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Blackheath & Bromley Harriers AC

Apl to Jun
2011

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Blackheath & Bromley athletes enjoyed their most successful weekend so far this Summer winning 14 National titles at the National Under 23, Under 20 and Masters Championships; breaking three Club records; and setting a National record. In addition on the back of these performances four athletes James Alaka, Lorraine Ugen, Adam Gemili and Megan Southwart have been selected for forthcoming Internationals.

Sadly this all came just three days after the death of one of the Club's greatest supporters Past President Bob Taylor.

James Alaka announced his return to Britain at the Aviva England Athletics Under 23 and Under 20 Championships at Bedford by winning the Under 23s 100 metre title in 10.23. This was a new personal best, broke the Senior Club record and meant he has fulfilled the criteria for automatic selection for the European Under 23 Championships which take place in Ostrava in the Czech Republic from the 14th to the 17th of July.

Lorraine Ugen joins him there. She already had the qualifying standard in the long jump and won the National title with a leap of 6.39. She was also 7th in the 100 metres in 11.77.

Three others won Under 23 titles but miss out on the Europeans as they don't have the qualifying standard for their particular events. Serita Solomon won the 100 hurdles in 13.53 in a close final. Jermaine Olason took the mens long jump title with a leap of 7.55 and Shaunagh Brown won the discus with a throw of 49.11. She also won silver in the shot with 15.34 and the hammer with 55.73, a new personal best.

In the mens Hammer Andrew Jordon broke the Senior Mens Club record with a throw of 63.48, a fine effort in his first year in the age group for which he was rewarded with a silver medal. James Alaka was back in action in the 200 metres and he also won silver with a time of 21.09. It means he has also been selected for this at the Europeans as well as the 4x100.

Lauren Blackie was outside the medals in the triple jump with 4th place but she will have been delighted with a new personal best of 12.42. Dan Putnam ran a seasons best of 47.70 in the semi final of the 400 but had to settle for a 48.18 clocking in the final where he was 8th.

Alex Bruce Littlewood was 7th in the 3000 metres steeplechase; Lewis Ely came 9th in the high jump; Funmi Sobodu timed 10.68 in the semi final of the 100 metres; and it was good to see Anike Shand Whittingham return to action in the womens 100.

More impressive performances came in the under 20s age group led by Megan Southwart who won the 400 hurdles in a new personal best and Club Record of 59.49. It has also earned her selection for the Mannheim International this weekend and she was inside the selection standard of 60.80 for the European Under 20 Championships which take place in Tallinn in Estonia from the 21st to the 24th of July.

Joe Lawrence took the mens triple jump title with 15.48 just two centimetres outside the qualifying distance.

Adam Gemili nearly made it a third gold but he missed out in one of the tightest races of the Championships. He ran 10.23 for the 100 metres the same time as winner David Bolarinwa. This has secured him a place in the 100 metres and the sprint relay at the Mannheim International.

Similarly Mark Longhurst's clearance of 4.80 in the pole vault was the same as the winners.

More 400 hurdle success came courtesy of Craig Morten who ran a best of 54.15 to win bronze. Sadly Ben Hopkins, who going into the Championships was the fastest in the country, false started and was disqualified.

Jonathan Ilori was third in the triple jump with 14.85 and it was bronze too for Sarah Abrams in the long jump with a leap of 5.86.

Outside the medals, Sam Milner was 4th in the discus with a throw of 40.98. Others in action included Yimika Adewakun who was 7th in the 400 metres while Frederica Foster and Krystal Galley timed 57.63 and 57.92 in the heats. Frederica also ran 26.01 for 200. Kieran Daly ran a new best of 10.85 in the semi final of the 100 while Grace Sheppard ran 12.14 in the womens event and Pippa Woolven was 14th in the 1500 metres.

At the British Masters Championships at Birmingham the Club had another seven National golds with highlight being a new National record for Colin Brand in the over 75s javelin with a throw of 35.98. He also won the discus with a throw of 30.82, was second in the shot with 9.71 and 5th in the hammer.

Sam Bobb also won three medals in the over 35s age group claiming the long and triple jump titles with leaps of 6.32 and 13.73. He was also third in the high jump with a clearance of 1.60. Richard Holt was second in the 400 hurdles with a seasons best of 59.07.

There is something special about winning a National title in a personal best and this is just what Mike Van Den Dobbelsteen did in the over 40s age group. He won the javelin with a throw of 51.87. Murray Hilborne is enjoying his first year of Athletics at the Club and he was 5th in the over 45s pole vault with a leap of 2.51.

Keith Ewing was an impressive winner of the over 50s 1500 metres with a time 4.23.43 and Steve Langdon was third in the javelin.

Busiest athlete of the weekend was Clem Leon. Not only did he win the over 55s triple jump with a leap of 10.16, he was also 4th in the 200, 400 and high jump and 7th in the long jump. Fourth place also for Tom Phillips in the 100.

Ken Daniel won bronze in the over 60s 800 and Pete Hannell won silver in the over 65s 3000 metres walk.

Katie Murray was the Club's first finisher at the latest Bromley park run at Norman Park. She finished in 12th place in a time of 19.17 with Steve Pairman 15th, Ian Taylor 18th and Graham Coates 20th. Justine Eastbury was the second woman home in 49th with Ella Fisher 66th.



21/06/11

Shaunagh Brown came away from the South Of England Championships at Ashford with two gold medals and one silver. The Blackheath & Bromley athlete threw a new personal best of 15.37 to win the shot. Her throw of 50.15 for victory in the discus is her furthest for two years, and her 55.05 for silver in the Hammer was just outside her recent personal best.

Serita Solomon was the Club's other Senior gold medallist. She won the 100 hurdles in 14.57 into the teeth of a strong headwind.

The remaining gold medals from these Championships came in the under 20 age group. Ben Hopkins was delighted to achieve the European Junior qualifying standard in his heat of the 400 hurdles when he ran 53.40. He was not quite as quick in the closest of finals which saw him win by two hundredths of a second in 53.59.

Mark Longhurst needs to clear 10 centimetres higher to achieve a European Junior qualifying performance in the pole vault. He set another new best at Ashford clearing 4.90 metres and returned the next day in his hunt for the mark by competing in the Senior Mens competition. He cleared 4.80 here and picked up the silver medal in the process.

Youngest gold medallist from the Club was Dina Asher Smith. Only a first year under 17, she won the under 20s 200 metre title against girls up to four years older, a remarkable achievement considering these Area Championships cover 19 different counties.

Andrew Jordon is progressing steadily in his first year in the Senior age group and he was rewarded for his efforts with second place in the Hammer with a throw of 61.26. More throws success came courtesy of Sam Milner who took silver in the under 20 womens discus with a throw of 42.37.

Megan Southwart is another who is close to a European qualifying standard. She was second in the under 20s 400 hurdles and Frederica Foster was second in the under 20s 400 in 57.35.

Liz Hughes still holds the Championship best for the pole vault with the 4 metres she cleared in 2003. This year she had to settle for third place with a clearance of 3.60. Elaine Murty was just outside her best as she finished third in the 1500 in 4.28.26.

Outside the medals there were plenty of other good performances by the Club's athletes. For the Seniors, Alloy Wilson was 5th in the 400 in 48.83, having run a seasons best of 48.48 in winning his semi final. Lewis Ely celebrated finishing his University exams the previous day by also finishing 5th in the high jump against some high quality opposition; and it was 5th again for Shavaun Henry in the 3000 metres in 10.24.85.

Lauren Blackie, fresh from achieving a First Class degree, produced her longest ever triple jump, albeit wind assisted, of 12.15 a distance which gave her 6th place.

Ben Harding (800), Christina Moore (pole vault) and Emily Martin (long jump) all finished in 8th place in their events and first year senior Sam Brown was 10th in the pole vault with a clearance of 4.20.

In the sprints Tremayne Gilling, Duayne Bovell and Oweka Wanogho all qualified for the semi finals of the 100 metres. Tremayne did not contest his semi as he had tight quads. Jermaine Alexander was in action in both sprints but did not progress beyond the heats. None were able to run the times they had been hoping for because of the strong winds.

David McKinley (800), Richard Holt (400 hurdles) and Frederica Peart (400) were also eliminated in their heats.

In the under 20s the vaulters were out in force with Naomi Lee, Emilie Blackwell and Anna Huggins 5th 6th and 7th. Grace Sheppard was 5th in the 100 metres in 12.68 with Kieran Daly 7th in the mens event in 11.33.

It was 7th also for Ellie Duffy Penny in the discus.

The Club remain unbeaten in the National Young Athletes this season winning their fourth successive match. This means the youngsters top the Southern Premier East Division and head to the Area Final on the 17th of July where they aim to qualify for the National Final.

Many of the Clubs top performances again came in the sprints with the highlight coming towards the close of the meeting as Charlotte Colegate, Dina Asher Smith, Georgina Middleton and Rachel Dickens set a new Club Under 17 girls 4x 300 metres record of 2.49.5, over three and a half second inside the previous best. This is quicker than any Club in the country ran last year.

The same quartet also won the 4x100 in 49.2 seconds, four and a half seconds ahead of the runners up.

Both Dina and Rachel had earlier ran National grade one performances in their individual events, Dina winning the 100 metres in 12.2 and Rachel the 300 metres in 39.7.

Anton Daly ran grade ones of 11.2 and 22.5 in the under 17 mens 100 and 200 while in the under 15s age group Cheriece Hylton excelled with a 25.7 grade one clocking in the 200 metres. Such was the standard in the 75 metre hurdles that, despite running a grade one of 12.0, Sian Hurlock had to settle for third place in the race. In the field Yemisi Sofolarin launched the discus out to 31.75, another grade one performance.

In the under 13s Nicole Farmer won a very close 75 metres in a grade one of 10.4.

There were plenty of other good performances. In the under 17s age group Kate Curran ran her first track 3000 metres winning the race by over a minute in 10.35.3 while Jessica Jones in the 800 and Hope Stenning with a seasons best in the 1500 made it a clean sweep in the womens middle distance. Emily Clark continued the track success with victory in the 80 metre hurdles as did captain Joshua Oyedele in the 400 metres.

In the field Amber Bryan Isaacs achieved a personal best of 10.17 in winning the triple jump. James Allen and Evie Syron Russell won both long jump contests as did Joshua Ajiboye and Bonnie Bratton in the hammer. More throws wins came from Debbie Ibitoye in the shot, her 8.32 being the same distance as runner up Eleanor Dumper, and from Liam Cater in the javelin. Louis Hopgood won the pole vault and then teamed up with James Allen, Joshua Oyedele, and Adenekan Lipede for victory in the 4x400 metres.

Gabriel Ibitoye had another good day in the under 15s throws. He won both the shot and hammer contests. In the jumps wins came from Helena Coleman in the pole vault, Maya Bruney in the long jump and Shannon Clark in the high jump. On the track Leah Everson won the 800 and there was more relay success with wins in the 4x100 metres for the girls quartet of Vivien Olatunji, Shannon Hylton, Cheriece Hylton and Maya Bruney and the boys team of Gabriel Ibitoye, Joshua Dalson, Alex Skipp, and Ayo Ajiboye.

It was a similar relays story in the under 13s age group with wins for the girls team and the boys quartet of David Ajiboye, Danny Eversley, James Low and Ade Lipede.

Individual wins came from Cameron Grant in the shot, Sophie Grieves (70 hurdles), Jessica Keene (800) and Shannon Risky (1200).

With all this talent in the Young Athletes League and the success of the Club's Under 20s team it came as no surprise that a large number of the Club's first and second claim members have been selected to compete in the English Schools. These include from Kent, Shannon Hylton, Cheriece Hylton, Aine Hurlock, Alex Wheelwright, Dina Asher Smith, Rhiannon Jones, Krystal Galley, Aaron Lloyd, Phil Sesemann, Craig Morten and Mark Longhurst. Selected for Surrey are Maya Bruney, Rachel Dickens, Yimika Adewakun and Joe Lawrence. Yemisi Sofolarin, Bonnie Bratton, Frederica Foster, Anton Daly and Hannah Edwards represent London. Also selected are Emilie Blackwell and Naomi Lee (Sussex), Pippa Woolven (Bucks) and Samantha Milner and Jonathan Ilori (Suffolk)

Shaun Lightman has had a busy few days. On his way back from injury he finished in 23rd place in the Moulton 5 mile road walk in a time of 56.40. Two days later he competed in the Steyning AC 3km track walk at Horsham where he timed 19.28.

David Beadle was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He finished in 7th place in 19.11 with Steve Pairman 13th and Rob Brown 20th. Nigel Haffenden flew the flag at the Greenwich event finishing in 36th place.

Trevor Delahoy was first finisher in the latest Parris yacht Handicap race at Hayes with Carolyn Jones Baldock second and Jackie Montgomery third. The fastest actual time was Matt Hammonds in 17.49 with Tim Ayres second and Adrian Stocks third. Quickest woman was Clare Parkin in 20.07 followed by Mel Kane and Justine Eastbury.



14/06/11

Athletes from Blackheath & Bromley have been in action across the globe in recent days as they seek top level competition to help them achieve qualifying performances for the forthcoming major championships. In the States James Alaka ran a swift 21.07 for 200 metres at the NCAA Division 1 meeting at Des Moines.

Ned Quiney was in the Netherlands at the Asics Gouden Spike meeting at Leiden where he cleared 5 metres in the pole vault to finish in 5th place. Lorraine Ugen was disappointed with the 6.12 which gave her second place in the long jump. However, she was pleased to win the 100 metres in a new best of 11.85.

Shavaun Henry finished third in the 3000 steeplechase in very hot conditions at the European Classic Meeting at Hania in Greece. Her time of 11.24.3 was a seasons best.

Closer to home Elaine Murty set a new best of 2.08.78 for 800 metres in winning her race at the Nike Grand Prix at Watford. Russell Bentley ran 1.55.2 in his race while in the 1500 Alex Bruce Littlewood ran a useful 3.51.50.

At the Loughborough verses the Combined Services match at Loughborough Stephen Cavey won the 3000 metres in a new personal best of 8.50.17 and Dan Putnam was first in the 400 metres in 48.64.

The largest gathering of Senior and Junior athletes, however, was at the Bedford International Games. The stadium boasts a new super fast mondo surface but, however quick it is, this counts for nothing when up against the vagaries of the British weather.

Strong winds militated against athletes in the all events but Shaunagh Brown was probably the least affected in the heavy throws. She set another new best in the hammer with a throw of 55.46 to finish second, and she was also 4th in the shot.

Under 20 Adam Gemili continued his fine season by winning his heat of the 100 metres in 10.59. In other races, with varying wind speeds, Tremayne Gilling timed 10.70, Duayne Bovell 11.10 and Dan Putnam 11.49. Tremayne was part of the Great Britain under 23 team who won the 4x100 metres in 40.78 while Adam was in the GB Under 20s team who were second in 40.83.

In the 200s, under 17 Dina Asher Smith ran 25.13 into a strong headwind and Dan Putnam clocked 22.20.

One of the best track performances came from Megan Southwart who won the womens 400 hurdles in 61.07. For the men Ed Harrison ran 52.99 and Ben Hopkins 53.84 while in the under 18s race Craig Morten timed an impressive 54.65. In the sprint hurdles Serita Solomon was 4th in the womens race in 14.16.

More success came in the womens 400 metres where under 17 Rachel Dickens was third in 56.09 and Yimika Adewakun was 4th in 56.30.

Sarah Abrams was 5th in the womens long jump with a leap of 5.86 while Jermaine Olasan finished 7th in the mens event with 7.21. In the triple jump Joe Lawrence was 5th with 15.04 and Jonathan Ilori 6th with 14.33. Sandra Alaneme was 11th in the womens event with 12.15.

Colin Brand won the over 75s age group at the British Masters throws pentathlon at Milton Keynes. His best event was the javelin in which he threw 33.35 to score 785 points. However he was almost as good in the shot, discus and hammer with throws of 9.56, 30.75 and 31.73. He also threw 10.19 with the heavy weight to give him a total points score of 3618, a couple of hundred shy of the National record. Gordon Hickey was third in the same age group with 2690 points.

Barbara Terry was second in the over 65s age group with 3077 points. Her best events were the hammer and shot putt in which she threw 23.34 and 7.64 to score 706 points in each.

More National success came at the British Masters 10km track walk at Oxford where Roger Michell finished 1st in the over 60s category in 57.58.25.

At the Vets AC open meeting at Willesden, Peter Hannell finished in 4th place in the 3km walk in 17.53.

Many of the Club's youngsters were competing in the various County Schools Championships with the majority at the Kents at Ashford. Here Aaron Lloyd set a new Championship Best Performance of 13.76 to win the Intermediate Boys 100 metre hurdles. Georgina Middleton enjoyed wins in both the 100 and the 300 metres and there were further victories for Rhiannon Jones in the 80 metre hurdles and Jessica Moore in the triple jump.

The Hylton twins Shannon and Cheriece won the 100 and 200 metre races in the Junior Girls age group and wins came also from Aine Hurlock in the 75 metre hurdles and Alex Wheelwright in the high jump.

At the London Schools at Battersea, Frances Read won the Intermediate Girls long jump with a leap of 5.09 while Yemisi Sofolarin won the Junior Girls discus with a throw of 33.63.

The Surrey Schools at Kingston saw wins for Rachel Dickens in the Intermediate Girls 300 metres in a time of 39.4 and from Maya Bruney in the Junior Girls 200 metres in 25.86.

The Classic Car show at Norman Park this weekend meant that Saturday mornings weekly 5km park run did not take place. However anyone venturing down on Friday evening would have been treated to the sight of some vintage models of an athletic type at the latest round of the Kent Masters League. Both the Club's mens and womens teams are on course to qualify for the Southern Area Final after each finished in second place in their respective matches and the womens B team also finished in second place.

The men were just half a point off winning their match and they now head the table, two League points ahead of Ashford and Dartford. The women are second in their division two points behind leaders Dartford but a healthy 5 points clear of third placed Cambridge who pipped them for a place in the Area Final last year.

For the women Jane Bradshaw had a near gun to tape victory in the over 35s 1500 metres winning by five seconds in 5.19.6. More track success came from Helen Godsell who won the over 50s 200 metres by an impressive two seconds. She then teamed up with Maureen Miller, Jackie Montgomery and Shirley Rowbotham for an emphatic win in the 4x400, the quartet prevailing by 26 seconds over the runners up. In the field throws specialist Barbara Terry won the javelin by over 5 metres.

The javelin proved to be the mens' best event with Colin Brand in the over 60s and Mike Van Den Dobbelen in the over 35s both winning by large margins. Steve Timmins was the other winner, throwing the shot 12.55 in the over 35s contest.

The women field a B team in Division Two and they also finished in second place. Rosie Ferguson impressed in winning the 800 metres and she joined Annie McDonough, Judy Lewis and Carolyn Jones Baldock for victory in the 4x400. Annie had earlier won the 200 metres and scored more important points in the 1500, shot and javelin while Tina Harradine enjoyed victory in the over 50s high jump.

With the Bromley park run not taking place athletes went elsewhere for competition. Ben Cockburn was first in the Greenwich Park event in a time of 17.13 with Steve Pairman 8th and Graham Coates 10th. Youngster Niamh Bridson Hubbard finished in 17th.

Brendan McShane was 3rd in the Lloyd Park event in a time of 20.57 with Ella Fisher 19th and Dan Hassett, who had competed in the Kent Masters League the previous evening, in 20th.

On the roads Julie Reynolds was the Club's first finisher at the Southend Half Marathon. She finished in 159th place in a time of 93.21. Kate Pratten was 240th and Mark Nicholls, Mark Skelly, Peter Burford and Deniz Mehmed filled places 269 to 272nd.



7/06/11

Blackheath & Bromley took the first steps to getting promoted back to Premier Division of the UK Womens League with a second place, subject to scrutiny, in the opening Division One match of the season at Swansea.

The Club's athlete of the match was Shaunagh Brown. She won the shot putt with a throw of 14.57 and was second in the discus with 48.03. She was also third in the Hammer with a new personal best of 54.66.

Serita Solomon was the Club's other A string winner in the 100 hurdles in 14.11. She also scored important points in the 100 metres and was part of the both 4x100 and 4x400 metre teams. This was the first time she has run a 400 metre leg.

Grace Sheppard, Emily Martin and Amara Lalemi Jacobs completed the 4x100 quartet that finished third and other top three placings came from Liz Hughes in the pole vault; Sandra Alaneme in the triple jump and Mel Kane who ran a new best of 8.22.23 in the 2000 metres steeplechase.

Others personal bests were set by Grace Sheppard in the 200 (25.63), Elaine Murty 800 (2.09.40) and Rachel Robinson 400 hurdles (68.94). Rachel also ran the 400 metres less than an hour later as did Chelsea Crouser.

Sam Milner and Lauren Blackie were also big points scorers for the team both winning two B string events each. Sam won the shot and discus with throws of 11.55 and 40.71 while Lauren won the long and triple jumps with distances of 5.47 and 11.91.

Jessica Matthews made a welcome return to action clearing 1.55 in the high jump.

Team Manager Brendan McShane was delighted with the result, "I'm proud of the team who all did brilliantly"

The next fixture is at Cophthall on the 3rd of July and another top two place will strengthen their grip on a promotion place.

1. Swansea 211. 2. Blackheath & Bromley 189.5. 3. Thames Valley Harriers 175. 4. Shaftesbury Barnet 166.5. 5. Southampton 158. 6. Newham & Essex Beagles 134. 7. Bedford 119. 8. Marshall Milton Keynes 108.

The men will have to do better in their next three matches if they are to emulate the women. They were 6th in their first British Athletics League match of the season at Cophthall, a fixture which saw the positions constantly changing throughout the afternoon.

Ed Harrison was the Club's Athlete of the Match. The previous Monday he had won the Inter Counties running three 400 hurdles races in a day, twice running inside his previous best. At Cophthall, still not fully recovered, he was again inside his previous best to win the A race; ran a new electronic timing best of 15.33 in the 110 hurdles, and was a member, along with Dan Putnam, Ben Harding and Alloy Wilson, of the Club's 3rd placed 4x400 team.

There were plenty of other contenders for the Award. Mark Longhurst, still an under 20, won the pole vault with a new best of 4.80 beating a number of jumpers who have gone higher. A five metre clearance cannot be far away.

Another under 20 Ben Hopkins moved closer to a qualifying time for the European Junior Championships as he finished in second place in the B string 400 hurdles in 53.57. The mark he needs is 53.40.

Andrew Jordon set a new best of 62.19 to finish second in the A string Hammer and both Joe Lawrence and Jonathan Ilori were over 15 metres in the triple jump, the Club's best pairing in years.

Duayne Bovell ran a personal best of 21.90 in the B string 200 metres and then he joined Oweka Wanogho, Dan Putnam and Tremayne Gilling in a 4x100 team who stormed to victory by over a second in 41.08 one of the quickest ever times by the Club and the quickest time by any club at any of the British League venues on this day. Remarkably the Club has five athletes who have run under 10.60 for the 100 metres this year, but only one of these, Gilling, was in the team. He had earlier finished 2nd in the 100 metres in 10.45, a race in which just five hundredths of a second separated the top four finishers.

One of the others Adam Gemili was also at Cophthall competing in the non scoring 100 as he was not eligible to compete in the actual match. He will no doubt become a valued member of the team and he had much cause to celebrate as he won his heat in 10.45. This is inside the qualifying standard for the European Junior Championships.

Back in the match there were lots of other great efforts too, including Steve Timmins competing in five events, and Alex Bruce Littlewood and Dave McKinlay running the 5000 at short notice. In fact Alex Bruce Littlewood and Alex Gibbins both set bests for running the 3000 steeplechase without the water jump, as a leakage meant it had not filled up in time for the event.

Despite all these fine efforts it was a very close match and there were some mishaps with Funmi Sobodu disqualified for false starting in the 100 metres; Jonathan Ilori having three no jumps in the long jump and Andy Rayner having to pull out of the 5000 metres at short notice with injury. These things happen.

When the dust settled on a hectic afternoon 6th place was confirmed, only 9 points off 4th place. It promises to be a very competitive Summer and the Club need a good team result at the next match at Kingston on 2nd of July to get back in with a chance of promotion, and to keep clear of the relegation places.

1. Gateshead 314. 2. Kent 300. 3. Belgrave 297. 4= City Of Liverpool 277. 4= Harrow 277. 6. Blackheath & Bromley 268. 7. Windsor Slough Eton & Hounslow 232. 8. Crawley 217.

The Club 's youngsters enjoyed their third successive victory in their National Young Athletes League fixture at Tonbridge. They are now the only unbeaten team in the Southern Premier East Division of the League and virtually assured of a place in the Area Final on the 17th of July.

The under 17 women put up another impressive display winning virtually every event. Dina Asher Smith won the 100 and 300 metre races in grade one times of 12.13 and 40.37. Eleanor Dumper (Hammer and discus), Rhiannon Jones (long and short hurdles) and Frances Read (high and triple jumps) also enjoyed double victories while Rachel Dickens took the 200 metres in 25.59. Jessica Jones and Bethany Frost won the 800 and 1500 metre races, and Evie Syron Russell the long jump.

For the men Anton Daly won the 200 metres in a grade one time of 22.61 and also won the 100 metres in 11.21. Joshua Abijoye won the hammer with a throw of 35.68.

Maya Bruney had another impressive afternoon in the under 15s age group. She won the 100 and 200 metre races in grade ones of 12.71 and 25.64. Shannon Hylton who was second in the 100 also set a grade one of 12.78 as did Yemisi Sofolarin in the discus with a throw of 31.89.

More success in the field saw wins from Isobelle Jones (long jump) and Shannon Clarke (high jump) while on the track victories came from Shannon Hylton (75 hurdles), Janae Galley (800), Charlotte Rhule and William Fuller (both 1500) and Joshua Dalsan (400).

Best performance in the under 13s age group came from Nicole Farmer who won the 75 metres in a grade one of 10.33. Shannon Risky (800) and Jessica Keene (1500) enjoyed middle distance victories while in the field wins came from Isabell Hildreth (long jump), Toyin Orelaja (high jump) and David Ajiboye and Anna Barnett (both shot).

Another successful day was completed with victories from the under 17 womens, under 15 girls and under 13 boys and girls 4x100 metre quartets, plus the under 17 womens 4x300 and under 15 boys 4x400 metre teams.

1. Blackheath & Bromley 642. 2. Havering Mayesbrook 534.5. 3. Herne Hill Harriers 470.5.

A number of these youngsters had competed the previous Monday at the Kent Young Athletes League at Norman Park where both under 15 teams won, as did the under 13 girls and the under 13 boys were second. This meant both the boys and girls won overall.

Highlight of the day came toward the end of the meeting as the under 15 girls 4x100 team of Shannon Hylton, Vivien Olatunji, Maya Bruney and Cheriece Hylton won by nearly four seconds and improved the Club record by eight tenths of a second to 48.9. It is only four tenths outside the British record.

Maya Bruney also enjoyed individual success as she won the 300 metres in 40.8, the second quickest time in the country in this age group this year. Shannon Hylton ran a grade one time of 25.5 in the non scoring 200.

Most individual wins of the day came from Yemisi Sofolarin who was first in the shot, discus and javelin. Her throw of 33.23 in the discus was a grade one.

Gabriel Ibitoye continued to show he is equally comfortable in both track and field events. He not only won the under 15 boys 200, he was also first in the shot. He then teamed up with Ayo Ajiboye, Joshua Dalsan and Alex Skipp for victory in the 4x100..

More top performances came in the under 13s age group where Nicole Farmer won the girls 75 metres in a grade one of 10.3. Isabella Hilditch won the long jump and Anna Barnett the shot.

For the boys David Ajiboye had a most successful afternoon winning both the 100 metres and shot putt before joining Danny Eversley, James Low, Adefla Lipede for victory in the 4x100. Other wins came from Remi Ulla in the 800 and Zubin Tanna in the high jump.

Although the track season is in full swing, many Club members are still competing in various road races and Parkruns around the country. Scott Overall was first Club man home in the recent BUPA London 10km. He finished in 23rd place in what for him was a modest time of 30.45. Peter Tucker was 55th in 32.02 and Alex Gibbins in 103rd had the distinction of recording the same time as Britain's marathon record holder Paula Radcliffe. Jane Bradshaw was the Club's first woman to finish in 39.46 followed by Jennie Butler (41.09) and Fran Green (41.43).

Tony Crowder was 18th in the Beckenham 10km followed by David Beadle in 48th and Deniz Mehmed in 56th.

It was 18th also for Terry Hawkey at the Bluewater 10km with Nigel Haffenden 87th and Kieth Duffy Penny 217th.

Ross Braden headed the B&B challenge in the latest Bromley 5km park run at Norman Park. He finished in third place in a time of 17.39. Neil Ayrton timed a useful 18.19 in 7th while Katie Murray was 12th, with Gerald Sterling 16th and Adrian Stocks 18th. Justine Eastbury was second woman in 53rd with Niamh Bridson Hubbard next in 65th. Interestingly sprinter Helen Godsell, who has been turning her attention to longer distances, ran the race for the first time and her 23.02 was the best age graded performance by a Club member.

Usual stalwart of the Bromley event, Steve Pairman ventured further afield finishing in 29th place in the Edinburgh version of the series. Nigel Haffenden preferred the Greenwich event where he finished 38th.

The walkers have also been busy. At the Vets AC 5 miles race at Battersea, Peter Hannell finished in 4th place in 50.31. Sean Lightman travelled to Suffolk where he was 26th in the Moulton 5 mile race in 56.40.



31/05/11

The Summer track and field is picking up pace with athletes chasing qualifying performances for the World Championships; the European Under 23 and Under 20 Championships; and the English Schools. The National League season starts this coming weekend while other Leagues have all had at least two rounds of matches.

Ed Harrison and Shaunagh Brown both won gold medals at the CAU Inter Counties Championships at Bedford. Not only did the Blackheath & Bromley duo win but they also set personal bests.

Competing in the 400 hurdles Harrison qualified comfortably from his heat in 53.71 before setting a new personal best of 52.05 in the semi. His time of 52.27 to win the final was also inside his previous best for the event.

Brown's best came in the shot putt which she won with a throw of 15.35. She was also fourth in the discus with a distance of 48.49

Elaine Murty won silver in the womens 800 metres in a time of 2.12.71. It was second too for Serita Solomon in the 100 hurdles.

Her time of 13.51 was a new personal best and makes her the fastest under 23 in the country this season.

Joe Lawrence was just outside the medals. Despite still being an under 20, he was fourth in the triple jump with a leap of 15.08 and another junior Sarah Abrams was also fourth in the long jump with 5.95.

Rachel Arnheim was 5th in the pole vault with a clearance of 3.30 and Lorraine Ugen was 6th in the 100 metres in 11.95.

First year senior Andrew Jordon was 8th in the Hammer final having set a new personal best of 62.17 in qualifying. He is now just over a metre off the Club Record. Lauren Blackie was 9th in the triple jump with 11.81..

Funmi Sobodu ran 10.66 in the semi final of the 100 metres but did not contest the final. Similarly Dan Putnam ran 49.21 in the heats of the 400 but did not race in the semi final. Stephen Cavey, Frederica Foster and Oweka Wanogho did not progress beyond their respective heats of the 800, 400 and 200.

In America James Alaka competed at the NCAA Division One West Preliminary at Eugene, Oregon. He ran 10.54 and 10.60 for the 100 and 21.34 and 21.17 for the 200.

Tremayne Gilling is getting back into racing after struggling with a hamstring injury. The England 100 metre champion was in action at the EAP Permit meeting in Geneva, Switzerland. Running in the 100 metres he clocked times of 10.55 and 10.60. Jermaine Olasan achieved 7.22 in the long jump.

Alex Bruce Littlewood is another coming back from injury. He ran 14.46.89 for the 5000 metres at the BMC Grand Prix at Sports City, Manchester.

The Club's Junior men and women took a step closer to qualifying for the National Final when they won the second Southern Premier League division match at Chelmsford. Having already won the first match the reigning National Champions hold a three point lead at the halfway stage of the season.

On an afternoon of many impressive performances, the highlight was Rachel Dickens victory in the 400 metres. Not only did she win her race by over two and a half seconds against athletes up to three years older than her, but her time of 55.07 broke both the Club under 17 and Under 20 records. It is the second fastest time in the country this year by an under 20 athlete.

There was nearly another Club Record in the womens 4x100 metre race as the quartet of Georgina Middleton, Amara Lalaemi Jacobs, Grace Sheppard and Dina Asher Smith clocked an impressive 46.70 just three hundredths shy of the existing mark. It took a League record the Enfield & Haringey team to beat them.

The strong blustery winds could not stop Ben Hopkins from setting a new personal best of 54.10 to win the 400 hurdles. Pippa Woolven controlled the 1500 metres accelerating away over the last lap and sprinting to victory in 4.38.84.

More success came in the field events where Jonathan Ilori won the triple jump with a leap of 15.26. Sam Milner won both the shot and discus contests and new member Bonnie Bratton won the hammer with a throw of 38.39.

Final win of the day came from the womens 4x400 team of Krystal Galley, Megan Southwart, Pippa Woolven and Yimika Adewakun who clocked a very useful 3.54.02.

After a bright start in the Kent Masters League, the men suffered a shock fourth place in the third match of the season at Canterbury. They still top the table but only by five match points as they have the same number of League points as Ashford.

Rob Brown and Colin Brand were the Club's only winners on the night. Rob won the 100 by four tenths of a second in 13.8. Having annexed the Club 200 metre record last year, he is closing in on the 100 metres.

Colin Brand made a welcome return to action to win. Despite being 75 he won the over 60s discus with a throw of 31.42.

Elsewhere Keith Ewing, an over 50, moved down to the over 35s 800 and timed a very good 2.10 to come second. New master Dan Hassett won the B string. Clem Leon had a busy evening scoring important points in the 100, long jump, discus and 4x100.

The womens team fared much better winning their match by five points. They are second in the table one point behind leaders Dartford.

Jennie Butler and Maureen Miller scored maximum points in the over 35s 800 metres and they also teamed up with Jackie Montgomery and Helen Godsell to win the 4x200 metres.

Helen has been running cross country and road races over the Winter but she showed she is still able to sprint as she won the over 50s 100 metres by over a second. She also scored good points in the 800 and long jump. Barbara Terry won the over 60s discus.

The women also field a B team and as with A team, the Club secured maximum points in the 800 metres in their Division Two match courtesy of Rosie Ferguson and Justine Eastbury. Rosie also won the long jump by over half a metre.

Both the men and women will be looking for a good result in the next fixture which takes place at Norman Park on the 10th of June.

Glen Turner is the Club track 10,000 metre champion. He won the race last Wednesday by nearly five minutes in 35.19.4 with Ian Taylor second and Adrian Stocks third. Lisa Page was the first woman finisher in 9th place in a time of 43.27.4. With Justine Eastbury second and Helen Godsell third.

Russell Bentley won the latest 5km Park Run at Brockwell Park in 16.36. Steve Pairman was the Club's first finisher at the Bromley race at Norman Park. He finished in 13th with Adrian Stocks 18th and Graham Coates 20th. First woman was Jackie Montgomery in 86th in a time of 24.13 with Isobel Vowles 93rd and Millie Haffenden 174th. Glen Turner was second in the race at Wimbledon Common and Jessica Keene was 8th in the Forest of Dean event in 21.47.

News on the Comrades Marathon, Kent Young Athletes and BUPA London 10km will follow next week.



24/05/11

Adam Gemili added to his growing reputation at the Loughborough International meeting last Sunday. The Blackheath & Bromley junior timed a sensational 10.29 for the 100 metres against some of Britain's best sprinters to win his heat in style. Although his time was wind assisted it was an impressive performance from the Dagenham and Redbridge footballer, and under the watchful eye of coach John Blackie, he will be aiming for selection for the European Junior Championships. He was one of five Club members competing for the Great Britain Junior team while other Club members were also selected for Representative teams or invited to compete in guest races.

Jermaine Olasan set a new best of 7.59 to finish in second place in the mens long jump and Lorraine Ugen (England) was second in the womens event in 6.24 with Sarah Abrams (GB Juniors) fourth in 5.96.

Joe Lawrence (GBJ) leapt 14.85 in the triple jump to finish in 5th place while Ned Quiney (British Universities) was 7th in the pole vault with a clearance of 5.00.

Back on the track Dwayne Grant timed a very useful 10.52 in the 100 metres and then followed with 21.38 in the 200. Dan Putnam achieved a new best, albeit wind assisted, of 21.53 in his heat.

Second claim member Pippa Woolven (GBJ) finished in 4th place in the 3000 steeplechase in 11.07.34 while Shavaun Henry, representing the England team, was 6th in 11.26.0, a little down on what she had been hoping for due to a back problem. The strong winds were not always helpful and so Ed Harrison's 53.51 in the 400 hurdles was very respectable in the circumstances. In the match race Ben Hopkins on his GB Junior debut finished in 6th place in 56.80. Megan Southwart was 5th in the womens Invitational race. Serita Solomon won her 100 metre hurdles race in 13.45, aided by a following wind. Stephen Cavey was 5th in his 800 metre race in 1.58.00.

It has been something of a breakthrough week for 800 metre running at the Club as, running in the Kent AC 800 metre championships, Ben Harding timed 1.52.4, the first time a Club member has run under 1.53 since 2005. To add to the celebrations under 20 Phil Sesemann ran 1.53.4.

The previous evening at the BMC Gold Standard races at Watford, Russell Bentley ran 1.53.94 in the mens race and under 20 Frederica Foster timed 2.11.46 in the womens event. With a steadier first lap she will be threatening Gillian Stacey's 20 year old Junior Club Record.

The Club's future Junior and Senior stars enjoyed an emphatic win in the second round of the National Young Athletes League at Gillingham, defeating the traditionally strong Enfield & Haringey squad by nearly 100 points. The under 17 women had a most successful afternoon particularly on the track where they won all but one individual event. Dina Asher Smith won the 100 and 200 metres in National Grade Ones of 12.1 and 25.0. Rachel Dickens equalled her best over 300 metres as she time 39.2 seconds. In the middle distance Jessica Jones, Bethany Frost and Hope Stenning won the 800, 1500 and 3000 respectively and Rhiannon Jones won the 300 hurdles. In the field Frances Read enjoyed wins in both the high and triple jumps while Eleanor Dumper won the discus.

For the men Daniel Hollett won both the shot and discus contests with distances of 11.92 and 35.10 and James Allen leapt 6.25 for victory in the long jump. On the track Tom Greenhill won the 1500 and Will Ruiz the 3000. Maya Bruney also won two events, the under 15 girls 100 and 200, the latter in a National Grade One of 26.3. Similarly Yemisi Sofolarin won both the discus and javelin. Shannon Clarke achieved a National Grade One performance as she cleared 1.55 in the high jump and more vertical success came as Helena Coleman cleared 2.50 to win the pole vault. Janae Galley and Charlotte Rhule won the 800 and 1500. Gabriel Ibitoye enjoyed success in both track and field. He won the 200 metres and the hammer.

Most wins of the day came courtesy of under 13 Ryan Poyroo as he claimed victory in the 100, 200 and long jump. Maximum points came in the boys and girls middle distance events with wins for Shannon Risky (800), Remi Ullah (800), Georgina Taylor (1200) and Charlie Davis (1500).

Toyin Orelaja achieved another Grade One as she won the high jump with a leap of 1.38 and David Ajiboye and Anna Barnett won both shot events.

The youngsters remain unbeaten in the sprint relays in the League this year as for the second match in a row they won all six 4x100 metre races.

So after wins in the first two fixtures the Club are in a strong position to qualify for the Southern Area Final in mid July.

The Club provisionally finished in third place in the latest Southern Athletics League match at Chelmsford, a disappointing team result, given that both the Club's Men and Women compete in their respective National Leagues. However, there were some fine individual performances. Shaunagh Brown was the Club's female athlete of the match. She set a new best in the hammer of 51.14 but still had to settle for second best as three athletes threw over 50 metres. She also won the discus with a throw of 49.78, her best throw for two years, and the shot put with 14.27. Male athlete of the match was Alex Pope who won the shot, discus and javelin contests as well as competing in the 110 hurdles, high jump, long jump and hammer. Other individual A string wins came from Funmi Sobodu (100), Kieran Daly (200), Alloy Wilson (400), Alex Gibbins (1500 and 3000 steeplechase), and the 4x100 quartets of Duayne Bovell, Daly, Ainsley Campbell, and Ellis Zorro and Vanessa Nakangu, Amara Lalemi Jacobs, Katrina Cosby and Grace Sheppard.

It all wasn't quite enough partly because the Club had gaps in some events and in others the competition was very good. For example on the track Michelle Fewster was the Club's only female middle distance runner. In the field the pole vault was an impressive standard as Mark Longhurst had to settle for third place in the mens event with 4.40 and Liz Hughes was second in the womens event with 3.70.

Part of the lack of middle distance can be explained by the clash with the National Masters Road Relays in Sutton Coldfield where the Club enjoyed success in both the womens over 35s and 45s races. In the over 35 race Sarah Dowling had a fine run on the opening leg finishing with a time of 18.53 just one second slower than Jane Bradshaw clocked on the second stage. Jennie Butler

(19.00) moved the team into a medal position as she closed in third and Zoe Wood, in her first appearance for the team brought the quartet in 7th place.

The over 45s team of Anne Cilia, Annie McDonough and Rosie Ferguson finished in eighth place. Rosie's 20.09 was one of the fastest times on the last leg. Alan Camp ran a storming first leg for the over 55s team. His 16.36 was the third quickest of the day. Andy Lawes, Peter Burford and Ken Daniel completed the team that finished in 7th place.

Also on the roads, second claim member Peter Tucker ran an excellent 2.24.53 in the Edinburgh Marathon to finish in 5th place. Given the blustery conditions this was a fine time. He went through half way in just over 70 minutes and maintained his pace up until the 17 mile point before having to run the last eight miles into the wind. He is now looking to dip under 2 hours 20 minutes at the Berlin Marathon in September.

Will Mercer was the Club's first finisher at the latest Bromley 5km parkrun which takes place at Norman Park each week. He finished in 2nd place in 17.38 with Neil Ayrtton 18th and youngster Charlie Davis in 22nd. First woman home was another youngster, Jessica Keene who finished in 61st place. Steve Pairman finished in 9th place in the Greenwich event.

Judy Lewis was first finisher in the latest race in the Parris Handicap series with Maz Turner second and Justine Eastbury third. Fastest individual was Tim Ayres in 18.13 with Matthew Hammonds second and Adrian Stocks third. Fastest woman was Clare Parkin in 20.08 followed by Sara Elmquist and Justine Eastbury.



17/05/11

James Alaka has moved to the top of the UK mens 200 metre rankings with a sparkling run at Tucson, USA. The Blackheath & Bromley athlete timed 20.85. He also moved closer to the Club 100 metres record as he clocked an impressive 10.29 to go fourth in the current UK rankings.

Scott Overall has just returned from the States but wasted no time in getting back into race mode as he competed in the BUPA Great Manchester 10km. At one point he was leading the World class field, which included Ethiopia's Haile Gebrselassie, the Ukraine's Sergiy Lebid and Australia's Craig Mottram. He eventually finished in 7th place in 28.49, a good time, particularly as his calf was causing him problems in the later stages.

Andy Rayner, who was at Butler University in the States with Overall, was in action at the Bristol 10km finishing in 31st place in 30.56.

For many though this weekend was all about the County Championships, and so the majority of the Club's athletes descended on the Julie Rose Stadium at Ashford where the Kents took place. As usual the unnecessarily early closing date caught out a number of potential medallists and their entries were rejected, but there was still plenty for the athletes and their supporters to celebrate.

Shaunagh Brown won two golds in the Senior age group taking the shot with a distance of 14.95 and the discus title with 48.93, further than she threw during the whole of 2010. Elaine Murty was also a double gold medallist winning the 800 and 1500 in 2.13.0 and 4.34.2.

Scott Huggins made a welcome return to competition winning the pole vault with a clearance of 4.80 and Rachel Arnheim won the womens event with 3.50.

Equally impressive was Ed Harrison in the 400 hurdles. Only two athletes were in the race but despite the lack of competition he won by over 10 seconds in 52.7.

First year seniors Andrew Jordon and Stephen Cavey both made a seamless transition from the under 20 age group. Jordon won the Hammer title with a distance of 59.81 while Cavey won the 800 metres in 1.57.0.

Further wins came from Lauren Blackie in the triple jump and Vanessa Nakangu in the 400.

Adam Gemili had a fine weekend in the Under 20 sprints. He won the 100 metres in 10.7 on the Sunday, having taken the 200 title the previous day in 22.0. Likewise Grace Sheppard for the women won the 100 in 12.4 and the 200 metres in 25.8. Ellie Duffy Penny was another double winner claiming the shot and discus titles.

Ben Hopkins continues to impress in the 400 hurdles. He won the under 20 mens contest in 54.5 with Craig Morten setting a new best of 55.9 in second.

In the field Jake Haylock won the Hammer by nearly 20 metres with a throw of 55.40 while Anna Huggins won the pole vault to secure a double gold for the Huggins household.

In the under 17s age group Dina Asher Smith won the 200 metres title in 24.9 and Rhiannon Jones the 80 metres hurdles in 11.8. In the field further golds were won by Frances Read in the triple jump and Chloe Smith in the hammer.

Alex Wheelwright won a competitive under 15 girls high jump contest clearing a new personal best of 1.58.

Paul Ross Davies won the over 60s 5000 metres in 18.37.1.

The Club is a broad church and so more of the Clubs athletes were in action at various other Championships across the Country.

At the Surreys at Kingston, second claim member Oweka Wanogho won his first Senior title taking the 200 metres in 21.91.

Joe Lawrence and Jonathan Ilori won gold and silver in the under 20 mens triple jump with impressive distances of 15.36 and 15.32. Sarah Abrams won the womens long jump with a leap of 5.95 and Yimika Adewakun the 400 metres in 56.06.

In the under 15s age group Maya Bruney secured gold in both the 100 and 200 metres in 12.94 and 26.52, but would have been quicker in less windy conditions.

Bomene Barikor took the Senior Mens 400 metre title at the Middlesex Championships at Mile End and Funmi Sobodu was in explosive form at the Essex Championships winning the 100 metres.

Samantha Milner set a new Championship Best Performance in the discus at the Suffolk Championships at Ipswich. She threw 42.71 and also won the shot with a distance of 10.83.

Pippa Woolven won the Bucks 2000 steeplechase in a time of 6.58.69 as well as the 800 in 2.17.52.

As reported last week, the Club's youngsters started their National Young Athletes League season with a victory in their home match at Norman Park, defeating Tonbridge and the City Of Norwich, two of the best teams in the Division. It was a good team effort with all athletes contributing to the victory and it included a number of National Grade One Performances.

The majority of these grade ones came in the under 17s sprints where Dina Asher Smith won the womens 100 and 200; Anton Daly the mens 200 and Rachel Dickens the womens 300. Anton also won the 100 metres and hurdlers Aaron Lloyd and Rhiannon Jones also enjoyed double victories in the short and long hurdles races.

It was a similar story in the field as Eleanor Dumper won both the discus and hammer contests and with Debbie Ibitoye secured maximum points in the shot. Frances Read enjoyed victory in both the high and triple jump contests and Jessica Jones and Victoria Munt secured maximum points in the javelin.

Shannon Hylton and Maya Bruney dominated the under 15 girls sprints scoring maximum points for the Club in both the 100 and 200 metres races and both achieving grade ones in the former. Gabriel Ibitoye and Alex Skipp did the same in the boys 200 while Ayo Ajiboye won the 100 metres. Showing his versatility Gabriel also won the shot and hammer.

Further victories came from Janae Galley in the girls 800; Shannon Clarke in the girls high jump; Helena Coleman in the pole vault; and from Jed Botham in the long jump.

Promisingly there was great success for some of the Club's youngest athletes, many of whom were making their debuts in the National Young Athletes League. Nicole Farmer (75 metres); Danny Eversley (75 hurdles); Shannon Risky (800); Isabella Hilditch (long jump); Zubin Tanna (boys shot) and Anna Barnett (girls shot) all enjoyed wins but the highlight performance came from Toyon Oreleja who soared over 1.40 in the girls high jump, a National Grade one performance, to win the competition by a whole 20 centimetres.

Given so many fine individual performances, prospects seemed good for the relays but the teams exceeded expectations winning all six of the short sprint relays. Best of these was the under 17 women with the quartet of Georgina Middleton, Dina Asher Smith, Rachel Dickens and Charlotte Colegate equalling the Club Record with a time of 48.8.

Further success came in the under 17 womens 4x300 metres ensuring the Club won the match by over 100 points.

Match score 1. Blackheath & Bromley 685, 2. Tonbridge 572, 3. City Of Norwich 415.

Ross Braden was the Clubs first finisher at the latest Bromley 5km park run at Norman Park. He finished in 4th place in 18.05 with David Beadle 14th and Graham Coates 18th. Rob Brown ventured further afield and finished 7th in the Greenwich event.



10/05/11

Scott Overall took a break from track racing to clock the third fastest time this year by a British athlete for the Half Marathon. The Blackheath & Bromley athlete timed 63.21 in the One America 500 Festival event in Indianapolis to give him fourth place.

In Florida, Dwayne Grant won his 100 metre race at the Gilders Spring Track Classic in a time of 10.54. From there he moved to the UCF Twi Light Invite meeting where he ran 21.30 for 200. Ellis Zorro was also in action running 11.43 for the 100 and 23.14 for the 200.

Back in Europe, Lorraine Ugen set a new best in the long jump of 6.46 at the "Graziano Della Valle" meeting at Pavia. The distance is just inside the 6.45 qualifying standard for the European Under 23 Championships which take place at Ostrava in the Czech Republic in mid July.

The Clubs Senior stars of the future enjoyed a convincing win in their opening National Young Athletes Premier League match at Norman Park. They defeated Tonbridge and the City Of Norwich, two of the stronger teams in the Division and are optimistic they will qualify for the Southern Final.

There were a number of grade one performances from Dina Asher Smith, Rachel Dickens, Anton Daly, Maya Bruney, Yemisi Sofolarin, and Toyon Orelaja amongst others. A full report and pictures will be available shortly on the Club website as will details of the Kent Masters League match at Sutcliffe Park.

On the roads Danny Brewer finished in 15th place in the Sheffield Half Marathon in 79.07.

Peter Burford was the Club's first finisher at the Halstead and Essex Marathon. He was 62nd overall in 3.27.06 and he was the first over 55. He was followed by Dave King 147th (3.47.07); Dick Griffin 151st (3.47.47); Justine Eastbury 173rd (3.50.37); Adrian Stocks 174th (3.50.37); John Turner 199th (3.54.50); Pete Rogers 326th (4.16.50) and Maz Turner 563rd (5.29.43).

Barry Wetherilt was 95th in the Larkfield 10km with Ramon Saiz 267th.

Ken Daniel finished 10th in the latest Bromley park run 5km at Norman Park. He timed 19.35 and was followed by David Beadle 12th, Barry Wetherilt 34th, Iain Swatton 48th, Scott Bulmer 67th, Peter Lovell 118th, Millie Haffenden 164th and Nigel Haffenden 165th.



3/05/11

James Alaka ran the fastest time this year by a Briton outdoors over 200 metres at the UW - WSA Dual meeting at Seattle in Washington USA. The Blackheath & Bromley athlete won his race in 21.00, with the A standard qualifying time for this years World Championships standing at 20.60. The B standard is 20.70 and if the 21 year old continues in this form he may well achieve one or both of these times.

Also in the States, Scott Overall was disappointed to run 13.48.83 for 5000 metres at the Payton Jordan Invitational meeting at Palo Alto in California. After being well placed, he faded over the last two and a half laps in a race that was won in 13.25. He races in a Half Marathon in Indianapolis this Saturday.

Ed Harrison enjoyed two victories at the Malta International. Despite the very windy conditions he won the 400 hurdles in 53.61 and then won the 110 hurdles in 16.43 running into a strong headwind.

Katrina Cosby secured victory in the womens sprint hurdles and Frederica Foster won the 400 metres in 56.64.

Being at University in the States meant that Alaka missed the British Universities Championships which took place at Bedford. Many Club members were in action for their various institutions and there was plenty of success.

Competing for Loughborough, Ned Quiney won the mens pole vault with a new best height of 5.15. He reckons there is plenty more in the tank. Funmi Sobodu picked up the silver medal in the 100 metres running for Canterbury Christ Church. He timed 11.06 but the athletes were running into a very strong wind which militated against fast times.

It was silver too for Serita Solomon in the 100 metre hurdles. After winning both her heat and semi final, she was pipped for first place by one hundredth of a second as she timed 14.17 in a race in which just five hundredths of a second separated the top three placings.

Jermaine Olasan missed out on a medal as he finished 4th in the long jump with a leap of 7.48

Montell Douglas won both her heat and semi final of the 100 metres but the British Record Holder did not contest the final.

Andrew Jordon threw a new best of 61.19 to win his qualifying pool in the Hammer. However, he had to settle for 6th place in the final with 50.48. Not anticipating qualifying pools he had to travel home and then back the next day, only to find his technique had deserted him.

Megan Southwart ran a new best of 61.24 in finishing 6th in the 400 hurdles and although Emily Martin was 9th place in the long jump final, she, too improved her best to 5.87.

Others to achieve top 10 placings were Sam Brown who was 7th in the pole vault; Sarah McGuire 10th in the javelin; and Lauren Blackie, 9th in the triple jump.

There was disappointment for Dan Putnam who as well as picking up a back injury, was disqualified in the 200 metres semi final for running out of his lane..

The Club were National Junior Athletic League champions in 2010 and victory in their opening 2011 fixture at Eton suggests it will not be easy for anyone to relieve them of the title. They won the match with 561 points, 26.5 more than hosts Windsor, with Shaftesbury Barnet Harriers in third on 517. No other Clubs got more than 400 points.

There were many individual winners with the most notable being that of new second claim member Pippa Woolven. Not only did she win the 1500 metres steeplechase but she also broke the League record with a time of 4.59.48. Her reward was the female "Athlete of the Match" award for what is the fastest time in the country so far this year and considering she tripped on one barrier and the windy conditions, she will undoubtedly go quicker.

Remarkably following her race she joined Rachel Robinson, Yimika Adewakun, and Danielle Critchley in the winning womens 4x400 metres relay team. The quartet of Georgina Middleton, Amara Lalemi Jacobs, Grace Sheppard and Dina Asher Smith had earlier won the short sprint relay in 47.57.

Dina may only be a first year under 17, and thus running against women up to four years her senior, but this did not prevent her from winning the 100 metres in 12.50; and Adam Gemili secured the mens 100 in 10.99 into the teeth of a -5.5 metre per second headwind.

It was a double A string win in the long jump with new second claimer Oliver Newport winning the mens event with a leap of 6.74 and Sarah Abrams taking the womens event with a leap of 5.95.

James Allen and Lauren Stevens made this a most fruitful event for the Club as they won both B strings.

Likewise Emilie Blackwell and Naomi Lee won both strings of the womens pole vault; Jonathan Ilori and Joe Lawrence both triple jumps; Bens Hopkins and Parkin the 400 hurdles; Sam Milner and Ellie Duffy Penny both discus strings and Rachel Dickens and Krystal Galley both 400s.

Sam Milner was the only B&B athlete to win two A string events as she also won the shot with a distance of 11.08.

Rachels time of 55.75 is the second quickest by an under 20 this year despite her still being an under 17.

Phil Sesemann enjoyed a good win in the 1500 metres.

There were plenty of other good performances from Club members and further details and pictures can be found at www.bandbhac.org.uk

The Club hosted one of the first round of fixtures of the newly formed Southern Athletics League, a new joint scoring Senior Mens and Womens competition, which allows under 20s and under 17s to take part.

Despite home advantage the Club missed out on victory, losing to Marshall Milton Keynes by a mere three points. Frustratingly had the Club had athletes in all events they would have won the match comfortably.

At each fixture, the Club awards its own male and female Athlete of the Match and on this occasion the recipients came from the upper end of the age scale. Maureen Miller, who is an over 45, took the womens nomination for her efforts in the 400, 200 and both relays. Steve Timmins has just returned to the Sport but he improves with age. He won the Hammer and shot competitions with new bests of 48.58 and 13.06 and also set a new best of 37.06 in the discus.

There were plenty of other worthy efforts from those competing. Busiest for the men was Alex Pope who as well as winning the 110 hurdles, competed in the high and long jumps, all four throws and the 100 metres.

Bomene Barikor won the 200 metres and achieved runners up spots in the 100 and 400 before contributing legs in both relays. He also did the high jump. Mark Longhurst jumped an impressive 4.52 in the pole vault but is looking for more. Liz Hughes was pleased to clear 3.60 with her new 14 foot pole. Russell Bentley and Shavaun Henry blew away some early season cobwebs as they won the mens and womens 1500 metres, while back in the field Hayley Nouch won the triple jump.

Youngest A string winner of the day was Rhiannon Jones who, still an under 17, made her debut in the 400 hurdles, and was a class apart.

Similarly undaunted at competing against Senior opposition Anna Huggins won the B pole vault, Jessica Moore the B triple jump; and James Allen was just outside his best in the long jump. Hope Stenning contributed a solid 400 metre leg in the relay after competing in the 800 and Bruno Myszka-Reder helped the mens 4x100 to third place.

Will Mercer and Ben Cockburn made their debuts over 5000 metres.

On the roads Mark Steinle was the runaway winner as the Club hosted its annual Ted Pepper 10km road race at Beckenham. While not in serious training, Britain's fastest Marathon runner this Century was still too good for the field leading from start to finish and closing with a time of 33.26. He may be looking to race on the roads again soon and has not ruled out running some cross country races next Winter as he has some spikes he bought over five years ago that he still hasn't used.

Jamie Darling was next home in 5th with youngsters Will Mercer, Ross Braden and Rob Yates closing in 10th, 12th and 14th.

Fran Green was the second woman to finish in 30th place in 40.52 with Clare Drake 37th and Julie Reynolds 53rd.

Adrian Stocks may not have been the quickest runner on the day but for the second year running he won the award for the biggest smile of the day.

Ross Braden had been in action two days previously at the latest Bromley 5km Parkrun at Norman Park where he was the Club's first finisher in third place with a time of 18.11. Another youngster Harry Phelps was 13th and youth triumphed again over experience further down the field as Bailey Stickings took the scalp of super veteran Ken Daniel beating him by four seconds.

First woman to finish was Jessica Keene in 31st with Niamh Bridson Hubbard 66th and Isobel Vowles 80th.

Andy Rayner was a comfortable winner of the Folkestone 10 mile road race the previous weekend. His time of 53.50 was nearly a minute quicker than the runner up.

Back on the track Peter Hannell finished in 10th place in the Vets AC and Surrey County 10km at Battersea Park. He timed one hour, one minute and 58.2 seconds a performance that gave him third place in the County Championships and second over 65 in the Vets AC Championships.



26/04/11

James Alaka continued his bright start to the Summer season in the United States as he set a new best for the 400 metres. The Blackheath & Bromley athlete came second in his race at the Oregon Relays in Eugene in 48.06 to put him on top of the Club rankings even though his main events are the 100 and 200. It is surely only a matter of time before he runs under 48 seconds.

More good news from America came at the Triton Invitational meeting in San Diego where Jermaine Olasan won his long jump competition with a leap of 7.38, the second furthest outdoors by a Briton so far this year.

Emily Martin also posted a good long jump performance. Competing in the Tommie "Tiny" Lister Classic meeting in Los Angeles, the second claimer leapt 5.50 in her first outdoor competition for three years.

The Club were unable to retain their track team winners title at the annual Sward & Kinnaird Trophy Meeting at Kingston largely because they were short of sprint hurdlers and steeplechasers. In the field events, with many athletes unavailable, there was no prospect of being competitive in the team contest.

The bright side was the number of encouraging early season individual performances. Leading the way was new member Adam Gemili who is a first year under 20. Adam plays football for Dagenham & Redbridge and has only dabbled in Athletics in the past but here he dominated the sprints. He was the only athlete to run under 11 seconds in the 100 metres and his time of 10.73 in winning the A string race against experienced sprinters was even more impressive as it was run into a -1.9 metre per second headwind.

Similarly in the 200 metres he was the only athlete to run under 22 seconds winning one of the non scoring races in 21.65 into a -1.1 m/s wind.

From almost nowhere, he now finds himself within range of the qualification times of 10.60 and 21.25 for the European Junior Championships which take place in Estonia towards the end of July.

Although Adam was not in a scoring 200, the Club still achieved maximum points in the A and B strings with Femi Owolade and

new second claimer Oweka Wanogho running times 22.09 and 22.03. Oweka had earlier placed second in the 100 metres. The duo then teamed up with Bomene Barikor and Ainsley Campbell to win the 4x100 metres in 43.24.

Another youngster with the European Junior Championships in his sights is Ben Hopkins. He opened his season by finishing second in the 400 hurdles in 54.8, the quickest by a British under 20 athlete this year.

The European qualifying standard is 53.40 and given that his 54.8 is two and a half seconds quicker than his first race last year, he would appear to have a good chance of achieving his target.

Former 400 hurdler Steve Timmins is making a return to the Sport but in the throwing events where he started his career in the Club's young athletes team. Although at the age of 35 he is classed as a veteran athlete he set a new personal best of 48.35 in the hammer and then followed this with another new best in the shot with a distance of 12.77. Another veteran Mike Van Den Dobbelen won the javelin with a throw of 51.18 a distance which is only just outside his personal best.

Ever dependable Lewis Ely made the long journey down from Kings Lynn to compete and was rewarded with a win in the high jump with a clearance of 1.90.

Back on the track Alex Gibbins, Jamie Darling and Jack Swallow doubled up in the middle distance events and produced some solid times while another veteran, Richard Holt, continued reconstructing his running technique as he timed 56.39 for 400 metres.

Timmins and Van Den Dobbelen had both been in action the previous Monday at the opening Kent Masters League fixture at Dartford helping the men to a narrow 6 point victory over Ashford while the women finished in second place five points behind the hosts.

Steve won the over 35s shot with a distance of 12.65 and Mike won the javelin with a throw of 45.35.

Best performance in this age group was perhaps from Keith Ewing as he is an over 50 but moved down a category to compete against, and defeat, the field in the 1500 metres winning in 4.27.4. With another over 50 Alan Camp third in the B race, the youngest Masters age group had much to thank their older peers.

Matt Richards won the 200 metres in 24.2 with over 55 Clem Leon third in the B string.

The two were joined by M50 Mark Watling and M60 Rob Brown for 4th place in the 4x100.

Mark and Rob had earlier finished 2nd in the 1500 and high jump respectively in the over 50s age group. Best performance in this age group came from Steve Langdon who won the javelin with a throw of 46.85.

In the over 60s age group Ken Daniel won the 1500 in 5.11.1 and over 75 Gordon Hickey was second in the shot.

The women enjoyed a double victory in the 1500 metres courtesy of Jennie Butler and Andrea Pickup and they almost replicated this in the 200 metres as Past President Maureen Miller was second in the A race and Jackie Montgomery won the B race. Maureen was also second in the shot and Jackie third in the high jump.

Again the Club were indebted to older athletes who moved down in age groups with over 65 Barbara Terry winning the over 35s javelin with a throw of 17.82.

Helen Godsell may have run a half marathon recently but she still showed she has speed in her legs as she won the over 50s 200 metres by over 2.5 seconds in 30.4. Putting her endurance training to good use she followed this with second place in the 1500 before dropping down an age group to join Maureen, Andrea and Jackie in the 4x100 quartet that finished in second place.

Past President Anne Cilia had a busy evening competing in the over 50s shot, javelin and high jump. She scored important points as did Maz Turner in the over 60 1500. Back in her proper age group Barbara Terry took first place in the shot.

The women also have a B team in the League. They finished 4th in the Division Two match at the same venue, despite not having a full complement of athletes. It was good to see Rosie Ferguson back in action as she won the over 35s 1500 metres. A week after running the London Marathon, Justine Eastbury restricted herself to the throws scoring important points in shot and javelin.

As sole over 50s athlete Annie McDonough had a busy evening competing in the 200, 1500, shot and javelin.

While many Club members competed at London last weekend the best marathon performance last weekend by a B&B athlete came from Glen Turner who ran in Boston, USA, and returned with a time of 2.48.04.

Over in the Isle Of Man, Alex Bruce Littlewood ran in the Good Friday 10km road race, and, although he has been injured recently, he still managed to get round in 37.25.



19/04/11

It may be early season but sprinters from Blackheath & Bromley already top three of the National 100 metre ranking lists.

James Alaka heads the Senior Mens with the 10.34 he ran at the Mount Sac Relays meeting in Walnut California. He was actually 5th in a top quality race, three places ahead of one of Britain's top sprinters in recent years, Dwain Chambers. With his foot and hamstring hurting slightly he wisely decided to skip racing in the 200 metres.

Montell Douglas was also in action and she now tops the Senior Womens lists with 11.66. Although this was some way off her UK record, she was, nevertheless, pleased with her performance as it gave her a benchmark of her current fitness.

New member Adam Gemili is already the quickest under 20 man with the 10.75 he ran at the Hercules Wimbeldon open meeting a couple of weeks ago; and Grace Sheppard is third in the Junior womens lists with the 12.38 she timed at the Alpha Beta Meeting.

England 100 metre champion Tremayne Gilling was also in action at Mount Sac. He joined fellow Internationals Marlon Devonish, Tyrone Edgar and Ricky Fifton in a Great Britain 4x100 metre relay team which finished second in a time of 39.09.

While the Mount Sac event proved successful for the sprinters middle distance runners Scott Overall and Mike Skinner did not fare so well. Neither of them finished their respective 5000 metre races.

At home the weekend was dominated by the London Marathon with Club members involved in the organisation of, and competing in, the main race and many youngsters running in the mini marathon.

The overall standard of Marathon running on the mens side is not good in this country and after Sundays race this means that Club member Mark Steinle remains the fastest British Marathon runner this Century with the 2.09.17 he ran in 2002.

Viewing the results so far received, first home for the Club was Kevin May in 572nd place with a time of 2.52.33 and second Roy Priestley in 2.57.50. No one else broke the three hour barrier. They were followed by Richard Hall (3.21.38), first woman Julie Reynolds (3.24.45), Kate Pratten (3.24.54), Mark Skelly (3.26.04), Adrian Stocks (3.26.31), Chris Gentle (3.29.26), Dick Griffin (3.35.20), Gerald Sterling (3.38.06), Ian Montgomery (3.47.06), Clayton Aves (3.49.55), David King (3.55.02), Martin Venables (3.55.41), Justine East bury (3.57.02), Gareth Griffin (3.58.51), Glen Read (4.02.00), Brian Smith (4.12.00), Colin Norris (4.15.34), Peter Matthew Rogers (4.21.08), Peter J Rogers (4.21.08), John Turner (4.21.08), Ella Fisher (4.25.46), Mike Peel (5.21.09), Neil Roberts (5.25.07) and Colin Illingworth (5.47.06).

The significance of Mike Peel's performance is that he is now one of only 18 people who has completed each of the 31 London Marathons.

Over 30 youngsters competed in the mini marathon, the majority for the London Borough of Bromley but some also for Croydon and Bexley.

In the 15-17 year old races Amber Reed was 15th for the girls with Lauren Heria 17th, Hope Stenning 52nd and Catherine Brooks 56th. First home for the boys was Will Mercer in 28th place, followed by Oliver Taylor 37th and Thomas Greenhill 65th.

Kate Curran was the Club's equal highest placing of the day in the 13-14 year olds race. She finished in a fine third place. This was the Club's runners most successful age group in terms of individual performances as Janae Galley closed 8th, Lucy Sidey 12th, Anna Myers 19th, Samantha Leighton 21st, Bethany Frost 23rd and Issy Jackson 35th. It meant that Bromley won the team race.

Will Riuz was 38th for the boys with Will Fuller 59th, Alex Punnett 68th, Richard Webb 96th, Joshua Dowling 118th and Thomas Desborough 136th.

Bailey Stickings was an outstanding third in the under 13 boys race while Remi Ullah was 141st. Georgina Taylor was 5th in the girls race with Charlotte Rhule 8th, Jessica Keene 15th, Shannon Risky 20th, Niamh Bridson Hubbard 25th, Isobel Vowles 45th, Mary Guy 66th and Elizabeth Ibidunni 135th. The icing on the cake was that, like the under 15s, they won the team race for Bromley.

Back on the track the Club enjoyed an emphatic victory in the Beta Trophy Meeting at Lee Valley and as a result they are promoted to the Alpha event in 2012. The Senior women won 17 strings to comfortably defeat the opposition and despite being depleted the under 15s were just a few points off winning.

Shaunagh Brown showed good early season form in the throws winning the shot and discus contests with 14.66 and 46.29. Her shot is the furthest outdoors so far this year in the UK and her discus performance ranks her second.

However, perhaps the most notable performance of the day was the debut over 400 metres of Rachel Dickens. The second year under 17 athlete won her event in a time of 56.39 the fastest in her age group this year and also the second best in the under 20 age group.

Amy Godsell and Grace Sheppard won the A and B string 100 metre races and Amy returned to win the B 200 with Frederica Foster first in the A race.

Katrina Cosby and Rachel Robinson won both strings of the 400 hurdles. Katrina was also second in the 100 hurdles with Leanne Critchley making a winning return to racing in the B race.

Other A string wins came from Christine Lyston in the high jump and Sarah McGuire in the javelin, while Sam Milner won both the shot and discus B contests. Holly Fletcher won the B string 800 in a time of 2.28.89 which was quicker than the winning time in the A race.

The afternoon finished in the best of fashion with Grace Sheppard, Amy Godsell, Amara Lalemi Jacobs and Dina Asher Smith storming to victory in the 4x100 in an impressive 47.49.

Shannon Cordell continued her bright start to the season with victory in the under 15s high jump with a clearance of 1.45 while on the track Leah Everson won the 800 metres in 2.32.57. With some impressive sprinting from Oshuwa Ogbeta, Sharai Williams and Vivien Olatunji it was no surprise that, as with the Seniors, the afternoon finished with victory in the 4x100.



12/04/11

James Alaka ran the fastest time outdoors for 200 metres by a Briton so far this year at the Pepsi Team Invitational meeting at Eugene, Oregon. The Blackheath & Bromley athlete, who hails from Penge, is currently studying at Washington in the States. He timed 21.18 to win his race. He also won his 100 heat in 10.53. Both these performances were run into a headwind.

The weather could not have been much better for the National 12 and 6 Stage Road Relays at Sutton Coldfield on Saturday. Sadly the Senior Men were not in action, failing to qualify as they did not contest the Southern Area event two weeks ago. The Senior Women could have fielded a team in the 6 stage event but in the end only Bryony Proctor competed. She ran 17.14 on the

opening stage to come home 13th.

Blackheath & Bromley's youngest athletes started their Kent League season in fine style at the opening fixture at Ashford. They won the team competition in three of the four age groups and four National Grade One standard performances were achieved, an impressive number at such an early stage of the season.

Shannon Hylton was one of these four athletes winning the Under 15 girls 100 metres in a time of 12.6. It proved to be a very successful day for her as she also won the B string 75 metre hurdles and the long jump before joining Sharai Williams, Vivian Olatunji and twin sister Cheriece in the 4x100 team which won by over a second..

Cheriece had earlier also achieved a Grade One performance as she won the 300 metres by nearly three seconds in 41.4. It seems prospective parents who wish their daughters to excel in Athletics should name them Shannon as Shannons Clarke and Cordell won the A and B string high jump and long jump contests.

Aine Hurlock was the other A string winner stealing the 75 metres hurdles race by a whisker as she recorded the same time as the runner up.

Jed Botham won the boys long jump while the quartet of Ayo Ajiboye, Joshua Chambers, Oliver Hammond and Jake Hammond enjoyed victory in the 4x100.

Many of the under 13s were competing in their first fixture for the Club but they were not overawed by the occasion. Again the Grade One performances came in the sprints. Nicole Farmer won the 75 metres in 10.4 and despite recording an impressive 20.5 Toyin Orelaja had to settle for second place in the 150 metres in 20.5. Toyin did, however, win the high jump contest.

Georgina Taylor dominated the 1000 metres winning by over nine seconds before Nicole Farmer, Parris Johnson, Sophie Grieves and Olivia Richer brought the curtain down on a most successful afternoon for the squad with a win in the 4x100 metres.

The boys achieved maximum points in the middle distance events as Remi Ullah and Charlie Davis won the A string 800 and 1500 metres events with Danny Eversley and Jake Potter securing victories in the B strings.

Danny also won the A string 75 metre hurdles and Ryan Poyroo, George Ward, Jordan Thomas and David Ajiboye ensured that the Club won all four of the 4x100 metre age group races.

When the dust settled on an exciting afternoons Sport the Club had won the under 13 boys and girls and under 15 girls team contests with the under 15 boys fourth.

This was achieved not just through the efforts of those already mentioned but, also from the enthusiastic contributions of a talented squad. It is a long season and despite this success the Club is most keen to welcome new youngsters to the Sport. There is plenty of opportunity to compete in the full range of events.

For further information on your particular interest please e-mail enquiries@bandbhac.org.uk Alternatively leave details on the Club answer phone service on 020 8462 3115.

Ian Taylor was the Club's first finisher in the latest Bromley 5km park run at Norman Park finishing in 6th place in 19.37. Dick Griffin was 30th, Jessica Keene 36th, Iain Swatton 37th, Isobel Vowles 41st, Georgina Taylor 83rd, Peter Lovell 93rd, Nigel Haffenden 98th and Chloe Haffenden 102rd.

Rob Brown ventured further afield finishing 13th in the Greenwich Park event.



6/04/11

Many of the Blackheath & Bromley's youngsters competed in the Hercules Wimbledon open meeting at Crystal Palace on Sunday and despite the blustery conditions there were plenty of good performances.

Danielle Critchley set a meeting record in the under 20 womens 800 metres as she won in 2.17.81 with second claim member Hannah Edwards second in 2.21.93. Phil Sesemann was runner up in the mens mile in 4.27.74. Clare Parkin and Michelle Fewster were 5th and 6th in the women's mile. Jonathan Pettet moved down in distance to finish 6th in the 100 while in the field Tom Jenkins was third in the long jump.

In the under 17s age group Dina Asher Smith enjoyed a double victory in the sprints winning both the 100 and 200 metre races in times of 12.42 and 25.83. Georgina Middleton timed 13.02 and 27.49 and Charlotte Colegate 13.45 and 27.85. Victoria Munt was 6th in her 200 metre race.

In the middle distance Saffron Salih was second in the 1500 with 4.55.68 with Jessica Jones third in 5.08.34. Holly Williams was third in the 800 in 2.27.94 with Bethany Frost fourth in 2.33.83. For the men Tom Greenhill was 4th and 5th in the 800 and 1500 and Reuben Fakoya and Joshua Oyadele returned some solid sprint times.

In the field, runner up spots went to James Allen in the long jump with a leap of 6.06 and Daniel Hollett in the shot with 11.89. Eleanor Dumper was third in both the shot and discus contest and new member Deborah Ibitoye was fourth in the shot.

More impressive sprinting came in the under 15s age group with Maya Brune, Shannon Hylton and Cheriece Hylton producing a clean sweep of the top places in their 100 metre race in times of 12.87, 12.91 and 13.17. It may be early season but these are currently the 3rd, 5th and 11th best times in the country this year. Vivian Olatunji just behind in 5th place with 13.43 and Sharai Williams won her heat of the 100 with Isabelle Jones 3rd and Chloe Smith 5th in their respective competitions.

Maya returned to win her 200 in 26.13 with Shannon and Cheriece 3rd and 4th while Vivian won her heat.

Janae Galley timed a useful 2.25.92 in finishing third in the 800 and Bailey Stickings was third in the boys race. Samantha Leighton timed 5.18.66 in the 1500.

Shannon Cordell was rewarded for a good Winters training with victory in the long jump with a leap of 4.73. Yemisi Sofolarin took the discus title with a throw of 29.28 and she was also third in the shot with Brooke Hollett fourth.

More success in the throws came in the under 13 girls where Anna Barrett won the shot with 6.29. Shannon Risky was fourth in the 800.

Results from the Club's own warm up meeting can be found on the website at www.bandbhac.org.uk

At the other end of the age scale, Maureen Miller was in action at the Havering Mayesbrook open meeting at Hornchurch. The former Club President competes in the over 45s age group and she started her season with a solid 2.31.4 for the 800 metres.

Glen Turner finished in second place in the latest 5km parkrun at Wimbledon . In the race at Bromley in Norman Park, Steve Pairman was the Club's first finisher in 26th place with Amber Reed 34th, Ian Taylor 41st, Rob Brown 51st, Jessica Keene 68th, Niamh Bridson Hubbard 73rd, John Leeson 93rd, Iain Swatton 100th and Amanda Taylor 139th. Chloe Haffenden was 37th in the Greenwich event.

David Carton was the Club's first finisher in the Croydon Half Marathon placing 41st with Rosie Ferguson 55th. At the Sussex Marathon at Battle Julian Coglan finished in 193rd and Philippa Borland 195th. In 301st Colin Poole moved one step closer to his target of running 300 marathons.



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