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Blackheath & Bromley Harriers AC

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2000

Home

Up

Last updated 25 August 2000

Press Releases April & May 2000

- *f you want to find the latest results try [Results!](#)*
- *If you are after older results and gossip please go to the [Courier](#) pages.*

April 2000

[24/4/00](#)[18/4/00](#)[11/4/00](#)[04/4/00](#)

May 2000

[30/5/00](#)[23/5/00](#)[16/5/00](#)[09/5/00](#)[02/5/00](#)

30 May 2000

Emeka Udechuku moved closer to revising his Club discus record when he threw the 2kg implement out to 58.84 at the Halle International throws meeting in Germany. The Mike Winch coached 20 year old was just over 2 metres down on his best of 60.97 and, with it still being early season, there seems every likelihood that there is better to come.

Two other members of Blackheath Harriers Bromley have also just returned from abroad having completed the finishing touches to their summer preparations. Julian Golding and new member Jonathan Barbour have been training in California and, while out there, took the opportunity to take part in some US meetings. At Irvine on May 7th Golding timed 10.38 for the 100, just nine hundredths outside his best. He wasn't so fast a week later when he clocked 10.55 at a meeting at Eagle Rock. In fact Barbour actually ran faster in his heat timing 10.51, only 3 hundredths of a second behind established British international Marlon Devonish.

Emphasizing the Clubs strength in depth in the sprints came two more impressive performances from the weekends major domestic Championships. At the Inter Counties Championships at Bedford, Kent 200 metre champion Michael Champion set a new best of 21.12 in his heat and then, despite suffering with a sore toe, finished 4th in the final in 21.28.

Also on the track veteran Bill Foster finished 5th in the 10,000 in 31.18.66; and Michael Skinner and Stephen Pratt timed 4.21.06 and 56.93 in the heats of the mile and 400 hurdles.

Outstanding performance in the field came from Levi Edwards who set a new personal best in finishing 3rd in the long jump with a leap of 7.35.

Meanwhile at the Southern Under 20 Championships at Watford, Dwayne Grant continued his outstanding start to the season as he took gold in both the 100 and 200 Under 20s events. He won the 200 in a new best of 21.2, and then was equally impressive in the 100 with a 10.6 clocking.

It proved yet another successful Championships for Blackheath athletes against the top athletes from an area spanning from Suffolk down to Cornwall. Further golds came from Katy Porter in the 100 hurdles in 14.57; and from Sandra Alaneme who set a new best of 1.65 to win the under 15s high jump.

Back in the sprints Anisha Barnaby took silver in the under 20s 100 in 12.34, and there was bronze and a new Club Record for Lisa Edwards in the discus with a throw of 33.87.

There was another Club Record in the under 15s discus where Anita Oliver threw a new best of 26.17 and to cap a fine start to her season she then putt another best of 9.79 in the shot. Alaneme threw even further with 9.96.

Emily Oliver was just outside her best in finishing 5th in the under 17s discus in 32.66 while Katy Benneworth was 5th in the long jump with a leap of 5.23.

Elsewhere Robert Laming was 9th in the under 20s 1500 final with Stuart Simmons setting a new best in the heat.

On the roads internationals Mark Steinle and Dave Taylor were in action in at high quality race at Stevenage. The Fila Leisure Experience 5km attracted some of the best runners in the country with Kenyan Julius Kimtai winning in a course record of 13.45 from former Commonwealth 5000 metre champion Rob Denmark . Steinle, running far below his Olympic marathon distance, finished in 12th having seen Taylor sweep past him in the final 400 metres as he moved through to 10th.

The Club will be featured live on Sunday Grandstand this weekend when they compete in a special invitation Clubs 4x100 metre relay race which has been incorporated in the latest Road To Sydney meeting at Bedford. The fastest 8 Club teams in the country have been invited to meet head to head with the winners receiving prize money of £2000. Many of the Clubs other top athletes will

be competing there and also at the European Inter City match at Battersea Park. The Club will also be fielding teams in the Southern Mens League and the McDonalds Young Athletes League for boys.

For further information about joining the club, please contact Dave Liston on 01322 663504 or ask for Dave at Norman Park track on a Tuesday, Wednesday or Thursday evening from 6.30 onwards.



23 May 2000

Emeka Udechuku warmed up for this weekends Great Britain throws international in Halle, Germany with a win in the discus at the Loughborough International. Competing as captain of the University team he beat representatives from England, Scotland, GB students and GB under 20s with a throw of 56.27 which was just outside his seasons best, despite the difficult conditions. He was also 4th in the shot with a putt of 16.88 as athletes from Blackheath Harriers Bromley featured prominently in the meeting that was featured live on Sunday Grandstand.

Dwayne Grant made his international debut for the under 20s team and was part of the 4x100 squad which defeated the senior opposition. He was also 2nd in the invitation 100 in 10.91. Chris Moss showed an encouraging return to form after having major surgery on both legs last summer. The former World Junior finalist won the invitation 800 in 1.51.11.

It wasn't such a happy day for Club captain Mensah Elliott, however, as he clipped too many hurdles and, having lost his rhythm, was forced to run through the last flight and get disqualified. Dave Heath opened his track season by finishing as first Briton in the 5,000. Beaten by two Kenyans, he still timed a useful 13.57.50. The race was paced by clubmate Bill Foster who himself has been successful on the International scene recently. He has just returned from the World Veterans Road Race Championships in Valladolid, Spain, where he finished 2nd in the over 40s 10km in a time of 31.19.

Both Udechuku and Elliott were in action the day before as the Senior mens team opened their British Athletics League season with a third place in the Division Two match at Wigan. But for weaknesses in the jumps, the team would probably have won and, so long as this problem is addressed, the team should still finish in the two promotion places at the end of the season.

Udechuku won both the discus and shot with ease, and Alexis Sharp made it maximum points in the discus with a B string victory. On the track the outstanding performance of the day came from Anthony Draper who won the 800 metres, equalling his best of 1.49.6. This is one of the fastest times in the country this year and was achieved despite the blustery conditions. Joe Mills secured maximum points in the B string and there were also wins for Ruben Tabares in the 400 in 48.4; and from Dave Lee in the steeplechase in 9.12.5.

Match Result. 1. Woodford Green 336. 2. Trafford AC 307. 3. Blackheath Harriers Bromley 298. 4. Cardiff AC 281. 5. Peterborough AC 265. 6. Harrow AC 246. 7. Enfield And Haringey 231. 8. City Of Edinburgh 223.

Blackheath results. 100. A. 4. Darren Burley 11.2. B. 4. Ejike Wodu 11.4. 200. A. 4. Burley 22.6 B. 2. Michael Champion 22.9. 400. A. 1. Ruben Tabares 48.4. B. 7. Scott Jarred 52.3. 800. A. 1. Anthony Draper 1.49.6. B. 1. Joe Mills 1.55.6. 1500. A. 3. Mills 3.54.3. B. 4. Martin Airey 4.01.1. 5000. A. 2. Andy Arrand 14.36.9. B. 5. Richard Daniels 16.28.7. 110H. A. 3. Mensah Elliott 15.3. B. 5. Mark Purser 17.9. 400H. A. 4. Stephen Pratt 55.2 B. 3. Purser 57.0. 3000s/c A. 1. Dave Lee 9.12.5 B. 2. Daniel Moore 9.49.7. HJ. A. 6. Bomene Barikor 1.80. B. 5. Champion 1.75. LJ. A. 7. Mark Awanah 6.14. B. 6. Barikor 5.70. TJ. A. 8. Awanah 11.92. B. 8. James Apps 11.15 PV. A. 8. Alan Hardy 3.60 B. N/H Alexis Sharp. SP. A. 1. Emeka Udechuku 16.18 B. 8. Apps 9.66. DT. A.1. Udechuku 55.89. B. 1. Sharp 46.89. JT. A.5. Apps 53.37. B. 4. Sharp 48.48. HT. A. 6. Andrew Benn 50.74. B. 4. Udechuku 42.45. 4x100 3. (Wodu, Champion, Burley, Elliott) 43.4. 4x400 3. (Draper, Pratt, Jarred, Cooper) 3.22.0

Closer to home, the women were in action in the Southern League at Tooting. There were a mass of individual victories from a young team with double wins from Lisa Edwards (shot and discus); Energize presenter Katy Porter (100 hurdles and long jump); Siobhan Budd (1500 and 3000); Sam Singer (200 and 400) and Angela Zihute (triple jump and B long jump). Other victories came from Naphthali Morris (B 400); and Emily Oliver (B discus).

Possibly the best performance of the day came in the under 15s age group where Anita Oliver won the shot and discus in new bests of 9.46 and 25.15 and also smashed the Club Record in the javelin sending the spear out to 25.55.

The Clubs boys and girls were also in action in the latest round of the McDonalds Young Athletes League. The Boys won their match at Enfield by a mighty 60 points and won both of the Man Of The Match awards. Fabian Collymore's 22.9 in the under 17s 200 secured the track award, although Neil Simpson equalled that time in the B race, while Ravenswood schoolboy Asando McCloud's grade one throw of 36.03 in the under 15s discus was adjudged the Field event performance of the meeting.

Joe Sweeney won the under 15s 1500 in an excellent 4.28.3 and then followed with a win in the B string 800. In the A race Omar Wehlye ran 2.10.6 for 2nd place despite being in the first year in the age group. Dwayne Bovell had a double win in the under 15s sprints while Will Edet had wins in the pole vault, high jump and 80 metre hurdles.

Match result. 1. Blackheath Harriers Bromley 256. 2. GEC Avionics 196. 3. Milton Keynes 168. 4. Worthing 141.

The girls were in action at Hayes, Middlesex with the highlights being personal bests for Stacey Quaye in the under 17s discus and Katy Bennenworth in the 80 metre hurdles with a time of 13.1. Annabel Atkins set a new best of 3.96 in the under 13s long jump, as did Melisha Winter in the under 15s discus with 19.36; and there was a useful win from Eve Bugler in the under 15s 800.

A number of Heathens competed in the Oxford v Cambridge Varsity match at Iffley Road where Oxford won by 8 points. Competing for Oxford, Jeremy Bradley won the 1500 in 3.54.3 to add to his 2nd place in the 800. For Cambridge, Sudip Burman Roy won the shot with a putt of 13.20. He was also 3rd in the discus with 35.51, while Dave Gardiner was 3rd in the 200 in 23.0.

Roy Smith finished 2nd in the multi terrain Sevenoaks 7. He timed 38.10 for the course while Terry Brightwell was 2nd in the over 50s race in 44.38.

The Club is still keen to recruit new members male and female of all ages. The Club has training groups at Norman Park, Crystal Palace and Ladywell. Anyone joining under the age of 15 receives free membership until the start of the 2001 season on 1st of

January. For further details please contact Dave Liston on 01322 663504.



16 May 2000

Athletes from Blackheath Harriers Bromley had another successful weekend winning a mass of medals and setting numerous personal bests at the Kent County Track And Field Championships at Crystal Palace.

Dwayne Grant celebrated his selection for the Great Britain junior team for this weekends match at Loughborough by smashing the Championship record in the 100 metres winning in 10.57 to add to his 21.9 victory in the 200. He has been chosen to compete for Britain's juniors in the 4x100 and will also have the opportunity to race in a non-scoring sprint.

Samantha Singer is another Harrier who may soon gain international recognition. She also set a Championship record in winning the under 20s 800 metres in 2.13, two seconds inside the old mark. She had to settle for silver in the 400, however, clocking 56.0, just outside her best.

Encouragingly some of the most notable performances in the senior age group came from athletes who have worked their way up through the age groups. Michael Champion claimed his first Kent senior title powering to victory from lane eight in the 200 metres in 21.96; and Michael Skinner had to settle for silver an exciting 1500; while in the field club coach Simon Tolson led by example by winning silver in the pole vault. Siobhan Budd's 3rd place in the 1500 saw her setting a new best of 4.41. Steve Cooper was second in the 800 and Aaron Harris third in the 100.

As well as Grant and Singers wins in the under 20s, there were also golds for Katy Porter in the 100 hurdles

and James Proctor in the high jump. Rob Laming was in impressive form winning silver in both the 800 and 1500 as did Lisa Edwards in the shot and discus. Daniel Moore was just outside the English Schools qualifying time when he was 2nd in the 2000 steeplechase in 6.08.79.

Edwards' training partner Emily Oliver won the under 17s discus and there was further throws success with Aaron Mulhern second in both shot and discus. Tom Robinson's win in the 400 hurdles was achieved in a new personal best time of 62.49 despite the last flight of hurdles being set at the senior height. Undeterred by the officials' error, he remained calm and cleared the last barrier to take victory. Neil Simpson was a class apart in the 400 metres winning in 51.36 and there was another encouraging run in third from the fast improving Jake Aust who timed 53.2. There was silver for Katy Benneworth in the 100 and long jump and for Helen Thomson in the high jump, while Lianne Nemeth was third in the triple jump.

Each year the Championships will throw up its share of unexpected results, and this year was no exception, as Eve Bugler surprised herself, and everyone watching, when she won the under 15s 800 with a battling last lap, holding off more fancied opposition. Alex Pope won the pole vault and was third in the javelin; while Brendan Early set another best in the 400 timing 54.34 for second place. Sandra Alaneme showed great versatility in winning both the high jump and shot with Anita Oliver in second in the latter. Oliver was also third in the javelin.

Meanwhile at the Surrey Championships at Croydon Arena, Chris Verheyden retained his javelin title with a throw of 46.70. Marathon man and Southern cross country champion Dave Taylor moved down in distance to take bronze in the 800 in 1.55.1.

In the under 20s age group Anisha Barnaby struck double gold with wins in the 100 and 200 in times of 12.5 and 25.6, and, in the under 17s, Joseph Godsell revised his best time for 800 clocking 2.03 to win the under 17s race and add to the silver which he won in the 400.

Further afield Stephen Pratt won the Senior 400 hurdles in 55.3 and Fabian Collymore took silver in the under 17s 100 in 11.2 at the Essex Championships at Chelmsford.

Two of the Clubs new champions Katy Porter and Tom Robinson will be helping to present the Energize programme on CITV this Friday. The programme contains a feature on the pentathlon and Tom and Katy will be describing the disciplines involved. Emeka Udechuku makes a guest appearance to help them with the shot putt.

Emeka has just been selected to represent Great Britain in a throws international at Mannheim in Germany in two weeks time and warms up for that this weekend by throwing for the Club in the first British League match of the season at Wigan. The following day as captain of Loughborough University he competes the international at his home track where the university take on team from England, Scotland and the Great Britain juniors.



9 May 2000

Blackheath Harriers Bromley continued their strong start to the track and field season with more success in team competition across the age groups in the Southern Mens League; both mens and womens divisions of the Junior League; and the Kent Boys And Colts League.

Following last weeks win in the Southern League for the Senior womens team, it was the turn of the men to take centre stage with a double victory for its B and C teams at Norman Park. In the Division Two match, the team were boosted by the presence of first team captain Mensah Elliott who won the 110 hurdles in 14.6 and also had wins in the B string 100 and 200 metres. Dave Gardiner also had a busy afternoon equalling Elliott's 11.1 in finishing 2nd in the A 100 and timing 22.3 to win the 200 before helping both relay teams to victory.

Andy Arrand ran a controlled race to win the 5,000 in 15.04.9 and there were other useful wins for Anthony Draper in the 800 and James Apps with a 58.73 throw in the javelin.

With the age of the team ranging from 17 year old Andrew Moreton in the 3000 metres steeplechase, to the 66 year olds Gordon Hickey and Jim Day in the shot and pole vault, the C team won their Division Five match by 58 points, scoring 163 out of a

possible 180.

At the same venue the next day, the Junior Womens team scored a fine second place in the Medway Division of the National Junior League. Anisha Barnaby won both sprints in 12.6 and 25.3 and her English Schools qualifying time in the 200 was equalled by Sam Singer in the B race as she stepped down in distance to sharpen up for next weekends County Championships.

The throwers continued to excel with a double win in the discus from Emily Oliver and Lisa Edwards. Edwards followed with 2nd in the shot with a new best of 10.23 and teamed up with Oliver again for a 2nd and 1st in the javelin. Stacey Quaye threw a useful 22.49 for 2nd place in the hammer.

If successful this year the team could gain promotion to the Southern Premier Division where the mens team finished 3rd in their match at Cophall. Star of the team was Dwayne Grant who received the Man Of The Match award for his outstanding 10.6 second victory in the 100. This was a new personal best as was his 21.5 in the 200 and it seems that international recognition awaits.

Team captain Daniel Moore also had an outstanding day winning the 2,000 steeplechase in 6.06.5 as well as coming 2nd in the 400 hurdles and 3rd in the 110 hurdles. After his steeplechase he was sick but then still ran 51.3 for a relay leg in the 4x400.

Personal bests were achieved by Paul Archer with 39.02 in the discus; Andrew Rayner 2.00.2 in the 800; Chris Daniel 10.10.4 in the 3000; and Stuart Simmons 4.19.2 in the 1500. Third place leaves the Club on target for a place in the National Final in September, and they would have won the match had the two teams above them not used athletes from Scotland to bolster their squads.

Meanwhile the young athletes followed on last weeks excellent 2nd place in the Young Athletes League with a comprehensive victory in the Kent Boys And Colts League. Such was the quality of the squad that James Grannell's grade one 26.9 in the under 13s age group was achieved in a non scoring event. Joe Sweeney continues to improve winning the 800 in 2.15.4 and the 1500 in 4.32.1 in the under 15s with Dwayne Bovell also a double winner in the 100 and 200.

The Clubs Head of Active Athletics John Robinson was full of praise for the teams. "I can't remember such a wonderful start to a season. Our athletes and officials are to be congratulated on their achievements so far". There are still plenty of opportunities for people of all ages to compete for the Club or enjoy the sport at a more recreational level. For further details please contact Dave Liston on 01322 663504.

This weekend many of the Clubs athletes will be in action at the Kent County Championships at Crystal Palace.



2 May 2000

Emeka Udechuku started his summer track and field season in record breaking form at the British Students Championships at Stoke On Trent. Competing in the discus for Loughborough University, the Blackheath Harrier Bromley athlete broke the 30 year old record when he launched the 2kg implement out to a distance of 56.82 to win the competition by nine metres. He also picked up gold in the shot winning with a putt of 17.43.

There was gold too for Akinola "Lash" Lashore who was competing for Brunel University. He was just outside his best ever time when he powered to victory in the 100 metres in 10.38, and he followed this with a bronze medal in the 200 metres.

Michael Skinner just missed out on a medal in the 1500 but he still came away with a new best of 3.46.66. David Moulton and Jeremy Bradley both reached the semi finals of the 800 but missed out on the final.

The clash with the University Championships and injuries to key athletes meant the Club had to field a weakened team at the National 12 Stage Relays at Sutton Coldfield. Prior to the weekend team manager Ian Wilson had been confident of a top 6 placing but, with Dave Taylor withdrawing with a hamstring injury; and Andy Arrand being admitted to an Army hospital to have fluid removed from a lung; the team was greatly weakened on the crucial 5.3 mile long legs.

There was still much to celebrate, however, as the Club finished 14th out of 64 teams and they were 5th Southern Club improving on their Area placing of 8th. Dave Heath got the squad off to the best possible start as he lead the first leg runners home. His time of 26.02 would eventually prove to be the 3rd fastest long stage of the day. Junior Lee Cooper coped admirably with the pressure of being sent off in the lead and brought the team back in 5th place. From there the lack of top quality long leg runners showed, and, despite a strong 14.39 from Joe Mills on the short leg 4, the team had slipped to 27th by halfway.

From here Mark Steinle sparked a spirited revival and, although not fully recovered from his Olympic qualifying performance at the London Marathon, he moved up 11 places to 16th. Dave Lee's preparation was not ideal for the next stage as, being a qualified doctor, he had earlier rushed to attend a spectator with a heart condition who had collapsed on the course. Despite this, he still hauled the team to 13th, its highest position of the day. Giles Clifford held this on leg 9 before strong efforts from Junior Andrew Rayner, Richard Parrott and former Southern Cross Country champion Tim Dickinson ensured a highly creditable 14th place. Times Leg 1. Dave Heath 26.02, 2. Lee Cooper 15.31, 3. John Morland 31.04, 4. Joe Mills 14.39, 5. Liam Bulson 29.34, 6. Matt DeFreitas 16.25, 7. Mark Steinle 26.27, 8. Dave Lee 15.09, 9. Giles Clifford 29.22, 10. Andrew Rayner 16.36, 11. Richard Parrott 29.36, 12. Tim Dickinson 15.25.

Back on the track the womens team made a bright start to the Southern League season with victory in their match at St Albans. A young squad set numerous personal bests, winning an absorbing contest by just four points. Having set a new best for 3,000 last week, Siobhan Budd moved down in distance to revise her 1500 time winning in 4.43. Katy Porter won the 100 hurdles in 15.0 and Sam Singer took the 400 in 56.5 having also come 2nd in the 800.

Katy Benneworth set a new best of 13.3 in the under 17s 80 hurdles and also beat all the seniors in the long jump with a 5.18 leap. Also in the field, Lisa Edwards' rapid progress continued in the throws with wins in the discus in 32.91 and shot in 10.14. Emily Oliver made it maximum points in the discus winning the B string in 30.07.

Her sister Anita broke her own under 15s Club Shot Putt Record for the second week running with 9.27. However, Sandra Alaneme threw even further to win in 9.32 and this record looks like it will continue to be revised all summer. Anita also had wins in the discus and javelin while Sandra won the high jump with a leap of 1.58.

Further bests were set by Claire Cooper (14.0 in the 100); and Harriet Robinson and Louise Sheehan who ran 13.5 and 17.2 in the 75 metre hurdles.

The Clubs youngsters scored a useful 2nd place in the opening round of the McDonalds League at Norman Park when they split two of last years National finalists, Croydon and Harrow. Jake Aust started the track programme off in the best possible way by finishing first in the 400 hurdles while Tom Robinson won the B event. Aust was also 2nd in the 100 hurdles and helped the 4x400 team to victory with Joe Godsell on the anchor leg. Godsell had also won the 800 and ran another good 400 in 52.6.

In the under 15s Brendan Early won the 400 in an excellent 54.7 in his first year in the age group and there were new bests from Dwayne Bovell in the sprints with times of 12.1 and 24.9 for the 100 and 200. Joe Sweeney's time of 9.59 in the 3000 would have beaten all but the winner in the under 17s race while in the field Peter Inwood contributed 10 out of a maximum of 12 points in the shot, discus and hammer.

Roy Smith was 2nd in the Clubs Ted Pepper Memorial 10km race at Beckenham. He timed 32.52. Cliff Keen was 1st over 40 in 34.46 and finished in 5th place overall.

There will be a different athletic achievement this weekend with the running of the Simon Lloyd Miracle Marathon at Bewl Water. The race has been named after the Blackheath Harrier Bromley athlete who nearly died in a road accident three years ago. Lloyd was hit by a car while on a run from his West Wickham home. With his skull split open and brain exposed; one eye out of its socket; both legs broken and massive internal injuries; there seemed little hope of him surviving. He was flown by Air Ambulance to the London Hospital at Whitechapel where, after spending a week unconscious, a remarkable recovery began.

He has now taken part in numerous cross country races for the Club and the run on Saturday over the marathon distance will be his longest yet. "I have been given a second chance of life and it's made me realise how precious the miracle of life really is. Kenward Trust helps men and women make the most of a second chance – rebuilding their lives after the effects of alcohol and drug misuse". If anybody would like to sponsor Simon on his run they can contact the Club on 0208 462 3115.



24 April 2000

Seven members of Blackheath Harriers Bromley have received grants from the Ron Pickering Memorial Fund, a charity founded in memory of the late BBC commentator. The awards are made to athletes aged 23 and under who are still in full time education and in total 162 athletes from around the country received monies totalling £25,300.

Significantly Blackheath had by far the highest number of award winners with no other Club receiving more than four. Two of the recipients, Katy Porter and Samantha Singer, are both pupils at Langley Park school for girls. Porter, who can currently be seen helping Jamie Baulch present the Energise TV programme, receives her grant for her performances over the 100 hurdles, while fellow English Schools international Singer is rewarded for her exploits over 800 metres.

For the boys, awards have been made to Jonathan Barbour, a training partner of Commonwealth 200 metre champion Julian Golding; 110 hurdler and Senior team captain Mensah Elliott; Chris Moss for the 800; Dwayne Grant for the sprints; and Nange Ursell for the 400 hurdles.

Singer started her track season in fine style with wins in both the 400 and 800 metres in the opening Kent Womens League fixture at Norman Park. She also anchored the 4x400 team to victory following some good legs from Siobhan Budd and Karyn O Mahoney. Budd herself set a new best in the 3000 metres where she ran away from the field to win in 10.15, over 15 seconds faster than ever before.

In the throws Lisa Edwards showed great promise with a win in the discus in 31.61, and the Herbie Kuentstlinger coached athlete then took 2nd place in both the shot and javelin.

Her training partners Stacey Quaye and Anita Oliver also set new bests. Quaye broke the under 17s League hammer record with a throw of 23.87 and also finished 2nd in the shot. Oliver was also in record breaking form setting a new Club Record of 9.10 when she won the under 15s shot to add to her 2nd places in both the discus and javelin. Also in the under 15s Sandra Alaneme leapt over 1.56 to win the high jump just 2 centimetres lower than the winning height in the senior contest.

Star of the under 13s was Claire Cooper who won both the 70 metre hurdles and long jump as well as finishing 2nd in the 75 metres. Annabelle Atkins was 2nd in the discus and 3rd in the high jump.

Despite the quality of these performances the team finished in 6th place overall as a number of athletes were saving themselves for this weekends more important Southern Womens League match at St Albans.

The Clubs veteran athletes began the season in winning form at the opening Kent Veterans League match at Ladywell. Best performance came from Dennis Wallington with a fine win in the 100 metres and there was a gallant victory from Bill Clapham in the over 60s 1500 metres.

Martin Airey overcame recent injury to win the 1000 metres at the Tonbridge Open Meeting in 2.32.6 and there was also a win from Sophie Robinson in the under 11s 600 metres in 2.11.2. Her brother Tom cleared 2.70 in the under 17s pole vault.

Also this weekend the Club will be sending a strong squad to the National 12 Stage Road Relay at Sutton Coldfield. So long as he has recovered from last weeks Olympic qualifying marathon, Mark Steinle will be competing, as will Britains first finisher at the World Cross Country short course race Dave Heath. The rest of the team is Andy Arrand, Joe Mills, Dave Taylor, Tim Dickinson, Dave Lee, Liam Bulson, Roy Smith, Matt DeFreitas, Russell Bentley, and Lee Cooper. Team Manager Ian Wilson is confident that although the team will be up against all the top Clubs in the country, that the Club will finish higher than the 8th place

achieved in the Southern Championships



18 April 2000

Mark Steinle secured a guaranteed selection place for the Olympic Games when he finished as first Briton at the Flora London Marathon. The British selectors had designated the London race as the Olympic Trial with the first Briton given a place in Sydney, so long as he was inside the qualifying time of 2 hrs 14 minutes. Steinle's finishing time of 2hrs 11 minutes and 18 seconds smashed the standard and was also a new Blackheath Harriers Bromley Club Record, over two minutes faster than Dave Taylor's previous best.

The London field was the strongest in the history of the event as it featured world record holder Khalid Khannouchi; Olympic champion Josia Thugwane; two time winner Antonio Pinto and defending champion Abdelkader El Mouaziz. Undaunted by the quality of the opposition, Steinle went with the lead group from the start. "The organisers had arranged for pacemakers to be in the field to take runners through halfway in 65 and 66 minutes but I chose to ignore these." Instead he reached halfway in 64 minutes by which time the leaders had broken clear leaving him in a chasing pack of four.

Looking strong throughout, the British number one over the half marathon distance picked off a number of the lead group in the next 13 miles to finish 11th overall on his debut at the distance. He was over two minutes clear of the next Briton home Keith Cullen.

After the race he said that his legs felt "remarkably good," but the next day he was finding it quite painful walking downstairs.

However, with a training regime of 130 miles a week behind him, he expects to recover quickly and compete for the Club at the National 12 Stage Road Relay on the 29th of April. From there he will start his preparations for Australia. The high temperatures in Sydney should not prove a problem as he was the first European home in the last two World Student Games Half Marathons in oppressive heat.

As well as securing his Olympic selection the race also saw him take the AAA's Marathon title and he was also part of the Blackheath Harriers Bromley squad which won bronze medals in the team race. Commonwealth Games 4th placer Dave Taylor was below his best in finishing in 2.22.47 while Nick Kinsey just improves with age. The 40 year old triathlete and former British Iron Man record holder looked easy throughout the race cruising home in 2 hrs 35.41. Richard Parrott completed the scoring foursome timing 2 hrs 52.26.

While there was success for the Club at the sharp end of the field many of the Clubs other runners were still achieving goals and raising funds for The Great Ormond Street Hospital For Sick Children. Mike Peel and Pete Sheppard started their 20th consecutive London Marathons. If anyone wishes to join the Club and prepare for next years race, or the Great North Run in October, please leave details on the Club answerphone on 0181 462 3115.

Lee Cooper continued his good winter form timing 34.32 in the Harrow 10km. Matt Lucht was also in 10km action finishing 5th in the Croydon 10km in 35.28.

A small squad travelled to Kingston for the Sward And Kinnaird Trophy Meeting with the best performance coming from the youngest member of the team. Joseph Godsell set a new best in the 400 of 52.3 an excellent time for someone still in the under 17 age group.



11 April 2000

Blackheath Harriers Bromley were quick out the blocks as they opened the track and field season with team and individual success, both home and abroad, across the age groups. The Senior Men travelled to Belgium for the Ostend International Relays and came away with 3rd place overall and an award for being the first International team.

The relays are unique in that they take place around a horse race course with the 12 legs varying in distance from 200 to 1200 metres, and have an entry drawn from across Western Europe.

Junior Dan Ayrton contributed a strong opening 800 leg to hand over in 8th place and from there the Club edged through the field. Best runs of the day came from Scott Jarred over 300 metres and Russell Bentley with a tenacious 1200 metre leg. National League 800 metre men Paul Fisher and Anthony Draper contributed useful long legs and former 3.39 1500 metre man Matt DeFreitas enjoyed his first race since beginning his comeback at the turn of the year. The team finished just 11 seconds down on the winning Belgian team and with 2nd place also from the host nation, the Harriers were declared first International team.

Earlier the large crowd witnessed an absorbing veterans race. Neil Ayrton is no stranger to the big stage having played football for Portsmouth and, taking the opening leg like his son, he brought the team home in the lead. Pete Barlow and an effervescent Ken Daniel kept the squad in 2nd place but, with three 50 year olds in the team, they had to eventually settle for 5th.

The Clubs youngsters started the season in the best possible way by defeating the National Champions as they beat hosts Enfield And Haringey at the Parkinson Trophy Meeting. The blustery conditions did not generally facilitate fast times but there were nevertheless a string of useful performances.

Junior team captain Daniel Moore led the under 20s squad by example with a win in the 400 hurdles in 57.8 and 3rd places in both the 400 metres and pole vault. Robert Laming won the 800 leading from gun to tape with Andrew Rayner winning the B race. Dewayne Lougheed scorched to victory in both sprints and there was a double victory in the high jump from a rejuvenated Bomene Barikor and James Proctor.

For the under 17s Joseph Godsell put two years of injury misery behind him with a polished victory in the 800 metres in 2.06.3.

Jake Aust and Ian Allerton won both strings of the 400 hurdles and impressive early season form was also shown by Jack Wilkie with 23.7 in the 200 and by Julian Guidetti with a 1.75 high jump.

Omar Wehliye showed prodigious talent and versatility in the under 15 s age group as he won the 1500 metres in 4.44.2 as well as contributing valuable points in both the long jump and high jump. Joe Sweeney ran a useful 2.17.3 in the 800; while in the field Will Edet improved his best to 1.55 in the high jump as did Sam McCarthy with a 28.23 throw in the discus. Brendan Early's time of 60.0 made him the country's number 1 over 400 metres in the under 13s age group last year and he showed he will be a force in the under 15s as he set a new best of 56.7.

Fabrice Serybi made a good debut for the under 13s with a leap of 4.34 in the long jump. Positions in the match were close all afternoon but wins in all four age group relays ensured overall victory for the Club.

At Crystal Palace more youngsters set new bests at the Hercules Wimbledon Open Meeting. New member Lisa Edwards made an excellent debut with 2nd place in the discus with 28.65 and the Priory schoolgirl went one better in the shot, winning with a putt of 10.15. Stacey Quaye finished a place behind in both competitions with new bests of 24.52 and 8.88 and there were two medals also for Anita Oliver. She set new bests when finishing second in both the under 15s shot in 9.18 and the discus in 23.37. For the boys Paul Barrett was 2nd in the under 15s shot again with a new best of 9.32.

Many of the Clubs youngsters will be competing in this weekends London mini marathon which is run in conjunction with the main London Marathon. In the main race, Mark Steinle and Dave Taylor should both figure prominently as they bid for selection for the Great Britain team for the Sydney Olympics. Heathens of all standards will feature throughout the field as they raise money for the Club's nominated charity, The Great Ormond Street Hospital For Sick Children. Amongst those running are Club stalwarts Mike Peel and Pete Shepherd who belong to a small elite club, having run in every London Marathon.



4 April 2000

Blackheath Harriers Bromley qualified comfortably for the National 12 Stage Road Relays when they finished 8th in the Southern Championships at Milton Keynes. The current Southern Cross Country Champions were the defending holders of the Southern 12 Stage title, but with most of their top runners either injured or preparing for the London Marathon a repeat of last years victory was never likely.

It was, however, "mission accomplished" for Elite Team Manager Ian Wilson who was delighted to see a team containing four juniors, and three seniors who had not raced all winter, qualify for the National event. "The team was a fine blend of youth and experience and is to be congratulated on its result", commented the former Great Britain and England Team Manager, "In the National 12 Stage we look like having most of our best runners available and so I expect to be able to beat our Southern position at least."

In a field of 61 teams from throughout the Southern Area, Roy Smith came team home 19th on the traditionally competitive opening leg and from there the team gradually moved through the field with Joe Mills hitting the top 10 on leg 5. Mills' time of 24.08 was the 8th fastest long leg of the day while Kent Junior Cross Country champion Michael Skinner ran the 6th fastest short leg of the day of 16.50 on leg 4.

The other youngsters in the team Lee Cooper, Russell Bentley and Andrew Rayner also ran well, particularly Bentley who timed 17.16 on the 8th leg. From there the team remained in the top 10 for the rest of race with the highest position reached by the youngest member of the team, Rayner, who moved up to 7th on leg 10. Veteran Bill Foster ran a very useful 25.17 on leg 7, and encouragingly Club stalwarts Dave Lee, Liam Bulson and Tim Dickinson all returned to action after long lay offs.

Times. 1. Roy Smith (25.32). 2. Lee Cooper (j) (17.49). 3. Giles Clifford (26.28). 4. Michael Skinner (j) (16.50). 5. Joe Mills (24.08). 6. Richard Daniels (18.27). 7. Bill Foster (25.17). 8. Russell Bentley (j) (17.16). 9. Dave Lee (26.08). 10. Andrew Rayner (j) (18.33). 11. Liam Bulson (26.25). 12. Tim Dickinson (18.18).

Meanwhile, the Clubs under 15s team were showing good form at the McDonalds National Young Athletes Road Relays at Sutton Coldfield. In a field of over 100 teams Raymond Perkins finished 35th on the opening leg in 13.58. From there Daniel Ryan edged up to 33rd in 14.34 with Christopher Daniel keeping the momentum going as he rose to 29th on leg three in 13.54. A solid 13.46 from Daniel Snow on the final leg brought the team in 25th.

Many of the Clubs youngsters will be featured on this weeks Energize programme on ITV on Friday at 4.30. 15 girls and 15 boys from the Club took part in filming last summer and they will also feature more heavily in the programme on the pentathlon scheduled for 12th May.

A representative from Energize wrote to Blackheath after the filming and said "The support from your club was fantastic and we could not have made the film without such help. Originally Blackheath Harriers Bromley was recommended to me and I would have no hesitation in reaffirming that recommendation." The Programme were so impressed by Langley Park Schoolgirl Katy Porter that they have used her in other editions as a presenter. She features in 5 of the current series.

