jermaine Alexander (Surrey) won the 100 in 11.2.

Katherine Jones continued her excellent season with a new best of 10.75 in the shot and added the discus title with 29.72. Isobel Ivy won the triple jump with 11.08 and was also second in the long jump and there were runners up spots too for Sarah McGuire with a season's best of 32.91 in the javelin; and from Grace Sheppard in the 100.

Tom Bensted had another good win in the Junior Boys 400 in 52.2, as did Ben Hopkins in the 80 hurdles and Phillip Sesemann improved his best yet again in the 1500 with a 4.22.6 clocking.



12/06/07

Scott Huggins broke the Scottish Junior Record for the third time this season when he cleared 4.80 at the Bedford International Games. His clearance was another Blackheath & Bromley Club Junior Record and there seems every chance that this will be improved again as the 17 year old still has the rest of this year and 2008 in the age group.

Alistair Williamson moved ever closer to the qualifying mark for the European Junior Championships as he threw 67.65 in the Hammer and Andrew Jordon threw another excellent 65.63 in the under 17 age group.

The Club's sprinters were out in force and Inter Counties 100 metre champion Anike Shand Whittingham again impressed. Her time of 12.02 in the 100 metres B race was quicker than all the competitors in the A race. Four of the men were in action with the quickest being Duayne Bovell who ran a very useful 10.80. There was a welcome return to competition for Fabain Collymore who ran 10.90 while Juniors Danny Doyle and James Alaka timed 10.94 and 10.98 respectively.

Four hundredths again separated them in the 200 with James running 21.73 to Danny's 21.77. Montell Douglas and Sam Singer both ran seasons bests in the 400 of 55.45 and 56.90 while Alex AlAmeen timed 14.38 in the 100 hurdles.

Shaunagh Brown had another good day in the throws launching the discus out to 47.36 and putting the shot 13.20 just 10 centimetres off her best. There was a seasons best for Christine Lawrence in the javelin with a throw of 45.18 and Victoria Thomas threw 62.74 in the Hammer.

Alex Pope enjoyed an outstanding weekend at the AAA's Combined Events Championships at Stoke, setting personal bests in seven out of the ten events in the decathlon. This enabled him to set a best ever points score of 6576 to finish in 13th place overall, just 116 points off 5th place. He set new bests in all the five events on the opening day with 11.38 in the 100, 6.31 (long jump), 12.68 (shot), 1.80 (high jump) and 51.44 (400). The second day started with a new best of 16.77 in the 110 hurdles. The discus (41.07) and pole vault (4.05) did not go as well as he had hoped but he bounced back with a new pb of 53.46 in the javelin. He rounded off the weekend tired but happy with 5.08 in the 1500. The Loughborough University student was delighted with his weekends performance and pointed to the British League as being the perfect competition to hone his skills.

Alex was joined at Stoke by legendary MC Sniper E aka Bomene Barikor who was competing in his first decathlon. He finished with a score of 5,200 which is actually higher than Alex achieved in his first attempt and there is no doubt that he will score considerable higher when he has improved his throws and pole vault. His best event was the 400 metres in which he ran a new best of 48.99. Visit the Sniper E website at www.snipere.co.uk

A small group of Club members enjoyed great success at the St Mary's Relays at Twickenham. Representing the Borough of Bromley a quartet of Amy DeMatos, Jessica Saville, Katie Vistuer and Grace Sheppard took part in a medley relay for under 17 athletes aimed at trying to better Kelly Holmes 1500 best of 3.57.9. Not only did the quartet win the race but they clocked an impressive 3.53.77 well inside the target time.

Grace and Katie then joined Daniella Annon and Rebecca Cook in the 4x100 where against Senior students and Club teams they finished in second place in 49.79 the first time they have run inside 50 seconds.

Both Stephen Cavey and Bryony Proctor set personal bests on the night. Stephen ran 4.07.55 in the 1500 and Bryony 9.54.61 in the 3000. Jamie Atkinson timed 8.31.31 in the men's 3000.

Blackheath & Bromley's Senior teams both progressed to the semi final stage of the 10 in 100 Cup with fine team displays in the first round match at Cophall. The women's team finished comfortable winners while the men finished just three points behind National champions Belgrave. The first three teams qualified for the semi final.

This year is a new format for the Cup, the 10 in 100 title referring to the fact that there are just 10 individual events in each match which are completed in 100 minutes.

The women had four individual wins on the day with perhaps the most notable being Vanessa Nakangu's victory in the 400 metres. She timed a new best of 56.86 to win by over two seconds. Youngest member of the team Katherine Jones won the shot putt and Katy Benneworth was victorious in both the 100 and long jump as well as joining Vanessa, Ella Fisher and Sarah McLellan for a win in the medley relay.

Juniors Neil Francis and Daniel Haque secured maximum points for the men in the sprints and Mensah Elliott got the meeting off

on the best possible note by winning the 110 hurdles. In the field Liam Presnell took the shot title by nearly three metres with a putt of 12.28, a new personal best and the furthest by a Club athlete for a long time.

The qualification for the Final will be a much tougher affair as only the winning team from each of the six semi finals is guaranteed to go through. The remaining two spaces go to the best two losers. Women. 1. Blackheath & Bromley 89, 2. Dartford 76, 3. Bexley 75, 4. Medway & Maidstone 63, 5. Belgrave 28. Men. 1. Belgrave 83, 2. Blackheath & Bromley 80, 3. Bexley 62, 4. Medway & Maidstone 55, 5. Highgate 52, 6. Dartford 48

There was more success for the Club in the latest Kent Veterans League match of the season at Norman Park. Both the men's and women's teams won their matches and the Women's B team were runners up in division two.

There were A string victories for the women in the over 35s categories from Maureen Miller (100) and Beatrice Simpson (discus) as well as the 4x200 metres team of Maureen, Helen Godsell, Jane Bradshaw and new girl Caroline Nyamusi. Caroline had earlier won the B 100 while Helen had triumphed in the over 50s 100. Annie McDonough took the 800 title and Barbara Terry won the shot.

For the men there were wins for Paul Sutherland in the long jump, Tom Phillips in the over 50s 100, and Colin Brand in the over 60s discus. This was followed by victory in the 4x200 for the quartet of Ricky Fox, Nigel Keogh, Clem Leon and Tom Phillips.

Blackheath & Bromley's Triathlon brigade made their annual trek to Weymouth for the Half IronMan that is used as a stepping stone to the full version later in the year. Nick Kinsey, preparing for Frankfurt and later on the Canada IronMan, showed the youngsters how to do it by beating the field by a five minute margin finishing in 4:05:08. He also won a share of the first team prize of a crate of lager. John McConville, completing his seventh consecutive Weymouth was 6th in his age group, 81st overall in 4:43:38. John is preparing for IronMan Austria in July as is Jim Phelan who finished second in the V55 category with a time of 4:59:11 in 122nd spot. Having collapsed with heat stroke last year, Trevor Simmons was back to confront his demons and successfully did so in 5:19:47 finishing 188th out of a field of 300. Distances: 1.2 mile sea swim, 56 mile bike, 13.1 mile run.



5/06/07

One of Blackheath & Bromley's most talented and popular athletes Julian Golding has decided to retire from competition. A Club Vice President and Life Member, the 32 year old made his decision after picking up an injury in April which refused to clear.

After a series of injuries in recent years he enjoyed a low key Summer in 2006 before embarking on a full Winters training with the aim of qualifying for the 2008 Olympics before retiring. Training was going well until he started to feel hamstring trouble which would not clear. "I decided that I would listen to what my body was saying and call it a day," said the former Commonwealth Games 200 metre champion.

The good news for the Sport, however, is that he is now passing on his knowledge and experience to the next generation of sprinters. Although based in Catford he is coaching in schools in North and East London as part of the Newham Sports Academy, and expects to do more in South London soon.

The Club's Senior men could have done with Julian at the latest British League match of the season at Lee Valley. The squad finished in 7th place on the day and with the positions of the other Club's changing greatly from the previous match the Club are now at the bottom of Division One. The team needs to be at full strength for the remaining two matches in what is proving to be a very competitive division.

It was not all doom and gloom, however, as Scott Huggins broke the Scottish Under 20's pole vault record for the second time this season when he cleared 4.75. This added 4 centimetres to his previous best and was also a new Club record. He was the Club's only individual winner of the day. Those who were at Lee Valley performed well and, as well as Scott, there were new bests for James Poole and David McKinlay in the 800s with times of 1.54.86 and 1.55.7; Liam Presnell in the shot (11.97) and for Richard AlAmeen in the Hammer (43.98) and discus (18.59).

Liam and Richard were both making their British League debuts as were James Alaka, who ran well to gain 5th places in the A string 100 and 200 races, and Andrew Conway and Alistair Cliff who came in at short notice in the 1500 and 3000 steeplechase.

Mensah Elliott had his first race of the season to claim 2nd place in the 110 hurdles and Mark Steinle returned to track racing after a two year break to finish 5th in a good standard 5000 race. Another returning to action was Stuart Harvey, after injury disrupted his Winter training. He finished 3rd in the javelin with 61.74.

Alex Pope again performed admirably competing in seven events and placing 2nd in the B string Pole Vault and javelin.

The Senior Women had a more successful time in their opening UK Women's League match of the season in Swansea. They finished in a fine second place, an impressive result considering the number of athletes missing through injury, exams and work commitments.

Inter Counties champion Ankie Shand Whittingham continued her rich vein of form with a win in the 100 metres in 11.87 while Vicki Cole made it maximum points in the B string. There was a double victory also for Sandra Alaneme and Lauren Blackie, a particularly pleasing result as the duo have had to overcome a number of injury difficulties.

Further A string victories came from Liz Hughes in the pole vault and from Vicky Thomas in the Hammer.

Bryony Proctor broke through the 10 minute barrier for the first time in the 3000 metres as she finished second in 9.55.84 and there were runner up places also for Christine Lawrence in the javelin, for Shaunagh Brown in the shot, and the 4x100 quartet of Vicki Cole, Anike Shand Whittingham, Sandra Alaneme and Sam Singer.

The Club's under 20's team just missed out on first place in the second National Junior Athletic League match of the season at Copthall. However, having won the first match, they still head the Southern Premier Division and so are in one of the automatic qualification places for this year's National Final.

Alistair Williamson received the Male Athlete of the Match award for his win in the Hammer. Defying the wet and slippery conditions he launched the 6kg implement out to 65.68 just shy of the qualifying distance for the European Junior Championships. Richard Alameen made it maximum points by winning the B string with a new best of 54.09.

Other A string victories came from James Alaka in the 100, Shaunagh Brown in the shot and discus, and from Emily Martin with a 5.49 leap in the long jump.

There were a number of B string wins as well. Neil Francis enjoyed an emphatic win in the B string 400 metres and there were further victories for Liam Presnell (shot), Sarah McLellan (400 hurdles), Katherine Jones (Discus), Isobel Ivy (Long jump) and Charlotte Walden Day (shot). Unfortunately the pole vault competitions were cancelled which meant that Simon Hemmings, Aston Stockdale, Emily Godley and Rachel Arnheim all enjoyed joint wins as the points were shared among the competitors that had been declared.

The youngsters of the Club made it three wins out of three as they enjoyed a comfortable win in the latest National Young Athletes League match of the season. However, while three wins is most satisfactory it needs to be remembered that the two toughest matches of the season have yet to take place and so a spot in the National Final is still not guaranteed.

Aaron Lloyd was rewarded for his 12.6 victory in the Under 13 boys 75 metre hurdles with the male Track Athlete Of The Match award, which was well deserved considering his consistently high level of performance this Summer.

Girls team captain Isobel Ivy led by example again with wins in the 300 metres, long jump and triple jump in the under 17 age group and there were further A string victories for Jessica Saville (800), Daniella Annon (100), Katrina Cosby (80 hurdles), Rebecca Smith (3000), Sarah McGuire (discus and javelin) and Katherine Jones (shot).

For the boys Jermaine Alexander enjoyed a double win in the sprints and there were firsts also for Dan Putnam (400), Stephen Cavey (3000) and Andrew Jordon (Hammer).

Tom Bensted again demonstrated what an asset he is going to be for the Club. The John Powell coached athlete won both the under 15 boys 200 and 400 metre races with Mark Longhurst and Charlee Debolla picking up wins in the 80 metre hurdles and pole vault.

Jasmyn Raikes, Letitia Noel and Nenisha Nelson Roberts secured maximum points in the sprints with Nenisha also enjoying victory in the high jump. Other wins came from Michelle Fewster (1500), Lauren Stevens (long jump and 75 hurdles) and Kelly Davey in the shot.

The under 13 girls scored a staggering 61 out of 68 points with maximum points in the sprints from Dina Asher Smith, Lara Lalemi, and Charlotte Colgate and in the shot putt for Eleanor Dumper and Charlotte Hughes Broughton.

Anton Daly continued his winning ways in the boys 100 and 200 races while the promising Adam Willis won the 800 metres by nearly seven seconds. Eddie Otoyto won the high jump and the B string 100 and long jumps.

This was, however, a real team effort with the contribution of athletes in B strings playing a vital part in the overall result. So for example wins by Greig Holder in the under 17's B 400 hurdles and high jump; and Claire Wickham in the under 17's B shot and discus were crucial to the Club's push to regain the National crown.



29/05/07

Blackheath & Bromley Harriers AC's work with youngsters has been recognised by the Jack Petchey Foundation who have added the Club to its Achievement Award Scheme. The Club has been awarded Gold Status, the highest level at which the Scheme operates. Each month the clubs selects one young person, in the 11 to 25 age group to receive an Achievement Award. The month's winner receives a framed certificate and a cheque (payable to the club) to be spent on a club project of the recipient's choice.

In addition more Senior Club Members can be recognised through the parallel Leader Awards Scheme.

This has been a huge boost to the Club who are the current National Champions in the Junior Age group and who have twice won and finished second in the Young Athletes in the last three years. Senior Internationals such as Montell Douglas, Michael Skinner, Dwayne Grant, Julian Golding and Mark Steinle have all progressed through the Club's younger age group teams. Further detail of the Jack Petchey Foundation can be found at <http://www.jackpetcheyfoundation.org.uk/>

Highlighting the Club's great pool of developing talent two under 20 athletes actually won gold medals at the Senior Inter Counties Championships at Bedford. Scott Huggins took the men's pole vault title with a clearance of 4.70. On the track Anike Shand Whittingham made a great breakthrough as she won the women's 100 metres in 11.82, having set a new best of 11.77 in the heat.

Another youngster to excel was Shaunagh Brown who took third place in the discus with a throw of 49.64, again exceeding the qualifying mark for the European Junior Championships. There was a bronze too for Michael Skinner, who has been competing for the Club since he was 10 years old. He placed third in a tight mile race with 4.21.90.

Shavaun Henry was just outside the medals with 4th place in the women's 2000 steeplechase; Vickie Thomas placed 5th in the Hammer and there were 6th places for Chelsea O Rawe Hobbs in the 3000 metres walk and Christine Lawrence in the javelin.

Andrew Jordon was the Club's star performer at the South Of England Under 17s and Under 15 Championships at Ashford. He won the Under 17's Hammer contest with a throw of 67.44, the third time that he has broken the Club Record this season. Training partner Jake Haylock was over 50 metres for the first time with 50.33 to take 5th place. Promisingly both are in the first year in this age group.

Another first year under 17 Stephen Cavey took the runner up spot in the 800 metres in 1.55.47 and followed his excellent 1.54.64 at the British milers Club Meeting at Watford last week. Dan Putnam had to settle for bronze in the 400 despite running a new

best of 49.38, just three hundredths off second spot.

Two of the under 17 girls won medals. Team captain Isobel Ivy won silver in the triple jump with a leap of 10.93, while reigning champion Sarah McGuire was second in the javelin despite throwing a seasons best of 32.43.

South Of England Indoor sprint hurdles champion Ben Hopkins added to outdoor title to his rapidly expanding Athletics cv. His time of 11.50 to win the 80 metre hurdles was a new personal best.

New member Tom Bensted picked up the silver medal in the 400 metres in 53.18, having timed 52.04 in his heat.

There were some good individual performances at the latest Southern Women's League match of the season at Sutcliffe Park although the Club placed 4th overall. Vickie Cole won both the 100 and 200 metre races and there were wins too for Sam Singer (400), Sandra Alaneme in the triple jump with Jade Castell Thomas taking the B string and for Victoria Thomas in the Hammer. Fran Green marginally improved her best as she timed 10.52.1 in the 3000 but she had to settle for the runner up place.

Both the men's and women's teams were victorious in the latest Kent Veterans League match at Ashford, but both remain in second place in the League having been beaten in the opening fixture.

Highlight for the women was the over 35s 3000 metres where Bridget Davey and Jane Bradshaw battled down the home straight to win both the A and B string races. There were wins too in the over 50's age group for Helen Godsell (400) and Annie McDonough, again in the 3000, with a new Club Record of 12.25.8.

Helen also helped also won the over 50's triple jump with Nanette Cross winning the over 60s event. Beatrice Simpson won the over 50's Hammer. The Club is fielding a B team in the League and in Division Two there was a win for Justine Eastbury in the triple jump to add to her runner spot in the A 3000 metres.

For the men there was maximum points in the over 35s 400 for Ricky Fox and Mark Watling plus victories for Tim Soutar (over 50's 3000) Rob Hall (B O35s 3000) and Mike Martineau (over 60's triple jump)

There has been more success on the roads with the trio of John Turner, Peter Rogers and David Leal winning the team prize in the Halstead Marathon, the first time the Club has ever won this event. Dave Taylor finished 2nd in the Bognor Prom 10km in 32.34.



22/05/07

A number of Blackheath & Bromley athletes were in action at the Loughborough International at the weekend. Most prominent of these was Dwayne Grant, who, fresh from breaking the Club Men's 100 metre record last week, joined Jason Gardener, Mark Lewis Francis and Marlon Devonish in the England 4x100 metre team that won in 38.88, the only quartet to time under 40 seconds. This a promising time and the quartet will want to build on this as they prepare for the World Championships later in the year.

Shaunagh Brown made her England Junior debut and produced her second best ever throw with 47.47 and for the England Junior Men Danny Doyley clocked 22.23 in the 200 metres.

Two of the Club's middle distance runners made big improvements in their personal bests. Dan Ryan timed 1.53.52 in the 800, the first time he has broken 1.56, and James Poole broke through the 3.50 barrier in the 1500 as he timed 3.49.78. There was a personal best also for Alex AlAmeen who ran 14.38 in the Junior Men's 110 hurdles.

Funmi Sobodu and Duayne Bovell timed 10.92 and 11.18 into headwinds in the 100 metres while In the field Scottish Junior Record holder Scott Huggins cleared 4.55 in the pole vault. For the women Anike Shand Whittingham ran a very useful 12.05 to place 2nd in the Invitation 100 metres. Victoria Thomas threw 52.95 in the Hammer.

The Club's Youngsters made it two wins in a row in the latest round of the Southern Premier Division of National Young Athletes League at Bedford. Their margin of victory was not as great as their opening home match but it was not an easy weekend with a number of athletes unavailable. Two Club members received athlete of the match awards. Anton Daly received the boys track athlete award for his 25.4 winning performance in the Under 13 boys 200 metres while Kelly Davey won the women's field event award for her new personal best of 10.10 in the under 15 girls shot putt.

Dan Putnam continued his outstanding start to the season as he broke 50 seconds for the first time clocking 49.7 to win the under 17 men's 400 metres. He also set another grade one performance in the 200 where he won in 22.8. There was a personal best and grade one also in the 100 metres for Jermaine Alexander who despite running an outstanding 10.8 had to settle for second place. In the field Andrew Jordon enjoyed A string victory in the Hammer by an astonishing 39 metres and there were other A string wins for Tom Mitchell in the discus and Eddie Ekanem (shot).

For the girls there was a big breakthrough for Katherine Jones as she putt over 10 metres for the first time with a distance of 10.35, to add to her wins in the discus and hammer. Team captain Isobel Ivy produced a grade one time and personal best of 41.2 in the 300 metres but came second in the race. However the Hayes schoolgirl did enjoy victory in the long and triple jumps. There was a double win for Katrina Cosby in the 80 and 300 hurdles.

Tom Benstead and Ben Hopkins both achieved fine wins in the under 15s 200 and 80 hurdles and Ben also took the 400 metres. In the field Jesse McDonald improved to 5.92 in the long jump to add to his win in the 100 metres. Other victories came from Philip Sesemann in the 1500 and Charlee Debolla in the pole vault. A wealth of good performances from the girls included A string victories for Danielle Critchley (800) and Kelly Davey (shot).

As well as his 200 win Anton Daly also comfortably won the under 13 boys 100 while Aaron Lloyd produced another good time of 12.7 to win the 75 hurdles. Adam Willis impressed in the long jump winning with a leap of 4.72. For the girls there were A string wins for Holly Fletcher (800), and Jessica Jones (70 hurdles).

The squads rounded off the afternoon with victory in seven of the nine relays to confirm victory in the match.

There was more success for some of the Club's older members at the National Masters Road Relay Championships at Sutton Coldfield. Last year the Club won the over 50's title but this year had to settle for third place in a much higher standard contest.

Nevertheless the team of Tim Soutar, Bob Minting, Ken Daniel, Alan Camp, Graham Coates and Con Griffin were delighted with their medals. Camp was actually the sixth fastest runner of the day timing 16.19 for the 3 mile course.

The Club fielded an over 40s team for the first time in a while and, although they did not feature at the front, Spencer Newport was the 5th fastest of the day with 15.05 and there is no doubt that with a full strength team they would feature highly.



15/05/07

A busy few days has seen Blackheath and Bromley athletes, in action at home and abroad, break Club Records; gain International selections and make important returns to competition.

In Spain Dwayne Grant broke Julian Golding's 10 year old 100 metre Club Record as he timed 10.26 in La Laguna. Up in Leeds Britain's fastest marathon runner of the century, Mark Steinle returned to action with an emphatic victory in the Leeds Half Marathon. The 32 year old won the race by well over a minute and will now have some races on the track.

At home at the County Championships there were over 40 gold medals won at the various venues.

The majority of these were at the Kents at Ashford Shaunagh Brown enjoyed an outstanding weekend despite the horrendous wind and rain which caused havoc in the track events. Not only did she achieve a double-double winning both the senior and junior shot and discus titles but her throw of 51.18 in the discus was both a Club Senior and Junior record. This easily exceeds the 48 metres qualifying distance for the European Junior Championships that take place in Holland in July.

Also in the Under 20's age group Scott Huggins set a new Scottish Junior record of 4.71 in the pole vault which was again a Club Record. Finally in the under 17's age group Andrew Jordon exceeded his own Club Record in the Hammer with a mighty throw of 67.09, an improvement of over 5 metres.

Scott also competed in the Senior Men's pole vault contest and was the Club's only male Senior Champion winning with a leap of 4.30. For the women there was a welcome return to competition for Sandra Alaneme who won the triple jump with a leap of 12.59 while there was a seasons best of 53.34 in the Hammer for Victoria Thomas and wins for Vickie Cole in the 100 and Katy Benneworth in the long jump. Great Britain International Liz Hughes opened her season with victory in the pole vault.

In the under 20 age group James Alaka enjoyed a double victory in the sprints as did Liam Presnell in the shot and discus. Alistair Williamson launched the hammer out to 63.49 to win by nearly 10 metres and Alex AlAmeen took the 110 hurdles title by over a second.

For the women there were track wins for Serita Solomon (200) Vanessa Nakangu (400), Bryony Proctor (1500) Holly Williams (3000 walk) and Sarah McLellan (400 hurdles). In the field Rachel Arnheim cleared 3.30 for victory in the pole vault.

There were more double wins in the under 17 age group from Katrina Cosby (300 and 400 hurdles), Katherine Jones (shot and discus), Dan Putnam (200 and 400), and Stephen Cavey (800 and 1500). Jermaine Alexander and Daniella Annon took the 100 metre titles and there were wins in the field for Sarah McGuire in the javelin and Isobel Ivy in the long jump.

Philip Sesemann has been in good form recently and he won the under 15's 1500 title in a new best of 4.32.05. National Indoor champion Ben Hopkins took the 80 hurdles title by over a second while there were wins in the long jump contests for Stephen Camacho and Sian Hurlock. To complete an excellent weekend for pole vaulting at the Club Jessica Nicol Smith cleared 2.40 to claim gold.

At the Surrey Championships at Kingston Neil Francis won the Under 20 men's 200 title in 22.51 while Ashley Healy set a new best of 58.68 to win the 400 hurdles. At the Essex Championships there was a win in the Senior Men's 110 hurdles for Taiwo Sodeyi and a double victory in the Junior age group for new member Olufunmi Sobodo in the 100 and 200. Chelsea O'Rawe Hobbs enjoyed victory in the Under 17 women's 3000 metre walk.

These wins were just the tip of the iceberg with athletes of all ages and abilities achieving personal bests.

On the back of their early season form four athletes have gained selection for the Loughborough International this weekend.

Dwayne Grant has been picked for the England Men's 4x100 team. Danny Doyley has been chosen to run the 200 for the Great Britain under 20 men's team and he joins new member Olufunmi Sobodu in the 4x100 squad.

Shaunagh Brown has been picked for the women's team in the discus.



8/05/07

British Universities Championships, Bedford

Montell Douglas added the British Universities outdoor 100 title to her indoor 60 metre crown at the annual championships at Bedford. The Blackheath & Bromley athlete who studies at Brunel University won in 11.64 but had to settle for silver in the 200 metres in 23.82.

Victoria Thomas was the Club's other medallist as she placed 3rd in the Hammer with 50.20. Alistair Williamson was 4th in the men's event with 53.08.

Duayne Bovell qualified for the final of a very competitive 100 metres and finished 7th in 10.90.

British Athletics League, Division One, Cardiff

Blackheath & Bromley struggled to field a complete team in the first British League match of the season at Cardiff. With over 40 athletes unavailable the squad was stretched to its absolute limits leaving a small group of 14 people to cover the 42 strings in the match. Their response was admirable and they exceeded expectations to avoid finishing last.

Leading the way was last years Athlete of the Year Alex Pope who competed in 7 individual events. His best performance was the pole vault where he won the B string with a clearance of 4 metres but he also set a new best of 1.80 in the high jump. He scored 50 of the teams 212 points. Bomene Barikor did 5 individual events and both relays.

Only A string winner of the day was Ed Harrison who won a tight 400 hurdles race, but Scott Huggins claimed a good 2nd in the pole vault with 4.60. There were third places for captain Michael Skinner in the 1500 and from Alloy Wilson in the 400.

Encouragingly there were personal bests for Dan Ryan (1500), Peter Tucker (5000), Danny Brewer (5000), Alex Bruce Littlewood (3000 steeplechase), Ashley Healey (200 and triple jump), Bomene Barikor (discus) and Scott Huggins (shot and javelin).

This was Ashley Healey's debut for the first team after a late call up and he secured a valuable 4th place in his main event the 400 hurdles. Also making his debut was Taiwo Sodeyi who placed 4th in the 110 hurdles.

The Club will be expecting a much better turn out for the second match of the season at Lee Valley on the 2nd of June.

National Young Athletes League, Norman Park

The Club's youngsters started their bid to regain the National title with an emphatic victory in their opening match of the season at Norman Park. Not only did they win by over 100 points but they provided the boys track and field athletes of the match. Ben Hopkins took the track award with his 11.6 in the under 15s 80 metre hurdles while Andrew Jordon received the field award for his 58.70 in the under 17s Hammer.

There were a string of top class performances in the under 17's age group with Jermaine Alexander, returning to competition, in the 200, Dan Putnam (400), and Isobel Ivy (300) all setting National grade one performances.

Isobel achieved a hat trick of A string victories as she also won both the long and triple jumps and Katherine Jones won the A string shot and hammer contests and the B string discus. Simon Lloyd and Josh Clarke achieved maximum points in both hurdles races.

In the under 15s age group Jesse McDonald made his debut for the Club and produced a fine leap of 5.77 to win the boys long jump to achieve a grade one. Another athlete making his NYAL debut was Mark Longhurst and he didn't disappoint winning the A string shot and javelin and the B string 80 hurdles.

For the girls Mollie Norris, Kelly Davey and Nicole George achieved maximum points in the throws competitions.

Highlight of the under 13s age group was Anton Daly's performances as he achieved grade ones in the 100 and 200 as did Aaron Lloyd in the 75 hurdles.

One of the most pleasing aspects of the day was to see so many new athletes competing for the Club and judging by the talent and enthusiasm displayed, in particular in the under 13s age group, it promises to be a successful season.

Southern Mens League, Battersea

The problems that affected the British League team were also felt by the Southern League team at Battersea. Although there was a reasonable turn out of track athletes the Club were very weak in the field.

However all events were covered and the team finished in 2nd place on the day, a good effort. New team manager David McKinlay was proud of his team's performance and singled out Neil Francis, James Summersby and Alex Cooper for particular praise before adding "If I could name a B&B athlete of the match, it would be tied between John Vinter and Adam Atkinson who were both willing to do everything, and were therefore landed with 4 events each, but managed to pick up valuable points in events that they were fairly unfamiliar with".

Kent Veterans League, Sutcliffe Park

The Club's veterans had a steady start in the opening Kent Veterans League match of the season at Sutcliffe Park and with many athletes unavailable and some traffic problems on the way both the men and women placed third.

Individual wins were few and far between but for the men Tom Phillips won the 200 metres in 25.7. The only other win came from Colin Brand in the over 60's shot with a putt of 9.38. For the women Bridget Davey won the over 35s 1500 by over ten seconds and Helen Godsell the over 50's 200 by over three seconds. In the field Beatrice Simpson won both the over 50s shot and javelin competitions.

Ted Pepper Memorial 10km, Beckenham

Peter Tucker won the Club's annual Ted Pepper 10km road race in 32.42 with Jamie Atkinson second in 33.04. Carolyn Jones Baldock took third in the women's race in a new personal best of 41.37 while Viv Mitchell won the over 35s race and Angela Cook the over 45s.



1/05/07

Montell Douglas ran her fastest ever 100 metres at the Kansas Relays in the United States. The Blackheath & Bromley athlete who represented Great Britain in the European Indoor Championships timed 11.35 albeit wind assisted.

On the roads Dave Taylor had a useful win in the recent Dunsfold Park 10km timing 32.34. Further down the field youngster Cameron Ward placed 32nd in 39.16

The Senior women opened their Southern League season with a victory in their home match at Norman Park. Best performances of the day came in the hammer where Rachel Blackie and Victoria Thomas both threw over 50 metres to achieve maximum points with distances of 54.21 and 51.03. They also collected good points in the shot and discus.

There were double wins also for Katy Benneworth and Rebecca Cook in the long jump, and for Vickie Cole and Katy again in the 100.

Vickie also won the 200 and there was also a win for Vanessa Nakangu in the 400 where she defeated the European Junior Cross Country champion Steph Twell from Aldershot timing 58.0.

Elsewhere Fran Green took 20 seconds off her best for the 3000 metres as she timed 10.52 and the team would not have achieved victory without the efforts of Carolyn Jones Baldock and Stephanie Allerton who both competed in a number of events.

It was a good start in team management for Katy Porter and Michael Champion and Katy celebrated by returning to action after a long break and running in the 4x400 metres.

There was a significant performance in the non scoring pole vault where Siobhan Parr set a new Under 13s Club Record with a clearance of 2 metres.

1. Blackheath & Bromley (121), 2. Marshall Milton Keynes (105), 3. City Of Portsmouth (94), 4. Aldershot Farnham and District (92), 5. Newbury (63).



24/04/07

London Marathon

Blackheath & Bromley had over 40 finishers in the London Marathon. The warm conditions meant that many were outside their target finishing times but first home for the Club was Alex Gibbins who finished in 2.42.33. He was followed by 47 year old Nick Kinsey who clocked 2.43.40 and was 5th in the over 45s age group. Rob Hall who was third home in 2.46.37.

First woman from the Club to finish was Annie McDonough who timed 3.29.42. She was 14th in the over 50s category. She was followed by Bridget Davey (3.33.53) and Kate Jones (3.53.07). Further down the field Mike Peel continued his record of having run in every London Marathon since the first race in 1981. Only 24 people have done this. For Colin Poole this was the 200th marathon he has completed.

Many younger Club members took part in the accompanying London Boroughs mini marathon. In the 15 to 17 year age group Alex Bruce Littlewood did well to place 4th with Sam Hunt in 9th. This helped Bromley to take team title. Katie Murray was 9th also in the women's event. Best placed finisher of the day, however, was Philip Seseman. He ran above himself to take the runner up spot in the 13-14 year olds race. Hector Kurtyanek took 5th spot. Michelle Fewster was 7th in the girls race leading Bromley to the team title. Jessica Jones was first home in the 11-12 year olds age group in 35th place.

Alpha Beta Trophy Meeting

The Club finished in 4th place in both the senior and under 15 contests at the Alpha Beta Trophy Meeting at the Lee Valley Athletics Centre at Picketts Lock. This meant that in the combined scores they placed third overall in the Alpha Trophy.

Shaunagh Brown in the shot (12.28) and Christine Lawrence in the javelin (42.37) were the Club's two Senior A string winners with Katy Benneworth (100), Isobel Ivy (long jump), and Florence Clark (shot) picking up B string victories.

In addition Sarah McLellan was just outside her new best with 65.93 to take runner up spot in the 400 hurdles; Maureen Miller celebrated her 44th birthday with a very useful 2.24.4 in the 800 and Vanessa Nakangu timed a promising 25.81 in the 200 metres.

Best performance in the under 15 contest came from Kelly Davey who won the shot putt with a distance of 10 metres exactly, a new personal best and a grade one performance. Christine Lyston continued her progress in the high jump winning with a leap of 1.50.

Michelle Fewster won the 800 metres by nearly eight seconds and the 4x100 team of Letitia Noel, Christine Liston, Sian Hurlock and Sian Duffy had a useful win with a time of 52.80.

There was also a win in the B long jump for Lauren Stevens to add to her useful 12.93 in the 75 hurdles and both Kelly Davey and Mollie Norris achieved grade 2 standards in the discus.



17/04/07

Nike National 12 Stage Road Relay

With a below strength team Blackheath & Bromley's Senior men finished in 22nd place out of 65 finishing teams at the Nike National 12 Stage Road Relay at Sutton Coldfield. Fastest long leg of the day came from Michael Skinner who timed 26.51 on leg three to move the Club up to 12th place while the quickest short stage came from veteran Spencer Newport who timed 15.31.

Under 20 athlete James Poole timed a useful 27.59 on the opening stage and there were other good runs on the day from fellow youngsters Jonathan Vintner and Danny Brewer as well as solid performances from regular stalwarts.

Sward And Kinnaird Trophy Meeting

A number of the Club athletes used the Sward And Kinnaird Trophy Meeting as a warm up for the coming League season including some youngsters who took the rare opportunity to taste some Senior competition.

Only winners of the day were Marcus Morrison who took the triple jump with a leap of 13.59 and Alex Bruce-Littlewood who won the 2000 steeplechase, but there were some useful and interesting performances elsewhere. Under 20 athlete Neil Francis timed 11.1 and 22.9 for the 100 and 200 while training partner Dan Putnam produced a 50.7 for the 400 metres.

Unfortunately Ed Harrison picked up a niggles in the 400 hurdles but still managed to time 55.6. Bomene Barikor ran his first ever 1500 in 4.33.6 as he continues his training for the decathlon while Paul Sutherland enjoyed a busy afternoon in the throws and jumps.

Kent Young Athletes League

The Club's youngsters won three out of the four age groups in the first Kent Young Athletes League match of the season at Canterbury. Matthew Fletcher was in fine form in the Under 15 Boys age group. He won both the 100 and long jump contests with National Grade One performances of 11.7 and 6.27. It was a grade one also for training partner Ben Hopkins. The National Indoor 60 metre hurdle champion took the 80 metre hurdles in 11.9 and he also timed a useful 55.8 in the 400 metres.

New member Mark Longhurst enjoyed a successful afternoon with wins in the A string shot and javelin as well as the B string 80 hurdles and there were other A string victories for Stephen Camacho (200), Hector Kurtyanek (3000) and the 4x100 metre team.

There were more good performances in the girls age group. Nicole George enjoyed wins in both the discus and javelin and there were further field event victories for Christine Lyston (high jump), Anna Huggins (pole vault) and Sian Hurlock (long jump).

Sian also won the 300 metres while other track wins came from Letitia Noel (100) and Danielle Critchley (1500).

There were a number of athletes making their debuts for the Club in the under 13 age group in both the scoring and non scoring events. Impressively in the girls age group Rachel Dickens, Lauren Pariola Birch, Dina Asher Smith and Holly Fletcher won all four of the 75 and 150 metre races while Nancy Carney took the 600 metre race.

In the field there were A string victories for Hannah Cook (high jump) and Jessica Moore (long jump).

Best performance for the boys came from Aaron Lloyd with a grade one clocking of 12.7 to win the 75 metre hurdles. He also won the high jump and B string 200 metres. Eddie Otoyto made the most promising debut as he won the 100 metres in 13.9 and helped the 4x100 team to a comfortable win of over two seconds.

Despite this success the Club is still very keen to recruit new members to Club, particularly in the throws. This Sunday afternoon the Club hosts the second of its open meetings for youngsters in school years 6 to 11. Entries will be accepted on the day and forms can be downloaded from the Club website at www.bandbhac.org.uk or can be obtained from the Club's track and field secretary Joe Camacho on 0779 556 7 556 or joe.camacho@ukonline.co.uk

Hercules Wimbledon Open Meeting Crystal Palace

More Club members were in action at the Hercules Wimbledon open meeting at Crystal Palace. In the under 17 girls race Daniella Annon ran a grade one of 12.5 in the 100 metres with Grace Sheppard clocking 12.6. Together with Katie Vistuer and Rebecca Cook they won the EA London Region 4x100 metre Championship that was incorporated in this event.

Kelly Davey made an impressive debut in the under 15 age group winning the shot with a putt of 9.64 and there was another fine victory in the high jump for Nenisha Nelson-Roberts with a leap of 1.55.

Anton Daly was the fastest of the day in the under 13s 200 metres with 25.7 and he was equal quickest in the 100 metres with 12.7, both of which are grade one performances.



11/04/07

Michael Skinner did not enjoy his first appearance at the European 10000 Challenge in Ferrara, Italy. Unexpectedly hot conditions made it difficult for the Blackheath & Bromley athlete in his first attempt at the distance.

Nevertheless he was on schedule at half way for a time of around 29 minutes. However the heat began to take its toll and he had to settle for a finishing time of 30.06.41 which gave him 17th position. His time is actually the second quickest by a Briton this year.

Many Club members took part in the Tonbridge Open Meeting on Bank Holiday with the highlight of the day being the performance of Andrew Jordan in the under 17 men's hammer. In his first competition in the age group he set a new Club Record of 62.06 to add over a metre further than Richard AlAmeen's previous best of 60.84. This is the furthest in the country this year and he will almost certainly be throwing further as the season progresses.

Some consolation for Richard for losing his record was that he set a new personal best of 52.97 in the under 20's event. Back in the under 17's event Jake Haylock, also in his first contest in the age group, threw 47.93 which is further than he threw with the under 15's implement last year. This distance is just 7 centimetres outside the English Schools qualification distance for the event and he actually had a no throw in excess of 49 metres.

Also in the field there was a big breakthrough for under 13 Jessica Moore who made a huge improvement in the long jump with a leap of 4.57, a National Grade One performance. Full results from the meeting are not yet available

The Club held an open meeting for school years 6 to 11 on Good Friday at Norman Park where a number of current members and potential new recruits were in action. Perhaps the most noteworthy performances came from Dan Putnam who is a first year under 17. He ran 11.2 for the 100m metres and then doubled his normal 400 metre race distance with a rare outing over 800. Here he timed 2.10.3 and then rounded off the afternoon with an excellent 22.6 for 200 metres.



3/04/07

Michael Skinner has been selected to represent Great Britain at the European 10,000 Challenge at Ferrara in Italy this weekend. Fresh from being second Britain at the World Cross Country Championships Skinner is in good form and should make a good impression in his first attempt at the distance.

Because of his race commitments he was unable to represent the Club at the Nike South Of England Championships at Milton Keynes. Nevertheless, the squad comfortably qualified for the National Final in two weeks time by placing 16th overall.

Best run of the day came from James Poole on the opening leg. The under 20 athlete finished in 8th place on a very strong opening stage in a time of 24.45. The team was a mixture of youth and experience including veterans Bill Foster and Spencer Newport who have been GB Internationals as seniors and juniors Danny Brewer and Jonathan Vintner who made their debuts in the event and ran long legs.

There are no qualification requirements for the National event for the women but the Blackheath & Bromley squad were a good 14th in the 6 stage event. Bryony Proctor got the team off to a good start in 10th and they edged up to 5th by the third leg. Despite some spirited efforts the squad slipped back a little in the second half of the race.

Four athletes from the Club took part in the European Veterans Athletic Championships in Helsinki with three of them bringing home gold medals. Not only did Helen Godsell win gold in the over 50's 200 metres but her time of 27.97 broke her own UK record which has stood since 2004. She also won the 60 metres by nearly half a second in 8.87. She rounded off a successful weekend with another gold in the 4x200 metres.

Her brother Bob Minting also set a new UK record with a time of 56.20 in the over 55's 400 metres. However this was only good enough for the silver. He made up for this by winning the 800 in 2.08.98 less than a second off the World Record. He did break a World Record, however, as part of the GB 4X200 team. He was also 4th in the 1500.

Tom Phillips picked up gold as part of the over 50s 4x200 metre team. They were informed this was a new World Record but after a night of celebrations the quartet were told there had been an error and the record hadn't been broken. Tom had been unlucky in his individual events in missing out on the finals in both the 60 and 200 metres but set a seasons best of 7.84 in the 60 and a new best of 25.52 in the 200.

Clem Leon enjoyed his first big championship and although he did not pick up any medals in the over 50s age group he was close to his best with 8.12 in the 60 metres and 5th in the high jump. He also took part in the 200, 60 hurdles and triple jump.

Darren Ko was the winner of the Closing 5 handicap with John Copley second and Mike Peel third. Fastest of the day was Darryl Hilliar with Fran Grreen the fastest woman.

The race was the last of the 9 race Bennett Cup series and the overall winner was Mark Ellison with Bernie Bater second and Andy Tucker third.

At the Club AGM last Saturday outgoing President Ken Daniel introduced his successor as Les Roberts. Les is someone who started in the Sport late at the age of 35. However, he went on to perform at the highest level. His personal bests of 14.32 (5000) and 30.15 (10,000) on the track speak for themselves as do his road times of 49.24 (10 miles), 65 minutes (half marathon) and 2.24.59 (marathon). What they don't reveal is the devastating kick finish and sheer will to win which characterised some of his most famous races which include winning the World Masters 5000 metre title in 1985 to add to the European title he won the year before.

He has served the Club in a number of areas including holding the post of Gazette Editor and reorganising the Club's Wine Committee. His racing career went into decline in the late 80's and subsequently it was discovered that he had Parkinson's Disease. It was felt by some that this might mean he could be the best President the Club never had but to the delight of the membership he has now accepted the highest office in the Club. With typical wit he announced that he had been looking at the job description and one of the requirements was to be a "mover and a shaker" for which he felt he was overqualified. He is greatly looking forward to his year in office and aims to "get out to all "four corners" of the Club to experience first-hand what goes on and to put faces to the names that feature in the Wednesday evening results round-up and in the press every week."

