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Blackheath & Bromley Harriers AC

Apr to Jun
2013

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25/06/13

Adam Gemili was part of the Great Britain 4x100 metres relay team who took maximum points in the European Athletics Team Championships at Gateshead. The Blackheath & Bromley athlete ran the opening leg for the team passing to Harry Aikines-Aryeetey, and thanks to their efforts and those of James Ellington and James Dasaolu on legs three and four, they broke the Championship record with a time of 38.89. This is also the fastest by a team in Europe so far this Summer.

Javelin thrower Izzy Jeffs received a late call up to the team and she finished 9th out of 12 competitors with a distance of 50.27. Great Britain finished in third place after two days of competition.

Not only were Adam and Izzy picked for Gateshead, both have been confirmed as selections for the Great Britain team for the European Under 23 Championships which take place at Tampere, Finland between July the 11th and 14th.

Adam goes in the 100, 200 and 4x100 while Izzy is, of course, picked for the javelin. They will be joined there by Lorraine Ugen, who, after her victory at the National Championships last weekend, has been picked for the long jump.

Continuing the good news Dina Asher Smith has been chosen to compete in the 100, 200 and 4x100 metres at the European Under 20 Championships in Rieti in Italy from the 18th to the 21st of July.

Finally, Shannon Hylton has been selected to represent Great Britain in the 200 metres at the IAAF World Youth Championships at Donetsk in the Ukraine from the 10th to the 14th of July.

While the action was taking place in Gateshead, a number of the Club's top athletes were competing in the South Of England Senior and Under 20 Championships at Watford. Most successful athlete of these was Shaunagh Brown who won both the Senior Hammer and shot competitions with distances of 61.33 and 15.61. She actually won the shot by over four metres!

The Club's other gold medallist was another S Brown, this being Samantha who took the under 20 womens 400 hurdles title in a time of 62.77.

All the other medallist came from the Seniors. Montell Douglas finished second in the 100 metres in 11.87 as did Carolyn Plateau in the 800. In the field it was silver too for Lewis Ely with a seasons best of 1.95, while Emily Martin claimed bronze in the long jump.

Elsewhere in the Seniors, Grace Sheppard was 5th in the womens 100 with Kieran Daly 7th in the mens. Dan Putnam ran 48.21 in the 400 semis but did not contest the final.

In the under 20s Kertis Beswick ran a new best of 10.91 to finish in 4th in the 100 metres with Max Mondelli 5th in 10.95. Kertis was also 5th in the 110 hurdles.

Tom Parker was 4th in the hammer as was Jonathan Osborne in the 400, and Gemma Brown was 5th in the discus.

A number of these youngsters have been selected for their Counties in the English Schools Championships which take place at Birmingham on the 5th and 6th of July. Those chosen so far are as follows:

Junior Boys

Dele Aladese

Inter Boys

Alex Skipp, William Fuller, Bailey Stickings, Richard Webb, Stefan Amokwandoh,

Senior Boys

Tom Parker, Max Mondelli, Kertis Beswick, Oliver Newport,

Junior Girls

Shannon Risky, Jessica Keene, Anna Barnett, Isabella Hilditch,

Inter Girls

Vivien Olatunji, Shannon Hylton, Cheriece Hylton, Helena Coleman, Kerri Davidson, Yemisi Sofolarin,
Senior Girls

Dina Asher-Smith, Rhiannon Jones, Gemma Brown, Rachel Dickens, Jahisha Thomas, Robyn Pettitt,

The four Junior Girls selections were all part of the Club's team at the latest UK Youth Development League Lower Age Group Premier Division match at Reading.

Competing in the Under 15s age group, Jessica Keene won the 800 metres in 2.17.7 with Shannon Risky making it maximum points in the B string. Anna Barnett was first in the discus with 23.98 but Isabella Hilditch had to settle for second place in the 75 metre hurdles despite timing a fine 11.8.

In the under 13s there were wins for Caelan Raju (75 hurdles), Angus Harrington (javelin), Henri James Cowie (shot), Eloise Locke (shot and javelin) and Karina Harris (long jump).

Despite these good performances the Club finished in 4th place on the day which is where they are placed in the Division for the season. One match remains.

Nigel Stickings was a proud father watching his son Lewis compete at Reading but the night before he held centre stage at the latest Kent Masters League match at Gillingham. He smashed the Club over 40s 200 metres record with a time of 23.3 breaking the previous best set by Bob Minting in 1990 by half a second. He also recorded a 52 second split on the anchor leg of 4x400 just missing out on catching his rival from Dartford by one tenth of a second.

Steve Timmins won the over 35s shot contest as did Mike Van Den Dobbelsteen the javelin. In fact the Club dominated with the spear as Steve Langdon won the over 50s and Richard Coe the over 60s events. Other victories in the over 50s came from Mark Watling in the 1500 metres and Clem Leon in the high jump.

These performances helped the Club to win by 12 points on the night and this means they head the League table after 4 matches by two points. A place in the Area Final beckons.

The womens team finished in second place on the night and are just one League place off the runner up spot in the table. Fresh from breaking the Club 800 record last weekend, Maureen Miller moved down in distance to win the 200 metres. This proved to be the Club's only individual win on the night but spirited performances from the rest of the team, some competing out of their age groups, ensured the second spot.

On the roads Len Crowder finished in 9th in the Beckenham Summer 10km in a time of 37.46. David Beadle was 30th (40.48), Andrea Pickup 31st (40.50) and Justine Eastbury 88th (45.00).



18/06/13

Blackheath & Bromley athletes came away from the England Athletics Under 23 and Under 20 Championships and European Trials at Bedford with a magnificent seven gold medals. Adam Gemili and Dina Asher Smith enjoyed double victories in the sprints while Dan Putnam, Lorraine Ugen and Izzy Jeffs also had well earned wins.

Adam's time of 20.30 in winning the 200 metres was not only a personal best, it was also a new Under 23 Championship best performance breaking the previous record set in 1998 by Christian Malcolm. Not only this, it was the fastest time by a British athlete for five years and is the third fastest in Europe so far this season. It is easily inside the Great Britain A standard for the World Championships which take place in Moscow in August.

His performance secures him automatic selection for the Great Britain team for the European Under 23 Championships which take place at Tampere, Finland between July the 11th and 14th.

He has also gained selection for the 100 metres as he won this event as well in a blistering 10.09, albeit wind assisted. This also was a Championship Best Performance and saw him finish nearly three tenths clear of Croydon's Samuel Owesa.

Dina Asher Smith enjoyed a similar double in the under 20 age group. Like Adam, her time in winning the 100 metres was wind assisted. The Newstead Woods schoolgirl clocked 11.30 to secure her place in the Great Britain team for the European Under 20 Championships which take place at Rieti in Italy from the 18th to the 21st of July.

Her 200 metres was equally impressive as she won in 23.19 just five hundredths slower than her seasons best which tops the European Under 20 rankings by four tenths of a second. Like Dina, her coach John Blackie is having a great season.

Newly crowned US Collegiate champion Lorraine Ugen secured the Under 23 long jump title with a wind assisted leap of 6.31. Her 6.77 distance set in America last week means she is second in the European Under 23 rankings this year. She also finished 4th in the 100 metres.

Izzy Jeffs is number one in the country this year in the javelin so it was no surprise that she won her event. No doubt the windy conditions ensured the Loughborough University student's winning distance of 50.24 was a little down on her seasons best of 56.31 which ranks her 6th in the European Under 23 lists. However, it secures a place at the European Under 23 Championships.

Fellow Loughborough student Dan Putnam has been carefully protecting one or two niggles this season and his sensible approach and planning was rewarded with a fine win in the 400 metres in a new personal best of 47.16, eight hundredths of a second ahead of Kent AC's Jack Green.

Elsewhere in the under 23s Jonathan Ilori, who only returned from University in the States during the week, claimed silver in the triple jump with a leap of 15.44. It was silver too in the discus for Samantha Milner with a throw of 44.09. Jermaine Olan won the long jump title in 2011 but this year had to settle for 6th place with a leap of 7.03. Phil Sesemann was 6th also in the 5000 metres in 14.43.59 as was Craig Morten in the 400 hurdles in 54.56. Sam Brown was 7th in the pole vault with a clearance of 4.20.

In the under 20s Oliver Newport was third in the long jump with 7.21 as was Robyn Pettit in the high jump with 1.78.

Gemma Brown was 4th in the discus with a fine new best of 42.59 while her sister Samantha was 5th in the 400 hurdles in 63.00.

Stefan Amokwandoh is still an under 17 but this did not stop him coming 4th in the triple jump with a leap of 14.13. Likewise, another under 17, Cheriece Hylton was 5th in the 400 metres in 56.06.

Jahisha Thomas was 7th in the 100 hurdles in 14.44 and also 8th in the long jump with 5.70.

Meanwhile at Horwich, Shaun Lightman finished in 7th place in the British Masters 5km road walk in a time of 29.32. He was the first over 70 to finish and he also won the age adjusted race by half a point. Roger Michell finished in 9th place in 30.52 despite a foot problem. This ensured he won the over 65s race.

Closer to home the Club enjoyed success in the third round of the Southern Athletics League at Norman Park. After finishing last in the first match of the season two wins have moved the Club up to 5th place in the 16 team division with two matches to go.

Encouragingly the match featured plenty of individual wins, personal bests and a new Club Record. This came from Maureen Miller who competed as a non scorer in the 800 metres. The former Club President set a Club over 50s best of 2.37.07 to take over six seconds off the previous record of Helen Godsell.

With all the good performances it was a difficult job to select the Club's male and female athletes of the match. After much thought Zara Asante received the womens award for her new best of 12.99 in the triple jump while Mark Cryer took the mens champagne for his all round effort for the team competing in the high jump, long jump, 110 hurdles and 4x100.

Grace Sheppard was one of a number of athletes to set a new best. Buoyed by the presence of electronic timing she won the 100 metres in 12.09. She then won the 200 and was also part of the winning 4x100 metres quartet.

Likewise under 20 Charlie Harris improved to 56.7 as he won the 400 hurdles, and under 17 Charlotte Rhule enjoyed an impressive win in the 1500 in a new best of 4.54.0.

Other A string wins came from Peter Tucker in the 5000 metres; Alex Pope (discus); Rachel Dickens (400); Danielle Critchley (800); Mark Longhurst and Helena Coleman (both pole vaults); and the womens 4x400 team.

Among the other notable performances were new bests for William Adams (400); Bethany Frost (400 hurdles); and Abi Kingston and Chloe Haffenden (1500 steeplechase).

While this was taking place many of the Club's youngsters were competing in the South East Schools Inter County Championships at Basingstoke.

In the Intermediate age group wins came from Vivien Olatunji in the 100 metres; Will Fuller (1500) and Richard Webb with a new best of 4.32.8 in the 1500 steeplechase.

Perhaps the highlight was the performance of under 15 Dele Aladese. He made a big breakthrough in the discus as he threw 39.65 a distance that moves him up to 9th in the National Rankings. This was a National grade one performance and there were more. Jessica Keene won the 1500 metres in 4.43.7; Shannon Risky was 2nd in the 800 in 2.19.4; Niyi Akin-Agunbiade 2nd in the boys 800 in 2.06.5; and Anna Barnett third in the discus with 27.80.

The Club had its most successful Kent Young Athletes League match of the season at Erith Stadium with both the boys and girls team winning their overall contests.

Among the highlights were four grade one performances and two of these came from under 13 Eloise Locke. Her throw of 9.07 in the shot was a new personal best and moves her to 7th furthest in the country this year. She also won the javelin with 25.97. Another under 13 Oliver Lucas Head soared over 1.45 to win the high jump and there was more vertical success in the under 15 age group as Jamilya Robinson Pascal set a new best of 1.56.

Jamilya was also part of the winning 4x100 team along with Megan Beamon Browne, Olivia Richer and Emily Sheppard; while further victories came in this age group from Jake Potter (800); Magda Cienicala (100) and Akina Gondwe Onobrauche (75 hurdles).

Peter Guy won the 800 metres in the under 13s age group while in the field Dominic Mulhall was first in the discus. Antonia Alapafuja, Karina Harris, Gabrielle Dalsan and Mhairi Brooks maintained the Club's great tradition of relay running by winning the 4x100 metres.

Parkruns.

Bromley: 6 Fintan PARKINSON 00:18:06 15 Charlie DAVIS 00:19:02 16 Andy TUCKER 00:19:06 17 Nick PERRY 00:19:11 21 Steven PAIRMAN 00:19:19 22 James PERRY 00:19:22 26 Robert PERRY 00:19:31 28 Andrew LAWES 00:19:47 29 Jennie BUTLER 00:19:54 30 Keir LUNDY 00:19:56 47 Barry WETHERILT 00:20:57 53 Iain SWATTON 00:21:13 66 John FENWICK 00:21:40 74 Glen READ 00:21:56 76 Mike SIMMS 00:21:58 82 Nigel HAFFENDEN 00:22:11 106 Nigel BULMER 00:22:49 125 Chloe KIBBLEWHITE 00:23:21 155 Adrian PERRY 00:24:21 166 Austin ADAMS 00:24:35 172 John LEESON 00:24:42 315 David WOODCOCK 00:30:15
 Crystal Palace : 4 David BEADLE 00:19:55
 Greenwich : 33 Rich GRANT 00:24:26
 Maidstone : 5 Marco ARCURI 00:18:53
 Orpington : 23 Harry William KEENE 00:23:36 27 Joanna CLOWES 00:24:35 28 Andrew CLOWES 00:24:36 38 Mick KEENE 00:26:25 39 Billy KEENE 00:26:35 83 Karen DESBOROUGH 00:34:59
 Oxford : 1 Glen TURNER 00:17:57
 Sheffield Hallam : 21 Kelsey FUSS 00:19:29



11/06/13

Lorraine Ugen was celebrating this week as she leapt a personal best of 6.77 for the long jump to win the NCAA D1 Championships at Eugene, Oregon. The Blackheath & Bromley athlete's distance exceeds the British Athletics "A" standard for the World Championships which take place in Moscow in August. This means a win in the Trials next month would secure an automatic selection place. It also breaks the long standing Club Record set by former Commonwealth Games champion Joyce Oladapo in 1985.

If Lorraine were to make the World Championships, it would be some compensation for missing out on Olympic selection last year by one centimetre. Another who was very close to being at London 2012 was James Alaka. Injury thwarted his bid for the Games. He was also competing at Oregon timing 20.97 in his heat of the 200 metres.

Blackheath & Bromley gained a very useful 5th place in the opening match of the Premier Division of UK Womens League in Edinburgh. Some fine individual victories and a group determination to make sure that no string of any event was left uncovered helped make up for the absence of nearly 30 athletes for a variety of reasons.

Despite being a junior, Dina Asher Smith won both the 100 and 200 against senior opposition in times of 11.80 and 23.84. She will be looking forward to the England Athletics Under 20 Championships at Bedford this weekend. Chioma Matthews won the triple jump with a leap of 13.38 and Zara Asante made it maximum points in the B string with a distance of 12.74.

Shaunagh Brown is clearly enjoying her foray into the world of hammer throwing. She won the event with a distance of 64.60, but also finished second in the shot with 15.43 and won the B string discus with a throw of 45.81. This must be the first time Shaunagh has been B string in the discus for the Club. It was Sam Milner who was 4th in the A string with a throw of 46.14 and she also competed in the hammer and javelin.

More good points came in the pole vault where Mariette Terisse Hilborne was second in the A string with a height of 3.70 and Rachel Arnheim won the B string. Not only this, Mariette enjoyed a rare excursion over the sprint hurdles and threw the javelin, while Rachel competed in the shot and high jump, all to score vital points for the team. Similarly, middle distance runner Clare Elms ran the 800, 1500 and 3000 metres. Her time of 10.27.34 in the latter is a new over 35s Club record.

With so many fine performances and such efforts to support the team, it was difficult for manager Brendan McShane to select an Athlete Of The Match. However, after much deliberation he chose Mariette whose performances were remarkable considering she had not trained during the Winter.

The next fixture takes place at Manchester on the 6th of July.

At Derby, the men finished in 4th place in their British Athletics League Division Two match. This means they are now second in the table, in one of the two promotion places.

They were helped by the presence of Olympian Adam Gemili who won the 100 metres in 10.28 in his first race of the season. He was also part of the winning 4x100 metres team with Oweka Wanogho, youngster Matthew Jones, on his Club debut, and Javari Cameron.

As the meeting was the opening fixture on the newly relaid track at Derby, a cheque for the Athlete Of The Match award was presented by the British Athletics League for the top athletic performance of the day. This went to Adam for his 100 metre victory and he very generously donated this to Club funds.

Sam Brown also enjoyed an A string victory in the pole vault with a clearance of 4.20 and would have gone higher but, having won the contest, he opted to retire to rest a niggling injury. Jermaine Olasan bounced back from a recent hamstring tear to win the long jump with a leap of 7.04 and he now prepares for this weekends National Under 23 Championships at Bedford where he will be looking to regain the title he won in 2011.

Phil Sesemann had another good days racing for the Club running his second fastest ever 800 off no speed work and he followed this with a personal best of 8.29.73 in finishing third in the 3000 metres.

Ed Harrison and Craig Morten both had very busy afternoons after scoring near maximum points in the 400 hurdles as did middle distance runners Richard Daniel and Jamie Darling, who came into the team at short notice to help the Club.

Busiest athlete of the day though, as he often is, was Alex Pope, who competed in seven events. His Herculean effort scored 48 points for the team and for this he was the Club's Athlete of the Match.

The mens team claimed a vital one point victory in the latest Kent Masters League match at Norman Park and now head the table after three fixtures. However just four League points separate the top four clubs, and only eight and a half match points.

Highlight of the evening was the over 35s 100 metres where Michael Champion and Nigel Stickings secured maximum points. Michael continued his return from illness to take the A string 12.1 before Nigel went even quicker to win the B string in 11.9. This means the former International has equalled the Club over 40s record on a modicum of training.

The duo joined Tom Phillips and Renaldo Gevera as the Club won the over 35s 4x200 metres.

Further victories came from Steve Timmins in the discus with a throw of 41.17 and Mark Watling in the over 50s 800.

It was not such a good evening for the women who finished in 5th place on the night and are now third in the table.

Top performer was Past President Maureen Miller who front ran the over 50s 800 metres to win by over 23 seconds. She also won the 100 metres.

A number of the Club's youngsters competed in the Kent Schools Championships at Ashford with wins for Alex Skipp (200), Shannon Hylton (200), Cheriece Hylton (300), Janae Galley (800), Niamh Bridson Hubbard (1500), Bailey Stickings (400 hurdles), Alex Wheelwright (high jump), Max Hodson (pole vault), Magda Cienicala (long jump), Megan Beaman-Browne (75 hurdles), Anna Barnett (discus) and Eloise Locke (shot). Details from the other Championships to follow.

The Club held it's annual Johnson Bowl Race Walk last Wednesday. The race is over 100 years old and the Club champion is

Shaun Lightman who finished in third place overall in a time of 37.25 with Roger Michell second in 38.11 and Peter Hannell third in 39.50.

It has been a busy few days for Shaun as he was back in action three days later in the Southern 10km at Enfield where he finished in 2 hours 12 minutes and 45 seconds.

Parkrun results

Bexley: 5 James PERRY 00:20:10 6 Nick PERRY 00:20:29 8 Robert PERRY 00:20:49 12 Adrian PERRY 00:21:46 16 Christopher PIKE 00:22:19

Darlington South Park 36 John FENWICK 00:21:45

Dulwich : 52 Nigel HAFFENDEN 00:22:11

Eastleigh : 66 Carolyn HALEY 00:26:10

Enniskillen : 5 James TUCKER 00:23:05

Gladstone : 1 Glen TURNER 00:17:40

Greenwich : 6 Steven PAIRMAN 00:19:54 9 Graham John COATES 00:20:47

Killerton : 28 Bob MINTING 00:20:58

Lloyd : 19 Sarah BELAON 00:21:50 29 Scott BULMER 00:23:01 32 Nigel BULMER 00:23:32

Maidstone : 29 Mick KEENE 00:23:01 109 Sarah HAYES 00:43:41

Orpington : 4 Joshua Henry DAVIDSON 00:19:33 10 Joseph GEORGIADIS 00:20:20 22 Glen READ 00:22:38 35 Harrison

PARKER 00:23:21 46 Joanna CLOWES 00:24:39 47 Andrew CLOWES 00:24:40 85 Peter LOVELL 00:27:52 110 Karen

DESBOROUGH 00:36:14

Riddlesdown : 4 Fintan PARKINSON 00:17:54 21 Mike SIMMS 00:22:02

Shorne Woods 20 Claire SPRINGETT 00:24:54



4/06/13

Blackheath & Bromley's under 20 and under 17 squad took a big step towards qualifying for National Final of the UK Development League Upper Age Group by finishing second in the latest Southern Premier Division One match at Norman Park. In a close contest their points total of 587.5 was just 5.5 shy of winners Shaftesbury Barnet after seven and three quarter hours of competition.

They have been runners up in both fixtures so far and this leaves them two points behind leaders Shaftesbury Barnet in the table but crucially three clear of third placed Enfield & Haringey, with the top two guaranteed a place in the final.

Two recent Club record breakers continued their fine current form. Dina Asher Smith enjoyed victories in both the under 20s 100 and 200 metres in times of 11.65 and 23.42 while Under 17 Cheriece Hylton won the 400 in 56.61.

Lauren Stevens took the honours in the long jump with a leap of 5.27 and the B string winner Jahisha Thomas was just one centimetre behind. Craig Morten had to settle for the runner up spot in the 400 hurdles but his time of 54.40 was a new best and a National Grade One performance.

In the under 17s age group Vivien Olatunji replicated Dina's victories in the sprints running 12.53 in the 100 and 26.26 in the 200. Aine Hurlock took the 80 metres hurdles in 12.56 and Bailey Stickings won the mens 400 hurdles in 59.50.

More success came in the field with wins for Helena Coleman in the pole vault with a clearance of 3.10; and for Yemisi Sofolarin with a distance of 38.57 in the discus.

With the match closely poised there were victories for the under 17 mens 4x100 team of Alex Skipp, Dotum Ayodele, Ayobami Moiety and Jed Botham and the under girls 4x300 quartet of Leah Everson, Niamh Bridson Hubbard, Janae Galley and Cheriece Hylton whose time of 2.52.29 saw them finish over ten seconds clear of the field.

The next fixture takes place at Reading on the 30th of June.

Missing from the Norman Park match, but for good reason, were Kertis Beswick and Oliver Newport who were competing abroad. Kertis timed 14.62 in the 110 hurdles at Oordegem in Belgium. This was a personal best despite running into a strong headwind. Oliver was 4th in the long jump at the AthletiCAGeneve meeting in Switzerland with a distance of 7.21.

Also at Geneva were a number of Senior athletes and these included Serita Solomon who set a new best of 13.23 in the 100 hurdles. Lauren Bouchard won the 400 hurdles in 58.46 with Megan Southwart 4th in 60.04. Chioma Matthews was 6th in the triple jump leaping 12.18.

The Lower Age Group match of the UKDL at Harrow the previous day did not go quite so well with the team finishing in fourth place. This means they remain fourth in the division after two matches.

However, with the fixture featuring the top six under 15 and under 13 teams in the whole of the South of England, there were plenty of good performances.

In the under 15s age group A string victories came from Georgina Taylor (800), Jessica Keene (1500), Isabella Hilditch (75 hurdles), Jamilya Robinson Pascal (long jump) and Anna Barnett (discus). Parris Johnson won the B string 100 in a grade one of 12.8 and Niyi Akin Agunbiade also set a Grade One of 2.05.6 in the boys 800 but, such was the quality of the opposition, it only earned him third place.

Eloise Locke set two grade ones in the under 13s age group as she won the shot with a throw of 8.57 and also came second in the javelin with 27.74. Angus Harrington won the boys javelin with a throw of 31.61 while Dillon Robertson claimed victory in the 800 in 2.21.2.

The next fixture also takes place at Reading on the 22nd of June.

Three Club members have qualified to compete in the World Triathlon Championships which take place in Hyde Park in September. Colin Norris, Nick Kinsey and Jim Phelan secured their places at the Chester Triathlon where each needed to finish in the top five of their respective age groups.

Colin was 5th overall and 4th in the 25-29 years age group in a time of 2.04.08. Nick was 162nd and 5th in the 50 to 55 category in 2.16.22; and Jim 691st and 2nd in the 65-70s in 2.45.18.

Mark Cryer set a new decathlon best of 6092 points when he finished in 12th place at the England Athletics Combined Events Championships at Bedford. His leap of 6.65 in the long jump and throw of 11.02 in the shot were both new bests as well.

At the British Milers Club Meeting at Sports City, Manchester Carolyn Plateau was second in the 800 metres in 2.06.6.

Club members won four gold medals at the Southern Counties Vets AC Championships at Ashford and all were in the field events. Mike Van Den Dobbelen took the over 40s javelin title with a throw of 49.40 while Steve Langdon secured the over 50s crown with a distance of 43.24.

Jackie Montgomery set a personal best of 2.30 to win the womens over 45 pole vault title. Barbara Terry came away with two medals as she won the discus with 20.97 and also took silver in the shot with 7.91.

The previous day Barbara had been in action at the Surrey And Sussex Masters Championships at Ewell where she won the shot, discus, javelin, hammer and heavy weight contests. Gordon Hickey did likewise in the over 75s age group. Peter Hannell was third in the 3000 walk.

Further afield Peter Hamilton finished in 23rd place in the Central Park Challenge 5km in New York in 20.46.49. Helen Godsell returned from the Edinburgh Marathon with a new best of 4 hours, 12 minutes and 41 seconds and will now return to her main event the sprints!

Shaun Lightman finished in 14th place in the Moulton 5 mile road walk in a time of 48.46.

Parkrun results

Bromley 01/06/2013. results for this event here: 16 Steven PAIRMAN 00:19:28 23 Andrew LAWES 00:19:52 26 Andy TUCKER 00:20:02 33 Keir LUNDY 00:20:17 44 Iain SWATTON 00:20:57 62 Tammy FALSHAW 00:21:53 69 Mike SIMMS 00:22:03 71 Harrison PARKER 00:22:05 73 Nigel HAFFENDEN 00:22:13 204 Peter LOVELL 00:26:24
Colchester Castle 20 Mark ELLISON 00:20:19
Eastleigh 01/06/2013. 71 Carolyn HALEY 00:26:57
Gladstone 01/06/2013. 1 Glen TURNER 00:17:34
Greenwich 01/06/2013. 15 Christopher PIKE 00:22:01 18 Rich GRANT 00:22:26
Killerton 01/06/2013. 24 Bob MINTING 00:21:04
Maidstone 01/06/2013. 103 Sarah HAYES 00:42:50
Orpington 01/06/2013. 1 Neil AYRTON 00:19:11 13 Andrew CLOWES 00:22:26 14 Harry William KEENE 00:22:47 18 Billy KEENE 00:23:55 19 Mick KEENE 00:23:56
Queens 01/06/2013. 7 Joshua Henry DAVIDSON 00:19:48
Whitstable 01/06/2013. 27 Scott BULMER 00:23:12 30 Nigel BULMER 00:23:29



28/05/13

Scott Overall finished in 5th place in the London 10km. The Blackheath & Bromley athlete timed 30.31 after recovering from a cold which affected him while at a recent race in Bangalore, India. Phil Sesemann was 30th in 31.54 with Alex Gibbins 88th in 33.27.

Also on the roads Peter Tucker finished in 6th place in the Edinburgh Marathon in a time of 2.28.24.

All of the Club's US based athletes have been in action over the last few days. At the NCAA Division 1 West Preliminary at Austin, Lorraine Ugen was second in the long jump with a leap of 6.34. James Alaka was third in the 200 metres in 21.25 having run 21.08 in his semi. He also ran 10.62 in the heats of the 100. Jonathan Ilori was 9th in the triple jump with a distance of 15.12.

Meanwhile, Alex Bruce Littlewood set a new best of 8.55.01 for the 3000 metres steeplechase at the NCAA Div 1 East Preliminary at Greensboro.

At the Bedford International Games, Shaunagh Brown won the hammer with a throw of 63.43 and she was also second in the shot with a throw of 15.86. Other runner up spots came from Serita Solomon in the 100 hurdles in 13.47 and Chioma Matthews in the triple jump with a leap of 13.06.

Lauren Bouchard was third in the 400 hurdles in 59.11 with Samantha Brown also third in the B race in 63.52. Dina Asher Smith set a seasons best of 11.59 in the 100 metres where she was fourth as was Samantha Milner in the discus with a throw of 46.06.

The Club's athletes won 26 Gold medals at the Kent Championships at Ashford and included three Championship Best Performances. These came from Shaunagh Brown in the Senior Womens hammer with a distance of 62.92. Cheriece Hylton in the under 17 womens 300 metres with 37.59 and Shannon Hylton in the heats of the under 17s 100 metres in 11.64. Not only was Cheriece's time a new Club Record, it was also the 2nd fastest time ever by a UK under 17 athlete. Shannon's time is the fastest in the age group in the country this year.

Elsewhere in the Seniors there were golds for Grace Sheppard (100 and 200), Steve Timmins (shot and discus) and Rachel Arnheim (pole vault).

In the under 20s wins came from Gemma Brown (shot and discus), Rhiannon Jones (100 hurdles), Bethany Frost (400 hurdles), Jessica Jones (1500 steeplechase), Evie Syron Russell (triple jump), and Tom Parker (hammer).

Aside from Cheriece's 300 metre victory in the Under 17s age group other wins came from Vivien Olatunji (100), Yemisi Sofolarin (discus and javelin), Niamh Bridson Hubbard (1500), Max Hodson (pole vault), Richard Webb (1500 steeplechase), Janae Galley (800) and Leah Everson (300 hurdles).

Under 15 Isabella Hilditch enjoyed victories in both the 75 metre hurdles and long jump, the latter in a new Club Record of 5.39 while further successes saw wins for Anna Barnett (discus) and Georgina Taylor (800).

More golds came at the Surrey Championships at Kingston where in the under 20 age group Oliver Newport returned from injury to win the long jump with a distance of 7.30 and Jonathan Osbourne won the 400 in 49.83. In the under 17s Kerri Davidson and Jed Botham won both long jump competitions.

At the Norfolk, Lewis Ely won the Senior Mens high jump clearing 1.85, while at Middlesex Zara Asanta took the triple jump crown with a leap of 12.54. Sam Brown won the Sussex pole vault title with a clearance of 4.40.

Parkruns, Bexley 17 Christopher PIKE 00:22:05
 Bromley. 10 Andy TUCKER 00:18:42 31 Kelsey FUSS 00:20:02 34 Graham John COATES 00:20:14 37 Robert PERRY 00:20:26
 44 Nick PERRY 00:20:43 45 Bob MINTING 00:20:44 46 Keir LUNDY 00:20:52 60 John FENWICK 00:21:38 69 Mike SIMMS
 00:21:53 83 Glen READ 00:22:42 95 Adrian PERRY 00:23:10 131 Austin ADAMS 00:24:23 169 Chloe HAFFENDEN 00:25:56
 171 Nigel HAFFENDEN 00:26:00 219 Peter LOVELL 00:27:47
 Eastleigh 50 Carolyn HALEY 00:26:22
 Gladstone 4 Glen TURNER 00:18:41
 Greenwich 40 Rich GRANT 00:26:19
 Lloyd Park 10 Sarah BELAON 00:21:47 16 Scott BULMER 00:22:17 18 Nigel BULMER 00:23:02
 Maidstone 102 Sarah HAYES 00:43:49
 Orpington. 2 Jake POTTER 00:18:26 9 Joseph GEORGIADIS 00:20:03



21/05/13

Blackheath & Bromley athletes enjoyed an outstanding day at the Loughborough International as they set five Club records and produced numerous personal bests.

Leading the way was Dina Asher Smith who, representing the Great Britain under 20 team, won the 200 metres in 23.14. Not only was this a Club Junior record, it also bettered the Senior time as well. It is the fastest time by a Junior woman in Europe this year and leaves her fifth on the UK all time list. National record holder for the 100 metres Montell Douglas representing England was 5th in 24.18.

Shaunagh Brown broke the Senior Womens Hammer record when she finished in second place with a distance of 66.06. This was an improvement of nearly five metres and to add to her celebrations she also set a new best of 16.39 in the shot, a distance that leaves her number one in the country this year. She is ranked third in the Hammer.

Fourth and fifth Club records of the day came from Cheriece Hylton in the 400 metres. Her time of 54.58 broke both the Club under 17 and under 20 records and means she is third ranked in the country in the under 20 age group this year.

Amidst all this excitement, Samantha Milner made a massive breakthrough in the discus as she improved her best by five metres with a throw of 51.07; and Izzy Jeffs' throw of 56.31 in the javelin meant that the Club's athletes had set pbs in all four throws.

Serita Solomon was selected to run for the England Senior team and she finished third in the 100 hurdles in a seasons best of 13.50. More success came in the triple jump where Chioma Matthews was just two centimetres off her best as she placed 4th in 13.16 and Zara Asante was 10th with 12.43.

Accompanying the match events were numerous non scoring and development contests. Shannon Hylton timed an outstanding new best of 23.54 in the 200 metres, a performance which leaves her top of the under 17 rankings this year, and is just five hundredths of a second off Dina Asher Smith's Club Record.

Among the other new bests were Femi Owolade's 21.03 and Dan Putnam's 21.17 in the 200 metres and Kertis Beswick's 14.65 in the under 20s 110 hurdles.

Lauren Bouchard won the 400 hurdles B race in 58.51 with Megan Southwart fifth in 60.09.

More good news came at the BMC races at Solihull where Phil Sesemann and James Poole set new bests of 14.27.17 and 14.35.91 for the 5000 metres.

The Club's over 55s finished in 5th place at British Masters Road Relays at Sutton Park. After Con Griffin gave the quartet a solid start, Tim Soutar moved up eight places on leg two with 17.54. Further strong runs from Cliff Keen and Andy Lawes secured the 5th spot, less than half a minute off a bronze medal position and 37 seconds off silver.

An over 45s team of Neil Ayrton, Mark Watling, Roy Smith, Mark Ellison, Steve Pairman and Andy Tucker finished in a useful 15th place. Roy Smith was the fastest of the sextet timing 17.34 on the third stage and moving up 14 places.

Unfortunately the Club were not able to field teams in the other age group races.

The Club enjoyed a victory in the second Southern Athletics League match of the season at Norman Park. After finishing last in the opening match, they needed a good result and they secured their win by seven points from Chelmsford. This catapults them from bottom to 8th in the 16 team division.

Steve Timmins and Grace Sheppard picked up the bottles of champagne as the Club male and female Athletes Of The Match. Steve won both the A string shot and discus events and set a new best of 49.67 to win the B Hammer with under 20 Tom Parker setting a pb of 55.38 in the A string. In fact, the Club achieved maximum points in the mens throws with Mike Van Den

Dobbelsteen winning the javelin A string and Alex Pope taking the shot, discus and javelin B strings.

Grace's award came for her A string wins in the 100 and 200 metres and she was also part of the winning 4x100 metre quartet.

Toby Olubi won both the mens sprints and other A string wins came from Alex Gibbins (3000 steeplechase), Lewis Ely (High Jump), Mark Cryer (Long Jump), Rhiannon Jones (110 hurdles), Helena Coleman (pole vault), and Chioma Matthews in the triple jump, an event that Zara Asante would have won if she had been A string.

The squad will be looking to consolidate it's position in the top division at the next match, which is also at Norman Park on the 15th of June.

The Kent Masters League is set to be keenly contested this year. After the second match at Canterbury, just three points separates the top four teams in the Mens Division One and while Dartford have a 3 point lead in the womens division, B&B are second but on the same number of points as third place Cambridge.

Michael Champion showed that he is recovering from illness as he won the over 35s 200 metres and was also part of the winning 4x100 metres team.

The other winners on the night came in the 1500 metre races with Mark Watling first in the over 50s and Graham Coates dominant in the over 60s.

The team finished third on the night and are now second overall, one point behind leaders Ashford.

Maureen Miller ran a fine 200 metres to win the womens over 50s race by three and a half seconds in 31.1. Anne Cilia won the over 50s javelin by nearly ten metres and Barbara Terry secured maximum points in the over 60s shot. The team were second on the night and lay in the same position overall.

Shaun Lightman has been in good form recently finishing in second place in Vets AC 5 Mile walk at Battersea Park. An over 70, he timed 46 minutes and two seconds with Peter Hannell 5th in 51.40 and David Hoben 7th in 58.32.

18/5/13 Parkrun results. Bexley. 15 Christopher PIKE 00:21:29

Bromley. 1 Richard WEBB 00:16:42 7 William B RUIZ 00:18:07 14 Angus HARRINGTON 00:19:08 25 Arthur CAREY 00:19:43 26 Georgina TAYLOR 00:19:52 49 Jennie BUTLER 00:20:48 52 Keir LUNDY 00:21:02 62 Barry WETHERILT 00:21:33 65 Harrison PARKER 00:21:37 69 David CARTON 00:21:42 75 Nigel BULMER 00:21:51 77 John FENWICK 00:21:55 80 Nigel HAFFENDEN 00:22:00 88 Mike SIMMS 00:22:10 105 Scott BULMER 00:22:43 193 Chloe HAFFENDEN 00:25:30 336 David WOODCOCK 00:32:52 338 Leszek MALYNICZ 00:33:19

Dulwich. 11 Nick PERRY 00:18:59 19 James PERRY 00:19:53 23 Robert PERRY 00:20:08

Eastleigh. 66 Carolyn HALEY 00:27:38

Gladstone. 30 Glen TURNER 00:23:56

Greenwich. 9 Lewis STICKINGS 00:20:21 15 Charlotte STICKINGS 00:21:50 (First woman)

Hilly Fields. 11 Peter HAMILTON 00:20:56

Killerton. 23 Bob MINTING 00:21:18

Lloyd. 3 Eamonn PRENDERGAST 00:19:16 15 Sarah BELAON 00:21:50

Maidstone. 4 Paul ROSS-DAVIES 00:20:24

Orpington 5 Jessica Zara KEENE 00:20:24 (First woman) 22 Dave LEAL 00:23:29 23 Mick KEENE 00:23:50 70 Karen DESBOROUGH 00:34:33



14/05/13

Two athletes from Blackheath & Bromley have so far been selected for the Loughborough International this weekend. Serita Solomon has been picked for the England team in the 100 metre hurdles. Dina Asher Smith will represent the Great Britain Under 20s team in the 200 metres and is in the 4x100 metres squad.

The Club enjoyed victory in the opening British Athletics League Division Two match of the season at Norman Park. A mixture of classy performances and a willingness to cover events where regular athletes were unavailable, ensured the team finished 22 points clear of second placed Southampton.

There were a number of contenders for the Club's Athlete Of The Match with the award going to Luke Smallwood. He won the 400 metres in 47.60 beating Notts AC's Michael Warner, who was twice the League's Athlete of the Match last year and last week won the British Universities title. Not only this, he also helped the team by volunteering himself for the high jump and long jump, and finished his athletic afternoon by anchoring the 4x400 metre team to third place. As he was also operating the photo finish, he was the first team member to arrive and the last to leave.

Dan Putnam, who was second in the 400 at the British Universities, moved down in distance and won both the 100 and 200 metres races while Oweka Wanogho made it maximum points in the B strings.

The other A string wins came from athletes returning to the team after breaks of at least a year. Andrew Jordon set a seasons best of 61.57 to claim the A string hammer with youngster Tom Parker marking his debut with victory in the B string.

Phil Sesemann prevailed in an exciting 1500 metres and Scott Huggins launched himself over 4.60 to win the A string pole vault with Sam Brown making it maximum points in the B string.

Elsewhere there were top three A string places for Mike Van Den Dobbelsteen (2nd javelin); Steve Timmins (3rd shot); Alex Gibbins (3rd 3000 steeplechase); Andy Rayner (3rd 5000); and the 4x400 quartet of Craig Morten, Ed Harrison, Richard Davies and Luke Smallwood. Craig had earlier won the B string 400 hurdles.

So, after such a good start, the squad will be looking to build on this performance at the second fixture at Derby on the 8th of June.

James Alaka, Alex Bruce-Littlewood and Jonathan Ilori would all have been selected for the Norman Park match, but they are all studying in the United States. James was 6th in the 100 metres at the PAC 12 Outdoor Championships in Los Angeles in a time of 10.35 having timed a wind assisted 10.22 in his heat. He also ran 21.13 in the 200 metres.

Alex also had a busy weekend. He was in action at the SLC Outdoor Championships at Lake Charles where he was 4th in the 3000 metres steeplechase in 9.21.83 and 3rd in the 5000 metres in 14.43.37. Jonathan jumped 15.15 for the triple jump at the SEC Outdoor Championships at Columbia.

The Club's younger members enjoyed a successful day at the latest KYAL match at Canterbury, as the under 15 and under 13 girls both won and the boys squads both finished in second place.

In the under 15s Isabella Hiditch starred in the 75 metre hurdles, not only because of winning, but also because her time of 11.8 was a grade one performance.

In the field there were wins for Toyin Orelaja in the high jump; Akina Gondwe Onobrauche (shot) and Anna Barnett (discus). Back on the track, the 4x100 metre team of Olivia Richer, Nicole Farmer, Magda Cienicala, and Jamilya Robinson Pascal enjoyed victory in 51.6.

Most successful athlete of the day was Eloise Locke who won the shot, discus and javelin in the under 13s age group and she joined Antonia Alapafuja, Isabelle Bridge and Karina Harris for victory in the 4x100. Daisy Dowling's 19.02 would have won the A string javelin had Eloise not been competing, but it won the B string and she also won the B shot.

For the boys Dominic Mulhall won the hammer and Oliver Lucas-Head, Caelan Raju, George Pipe and James McGruer won the 4x100 metres.

Steve Cooper won his first race in nearly ten years at the Alton Water multi terrain 10km in 36.59.

Amber Reed was the first woman to finish at the latest Bromley Parkrun at Norman Park. She was 11th overall in 19.22. Nick Perry was 8th overall with Andy Tucker in 12th also making the top 20.



7/5/13

A number of Blackheath & Bromley athletes enjoyed success at the British Universities Championships at Bedford. Among the highlights were the victories of Izzy Jeffs in the javelin with a throw of 53.29 and Samantha Milner in the discus. Dan Putnam won a silver medal in the 400 metres with a time of 47.52.

Others came close to medals with Megan Southwart 4th and Lauren Bouchard 7th in the 400 hurdles; Sam Brown 5th in the pole vault; Jermaine Olasane 5th in the long jump; Grace Sheppard 7th in the 100; and Caroline Ford 8th in the 800 metres.

There was disappointment for Tremayne Gilling. The former England champion won his heat of the 100 metres in 10.6 and was leading his semi final at 60 metres before succumbing to a hamstring injury which meant he struggled across the line in 11.11.

On Bank Holiday Monday the Club hosted its annual Ted Pepper race at Norman Park. Now a multi terrain event it was won by Andy Rayner in 34.32, who, the day before had timed 31.33 on the roads at the BUPA Bristol 10km. Roy Smith was 10th and Len Crowder 11th. First woman from the Club was Amber Reed in 37th followed by Jane Bradshaw in 57th and Justine Eastbury in 71st.

On Friday, the mens team finished in second place in the Kent Masters League at Sutcliffe Park. The women finished third and the B team was second in Division Two.

Perhaps the most notable performance for the men was that of Shaun Lightman. Although over 70 the 1968 Olympian won the over 35s 2km walk by nearly 70 seconds in 11.27.7. Rob Brown in the over 60s also enjoyed emphatic victories in the 400, where he won by over 9 seconds, and in the triple jump where he leapt over a metre further than his nearest challenger. Other victories came from Alex Gibbins in the over 35s 3000 metres and Clem Leon in the over 50s 400.

In the womens Division One contest Jackie Montgomery won the over 35s pole vault with a clearance of 2.30; Helen Godsell won the 400 in 76.5; and Anne Cilia took the over 50s pole vault with 1.40.

The Club also field a team in Division Two of the League and on this occasion the squad consisted of just one athlete. However, what they lacked in numbers they made up for in quality as Justine Eastbury won the 3000 metres and came second in the 400 metres and triple jump.

The Club's youngsters finished in 4th place in the opening UK Youth Development League for under 15 and under 13s at Norman Park.

The under 15 girls produced a number of impressive performances with Anna Barnett winning the discus and hammer contests, the former in a Grade One of 28.28. Other grade one victories came from Parris Johnson (200), Georgina Taylor (800), and Jessica Keene (1500). Isabella Hilditch won the long jump but despite running a grade one in the 75 metre hurdles had to settle for second place. The quartet of Olivia Richer, Parris Johnson, Nicole Farmer and Jamilya Robinson-Pascal also won the 4x100 metres. For the boys Daniel Nkukwe won the long jump with a leap of 5.36.

In the under 13s age group wins came from Angus Harrington in the javelin and Karina Harris in the long jump.

Fintan Parkinson was the Clubs first finisher in the latest Bromley 5km park run at Norman Park. He was 2nd in 17.33 with young Marco Arcuri 7th and Steve Pairman 11th. Chloe Kibblewhite was first woman in 83rd, with Claire Austridge 103rd and Chloe Haffenden 189th.

Elsewhere Sarah Belaon won the womens race at Lloyd Park and Niamh Bridson Hubbard was 13th at Greenwich.



30/04/13

Scott Overall of Blackheath & Bromley will not be competing in the marathon at the World Championships in Moscow later this Summer as no British male athletes have been selected. Two women have been picked to race in Russia. Scott now plans to race the Berlin Marathon in the Autumn.

James Alaka enjoyed a double victory in the sprints at the UW verses WSU meeting at Seattle, Washington. He won the 100 metres in 10.62 and the 200 in 21.48.

At the Loughborough open meeting which incorporated the Trials for next weekends BUCS Championships, Sam Milner won the womens discus with a throw of 43.81. Lauren Bouchard ran 55.76 for the 400 metres.

The Club's under 20s and under 17s finished in second place at Basildon in the opening Southern Premier Division of the new Youth Development League. Shaftesbury Barnet Harriers won the match and a strong finish in the relays helped the Club secure the runner up spot.

Highlight of the day was the performance of Dina Asher Smith who won the under 20s 200 metres in 23.66 which is a qualifying time for the European Junior Championships. She also won the 100 metres in 11.83 despite running into the teeth of a -3.2 metre per second wind. Shannon Hylton made it maximum points in the B strings with times of 12.40 and 24.97. Twin sister Cheriece timed an excellent 55.86 in the 400 metres but had to settle for second place.

Other A string victories came in the under 17 womens age group from Maya Bruney (100), Vivien Olatunji (200), Aine Hurlock (javelin) and Kerri Davidson with a very useful grade one of 10.99 in the triple jump.

The team produced a strong finish to the afternoon winning five of the eight relays. In the under 20s Dina Asher Smith, Amara Lalemi Jacobs, Georgina Middleton and Charlotte Colegate took the 4x100 metres in 49.07. The men did likewise, courtesy of Kertis Beswick, Craig Morten, Alex Skipp and Reuben Fakoya in 43.69.

More sprint relay success came in the under 17s as Vivien Olatunji, Cheriece Hylton, Shannon Hylton and Maya Bruney won the womens 4x100 in 48.60, quicker than their winning under 20 team mates.

Luke Russell, Ayo Moiett, Jonathan Court and Bailey Stickings won the mens 4x400 in 3.42.67 and Sonia Woolhouse, Niamh Bridson Hubbard, Janae Galley and Cheriece Hylton the womens 4x300 in 2.55.14. The squad will be looking to consolidate their position in the next match which is a home fixture at Norman Park on the 2nd of June. The top two teams will gain automatic places in the National Final at Birmingham in September.

Roger Michell finished in 15th place in the National 20km walk championships at Coventry in a time of 2.08.26. In doing so, he helped Surrey Walking Club win the three to score National team title. Peter Hannell was 20th in 2.15.37 and so helped SWC to victory in the four to score race as well.

Earlier in the week David Hoben was 14th in the VAC, Surrey, Herts and Middlesex 10km track championships at Battersea Park. He timed 1 hour 13 minutes and 22.9 seconds and was 4th in the Surrey Championships.

The results from last weeks mini marathon have now been revised and verified after a number of Blackheath & Bromley runners did not appear in original listings. The majority of the B&B athletes were competing for Bromley, helping the Borough to some excellent team results.

The under 17 girls finished in second place led home by Janae Galley in 15th place with Anna Myers 17th, Emily Grant 23rd, Bethany Frost 25th, Lucy Sidey 45th and Holly Fletcher 57th.

Two of the boys finished in the top 10 with Will Fuller 5th and Richard Webb 6th. With Will Ruiz 37th, Tom Desborough 67th, Nicholas Perry 85th and Gavin Benson 110th they were 7th in the team race.

Highlight of the day was the victory for the under 15 girls. Georgina Taylor was first home in 7th with Niamh Bridson Hubbard 10th, Jessica Keene 19th, Shannon Risky 21st, Leah Everson 40th and Mary Guy 65th. To add to the celebrations Charlotte Rhule, representing Croydon, finished in 12th place.

The boys finished in 12th place with Niyi Akin Agunbiade in 46th, Alexander Wiltshire 47th, Charlie Davis 68th, Joshua Davidson 89th, Anthony Caballero 95th and Arthur Carey 128th.

The under 13 boys came a fine 2nd place with Jake Potter having another good run to finish in 6th place. Joe Smith was 13th, Angus Harrington 28th, Oscar Hussey 30th, James Elms 37th and George Pope 40th.

First Club member home in the girls race was Naomi Kingston, who, representing the City of Westminster, came third. The Bromley team were 12th with Yasmin Austridge finishing an impressive 8th and Tamsin Falshaw 47th, Georgina Piper 76th, Lauren Goddard 123rd, Claudia Pickup 124th and Grace Scopes 155th.

A small group competed at the Sward & Kinnaird Meeting using the event to shake off the cobwebs after a Winters hibernation. Best performance came from Jermaine Olasan who was second in the long jump with a leap of 7.15. New member Mark Cryer won the B string with 6.52 and he had a busy afternoon competing also in the 110 hurdles, 400 and high jump.

Ed Harrison dipped under 55 seconds for the 400 hurdles despite having hardly stepped on a track all Winter, work commitments having led to him curtailing his Athletics training.

Lewis Ely was second in the high jump with a leap of 1.80 and Mike Van Den Dobbelsteen third in the javelin with 47.60.

Gordon Hickey and Barbara Terry both finished in 2nd place in their respective age groups in the latest SECTA Weight Pentathlon at Ewell. Gordon scored 2234 points in the mens over 75 contest while Barbara amassed 3104 points in the womens over 65s.

Katie Murray not only won the womens race at the latest Bromley 5km park run at Norman Park, she was also the Club's first finisher, beating all the men. She was 8th overall in 18.51 with Steve Pairman in 14th and Andy Tucker 19th also making the top 20. Youngster Jamie Gosnell was the third male home in 28th. Yasmin Austridge was second woman home in 54th with mum Claire next in 244th.

Charlotte Stickings won the womens event at Bexley and was 18th overall in 21.47.

Joshua Davidson was 5th at Orpington with Robert Perry 6th and Harry Keene 13th. Andrew Riches was 14th at Hilly Fields, Steve Haley 29th at Riddlesdown; Rich Grant 34th at Greenwich; and Peter Hamilton 36th at Winchester.



23/04/13

Numerous members of Blackheath & Bromley were involved in the Virgin London Marathon from those who ran the full distance, to the youngsters who raced the mini marathon; from those who help man the baggage vans at the finish, and those who lined the streets to cheer all those taking part.

Peter Tucker was the first Club member to finish in 2.27.19, thus winning the Club Marathon Championship which was incorporated in the race. He was followed home by Mike Skinner, making his marathon debut in 2.28.10 and Fintan Parkinson in 2.43.18. Kevin May was the only other Club member to go under three hours with 2.43.53.

First woman from the Club to finish was Lisa May who timed 3.16.12, with Julie Reynolds second in 3.27.06 and Sarah Belaon third in 3.36.18.

Scott Overall had been looking to secure selection for the World Championships later this year but he pulled out just after half way. He said he had not been feeling comfortable throughout and that a knee injury which had recently stopped him running for 16 days had contributed to this.

Further down the field Richard Daniel was running to raise monies for the Royal Marsden Hospital. Richard is now fully recovered from a brain tumour. Part of the tumour was taken out in an operation. The remainder was removed with radiotherapy at the Royal Marsden, a gruelling but ultimately successful treatment. He was not able to do as much training as he would have liked but managed to get round in under four hours.

Up until last Sunday Mike Peel had finished every London Marathon since the race was first held in 1981. However, all good things come to an end and this year he did not finish because of recent illness. He did, however, toe the start line and run the first 100 metres before dropping out preferring a Did Not Finish after his name rather than a Did Not Start.

His record may not last as long as Mike's series of runs, but, Sundays results mean that Club member Mark Steinle remains the fastest British marathon this Century with the 2.09.17 he ran in 2002.

News on the mini marathon will be delayed while results are verified.

James Alaka's season picked up significantly at the Mount Sac Relays in Walnut, California. He went under 21 seconds for 200 metres for the first time this year with 20.96. He also ran 10.52 for the 100. Alex Bruce Littlewood timed 9.00.52 for the steeplechase.

Perhaps the most important news of the week was that there was no news from the mens track events at the Southern Athletics League match at Stevenage. Without a team manager, the Club did not fill a single string of a mens track races, this despite the attractions of electronic timing. Credit to youngster Tom Parker who threw a best of 53.04 in the hammer and Mike Van Den Dobbelsteen who was second in the javelin with 49.00 and scored points in the discus and long jump.

It was a different story on the womens side, where a team largely of younger athletes performed extremely well. Highlight was a stunning 55.74 by under 17 Cheriece Hylton to win the 400 metres. Grace Sheppard enjoyed wins in both the 100 and 200 A strings and there were further victories for Rhiannon Jones (100 hurdles), Mariette Hilborne (pole vault), Lauren Stevens (long jump) and Evie Syron Russell (triple jump), and the 4x100 quartet.

However, with the League being a joint scoring contest, it was almost inevitable that, given the number of uncontested events, the Club finished last.

The first of the Veterans AC 5 mile League race walks took place at Battersea Park. Shaun Lightman was 5th in 46.07 with Peter Hannell 11th in 50.28 and David Hoben 17th in 57.35.

There was a clean sweep of the leading places at the latest Bromley 5km Parkrun at Norman Park. Alex Gibbins was first with George Vacharopoulos second and Ross Braden third. Andy Tucker in 10th and Steve Pairman 15th also made the top 20.

Neil Ayrtton was 2nd at Orpington, Brendan McShane 8th at Riddlesdown, and Chris Pike 12th at Bexley.



16/04/13

Blackheath & Bromley's senior men finished in a very useful 19th place in the National 12 stage Road Relays at Sutton Park, Sutton Coldfield. This is one of the highlights of the road race calendar with the top clubs in the country going head to head over 6 long and 6 short stages to provide over four hours of top class racing. The event incorporated the Southern Championship which was cancelled three weeks ago and the Club were 8th in this.

Andy Rayner closed in 10th place on the traditionally strong opening stage in a time of 26.47. This left James Poole nicely placed on the second stage and he brought the team home in the lead, the first time the Club has headed the field at the end of a stage

since 2000 when Dave Heath "won" the first leg. James' time was 14.22 and this proved to be the third equal fastest short stage of the day, an excellent effort.

This left joint team manager Alex Gibbins there to be "shot at" by the other Clubs. He slipped to 14th with 29.05 and Steve Cooper produced a 16.52 on the next short stage to leave the Club in 20th after a third of the race. He passed to Great Britain World Cross Country representative Mike Skinner on stage 5, who moved the team back up to 14th with 26.50.

George Vacharapolous, who is currently studying at Warwick University, produced a solid 16.29 to leave the Club in 16th at half way.

Peter Tucker maintained this position with 28.24 before another student Ross Braden (Kent Uni) timed 16.30 for 17th. He passed to Olympian Scott Overall, who in his last race before this weekends London Marathon, swept through the field to 12th recording 26.18, the 7th fastest long stage time of the day.

Dave McKinlay, one of the other joint managers, slipped one to 13th with 16.34, before Fintan Parkinson, on his debut in the event, timed 30.55 for 16th. Danny Brewer, just back from Thailand, brought the team home in 19th in 16.56.

A total of 72 teams finished and there were others who started but could not complete a team of 12 runners. It was, therefore, a good effort with a mixture of youth and experience, and something on which the Club can build.

To emphasise this point, the Clubs youngsters posted an impressive set of results at their own National Relay Championships the following day at the same venue. In the under 17's age group the men finished in 10th place. Richard Webb came in 10th on the opening stage before Will Ruiz slipped a place on leg two with 13.22. Will Fuller moved back up to 10th with 12.28. The women were 15th. Lucy Sidey came in 16th on the opening stage in 16.47 and Holly Fletcher moved up a place on the second stage with 17.27, a position held by Chloe Affined (19.22).

Best team position of the day came from the under 15 girls who came 5th and, in a remarkable display of consistency, they all timed within six seconds of each other. Georgina Taylor brought the trio home in 5th on the first stage in 14.31. Niamh Bridson Hubbard edged up to 4th on the second stage with 14.35. Despite clocking a fine 14.30 on the last leg Jessica Keene slipped to 5th. The girls were 12th, 14th and 15th fastest individuals of the day. A "B" team of Shannon Risky, Mary Guy and Charlotte Rhule finished 19th. The boys team of Joss Barber (13.41), Marco Arcuri (14.39) and Charlie Davis (14.33) came in 25th.

Both the under 13 teams finished in the top 10. Naomi Kingston was 5th on the first leg and her time of 15.00 proved to be the 11th fastest of the day. Georgina Piper slipped to 12th on the second leg with 16.29 before Yasmin Austridge moved the trio back up to 7th on the anchor leg with 15.06.

Jake Potter brought the boys team in 5th on the opening stage with a time of 14.00. He passed to Oscar Hussey who ran a useful 15.01 to close 9th, a position held by Dillon Robertson on the final leg with 14.32.

Encouragingly the Club also fielded a B team who were 27th and half a C team.

The track and field season is now well under way and it could not have had a better start the previous week with Blackheath & Bromley winning the Alpha Beta Meeting at Lee Valley retaining the trophy they won last year. They won both the Senior and Under 15 age group contests.

Among the many fine performances was a double victory in the Senior 100 and 200 metres from Shannon Hylton, who is an under 17 athlete. She was also part of the winning 4x100 metres winning team along with Grace Sheppard, Vivien Olatunji and Amara Lalemi Jacobs.

Other A string victories came from Niamh Bridson Hubbard in the 1500 metres; Rhiannon Jones (100 hurdles); Samantha Brown (400 hurdles); Sam Milner (Discus), and Lauren Stevens (long jump).

Team manager Brendan McShane was delighted with the efforts of his squad and was particularly pleased at the efforts of Rhiannon and Lauren, who, as well as winning their specialist disciplines, also scored important points for the team in events in which they do not normally take part. Rhiannon enjoyed a rare excursion over the 400 hurdles winning the B string by 8 seconds. Lauren contested the B 100 hurdles and was rewarded with 3rd place. All these efforts meant they won the Senior event by a mighty 61.5 points.

The under 15s contest was a tighter affair but a fine effort from all members of the squad saw them claim a narrow victory, seven points ahead of host Enfield & Haringey.

Individual A string wins came from Isabella Hilditch in the long jump and the 75 metre hurdles; and from Jessica Keene (800) and Georgina Taylor (1500). In fact, in an impressive display of middle distance strength, the Club secured maximum points in the 800 and 1500 with B string wins from Shannon Risky and Naomi Kingston.

The Combined Senior and Under 15 results saw the Club win the overall trophy by over 70 points.

The clash with National Road Relays meant that the Club were far from full strength in the opening Kent Young Athletes League fixture of the season at Norman Park.

Best result in the under 15 girls age group came from Isabella Hilditch who won the 75 metre hurdles in a National Grade One standard of 12.2. In the field Anna Barnett enjoyed victories in both the shot and hammer contests. Nicole Farmer won the 100 metres and was also part of the winning 4x100 quartet along with Olivia Richer, Emily Sheppard and Magda Cienfiala.

For the boys Niyi Akin Agunbiade won the 800 metres by nearly five seconds.

Eloise Locke won the shot in the under 13s age group with a Grade 28.02 and the 4x100 team of Mhairi Brookes, Karina Harris, Kareena Gayley and Antonia Alapafuja also enjoyed victory.

There were no wins in the boys age group but lots of enthusiasm from those who competed.

On the roads Shaun Lightman finished in 13th place at the Pat Furey 5 mile walk at Lee Valley. He timed 49.54 with David Hoben 25th in 57.03.

Two women from the Club were winners in the latest series of 5km Parkruns which take place around the country each week. At the Bromley event Amber Reed won in 19.58. She was 11th overall in a field of 272 finishers. Chloe Kibblewhite was the second Club female to finish in 36th with Sonia Woolhouse 121st. First male to finish was Steve Pairman in 12th with Joshua Dowling 17th and Nigel Haffenden 26th.

Sarah Belaon was first woman at the Lloyd Park event and was 17th overall.

Elsewhere, Nick and Robert Perry were 4th and 7th at the inaugural Maidstone event; Chris Pike was 22nd at Bexley; and Karen Desborough 35th at Orpington.

This coming weekend is, of course, the London Marathon with many Club members taking part any many youngsters also competing in the accompanying Mini Marathon. At the sharp end Scott Overall, who represented Great Britain at last Summers Olympics, will be bidding to earn a place at the years World Championships.

Further down the field Richard Daniel will be running to raise monies for the Royal Marsden Hospital. Richard is now fully recovered from a brain tumour. Part of the tumour was taken out in an operation. The remainder was removed with radiotherapy at the Royal Marsden, a gruelling by ultimately successful treatment.

Mike Peel has finished every London Marathon since the race was first held in 1981. However, this is unlikely to happen this year because of illness. He may, however, toe the start line preferring a DNF to a DNS.



9/04/13

Scott Overall continued his preparations for this years London Marathon with a 29.49 10km time at Brunssum, Holland. This is the fourth fastest by a Briton this year. The previous weekend the Blackheath & Bromley athlete incorporated the Richmond Half Marathon into his long Sunday run. After covering 9 miles to the start, he then timed 72.49 over the 13.1 mile course to finish 2nd in the field. His last race before London will be representing the Club at the National 12 Stage Road Relay at Sutton Park this Saturday, where he will be joined in the team by Michael Skinner, fresh from his exploits at the World Cross Country Championships.

Some of the Club's other top athletes have also been in action over the last few days. In the States, James Alaka competed in the 100 and 200 at the Pepsi Team Invitational at Eugene, Oregon timing 10.75 and 21.51 respectively. At the Rafer Johnson/Jackie Joyner Kersee Invitational, Lorraine Ugen leapt 6.08 in the long jump and also ran 11.92 for the 100 metres. Alex Bruce Littlewood timed 3.48.60 for the 1500 metres at Auburn, Alabama.

Craig Morten is on tour in America with a combined Oxford and Cambridge University team. Competing against Penn and Cornell Universities he ran 59.10 for the 400 hurdles.

Kate Curran was first junior to finish in the National Duathlon Championships at Prestwold Hall near Loughborough and has secured a place in the European Championships. The event featured a 5km run followed by a 20km cycle and finishing with a 2.5km run. Kate timed 63.43 and was 6th overall.

More good news saw the Club retain the Alpha Beta Trophy at Lee Valley. Further news on this match when details are received.

The Club featured prominently at the Paddock Wood Half Marathon where in a field of over 1700 finishers Andy Rayner was 2nd in 69.11. Peter Tucker was 4th in 70.27 and Alex Gibbins 8th in 72.13. Julie Reynolds was the first woman from the Club to finish in 268th in 93.46 followed by Sarah Belaon 307th (95.09) and Helen Godsell 778th (109.57).

Justine Eastbury was second over 40 woman to finish at the Croydon Half Marathon. She was 108th overall in 96.54. First man from the Club was David Carton in 99th.

Both Shaun Lightman and Peter Hannell competed in the 2km walk at the Veterans Inter Area Indoor match at Lee Valley. Although an over 70, Peter was 2nd in the 35 to 49 year olds contest in a time of 11.47.4. Shaun, an over 65, was 2nd in the 50 to 59 year olds race in 11.22.2.

Both had been in action the previous day at the Steyning Slater Bryce 10km track race at Horsham. Shaun was 3rd in 62.20.5 while Peter was 4th in 64.08.2.

Many of the Club's youngsters competed in the Hercules Wimbledon Open Meeting at Crystal Palace. Ellie Duffy Penny threw a useful 32.90 for the discus in the Under 20s age group. In the under 17s Jed Botham leapt 6.03 in the long jump while on the track Will Fuller timed a very good 4.11.44 for the 1500. Anna Barnett launched the discus out to 25.50 in the under 15s age group. In the under 13s Karina Harris showed great promise winning the long jump with a distance of 4.45.

Georgina Taylor was the first female finisher at the latest Bromley 5km Parkrun at Norman Park. The youngster came 15th in a time of 20.18 and keeping things in the family big sister Rebecca was 2nd woman from the Club in 33rd and dad Ian was 20th. First male home from the Club was Richard Daniel in 7th with Joshua Dowling 18th.

Andy Tucker was 3rd at Oprington with Anne Cilia 23rd and Karen Desborough 42nd. Steve Haley was 17th at Riddledown; Chris Pike 20th at Bexley; and Rich Grant 26th at Greenwich.



2/04/13

Alex Bruce Littlewood finished in 2nd place in the 5000 metres at the Texas Relays at Austin. The Blackheath & Bromley athlete timed 14.30.82 less than a second behind the winner. At the same meeting Lorraine Ugen continued her promising start to the outdoor season by timing 11.73 for the 100 metres. Aided by a +2.3 metre per second wind this gave her 6th place in her heat.

At the Crawley open meeting Niamh Bridson Hubbard set personal bests in both the 300 and 3000 metres with times of 44.43 and 10.56.77. Three athletes won their events. Emilie Blackwell was first in the under 20 womens pole vault clearing 2.90, while Sonia Woolhouse took the honours in the under 17 womens competition with 2.10. Jessica Keene was first in the under 15 girls 1500 metres in 4.48.89 while Shannon Risky timed 2.23.98 for 800. Kate Purser set personal bests in the 100 and long jump.

Naomi Kingston won the womens race at the latest Bromley 5km park run at Norman Park in a time of 19.41. She was 6th overall with Steve Pairman in 16th also making the top 20. Tom Desborough was the winner of the Orpington event with Jake Potter second, and Joshua Davidson 12th. Joanna Clowes was first female runner from the Club in 22nd overall. Andy Tucker was third at the Crystal Palace event; Chris Pike 15th at Greenwich; and Austin Adams 40th at Finsbury Park.



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