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# Blackheath & Bromley Harriers AC

Apr to Jun  
2017

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**26/06/17**

### YDL Under 17/20s in action at Reading

Despite fielding what we thought was a depleted team, the two boys and two girls teams performed brilliantly to win the third under 17/20 YDL match at Reading with 818 points to Shaftesbury's 736 and WSE's 673 meaning a place is now secured at the YDL Finals in September for these age groups.

With 25 A string wins and 18 B string wins it meant that many athletes who have perhaps not yet had the chance to shine did so and took the team to a great victory on a pleasant and warm day.

The under 20 womens team contributed the most winners and just shows why they are the strongest team in the UK and are by right representing the UK in the European Clubs event in Brno in September. Great and clear sprint wins for Maya Bruney in the 100m and Parris Johnson on the 200m, Katy Ann McDonald again coming back to form and winning the 800m and Yasmin Austridge the 1500m, with Annie Davies winning both the 100m hurdles and the triple jump, Steph Fisher the 400m hurdles and Bekah Walton the javelin, it only left both relays which we duly won to round off a great team effort backed by five B string wins as well.

The under 17 ladies contributed well winning six A string events with Sophie Hoare winning the 1500m, Millie Smith the 1500m steeplechase, Madalina Samoila the 800m, Hannah MacAulay the shot, Eloise Locke the javelin and Karina Harris the triple jump. Kelsi Cornish won the B string 1500m and also ran round for the points in the 3000m again epitomising the spirit of the club at the moment where all the points are critical. This again was backed up by two other B string wins.

The men teams found it harder to win their events with the under 20s winning four events with Camron Lyttle winning the 100m in 10.79 by the narrowest of margins, Luc Durant the shot in a new pb of 14.84m and both relays. They too were backed up with three B string wins. The under 17 men had five A string wins and seven B string wins for a great team effort with Angus Harrington controlling the 1500m to win comfortably in a fine new pb of 4.08.65, with Matthew Francis winning the 1500m steeplechase by almost 15 seconds, Ben Sutton a clear winner in the long jump and also the recipient of a Jack Petchey award while Rico Cottell won the high jump and the team also won the 4 x 100m relay.

Elsewhere at the BMC Meeting at Watford the club had 5 middle distance athletes competing with Phil Sesemann running 8.03.54 for 3rd in the A race 3000m with second claimer Graham Rush just behind in 8.09.30, and Will Fuller returning to form winning the B race in 8.19.21. Caroline Ford ran well in the 800m with 2.09.97 while Katy Ann McDonald was a place back in 2.10.40 but returning to good form at the right time of the season with her coach Phil Kissi being very happy.

At Kingston Coleman Corry won the ESAA COMBINED EVENTS SOUTH EAST REGIONAL FINAL octathlon with a score of 4481 points with Oscar Heaney Brufal 10th in the intermediate boys event while Lauren Farley was 4th, Zoe Austridge 12th and Alice Prentice 14th in the intermediate girls event.

This coming weekend at Ashford the club is in action in the Kent Young Athletes League for the under 13/15 age groups, and the following weekend in Birmingham are the England Schools Champs where many of the clubs youngsters will be representing their counties in their selected events in what should be the highlight of their season so far.

*Nick Brooks*



**20/06/17**

### Plenty of BBHAC teams in action

A depleted team with a great team spirit performed admirably at the Southern League Division 1 match at Chelmsford to secure

2nd place on 204 points behind the home sides 213 points in a very close fought match. With athletes doubling up and tripling up and lady pole vaulters (Elise Swatton and Sonia Woolhouse) running the steeplechase to secure much needed points, lady distance runners also high jumping and Tim Ayres filling every gap in the mens events, it was an entertaining afternoon. Alex Skipp won the 400m, Mark Cryer the 110m hurdles and also the B string long jump with Tom French winning the A string. Modupe Shokunbi and Becky McLinden won the 100m and 200m respectively, while Danielle Critchley won the A string 800 and the B string 200m in a new pb and took second in the 400m A string. With Becky McLinden and Sarah McClellan winning both 400m hurdles races and the ladies winning both relays it was a great day on the track.

In the field Nicole Farmer won the triple jump with a new pb of 11.03m and Sophia Harper won the B string, Sam Milner and Carys Marsden both won the discus strings with Sam also winning the B string shot. Grace Scopes ran a new pb in the 1500m with 5.29.9, Kieron Murphy threw a pb in the hammer with 45.92m and shot 9.74m, Alex Skipp ran a new pb of 11.2 in the 100m and Prince Reid ran a new 800m pb of 2.05.0. Next match is at Crawley next month with the 5th and final match at home in Norman Park.

The club had many athletes representing their respective counties at the South East Inter Counties match at Basingstoke. The pick of the athletes included Jed Hamilton finishing 2nd in the under 17 100m in a new pb of 11.26, Angus Harrington winning the 800m, Josh Watson winning the A string 100m hurdles in a new pb with Rico Cottell winning the B string in a new pb. Ben Sutton won the long jump and Joshua Gbagbo the triple jump. In the ladies events Hannah MacAulay won both the shot and discus and Eloise Locke the javelin and Karrina Harris the triple jump.

In the under 15 age group Michael Burfoot won both the shot and discus, and in the girls events Holly Mpassy won the 200m in 12.63 for a new pb and also won the 200m.

The YDL Southern Premier League match at Eton for under 13/15 athletes also took place with BBHAC finishing a very close second on 542 points to Southampton's 543. Southampton gave up points by not supplying enough officials which just goes to show that our club never lets our teams down by always providing a full complement of judges and timekeepers which gains valuable points. In the under 13 boys Connor Sutton won the 100m in 13.2 for a new pb and also the 200m and long jump also in a new pb of 4.21m. In the under 13 girls event Emily Kerr won the 150m in a new pb of 19.9 and the girls team also won the 4x100m relay.

In the under 15 mens events Sam Reardon won the 800m while Michael Burfoot won both the shot and discus with Sean Lancaster taking the hammer with a new pb.. In the girls events Amy Miller won the 800m, Ava White won the 1500m and the team won both relays. Holly Mpassy won both the 200m and 300m in quite a busy weekend in new pbs of 25.32 and 40.69. For good Akeiyla Robinson-Pascal won the high jump.

Finally the under 20 and under 23s were in action at Bedford in the England Athletic Champs. Notable wins for James Whiteaker in the under 20 javelin with 74.64m, a win by 12 metres which puts him in great stead for his senior international recognition next weekend in Lille. Divine Oladipo now back from her US University won the under 20 womens discus and took 2nd in the shot, Holly Mills won the long jump, Rebecca Hawkins the high jump, and Maya Bruney finished a close 2nd in the 200m. Matthew Blandford finished 3rd in the under 20 mens discus with Louis Mascarenhas 5th, Sophie Dowson returned to her good form by taking 3rd in the pole vault and Isabella Hilditch took 3rd in the 100m hurdles with Annie Davies also making the final. Both athletes ran pbs this weekend. Stephanie Fisher ran well for 5th in the 400m hurdles and Camron Lyttle ran a new 100m pb of 10.56 in qualifying for his final. Oliver Newport continued his long season with third in the under 23 mens long jump.

YDL under 17/20 event this Sunday at Reading.

*Nick Brooks*



**14/06/17**

### **Yet another busy weekend across the age groups**

The South of England Champs for seniors and under 20s were held at Crystal Palace with plenty of BBHAC athletes competing. The picks of the weekend were wins in the senior events for Louis Mascarenhas in the discus with 48.54m winning by almost three metres, followed up with a 3rd place in the shot, Scott Huggins winning the pole vault in 5.20m, Jonathan Ilori won the triple jump in 16.06m and for good measure took 5th in the long jump with 7.33m behind Oliver Newports' 7.40m silver medal. It is also noted that Matthew Knight ran a great new pb of 22.11 in the mens 200 m under 20s final for 6th place.

In the ladies events Zara Asante won the triple jump with 12.57m, Holly Mills won the long jump with 6.22m, Rebecca Hawkins won the under 20 ladies high jump with 1.77m, and Megan Walsh picked up a bronze in the under 20 400m in 57.08, and Victoria Wiltshire a bronze in the under 20 hammer with 48.66m.

Elsewhere Adam Gemili ran 20.64 for 200m at an IAAF event in the Netherlands, Serita Solomon ran 13.73 in the 100m at the same meeting.

Many of our young athletes were competing in various county schools event but at the time of writing only the Kent School have published any results. In Ashford, Yasmin Austridge won the 1500m steeplechase for senior girls, while in the under 17 age group there were wins for Jed Hamilton in the 100m, Matthew Francis in the 1500m steeplechase and Ben Sutton in the long jump, and in the under 15 boys Ethan Kitteridge won the pole vault.

In the ladies under 17 events Zoe Austridge won the 80m hurdles, Mille Smith the 1500m steeplechase, Kelsi Cornish the 800m, Hannah MacAulay won both the shot and the discus and Eloise Locke won the javelin. In the under 15 girls events Holly Mpassy won both the 100m and 200m finals and Morgan Squibb won win the 1500m.

This weekend sees the senior mens and womens team in action at Chelmsford in the Southern League Division 1 match.

*Nick Brooks*



6/06/17

### National League action for men and women and Kent League for youngsters

Busy weekend with the senior mens team in action in Swansea in the National League Division 1 match where they finished 5th so remaining 4th in the league, while the womens senior team were in action in Eton in a UKWAL Premier League match where they finished 7th and remain 7th in the league with relegation looming unless we have a fantastic showing at our last home league match.

The under 13s and 15s were in action in Kent YAL League Division 1 and 2 matches at Dartford winning by 72 points to remain top of League 1, while the 2nd team performed admirably for 2nd behind Tonbridge.

Notable performances from the mens team in Swansea came from Jordan Layne 2nd in the A string 400m in 48.70, Dan Putnam winning the A string 200m in 21.21, Ross Braden running a great new 5000m pb in 15.26.28 for 5th, Tom French 2nd in the A string long jump and Mark Cryer 1st in the B string, and wins for both Jonathon Ilori and Robert Sutherland in the triple jump. VP Tim Ayres competed in several events for the points and amassed 19 picking up more than a point in all events in the 400m hurdles, steeplechase, 5000m, pole vault and high jump, we could have done with a similar performance at Eton !!

At the time of writing the UKWAL have failed to post any results from our ladies match at Eton but we were 7th on 145 points and desperately need a miraculous turn out and lots of top level performances in Bromley next month to have any chance of avoiding relegation.

Phil Sesemann ran 1500m in 3.43.49 in a meeting in Belgium, and in Italy Serita Solomon ran a windy 13.45 in the 100m hurdles.

At the BMC Classic in Milton Keynes 10 athletes ran personal bests. In the 800m Angus Harrington clocked 1.56.39, Peter Guy 1.58.86, Amy Miller 2.15.25, Kelsi Cornish 2.16.20, Zakia Mossi 2.14.92, Holly Sutton-Trott 2.31.82, while in the 1500m Sophie Hoare ran 4.40.74, Annie Thomas 4.52.54, and in the 3000m Yasmin Marghini broke 10 minutes with 9.56.98 while in the 1500m steeplechase Matthew Francis ran 4.34.17.

In the Kent League division 1 match in the under 13 boys events there were A string wins for Connor Sutton in the 200m, Oliver Robertson in the long jump and 75m hurdles, and the 4 x 100m relay team, with 2 B string winners. The under 15 boys had wins for Oliver Briars in the 200m, Sam Reardon in the 800m, Jacob Byfield in the long jump and 80m hurdles, Ryan Mansbridge in the high jump, Michael Burfoot in the shot and discus, both relays were won. This was backed up by seven B string winners.

In the under 13 girls events there were wins for Emily Kerr in the long jump and 75m hurdles, Lily Meers in the 800m, Abigail Smith in the 1000m walk and the 4 x 100 team, backed up with 2 B string wins. In the under 15 girls events Zakia Mossi won the 800m and the girls won both relays, backed up with three B string wins.

In the division 2 match there were wins in the under 13 boys for Ben Campbell in the 800m and Benjamin Platt in the javelin, and in the girls Tianna Lewis won the 150m and the team won the 4 x 100m relay, and in the under 15 girls Madeleine Bonner won the 100m and the team won the 4 x 300m relay.

Nick Brooks



30/05/17

### Under 20s and Under 17s in action at Bromley and new discus record for Divine Oladipo in the US

BBHAC hosted the YDL Premier League match at Norman Park, again winning the second match of four with 868.5 points with Shaftesbury Barnet second on 710 points and Windsor third on 706.5. A bright warm and sunny afternoon in the main until a torrential downpour arrived for the latter part of the day.

Of the 76 events the club won 30 A string events and 23 B string events and saw a flurry of personal bests and seasons bests. In the under 20 mens event Camron Lyttle won the 100m A string, Matthew Knight won the A string 200m in a new pb of 22.20 and also took second in the 400m A string in 49.81 for another pb with Will Pope winning the B string. Ricky Lutakome won the A string comfortably despite fading at the end with Oscar Hussey winning the B string, Finlay Brannan, James Crawley and Lewis Mills each won the B strings in the 1500m, 3000m and 2000m steeplechase and the team won both relays.

In the under 17 mens events there was fine a fine 100/200m double for Kyle Reynolds-Warmington with 11.16 and 22.37 (new pb), Angus Harrington and Peter Guy won both 800m legs with both athletes inside 2 minutes. In the A string events Matthew Francis won the 1500m, Coleman Corry the 400m hurdles, Aaron Enser the 1500m steeplechase, Ben Sutton the long jump, Rico Cottell the high jump, Joshua Gbagbo the triple jump and James Lancaster the hammer. The team was well backed up with B string wins for Keir Lundy in the 3000m, Rico Cottell in the 100m hurdles, Caelan Raju in the 400m hurdles, Harrison Thorne in the long jump, Pedro Gleadall in the high jump and Charlie Short in the hammer.

There were plenty of top class performances among the under 20 women with Charmont Webster Tape and Modupe Shokunbi winning both the 100m legs, Immanuela Aliu the A string 200m, Madalina Samoila won the 3000m with Amy Leach winning the B string. Isabella Hilditch won the 100m hurdles with Yasmin Austridge winning the 1500m steeplechase A string and the B string 400m hurdles. In the field in the A strings Jamiyla Robinson-Pascal won the long jump, Annika Olalere won the shot, while in the B events there were wins for Mary Adeniji in the triple jump, Shaye Emmett in the pole vault, Anna Barnett in the discus and there was a great new pb for Victoria Wilshire in the hammer for second in the A string with 49.25m. The ladies won both relays.

In the ladies under 17 events wins were harder to come by but Yasmin Marghini won the 3000m by front running to a huge victory in the 3000m, Lilly Tappenden won the B string 800m, Karrina Harris the A string triple jump, Hannah Macaulay won both the shot

and discus and Eloise Locke the javelin. In the B string events Lauren Farley won both the 80m hurdles and the javelin and Alice Prentice the high jump.

In the US NCAA regional qualifiers Joseph Ellis threw the hammer 67.07m, and Jahisha Thomas leapt 6.35m in the long jump both qualifying for the NCAA finals in Oregon in June. Divine Oladipo threw the shot out to 16.00m and threw a new pb in the discus with 53.13m for a new club record at senior and under 20 level but not quite enough to qualify for the NCAA finals. Oliver Newport also just missed making the finals with his leap of 7.43m in the long jump.

There was also a series of mile races as part of the Vitality Westminster Mile events. Phil Sesemann ran 4.06 for a highly respectable third in the senior mens race with Will Fuller posting the best under 20s time of 4.21. Ava White and Morgan Squibb were first and second in the under 15 girls race with Jessica Neal 12th, and there was 1-2-3 in the under 13 girls race for Naomi Toft, Zakia Mossi and Annie Thomas.

Adam Gemili ran in the 100m at the Diamond league in Eugene Oregon and clocked 10.03 for 7th with a slight following wind. Still 10 weeks to go before the world champs so he is coming onto form nicely.

Elsewhere John Turner and Pete Rogers ran the Kent Circuit Marathon on Saturday 27/5 at Gravesend Cyclopark. It involved running 1 small lap then 20 full laps around the park with a hill in every lap. John finished in 4:06 and Pete managed a very creditable 5:21.

*Nick Brooks*



### 23/05/17

Lots of BBHAC athletes in action this weekend with many running at the Loughborough International meeting, the senior men and women were in action at Bracknell in the Southern League Division 1 match, and the under 13 and under 15 boys and girls were in action at Southampton in the Youth Development League Premier South match.

There were some significant performances made by 14 of our senior club athletes at the Loughborough International. Dan Putnam ran a useful 10.58/21.46 100/200m, Shannon Hylton ran an 11.47m 100m pb while twin sister Cheriece Hylton ran a 23.44 200m and backed it up with a 54.31 400m, with Maya Bruney close behind in the 200m in 23.51 for a pb. Caroline Ford ran 800m in 2.09.72 for a pb, Phil Sesemann ran solidly with 3.44.13 in the 1500m and Will Fuller continues to improve his form following injury with an 8.21.70 in the 3000m. Joe Fuggle ran the 400m hurdles on 53.06 just missing his pb.

In the field events Holly Mills leapt 6.01m in the long jump, Chiana Matthews and Zara Asante triple jumped 12.92m and 12.17m respectively, Matthew Blandford threw the discus 51.41m, Rebecca Hawkins jumped 1.68m in the high jump while Scott Huggins vaulted 5.20m in the pole vault and Sophie Dowson 3.65m in the ladies event.

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 546 points to their 606 points.

On the day which saw relentless rain and difficult winds the strong BBHAC contingent fought well against a strong home side. With 13 A string winners and 12 B string winners, BBHAC have now made sure that they are in second spot and on track for the national finals. In the under 15 boys Ollie Briars ran strongly to win the A string 300m, with Jacob Byfield winning the long jump and Ethan Kitteridge the pole vault, while there were B string wins for Henry Whichello in both the 100m and 300m, Kyron Morgan in the 200m, Barnaby Corry in the pole vault and Robert Murray in the shot.

In the under 13 boys events Connor Sutton won both the A string 100m and 200m, and Oliver Robertson won the 75m hurdles and the long jump. B string winners included Ben Campbell in the 800m and George Shaw in the 1500m.

For the under 15 girls Holly Mpassy judged the 300m to perfection winning well, also winning the 200m. With conditions far from perfect Morgan Squibb ran from the front to comfortably win the 1500m in a new pb of 4.42.9, with B string winners Ellie Dolby in the 800m, Annie Thomas in the 1500m and Olivia Howlett in the long jump.

In the under 13 girls events there was a great 75m/150m double for Emily Kerr in the A string events backed up with a B string long jump win, a good win in the 4 x 100m relay by the quartet of Sophie Kerr, Rianna Rennie, Georgia Sullivan and Emily Kerr. Sophie Kerr also won the B string 75m hurdles.

The clubs second senior team were in action at the Southern League Division 1 match on a sunny afternoon at Bracknell, rallying well to finish second on 196 points behind the host team Bracknell's 217 points.

Wins were hard to come by with a slightly depleted team but a great team spirit and some outstanding performances meant we finished well. Matthew Knight won the A string 200m in a new pb of 22.32, with Louis Macarenhas winning both the A string shot and discus both in new pbs of 14.86m and 51.24m, with Alex Pope continuing his multi event successes winning the B string shot, discus and hammer, with the A string hammer being won by Kieran Murphy. The sprint relay team also ran brilliantly to win in 41.23.

In the ladies events Magda Cienciala won the B string 100m, Megan Walsh easily won the A string 200m just missing her pb with 25.33, Danielle Critchley won the B string 800m, Annie Davies won both the A string 100m hurdles and triple jump, Tabitha Lisciotto won the B string high jump, Sophia Harper and Anna Barnett won the B string triple jump and discus respectively, and Victoria Wiltshire and Carys Marsden won both the hammer events, with the 4x100 team rounding off the afternoon nicely with a narrow victory.

The BBHAC Open Meeting on Monday saw around 200 entries competing in the 100m, 400m, 1500m, steeplechase, pole vault, discus and shot where many new personal bests were set. It was great to see so many club athletes on duty many of whom had competed at the weekend.

Next event is a home fixture at Norman Park on Sunday May 28th so come along and support the teams in the Youth

Development League for our under 17s and 20s.

Nick Brooks



16/05/17

### New Club Pole Vault Record for Huggins

With over 100 club athletes entered in the Kent Champs at Ashford, there were some outstanding performance across all age groups in both mens and womens events.

Scott Huggins won the pole vault in 5.26m and broke the championship best performance and in so doing broke the long standing club record by 1cm, a record which has stood for a long time. Louis Mascarenhas won both the shot in 13.26m and the discus in 50.34m for a new pb.

In the mens under 20 events Camron Lyttle did a 100/200m double as did Joss Barber in the 1500 and 2000m steeplechase, while in the under 17 mens event Matthew Francis won the 1500m, Ben Sutton the long jump, Joshua Gbagbo the triple jump and Pedro Gleadall the javelin. In the under 15 boys events Oliver Briars won the 200m in 36.77 for a new championship best performance, Jacob Byfield won both the long jump and triple jump and was 2nd in the 80m hurdles, Ethan Kitteridge vaulted 2.85m to win the pole vault in a new pb, and Michael Burfoot won the shot.

In the senior ladies events Jackie Montgomery won the pole vault, while in the under 20 events Jamilya Robinson-Pascal won the long jump, Nicole Farmer won the triple jump, Megan Walsh the 400m, Annie Davies the 100m hurdles, Anika Olalere the shot, Carys Marsden the discus and Victoria Wiltshire the hammer. In the under 17 ladies events Jessica Sellar won the 1500m steeplechase, Eloise Locke won the shot and won the javelin in a new championship best performance, Hannah Macaulay won the discus and Isabelle Bridge won the 3000m walk. In the under 15 girls events there was a double for Morgan Squibb in the 800/1500m, while Holly Mpassy had a very busy and successful weekend winning the 100m, 200m and 300m including breaking the championship best in the 300m qualifying rounds.

In the US at the AAC Champs in Houston, Divine Oladipo performed well with a shot putt of 15.82m and a discus throw of 49.15m, both a little down on her recent pbs but very strong performances. Joseph Ellis threw the hammer 70.98m at a college meeting and now ranks 3rd in the UK. Jahisha Thomas leapt 6.32m in the long jump at the same meeting.

In the Leicester & Rutland Champs Dan Putnam ran a new pb of 10.47 in the 100m, and a 21.17 200m which was lightly windy. Phil Sesemann ran 3.44.56 in the BMC 1500m event in Solihull.

On Friday Adam Gemili ran 20.35 in the 200m at the Diamond League event in Beijing, ranking him 2nd in the UK.

Nick Brooks



8/05/17

### Whiteaker breaks 30 years old club javelin record

At the British Athletics League Division 1 match at Basingstoke schoolboy James Whiteaker making his senior debut for BBHAC threw the javelin out to 77.03m adding almost 4 metres to his previous best and breaking Peter Yates 30 year old club record by 19cms. He won the event by a massive margin and just missed out on the league record.

The 18 year old clearly heads the national under 20 rankings by a massive 13.50 metres and is 2nd ranked among the seniors now adding the Commonwealth Games qualifying standard to his already achieved World Junior standard. Truly an international class performance.

Blackheath finished a highly credible 4<sup>th</sup> in the team event on 283 points behind Cardiff who won on 318 points. Other top performances came from Dan Putnam in the 200m where he finished 2<sup>nd</sup> in 21.38 having taken third in the 100m, and anchoring the team to victory in the 4x100m relay. Teenager Camron Lyttle won the B string 100m in 10.7 and was a close 2<sup>nd</sup> in the B string 200m in 21.75. Mark Cryer leapt out to 7.05m for 2nd in the long jump and ran 15.15 in the high hurdles, Scott Huggins won the pole vault and the only athlete to clear 5.00m, with Louis Mascarenhas 2<sup>nd</sup> in the discus in 47.30m and new boy Luc Durrant 2<sup>nd</sup> in the shot in 14.42m, and with James Whiteaker massive win there was plenty to cheer about. Next match is in Swansea in June.

The ladies team were not so successful in the UKWAL Premier Division match in Birmingham. With no athletes at all in the 800m, 1500m, 2000m steeplechase, 3000m, pole vault and only one in the 400m hurdles, the depleted team did brilliantly to finish in 7<sup>th</sup> of the 8 teams on 126.5 points to TVH's winning score of 234.5 points. Having fought so hard to get back into the top flight its very disappointing for a club of our size to not field any athletes in so many events and unless we change this approach in the remaining matches we will be destined for relegation.

Holly Mills winning the long jump in 6.18m was a shining light and our only winner on the day, however there were good performances from Annie Davies in 3<sup>rd</sup> and Isabella Hilditch in the 100m hurdles, Anna Short taking 2<sup>nd</sup> place in the B string triple jump, and Rebecca Hawkins 4<sup>th</sup> and Deborah Martin 2<sup>nd</sup> in the high jump strings, both very close to the winning heights.

Elsewhere the sprinters were in action at the Newham meeting with Dean Hylton running a windy 10.64 in the 100m. In the ladies events Cheriece Hylton had a very busy afternoon running 11.67 in the 100m with a legal following wind for a new pb, and also 23.63 in the 200m and 38.42 in the 300m. Other strong performances albeit wind assisted came from Montell Douglas in the 100m with 11.39, Maya Bruney 11.64 and then a new pb in the 400m with 53.70, Jazz Crawford 11.92 on the 100m and Viv



Olantunji 12.23. The club really could have done with all of these athletes the previous day in the league match if we are to hold onto our position amongst the elite 8 clubs in the UK.

Also in action at Norman Park were the under 13 and under 15 athletes who were performing in large numbers in two different divisions. At the time of writing no results are to hand but of note was an afternoon of outstanding performance by under 15 Ethan Kitteridge who broke his pole vault pb on 6 occasions in 10 minutes moving himself from 2.50m to 2.80m and climbing up the age group rankings. Three metres plus is definitely not going to be beyond him this season.

*Nick Brooks*



**2/05/17**

### **Busy week for athletes young and old competing far and wide**

At Norwich on Saturday the BBHAC under 17 and under 20 mens and womens teams were in action in the YDL, winning the Southern Premier League by a handsome margin with 824 points from Shaftesbury with 725.5.

There were 16 A string wins and 8 B string wins for the mens teams and 10 A string wins and 11 B string wins for the ladies teams. In the under 20 mens sprints there was a double win for Camron Lyttle in the 100/200m with 10.80 and 22.53, while Ricky Lutakome won the 800m in 1.57.27 and James Whiteaker threw a league record in the javelin with a massive 73.40m, while BBHAC won both relays. In the under 17 mens events there were wins for William Adedeye in both the 100m and shot putt, Joshua Watson won the 100m hurdles, Coleman Corry the 400m hurdles, Aaron Enser the 1500m steeplechase while in the field Rico Cottell won the high jump, Joshua Gbagbo the triple jump, James Lancaster a massive 59.96m in the hammer just missing a pb and Angus Harrington won the javelin in 48.55 for a brand new pb.

For the under 20 ladies Modupe Shokunbi won the 100m, Immanuela Aliu won the 200m, Yasmin Marghini the 1500m, Annie Davies the triple jump, Jamilya Robinson-Pascal the high jump and the ladies won both relays. In the under 17 ladies events there were wins for Madalina Samoila in the 800m, Lia Radus in the 1500m, Grace Scopes in the 3000m and Hannah Macaulay in the shot putt.

At the British Universities Champs (BUCS) in Bedford the next age group of athletes were on display, typically those in the under 23 age group. A fantastic win for Maya Bruney in the ladies 200m and a new pb and sub 24 second clocking with 23.95 into a massive headwind, Anna Short finished 5th in both the 100m and long jump, Kate Curran ran new pb in qualifying in the 1500m with 4.33.36 and could not quite repeat it for 10th in the final in a very close fought race. Will Fuller ran very well for 9th in the 5000m in 14.33.29, Robert Sutherland took 5th in the mens triple jump, with Samantha Milner and Ellie Duffy-Penny 6th and 11th respectively in the ladies discus. Matthew Blandford threw 50.74m in the discus for a well earned silver medal.

The club hosted the Ted Pepper Memorial race over 10km on Monday along with many races for the very young athletes just entering the sport, many toddlers running round with their parents. In the main 10km event there were 380 finishers in what turned out to be a great day for BBHAC. Ross Braden won the race in 34.33, one second off the course record, and with Garth Evans 8th, Luca Ercolani 10th and Len Crowder 11th they won the team event too. In the womens race Jess Keene won the race in 39.21 and with Kelsi Cornish and Sara Elmqvist 4th and 6th among the ladies they too won the ladies team race. The club fielded 33 athletes but were outnumbered by several local clubs who fielded greater numbers of athletes.

Elsewhere in the US in Philadelphia, Divine Oladipo continued her fine early form throwing over 50m for the first time to win a discus event with 51.59m, Ishmael Smith-John ran a new pb in the 200m with 22.12 in Florida, and Oliver Newport long jumped a legal 7.60m in Louisville.

On Friday our older age groups of athletes were in action at the Kent Masters League at Norman Park. A big thanks to the few who competed. The ladies were 2nd in their 1st division match just 4 points below Dartford and 2 points above Tonbridge. There were 4 events on the night covered by a team of 8 with Louisa Vallins 2nd Sara Elmqvist 3rd in the 400m strings, and for the W50 Jackie Montgomery 1st and in the W60 Helen Godsell 1st. In the 3000m A Sara Elmqvist was 3rd, Sarah Belaon won the B 3000m with W50 Maz Turner(65) 6th in the field in the Triple Jump W35 Louisa Vallins was 3rd, W50 Jackie Montgomery 1st, W60 Helen Godsell 2nd. In the hammer V 35 Jen Neal 6th, W50 Anne Cilia 5th, W60 Maz Turner 3rd.

The men came 1st in their 2nd division match 11 points clear of Ashford who came 2nd despite not having anyone to pole vault because of injury and work commitments. The other 4 events were covered by a team of 9; in the 400m A Luca Ercolani 3rd, 400m B Stephen James 2nd, 400m M50 Paul Stack 2nd, 400m M60 Clem Leon 1st. 3000m A Alex Gibbins 1st, 3000m B Gareth Evans 1st, 3000m M50 Tim Nash 1st. TJ M35 Stephen James 2nd, TJ M50 Rob Brown(65) 4th, TJ M60 Clem Leon 1st. HT M35 Steve Timmins 1st, HT M50 Richard Coe(65) 2nd.

This weekend sees the senior mens team compete in Basingstoke in the National League Division 1 and the ladies team compete in Birmingham in the UK Womens League Premier Division. On Sunday at Norman Park there is the Kent Young Athletes league.

*Nick Brooks*



**25/04/17**

### **Young Athletes League and London Marathon are the major headlines this weekend.**

The club managed to achieve 21 finishers in the London Marathon with Scott Overall finishing 19<sup>th</sup> in 2.16.41 which put him among the leading UK runners but not quite good enough for World Champs team selection. Three other athletes also ran well enough to break the 3 hour barrier, Luca Ercolani 2.54.04, Paul Sharpe 2.545.43 and Tony Crowder 2.58.04. Our three ladies who finished were Carole Penlington with a new pb in 3.05.04, Jenny Neal with 3.19.43 pb and Karen Pery 4.44.06.

Past President Dick Griffin just missed out on a sub 4 hour clocking with 4.03.42, and John Turner continued his almost weekly long distance events with a 3.52.16 effort. Regular park runners and mob match runners Steve Pairman and Clayton Aves broke the 3.30 barrier with 3.24.51 and 3.29.23 respectively.

At the YDL match for under 13s and under 15s the club had many athletes on display at Bracknell, where wins were hard to come by on a good afternoon for athletics. Eventually BBHAC finished second on 481.5 points behind national champions Southampton on 541 points but still to all to play for and a place in the national final is our aim.

The under 13 girls team won the 4 x 100m relay, while Sophie Kerr won the B string 150m race in 20.63 and the B string long jump in 4.09m. In the under 15 girls events Holly Mpassy looked majestic in winning the 200m A string in 25.57 in a massive new pb and could have won the 300m but narrowly failed to win in a new pb of 41.40, with Eve Ward winning the B string 200m in 26.65 also in a new pb, and Ellie Dolby ran from the front to win the 800m B string in 2.22.01.

In the under 13 boys events there was a double for Oliver Robertson in winning the A string high jump in 1.43m and the 75m hurdles in 13.11, Connor Sutton won both the 100m and 200m in 13.52 and 27.42, Jamie Sears front ran to victory in the B string 800m in 2.36.20 and the 4 x100m team won in 55.15. In the under 15 boys event Ethan Kitteridge was 2<sup>nd</sup> in the pole vault in 2.40m but the same height as the winner while Barnaby Corry jumped a new pb of 2.20m to win the B string also in a new pb. Ollie Briars ran strongly to win the A string 300m in 37.87 and the B string 200m in 24.26 (new pb) with Afolabi Eniola winning the B string 300m in 39.90.

Elsewhere in the US at college meetings Divine Oladipo threw two new personal best of 49.53 in the discus and 16.64m in the shot at Princeton in New Jersey. This puts her on top of the UK under 20 rankings for both events and 4<sup>th</sup> in both events among the seniors, so more international honours beckon.

In Iowa City Jahisha Thomas jumped 12.86m in the triple jump and ran the 100m hurdles in 13.83.

*Nick Brooks*



**18/04/17**

### **Emphatic team win in Southern League and a round up from the US.**

An emphatic win for Blackheath in their return to the Sweatshop Southern League Division 1 following promotion from last season.

The match held at Bromley's Norman Park saw ideal conditions although sometimes a little blustery, with 30 personal bests being set, the men winning 9 A string events and 12 B string events, while the ladies won 16 A strings and 12 B string events.

Dan Putnam won both 100m and 200m sprints A strings in 10.67 and 21.82 with Matthew Knight winning both B strings, with Immanuela Aliu winning both sprints and a new 200m pb of 24.39 with Megan Walsh winning the B string 200m in a pb of 25.24. Maya Bruney ran a superb new pb in the 400m to win the A string in 54.74, while Danielle Critchley won the 800m, Yasmin Austridge the 1500m and Kate Curran won the 3000m by almost 45 seconds. With their performances both Dan and Maya won the man and woman of the match awards.

Over the barriers Annie Davies and Mark Cryer both won the sprint hurdles, while Joss Barber and Millie Smith won the men's and ladies 2000m steeplechase events by big margins, while the ladies team won both relays.

In the field events Lewis Ely won the high jump by 30cm with 1.90m, George Pope won the pole vault and Ellie Barrett and Jackie Montgomery won both legs in the ladies event, Mark Cryer and Anna Short won both the men's and ladies long jump events, and Annie Davies won the ladies triple jump.

In the throwing event events Louis Mascarenhas made a welcome return to the sport winning both the shot and discus, with a new pb in the discus of 48.35m. Shaunagh Brown won the A string events in the shot, discus and hammer and took the B string javelin, while Eloise Locke threw a new pb of 37.14 in the A string javelin for 2<sup>nd</sup> place.

One match down and 4 to go with the final match at Bromley also, BBHAC now sits top of the league after beating some good teams in Colchester, Belgrave and Thames Valley.

Elsewhere Adam Gemili opened his outdoor account over 100m at the weekend with 10.08 win at a meeting in Azusa in California. This puts him on top of the UK rankings.

Elsewhere in the US at the Penn/Cornell versus Oxford and Cambridge event Niamh Bridson Hubbard clocked 4.34.96 in the 1500m for a seasons best in Philadelphia, while Divine Oladipo won a shot and discus double with 15.92m and 48.26m in the UConn Northeast Challenge in Storrs Connecticut.

At the Mt Sac relays in Torrance, California, Jahisha Thomas jumped 6.15m in the long jump, and Oliver Newport jumped 7.77m in the long jump albeit wind assisted in Louisville keeping him the UK top 10, and Joseph Ellis threw the hammer to 68.00m in Austin, Texas, which ranks him 6<sup>th</sup> among UK athletes.

*Nick Brooks*



**10/04/17**

### Marathon, road and track for club athletes this week

The British Masters open 10km event took place at Gravesend but at the time of writing no team results are to hand. Peter Tucker ran superbly for third overall in 34.19, with Tim Nash 34th in 41.23, Peter Hamilton 61st in 45.12, Rob Brown 70th in 46.33 and Paul Ross Davies 73rd in 46.51.

At the Brighton marathon on Sunday the club fielded 6 athletes with Paul Kerekgyarto first home in 3.37.18, followed by Marc Knowles 3.38.10, Ian Montgomery 3.51.35, Iain Swatton 3.57.16, Mark Ellison 4.00.35 and Glen Read 4.04.31.

At Lee Valley the club had many athletes either opening their outdoor track and field accounts or continuing to build on previous efforts at an open event. Among the highlights were Camron Lyttle running 10.76 in the 100m and 21.95 for the 200m and a new pb, while Pedro Gleadall ran 12.08 for the 100m and also vaulted 3.82m both new personal bests, and also threw a massive 58.66m in the under 17 mens javelin also for a new pb.

Angus Harrington ran 53.31 for 400m and an impressive 1.57.71 for 800m, both for new pbs, followed up with a 46.73m javelin in the under 17 event. In the under 13 boys 75m hurdles Oliver Robertson ran 13.42 for a new pb, in the under 17 mens 100m hurdles William Adedeye ran 13.93 while Josh Watson ran 13.92 for a new pb, and Joe Fuggle ran 54.03 for 400m hurdles a great season opener. In the field Lewis Ely high jumped 1.90m with Pedro Gleadall clearing 1.75m, while in the pole vault Eliie Barrett vaulted 2.72m, Elise Swatton 2.42 and a new pb, and Zoe Austridge 2.42m. In the ladies long jump Zoe Martial leapt 4.81m and in the under 13 boys javelin Matthew Smith threw 20.27m for another pb.

*Nick Brooks*



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