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Blackheath & Bromley Harriers AC

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2016

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BBHAC athletes for European Champs in Amsterdam in July

With the Rio Olympics starting in August, the European Championships could easily have turned into an event for B-category athletes. But British Athletics has supported it by sending a 98-strong squad – its largest in history – to next month's event in Amsterdam from July 6-10th.

The team includes a half a dozen reigning champions as well – including Greg Rutherford, who is also preparing to defend his Olympic long jump title in Rio, distance runner Jo Pavey, sprint hurdler Tiffany Porter and sprinters James Dasaolu, Martyn Rooney and BBHAC's Adam Gemili.

Among this team are 4 athletes from BBHAC following great summer performances.

Adam Gemili will contest the 100m this time although he goes in the 200m at the Olympics, and has also been selected for the 4x100 relay. Dina Asher Smith will continue with her fine form in the 200m and also will be a member of the 4x100 squad along with fellow club member Shannon Hylton. Serita Solomon has been selected for the 100m hurdles, and Scott Overall was selected for the half marathon event but has to withdraw through injury.

The club had a great number of athletes on display at the British Championships in Birmingham which also doubled up as the Olympic trials.

The great news is that with Adam Gemili and Dina Asher Smith winning their 200m finals in 20.44 and 23.11 respectively they have both been selected to represent Great Britain at the Rio Olympics in August in these events and most probably in the sprint relays as well where medals could be a distinct possibility.

In the long jump event 16-year-old Holly Mills finished a fantastic third with a jump of 6.23m, James Whiteaker also finished third in the men's javelin with a new personal best of 71.84m improving his club under 20 record by over 2 metres. In the ladies triple jump Chioma Matthews and Zara Asante finished 4th and 7th for highly respectable placings, while Matthew Blandford was 7th in the discus and Oliver Newport 7th in the long jump, with Shannon Hylton 6th in the ladies 200m and Montell Douglas 8th in the 100m.

In the qualifying rounds many of our sprinters were on display but unfortunately in the face of stiff competition could not make the finals of their events but well done to James Alaka, Jazz Crawford, Shayone Simao, Vivien Olatunji, Maya Bruney and Rachel Dickens for making it to the championships. In the distance events Phil Sesemann was outsprinted for a place in the 1500m final while second claim member Graham Rush ran steadily for 15th place in the 5000m but could not cope with the rapid change of pace during a slow tactical race. Jonathan Ilori took 15th in the men's triple jump while teenager Divine Oladipo performed well for 8th in the shot put and 9th in the discus.

Elsewhere the young athletes performing in the under 17s and under 20s Youth Development League at Allianz Park were seriously depleted with so many athletes away at the British Champs but nevertheless performed heroically to win both the men's and women's matches. The combined scores gave BBHAC a win with 728 points winning by 87 points from Windsor to cement the lead at the top of the table after three rounds.

In the men's under 20 events Shamar Thomas Campbell won the 200m in a new pb of 22.13 with Bailey Stickings winning the 400m hurdles with a massive new pb of 53.79 and is now ranked 2nd in the UK behind Joe Fuggle in this age group. In the men's under 17 events there were good wins for Femi Sofolarin in the B 100m and A string javelin, Chitzate Ogbedeh won the B string 200m, while William Adedeye won both the 100m hurdles and the long jump with Ben Sutton winning the B string long jump. Kelechi Agoucha and Ben Edozie won both high jumps, Adeyinka Adeniran ran an impressive 11.36 100m for 2nd and Angus Harrington won the B string javelin having run the 800m earlier.

To the ladies' events Niamh Bridson Hubbard broke the League Record whilst winning the U20 1500 and Sophie Dowson improved her own U20 PV Club record by 1cm to 3.76. BBHAC took wins in all three strings of the TJ and the u17 throwers (Victoria Wiltshire, Carys Marsden, Eloise Locke and Emma James) and U20 sprinters (Modupe Shokunbi, Isio Orogun,

Immanuela Aliu and Parris Johnson) collected a host of wins. There were wins in the hurdles for Annie Davis who also won the triple jump with Toyin Orelaja winning the B string at the under 20 level, Karrina Harris in the triple jump and as usual Yasmin Austridge won the 1500m steeplechase in the under 17 age group. There were 5 relay victories including the under 17 ladies winning both long and sprint relays, the under 20 ladies and under 17 men winning the sprint relays and the under 20 men winning the 4x400m relay to round off an excellent weekend for BBHAC.

The next round is scheduled for Eton on 24th July.

Nick Brooks



21/06/16

Another fairly busy week for BBHAC athletes who have competed far and wide.

Dina Asher Smith competed in the Diamond League in Stockholm and showed us a return to form by winning the 200m in 22.72 which now leads the UK rankings and stands her in good stead for the forthcoming UK Olympic Trials. Adam Gemili continued with his return to form by winning the 200m at the Brussels Grand Prix in 20.37 to move up to third in the UK rankings. In Copenhagen at the Athletics Games Kieran Daly opened his seasons account winning a 100m in 10.49.

At the Watford BMC meeting Katy Ann-McDonald won an 800m event in 2.06.35 which ranks her second in the under 17 category in the UK, and also established a new age group club record by beating her own mark by 0.1 seconds. Phil Sesemann continued his fine season by lowering his pb in the 800m to 1.52.04 when finishing 3rd in the B race.

At the England Athletics Championships held at Bedford for both under 20s and under 23s, BBHAC had a host of athletes participating. Highlights of the weekend was Oliver Newport winning the U23 mens long jump in 7.43m, and Divine Oladipo winning the under 20 ladies discus with a throw of 48.11m, while Jack Messenger finished 4th in the 400m hurdles in 54.93. In the under 20 mens events Bailey Stickings continues with his rapid improvement finishing 4th in the 400m hurdles in yet another pb of 54.88, while Will Fuller ran superbly in a competitive 1500m race to finish fourth in 3.56.78. In the under 18 mens 400m hurdles Joe Fuggle took 3rd in 53.93.

In the under 23 ladies 400m Rachel Dickens continues with her improvement in form taking 5th in 54.79, while the under 20 ladies saw some great performances from BBHAC athletes. In the shot putt Divine Oladipo added a bronze to her gold in the discus with a throw of 14.01m, Niamh Bridson Hubbard earned a great silver medal in the 3000m in 9.33.37 and a new pb, Jazz Crawford won a hard fought bronze medal in the 200m in 24.62 with Immanuela Aliu 6th in 25.41, Jessica Keene took 9th in the 1500m while Annie Davies and Mary Adeniji finished 5th and 14th in the triple jump both a little down on their pbs. Sophie Dowson vaulted 3.45m for 4th in the pole vault.

Finally in the under 18 ladies 100m hurdles BBHAC took a superb 1-2 with Holly Mills winning in 12.79 narrowly from Isabella Hilditch in 12.80. In the Southern league Division 2E which is a competition for the second team effectively at both mens and womens levels, BBHAC with a depleted team took a magnificent win in the match with many strong individual performances and the willingness of athletes to compete in their non specialist events to secure much needed points. Apart from Steve Timmins, Alex Pope, Mark Cryer and Tim Ayres among others competing in many events, Jane Bradshaw, Imogen Levy, Christina Moore, Nicole Farmer, Carole Penlington, Jackie Montgomery all at least doubled up to earn valuable points. Highlight of the day was probably Yasmin Austridge winning the 2000m steeplechase by almost a whole lap.

At the Young Athletes Development League held at Norman Park for the under 15s and under 13s, BBHAC won the match in style and in so doing closed the gap on Southampton so that BBHAC is now only one point behind in second place. Lots of great performances with under 15 wins for the boys with Rowan Fuss (1500m), Caelan Raju (hurdles) with B string wins for Robert Suckling (800m) and Pedro Gleadall (javelin).

Among the under 13 boys Robert Murray won the shot put and was second in the A string 200m, with Sam Reardon winning the B string 200m, also winning the A string 1500m and taking third in the B strong javelin, a great allrounder. Jacob Byfield won the long jump and the team easily win the 4x100m relay,

In the under 15 ladies events Lia Radus and Jessica Neal both won the 1500m and both with new pbs, while Hannah Macaulay won the shot put and the B string discus, with Kareena Galley taking second in the A string discus. Eleanor Barratt equalled her pb to win the pole vault and Kamilya Robinson-Pascal won the B string long jump. For the under 13 ladies both Ellie Dolby and Amarisa Sibley won their 1200m events while Akeyyla Robinson-Pascal won the long jump.

Nick Brooks



13/06/16

A fairly busy week for the BBHAC athletes this week with James Habbergham running in a BMC event in Stretford and setting a pb in the 800m with 1.52.43. Elsewhere Jahisha Thomas representing her US University Iowa finished a commendable 15th in the NCAA long jump with 6.15m in Eugene, Oregon, and only 6cm shy of her pb.

The South of England Champs were held at Lee Valley and BBHAC had many athletes performing. The biggest highlight of the weekend was Jonathan Ilori winning the triple jump in 15.34m, while James Alaka was one of the fastest qualifiers in the 100m with 10.46 but was disqualified in the final when probably the favourite to win. He was also one of the fastest qualifiers in the 200m but did not contest the final. Jake Field and Lewis Ely finished 6th and 9th in the mens high jump, Jack Messenger finished

6th in the 400 metre hurdles.

Among the senior womens events Shayane Simao finished 4th in the 100m in 12.25, and Melissa Owusu-Ansah and Yimika Adewakun finished 2nd and 6th in the 400 metre final in 55.29 and 56.89 respectively.

The under 20 ladies were very successful with Divine Oladipo winning both the shot put and discus with efforts of 13.82m and 44.96m, Niamh Bridson Hubbard easily won the 2500m in 4.29.83, while other medalists included Jazz Crawford with 2nd in the 200m with 24.87 and Jessica Keene 3rd in the 3000m in 10.29.11. Zoe Fitch looks to have thrown 36.93 for 2nd in the javelin, while jumpers Isabella Hilditch ran well for 4th in the high hurdles and Toyin Orelaja and Mary Adeniji finished 4th and 7th in the triple jump.

Two outstanding runs in the mens under 20 events saw Bailey Stickings win bronze in the 400m hurdles with a new pb of 55.78, while Ocean Schwartz continued his fine season with bronze in the 400m a little down on his pb in 49.25.

At the National 10km incl. Inter-Counties Walking event in Coventry BBHAC's Shaun Lightman had a good race as he worked hard to stay in front of racing legend Arthur Thompson who he had caught after a couple of laps which enabled him to finish 8th in 64.57. Shaun is a remarkable former Olympic race walker and now over 70 years old and still performing competitively with athletes less than half his age.

Nick Brooks



7/06/16

At the Diamond League event held in Birmingham BBHAC sprinters Adam Gemili and Dina Asher Smith were both performing in the 100m. Adam ran 10.29 for 6th but a little down on his season opener of 10.19 the previous week. Now ranked 9th in the UK Adam has three weeks to get ready for the Olympic Trials where he needs to finish in the first two and make sure he achieves a 10.16 qualifying mark.

Dina qualified for the ladies 100m final with her usual fast start enabling her to qualify with a seasons best of 11.08 and her 4th best time ever proving she is coming back to form at just the right time. In the final and up against an international field including English Gardner and Dafne Schippers, Dina had a headwind to contend with and finished 4th in 11.22 but ahead of her other British rivals. With all of her exams now over she can focus on the Olympic trials and then the Olympics in Rio.

BBHAC senior men were in action at West London stadium in the National League Division 1 match. With the lead and positions changing constantly throughout the afternoon BBHAC finally finished 6th but have retained 4th place in the league overall after 2 matches and only a fraction of a point off 3rd place. A big team performance is required at the next match at home in Bromley on July 2nd if BBHAC is to maintain its league position.

With the grounds at the Linford Christie stadium resembling "I'm a celebrity get me out of here" as the grass surrounds have not been cut since Linford Christie himself last ran, it was not a great set up for a match of such significance which shows how lucky we are with Norman Park. However even with a weakened team mainly due to exams quite rightly taking a priority, the athletes performed admirably with many competing in their non-specialist events just to secure points like Richard Webb, Marco Arcuri and James Habergham, with Duane Bovell also running along relay leg. Schoolboy George Pope equaled his pb of 3.20m in the B string pole vault and with a stronger pole looks capable of vaulting a lot higher. Another teenager Marco Arcuri in his main event the 5000m took over 10 seconds of his pb with 16.41.99 and picked up valuable points.

On the track James Alaka came second in the 100m only losing out by 2 one-hundredths in 10.52 with Toby Olubi 2nd in the B string in 10.80, but James made up for this winning the 200m comfortably in 21.31 with 18-year-old Shamar Thomas-Campbell making his senior debut in the B string.

Will Fuller led into the last lap in the 1500m only to be pipped on the line in a highly respectable 3.52.84, while Graham Rush led the 5000m from the front gradually dropping all of his challengers to win by the length of the straight in 14.35.74 in preparation for the upcoming British Trials.

To the field events and without Lewis Church pole vaulting, throwing the javelin and high jumping we would be far worse off. Likewise, Steve Timmins competed in the shot, discus, hammer and javelin, and Alex Pope the shot, discus and hammer, and Mark Cryer the long jump, hurdles, and relay. Not quite a four-man field events team as Tom French won the A string long jump with 7.17 and Mark the B string with 6.77m, but also great wins in both triples jumps for Jonathon Ilori in 14.99m and Robert Sutherland in 14.45m.

Hopefully with the full team on duty next month BBHAC can build on these first two meetings as finishing third or fourth this year in the league would be a great achievement with Thames Valley Harriers winning the first two matches and taking an unassailable lead closely followed by Southampton.

At the Active Newham Open Series BBHAC had a host of sprinters in action with James Alaka clocking very impressive 10.19 and 10.27 100m times albeit both above the legal limit, but in the 200 he clocked a seasons best 20.58 to be 6th ranked UK athlete. Dean Hylton clocked 10.61 and Toby Olubi 10.69, while Ismael Smith-John ran 2 pbs in the 100m and 200m with 11.15 and 22.32 clockings. In the ladies' events events Jazz Crawford ran 12.01 for the 100m, but better still ran 18.17 and fastest on the day in the rarely contested 150m event. Melissa Owusu-Ansah clocked a pb in the 400m with 55.53 while Becky McLinden ran 58.17.

The senior ladies team were also in action on Sunday at Bristol in the UK Womens League Division 1 match and finished a highly commendable second having tied with winners Woodford Green & Essex Ladies on 216 points.

Rachel Dickens won the B string 200m in 24.40 and then finished second in the A string 400m with Krystal Galley 2nd in the B string 400m. Niamh Bridson Hubbard continued her fine season by finishing 3rd in the A string 800m and then second in the B

string 1500m, with Caroline Ford winning the B string 800m. Elsewhere Annie Davies won the B string 100m hurdles and the B string triple jump with Chioma Matthews winning the A string, both athletes winning by over a metre. Divine Oladipo and Shaunagh Brown both won the A and B strings of the shot and discus while Jackie Montgomery won the B string pole vault and gamely ran round for points in the B string 3000m showing what a great team member should do for points especially as it was a close fought match with Bristol only 5 points behind and Trafford a further 17 points back.

To round the day off the BBHAC quartet of Modupe Shokunbi, Maya Bruney, Rachel Dickens and Viv Olatunji won the 4x100m relay.

Nick Brooks



1/06/16

At the BMC meeting in Watford on Saturday Phil Sesemann won the 1500 A race in 3.43.48 and Will Fuller ran 3.48.32 for 5th in the B race, both new personal bests.

In the US at the NCCA regional preliminaries Jashisha Thomas leapt 6.17m in the long jump to book her place in the finals in Eugene as the 23rd qualifier. Oliver Newport narrowly missed out on his place in the finals in the mens long jump but if he had jumped to his true potential he too would have been on the plane to Oregon.

Elsewhere Dina Asher Smith opened her seasons account with an 11.22 in the 100m in Gavardo Italy, winning by one-hundredth of a second.

At Bromley the under 17s and 20s were on show this weekend in the UK Youth Development League South Premier 1, and just as they had done the previous month the mens and ladies teams combined to win the match comfortably by scoring 843 points to Windsors 671, a massive margin of victory. Far too many outstanding results for all to be mentioned but highlights included a 10.86 and 22.26 for Shamar Thomas Campbell in the under 20s mens sprints, an easy 3000m win for Wil Fuller in the 3000m having run the day before in Watford. James Habergham, Joss Barber and Ocean Schwartz who have both competed for the mens senior team ran well at 800m and 400m, while Bailey Stickings ran outstandingly in the mens 400m hurdles and Dele Aladese won the discus.

In the under 17s William Adedeye and Ben Sutton won the long jump strings, while Edward Adams and Josh Watson won their hurdles events, with Femi Sofolarin and Angus Harrington performing solidly in the javelin, with Kelechi Aguocha, Elliott Thorne, Coleman Corry, George Pope and Lewis Stickings all picking up good points in their events. To cap a fine afternoon BBHAC also won the 4X100 relay.

In the under 20 ladies competition there were great sprint wins for Vivien Olatunji, Modupe Shokunbi and Parris Johnson, with Niamh Bridson Hubbard and Jess Keene winning both the 1500m legs, Isabella Hilditch won the sprint hurdles A string with Anastasia Davis winning the B string and also winning the triple jump. Divine Oladipo again won both the shot and discus with Anna Barnett winning the B string discus, and Sophie Dowson was again a clear winner in the pole vault. To round things off the ladies won the 4X100m relay.

In the ladies under 17 competition there were great sprint wins for Charmont Webster-Tape and Katie Woolcott, while Katy-Ann McDonald and Grace Scopes won both the 800m races. Yasmin Austridge won the 1500m and also the B string 300m, Holly Mills again performed brilliantly to win both the sprint hurdles and long jump, Victoria Wiltshire and Carys Marsden won both the hammer events, Eloise Locke won the shot putt and discuss with Eve Keith winning the B string shot, while Nicole Farmer won the triple jump. Not to be outdone by their colleagues in the relays the ladies won the 4x300 relay too.

Nick Brooks



24/05/16

Lots of BBHAC athletes in action this weekend with many running at the Loughborough International meeting, the senior men and women in action at Hornchurch in the Southern League 2 East, and the under 13 and 15 boys and girls in action at Southampton in the Youth Development League.

Significant improvements made by teenagers Niamh Bridson Hubbard in finishing 4th in the 3000m in a new pb of 9.33.63, while Divine Oladipo putt the shot out to 14.05m for a new pb and also threw the discus 45.14m, while 16 year old Holly Mills won the long jump in a highly commendable 6.24m and only 5 cm short of her new pb. In the sprints James Alaka who recently returned to the UK recorded a 100/200 of 10.56/21.00, with Dean Hylton clocking 10.76 for a seasons best in the 100m. In the ladies sprints Montell Douglas is showing some good form with a 100/200 double in 11.52/23.66 both for season bests, although Shannon Hylton was a little quicker with a 23.48 clocking albeit above the legal wind limit.

In the 400m Rachel Dickens clocked 54.75 for a seasons best followed by Yimika Adewakum in 57.05, while Will Fuller ran a lifetime best in the mens 3000m finishing 8th in 8.14.08. In the ladies event Jessica Keene also ran 9.59.02. To complete the track events Jack Messenger ran the 400m hurdles in 54.74 only a little down on his pb set recently.

Other field events saw Tom French and Mark Cryer finish 7th and 9th in 7.23m and 6.93m respectively, while Chioma Matthews finished 3rd in the ladies triple jump with a leap of 13.20m.

Elsewhere at the Youth Development league the under 13s and 15s boys and girls teams were in action where some outstanding performances enabled the club to finish second to host Southampton with 534 points to their 556 points.

In the under 15 boys 75m hurdles Rico Cottell and Caelan Raju both won their legs in 12.6 and 12.5 seconds, while Michael

Burfoot won the A string shot with a put of 11.31m and also competed in the hammer and the discus. Rico also won the A string high jump in 1.70 while Pedro Gleadall won the B string in 1.60m. Myles Xavier won the B string long jump with a leap of 5.39m while Nana Okwesa took second in the A string with a pb of 5.46m.

In the under 13 boys events Robert Murray won both the A string shot and the B string 200m, Sam Reardon won the 1500m in 4.50.8, while Jacob Byfield took the 75m hurdles and long jump in 13.1 and 4.76m for a new pb. The boys sprint relay team also won in 55.8.

For the under 15 girls Yasmin Marghini won the 800m in 2.22.2 and Sophie Hoare and Lia Radus both won the 1500 strings. In the under 13s Daniella Harper won the B string 800m, Ellie Dolby the A string 1200m and Akeiyla Robinson-Pascal won the long jump with 4.65 and a new pb.

Next event is our home fixture at Norman Park on June 19th so come along and support the teams.

Nick Brooks



16/05/16

Lots of club athletes in action this past weekend with the highlight coming from Oliver Newport who made a leap of 7.78 metres in Florida representing Louisville University at the ACC conference championships. This ranks Oliver at 5th in the UK and only 37 cms off of the Olympic qualifying mark.

Elsewhere both Phil Sesemann and Will Fuller ran personal bests in the BMC 1500 metres races in Birmingham. Phil ran 3.45.98 and Will ran 3.50.97.

In the BMAF Road Relays at Sutton Park our ladies aged 35 team came in a highly commendable 13th place with Carole Penlington (7th) 18:14, Jennie Butler (11th) 21:12, Sara Elmqvist (12th) 21:22 and Jenny Neal (13th) 20:49.

The mens aged 35 team went even better for 10th place with Fintan Parkinson (29) 17:03, Peter Tucker (15) 16:01, Luca Ercolani (18) 17:54, Alex Gibbins (11) 15:55, Steve Cooper (12) 18:31 and Michael Skinner bringing the team home in 16:13.

At the Kent County Championships at Ashford, BBHAC had many athletes on duty, so many to mention but with 27 winners it was another great day for the club.

In the senior events Georges Vacharopoulos won the 800m in 1.57.57 and Jackie Montgomery the ladies pole vault with a leap of 2.60 metres. In the under 20 events there were wins from Alex Skipp in the 200m with 22.43 and Baliey Stickings in the 400m hurdles with 57.17, while in the ladies events Parris Johnson won both the 100m and 200m in 12.47 and 25.54, Jessica Keene took gold in the 800m in 2.18.02 with Georgina Taylor and Leah Everson picking up silver and bronze medals. Niamh Bridson Hubbard took the 1500m from Jessica Keene and Divine Oladipo won both the shot and discus with 13.70m and 47.01m.

In the under 17 mens events there were two great wins for Matthew Knight in the 100m and 200m in 11.18 and 22.75, and Femi Sofolarin took the javelin with a throw of 48.66m. In the ladies events Immanuela Aliu won the 100m in 12.02 with BBHAC athletes taking the next three places with Magda Cienciala, Katie Woolcott and Mhairi Brooks. Immanuela also won the 200m in 24.53. Not to be out done in the throws Eloise Locke won both the shot and discus with 12.47 and 44.08m for a new pb and second ranked athlete in the country. Carys Marsden won the discus with 34.58 and Victoria Wiltshire easily won the hammer with a throw of 52.01m.

Finally the under 15s chipped in with a huge number of gold medals with wins in the 80m hurdles for Caelen Raju in 12.33, Rico Cottell won the high jump in 1.80m and Pedro Gleadall took the javelin in 47.39m and the pole vault with a leap of 3.10m. Miles Xavier won the long jump with 5.70m, Robert Suckling took the 800m in 2.11.51 and Michael Burfoot the shot with 11.30m. Daisy Dowling won the under 15 ladies javelin with a throw of 30.99m.

Nick Brooks



9/05/16

BBHAC finished a creditable fourth place in their opening match BAL Division One fixture at Watford. Throughout the afternoon as each event finished the lead changed hands numerous times with as many as 4 different teams in front at some stage including BBHAC. A disappointing finish in the last two field events plus a disqualification for a lane violation in the 4x400m relay meant the club finished 4th which was in line with expectations with Thames Valley Harriers the victors.

It was a difficult match but thanks to some doubling or tripling up by some of our athletes we were a competitive team. Phil Sesemann not only ran a pb in the 800m of 1.52.69 for 2nd, and also 2nd in the 3000 metres later in the afternoon, but competed in the hammer and by taking 6th place won much needed points. He wasn't the only one to do more than their usual share of events. Lewis Church competed in the pole vault where he jumped a solid 4 metres, second in the B string high hurdles, jumped a useful 1.95m in the high jump and then took third in the B string shot before running a leg in the 4x400m relay.

What we did have was some very talented and committed athletes who made sure that every event was covered.

Best event of the day for the Club was the triple jump with Jonathan Ilori winning the A string in 15.30m and Robert Sutherland winning the B string in 14.57m. The long jump was not far behind in terms of success with Tom French jumping an outstanding 7.60 metres for first in the A string with Mark Cryer 2nd in the B string.

Elsewhere 18 year Elliott Holland competed for the club for the first time running a useful 49.35 in the A string 400m for 6th place,

while Ocean Schwartz ran a pb of 48.71 in winning the B string. Joe Fuggle also a junior ran superbly for third in the A string 400m hurdles with 53.65 plus a relay leg, and will look to run faster over the slightly lower hurdles used by the juniors as he seeks a championship qualifying time of 53.50. In the B string Jack Messenger ran brilliantly in winning the B string with a new pb of 54.01

The second of the 4 leagues matches will see BBAC in action again in the league on June 4th at West London stadium at the home of Thames Valley Harriers where they will look to consolidate their league position before their third match at home in Bromley on July 2nd.

Elsewhere the BBHAC young boys and girls were also in action at Norman Park in Bromley for the under 13 and under 15 Kent Athletics League 1 match where the club were able to field 2 teams per age group which shows the strength and depth we have at the club.

BBHAC came away in first place following team wins by the girls in both the age groups, also the same for the under 15 boys while the under 13 boys finished third.

For the under 13 boys A string winners included Same Reardon in the 1500 metres, with Jacob Byfield winning both the 75 metres hurdles and the long jump while Robert Murray won the shot put. In the under 15s Kyron Morgan won the 100m, Peter Guy the 300m, Rowan Fuss the 1500m and Rico Cottell the 80 metres hurdles. In the field Pedro Gleadell won the high jump and the pole vault, Miles Xavier the long jump and Michael Burfoot the shot put, and to wrap up a great win in the 4x300m relay. Add B string wins for Myles Xavier (100m), Joshua Gbago (300m and long jump), Pedro Gleadell (hurdles), Rico Cottell and Ethan Kitterdige in the long jump and pole vault, its easy to see why the boys won the match in their age group.

The girls in both age groups were also outstanding and not to be outdone by the boys they too won both their matches.

In the under 13 girls Achieng Oneko won the 75m and the B string shot put, Shakanya Oshashon the 150m, Ellie Dolby the 1200m, Akeiyla Robinson-Pascal the high jump, Renee Bel-Momodu the shot put and the 4x100m relay team also won. With B string winners Daiz'a Foster (75m and high jump), Kelechi Ambros (150m) and Amarisa Sibly (1200m) contributing immensely to a win by more than 18 points from Tonbridge.

The under 15 girls won both the strings in the 1500m with Lia Radus and Jessica Neal, while Daisy Dowling won the javelin throw. While the team may have been light on individual winners they nevertheless performed brilliantly in all events to win the match by 14 points from Medway and Maidstone setting themselves up nicely for the next round at Dartford on June 5th.

Nick Brooks



2/05/16

It was the turn of the other BBHAC youngsters to compete this weekend as the under 20 and under 17s came to action at Eton in the YDLU Southern Premier League.

Many outstanding performances contributed to a massive win by BBHAC who scored 816 points, winning by 97 points from Reading and 119 from Windsor in third. With three further matches over the course of the summer this was a fantastic start by the BBHAC team.

Sophie Dowson finished second in the under 20s womens pole vault and in doing so set a new club record of 3.75 metres, while Holly Wells jumped 6.17 metres to win the under 17 ladies long jump and equal both the club U17 record and the league record, while Victoria Wiltshire won the under 17 ladies hammer throw adding 6 metres to the club record with her throw of 52.99 metres. In the mens under 20 javelin James Whiteaker set a club record of 69.22 metres and now tops the UK rankings.

Other notable performances: Divine Oladipo's shot/discus double (13.94/47.86); Annie Davies winning 3 events (400hB, 100hB and TJ); Eloise Locke shot/javelin double. Clearly lots of other good performances but honourable mentions for 'taking one for the team' for Millie Smith, Genni Allan, Amy Leach, Grace Scopes and, as ever, Jess Keene - all stepped up to take on an additional 3000 metres or steeplechase in addition to their scheduled events.

In the under 20 mens events Alex Shipp won the B string 200 metres in 22.35, William Pope won the B string 400m in 52.47 and Jacob Veerapen won the A string triple jump with 14.38m.

In the mens under 17 events there were A string wins for Matthew Knight in the 200m with a 22.82 clocking, William Adeyeye took the long jump with a leap of 6.77m while in the B string events there were good wins for Femi Sofolarin in the 100 metre hurdles with 15.55, Coleman Corry in the 400 metre hurdles with 63.08, Nor Kasem in the javelin with a throw of 45.04m while Edward Adams won both the long jump and high jump with leaps of 6.04m and 1.60m respectively.

In the ladies under 20 events other notable performances saw A string wins for Maya Bruney in the 100m with 12.25, with Niamh Bridson Hubbard continuing with her great season by winning the 1500 metres in 4.31.01, while both BBHAC teams won the 4X100 and 4X400 relays with times of 48.40 and 4.08.85. B string wins were gained by Parris Johnson in the 200m, Anna Barnett in the discus, Mary Adeniji in the triple jump and Isobel Reeves in the high jump.

Finally in the under 17 ladies events BBHAC fielded numerous winners with Charmont Webster Tape and Katie Woolcott winning both the 100 metres races in 12.24 and 12.52 respectively, Immanuela Aliu and Magda Cienciala winning both the 200 metre races in 25.05 and 25.83, Sophie Taylor the B string 800 metres in 2.31.57, Genni Allan the 1500m B string in 4.57.34, with Mille Smith winning the B string 3000m in 11.00.81. Over the barriers Katie Purser won the B string 80 metres hurdles with 12.55 seconds, with Yasmin Austridge and Amy Leach winning both strings in the 1500m steeplechase with 5.07.16 and 6.11.12. Carys Marsden won the B string hammer throw with 34.78m and Karina Harris won the A string triple jump with 11.27m, and to cap it off BBHAC won the 4x100m relay in 48.00.

Also over the weekend the BUCS Championships were held at Bedford for students studying at British Universities and Colleges. Rachel Dickens ran brilliantly to finish 3rd in the womens 400 metres and Will Fuller finished 7th in the mens 5000m in 14.46.03,

beating his previous pb which he set in qualifying. Tom Parker threw 60.02m in the hammer throw for 5th place while second claimer Graham Rush ran superbly with 30.02.45 for 2nd in the 10000m.

On the Drake Relays held in Des Moines, Iowa in the US Jashisha Thomas registered a 5.87m long jump and also a 13.95 100 metre hurdles.

Nick Brooks



25/04/16

Scott Overall was aiming to be among the first two Britons to finish in this years Virgin London Marathon again and after running the first half in around 65 minute looked to have judged things to perfection. The Blackheath & Bromley athlete was unable to finish the race and with three other Britons running well enough it might be that the Olympic selectors look elsewhere.

Next home for the Club and new club champion was Fintan Parkinson who ran 2.31.24 in 88th place overall leading 3 other club members to a sub 3 hour marathon including Tony Crowder, Alex Gibbins and Luca Ercolani. First woman home for the Club was Jennifer Neal in 3.20.04 followed by Tracey Ashenden (3.46.10) which was nearly a 6 minute improvement on last year. The club managed to field only 20 finishers this year.

Of course many others were supporting around the course and working at the finish area on the baggage lorries.

The Club's youngsters (under 13s and 15s) kicked off their summer track and field season at a cold and windy Palmer Park, Reading in the first round of the UK youth development league (UKYDL), finishing in third team spot at the end of the day.

Most notable performances and there were many included wins in the A string Under 15s for Rico Cottell in the 100m in 11.9 who also on the high jump with 1.68m, Myles Xavier on the 200m with 24.4 who also went on to win the long jump with a leap of 5.74m, Jospeh Georgidais winning the 1500m in of 4.32.0, with Caelan Raju winning both the A string 80m hurdles and B string high jump in 12.6 and 1.60m both personal bests. Other B string winners included Rowan Fuss on the 800m with 2.15.8, Pedro Gleadell a new pb of 13.2 in the hurdles, and to finish off a team win in the 4X100 relay with a margin of more than two seconds.

In the under 13 age group Jacob Byfield ran a pb of 12.8 to win the A string hurdles while Olivia English won the B string under 13 girls hurdles also in a pb of 12.7. Olivia Howlett won the under 13 girls B string long jump in a new pb of 4.04m.

Two notable performances from BBHAC athletes studying in the US include a 21.61 for 200m by James Alaka in Gainesville, Florida and a 12.89 triple jump by Jashisha Thomas albeit over the allowed wind reading, in Iowa City.

Nick Brooks



19/04/16

BBHAC hosted and won the first match in the Sweatshop Southern League 2 East on Saturday, scoring 234 points with Stevenage over 50 points behind. No other winning team managed to get anywhere near this winning score at any of the other league matches which is a great sign for the remainder of the season.

BBHAC athletes Tom French and Shaunagh Brown won the best performers awards for best male and female athlete.

Toby Olubi and Shamar Thomas-Campbell both won the 100 metre mens races, Becky McLinden won the womens 400m, while Georges Vacharapoulos, Joss Barber and Danielle Critchley all won their 800 races with Niamh Bridson Hubbard and Jessica Keene winning their 1500m races, Carole Penlington and Amy Leach both won their 3000m races.

Over the barriers Yasmin Austridge took the 2000 steeplechase while Isabella Hilditch won both the 100 and 400 A string hurdles, with Anastasia Davies winning the B string high hurdles and also the triple jump. Tim Ayres and Catrin Murphy also won their 400 metre hurdle races and to finish BBHAC won both the 4x100 and 4x400 relays for both the mens and womens races.

To the field Tom French won both the A string long jump and triple jump and Patrick Apantaku took the B string triple jump and could have won the A string with his jump. Karina Harris won the B strong triple jump and Shaunagh Brown won the shot putt, discuss and hammer throw to earn her athlete of the match award. Divine Oladipo and Victoria Wiltshire with a new pb secured wins in the B string shot, discuss and hammer. Not to be outdone Alex Pope took the shot, discus and javelin triple in the A string with Steve Timmins winning the B strong shot and javelin.

With the cross country season just ended BBHAC athletes have been well ranked in the end of season tables.

Will Fuller was 7th in the under 20 mens category with his highlight finishing second in the inter counties, while Niamh Bridson-Hubbard finished 10th in the under 20 womens category with her best effort being 6th in the national. Sophie Hoare was ranked 12th in the under 15 girls, while Morgan Squibb was ranked 4th in the under 13 girls with her best run being second in the National.

Rowan Fuss was third ranked in the under 13 boys built on second place in the national and fourth in the English schools which gained him international recognition.

Elsewhere Scott Overall will be seeking Olympic selection in this weeks London Marathon having already running the qualifying time. Fresh from finishing second in 65 minutes in the recent Reading half marathon, Scott will be seeking to be either the first or second British athlete to finish and so gain automatic Olympic selection.

Nick Brooks



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