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Blackheath & Bromley Harriers AC

**Apl to Jun
2010**

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29/06/10

Three of Blackheath & Bromley's athletes travel to Germany this weekend with the Great Britain Junior team to compete at the Mannheim International. Sophie Hitchon competes in the Hammer while Lorraine Ugen and Jermaine Olasan are in the long jump. Second claim member Sophie was the Club's highest placed athlete at the Aviva European Trials and UK Championships at Birmingham's Alexander Stadium She finished second in the Hammer with a distance of 65.03.

Lorraine was 4th in the long jump with a leap of 6.29 which is a qualifying distance for the World Junior Championships which take place in Canada next month. Jermaine Olasan had also been hoping to achieve the qualifying distance but his 7.21 was 34 centimetres outside. He finished in 10th place.

Michael Skinner was seventh in the 5000 in 14.21.07 and Ned Quiney cleared 4.90 for 9th place in the pole vault.

Montell Douglas, UK 100 metre record holder, had her first race of the season after a knee operation during the Winter. She ran 11.86 in the heats but went out in the semi finals. James Alaka just missed out on making the 100 and 200 finals, as did Tremayne Gilling in the 100. Anike Shand Whittingham made the semi finals of the 100 while Amy Godsell went out in the heats of both sprints. However, to get invited to compete in the meeting is an achievement in itself given that it features the best athletes in the country.

Elaine Murty improved her best to 4.24.13 in the heats of the 1500. Juniors Dan Putnam, Frederica Foster and Savannah Echel Thompson all had good runs in the heats of the 400 metres.

The Club finished second in the latest round of the Southern Premier Division of the National Junior Athletics League at Woodford and this means the final fixture of the season will be a tense affair. The Club are now third in the table, just one League point and six and a half match points behind second place Windsor, Slough, Eton & Hounslow. Only the top two teams are guaranteed a place in the National Final in September.

Both of the League Athlete of the Match Awards went to Club members. Andrew Jordon received his award for his throw of 68.83 to win the mens hammer contest. This was a new personal best, the furthest in the country this year, and just fifteen centimetres off the Club record. Frederica Foster received her award for her win in the 400 metres in a time of 56.00, over a second and a half clear of the runner up.

These were plenty of other fine performances too. For the men Joe Lawrence enjoyed A string wins in both the long and triple jumps with leaps of 6.97 and 14.41. Jake Haylock took second in the B Hammer with a useful 54.83 and Sam Brown cleared 4.25 in the pole vault and also scored valuable points in the javelin and discus.

On the track Ainsley Campbell had a very busy day. He was second in the 400 metres in 49.65 and also competed in the 100, 200, 4x100 and 4x400. Phil Sesemann won the B 1500 to add to his third place in the A string 800.

The women produced a number of victories with individual A string wins for Katrina Cosby (400 hurdles), Samantha Milner (discus), Sabine Efiannayi (shot). Add to these B string wins for Savannah Echel Thompson (200), Katrina Cosby (400), Megan Southwart (400 hurdles), Ellie Duffy Penny (discus) and Samantha Milner (shot) plus wins for the relay teams of Georgina Middleton, Amara Lalemi Jacobs, Charlotte Colegate and Grace Sheppard (4x100) and Amy DeMatos, Hannah Edwards, Frederica Foster and Savannah Echel Thompson (4x400) and it is clear why they are representing the United Kingdom in the European Champions Club Cup for Juniors this September in Poland.

To do the same again in 2011 the Club need to be in the National Final this year which gives added importance to the final Southern Premier League match of the season at Norwich on the 25th of July.

With the clashes with the Junior League and the European Trials fielding teams in the Southern Mens and Womens teams at Ware and Crawley was a more challenging task than normal.

In theory it shouldn't be because both should have sufficient athletes in these age groups to cope. However, when athletes are unavailable the task becomes more problematic. Thus, the mens team who made the journey to Ware was a heady mix of youth,

experience and no experience at all!

They finished in 4th place despite the heroic efforts of the athletes in attendance who battled to compete in as many events as possible. Best performance came from Alloy Wilson who won the 400 in 48.9 seconds. Further wins came from James Poole in the 1500 and Nick Moore in the pole vault with a clearance of 3.90.

At the younger end of the age scale, under 17 Bruno Myszka Reder scored some important points in the sprints while seasoned officials Dave Cordell and John Robinson both threw the hammer.

The teams efforts were not aided by the management supplying the wrong timetable which meant a couple of athletes missed their events. Mike van den Dobbellesteen was one of these but having missed his javelin competition he was still competed in the shot and discus and was the Club's Athlete Of The Match. It was good to see Aston Stockdale return to competition after a long break.

The women finished third in their match at Crawley. Sarah McLellan returned to action to win the 400 hurdles in 67.9 and she also won the B string 400. Shavaun Henry and Jane Bradshaw scored maximum points in the 1500 with a double victory as did Hayley Nouch and Jessica Moore in the triple jump.

Athlete of the match went to Claire Wickham who set three personal bests in the throws.

The Clubs Masters season is reaching a critical stage. After five of the six matches in the Kent League the men are now joint top of the Division with Ashford. The final match of the season is at Norman Park on Friday the 9th of July starting at 6.45. Both B&B and Ashford need to win to ensure they reach the final. Whoever wins the match will win the League outright. The women are second in their division.

With the final match at Norman Park, this is a fine opportunity for Club members to see some of its most successful athletes in action.



22/06/10

Athletes from Blackheath & Bromley were highly prominent at the Aviva England Athletics Under 20 and Under 23 Championships at Bedford. Second claimer Sophie Hitchon produced a Championship Best Performance to win the under 20 womens Hammer with a throw of 63.74. She has booked her place in the team for the World Junior Championships in Canada next month.

Lorraine Ugen won the long jump with a leap of 6.42 but because the wind was over the legal limit, it will not count as a qualifying performance for selection. She needs to jump 6.20 with a legal wind. Jermaine Olasan had the same problem in the mens events where he came second with a leap of 7.55. This is exactly the qualifying distance but his best legal jump is 7.53.

Katrina Cosby was second in the 400 hurdles in a new Club record of 59.97. She was beaten by a runner from Ireland but her time is the fastest in the UK this year. It was silver also for Andrew Jordon in the hammer with a throw of 66.37, the first time he has been beaten this year.

Ned Quiney took 4th in the pole vault with a clearance of 4.80 and in the 400 hurdles Ben Hopkins finished in 5th place in a time of 54.99. It was fifth also for Frederica Foster in the womens 400 metres in a personal best of 55.46 with Savannah Echel Thompson 6th in 55.70. The mens 400 did not go well for Dan Putnam. Having set a best of 47.77 at the South Of England Championships last weekend to move him to second in the country, he would have been looking for a medal. However, he struggled with a hamstring problem all weekend and, although he qualified for the final, the injury preventing him from competing. Megan Southwart continued her return to fitness after injury by setting a new best of 62.91 to finish 6th in the 400 hurdles.

Back in the field Mark Longhurst set a seasons best of 4.40 to come 7th in the pole vault with Sam Brown 10th with 4.25. Sabine Efiannayi was 5th in the shot with 12.45.

Her training partner Shaunagh Brown set a new best of 15.14 as she came second in the Under 23s shot and she was also runner up in the discus. Scott Huggins won bronze in the pole vault with a leap of 5.05 and Femi Owolade was third in the 200 in 21.41 as was Anike Shand Whittingham in the 100 with 11.88, one place ahead of Amy Godsell (11.96).

On the downside Serita Solomon pulled a hamstring in the final of the 100 hurdles and was unable to finish. She had already set a personal best of 13.82 in the heats and was on for a considerably quicker time in the final. There was disappointment too for Tremayne Gilling as he was disqualified for a false start in the final of the 100 metres. He was, however, 6th in the 200 in 21.51, having set a new best of 21.45 in the semi final.

Lewis Ely set a new best of 1.98 as he came fourth in the high jump and Rachel Arnheim cleared a seasons best of 3.55 to place fifth in the pole vault.

Bob Minting also enjoyed an outstanding weekend as he broke the M60 Club Records for both the 400 and 800 metres at the South West Veterans AC Championships at Exeter. His time of 58.6 in the 400 took over eight seconds off the previous record.

His 800 time was even more impressive. The 2.11.3 improved the Club Record by almost 20 seconds. It improved the British Record by nearly four seconds from 2.15.2 and most importantly it beats the European Record which had previously stood at 2.13.81. The World Record stands at 2.10.42 and is in his sights. Bob also won the 100 metres in 14.1.

The Club's youngsters won their latest match in the National Young Athletes League at Battersea. A full report will appear next week but one highlight was a new Club Record in the Under 17 womens 4x100 metres where the quartet of Georgina Middleton, Amara Lalemi-Jacobs, Rachel Dickens and Charlotte Colegate timed 48.8. This broke the previous record which had stood since 1987, long before any of them were born.



15/06/10

Athletes from Blackheath & Bromley enjoyed a fine weekend at the South Of England Senior and Under 20 Championships at Crystal Palace with a number of gold medallists. In addition, there were two new Club records and some of the performances in the under 20s age group moved athletes closer to qualifying standards for next months World Junior Championships in Canada.

Tremayne Gilling continued his outstanding outdoor season winning the Senior Mens 100 metres at his first attempt in 10.44 to add to his victory in the British Universities Championships last month. Serita Solomon, another first year Senior, won the 100 hurdles in 13.97 despite running into a -1.9 metre per second headwind and her 12.18 in the heats of the 100 metres was a personal best.

In the field, yet another first year Senior, Shaunagh Brown took the Senior Womens discus with a throw of 47.08 to add to her silver medal in the shot; and second claimer Ned Quiney, who is still an under 20, won the Senior Mens pole vault with a new best of 5 metres. His leap moves him to 4th ranked in the country in his age group, and, he is just 20 centimetres off the Qualifying height for the World Junior Championships.

A number of others are also close to the appropriate standards in their events as in the under 20s competition, Dan Putnam set a new best of 47.77 to win the 400. The World qualifying is 47.10.

Katrina Cosby won 400 hurdles in 60.41. She would need to improve to 58.50 to make the trip but her performance nevertheless ranks her second in the country this year. Lorraine Ugen is the third best long jumper in the country this season and so it was not a surprise that she won the long jump. However, what was impressive was that, having had a foot injury, she changed her take off leg to leap the 6.15 that won the competition. She needs 6.20 to qualify for Canada.

Jermaine Olasan is even closer to the standard. He won the mens long jump with a mighty leap of 7.53, a new Championship Best Performance, and this is just 2 centimetres outside the required qualifying distance.

Another contender is Andrew Jordon who was an emphatic winner of the hammer, his throw of 66.95 being a new best and the furthest in the country this year by over five metres. However, he needs to add a further five metres with the junior weight. He also finished fourth in the Senior Mens event with a distance of 57.18.

First year junior Sabine Efiannayi won the shot with a putt of 12.39 as did second claimer Sarah Abrams in the triple jump with a leap of 11.66.

There were some other notable performances in the Senior Mens age group. Lewis Ely won bronze in the high jump with leap of 1.95 and had a couple of very good efforts at 2 metres which would have been a personal best. Bomene Barikor set a new best in the 400 at the British League last weekend and he improved again in his semi final on Saturday to record 48.39. Returning on Sunday for the final he timed 48.34 to win the bronze medal, one place ahead of a rejuvenated Alloy Wilson who ran 48.65 after timing 48.28 in his semi, his quickest for five years.

Ed Harrison was 6th in the 400 hurdles, under 20 Sam Brown 7th in the Senior pole vault, Femi Owolade time 10.64 in the semi finals of the 100, and Jermaine Alexander ran a new best of 22.06.

In the Senior womens pole vault Liz Hughes cleared 3.60 at her first attempt but frustratingly picked up a calf injury while making her first attempt at 3.70 and had to withdraw from the contest. She did nevertheless still win the silver medal. Elaine Murty enjoyed a very successful couple of days winning silver in the 800 in 2.12.89 and then returning on the Sunday to claim bronze in the 1500 with 4.30.53.

Amy Godsell was delighted with her weekend having missed training while completing her exams. She won the bronze in the 200 metres with a time of 24.95 and she recorded an impressive 11.85 in the 100 metres. Shavaun Henry picked up bronze in the 2000 metres steeplechase and her time of 7.14.84 was a new best and broke her own Club Record which has stood since 2006.

Sarah McGuire was 9th in the javelin and Vanessa Nakangu ran a tidy 58.83 in the 400. Mark Longhurst won silver in the under 20 mens pole vault with a clearance of 4.10 while on the track Ben Hopkins set a new best of 54.54 as he won bronze in the 400 hurdles and he was also 7th in the 110 hurdles. Third in the 110 hurdles was second claimer Matthew Walcott in 14.96. Phil Sesemann just missed out on a medal as he was fourth in the 1500 metres in 3.57.89 and Ainsley Campbell was 8th in the 400 in 49.77.

Lorraine Ugen also won bronze in the 100 as did Frederica Foster in the 200. Unfortunately Frederica was disqualified in the 400 final for a lane infringement after crossing the line second in 55.3. It was good to see Megan Southwart returning to action finishing 7th in the final of the 100 hurdles and timing 66.10 in the heats of the 400 hurdles.

Abroad Scott Huggins finished 4th in the pole vault at the Asics Gouden Spike meeting at Leiden in the Netherlands. He set a seasons best of 5.10.

At the Atletica Geneve EAP Meeting Dwayne Grant ran 10.63 for the 100 and 21.35 for the 200.

There were some more good times posted at the British Milers Club races at Watford. In the 800s Ben Harding ran 1.54.0 and Russell Bentley was restricted to 1.58.31 because of a calf injury.

Mike Skinner stepped down in distance after his 10,000 metres at the European Cup as he timed 3.47.4 for 1500. Alex Bruce Littlewood ran a new best of 3.52.31 for 1500 which means he has set new bests this year in the 800, 1500, 5000 and 3000 steeplechase. James Poole ran 3.56.20. and Bryony Proctor 4.37.84.

Many of the Club youngsters were in action at the various County Schools Championships with the majority being at the Kents at Ashford.

Among the winners in the Intermediate Girls age group was Ellie Duffy Penny who won both the discus and shot competitions, the former with a new best of 33.60. Lauren Stevens also set a new best as she leapt 11.12 to win the triple jump.

Amara Lalemi-Jacobs won the 100 in 12.57; Georgina Middleton the 200 in 26.20; and Rhiannon Jones the 80 metre hurdles in

12.00. For the boys Jonathan Pettet enjoyed victory in the 400 in 51.29.

Best performer in the Junior age group came from Dina Asher Smith who won both the girls 100 and 200 metre races in times of 12.21 and 24.73.

At the Surreys Rachel Dickens was an impressive winner of the Intermediate Girls 300 in a time of 39.91.

There was more success in the latest round of the Kent Veterans League at Ashford where the men finished first and the women were second. After four rounds the men lie in second place just one point behind leaders Ashford. The women are in third place.

Best event for the men was the javelin with a hat trick of victories across the age groups. Mike van den Dobbsteven won the over 35s with a throw of 45.12, while Steve Langdon took the over 50s with 44.12 and Colin Brand the over 60s (despite being an over 70) with a throw of 31.72.

There was also a Club Record in the over 60s 200 metres. Although Rob Brown did not win the race his time of 28.9 erased the previous record which had stood to Peter Baigent since 1992.

For the women Helen Godsell returned from injury to win the over 50s 200 metres in 30.3 and, also on the track the 4x400 team of Maureen Miller, Shirley Rowbotham, Jackie Montgomery and Caroline Nyamusi won by over 10 seconds in a time of 4.36.6. In the field Beatrice Simpson won both the over 50s shot and javelin titles and Barbara Terry won the over 60s javelin with a throw of 17.80.

Just two matches remain in the League with the next one on the 28th of June.

On the roads Glen Turner was the first finisher from the Club at the Bluewater 10km. He was 35th in 36.28 with Cliff Keen 40th in 37.00 and David Beadle 63rd in 38.41. First woman home for the Club was Jane Bradshaw in 65th overall in a time of 38.54. She was the 7th woman to finish and the second over 35.

Forthcoming events

16th June. Parris Handicap, Hayes.

19th - 20th June. England Under 20 and Under 23 Champs, Bedford

20th June. National Young Athletes League, Battersea



8/06/10

Michael Skinner helped the Great Britain mens team to finish in 5th place in the European Cup 10,000 metres team race in Marseilles. The Blackheath & Bromley athlete timed 29.44.75 in the B race and when the times from the A and B race were combined he placed 30th overall. He will not have been too happy with the time, but he was the third scorer for the Great Britain team in a race won by team mate Mo Farah in 27.28.86.

As ever the Club is proud to see one of its athletes progress through the age groups to represent their country at Senior international level.

The Club's Senior women have been progressing similarly as a team in recent years gaining promotion from the Southern League and moving up through the National League divisions. Last Saturday they had their first ever match in the UK Womens League Premier Division at Birmingham's Alexander Stadium.

Unfortunately, this historic day for the Club did not go as well as hoped as they finished 8th and last of the competing teams. This is the top level of Club Athletics in this country and to secure a place in the team is something to aspire to as it is an opportunity, not normally available for Club athletes, to rub shoulders with some of the country's best athletes. However, the Club were hamstrung with a number of athletes unavailable.

On the plus side there were a number of good performances. Best of these came from Serita Solomon who won the 100 hurdles timing 14.10 into the teeth of a -1.9 m/s headwind. For this she received the Club's Athlete Of The Match award.

Katrina Cosby produced another sparkling performance in the 400 hurdles setting a new personal best of 60.94 to finish 4th in the A race. This breaks her own Club Record set earlier this season and makes her the 3rd fastest under 20 in the country this year.

Elsewhere on the track Elaine Murty was 2nd in the 1500 in 4.31.04 as were the 4x100 team of Serita Solomon, Vanessa Nakangu, Grace Sheppard and Anike Shand Whittingham who timed 47.71.

In the field Shaunagh Brown and Samantha Milner scored well with a 4th and 3rd in the shot and two third places in the discus. Samantha's 42.51 in the discus was a seasons best and leaves her as the 5th ranked under 20 in the country this year.

The results show that without doubt the Club can be very competitive in this division but it needs all it's best athletes available.

There are just two matches remaining in this season, so the Club will need a good result in the next match in Manchester on the 3rd of July in an effort to avoid being relegated.

The Senior Men were in action in the British Athletics League Division One match at Cardiff. After being promoted last year they finished in 5th position, a satisfactory start to this years campaign, given that, like the women, they were some way off full strength.

The Club's Athlete Of The Match was Scott Overall who won the 3000 metres and was also third in the 1500. This was achieved despite not being able to train properly for three months after injuring himself at the World Indoor Championships. In fact, he had not planned to be in the country for this match, but had cut short his stay in the States because of his injury.

Best event for the Club was the pole vault where Scott Huggins and Ned Quiney secured victory in both A and B strings with

clearances of 4.90 and 4.60. Jermaine Olasan was the other individual winner as he leapt 7.06 in the long jump to beat a number of useful athletes.

A number set personal bests including both 400 metre runners. Dan Putnam, an under 20, was pitted against Senior internationals Conrad Williams and Rob Tobin but still finished in a fine 4th place in 48.24. Bomene Barikor stormed away in the B race and, despite tying up in the closing stages, hung on to win in 48.59. They linked with Alloy Wilson and Femi Owolade in the 4x400 to run an impressive 3.14.71 but, such was the standard of the competition, this was only good enough for 4th.

Alex Bruce Littlewood took six seconds off his best in the 3000 steeplechase as he finished in 3rd in 9.18.98 and he then scored more important points in the 3000 flat.

First year under 20 Phil Sesemann knocked nearly two seconds off his best in the 800 in finishing 4th in the B string 800 in 1.55.43; and Ed Harrison, frustrated at being disqualified in the 400 hurdles for a lane infringement, made amends with a very promising 15.55 in the 110 hurdles, run into a -1.8 headwind.

In the field the ever consistent Lewis Ely was third in the A string high jump with a clearance of 1.95, missing out on second place on count back, and under 20 Andrew Jordon grabbed third place in the Hammer with a last round effort of 59.81.

The squad travel to Sheffield for their next match on the 3rd of July where they will look to consolidate their League position. This should be another very keenly fought affair as most Clubs had athletes missing in Cardiff because of the National Multi Events Championships.

The match at Cardiff again highlighted the fact that the Club lack depth in the field events and this was made clear at the Southern Mens League Division Two match at Twickenham.

On the track the squad were quite competitive. Ainsley Campbell won the 400 metres and received the Club's Athlete Of The Match award and there were further A string wins from David McKinlay in the 800 and Ben Hopkins in the 400 hurdles. Alex Blair (400) and Josh Clarke (400 hurdles) made it maximum points in those events.

Neil Francis returned to action in the 200 with a good 2nd place and there was some useful sprinting in the 100 metres from Kieron Daly and Abs Jolaoso.

In the field, however, the Club's sole victor was Alan Hardy, an over 50, in the pole vault with a clearance of 2.80. Most of the other strings of the other events were covered by acting team manager Tim Ayres and Chris Daniel.

The team finished in 4th place on the day, a result that leaves them right in the middle of the 25 team division in 13th place after three of the six matches.

On the roads Tony Crowder was the first Club member to finish in the Beckenham 10km. He was 8th in 36.27 with David Beadle 17th in 39.04 and Len Crowder 20th in 39.31. First woman for the Club was Julie Reynolds in 37th in 42.23 with Justine Eastbury 50th in 43.50.

First Club finisher at last Saturday's Parkrun at Norman Park, Bromley was Rob Brown who finished in 10th place in 20.32. First woman was Jenny Paxton in 68th in 29.31.

Forthcoming events

Weds 9th Club Championships. Entries will be accepted on the night. ALL age groups
Sat – Sun 12th-13th South Of England Senior and Under 20 Championships, Crystal Palace
Sat 12th Kent Schools Championships, Ashford
Mon 14th Kent Masters League, Gillingham
Weds 16th Parris 5km handicap, Hayes



1/06/10

Many athletes from Blackheath & Bromley were in action at the CAU Inter Counties Championships at Bedford and the majority of them were part of the Kent squad who won the Achilles Trophy for the best mens team and the Gemini Trophy for the best combined men and womens points score. The women also finished third.

Best performance of the weekend came from Alex Bruce Littlewood who finished in second place in the 5000 metres in his second best ever time for the distance, 14.55.24. Liz Hughes was equal third in the pole vault with a clearance of 3.60 while Shaunagh Brown just missed out on medals in both the shot and discus events with distances of 14.13 and 47.39.

In the mens vault there were three competitors for the Club with Scott Huggins (Kent) 5th in 4.90, Ned Quiney (Surrey) 8th in 4.50 and Sam Brown (Sussex) 9th in 4.30. There were 5th places also for Elaine Murty in the 800 metres in 2.13.45; for Shavaun Henry in the 3000 steeplechase in 12.02.77; and for Savannah Echel Thompson in the 400 in 55.98.

Bryony Proctor took 6th place in the 1500 in 4.38.64 and Andrew Jordon showed he is having no trouble in adapting to the using the Senior Hammer as he threw 58.67 for 8th place. Others in action included Bomene Barikor 400 (49.59); Amy Godsell 200 (24.74); Frederica Foster 400 (55.90) and Rebecca Syrocki 400 (59.79).

Meanwhile some of the Clubs future Senior stars were in action at the South Of The England Championships at Ashford with Rachel Dickens and Dina Asher Smith in particular shining. Rachel won the under 17 womens 300 metres in 39.31 the third quickest time in the country this year. Dina won both the 100 and 200 metre races in the under 15s age group. She took the 100 title in 12.41, a good time as it was run in to a headwind. She followed with a seasons best of 24.92 in the 200 metres.

The Club's other medallists both achieved bronze. Jonathan Pettet was 3rd in the under 17 mens 400 in a new best of 50.89. Daniel Hollett was 3rd in the under 15 boys shot with a putt of 12.01.

There were other good performances too. Georgina Middleton was 4th in under 17 womens 100 as was Anna Huggins in the pole vault and Ellie Duffy Penny in the discus. Frances Read was 5th in the triple jump while Amara Lalemi Jacobs was 6th in the 200 and Lauren Stevens 7th in the long jump.

In the under 15s Yemisi Sofolarin was 4th in the discus and Shannon Clarke 6th in the high jump.

The busy weekend continued with the Kent Young Athletes League match at Erith on Bank Holiday Monday. The under 15 girls team won their match and with the under 13 girls second, the Club won the combined female age group contest. The boys did not fare quite so well with the under 15s 4th and the under 13s, 5th giving a combined position of 5th overall.

Good A string wins in the under 15s came from Shannon Hylton (100), Holly Fletcher (300), Shannon Clarke (high jump), Aine Hurlock (javelin) and the 4x100 team of Cheriece Hylton, Vivian Olatunji, Oshuwa Ogbeta and Shannon Hylton.

The strength of depth in the squad was shown by the number of B string wins with victories for Aine Hurlock (100), Amber Bryan Isaacs (200), Emma Waugh (300), Anna Myers (800), Shannon Hylton (75 hurdles), Alex Wheelwright (high jump); and Evie Syron-Russell (long jump).

Fresh from his winning bronze at the South Of England Championships, Daniel Hollett won the boys shot and there were B string wins for Henry Choong (1500) and Conor Tallis (80 hurdles).

Joshua Dalsan enjoyed a very successful day in the under 13s age group with wins in both the 100 and 200. His times of 12.9 and 26.7 were both grade one performances. For the girls Maya Bruney had wins in the long jump and discus while Toykin Orelasa won the high jump with a leap of 1.28 the same as B string winner Sophie Jones. Other B string wins came from Isobel Vowles (1000), Aimee Duffass (long jump), Rianna Courtney (shot) and Brooke Hollett (discus).

This weekend will be a historic day for the Club as the Senior Womens team have their first ever match in the top division of the National League. They compete in the UK Womens League Premier Division match at Birmingham's Alexander Stadium against the other seven top womens teams in the country.

The squad have moved up from the Southern League and through the divisions of the National League over the last decade under the guidance of Bridget Benneworth, and now new manager Michael Champion will looking for a good start as the Club attempts to consolidate its position in the top flight.

There is room for optimism as the Club's Junior womens team have been National Champions for the last five years and have gained significant International experience representing the UK in the European Champions Club Cup at meetings in Russia, The Czech Republic, Serbia and Bosnia. This year they will be in action in Poland in September.

These athletes are now blossoming in the Senior ranks and the team will be boosted with the addition of Britain's best Junior female Hammer thrower of all time Sophie Hitchon. She has twice broken her British record this Summer and is second ranked in the Senior listings.

The Senior Men were also promoted last year and they have their opening British Athletics League Division One match at Cardiff. Their aim is a return to the Premiership which is no easy task as there are eight good teams in the division.



25/05/10

Michael Skinner has been selected to represent Great Britain in the European Cup 10,000 metres at Marseilles, France on the 5th of June. The Blackheath & Bromley athlete is part of a strong British quintet which includes Britain's number one male endurance runner Mo Farah.

Five athletes run from each country with the top three's cumulative times scoring to determine the winning nation. As well as aiming to be part of the winning team, Skinner will have his eyes on the Commonwealth Games qualifying time of 28.50. He ran 28.58.43 for the distance in the States last month. While delighted to be selected to Britain, it does mean the Blackheath & Bromley captain will have to miss the Club's opening National League match of the season at Cardiff on the same day.

Skinner represented England last Sunday in the 3000 metres at the Loughborough International. The race did not go as he would have liked as he finished in 8th place in 8.11.38. James Poole, competing as a guest was 17th in 8.32.65.

They were just two of a large number of the Club's athletes in action with five representing the Great Britain Under 20s team. Second claim member Sophie Hitchon was just five centimetres outside her own British Junior record for the Hammer as she won the competition with a throw of 65.93. In the mens event Andrew Jordon set an impressive new best of 60.18. Lorraine Ugen was 5th in the long jump with a leap of 5.89. Dan Putnam ran 49.14 as a guest in the 400 and Frederica Foster timed 25.09 for the 200. She then ran the fastest split for the GB Junior 4x 400 with a 54.8 clocking.

Tremayne Gilling continued his fine season improving his personal best in the 100 metres to 10.34 while Duayne Bovell was back under 11 seconds again with 10.99. For the women Anike Shand Whittingham timed 12.13 and in the 200 Amy Godsell ran 24.90.

Serita Solomon ran a seasons best of 13.91 in the 100 hurdles, just two hundredths outside her all time best and second claimer Matthew Walcott ran 14.54 in the under 20 mens invitation 110 hurdles. Katie Murray's 62.37 in the 400 hurdles was a new best while under 20 Katrina Cosby ran 63.52. Ed Harrison ran 53.27 in the mens race and Savannah Echel Thompson timed 56.32 in the flat 400.

Elsewhere recently, sprinters James Alaka and Dwayne Grant, who both come from Penge, have been in action in the United States. At the PAC 10 Championships in Berkeley, James ran 10.33 in his heat of the 100 before finishing third in the final in 10.42. He was third also in the final of the 200 in 21.15 having run 21.07 in his heat. Dwayne ran in Orlando, Florida timing 10.67 for 100 and 21.43 for the 200.

The Club finished in 4th place in the second National Junior Athletics League Southern Premier Division match of the season at

Windsor. This was something of a disappointment and leaves the Club in third place in the table with the top two guaranteed a place in the National Final. The Club could still qualify for the final via a paper match if it did not make the top two, but this would not be something they should rely on. They are certainly capable of qualifying in their own right as a number were unavailable as they had been selected for the Loughborough International.

Despite the result there were, as usual, a number of fine performances on a scorching hot day. Best of these came from Jermaine Olasan in the long jump. He won the competition with a new personal best of 7.35. This is the second furthest by an under 20 this year. The women long jumpers excelled as well with Lauren Stevens and Jessica Moore achieving maximum points with leaps of 5.26 and 4.78.

Samantha Milner enjoyed a good win in discus with a throw of 40.83 and there was victory also for the womens 4x100 of Georgina Middleton, Amara Lalemi Jacobs, Charlotte Colegate and Grace Sheppard.

Krystal Galley may have had to settle for second place in the 400 but her time of 57.90 was a National Grade One performance and a new personal best.

The Club finished in second place in the second Southern Womens League match of the season at Milton Keynes. Despite this they are 13th out of 16 teams in the division but would be higher had they been able to fill the spaces in the middle distance and hurdles events.

There were no 800 metre runners and no B strings in either the 1500 and 3000 metres and no hurdlers at all.

The team's strength was in the field with A string wins from Christine Lawrence (javelin), Shaunagh Brown (shot) and Lauren Blackie (long and triple jump). Hayley Nouch won both B strings in the horizontal jumps.

Hannah Biddiss made her debut for the Club and won the A string 100 metres and the B 200. She was also part of the winning 4x100 and 4x400 teams all which led her to being awarded the Club's Athlete Of The Match. Rebecca Syrocki won the 400 metres in 58.84.



18/05/10

Five members of Blackheath & Bromley have been selected to represent the Great Britain Junior team at the Loughborough International match this Sunday the 23rd of May. The fixture has established itself as the first major domestic event of the season and is one of the few opportunities for the under 20 athletes to gain an International vest.

Both hammer selections are Club members. Andrew Jordon represents the men. He has thrown 66.34 this season over four and a half metres further than the second ranked athlete. Sophie Hitchon's record this season is even more impressive. Sophie is a second claim member of the Club, (her first claim club is Blackburn) and last weekend she broke the British record for the second time this season. At the Halleschen Erdgas meeting at Halle in Germany, she improved her previous best by 15 centimetres with a throw of 65.98. This is nearly 8 metres ahead of the second ranked under 20 and leaves her second ranked in the Senior age group.

Lorraine Ugen is selected for the womens long jump. She has jumped the furthest outdoors this year with a distance of 6.03.

Dan Putnam and Frederica Foster have both been picked for the 4x400 metres. Dan, the Kent 200 and 400 metre champion, is third ranked in the country with his 48.35. Frederica, who is first claim South London Harriers, and who won both the Kent Senior and Junior 400 metre titles, has run an impressive 56.09 this Summer. Mike Skinner has been selected for the England team in the 3000 metres.

At the British Masters Road Relays at Sutton Coldfield, the womens over 35s team finished in an excellent 5th place. Jane Bradshaw was the quickest of the quartet bringing the team home in 5th on the opening stage with a time of 18.23. Jennie Butler moved the team up to fourth on the next leg with a time of 18.57. Kate Pratten had a solid third stage leg finishing in 6th with 20.53 before Sarah Dowling moved the team up a place on the anchor leg with 19.10.

The mens over 60s team of Jim Phelan (19.34), John Fenwick (21.11) and Rob Brown (19.28) finished in a creditable 17th place out of 38 teams.

The previous Wednesday, Jane Bradshaw and Sarah Dowling were part of the Club's womens team who took silver medals in the Beckenham Road Relays. Over an undulating course on road and Beckenham Place Park, Jane was again the fastest of the team with 15.59. Sarah timed 16.48 and Julie Reynolds completed the team with 16.50. Also on the roads Bryony Proctor was first woman and 6th overall at the Bognor Prom 10km in a time of 36.55.

After winning their opening Southern Mens League Division Two match of the season at the start of the month, the Club had been hoping to consolidate their League position in the second fixture at Walton last Saturday.

However, with a dozen athletes withdrawing from the team in the days leading up to the match, this proved impossible. The team finished in 4th position on the day and slipped from 2nd to 8th in the League table of 25 teams.

Athlete of the match went to Phil Sesemann who won both the 800 and 1500 metre races. His 800 time of 1.57.2 was a new personal best.

Other A string wins came from Ainsley Campbell in the 400 in a time of 50.9; Taiwo Sodeyi (110 hurdles in 15.5) and Mike van den Dobbellesten in the javelin with a throw of 49.70. Ainsley and Taiwo scored near maximum points in the 100 while Mike set a personal best in the discus.

Harry Rogers showed he is overcoming a foot injury to clear 1.85 in a good standard high jump. Hurdler Josh Clarke made his first appearance of the season and Bruno Myszka Reder made his debut for the team in the 200 metres and relay.

Again the team were helped by athletes who did more than their fair share of events. Most notable was Michael Champion who was in action in the high, long and triple jumps, hammer, sprint hurdles and both relays. Even Club President Richard Coe was in action throwing in javelin and discus. The team are just one League point off a promotion place so there is still everything to play for with four matches to go, the next of which is on the 5th of June.

The Club's youngsters had to endure challenging conditions at their second National Young Athletes League match of the season at High Wycombe. Torrential rain fell for part of the afternoon as the National Champions came up against a strong Enfield & Haringey team and had to settle for second place on the day.

In the under 17s age group one of the best performances of the day did not result in a win. Rachel Dickens ran a National Grade One time of 25.5 in the 200 metres but had to settle for second place behind Enfield's Desiree Henry who had the same time. Both were a full two seconds ahead of the third placed athlete. Wins for the men came from Anton Daly (200), Jonathan Pettet (400), Oliver Taylor (800), Sam Jackson (3000), Aaron Lloyd (400 hurdles), the 4x400 team and, somewhat surprisingly, from middle distance runner Alex Lister in the hammer! For the women middle distance runners Jessica Jones and Hope Stenning enjoyed success in the 800 and 3000 and further wins came from Rhiannon Jones (300 hurdles), Ellie Duffy Penny (discus) and both relay teams.

Top performer in the under 15s age group was Dina Asher Smith who won both the girls 100 and 200 metre races in times of 12.5 and 25.8. Alex Wheelwright (high jump); Jumoke Falana (shot) and Yemisi Sofolarin (discus) won their events in the field while on the track Saffron Salih won the 1500 metres by 13 seconds and the 4x100 team triumphed by over a second. For the Boys Louis Hoppgood enjoyed a fine afternoon winning the 800 metres by 7 seconds in 2.15.4 as well as the sprint hurdles. Daniel Hollett won a close fought contest in the shot with a putt of 11.90.

Joshua Dalson was another athlete who won two events. He won both the 100 and 200 metres in the under 13s age group. Thomas Powell won the 800 and there was victory also for the 4x100 team. Star for the girls was again Maya Bruney who won both the 75 metres and long jump. Her 75 metre time was a grade one performance as was her 19.9 in the 150 metres. However, in another exciting race she was just pipped by Enfield's Taya Beckles with both girls receiving the same time. Grace McGrand won the 70 metre hurdles in 13.4. The result leaves the Club in second place in the table with the top four teams qualifying for the Area Final on August 1st.

Amy Godsell won the Jack Petchey Foundation Achievement Award for March. Amy's award was based on her strong performances in the indoor season, most noticeably winning gold at the BUCS indoor championship in the 200m while representing Brunel University.

Forthcoming events

22nd May. Southern Womens League, Milton Keynes
 23rd May. Loughborough International
 23rd May. National Junior League, Eton
 26th May. Club 10,000 metre championships, Norman Park



11/05/10

Athletes from Blackheath & Bromley were in action at various County track and field championships over the weekend and enjoyed great success. There were plenty of medallists including 31 golds at the Kent Championships at Ashford, where the bulk of the Club's athletes were competing.

Scott Huggins returned to action at Ashford a year after his last competition winning the Senior Mens pole vault with a clearance of 4.90 to make light of the wet and windy conditions. "I didn't really care what the weather was like, I was just glad to be competing again" said the Scottish International, who has the Commonwealth Games qualifying height of 5.20 as a target this season.

Sadly Scott was the Club's only gold medallist in the Senior Mens events, in stark contrast to the women who won nine. Three of these went to Shaunagh Brown, a first year Senior, who took the shot, discus and hammer titles. Elaine Murty won the 800 with some impressive front running, and the 1500 in a new personal best of 4.32.40. Liz Hughes won the pole vault; Shavaun Henry the 2000 steeplechase and Hayley Nouch's comeback continued as she won the triple jump.

Second claimer Frederica Foster moved up from the under 20 age group to win the Senior Womens 400 title. She had won her own age group title the day before as well as the 100 metres in a new best of 12.25. Elsewhere in the under 20s, Katrina Cosby set a new Championship Best Performance of 62.13 in the 400 hurdles; Sabine Efiannayi took the shot title in her first year in the age group and Christina Moore won the pole vault.

For the men Dan Putnam came home with two golds with victories in the 200 and 400; and Kieran Daly made it a clean sweep in the sprints with a win in the 100, by a hundredth of a second.

Best performance came from Andrew Jordon who missed the Championship Record in the Hammer by just one centimetre with a throw of 66.34. He is clear number one in the country this year.

The 400 hurdles was an exciting race with Ben Hopkins just getting the better of Ben Parkin and there was a win for Phil Sesemann in the 1500 with a new best of 4.03.72.

Rachel Dickens enjoyed a memorable championship in her first year in the under 17 age group. She won the 100 and 200 metres titles in personal bests of 12.39 and 24.93. Ellie Duffy Penny also won two titles in the shot and discus; and there were further field event victories for Anna Huggins in the pole vault; and Lauren Stevens in the triple jump.

For the men Jonathan Pettet won the 200 metres on the Sunday to make up somewhat for a narrow defeat in the 400 the day before.

Dina Asher Smith won both the 100 and 200 metres titles in the under 15 age group retaining the titles she won last year. She ranks second in the country this year in both events. In the field Shannon Clarke won the high jump with a big new best of 1.58 a clearance that puts her just outside the top 10 in the country this year.

There were of course many other good performances at these Championships and full results can be found on the [Club website](#) along with pictures.

At the Surreys at Kingston, Ben Harding and Russell Bentley achieved gold and silver in the Senior Mens 1500. In the under 20s age group Second claimer Ned Quiney took gold in the pole vault with a clearance of 4.40 and another second claimer Matthew Walcott won the 110 hurdles in 14.75.

It was an outstanding weekend for Maya Bruney in the Under 13 girls age group. She won gold in the 100 in 13.39; the 200 in 27.23 and the long jump in 4.89. The latter is the second furthest in the country this year. She is currently second ranked in the 100 and third in the 200.

Elsewhere Richard Holt, a Master, timed a useful 59.47 for the 400 hurdles and there were silver medals in the under 20s age group for second claimers Joe Lawrence (triple jump); Ross Norton (javelin) and Hannah Edwards (1500).

Lewis Ely showed he is in good early season form. Despite feeling a little under the weather, he cleared 1.95 to win the Senior Mens high jump at the Norfolk Championships.

At the Suffolk Championships Samantha Milner won gold at both the shot and the discus. Her throw of 38.18 in the discus was a new Championship Best Performance. Her putt was 9.99. Bomene Barikor won silver in the Middlesex Championships in the Senior Mens 400 metres in 49.48 with Alloy Wilson 4th in 50.50.

Alex Wheelwright was the Jack Petchey Achievement Award Winner for the month of February. Alex received her award for her performances at the Kent Indoor Championships and the National Sportshall Final.

Alex performance at the Sportshall National Athletics Final at the LG Arena in Birmingham saw her become National Sporthall High Jump Champion. She cleared 1.45 to win on countback with team mate Shannon Clarke in third.

Aine Hurlock just missed out on the medals in her 2 lap race finishing in 4th place and she was 4th again in the Standing Triple Jump with 6.63. Shannon Cordell and Samantha Leighton were 5th in the 8 lap Paarlauf.

All these efforts helped the Kent team to third place overall just one point behind runners up Warwickshire.



4/05/10

Tremayne Gilling opened his domestic racing programme with an outstanding victory at the British Universities Championships at Bedford. The Blackheath & Bromley athlete, who is at Middlesex University, won the 100 metres in an impressive 10.49. His 10.48 in his heat makes him 5th ranked in the country this year.

There was more success for Brunel Sports Scholar Pamela Hughes as she enjoyed her second BUCS victory of 2010 in the high jump with a superb clearance of 1.78 metres in blustery conditions. The Ben McIlroy/Jo Jennings-coached Irish international commented: "I'm absolutely delighted and can't wait to compete again in some decent weather!"

Fellow Brunel student Amy Godsell won bronze in the 100 in 12.03 as well as finishing 4th in the 200 and she was part of the winning 4x100 team. Serita Solomon (Middlesex) also won bronze in the 100 hurdles in 13.99.

There were many other good performances as well. In the 5000 metres Alex Bruce Littlewood (Portsmouth) ran a new best of 14.50.82 in the heats. A slow pace in the early laps of the final militated against a fast time and he finished in 12th. Danny Brewer (Sheffield) also ran a new best of 15.59.10 in the heats.

Elsewhere on the track for the men Femi Owolade (Kingston) ran 22.10 in the 200; Jermaine Alexander (Birmingham) timed 11.20 and 22.54 in the 100 and 200; and Richard "Dickie" Davies (Leeds) clocked 50.06 in the semi final of the 400.

Second claimer Emily Martin ran 12.28 for the 100 and 25.07 in the 200.

In the field Lauren Blackie (Walsall) was 7th in the triple jump with a leap of 11.19 and Lewis Ely (Loughborough) cleared 1.95 in the high jump in his pool. Sarah McGuire (Durham) threw a seasons best of 36.86 in the heats of the javelin. She was 10th in the final.

Out in the States, James Alaka continued his run of good form. He set a new best of 20.87 for the 200 metres at the Washington Dual meeting. He won the race as well as the 100 metres in a wind assisted 10.22.

Michael Skinner, a former Brunel student, set a new personal best over 10,000 metres at the Payton Jordan Cardinal Invitational Meeting at Stanford. He finished in 13th place in 28.58.43. At the Steve Scott Invitational at Irvine, Anike Shand Whittingham finished 5th in the 100 in 11.89, a seasons best.

The Club enjoyed a narrow victory in the opening Southern Mens League Division Two match of the season at Battersea Park. They finished four points clear of Hillingdon and six ahead of hosts Herne Hill with whom they were promoted last year. Best performance came from Jermaine Olasan who leapt 7.02 to win the long jump. There is more to come as he had one no jump in excess of 7.30.

Other A string wins came from Dan Putnam (400), Phil Sesemann (800), Ben Harding (1500), Simon Lloyd (110 hurdles and 400 hurdles), Allan Williams (pole vault) and Richard AlAmeen (hammer); but the Club's athlete of the match was Michael Champion, the Club's womens team manager, who competed in nine events including B string wins in the 110 hurdles and long jump.

Harry Rogers made his debut for the Club in the high jump and would have won but for a foot injury; and there were other first

appearances in the Senior team from Abs Jolaoso, Ellis Zorro, Ronnie Pocklington and Jamie Darling.

The Club's youngsters are the reigning National track and field champions and they opened their season with a win in the National Young Athletes match at Norman Park. The torrential rain, windy conditions, new event programme; and a new results software package made the day difficult for athletes, officials, administrators, supporters, ground staff and the computer alike, but after six hours of non stop action the team enjoyed a narrowish victory over the City Of Norwich, scoring 620 points to 574 with Bexley third on 383.

For 2010 each club will compete in four matches of three teams with the top teams progressing to a Regional Final. The leading teams from this match will then progress to a National Final. In a further change the League tables are now decided on match points rather than League points, think football tables being decided on goals scored rather than points. In addition, instead of A and B string being scored separately performances are merged, so, for example, instead of a Club scoring 6 points (2x3) for a double victory, if those athletes are the best two competing the Club would receive 11 points (6+5) for finishing first and second out of six.

Defying the malevolent weather conditions five athletes achieved National Grade One performances. In fact sprinters Dina Asher Smith and Maya Brunej produced two. Dina won the under 15 girls 100 in 12.4 and the 200 in 25.7, while Maya scorched to victory in the under 13 girls 75 and 150 metre races with times of 10.1 and 19.8.

Rachel Dickens won the under 17 womens 300 metres by over 4.5 seconds with a time of 40.5. Daniel Appiah made an impressive debut in the under 13 boys 100 winning by nearly a second in 13.0. Flying the flag for the field eventers was Yemisi Sofolarin. Despite achieving a Grade one of 29.93 in the under 15 girls discus, she still had to settle for second place. Nevertheless, this places her in the top 10 in the country.

In the under 17s age group Aaron Lloyd won both the short and long hurdles races and was part of the winning 4x100 team. Ellie Duffy Penny won both the shot and discus while Lauren Stevens also enjoyed a double win in the long and triple jumps. Other A string wins came from Anton Daly (100); Jonathan Pettet (400); James Allen (long jump); Rhiannon Jones (80 hurdles); Amara Lalemi Jacobs (200); Emily Nolan (800); and Ellie Dumper (Hammer). Liam Cater was another to enjoy a double win. He was victorious in the under 15 boys javelin and shot. Niyaz Chowdhury added another throws win in the discus and further wins came from Louis Hopgood (80 hurdles); Conor Tullis (200); Emily Rees (75 hurdles); Saffron Salih (1500); Shannon Cordell (long jump); Jumoke Falana (shot); and Shannon Clarke (high jump).

There were plenty of very pleasing performances in the under 13s age group. Andrew Narracot is another promising sprint talent and he won the 200 metres with other A string victories for Daniel Appiah (shot); Niamh Hubbard (800); and Toyin Orelaja (high jump) as well as the sprint relay teams of Joshua Dalsan, Andrew Narracot, Daniel Appiah and Matthew Ward; and Maya Brunej, Isabelle Vowles, Josephine Ray and Charlotte Rhule. Despite the victory it is clear that the Club needs to recruit more youngsters. Those interested in becoming involved in Athletics and joining the Club should use the contact details at the foot of this report.

On Bank Holiday Monday the Club hosted the Annual Ted Pepper 10km road race at Beckenham. First home for the Club was Ian Frith in third place with 34.44 with Jamie Darling just 10 seconds down in fourth in 34.54. Youngster Rob Yates was next home in 12th in 36.55.

First woman for the Club and second overall was Jane Bradshaw with 39.25 in 29th place. She was followed by Sarah Dowling in 40th with 41.17 and Julie Reynolds in 45th with 42.07.



27/04/10

Athletes of all ages and abilities from Blackheath & Bromley were in action at the Virgin London Marathon and the supporting Mini Marathon event last Sunday. In addition, non running Club members were working on the baggage vans in the finish area. Meanwhile the Club's track and field athletes have been in action around the world as the season gets fully underway.

First home for the Club at London was Alex Gibbins in 110th place. He timed 2.36.00 with over 50 Nick Kinsey 423rd in 2.49.11 and Richard Hall third in 2.58.25, the first time he has run under 3 hours. David Beadle was the only other person from the Club to go under 3 hours with 2.59.35. First woman to finish from the Club was Julie Reynolds in 3.24.19 followed by Kate Pratten 3.34.38 and Angela Cook in 3.50.39.

All the Club's finishers deserve great credit for the effort they put in to complete the course. Particularly noteworthy were Mike Peel who has completed every London Marathon and former pole vaulter James Cunningham who timed a very respectable 3.34.16.

Many of the Club's youngsters were competing for Bromley and other local boroughs in the accompanying Mini Marathon which takes place over the last 5km of the marathon course. There were some excellent results. In the 15-17 year olds age group Amber Reed finished in 10th place leading the Bromley team of herself, Melody Kane, Danielle Critchley, Lauren Heria, Krystal Galley and Michelle Fewster to gold in the team race. For the boys Phil Sesemann was 12th and the Bromley team finished in fourth place.

In the 13-14 year olds race the Bromley team of Katherine Curran, Georgina Kennedy, Lucy Sidey, Janae Galley, Anna Myers and Isy Jackson were runners up in the team race. Louis Hopgood was the first Club member to finish in the boys race as the Bromley team finished 17th.

The 11-12 girls also performed with distinction as they won the team race meaning the Bromley Borough won two golds and a silver in the girls events. Georgina Taylor was the first home in an outstanding 6th place with Jessica Keene, Charlotte Rhule, Samantha Leighton, Rebecca Keyte and Holly Warman the other scoring members of the team. The boys team also did very well in finishing in 4th place. First home here was William Fuller in an excellent 5th place, the highest Club finisher on the day, and helping the Bromley team to fourth place. The Club will be celebrating all this achievements at the Clubhouse at Hayes this Wednesday the 28th of April.

On the other side of the world at the Brutus Hamilton Invitational meeting at Berkeley, James Alaka continued his fine start to the

Summer season. He was second in the 100 metres in 10.41 before winning the 200 in 21.09.

The first Southern Womens League match of the season took place at Portsmouth. The Club were light on numbers for this and finished fourth out of four teams, but there were some good performances by those who were there.

Bottle of champagne for the Athlete Of The Match went to Shavaun Henry who ran in the 400 hurdles the 1500 and the 4x400. She dipped under five minutes in the 1500 with 4.58.2 for second place with Rebecca Smith winning the B string.

Best event for the Club was the discus where Sam Milner won with a throw of 39.35 with Ellie Duffy Penny winning the B string with 29.92.

The other winner was Georgina Middleton in the A string 100 metres and she also won the B string 200.

At the London Inter Club Challenge which incorporated British Milers Club races at Cophthall, Lorraine Ugen, who is still an under 20, won the womens' long jump with a leap of 6.03. She also timed 12.23 running into a -1.9 headwind for second place in the 100 metres. Bryony Proctor timed 4.38.83 for the 1500 metres. New member Jonathan Ilori, an under 20, leapt 14.27 in the triple jump and Under 13 Maya Bruney clocked 13.38.

Forthcoming events

28th April. Parris Handicap, Hayes
 1st to 3rd May. British Universities Championships, Bedford
 1st May. Southern Mens League, Battersea
 2nd May. National Young Athletes League, Norman Park
 3rd May. Ted Pepper 10km, Beckenham
 7th May. Kent Masters League, Canterbury
 8th-9th May. County Track and Field Championships, Various



20/04/10

It has been an eventful weekend for Blackheath & Bromley with a Trophy won; a Club Record, personal bests and team managers adding "volcanic dust" to their compendium of reasons for athletes' non availability for fixtures.

In the United States, James Alaka continued his fine start to the season by setting a new personal best for 200 metres at the Sacramento State Mondo International meeting. He won his race in 20.94, the first time he has run under 21 seconds. This is the second quickest in the country this season and he is also second in the 100 metre rankings.

Michael Skinner had been hoping for a breakthrough performance over 5000 metres at the Mount Sac Relays meeting at Walnut, California. He was, however, disappointed to finish outside 14 minutes finishing in 14.04.47, and with his beloved Chelsea losing to Spurs in the Premiership, it was not a good weekend. He is featured in a two page article in this weeks Athletics Weekly magazine.

There was better news at the Bryan Clay International Meeting at Azusa where Tremayne Gilling set a new best of 21.79 to win his heat of the 200 metres. Serita Solomon was 4th in her 100 hurdles race in 14.54 while Anike Shand Whittingham timed 25.35 for 200.

Sward and Kinnaird Meeting, Kingston

The Mens team warmed up for the League season at the Sward & Kinnaird Trophy Meeting at Kingston. This event used to be the biggest Club event in the country before the formation of Leagues and it's importance is reflected in the size of the trophies which are available for the best track and best field teams.

The Club ran out winners of the Kinnaird Trophy for track events with some impressive performances. These included a sparkling 21.58 in the 200 metres from Daniel Haque and a 49.37 clocking for Alloy Wilson in the 400. Alloy received the RS Hawkes Trophy for running the fastest 400 time in the match.

Ed Harrison won the 400 hurdles in 53.81 and Bomene Barikor timed 57.08 in his debut in the event. Alex Bruce Littlewood ran a new best of 1.56.35 to finish runner up in the 800 and he was second again in the 3000 metres in 8.50.95.

In the Sward competition for field events Jermaine Olasan leapt 7.12 to easily win the long jump and Nick Moore cleared 3.90 in the pole vault. In the throws Richard Al Ameen set a new best of 48.00 in the hammer and Craig Baker set new bests in both the shot and discus before finishing second in the javelin with Mike van den Dobbsteeren winning the B string.

National Junior League, Cophthall

There was fine weather for the first National Junior League match of the season at Cophthall. The Club needs to perform well in this Southern Premier Division in order to qualify for the National Final in September and finished in second place. They were only three points off defeating hosts and current National Champions Shaftesbury Barnet and it is possible they may have won, but for athletes being stranded abroad because of the cancellation of all air flights in the UK. However, other Clubs were affected too.

Best performance of the day came from Katrina Cosby as she set a new Club Record in winning the 400 hurdles in a time of 61.65. This is the fastest time in the country this year by an under 20 athlete and improves her previous best by nearly a second.

A number of other athletes also opened their seasons in style. Dan Putnam won the 400 metres in a new best of 48.35, the second quickest in the country this year and Jermaine Olasan, in his second competition of the weekend, won the long jump and ran a new best in the 100. For the women Lorraine Ugen and Sarah Abrams won both strings of the long jump and Sarah then joined Lauren Stevens to secure maximum points in the triple jump as well. It was a double win again in the pole vault courtesy of Christina Moore and Anna Huggins and again in the discus from Samantha Milner and Ellie Duffy Penny.

Back on the track first year Under 17 Rachel Dickens made an impressive Junior League debut winning the 200 metres in 25.32; Krystal Galley stormed to victory in the 400 in 58.66; and Hannah Edwards enjoyed a spirited gun to tape victory in the 800.

The women finished the afternoon with wins in both relays with Katrina Cosby finishing a perfect day for her by anchoring the 4x400 team to victory.

Alpha Beta Trophy Meeting, Lee Valley

The Alpha Beta Trophy did not prove to be one of the Club's greatest moments. Organisational problems meant athletes were few in numbers. Those that did compete did well with Katie Murray winning the 400 hurdles in 64.62. Charlotte Colgate, a first year under 17, was up against Senior opponents and was 6th in both the 100 and 200 metres.

In the Under 15s age group Holly Fletcher was third in the 800 and Lucy Sidey 4th in the 1500.

London Marathon

While a number of the Club's athletes add the finishing touches to the preparations for this years London Marathon, Britain's fastest marathon runner this Century, Mark Steinle has his mind on other matters. Steinle, who ran 2.09.17 in 2002 marries long time girlfriend Gemma Viney this Friday.

The 35 year old still does some running and showed that he is not unfit by successfully completing the Beer Mile during his Stag Do celebrations last Saturday.

Among those running the marathon this Sunday is Mike Peel who is one of the few people to have run in every London Marathon. He sharpened up for this years event by finishing 49th in the latest 5km Parkrun at Norman Park. First home from the Club was David Beadle in 3rd with Mike Martineau 51st and Niamh Bridson Hubbard 53rd.

Coming Up

23rd April. Kent Masters League, Sutcliffe Park
 24th April. Southern Womens League, Portsmouth
 25th April. Virgin London Marathon
 28th April. Parris Handicap, Hayes
 1st to 3rd May. BUCS Championships, Bedford
 1st May. Southern Mens League, Battersea
 2nd May. National Young Athletes League, Norman Park
 3rd May. Ted Pepper 10km, Beckenham



13/04/10

James Alaka is the fastest Briton so far this year over the 100 metres after his performance at the Pepsi Team International at Eugene in the United States. The Blackheath & Bromley athlete, who is studying at Washington University, timed an impressive 10.32 with a +1.8 metre per second headwind. This improved his previous best for the event by over a tenth of a second.

It is, of course, early days, but joining him in the top 20 100 lists are Duayne Bovell and Ed Harrison who both ran 10.97 at the Malta International. Duayne also timed 22.71 for 200 while Ed won the 400 hurdles in 54.05, the fourth fastest in the UK so far. Simon Lloyd made a very promising debut over the Senior 110 hurdles as he timed 16.08. He also ran 24.93 for the 200 metres.

In the under 20s age group, Savannah Echel Thompson ran 12.48 and 25.01 for the 100 and 200 while Freddy Foster clocked 12.58 for the 100 and 57.86 for the 400. Nenisha Nelson Roberts timed 27.04 for 200. For the men Kieron Daly and Ellis Zorro ran 11.27 and 11.71 respectively for the 100 and Kieron also ran 22.91 for the 200.

Under 17 Anton Daly ran 11.42 for the 100 while Sian Duffy timed 28.17 for the 200. The opening Kent Young Athletes League match of the season took place at Canterbury in cold and windy conditions. An early start to the League season saw a fairly low turn out from all clubs, particularly in the boys age groups.

Highlight of the day for the Club came in the under 15 girls age group where Dina Asher Smith stormed to victory in the 100 and 200 metre races. Her times of 12.6 and 25.2 were both National Grade One performances and her margin of victory was considerable. She joined Vivian Olatunji, Oshuwa Ogbeta and Aine Hurlock for victory in the 4x100. Other A string victories came from Shannon Clarke in the high jump with a clearance of 1.48 and from Shannon Cordell in the long jump with a leap of 4.41.

Best performance for the boys came from Daniel Hollett who won the shot by exactly three metres with a putt of 11.83, and he also won the discus by over 10 metre with a throw of 29.70.

There were a number of new faces in the under 13s age group, the place where many of the Club's top Seniors first began their careers. For the girls Sophie Jones enjoyed victory in the high jump with a clearance of 1.20, while on the track some impressive sprinting from Joshua Dalsen and Joshua Eversley saw them take maximum points in the 80 and 200 metres races. They enjoyed more success when they were joined by Danny Eversley and Milo Bargeran for victory in the 4x100.

More athletes were in action at the Hercules Wimbledon Young Athletes meeting at Crystal Palace. Best performance in the under 17s age group came from Rachel Dickens. In her first year in the age group she posted impressive sprint times of 12.39 for the 100 and 25.14 for the 200. Victoria Munt and Jessica Moore ran 27.66 and 27.93 for the 200. For the men Jonathan Pettet set new personal bests of 11.36 for the 100 and 22.60 for the 200. Reuben Fakoya also ran well with times of 11.67 and 23.87.

However, the most successful athlete of the day was Maya Bruney in the under 13s age group. Not only did she win the 100 metres and long jump but her winning time of 26.81 in the 200 metres was a new meeting record. With James Alaka the quickest senior of the 100, the Club also have the fastest under 13 in the country as well as Maya's time of 13.17 heads the UK listings.

On the roads John Beck was the Club's first finisher at the Paddock Wood Half Marathon in a time of 1.29.21 followed by Steve Pairman in 1.30.36. Next was the Club's first woman to finish, Sarah Dowling, in 1.31.37. Closer to home at Norman Park, Glen Turner finished second in the latest 5km parkrun race with Dave Beadle 4th, Rob Brown 15th and Mike Peel 63rd. At the

corresponding event at Bushy Park youngster Greg Proctor finished in 13th.

Coming up

17th April. Sward & Kinnaird Trophy Meeting, Kingston
17th April. Alpha Beta Trophy Meeting, Lee Valley
18th April. National Junior League, Cophthall
23rd April. Kent Masters League, Sutcliffe Park
24th April. Southern Womens League, Portsmouth
25th April. Virgin London Marathon



6/04/10

It has been an outstanding weekend for Hammer throwing at Blackheath & Bromley. Highlight came at the Mansfield Open Meeting from Sophie Hitchon who has joined the Club as a Higher Competition athlete for the UK Womens League. The first claim Blackburn Harrier threw the Hammer 65.83 to smash her own British Under 20 Record by over two and a half metres. It is a Commonwealth Games and World Junior Championships qualifying performance and ranks her top of the National Senior rankings so far this year.

Closer to home at the Tonbridge Open Meeting, Andrew Jordon, the Kent, Southern and English Schools champion produced a throw of 64.18, a new personal best with the Under 20 implement. There was good news too for another Mike Davies coached athlete as Jake Haylock also set a new best of 54.19.

On the track Dina Asher Smith and Amara Lalemi Jacobs ran excellent 150 metre times of 18.86 and 19.37 and Rhiannon Jones made her debut over 80 metre hurdles clocking a very good 12.6. Full results from this meeting are not yet available.

Alex Gibbins continued his preparations for the Virgin London Marathon as he finished 17th in the Maidenhead 10 mile road race in 55.17. Tony Crowder was 79th in 1.00.58. Second claimer Peter Tucker finished third in the Folkestone 10 in 54.20. Ramon Saiz, finished 382nd and was the 4th over 70 to finish.

Alex Bruce Littlewood was in action at the Isle Of Man Running Festival competing for his second claim club Hercules Wimbledon. In the 10km on the Good Friday he finished in 4th place in 32.09 on a testing hilly course. Next up was the fell race where he finished 5th in 22.12. Finally it was the road relay where he was part of the winning team. He ran the 5th quickest leg of the day. These placings made him fourth best runner of the weekend. Meanwhile in the weekly Bluewater Time Trial, Jane Bradshaw finished in second place overall on a 4300 metre course. She timed 15.22.

At the weekly 5km parkruns at Norman Park, Rob Brown finished in 10th place with Adrian Stocks 13th and Niamh Bridson Hubbard 21st.

Coming up

11th April. Kent Young Athletes League, Canterbury
17th April. Sward & Kinnaird Trophy Meeting, Kingston
17th April. Alpha Beta Trophy Meeting, Lee Valley
18th April. National Junior League, Cophthall

