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# Blackheath & Bromley Harriers AC

Apr to Jun  
2012

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### 26/06/12

Adam Gemili has secured automatic selection to represent Great Britain in the 100 metres at the Olympic Games by finishing in second place in the Trials at Birmingham. Still only 18, he was just beaten into second place by Dwain Chambers.

The Blackheath & Bromley athlete had been the fastest in both his heat and semi final winning in 10.27 and 10.20 but Chambers better start in the final gave him the edge with Adam finishing in 10.29.

The youngster was delighted with his performance and to have a place at the Olympics, but was also conscious that the main focus for his season remains the World Junior Championships which take place in Barcelona from the 10th to the 15th of July.

It was not such good news, however, for James Alaka. The fastest Briton this year over 200 metres he struggled across the line with a hamstring injury in his heat and did not qualify for the final. His fate lays in the hands of the selectors.

Lorraine Ugen set a fine new best of 6.74 to finish second in the long jump but her distance is one centimetre off the Olympic qualifying standard. She has a week to achieve the mark and book her place in the team.

Montell Douglas will have to wait on the selectors to see if she has been picked for the GB 4x100 metre squad. She finished third in the 100 metres in a seasons best of 11.52.

The Club did have a Trials winner over the weekend with Michael Skinner first home in the 10,000 metres in a time of 29.40.78 but this is not near the qualifying standard.

Likewise with Shaunagh Brown in the shot. She finished in second place with a throw of 15.87, and she was also 9th in the hammer with 56.45.

Isabelle Jeffs finished third in the javelin with 52.38, Serita Solomon 5th in the 100 hurdles in 13.50; and Sam Milner 6th in the discus with 45.41. Jonathan Ilori had been hoping to reach the qualifying distance for the World Juniors in the triple jump but it wasn't to be. He finished 8th with a leap of 14.66 while fellow junior Oliver Newport was 12th in the long jump.

Many others were in action although they didn't reach their finals. These included Grace Sheppard, Dan Putnam, Rachel Dickens, Carolyn Plateau, Elaine Murty, Ed Harrison, Megan Southwart, Katrina Cosby and Samantha Brown.

Missing from last weeks report was mention that Megan Southwart time of 59.06 to win the 400 hurdles at the National Under 23 Championships was a new Club Record, quicker than the previous best of Past President Maureen Miller which had stood since 1984.

Meanwhile Shakeitha Henfield finished in 6th place in the 400 metres at the Barbados National Championships in a time of 53.9 and is hoping this will enable her to be selected to be part of the Barbados 4x400 squad at the Olympics. Likewise, Mensah Elliott is seeking selection for Gambia in the 110 hurdles, an event in which he is just one tenth of a second off the National Record.

Following on from the Trials, Montell Douglas has been confirmed as part off the Great Britain 4x100 metres relay team at the European Championships this week in Helsinki.

The Club finished in second place in the latest Southern Premier Division match of the National Junior Athletics League at Lee Valley. This leaves the Club in third place overall in the Division, two points behind leaders Windsor and one behind Shaftesbury Barnet with only the top two guaranteed a place in the National Final.

Dina Asher Smith received the female Athlete Of The Match award for her win in the 100 metres in a time of 11.74 and she was also part of the winning 4x100 metres team along with Georgina Middleton and Shannon and Cheriece Hylton.

Shannon had earlier won the A string 200 metres in an impressive new best of 24.66, the 6th fastest by an under 17 athlete this year.

Just as pleasing was to see track victories for Holly Fletcher in the 800 metres with a time of 2.22.5 and for Rachel Robinson in the 400 hurdles in 65.24.

Despite having competed in the Olympic Trials both Oliver Newport and Jonathan Ilori were in action again at Lee Valley and both won their events. Oliver took the long jump competition with a leap of 7.26 while Jonathan won the triple with a leap of 14.34.

Some impressive throwing came in the discus from under 17s Gemma Brown and Yemisi Sofolarin. They won the A and B string competitions with new bests of 40.08 and 39.24. This means they are ranked 3rd and 6th in in the country in the under 17 age group.

There was a double victory too in the pole vault with Helena Coleman and Emilie Blackwell both clearing 3.05. More vertical leap success came courtesy of Robyn Pettit who won the high jump with a clearance of 1.73, a height which actually would have gained her 6th place in the Olympic Trials.

Peter Hannell finished in 4th place in the Veterans AC 5 mile walk championships at Battersea Park. He was also the first over 65 to finish in a time of 49.52. David Hoben was 8th in 59.10.

Many Club members, past and present, took part in the Orpington 10km at Darrick Wood School with Ben Cockburn the highest placed current member in 2nd place. He timed 37.01 over the testing multi terrain course with youngster William Fuller 10th in 39.35. Thomas Desborough and Andy Tucker also made the top 20 in 19th and 20th positions.

Francesca Morris was first woman from the Club to finish in 26th with Jane Bradshaw 41st . They were second and third women to finish.

With no Bromley Parkrun this week members dispersed to the various other events in the local area. Youngster Niamh Bridson Hubbard won the womens race at the event in Greenwich in a time of 22.03. Likewise Charlotte Stickings who was first woman to finish at Bexley in a time of 22.07. Barry Wetherill was 5th in 21.16 with Glen Read 9th.




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## 19/06/12

Athletes from Blackheath & Bromley featured prominently at the Aviva England Under 20 and Under 23 Championships and World Trials at Bedford with six gold medals and five new Club Records.

Pre weekend all attention was on Adam Gemili, who is the fastest in the country over 100 metres this year, and whether he would compete both here and at the Olympic Trials next weekend. The answer was "yes" as he opted to skip the 100 at Bedford and set a personal best of 20.61 to win his heat of the 200. This is the fastest by a British Junior since 1998 and the second quickest ever by an 18 year old.

He withdrew from the Final and will contest the 100 metres at the Trials in Birmingham next weekend.

His selection for the World Junior Championships in Barcelona in July is virtually guaranteed and he may be joined there by Dina Asher Smith. Still an Under 17, she finished in second place in both the 100 and 200 metres with her times of 11.57 and 23.57, well inside the qualifying standard for both events. She was even quicker in her heat of the 100 timing 11.54. Amazingly her 200 metres time is a Club Senior, Under 20 and Under 17 Record and her 100 metres clocking is a Club Under 20 and Under 17 record.

Jonathan Ilori won the triple jump with a leap of 15.55. This was slightly wind assisted but just 15 centimetres off the qualifying distance for Spain. He will be aiming to achieve the standard at Birmingham this weekend. Oliver Newport was 4th in the long jump with 7.18.

More breakthrough performances came in the Under 23 Championships as Shaunagh Brown won the shot putt with a new best of 16.31 and she was also runner up in the discus and hammer. Further field success came as Lorraine Ugen took the long jump title with a leap of 6.15.

Serita Solomon is hitting form at the right time and was just two hundredths of a second off her best in winning the 100 hurdles in 13.28 to add to the England Senior title she won two weeks ago. Megan Southwart's 59.06 in the 400 hurdles was not only a new best, it won her the gold medal as well.

Tremayne Gilling won the 100 metres in a useful 10.42 while Kieran Daly was 5th in 10.62, having set a new best of 10.58 in his heat.

Pippa Woolven (1500) and Sam Milner (discus) were just outside the medals with 4th places.

James Alaka and Montell Douglas are both included in a squad of 109 athletes from which the Aviva Great Britain and Northern Ireland team for the European Championships will be selected. However, if either qualify for the Olympics at the Trials in Birmingham this weekend, they will be taken out of the European squad. James is currently the fastest in the country this year over 200 metres and fourth quickest over 100 metres.

It was County Schools Championships weekend with many of the Club's athletes striving to get selected for the English Schools Championships which take place at Gateshead in July.

At the Kents at Ashford, Louis Mascerenhas won the Intermediate Boys shot with a new best of 14.64, a distance which ranks him 9th in the country. However, his better event is the discus in which he is now ranked 4th in the country with 48.76, a throw which only got him second at Ashford behind current UK number one Matthew Blandford of Tonbridge.

In the Intermediate Girls wins came from Shannon Hylton (100 and 200), Cheriece Hylton (300) and Evie Syron Russell (triple jump).

Wins in the Junior Boys came from Jed Botham (long jump), Bailey Stickings (800), and Joshua Dalsan (400) while Nicole Farmer

won the year 7 100 metres.

The success continued at the Surreys Championships at Kingston where Maya Bruney won the Intermediate Girls 100 metres in 22.61 while for the Boys Stefan Amokwandoh took the triple jump title. Gabriel Ibitoye won the Junior Boys 200.

At the London Championships at Battersea, Yemisi Sofolarin set a new best of 37.36 to win the Intermediate Girls discus while Isabelle Hilditch won the Junior Girls long jump with a leap of 5.03.

Many of these were in action again the following day in the McCain Young Athletes League at Ashford where the Club were beaten into second place by Tonbridge. Despite the defeat they have qualified for the Area Final which takes place at Cophthall on the 29th of July.

The Under 17 women were in good form with A string wins for Shannon Hylton (100 and 300), Cheriece Hylton (300), Holly Fletcher (800), Evie Syron Russell (long and triple jumps), Yemisi Sofolarin (javelin), plus both 4x100 and 4x300 teams. For the men Louis Mascerenhas won the shot.

In the under 15s wins came from Dotun Ayodele (100), Bailey Stickings (800), Charlotte Rhule (1500), Isabella Hildith (long jump), Joe Saddler (high jump) and Akina Gondwe-Onobrauche (shot).

More success came in the under 13 age group as Safiya Atkins-Dyke (70 hurdles), Nicole Farmer (75 metres), Olivia Richer (150), Daniel Ndukwe (200), Naomi Kingston (1200) and Magda Cienicala (Long jump) all won their events. In addition both 4x100 metre teams enjoyed victories.

The men continued their winning run in the latest Kent Masters League at Norman Park and now have a commanding 7 point lead in the Division. So with just two matches to go they look almost certain to qualify for the Southern Area Final in September. However, the women finished in third place and remain in third place in the Division, three and a half points behind second placed Cambridge Harriers.

The mens strength was the javelin where Mike Van Den Dobbelsteen, Steve Langdon and Colin Brand all won their age group competitions. More throws success came as Steve Timmins won the over 35s shot with a standing putt of 12.94. Keith Ewing moved down from the over 50s age group to win the over 35s 1500 metres by over 10 seconds with Richard Hall collecting maximum points in the B string. Michael Champion returned to action after illness to win the M 35 high jump with Clem Leon first in the over 50s contest.

Liz Hughes made her debut for the womens team and won the shot with 9.52. Further wins came from Helen Godsell in the over 50s 200 metres and from Barbara Terry in the over 60s javelin.

The women also field a team in Division Two and they won the match by two points from Medway and Maidstone. Individual wins came from Carolyn Jones Baldock in the over 35s high jump and Annie McDonough (W50 1500) and they were also part of the winning 4x100 team along with Justine Eastbury and Zoe Wood.

In the 5km walk at the London Inter Club Challenge at Cophthall, Peter Hannell finished 10th out of a field of 30 in 30.36 with David Hoben 21st in 34.23. In the high jump Lewis Ely equalled the personal best he set the previous week with a clearance of 2 metres.

Andy Rayner won the latest Bromley 5km park run at Norman Park finishing in 15.34 with junior Georges Vacharopoulos second in 17.24 and Andy Tucker 9th. First woman from the Club to finish was Sarah Belaon in 63rd.

At the event at Bexley, Chris Pike was 12th and Carolyn Jones Baldock placed 40th. John E. Turner was 23rd at Dulwich with wife Maz 62nd. Adrian Haley was 53rd at Eastleigh while at Greenwich Charlotte Stickings was 10th and Nigel Haffeneden 13th.



## 12/06/12

Blackheath & Bromley achieved their highest ever position in the UK Womens League when they finished in 5th place in the opening Premier Division match in Birmingham. It was a fine team performance in a match which featured the top 8 teams in the country with the icing on the cake being a new Club record in the 4x100 metres relay.

With the match very close, the quartet of Anike Shand Whittingham, Serita Solomon, Grace Sheppard and Montell Douglas sped to victory in 45.93. Serita and Montell were members of the quartet that previously set the record in 2005 when they were both Juniors.

Earlier in the afternoon Montell had won the 200 metres in 23.89, a seasons best. The Club's other A string winner was Shakeitha Henfield who timed 55.59 in the 400 metres.

Serita Solomon was runner up in the 100 metre hurdles in 13.62 as was Shaunagh Brown in the shot putt with a throw of 15.76. Shaunagh also scored more good points for the team with 4th in the hammer with 58.07 and 5th in the discus.

Anike Shand Whittingham showed good form in the sprints. She timed 12.07 in the 100 and 24.91 in the 200 both National Grade One performances. Likewise Megan Southwart who was 4th in 400 hurdles in 60.12 and then 4th in the B string 100 hurdles in 14.70.

It was above all a great team performance with every athlete playing their part. Team manager Brendan McShane described the result as "Tremendous. It was a great team effort."

A number of these athletes were in action again the following day at the Bedford International Games. Montell Douglas ran a seasons best of 11.54 to win her heat of the 100 metres and show she is sharpening up as the Olympic Trials approach.

Dina Asher Smith broke Montell's Club Under 17 record for the 100 metres last month and they are now Joint Under 20 Club Record holders in the 200 metres as Dina clocked an impressive 23.93. Not only did this equal the Junior Record but it was also

an Under 17s record as well. This means Dina is over half a second quicker over 200 metres than any other under 17 woman in the country this year.

Others in action in the 100 metres included Kieran Daly (10.94), Duayne Bovell (11.0) and Anike Shand Whiting ham (12.37). Kieran also set a seasons best of 21.92 in the 200 metres and it was a seasons best also for Serita Solomon in the 100 hurdles in 13.45, making her 7th fastest in the country this year. Ed Harrison timed 52.73 in the 400 hurdles.

In the field, Shaunagh Brown set an outdoor best of 16.01 in the shot to finish second in her competition and she also threw 60.64 to place 4th in the Hammer She is ranked her 3rd and 7th respectively in the country in these events. Isabelle Jeffs was second in the javelin with 52.05. She is ranked second in the country this year. Samantha Milner threw 42.93 in the discus while in the jumps Jermaine Olasan leapt 7.11 in the long and Jonathan Ilori registered 15.22 in the triple, to confirm himself as Britain's number one Under 20 this year.

The Club continued its unbeaten run in the Southern Athletics League this season with victory in the third fixture at Hastings. After the luxury of the previous two meetings being at home, it was pleasing that the squad were able to travel well, particularly as the Club had the UK Womens League match the same day.

There were many highlights but perhaps the most pleasing was the performance of Lewis Ely in the Senior Mens high jump. Setting off at 6am from Kings Lynn in Norfolk, he showed no ill effects from the four hour journey to set a new best of 2 metres, and was well clear too.

Plenty of other athletes also achieved new bests including Evie Syron Russell who set a new best of 5.15 to win the long jump and then improved in the triple jump by well over half a metre as she leapt 11.02. She was second in this with Shannon Cordell setting a best of 9.92 in the B string. Shannon also won the high jump.

Maximum points came in the womens pole vault courtesy of Emilie Blackwell and Sonia Woolhouse, whose clearance of 2.10 was a new best.

Alex Pope set a personal best in the hammer of 41.90 but this was just one of 10 events in which he competed. Despite being ill for most of the week and not fully recovered, he was omni-present winning the A string pole vault and discus and enjoying B string wins in shot, javelin, high jump and the aforementioned hammer. A second place in the long jump meant he competed in 7 of the 8 field events and he wasn't finished there. Venturing on to the track he ran the 100 and a leg in the 4x400, the only blot on his day being a false start in the 110 hurdles for which he was disqualified.

His efforts along with those of Steve Timmins (shot, discus and Hammer) and Mike van den Dobbelsteen (javelin) meant the Club achieved maximum points in the mens throws; while in the womens events the evergreen Maureen Miller set a new best of 7.61 in the shot as did Ellie Dumper in the hammer with 31.22.

More success came on the track where Craig Morten won the 400 hurdles by over five and a half seconds in 55.5 and then comfortably took the 400 as well. The women won every string of every event from 100 up to 800 courtesy of Shannon Hylton, Georgina Middleton, Vivien Olatunji, Charlotte Colegate, Holly Fletcher, Hope Stenning, Sonia Woolhouse and Cheriece Hylton, whose time of 25.1 in the 200 was a new best.

It was a new best also for Lucy Sidey as she won the 3000 metres in 11.21.5. Other A string victories came from Sian Duffy Smart (100 hurdles), Chelsea Crouser (400 hurdles), Peter Tucker (5000), and Duayne Bovell (100), while 40 year old Richard Holt showed impressive form in the B 400 hurdles winning in 58.7 despite the blustery conditions.

To complete a most satisfactory afternoon all four relay teams enjoyed wins to leave the Club with 222 points, 60 clear of second placed Hastings (162) with Eastbourne Rovers 149 and S Factor Athletics 96.

Despite this the Club actually dropped a League place as, although they are level on League points with Brighton and Tonbridge, they have an inferior match points score. This means they will need another top class performance in the next match at Sutcliffe Park on the 14th of July where they meet Brighton, Tonbridge and 4th placed Cambridge Harriers. It promises to be a cracker.

The Club's stars of the future were in action in the latest Kent Young Athletes League fixture at Norman Park last week. Highlight of the afternoon was a new Club Record in the under 13 girls 1200 metres. Naomi Kingston took nearly three seconds off the previous record with a time of 3.51.4. However, such was the quality of the race that she had to settle for second place.

In the under 15 boys age group, Joshua Dalsan won the A string 200 metres and he teamed up with Joe Saddler, Doton Ayodele and Bailey Stickings for victory in the 4x300 metres. Joe and Dotun were also part of the winning 4x100 team along with Chris Smith and Gabriel Ibitoye, who had earlier won the shot putt with a throw of 11.03.

More shot success came in the under 15 girls age group as Akina Gondwe Onobrauche won with a distance of 9.28.

The promising Harry Taylor won the 100 metres in the under 13 boys age group and he was part of the 4x100 metres winning relay team along with Adefela Lipede, George Ward and Femi Sofolarin. Femi had earlier won the Javelin with a throw of 27.75.

The Under 13 girls were in equally impressive sprint form as Olivia Richer won the 75 metres in 10.4 and Nicole Farmer the 150 metres in 20.5. Both of these were National Grade One performances. Together with Andi Desborough and Magda Cienciala they were comfortable winners of the 4x100 metre relay.

George Vacharopolous won the Club 3000 metres championships at Norman Park despite still being a Junior. He timed 9.44.5 with Tom Desborough 2nd and Cliff Keen 3rd. First woman was Rosie Ferguson in 11.42.3, with Helen Godsell 2nd and Maz Turner 3rd.

In the combined Surrey Walking Club and Blackheath & Bromley 3000 metre Walk Championships, Shaun Lightman was the first B&B finisher in 3rd place overall in 16.42.1. He was followed by Peter Hannell in 17.50.06, Club President Steve Hollingdale 19.35.9, Alan Pickering 20.11.6, and David Hoben 20.42.9. David was also 9th in the Downham Market 10km in 1hr 14.33.

Away from the track, Alex Gibbins took part in one of the more unusual fixtures on the Athletics calendar. He ran in the Man verses Horse Marathon, a multi terrain event which is actually over 22 miles. On an extremely hilly course, and in very wet weather, he was the second person to finish, although he was also beaten by three horses. Being over 35, Alex is in the Masters

age group but it is not clear if he beat the leading veteran horse. Somewhere someone will be able to check the age related stables.

On the roads Fran Green was the second woman to finish in the Beckenham 10km. She timed 41.08 and was 19th overall. Tony Crowder was the Club's first finisher in 8th place in 38.44 with Joel Hodges 11th and Len Crowder 16th. Julie Reynolds and Deniz Mehmed both timed 93.15 in the Southend Half Marathon with Adrian Stocks running 97.44.



## 5/06/12

Adam Gemili produced a sensational performance at the Sparkassen Gala meeting at Rengensburg in Germany when he ran 10.08 for the 100 metres, easily inside the Olympic A standard for the event. The Blackheath and Bromley athlete, at 18, is still a Junior yet this is the fastest time by a British athlete this year, a tenth quicker than Croydon's James Dasaolu, the only other athlete to have achieved the A standard.

The time is a new Club Junior and Senior Record; is the 2nd fastest ever by a British Junior (Only Dwain Chambers has run quicker) and is the 4th fastest ever by a European Junior. It also makes the Michael Afilaka coached athlete the second fastest European athlete this year behind France's Christophe Lemaitre.

In his heat he had run a new best of 10.11 a big improvement on his previous time of 10.23.

He was delighted with his two performances and quick to pay tribute to the other members of his training group who have helped so much in his development. His emergence is remarkable since this is only his second proper season in Athletics as he has previously concentrated on football with Dagenham and Redbridge.

This means that the Club has the fastest 100 and 200 metre runners in the country this year with James Alaka topping the lists in the longer event. He too has an Olympic A standard qualifying standard and with Scott Overall already selected to represent Britain in the Olympic Marathon it is shaping up to be a special year for the Club whose main base is Norman Park track.

To add to the celebrations this weekend the Club also had three winners at the England Athletics Championships in Birmingham, so perhaps there will soon be others moving into Olympic contention. Serita Solomon won the 100 metre hurdles in 13.62. She was delighted with her victory which she found sweet after having two serious Achilles tendon injuries in recent years. "Driving home from England champs today I passed both the hospitals that I had my Achilles repaired....today I won the England senior championships".

Field victories came courtesy of two of the Club's second claim members. Izzy Jeffs won the javelin with a throw of 46.71 while junior Oliver Newport recorded a massive new personal best of 7.70 to win the long jump.

Tremayne Gilling was so close to gold in the 100 metres. The 2010 Champion finished in second place in 20.61 just one hundredth of a second off winning the event.

Ed Harrison recorded a seasons best of 52.09 as he finished 4th in the 400 hurdles. Megan Southwart was 5th in the womens race in 61.21. There were 5th places also for Oweka Wanogho (200 metres); Carolyn Plateau (1500) and Samantha Milner (discus). Rachel Arnheim was equal 6th in the pole vault.

Another Olympic hopeful, British 100 metre record holder Montell Douglas competed at Geneva in Switzerland. She recorded two seasons bests timing 11.61 for the 100 metres and 24.08 for the 200.

Just a week are finishing 9th in the Edinburgh Marathon, Peter Tucker won the Harvel 5 Mile Road Race in 25.43. Nick Kinsey was 1st over 50 in the Thomas Cook Ironman triathlon in Mallorca. In South Africa Fintan Parkinson ran 7.39.22 in the Comrades Marathon, an event which is actually more than twice a marathon and run over some hilly terrain.

Tony Crowder was the Club's first finisher in the latest Bromley Parkrun at Norman Park. He finished in 4th place in 17.46 with Dan Marks 9th and Steve Pairman 16th. Georgina Piper was the Club's first female finisher in 83rd with Yasmin Austridge 113th and Joanna Clowes 114th.



## 29/05/12

Blackheath & Bromley are the mens National 10km road race champions winning the title that was incorporated in the BUPA London 10km. Olympic marathon runner Scott Overall showed no ill effects from only having arrived back from the United States the day before the race. He was 3rd finisher and second in the National Championships in a time of 29.26.

Mike Skinner proved that he is getting back to fitness after injury by finishing in 6th with 29.44, and was third Briton. Andy Rayner completed the scoring trio in 32nd place in 32.05.

The womens team of Carolyn Jones Baldock (80th 41.57), Sarah Dowling (95th 42.53) and Jane Bradshaw (96th 42.54) finished in 18th place.

Peter Tucker finished in 9th place in the Edinburgh Marathon in a time of 2.29.52 the fourth time he has finished inside 2 hours 30 minutes. Ian Montgomery made a big improvement to set a new best of 3.28.23. Justine Eastbury also set a new best of 3.37.50 the second fastest by a woman Club member this year and 8th fastest all time.

In the accompanying half marathon Adrian Stocks ran 1.31.35, and Julie Reynolds and Adrian Haley both timed 1.48.09. Julie also ran the 10km in 44.22.

It has been another busy few days for the Club in track and field with some more impressive sprinting in the States. At the NCAA

Div 1 West preliminaries James Alaka timed 20.61 in the 200 metres and a wind assisted 10.22 in the 100 metres. Lorraine Ugen ran a wind assisted 11.34 for the 100 metres and also leapt 6.44 in the long jump.

The Club finished in 4th place in the opening British Athletics League match of the season at Basingstoke. It was a very close match with just 40 points separating 7 of the 8 clubs. Had the Club not had a couple of disqualifications they would have won, but, in truth, gaps in three strings and weaknesses in other events, particularly middle distance, were just as crucial.

Star performance came from Adam Gemili who broke Todd Bennett's divisional record in the 200 metres with a time of 20.75. This was an achievement in itself, but, what was more remarkable, was that his blocks slipped at the start of the race. Amazingly no recall gun was fired. Had he had a proper start he may well have achieved the Olympic qualifying time for the event.

Oweka Wanogho won the B string 200 in a new best of 21.57 to add to his victory in the A string 100. Jermaine Olasan was the other A string winner with victory in the long jump with a leap of 7.10.

Ed Harrison was just pipped for first in the 400 hurdles and Dan Putnam ran an impressive 47.84 for second place in the 400 behind GB International Rob Tobin who set a Divisional Record.

Elsewhere Sam Brown achieved a fine personal best of 4.60 in the pole vault, as did youngster Oliver Taylor in the 1500.

Despite many other fine efforts, especially in the field from Steve Timmins, Alex Pope, Craig Baker and Mike Van Den Dobbelseen, it was not quite enough, and the squad will look to improving in the next match at Grangemouth at the end of June.

The South Of England Under 20s and Under 15s Inter Counties took place at Abingdon with a number of Club members selected to compete.

Best performance in the under 20 age group came from Craig Morten who won the 400 hurdles by four seconds in 55.37. He was also 4th in the 110 hurdles. Samantha Brown was second in the womens 400 hurdles in 61.94, a new best, as was the 65.20 Rachel Robinson recorded for 4th place.

Samantha's sister Gemma was runner up in the discus with a throw of 35.53 and it was second also for Rhiannon Jones in the 100 hurdles into the teeth of an almighty headwind.

First year under 17 Stefan Amokwandoh was third in the triple jump in 13.43 and James Allen 6th on the long jump with 6.21.

Maya Bruney claimed victory in the under 15 girls 100 metres. Her time of 12.81 would no doubt have been quicker had the race not been run into a -3.7 metre per second headwind. Jessica Keene timed 2.32.67 in the 800 metres.

The mens team continued their unbeaten run in the Kent Masters League with victory in the third match of the season last Friday but only just. They finished one point ahead of Ashford and three clear of Cambridge Harriers. Steve Timmins won the over 35s discus with a throw of 39.37. Keith Ewing dominated the over 50s 800 metres winning in 2.09.8 over 10 seconds ahead of the runner up. Dennis Wallington won the over 60s discus. However, with the points so close every member of the squad had an important part to play.

The womens team finished in third place and remain in third in the League table, one and a half points behind second placed Cambridge Harriers. Helen Godsell won the over 50s 100 metres by nearly a second in 14.2 and then teamed up with Maureen Miller, Shirley Rowbotham and Angela Duffy Smart to lead the Club to victory in the 4x200 metres. Barbara Terry won the over 60s discus.

The B team won the Division Two match with Zoe Wood winning the long jump and discus events. She then joined Leyla Ari, Maria Coroian and Jenny Neale in the 4x200 for her third victory of the evening.

Mick Jones was the Club's first finisher at the latest Bromley 5km park run at Norman Park. He finished in 12th place in 19.18 with Jamie Gosnell 13th and Steve Pairman 15th. First female from the Club was youngster Yasmin Austridge in 143rd with Chloe Kibblewhite 158th and Karen Desborough 313th.

Neil Ayrtton was runner up in the event at Bexley in a time of 19.31 with Chris Pike 13th. Glen Turner was 3rd at Hampstead Heath; Steve Haley 20th at Banstead Woods; Brendan McShane 7th at Riddlesdown; and Nigel Haffenden 16th at Greenwich.



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## 22/05/12

Many of Blackheath & Bromley's athletes were in action at the Loughborough International fixture. Adam Gemili was representing the Great Britain Junior team and he won the 100 metres in 10.43 despite running into a -1.2 metre per second headwind. Tremayne Gilling was third in 10.49.

Izzy Jeffs set a new best of 54.60 as she placed second in the javelin and Pippa Woolven was also a runner up in the 3000 metres steeplechase. Her time of 10.21.24 was a massive improvement on her previous best.

Shaunagh Brown was third in the shot with 15.71 and 6th in the hammer with 59.43. Sam Milner was just outside her best in the discus with a throw of 44.89, while Jermaine Olasan was 7th in the long jump with a leap of 7.12.

The meeting contained a number of invitation events and, despite the windy conditions, the results were good. Anike Shand Whittingham ran 12.41 for the 100 metres into a headwind and Dina Asher Smith clocked 24.20 for the 200 metres. Megan Southwart timed 60.25 for the 400 hurdles and Yimika Adewakun 57.99 for the 400 metres.

Dina represented the Great Britain Junior team in the 4x100 metres. Unfortunately they did not get the baton around but she ran a good leg.

Ed Harrison missed the meeting with a cold but he did compete during the week at Namur in Belgium where he timed 53.25 for the 400 hurdles.

Blackheath & Bromley were comfortable winners of their second Southern Athletics League match of the season. Both fixtures so far have been held at home ground at Norman Park, so, while this is a promising start, the team should not get complacent and assume they will automatically get promoted at the end of the season.

Remarkably the team only dropped one point in the men and womens throws competitions. It was a similar story on the track where a single point was dropped in the 100, 200, 400 and both relays. In fact in the womens track events the Club just dropped one point the whole afternoon. Even where individuals did not win events, many set personal bests. Full results can be found on the Club website.

Final result. 1. Blackheath & Bromley 242. 2. Croydon Harriers 181. 3. Lewes & Haywards Heath combined 149. 4. Holland Sports 80.

The Club head the Mens Division One of the Kent Masters League after winning the second match of the season at Canterbury. Most impressive performance of the evening came from Keith Ewing who won the over 50s 1500 metres in 4.28.0. This won the race by nearly 28 seconds.

It was also nearly 27 seconds quicker than the time Richard Hall ran in winning the over 35s race. This was something of a sprint for Richard as he is recovering from having run the London Marathon.

Mike Van Den Dobbelsteen was a comfortable winner of the over 35s javelin with a throw of 47.39 and Steve Langdon won the over 50s event with a throw of 43.26. Graham Coates won the over 60s 1500 metres in 5.26.2.

The Club have won both matches now and, with the places below them shuffling around, they now have a three point lead at the top of the division.

The womens A team finished second in their Division One match and are third in the table just half a point behind second placed Cambridge Harriers.

Helen Godsell showed that even though she ran the London Marathon she has not lost all her sprinting speed. She won the over 50s 200 metres in 31.4. The Club's other individual winner was Barbara Terry in the over 60s shot putt. Her distance was 7.86.

There was also a win for the over 35s 4x100 team of Maureen Miller, Shirley Rowbotham, Angela Duffy-Smart and Helen Godsell.

The B team were also runners up in their Division Two match and remain second in the table.

The Club completed a hat trick of team victories this week with a win in the second Young Athletes League meeting of the season at Croydon. Full results are not yet to hand. Further details will follow while pictures from the meeting can be found on the Club website.

Three of the Club's young girls broke the magic 5 minute barrier for 1500 metres at the Watford Open Meeting. Under 15s Jessica Keene and Shannon Riskey timed 4.51.32 and 4.59.71 respectively while under 13 Naomi Kingston clocked 4.59.59.

The second of the Parris Handicap 5km Road Handicap races took place at Hayes and winner on this occasion was Jenny Dalton with Glen Read second and Karen Delahoy third. Fastest male of the evening was Tim Ayres with 18.07 followed by Tom Desborough and David Beadle. Fastest female was Justine Eastbury in 20.52 with Sarah Belaon second and Sally Haffenden third.

Peter Tucker was a comfortable winner of the latest Bromley 5km Park Run at Norman Park. He timed a swift 16.13. Andy Tucker (no relation) was second Club member home in 11th with Graham Coates 26th. First female finisher was Georgina Piper in 80th place with Joanna Clowes 123rd and Chloe Kibblewhite 144th.

At the event at Wormwood Scrubs Glen Turner finished in second place while at Bexley, Chris Pike was 16th. Adrian Haley was 48th at Eastleigh and Colin Rowe 57th at Crystal Palace.

Peter Rogers and John Turner completed their epic journey from John O'Groats To Lands End at six minutes past two on May the 21st. The duo have run up to 30 miles each day since the 23rd of April to raise funds for The Cure Parkinsons Trust.

They have covered 860 miles during this time, with the height gains and losses equal to three times up and down Mount Everest. Buoyed by the sound of Dave Thomson's bagpipe playing, they covered the last four miles in 34.38.

The duo have raised nearly £10,000 so far and there is still time to sponsor them by visiting <http://uk.virginmoneygiving.com/team/TheJogleBrothers> Full details of their journey can be found at [www.offexploring.com/Jogler](http://www.offexploring.com/Jogler)

As the Club fields teams in all age groups, from under 13s upwards to the Masters age groups, it always welcome new members. The Club has a Competition Policy which aims to provide appropriate levels of competition to all athletes of all abilities.

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

#### **Forthcoming events**

23rd May. Johnson Bowl, Norman Park  
 25th May. Kent Masters League, Dartford  
 26th May. British Athletics League, Basingstoke  
 28th May. Open Meeting, Norman Park  
 30th May. Club 10,000 metres Championships




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**15/05/12**

It has been a remarkable few days for the sprinters of Blackheath & Bromley led by the exploits of James Alaka and Dina Asher

Smith. At the PAC-12 Outdoor Championships in Eugene, Oregon, James achieved the Olympic A qualifying standard for the 200 metres when he ran 20.45 to win. It is the fastest time by a Briton this year. Not only this, he also broke his own Club Record in the 100 metres when he finished second in 10.22, the third quickest by a Briton this year.

He has been developing steadily since joining the Club as an 11 year old and Dina Asher Smith is making similar progress. She has broken two Club Under 17 records this week. At the Sainsburys Schools Games in the Olympic Arena, she won the 200 metres in 24.01. Then, at the County Championships at Ashford she took two hundredths of a second off Montell Douglas' record winning the 100 metres in 11.75. These performances rank her top of the National Under 17 200 metres lists and second in the 100 metres.

Louis Mascarenhas just missed out on a gold medal in the Schools Games finishing runner up in the discus with a throw of 43.73, only 12 centimetres behind the winner.

Most successful Senior at the Kent Championships was Shaunagh Brown with a hat trick of gold medals, winning the shot, discus and hammer contests with distances of 15.87, 49.72 and 57.59. Training partner Steve Timmins won the shot with a new best of 14.24, and took silver in the Hammer and bronze in the discus, an impressive weekend from an over 35.

The Club had a clean sweep of the medals in the pole vault and the 200 metres. Liz Hughes won the vault with a clearance of 3.50 from Rachel Arnheim (3.40) and Christina Moore (3.10). Montell Douglas took gold in the 200 in 24.26 from Serita Solomon and Grace Sheppard.

Grace returned the next day to win the 100 metres in 12.85 and more track success came courtesy of James Poole who won the 800 metres. Back in the field Sandra Alaneme won the triple jump title with a leap of 12.42.

The medals continued to be won in the under 20 age group. Rachel Dickens was in dominant form in the 400 metres winning by nearly six seconds in a seasons best of 55.99. Rhiannon Jones continued her successful first year in this age group by winning the 100 metre hurdles in 15.27 while Samantha Brown won the 400 hurdles in 63.87. Craig Morten won the mens 400 hurdles in 55.76.

Tom Parker was an impressive winner of the hammer with a distance of 57.64 which ranks him 7th in the country. Ellie Duffy Penny continued the medal charge as she won the discus with a throw of 35.06 and Frances Read won the long jump with a leap of 5.16.

As well as Dina Asher Smith's 100 metre Championship Best Performance in the 100 metres, Shannon Hylton won the 200 metres in 25.20, a new best, as was her 12.11 in finishing third in the 100. Twin sister Cheriece won the 300 metres in 40.32. In the field, victories came from Alex Wheelwright in the high jump with a clearance of 1.55, and from Gemma Brown with a new best throw of 37.66 in the discus.

More throws success came in the under 15s age group where Akina Gondwe-Onobrauche won the shot with a distance of 9.98.

At the Surrey Championships at Kingston, Oweka Wanogho claimed the Senior Mens 200 metre title with a time of 21.81 and he was also third in the 100 in 10.75.

First year under 17 Stefan Amokwandoh impressed again in the triple jump winning with a leap of 13.26 and more jumps success came in the under 15s age group as Jed Botham won the long jump with a leap of 5.90. On the track Maya Bruney won the under 15 girls 200 metres in 25.41.

The British Masters Athletics Federation Road Relays took place at Sutton Coldfield with the Club's best placing coming in the womens over 35 age group. The quartet of Julie Reynolds, Rosie Ferguson, Kate Pratten and Carolyn Jones Baldock finished in 6th place in a time of one hour twenty three minutes and thirty three seconds.

The mens over 35s team was incomplete but, nevertheless first leg runner Steve Cooper did clock a very useful 16.32 on the opening stage. Mark Ellison, Andy Lawes, Adrian Stocks and Ian Montgomery made up the other stages.

Keith Ewing who ran an excellent 16.12 for the over 45s team on the opening stage. With subsequent legs from Neil Ayrton, Mark Watling, Steve Pairman, Roy Smith and Con Griffin, the Club finished in 10th position. Organiser Anne Cilia flew the flag in the womens over 45s race.

The womens over 55s team finished in a very useful 7th place thanks to the efforts of Helen Godsell, Annie McDonough and Maz Turner.

Maz's husband John, who she first met when they were both celebrating their 18 birthdays 44 years ago next month, is currently engaged on a most ambitious project, to run from John O'Groats to Lands End with fellow Club Member Pete Rogers. They aim to raise money for The Cure Parkinsons Trust.

The dynamic duo have now covered well over 630 miles and have now reached Yanley, near Bristol having just crossed the Severn Bridge and the Clifton Suspension Bridge.

Anyone wishing to sponsor the duo should visit <http://uk.virginmoneygiving.com/team/TheJogleBrothers> To keep updated on their progress visit [www.offexploring.com/Jogler](http://www.offexploring.com/Jogler)

Jamie Gosnell was the Club's first finisher in the latest Bromley Parkrun at Norman Park. He finished in 12th place in 18.54 with Andy Tucker 17th and Barry Wetherill 65th. First female from the Club to finish was Georgina Piper in 116th with Tracey Ashenden 139th.




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**8/05/12**

It has been another busy weekend for the athletes of Blackheath & Bromley. Shaunagh Brown led the way with a new Club Record of 60.99 in the Hammer while competing in Gothenburg, Sweden. This improved her previous best by nearly five metres



and is the 6th furthest by a Briton this year.

She also set an outdoor best of 15.80 in the shot which ranks her third in the country and threw 49.00 in the discus which ranks her 5th.

Serita Solomon was in action in Italy. Competing at a meeting at Pavia she timed 13.87 for the 100 metre hurdles., the 8th fastest by a British athlete so far this year.

The British Universities Championships were a bit special this year as they were used as a test event for the Olympic Stadium and a number of Blackheath & Bromley athletes were selected to compete for their institutions. Three of them won their events.

Montell Douglas, the UK Record holder, took the 100 metre title in 11.81. Pippa Woolven set a new Championship record in winning the 2000 metres steeplechase in 6.36.60 as did Izzy Jeffs in the heats of the javelin with a throw of 53.93. She won the final with 53.26.

Jermaine Olasan took bronze in the long jump with a leap of 7.34 and others to feature prominently included Sam Brown (5th in the mens pole vault), Lauren Blackie (5th triple jump), Megan Southwart (5th 400 hurdles) and Tremayne Gilling (6th 100 metres).

Closer to home at Norman Park the Club won the first UK Young Athletes League match of the season. A magnificent seven athletes achieved National Grade One performances in conditions which were not ideal.

Shannon Hylton won both the under 17 womens 100 and 200 metre races in times of 12.3 and 25.2, the latter a personal best. Twin sister Cheriece won the 300 metres in 40.3 while in the field Gemma Brown took the discus with a throw of 33.40.

Maya Bruney was in dominant form in the under 15 girls sprints. She won the 100 in 12.5 and then followed with a 25.3 clocking in the 200 metres. These are the third and second best times in the country so far this year.

In the under 13s Nicole Farmer continued her good start to the season as she clocked 10.3 to win the 75 metres. Naomi Kingston won the 1200 metres by over 9 seconds in 3.58.5, a new personal best. Magda Cienciala also won by an impressive margin, taking the long jump with a personal best leap of 4.49, over half a metre further than the runner up.

As well as the Grade Ones there was plenty more to celebrate. Evie Syron Russell and Stefan Awokwandoh dominated the horizontal jumps in the under 17s age group winning the A string men and womens long and triple jump contests. Additional A string victories came courtesy of shot putters Gemma Brown and Daniel Hollett and javelin thrower Yemisi Sofolarin.

The field event success continued in the under 15s with Isabella Hilditch and Jed Botham winning both long jump events and Isobell Reeves and Joe Saddler both high jumps. Akina Gondwe Onobra won the shot putt while on the track Jessica Keene was a comfortable victor in the 1500 metres.

Safiya Atkins-Dyke started the Club's afternoon on the track in the best possible way by winning the under 13 girls 70 metre hurdles in 13.1. David Ndukwe won the boys 100 metres and Olivia Richer the girls 150 metres.

The afternoon finished with victories for the teams in the under 17 womens 4x100 and 4x300, the boys 4x300 and the under girls 4x100.

This was not just about those who won events, however, as all those competing contributed to the team success. The next match takes place at Croydon on the 20th of May.

Also at Norman Park, the Club hosted its annual Ted Pepper race. Previously a road race, this has now been changed to a multi terrain event with the race starting on the track and using the roads and country paths nearby before finishing again on the track.

Ian Frith was the winner in 35.56 with Glen Turner 3rd, Finton Parkinson 6th, Tony Crowder 7th, Roy Smith 8th, and Jonathan Vintner 9th. Fran Green won the womens race in 40.04 and was 11th overall. Jane Bradshaw in 50th and Kate Pratten 55th were the next two Club finishers.

Again at Norman Park, youngster William Fuller won the latest 5km Park Run in 17.45 with Fintan Parkinson 2nd, Andy Tucker 5th, Jamie Gosnell 7th and Steve Pairman 9th. Chloe Kibblewhite was the first female from the Club in 80th with Chloe Haffenden 132nd.

Glen Turner was a winner at the Valentines Park Run in 16.56. Colin Rowe was 42nd at the event at Greenwich while at Eastleigh, Adrian Haley was 55th and Carolyn Jones Baldock 59th.

On the roads Greg Proctor ran 34.38 at the Kings Lynn 10km having timed 9.33.10 for 3000 metres on the track the previous Wednesday at Watford. Steve Cooper ran a new best of 36.09 at the Croxton 10km.

Away from all this, Pete Rogers and John Turner continue in their venture to run from John O'Groats to Lands End. The duo are raising money for The Cure Parkinsons Trust. They are now over half way in their journey having completed 480 miles with just 380 to go.

Anyone wishing to sponsor the duo should visit <http://uk.virginmoneygiving.com/team/TheJogleBrothers>  
To keep updated on their progress visit [www.offexploring.com/Jogler](http://www.offexploring.com/Jogler)



## 1/05/12

Blackheath & Bromley's athletes have continued to produce some notable performances in the United States. James Alaka ran 10.39 and 20.89 for the 100 and 200 metres at the Washington State v Washington Dual meet at Pullman. At the Penn Relays in Philadelphia, Lorraine Ugen leapt 6.04 in the long jump.

There was a big breakthrough for Alex Bruce Littlewood at the Bobcat Classic at San Marros, Texas. He set a new best of 8.59.39

for the 3000 metres steeplechase, taking over 10 seconds off his previous best time.

At the Central Florida Gliders Spring Track Classic in Orlando, 400 hurdler Ed Harrison moved down in distance to set personal bests in both the 100 and 200 metres with times of 10.79 and 21.71.

Despite the horrendous weather conditions at home, the track and field season is well underway and Blackheath & Bromley enjoyed some success in the opening matches of the National Junior Athletics League, the Southern Athletics League, and the Kent Masters League.

In the Southern Premier Division of the Junior League at Eton, the Club finished in third place with the highlight being a new League Record in the 1500 metre steeplechase from Pippa Woolven. She timed 4.56.87.

Other A string victories came from Oliver Newport with a 7.04 leap in the long jump and Dina Asher Smith in the 200 metres, clocking 24.49 into a -1.2 headwind, plus both men and womens 4x100 metre teams. Other top three placings came from Adam Gemili (2nd 200), Craig Morten (2nd 110 hurdles and 400 hurdles), Shannon Hylton (3rd 100), Rhiannon Jones (3rd 100 hurdles), Samantha Brown (2nd 400 hurdles), Bonnie Bratton (2nd hammer), Robyn Pettit (2nd high jump), Yemisi Sofolarin (3rd javelin), and Frances Read (3rd triple jump).

The team will be looking to improve on third in their next match as they bid for a place in the National Final in September.

Rhiannon Jones, Rachel Robinson, who set new bests in the 400 hurdles two days in a row, Holly Fletcher and Ross Braden had also been in action the previous day at Norman Park where the Club hosted a Division Two match of the Southern Athletics League. It never stopped raining all day but it resulted in a narrow win for the Club, thanks in part because a number of athletes did more than their fair share of events to cover for those who were not available.

Under 17 Louis Hopgood made an impressive debut over the 400 hurdles winning in 59.5. Shakeitha Henfield, an International from the Bahamas, won both the womens 400 and 200 metre races. Other A string wins came from Alloy Wilson (400), Lewis Ely (high jump), Steve Timmins (Hammer and shot), Mike Van Den Dobbelseen (javelin), Grace Sheppard (100), Hope Stenning (800); Rhiannon Jones (100 hurdles), Rachel Robinson (400 hurdles), Michelle Fewster (1500 steeplechase); Rachel Blackie (hammer); and all four relay teams.

More success came on Friday night with the men winning the opening match of the Kent Masters League at Sutcliffe Park. Keith Ewing won the over 35s 3000 metres by nearly half a minute in 9.59.4 despite the fact that he is an over 50. The other individual victory came from Shaun Lightman in the over 50s 2000 metres walk. Steve Timmins (Hammer) and Murray Hilborne (pole vault) were also in action on the first of two days of competition. Murray's efforts were particularly noteworthy as he is recovering from malaria.

The women were third in their Division One match with their B team finishing second in Division Two. Wins in the latter came from middle distance runners Justine Eastbury and Zoe Wood in the triple jump and hammer respectively!

Full results and pictures from these matches can be found on the Club website.

In last weeks London Mini Marathon which was run over the last 5km of the London Marathon, Club members formed the bulk of the Bromley teams that won gold in all three of the girls age group races in the London Borough Challenge.

In the under 17s, Kate Curran led home the Bromley team finishing in 2nd place. Amber Reed was 8th, Emily Grant 14th, Bethany Frost 19th, Emma Rowland 22nd and Hope Stenning 31st.

First home for the under 15 girls was Niamh Bridson Hubbard in 17th with Janae Galley 25th, Anna Myers 33rd, Lucy Sidey 36th, Ashley Hamilton 37th and Samantha Leighton 42nd. Charlotte Rhule was 27th for Croydon.

In the under 13s Jessica Keene was 4th with Georgina Taylor 7th, Shannon Risky 8th, Natalie Falshaw 13th Yasmin Austridge 15th, and Georgina Piper 35th. Naomi Kingston was running for Westminster and she was 3rd.

Things did not go so well for the Bromley's boys squads. The under 17 team of Will Ruiz (72nd), Thomas Greenhill (100th), James Perry (151st), Anthony Moore (155th), Charles Jones (172nd), and Jake Wade (176th) came 25th.

First home in the under 15s was William Fuller in 6th and with Richard Webb 40th, Thomas Desborough (79th), Jamie Gosnell (124th), Joshua Dowling (130th), Thomas Powell (172nd) they finished in 14th place. Bailey Stickings was 51st for Bexley.

Best of the Bromley boys teams was the under 13s who came second with Thomas Wright 3rd, Aleksander Wiltshire 18th, Jake Potter 19th, Charlie Davis 26th, Dillon Robertson 29th, and William Pope 42nd. Joss Barber and Lewis Stickings were 9th and 147th respectively for Bexley.

The Vets AC 10km track walk Championships took place at Battersea Park and included the County Senior and Area Veteran Championships. Shaun Lightman was in good form finishing in third place in 59 minutes 57.7 seconds, the first time he has dipped under the hour mark for some time. This gave him first place in the VAC over 65s race.

Andy Tucker was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He finished in third place in 18.10 with youngsters Will Ruiz and Thomas Desborough 5th and 9th. Jessica Keene was the Club's first female finisher in 18th with Yasmin Austridge 80th and Georgina Piper 84th.



## 24/04/12

Andy Rayner was the Blackheath & Bromley's first finisher in this years Virgin London Marathon. In his first race at the distance he finished in 74th place in a time of 2.32.44 having passed halfway in 72.51. Alex Gibbins was close behind in 81st place in 2.33.50 with Samuel Barnes third in 321st in 2.44.04.

Kevin May (2.49.34), Paul Sharp (2.56.07), Danny Brewer (2.59.36) and Mark Skelly (2.59.54) were also inside the three hour

mark.

Julie Reynolds was the first woman from the Club to finish. She was the 457th female finisher and 3883rd overall in a time of 3.25.58. Next was Sarah Belaon in 3.49.25 followed by Kate Pratten in 4.08.39. Sprinter Helen Godsell made her marathon debut and finished in 4.18.58.

Mike Peel continued his amazing record of having run in every London Marathon, one of only 16 people to have done so. He finished in a time of 4.36.00 a dramatic improvement on last years 5.21.09.

Scott Overall, who has been selected to represent Great Britain at the Olympic Marathon, was pace making the race. He was supposed to drop out at the halfway point but a hamstring strain meant he had to retire at 15km.

Full details of the London Mini Marathon will appear in the next report.

Adam Gemili has opened his outdoor season in sensational form in the United States. Still a Junior, the Blackheath & Bromley athlete, ran the equal fastest time by a British Senior athlete this year over the 100 metres when he recorded 10.23 at the Tom Jones Memorial International at Gainesville, Florida. This performance is inside the Olympic B standard for the event and is the equal 2nd fastest by a European Senior athlete this Summer.

He also just missed the B standard in the 200 metres by five hundredths of a second when he ran 20.70. This is the third fastest by a European Senior athlete so far this year and will give him great encouragement as he prepares for the World Junior Championships in Barcelona in July.

At the same meeting Ed Harrison opened with a very promising 52.70 in the 400 metre hurdles which is nearly a second faster than his opening performance last year.

Joe Lawrence leapt 15.11 in the triple jump prior to returning to the green green grass of home this week.

At the Mount Sac Relays in Walnut, California, James Alaka timed 20.92 for the 200 metres just outside his seasons best. Alex Bruce Littlewood took over 20 seconds off his previous best for 5000 metres as he timed 14.24.55.

Lorraine Ugen was in action at the Michael Johnson/Dr Pepper Classic at Waco, Texas, running a personal best of 11.55 for the 100 metres.

At the Cornell Tri Meet at Ithaca, New York, Pippa Woolven not only ran 4.34.34 for the 1500 metres but also timed a very useful 70.89 for the 400 hurdles. These times were all the more impressive because of the windy conditions demonstrated by the fact that Jermaine Alexander's 10.82 in the 100 metres was with the aid of a +4.8 metre per second following wind. He also ran 22.03 for the 200 metres a time which was just under the 2 metre per second legal limit.

Tremayne Gilling continued his successful start to the season as he timed 10.41 for the 100 metres at the Longbeach Invitational at Norwalk, California. Anike Shand Whittingham ran 12.10 in the womens 100 metres and Katrina Cosby 58.17 in the 400 metres. Trem's time equalled that which he had run at the Bryan Clay Invitational at Azusa. Anike was even quicker here with a 11.95 clocking and Katrina ran 62.87 for the 400 metre hurdles, quicker than she had run the whole of last season.

The Sward & Kinnaird Trophy Meeting was not the Club's finest hour as it struggled to fill events. However, there were some very promising early season performances. Oweka Wanogho won both the 100 and 200 metre races in times of 11.34 and 22.16. Junior Craig Morten ran a very useful 56.4 for the 400 hurdles while veteran Richard Holt clocked 59.82.

Highlight in the field was a victory for Lewis Ely in the high jump with a clearance of 1.90 while Alex Pope and Steve Timmins scored many points in the throws. Shakeitha Henfield ran as a guest in the 400 metres and she timed 56.89.

The Club's Kent Young Athletes League campaign did not start as well as had been hoped. None of the four age groups team won but there were second places for the Under 15 Boys and the Under 13 girls.

Jed Botham won the Under 15 Boys long jump with a leap of 5.46 while Bailey Stickings claimed victory in the 800 metres in a new personal best of 2.14. Bailey then joined William Adams, Josh Skyers and Joe Saddler in the 4x300 metres team that won in 2.51.9. Anna Barnett won the Under 15 girls hammer with a throw of 22.28.

Best individual performance of the day came from Nicole Farmer in the under 13 girls age group. She won the 75 metres in a time of 10.2, a National Grade One performance. Olivia Richer made it maximum A string sprints points as she claimed victory in the 150 metres in 21.4. The duo were back on the track with Andi Desborough and Magda Cienciala for the 4x100 and again they were victorious. Magda had earlier won the long jump with a very promising leap of 4.34.

The boys 4x100 metre relay team also enjoyed victory courtesy of James Low, Adefela Lipede, Lewis Stickings and Femi Sofolarin.

At the Watford Open Meeting Holly Fletcher and Shannon Risky ran new 800 metre bests of 2.20.45 and 2.26.90 respectively while Sonia Woolhouse timed 2.36.92.

Peter Hannell was in action in the new series of the VAC 5 mile walks at Battersea Park. He finished in 3rd place in a time of 49.45.

David Beadle was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He finished in 3rd place in 19.02 with Steve Pairman in 7th and Andy Tucker 15th. Chloe Kibblewhite was the first woman home in 110th. Glen Turner was 2nd in the Valentines event in 17.08.

### **Mini Bees swarm around Olympic Legend**

On April 21st The Bees Academy held a special event for the Academy's Mini Bees, aged between 5 – 8 years old, at the Norman Park Athletics Track, Hayes Lane, Bromley to mark the "100 Days To Go" until the start of the 2012 London Olympic Games. The normal Saturday morning athletics session was enhanced by the use of non-pressurised competitive events, such as standing long jump, mini howler throwing, hurdles, obstacle and shuttle relay races - held on the home straight so the parents could give voice to their support for the youngsters.

All 42 children who participated in the event were presented with a special commemorative medal donated by Blackheath & Bromley Harriers AC. "We were very fortunate to have 3-time Olympian Steve Backley on hand to present the medals ably assisted by his two young daughters who had come along to watch." said John Blackie

The Bees Academy is coaching initiative designed specifically for children in school years up to and including year 7 to encourage their participation in sport and to develop their athletic potential to the best of their ability. To find out more please visit our website [www.thebeesacademy.com](http://www.thebeesacademy.com) or call John Blackie on 07768 120519.



**17/04/12**

Two of Blackheath & Bromley's top sprinters have started off their outdoor seasons in fine form in the United States. As a result of their performances Tremayne Gilling and James Alaka are currently ranked 5th and 6th Britons in the 100 metres so far this year.

Gilling ran 10.35 in the Tommy "Tiny" Lister Classic in Los Angeles and the race was actually into a headwind. Alaka was competing in the Pepsi Team Invitational at Eugene, Oregon where he timed 10.36. He also ran a fine 20.90 for the 200 metres and this leaves him as second fastest Briton this year.

Blackheath & Bromley's senior men finished in a very useful 22nd place in the National 12 Stage Road Relays at Sutton Park. This followed their 12th place in the Southern event at the end of last month.

Best performance of the day came from James Poole who moved the team up from 19th to 5th on the 2nd leg. His time of 14.20 was the 5th fastest short leg time of the day. Andy Rayner had got the team off to a solid start when he finished in 19th place on the opening leg in a time of 27.00 and he now looks forward to his marathon debut at London this weekend. Peter Tucker slipped to 24th on the third leg with 29.51 which was where Phil Sesemann stayed with 16.07 on leg four.

Stage five saw a welcome return to action for Michael Skinner and he moved up to 18th place with 26.42, the 22nd quickest long stage of the day. Stephen Cavey timed a very useful 15.37 to leave the Club in 19th at the halfway stage. With the field now stretched out the positions didn't change much from here. Ben Cockburn (30.31), Jamie Darling (30.14) and Danny Brewer (30.31) contributed long legs and David McKinley (16.06), Ian Frith (16.04) and Jack Swallow (16.31) the short with Swallow moving up two places on the last stage. Their finishing time was 4 hours 29minutes and 34 seconds.

The challenge now is to build upon this performance next Winter and, with a useful squad of youth and experience, there is no reason why they cannot.

More National success came for walkers Shaun Lightman and Peter Hannell who competed in the National 20km Walk Championships at Redbridge Cycle Track for their first claim club Surrey Walking Club. They helped the team to bronze medals and the Club also received the Race Walking Association's Annual trophy for the most improved Club for 2011. On the 20 lap race Shaun Lightman started cautiously as he had been carrying an injury prior to the race but, as his confidence grew, he moved through the field to finish in 17th place in 2 hours 10 minutes and 44 seconds. Peter Hannell was 20th in 2.14.06.

Blackheath & Bromley's womens team started their track and field season with victory in the Alpha Beta Trophy meeting at Lee Valley. Each Club fields a Senior and an Under 15s team and pleasingly the Club were the best in each age group. "I'm delighted with the result", said Senior Womens team manager Brendan McShane, "It shows the great team spirit that exists at the Club". For the Seniors Shaunagh Brown enjoyed victories in both the shot and discus but conditions were not conducive to long distances. She threw 13.58 and 42.87 while Liz Hughes and Sam Milner won the B strings with throws of 9.68 and 39.47.

The other individual winner was Sam Brown, who enjoyed victory on her Club debut in the 400 hurdles in a time of 64.37. Another new member Shakeitha Henfield was second in the A string 400 metres in 57.15 with Krystal Galley picking up maximum points in the B string. Serita Solmon also gained an A string runner up spot in the 100 metres with Grace Sheppard winning the B string.

Youngster Holly Fletcher improved her personal best by over a second and a half as she finished third in the 800 metres in 2.21.85. More new bests came in the 100 metre hurdles where Rhiannon Jones and Sian Duffy Smart timed 15.5 and 15.75 respectively; and Ellie Duffy Penny threw the javelin 29.67.

The under 15 girls were in dominant form on the track winning every A and B string from the 100 metres up to 1500. Maya Bruney won both the 100 and 200 metre A string races with Jamilya Robinson Pascal and Parris Johnson securing maximum points in the B strings. Charlotte Rhule won the 800 with a new best of 2.28.14 with Naomi Kingston taking the B race and it was a similar story in the 1500 with Jessica Keane setting a new best of 5.03.70 for victory and Shannon Risky winning the B string.

Isabella Hilditch and Akina Gondwe Onabrauche did not win their 75 metre hurdles races but their times of 12.84 and 13.34 were both personal bests. Akina did, however, win the shot putt and her throw of 10.03 was a National Grade One performance. More important points came from Brooke Hollett, Anna Barnett, Temi Awodiya, and Toyin Orelaja and these were vital as the team won the under 15s match by 10 points.

Seniors. 1. Blackheath & Bromley (191), 2. Radley (165.5), 3. Enfield & Haringey (156), 4. Havering Mayesbrook (150), 5. Stevenage & North Herts (139.5), 6. Herts Phoenix (78.5), 7. Dacorum & Tring (68.5), 8. Thames Valley Harriers.

Under 15s. 1. Blackheath & Bromley (145), 2. Havering Mayes brook (135), 3. Stevenage & North Herts (133), 4. Enfield & Haringey (129), 5. Radley (105), 6. Herts Phoenix (98), 7. Decorum & Tring (96).

The Clubs runners dominated the leading places in the latest Bromley 5km Parkrun at Norman Park filling the first five positions. Alex Gibbins won in 16.36 with Greg Proctor 2nd, Ross Braden 3rd, William Fuller 4th and Andy Tucker 5th while Bailey Stickings also made the top 10. Jessica Keane ensured a Club double as she was the first female to finish in 25th place overall. Next was Charlotte Stickings in 60th and Georgina Piper 82nd.

The race is also age graded and again the Club's runners were to the fore with William Fuller first with 80.82% and Jessica Keane 2nd, Alex Gibbins 3rd, and John Fenwick 4th. Nigel Haffenden was 9th in the event at Bexley with Carolyn Jones Baldock in 83rd.



**10/04/12**

Many of Blackheath & Bromley's youngsters began their track and field seasons at the Hercules Wimbledon Open Meeting at Crystal Palace and there were some very promising results.

Louis Mascarenhas opened in fine style in the under 17s age group setting two personal bests and both were National Grade One performances. He won the discus with a throw of 42.74 and, although it is very early in the season, this is the furthest in the country so far this year. He also threw 14.45 in the shot, an improvement on his previous best by over a metre. Encouragingly Daniel Hollett also set a new best in the discus of 35.70 and he was also just four centimetres off a Grade One performance in the shot with 13.21.

On the track, for the girls Janae Galley and Holly Fletcher were closely matched in the 800 metres timing 2.23.04 and 2.23.43 respectively while Bethany Frost clocked 2.40.38. Anna Myers ran 5.18.11 and Samantha Leighton 5.25.75 for the 1500 metres.

For the boys William Fuller opened with 4.28.76 for the 1500 and promising early season efforts came from Justin Brown (100 and 200), Adenekan Lipede (200), Luke Russell (800), Thomas Desborough (1500).

A trio of under 20s were in action in the mile with Amber Reed running 5.40.46, Jessica Jones 5.48.81 and Emma Rowland 5.54.35. Ellie Duffy Penny was just off a National Grade Two standard when she threw 34.75 for the discus.

Highlight in the under 15s age group was a Grade One performance by Isabella Hilditch in the long jump. She won with a leap of 5.06, nearly half a metre further than she jumped last year. Temi Awodiya was 4th with 4.38. Shannon Risky ran 2.28.19 in the 800 metres while in the 1500s Charlotte Rhule timed 5.05.97 to Jessica Keene's 5.15.26.

Others in action included Ryan Poyroo and Lucas Pacary (100), Sophie Grieves, Temi Awodiya and Kate Woodbridge (200), Ashley Hamilton (800); Scott Bulmer and Joanna Clowes (1500); Anna Barnett (shot and discus); Tiquilia Robinson Pascal (high jump).

Best performance in the Under 13s age group came from Naomi Kingston who ran a Grade One time of 5.03.30 in the 1500 metres. Again it is early season but this is the fastest in the country by 13 seconds and improves own her best time from last year by over 20 seconds. Nicole Farmer was just off a Grade One as she ran 13.66 in the 100 metres.

For the boys Jake Potter ran a very useful 4.57.65 in the 1500 metres, which not only was a personal best, it is also the fastest in the country so far this year. (Again it is very early days). Elsewhere useful early form was shown by Adefala Lipede (100 and 200); Karina Harris (200 and long jump) and Catrin Murphy (200 and 800).

While many are putting the finishing touches to their preparations for this year's London Marathon, two members of Blackheath & Bromley are near ready for a far more ambitious running venture.

Between April 23rd (St Georges Day) to May 21st, Pete Rogers and John Turner plan to run 30 miles a day to take them from John O'Groats to Lands End. They are running to raise money in aid of The Cure Parkinson's Trust.

To run 30 miles a day for 29 days is a huge undertaking but the duo are probably more qualified to do this than most. John at 61 has run in over 100 marathons, and over 25 ultra distance races, including 17 London to Brighton races, 2 Comrades Marathons and four 24 hour track races.

Pete may be 13 years younger at 48 but he has also amassed a huge amount of distance running experience. Like John he has run over 100 marathons and completed a dozen ultras. These have included 6 London to Brighton races, 2 Comrades Marathons and a 24 hour track race.

They are preparing quite simply for the event by running lots of miles. For example, a couple of weeks ago the duo ran from the Blackheath & Bromley Clubhouse at Hayes for two hours returning in time for the Club photo which only takes place every four years. After smiling for the camera, they then embarked on another two hour run while other Club members competed in the Closing 5 Mile Handicap race.

They arrived back at the Clubhouse where post races teas were being served and were delighted to be presented with a cheque for £500 to go to their cause by Club member Tony Pontifex on behalf of the Master and Wardens of the Worshipful Company of Armourers & Brasiers.

Elated with this, they set off with a spring in their step for another 5 miles to reach their target distance for the day of 30 miles and arrived back at the Clubhouse to attend the Club AGM.

That is some commitment to the cause and one close to Pete's heart. "For the same number of years that I have been running my mother has fought Parkinson's. It is time to do something. We are running to find a cure". Anyone wishing to sponsor the duo should visit <http://uk.virginmoneygiving.com/team/TheJogleBrothers>  
To keep updated on their progress visit [www.offexploring.com/Jogler](http://www.offexploring.com/Jogler)

Past President Les Roberts, who has had Parkinson's for 19 years, has been a committed fund raiser to help find a cure for the disease. He has cycled from Lands End to John O'Groats to raise monies. Cruelly his plans for his next venture have been thrown into disarray after thieves broke into his garage and stole all his bikes, except for the one he was out riding on at the time. More on this to follow.

Alex Gibbins made his debut in the Bromley 5km park run at Norman Park and ran out victorious in a time of 17.01. William Fuller was third in a new best of 17.35 and Ross Braden in 4th, William Pope also with a pb of 19.11 in 9th and Thomas Desborough 10th also made the top 10.

The race is also graded according to age and top was William Fuller who produced a score of 80.66% with John Fenwick third with 78.50%.

This event becomes ever popular among Club members with Mick Jones in 25th, Georgina Piper 82nd and Karen Desborough 309th all making their first appearances in the event.

In addition new personal bests were also set by Andrew Riches 34th in 20.12, Emma Rowland 61st (21.27), Chloe Kibblewhite 119th (23.47) and the evergreen Mike Peel 172nd in 25.58. Twenty four Club members took part.

The Club have just won the Alpha Beta Trophy Meeting at Lee Valley. Full details will be included in the next report.



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### 3/04/12

Andy Rayner put the finishing touches to his preparations for this years London Marathon when he finished in a useful third place in the Paddock Wood Half Marathon. The Blackheath & Bromley athlete timed 70.44 on a testing course.

Alex Gibbins, who is also running at London, was 13th in 73.25 and Ian Montgomery 103rd and Kevin May 104th (Ian being helped by Kevin set a new best of 84.40), and Tony Crowder 154th (87.32) were all inside 90 minutes.

Officially the first woman from the Club to finish was Sarah Dowling 250th (92.33) with Justine Eastbury 348th (95.55) and Sarah Belaon 389th (97.00). However, it would appear there were problems with the electronic chips which are used to provide the results. A number of runners performances were not recorded and these included Club member Lisa Page, who had timed herself at 89.10.

Rosie Ferguson ran in the Croydon Half Marathon and finished in 72nd place in 93.47.

Shaun Lightman recorded his best time since 2010 at the Pat Furey 5 mile walking race at Lee Valley. He timed a very respectable 46.08.

The track and field season is now underway and a number of the Club's athletes have been in action around the country and the world. In the United States at the Texas Relays in Austin, Texas, Jonathan Ilori leapt 14.77 in the triple jump. He has also recently run 11.06 for the 100 metres and recorded a 15.06 wind assisted triple jump. In Los Angeles, James Alaka ran 48.95 for 400 metres.

Closer to home in Nottingham, Sam Milner opened her first season as a Senior Woman with a personal best in the discus of 45.70. Izzy Jeffs, who has joined the Club as a second claim member, won the javelin with 50.63.

Andy Tucker was the Club's first finisher at the latest Bromley 5km Parkrun at Norman Park. He finished in second place in 17.52 with Steve Pairman 11th and Jamie Gosnell 17th. First female was Chloe Kibblewhite in 115th overall.

Elsewhere, Glen Turner won the Valentines park run in 17.15. At Riddlesdown, Brendan McShane finished in 5th place with Helen Godsell 25th and Tracey Ashenden 28th, while at Newbury Peter Hamilton was 17th. Jim Osman was 58th at Swindon.

