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# Blackheath & Bromley Harriers AC

Dec & Jan  
2003

Home

Up

Last updated 3 February 2003

## Press Releases for December & January 2003

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

### December 2002

[24/12/02](#)

[17/12/02](#)

[10/12/02](#)

[3/12/02](#)

### January 2003

[28/01/03](#)

[21/01/03](#)

[14/01/03](#)

[7/01/03](#)

### 28 January 2003

Dave Taylor led Blackheath Harriers, Bromley to bronze medals in the South Of England Cross Country Championships at Bicton Park, Exmouth. The 39 year old showed no signs of tiredness despite having only returned from holiday in South Africa the Wednesday before the race and then having the long journey down to the West Country.

Champion in 2000, he finished an excellent 4th place out of over 600 finishers and now looks forward to the National Championships at Parliament Hill in four weeks time.

Another former champion at both Senior and Junior level, Spencer Newport placed 13th, moving through strongly after being in the mid 20s on the second of the three lap course.

Rory Byrne also picked up places as the race progressed, climbing to 32nd by the finish, while valiant Peter Tucker battled with a stitch on the last lap to hold on to 52nd position. The remaining two scorers were both veteran athletes. Roy Smith came in 67th in his only his second race back from injury, while Nick Kinsey completed the scoring in 90th place.

Like the men, the women were the top Kent team placing an excellent 13th despite having athletes injured and not fully fit. Siobhan Budd was first home in 31st place, while Hannah Leach, who had flown in from France for the race, closed in 65th. Clare Lodwig reaped the benefit of buying a new pair of spikes as she had her best ever cross country race in 151st place, closely followed by Kate Pratten in 153rd.

Will Bolton just held off Ray Perkins in the Junior Men's race as they placed 30th and 32nd with ever reliable Peter Moreton in 57th. Hazel Barker travelled down from University in Cardiff to finish 19th in the Junior womens race. This was run in conjunction with the Under 17 Women's competition where Caroline McQuillan and Jenny McCaffrey came 57th and 64th respectively. In the under 15 boys competition the team of Daniel Casey (24th), Danny Brewer (72nd), Tom Beech (75th) and Simon Martin (85th) came a promising 9th place with good back up coming from Stephen Leach (86th), Robert D'Angelo (117th) and Richard Daniel (119th). For the girls Bryony Proctor was 72nd with Sophie Williams 80th and Sarah Coombs 91st.

Star in the Under 13's age group was Rebecca Taylor who was 5th in the girls race having been as high as second. Rachel Stokes placed 101st. The Boys team finished in 11th place with Michael Thorpe first scorer in 24th place followed by Edward Martin 50th, Robert Evans 74th and Tom Corbett 88th.

Meanwhile up in Birmingham there was more success for the Club at the AAA's Indoor Championships with two bronze medals won and two Club records broken. In the Under 20 age group Jamie Atkinson, who has recently joined the Club from Sevenoaks, took third in the 1500 metres in 3.56.87 with Terry Hawkey, the bronze winner from last year, fourth in 3.59.67.

In the field Sandra Alaneme broke the Club Junior triple jump record with a leap of 12.16 to finish in 4th place just two centimetres behind both the 2nd and 3rd placed athletes who jumped the same distance.

It was 4th also for Fabian Collymore in the 60 and 200 metres, the former in a best of 6.94. This slight disappointment at missing out on medals in 2 Championship races was tempered by the news that he has now been selected to represent Wales in an International Meeting in Cardiff on February the 9th. Katy Benneworth was 5th in the long jump with 5.38 and also timed 8.05 in the heats of the 60 metres. Ian Allerton timed 51.67 in the heats of the 400.

Harriet Robinson, progressed from third in the Southern Championship to take bronze again in the under 17 girls 70 metre hurdles with a new best of 8.81. Clare Cooper timed 8.86 in the heats but was not as quick in the final as she hit three hurdles. Vicky Thomas, in her first year in the age group, broke the Club Record in the shot with a putt of 10.03 to finish a fine 5th place. Dominic Parsons had a busy weekend competing in the 60, 200 and 400 metres.

There was another 5th in under 15's girls shot putt for Shaunagh Brown who also achieved a personal best with 9.58. Sophie

Robinson clocked 10.78 in the heats of the 60 metre hurdles.

There is still time for youngsters to enter the London Borough Of Bromley Trials for the London Mini Marathon which takes place over part of the London marathon course on Sunday 13th April. The Trials take place on Sunday 9th February at Norman Park and entries close on Weds 5th of Feb. Entry is free and forms can be obtained by sending a SAE to Dave Liston at 70 Serman Drive, Swanley, Kent BR8 7HT.

The Club welcomes new members of all ages and abilities. For further details contact Development Officer Dave Liston on 07946629441.



## 21 January 2003

Sandra Alaneme began her indoor track and field season as she finished her 2002 outdoor one, in winning form. Competing at the Southern Championships at Bedford, the Blackheath Harriers, Bromley athlete leapt 11.66 to win the under 20 women's triple jump title.

The distance was less than 30 centimetres below her outdoor best from last Summer and will give her confidence as she prepares for this weekends National Championships in Birmingham.

Also in the medals in the same age group was Katy Benneworth. She won silver in the long jump for the second year running. Her distance of 5.35 was an encouraging performance as she has not done much event specific work. Tom Robinson took bronze in the pole vault, his clearance of 3.60 being the same as the silver medallist.

There were more medals in the under 17's competitions with personal bests from all the Club's entrants. Victoria Thomas made a successful move up from the under 15's age group as she placed 3rd in the shot with a putt of 9.64. It was bronze also for Harriet Robinson in the 60 metre hurdles. Her time of 8.94 in the semi final was the 2nd fastest of the day but her start was not so good in the final and she had to settle for 3rd place in 9.07.

Training partner Clare Cooper missed out on a place in the final by the narrowest of margins. Her 2nd place semi final clocking of 9.03 was just one hundredth of a second outside one of the two fastest loser places in the four lane final. Nevertheless, her time is still one of the fastest in the country this year.

Surprise medallist of the weekend was Flo Clark. She was rewarded for her hard training under coach Herbie Kuenstlinger with a silver medal in the under 15 girls shot putt with 9.65. First year in the age group Shaunagh Brown also achieved a personal best with 9.14 just 16 centimetres less than the third placed athlete and another athlete in her first competition in the age group, Sophie Robinson, came third in her heat of the 60 metre hurdles.

Outdoors Michael Skinner had one of his best ever races at the Reebok Cross Challenge at Cardiff. He was 6th in 4km race in 13.20. Shavaun Henry placed a useful 14th in the Junior Women's race which was won by European Cross Country champion Charlotte Dale.

Rebecca Taylor continued her winning ways at the Kent Schools Cross Country Championships at Hythe. She took the Junior Girls title with Sarah Coombs in 7th place and Clare Sapsed and Bianca Gibbons also featuring. Eve Bugler was 4th in the Senior race while Bryony Proctor was 13th in the Intermediate Girls.

Ken Daniel was in action in the Vets A.C. Championships over a 5.8 mile course at Wimbledon. He finished 7th overall and was 3rd in the over 50's race behind former Great Britain Senior Internationals Bob Treadwell and Grenville Tuck.

All these performances would no doubt have pleased one of the Club's older members Len King, who unfortunately passed away last Friday. A vice President since 1962, he would have celebrated his 90th birthday this Friday.

The Club will be fielding three former Senior winners at the South Of England Cross Country Champions down in Exmouth this weekend. Dave Taylor, Spencer Newport and Tim Dickinson are all set to compete and with the back up of athletes such as Rory Byrne, Ant Draper, Andrew Rayner, Peter Tucker, Roy Smith, Kent veterans champion Nick Kinsey, and Nick Gasson, the team could feature in the medals. The Harriers expect to have representatives in all of the ten age group races.

The Club welcomes new members of all ages and abilities. For further details contact Development Officer Dave Liston on 07946629441.



## 14 January 2003

Blackheath Harriers, Bromley's Roy Smith returned to racing after two months of injury problems and ran out comfortable winner of the Club's Open 10km cross Country race at West Wickham. The Charles Darwin school groundsman coped well with the icy conditions to record a time of 37.41, a useful performance with the Southern Cross Country Championships just two weeks away.

It was a strong field of 65 starters, (60 Blackheath plus 5 guests), and it is hoped that even more members will turn out for the Mob Match against Ranelagh Harriers on the 8th of February, both Clubs having lost their matches this Winter against South London and Orion. Nick Gasson, 25th at last weeks Kent Championships, took advantage of Peter Tucker taking a wrong turning to come through for 2nd, ahead of John Morland who was 15th last week.

Tucker eventually finished 6th and there was disappointment also for youngster Terry Hawkey who turned an ankle and slipped back through the field.

For the women new member Shavaun Henry, who recently joined the Club from Cambridge Harriers, was never headed as she finished 22nd overall. Having turned 18 last week she was able to accept a bottle of wine as a prize and, on this form, she is set to

become an important member of the senior squad. Fast improving Kate Pratten took 2nd place with Anne Cilia 3rd. The race was the 6th of the 9 that make up the Bennett Cup handicap series. The winner here was Mike Gasson with Shavaun Henry 2nd and Dick Griffin 3rd. David Churchus leads the overall standings ahead of Mike Cronin, Jim Mullett, Kate Pratten and early leader Mike Wade.

The race also incorporated the Club's Veteran Championships which meant that 40 year old Smith and Morland picked up the gold and silver medals in the over 40's category with Mark Ellison, enjoying a rich vein of form in third. Anne Cilia won the women's title with Alison Jelly 2nd.

Ken Daniel was the over 50's champion with Graham Coates 2nd and Jim Phelan 3rd. Former Irish International miler Barry O'Gorman took the honours in the over 60's category from Joe Clare and Peter Lovell, while David Churchus prevailed over Geoff Geere in the over 70's race.

Before the medals were awarded, a special presentation was made to Geere in recognition of his achieving 50 years membership of the Club. The 75 year old actually joined in December 1951 but, living in Abingdon, is not able to regularly attend fixtures. In accepting his award he looked forward to the next 50 years! There are currently 68 members who have belonged to the Club for 50 years or more.

Indoors Fabian Collymore travelled down to Cardiff for the Welsh Indoor Championships and was rewarded for his trouble with a win in the Under 20 Men's 60 metres. He won his heat in 7.02 and then improved by a second to win the final.

The National Veterans rankings for the 2002 track and field season have recently been published with Blackheath athletes featuring prominently in most age categories. In her first year of track competition Hannah Leach placed 4th in the over 35 women's 10,000 lists with 36.36.2. In the men's over 40 lists former British international marathoner Bill Foster is 2nd in both the 1500 and 5,000 metres while multi eventer Malcolm Cannon, who made a comeback to the sport last summer, is 3rd in the high jump.

Not surprisingly Allan Williams tops the over 45's pole vault lists. He is the European champion and British record holder and his clearance of 4.50 is over a metre ahead of the next best.

Peter Pan like Ken Daniel tops the over 50's 1500 metre lists. He is also 5th in the 800 behind Bob Minting who is 2nd. Chris Ellis is 3rd in the over 55's discus as is Peter Hannell in the 3km walk.

Another British record holder, Gordon Hickey tops the over 65's shot lists, his putt of 12.82 being over 2 metres further than 2nd place. He is also 3rd in the javelin but the 69 year old is philosophical about his high ranking claiming that "when you get to my age it's not how good you are , it's whether you are still alive".

Also very much alive is Jim Day who ranks number two in both the pole vault and the 100 hurdles, and Colin Brand who is 2nd in both the javelin and discus as well as being 3rd behind Hickey in the shot.

Full results and pictures from the Open 10km can be obtained from the Club website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk) together with pictures from the Club's Punch Bowl night, an evening which celebrates the move to the Club's premises in Hayes in 1926. The Club welcomes new members of all ages and abilities.




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## 7 January 2003

Rebecca Taylor became the first athlete ever to win the Kent Under 13 girls cross country title three years in a row when she strode to victory in the County Championships at Wilderness School, Sevenoaks.

The race saw the Blackheath Harriers, Bromley athlete in a re-match with Dartford's Megan Edwards who beat her in the Reebok International Meeting at Margate in November. However, last Saturday the Newstead Woods schoolgirl quickly took control of the race and after the opening half mile had begun to open a commanding lead which she had increased to 22 seconds by the end of the testing, wet 3km course.

Pleasingly the Club were able to close in a team in this age group for the first time this winter with Claire McNamara in 14th, promising newcomers Jenny Linker and Rebecca Cook in 22nd and 26th, Clare Sapsed 29th and Rachel Stokes 33rd.

First year Senior Andrew Rayner led the Club's Senior men home finishing in 7th place as the Club had to settle for 4th in the team race with only one of last years silver medal winning six finishing. This was Rory Byrne in 8th who achieved his highest ever position in these championships as did veteran John Morland in 15th, Nick Gasson 25th, Mark Ellison 30th and Dave Ellison 42nd.

Hannah Leech made her debut in the County Championships finishing 11th in the Senior Women's race which was shorter than intended as officials took the athletes into the finishing funnel a lap early. Encouragingly with Anna Thornhill 19th, Anne Cilia 24th, Clare Ludwig 28th, Carolyn Jones-Baldock 35th and Sarah Cummings 37th the Club were able to place 5th in the three to score and 2nd in the 6 to score competitions.

Terry Hawkey picked up his first ever County cross country medal when he finished 3rd in the under 20 men's race and then collected a team bronze as well with the help of Ray Perkins in 10th and Daniel Snow 13th. Hannah Williams was 12th in the women's race.

It was double bronze also for Eve Bugler in the under 17 girl's race. Third in the race behind training partner Ella Fisher, Caroline McQuillan's 12th and Jenny McCaffrey's 18th places also ensured the third team position. Michael Leal was 21st in the boys race.

A third double bronze came in the under 13 boy's race where Michael Thorpe picked up an individual medal, and backed by an excellent run from Sam Simpson in 5th, Edward Martin 15th and Robert Evans 23rd the Club were 3rd again.

Best team position of the day, however, came from the under 15 boys where after some brave early front running Daniel Casey

had to settle for 5th with regular sparring partner Danny Brewer in 7th. Backed by Simon Martin in 18th and Tom Beech 24th they took silver medals in the team competition with good back up from a one shoed Richard Daniel in 29th, Duncan Proctor 30th, and Dale Willis 32nd. For the girls Bryony Proctor was 13th and Sophie Williams 18th.

Further afield Tim Dickinson retained his Senior Men's title at the Lancashire Championships winning by over half a minute to show that he has fully recovered from the meningitis that struck him down in the Autumn. Down at the Devon Championships on a muddy 7.5 mile course at Exeter, Chris Woodcock finished 32nd out of over a hundred starters and was first in the over 60's age group in 49.10.

Missing from the Kents was Michael Skinner who raced indoors at the Cardiff Arena. He placed third in the 1500 in 3.52.3 and will be looking forward to the National Indoor Championships at the start of March.

Those wishing to counter the extra intake of calories over the festive season should know that the Club welcomes new members of all ages and abilities and caters for road, cross country and track and field as well as providing a full social programme. For further information contact Development Officer Dave Liston on 01322 663504.




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## 24 December 2002

Blackheath Harriers, Bromleys Senior Men were runaway winners of the Tom Joyce Memorial Road Relay at Rochester Airport leading from the start to the finish of the four leg race to retain the title they have now won for the last three years.

Andrew Rayner's opening leg of 12.11 over the 2.6 mile course proved to be the third fastest of the day and with the following runners, Anthony Draper (12.21) and Swanley Christmas Caper winner Peter Tucker (12.20) only slightly slower the team held a comfortable lead after three stages.

The best was saved for last, however, as England International Michael Skinner blasted round in 11.38 to clock the quickest time of the day. The victory will give the squad a boost as they prepare for the County Cross Country Championships which take place at Wilderness School in Sevenoaks on the 4th of January.

The Club also fielded B and C teams and these performed well with the quartet of Nick Gasson (12.46), Matt Hill (13.14), Loughborough student Joe Godsell (13.42) and David Griffin (14.44) finishing in 6th place and the team of Richard Hall (14.36), Jack Appleton (14.19), Neil Ayrton (13.49) and Mark Ellison (14.57) closing in 9th.

Both Ayrton and Ellison had earlier been part of the over 40's team that finished runners up in the Masters race to Medway And Maidstone. Ayrton was the quickest of the Heathens with 13.12 on the opening stage with Ellison timing 14.08, Trevor Simmons 14.39 and Con Griffin 13.43.

The over 50's team went one better still. Jim Phelan opened with 14.26 before Ken Daniel waltzed round in 13.22, the fastest time of the day and bettered by only two athletes in the over 40's race. Graham Coates followed with 14.24 with Peter Hamilton completing proceedings with 14.18.

The Club held its annual Christmas Yacht cross country handicap at Hayes the previous day with 42 runners taking part. Handicapper Mike Peel produced one of his best ever handicaps with just 45 seconds separating the first 15 finishers. Winner was Jim Mullett with Brendan McShane just pipping Kate Pratten for second place.

Mark Watling's 31.50 proved the fastest time of the day on the course of just over 5 miles with Dave Ellison second in 33.12 and McShane third with 33.33.

Fastest woman was Pratten with 40.45 with Anne Cilia second in 42.23 and Clare Ludwig third with 44.38.

This was the fifth of the nine races that make up the Bennett Cup handicap series and current leader is now 71 year old David Churchus with Mike Cronin second and Mike Wade, the leader before Saturdays race, in third.

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## 17 December 2002

Peter Tucker celebrated Christmas a week early by retaining his title at the Swanley Christmas Caper 4.2 mile road race. His time of 22.25 was three seconds slower than last year but, with the wet and cold conditions, the 21 year old Blackheath Harriers, Bromley runner considered this years a superior performance, particularly as he had completed a tough session of mile repetitions the day before.

His rewards for his efforts was a 25 pound turkey. Others to complete the course included Nick Bunclark and Terry Brightwell plus, in a rare excursion on the roads, coaches Simon Tolson and Tony Jacobs.

Tucker had been in action the previous weekend at the South of England Inter Counties cross country races in Banbury. Representing Kent in the under 23's race he finished an excellent 7th place with clubmate Andrew Rayner 10th. Together they helped Kent to take the silver medals.

In the Senior Women's race Siobhan Budd was the leading Kent runner as she also took 7th place despite having missed a lot of training because of injury.

Eve Bugler finished a useful 23rd in the under 17 women's race while in the under 15's boys race Danny Brewer closed in 30th

with Daniel Casey four seconds and one place behind.

These positions were reversed at the Parkwood League at Canterbury last weekend where Casey finished 2nd and Brewer 3rd in an under 15's field which included 9 Heathens. Tom Beech took 9th, Simon Martin 10th, Robert D'Angelo 12th, Duncan Proctor 14th and Stephen Leach 15th with promising debuts coming from Carlos Pereira in 17th and Paulo Gomez in 18th.

There were two individual winners with Rebecca Taylor, returning to racing after a cold, taking the under 13 girls race with Clare Sapsed 18th and Terry Hawkey winning the under 20 men's. Ray Perkins was second in the latter as was Hannah Williams in the women's race.

Jack Sunde led the under 17 men home in 3rd position with Max Richardson 7th and Michael Leal 8th while Michelle Delahoy was 12th for the women. Sarah Coombs performed well in the under 15 girls to finish 8th with Bryony Proctor 11th and the under 13 boys again packed well with Michael Thorpe 5th, Edward Martin 7th and new boy Stephen Capey an encouraging 14th. At the other end of the age scale the Club enjoyed more success in the South Of England Masters Cross Country Championships at Bournemouth. Chris Woodcock won the over 60's race over 10km in 37.59 and with Barry O Gorman 5th (39.08), Alan Davis 15th (41.18) and Joe Clare 17th (41.35) the Club took silver medals in the team competition.

It was silver again in the over 70's were Bill Clapham was 2nd in 49.49. The National under 13 boy's rankings for the 2002 track and field season have recently been published with James Alaka featuring in three events. The County 100 metre champion is placed 9th in the 400, 13th in the 100 and 14th in the 200. James Mercer is the 5th fastest in the 75 metre hurdles with a 12.8 clocking.

Those wishing to counter the extra calories intake of the festive season should know that the Club welcomes new members of all ages and abilities and caters for road, cross country and track and field as well as providing a full social programme. For further information contact Development Officer Dave Liston on 01322 663504.



### 10 December 2002

Nick Kinsey retained his Over 40's title at the Kent Veterans Cross Country Championships at Sparrows Den and led the Blackheath Harriers, Bromley team to a comprehensive victory. Kinsey, the former Great Britain record holder for the triathlon, and Ashford's Kevin Williams quickly broke away from the field and matched each other stride for stride over the first half of the race.

However, Kinsey strength and fitness told in the later stages and he moved away to secure victory by 22 seconds over the testing 10km course. With Tim Soutar on 4th, Neil Ayrton 7th and Mark Watling 9th the team secured gold medals by 49 points.

The over 50's took silver medals in their race with Ken Daniel leading the Heathens home in third place with Peter Hamilton 8th and Graham Coates 12th. For the women Anne Cilia was 6th in the over 35's race with Janet Long 9th in the over 45's.

Michael Skinner showed fine form in the Portsmouth Victory 5 mile road race. In a high quality race he finishes in 8th position in a time of 24.49. Andrew Rayner, who had run the Kent Cross Country League the previous day, was 15th in a useful 25.39.

Also on the roads three Heathens were in action in the Luton Marathon. In wet and windy conditions the first home for the Club was Dave King in 3.39.20 followed by Brian Smith in 3.49.49 and Colin Poole in 4.05.04. Remarkably all three had run the Leicester Marathon the week before with again King first home in 3.42.17 followed by Smith in 3.50.25, Poole 3.53.19 and Dick Griffin in 4.16.09.

The under 13 girls track and field rankings for 2002 have recently been published with Rebecca Taylor topping the 1,000 metres. Her time of 3.07.5 is the 4th fastest ever by a UK Athlete. She is also 2nd in the 800 with 2.22.3, 3rd in the 1200 in 3.56.0 and 7th in the 1500 with 5.02.9.

Also featuring is Shaunagh Brown with her Club record breaking performances in the throws. She is ranked 6th in the shot putt with 9.57 and 7th in the discus with 24.20.

Another Club Record Holder Emily Godley is 9th in the long jump with her leap of 4.72 while Serita Solomon time of 11.9 places her 20th in the 75metre hurdles.

For further details about how to join the Club contact Dave Liston on 01322 663504.



### 3 December 2002

Blackheath Harriers, Bromley athletes Rebecca Taylor and Terry Hawkey both had runaway victories in the latest Kent League races at Danson Park. Taylor took the lead after the first 400 metres of the under 13 girls race and was never troubled after this point. She strode confidently clear of the field to win by over three quarters of a minute. Unfortunately the Club had no other athletes in the race and so did not feature in the team positions. It was different in the under 20 men's race where as well as Hawkey's front running victory the Club also won the team competition. Steadily improving Ray Perkins finished in third place and Peter Moreton was rewarded for some gutsy running with a sixth place that secured the team honours.

The Senior men achieved a useful second place in the four to score competition with Peter Tucker first home in 6th place. He was backed by Alex Gibbins in 12th, Jonathan Murray 13th and Andrew Rayner 21st. They went one better in the twelve to score recording their first win of the season.

Anna Thornhill made a promising debut in the Senior Women's race. This was her first ever cross country race and, borrowing a pair of spikes from Ken Daniel, she celebrated by being the Club's leading finisher in 19th place. Anne Cilia put in a devastating sprint finish to take 25th with another Kent League debutant, Clare Lodwig closing in 27th and Sarah Cummings 30th. Caroline

McQuillan led the under 17 girls home in 9th place while Bryony Proctor was first home for the under 15s in 10th place. She was closely followed by Sophie Williams who achieved an excellent 11th place with Sarah Coombs completing the team in 19th.

The Under 15 boys scored a good second place spearheaded by Daniel Casey in 5th and Danny Brewer in 6th with Tom Beach also in the top 10 in 9th position.

Michael Thorne continued his successful winter in the Under 13's race as he took third place and helped the team achieve third place overall. He received strong support from Edward Martin in 7th and Sam Simpson in 12th. Further afield Spencer Newport was in action in the high quality Leeds Abbey Dash 10km. He came 9th in a field of 2,344 finishers in a time of 30.47. The National rankings for the Under 15 boys age group for the 2002 track and field season have recently been published with some Blackheath athletes figuring prominently. Southern champion Stuart Harvey is 2nd in the javelin with a throw of 54.27. AAA's bronze medallist Alistair Tawanaee is ranked 5th in the hammer with his throw of 47.97 while Dominic Parsons' 52.3 puts him 7th in the 400 metres. He is also 13th in the 200 metres with 23.42. Four members finished the Leicester marathon with Dave King first home in 3.42.17 in 93rd place. He was backed by Brian Smith (103rd 3.50.25), Colin Poole (106th. 3.53.19) and Dick Griffin (146th. 4.16.09).

Runners should know by now if they have been accepted for the London Marathon on Sunday April 13th but youngsters who live or receive full time education in the London Borough Of Bromley still have the opportunity to be part of the big day. The Borough will be sending a team to compete in the Adidas Mini London Marathon which takes place over the last 5km of the full marathon course. Sponsored by Blackheath Harriers, Bromley it will be holding its Trial races on Sunday February the 9th at Norman Park Athletics track from 10.15.

The races are open to girls and boys aged 11 to 17. Entry forms will be available from schools in the Borough from January as well as Norman Park and libraries. Alternatively send a stamped addressed envelope to David Liston at 70 Sermon Drive, Swanley, Kent. BR8 7HT.

Three of the Clubs athletes have received grants at the London Borough Of Bromley Excellence Awards 2002 which were held at the Pavilion Leisure Centre. Only 15 athletes from all sports in the Borough received awards so for athletes from one Club to pick up 20% of the awards was a notable achievement.

Clare Cooper received hers for finishing first in the 75 metre hurdles at the AAA's Under 15's Championships at Birmingham and for winning the South Of England Inter Counties. Her time of 11.17 in taking the National title means she is ranked in the top 20 on the all time list. Stuart Harvey's award comes after he broke the Championship record to win the South Of England under 15's javelin title. He is ranked 2nd in the UK for 2002.

Rebecca Taylor received her grant after a highly successful year at track, road and cross country. She won the London Mini Marathon and was 4th in the Inter Counties cross country championships and 2nd in the Southern Inter County Championships. In addition her time of 3.07.5 for 1,000 metres is the 4th fastest ever by a UK athlete.

The awards were presented by current British Judo champion Danny Sargent who also Commonwealth Games silver medallist and a former three times Commonwealth Champion. After all 15 had received their grants it came to the moment to announce which of them would receive the prestigious Sports Scholarships Award. Danny Sargent opened the sealed envelope to reveal it was Rebecca Taylor and cap a proud evening for the Club. Further details of the Excellence Awards Evening can be found on the London Borough Of Bromley website at [www.bromley.gov.uk/excellence](http://www.bromley.gov.uk/excellence) For further details about how to join the Club contact David Liston on 01322 663504.

