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# Blackheath & Bromley Harriers AC

**Feb & Mar  
2001**

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### 27 March 2001

With the London Marathon fast approaching many runners from Blackheath Harriers, Bromley were using the Fila Hastings Half Marathon as a guide to how their training was progressing for the big day in April. First home for the Club was new member Scott McDonald who finished 13th on the testing course in 74.17. McDonald who has recently joined Blackheath from Southampton Road Runners is a much travelled and talented individual having been born in Scotland, brought up in South Africa and now resident in Bromley. He actually has a best for the half marathon of 64 minutes.

Former British record holder for the Iron Man triathlon, Nick Kinsey was next home for the Club in 18th timing 76.43 and this gave him first place in the over 40s race. Others to figure prominently were Darryl Hilliar in 78.48, Nick Morgan (81.07) and Con Griffin (81.32). Peter Lovell was also a winner of a veteran category as he took victory in the over 60s race in 95.39. First lady was Diane Hill in 1.54.27.

The new Blackheath President is someone who is no stranger to the London Marathon. Mike Peel took over his new office at Saturdays Annual General Meeting and he is one of a small group who have run all Londons since the inaugural race in 1981. Brenda Brent, wife of Past President Alan, and Paul Byfield a long serving athlete and official were made Vice Presidents of the Club. The AGM also confirmed the Club name as "Blackheath Harriers, Bromley" with a comma inserted at the advice of the South Of England Athletic Association.

The AGM was to have taken place after the scheduled Closing 5 Mile Cross Country race but this was another competition which fell victim of the continuing Foot And Mouth Crisis. This race was the last of the Bennett Cup handicap competition which takes place over 9 races during the winter months. With the premature end to the season this was in fact determined over 6 races and the result could not have been much closer. Dave Ellison's reward for some hard training over the winter was a place in the scoring team at the Southern Cross Country Championships and this form also enabled him to take the handicap trophy by just one point from former winner Brendan McShane. He in turn was just one point clear of Will Slack. Anne Cilia was the first woman in 5th place.

On the track Tom Robinson warmed up for the coming season with 2nd place in the 300 hurdles at the Crawley Open Meeting. His time of 42.4 shows that he is on course for a personal best when he competes over the full lap.

The Club welcomes new members of all ages and standards whether it be road running, cross country or track and field. For further information contact the new Club Head Of Development Dave Liston on 01322 663504.



### 20 March 2001

Mark Steinle showed that his preparations for this years London Marathon on going well as he travelled to Portugal to win the Mercia Half Marathon. The visit was part of a promotional trip arranged by the London Marathon organisers and included Sir Steve Redgrave and Tanni Gray in the party.

This was the first race for the 26 year old Blackheath Harrier Bromley athlete since he represented Great Britain in the Sydney Olympics in the marathon. Revelling in the warm conditions, he passed through 10km in 30.20 before moving clear of the chasing pack to win in 64.29 three minutes clear of second place.

His performance will boost his confidence for this years London which acts as the Trial Race for the World Championships in Edmonton, Canada in August.

While Steinle bids for selection for Britain many of his Clubmates further down the field will be running the race to raise funds for

the Clubs nominated charity, the MacMillan Cancer Relief Fund. If there is anyone interested in sponsoring the Club please leave details on the Club answerphone service on 0208 462 3115.

Also on that day the Club will have 19 members representing the London Borough Of Bromley in the Mini Marathon for 11 to 17 year olds. Full details of the team are on the Club website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk)

The track season is fast approaching and three of the Clubs athletes were in action at the Havering Maysbrook Open Meeting. Levi Edwards won the long jump with a leap of 6.77 and had useful runs over 300 and 150 metres. Alloy Wilson was 2nd in the 300 in 35.0 while Fabian Collymore won both the under 17 300 and 150 races in 36.0 and 16.0.

Another Blackheath track athlete was in action of a different kind as he took the stage with The Prince Of Wales as he demonstrated his DJ scratching skills at a centre for young homeless. Darren Watson, a junior sprinter and long jumper, helped the Prince mark the 25th anniversary of the Prince's Trust charity at Centrepoint's homeless shelter in Kennington.



### 13 March 2001

Three members of Blackheath Harriers Bromley represented the Great Britain team in the Norwich Union under 23 international against France at the National Indoor Arena in Cardiff. David Moulton gained his first international vest in his first year in the age group as he received a late call up for the 800 metres. Off a slow early pace he finished third in 1.55.00 having just been pipped by one of the French runners for second.

Michael Skinner made his England debut earlier in the winter but this was also his first Great Britain representation. Unfortunately he did not perform as well as he had hoped as he was still tired after a short training stint in Portugal. He was 4th in the 1500 metres in 3.53.78 Third member of the team was Alloy Wilson who was part of the 4x400 metre squad who set a new Welsh All Comers Record of 3.14.50.

Also on the International scene at Bordeaux in France, four of the Clubs older members were in action in the European Veterans Indoor Championships. Pride of place went to Bob Minting who struck gold, silver and bronze in the over 50s age group. In the 800 he timed his race to perfection to win in 2.08.7 and it was nearly first again in the 400 as he just missed out to the European Outdoor Champion timing 54.65. He rounded off the weekend with a bronze in the GB 4X200 metre relay team.

Ken Daniel was the favourite for gold in the 1500 after having the fastest time in the heats but he crashed to the track with four laps to go after he was baulked by a German athlete and then clipped from behind by the chasing pack. Picking himself up he found himself in 10th and despite a valiant effort to salvage a medal he finished in 4th place.

It was 4th also for Jim Day in the over 65s pole vault and sprint hurdles while Dennis Wallington was 5th in the over 50s 80 metres in 8.08 to add to his 5.41 11th place in the long jump.

Some of the Clubs potential internationals of the future were in action at Norman Park with 11 Club members guaranteeing places in the London Borough Of Bromley team for the London Mini Marathon which is run in conjunction with the full London Marathon on 22nd of April. This number is likely to increase as a further 4 places have still to be chosen in each age group, three on the basis of form and one from a random draw of all athletes who competed in the trial. The draw will take place this week with the results posted on the Blackheath website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk)

Best performance at the Trials came from 11 year old Rebecca Taylor who not only won the 11-12 year old girls race but recorded a time that was 35 seconds faster than any of the girls in the races for 13 to 17 year olds! Aimee Boyle took 3rd with fast improving Rachel Stokes in 4th. Daniel Brewer finished a useful 3rd in the boys race.

In the 13-14 year old race Stephen Leach's 3rd place qualified him comfortably for London despite being one of the youngest in the field and for the girls Sophie Williams showed great promise with a 4th in the girls race.

Most exciting finish of the day came in the girls 15-17 year old race where Kate Bugler just held off younger sister Eve in a sprint finish. Joe Sweeney was 2nd in the boys race with Ray Perkins 3rd and Dan Snow 4th.

There was more success for the Clubs youngsters at the last round of the Kent Sportshall Athletics at Ashford. Dwayne Bovell excelled in the under 15 boys age group breaking the meeting record with his score of over 800 points while Daniel Taylor finished 2nd individual in the under 13s event.

In the team competition in the younger age groups a squad that included Serita Solomon, Ben Wallace, Louis Stewart, Connor Pickman, Stacey Williams and Sebastian Frost came 6th in the A competition with the B team also well placed.

With the winter football, rugby and hockey seasons about to close the Club is keen to hear from sportsmen and women who may be interested maintaining their fitness levels during the summer months. Wayne Gray who recently scored for Wimbledon in the F.A. Cup 5th round and Rory Allen, a £1 million signing for Portsmouth from Tottenham, are just two footballers who have competed for Blackheath on the track. For further details please contact Dave Liston on 01322 663504.



### 6 March 2001

Two athletes from Blackheath Harriers Bromley were part of the Great Britain team who finished third in the Under 20s International match against France, Germany and Italy at Vittel in France. Dwayne Grant, who was part of the British quartet who took gold in the 4x100 at last years World Junior Championships, set a new personal best of 6.79 as he won the 60 metres. This was his last race of the winter and he now goes back into heavy training with his main aim of the summer being the European Junior Championships.

Samantha Singer enjoyed her debut for the British team. The Brunel University student was part of the womens 4x400 team who were involved in a tight finish for second with the French team.

Outdoors there was more individual and team success for the Club at the Greenwich 10 km road race. Freezing conditions and a testing course were estimated to slow runners by around a minute and a half as Roy Smith finished 2nd in the mens race in 33.10. With Darryl Hilliar in 5th (36.03) and Pat Calnan 6th (36.06), the Club comfortably won the team race and that victory would have been more emphatic had Scott McDonald, who finished in 4th place, completed his transfer to Blackheath from Southampton Running Club.

The weather conditions at Greenwich were some contrast to the last time Jennie Butler raced on the road while living in Spain two years ago. She showed the benefit of a full winters cross country to finish third in the womens race in 38.28.

Also on the roads Nick Kinsey finished 4th (2:00:45) and first veteran in the Thanet 20 mile race.

Most cross country races were cancelled because of the outbreak of Foot And Mouth disease but one competition that did take place was the Southern Counties Veterans A.C races at Lloyd Park. Here Joe Clare finished 36th overall but was winner of the over 60s category. Bill Clapham who turns 70 next week finished 59th overall.

The Club has now cancelled all cross country races for the rest of the season because of the Foot And Mouth epidemic. Also cancelled is this weekends English Schools Championships. One race that will go ahead however is the Borough Of Bromley London Mini Marathon Trials around the roads in Norman Park on Sunday morning with the first race at 10.15. Successful athletes from these races will represent the Borough in the "2001 Adidas Mini London Marathon" which takes place in conjunction with the full London Marathon on Sunday 22nd of April.

The Club will be holding two track and field coaching days on Sundays the 18th and 25th of March from 10.00 am to 1pm. All ages and standards are welcome. For further details contact John Robinson on 020 8466 0057. For further details about the Club please contact Dave Liston on 01322 663504.



### 27 February 2001

Dwayne Grant and Samantha Singer have both been selected to represent the Great Britain Under 20s team at this weekends International against France, Germany and Italy in Vittel, France. The Blackheath Harriers Bromley athletes secured their places following another successful weekend for the Club at the AAA's Under 20 Championships at the Birmingham Indoor Arena.

Grant finished 3rd in the Under 20 men's 60 metres in a new best of 6.82 and will line up alongside World Junior 100 metre champion Mark Lewis Francis in France. Singer was just pipped for the bronze medal in the under 20 women's 400 metres but did enough to impress the selectors who awarded her a GB debut in the 4x400.

Grant was not the only medallist for the Club as Katy Porter took bronze in the under 20 women's 60 metre hurdles and Fabian Collymore proved the most successful Heathen of the weekend as he stormed to a silver medal in the under 17mens 60 metres.

A number of other athletes were rewarded with personal bests. In the Junior men's 60 metres Bomene Barikor (7.2) and George Isodo (7.24) ran faster than ever before as they reached the semi finals and Barikor also set a new best of 22.5 as he reached the final of the 200 metres.

Dwayne Bovell clocked 7.41 in the under 17 men's 60 metre semi final while Venita Akpofure ran a speedy 8.32 in the under 15 girls 60 metre semi final.

Outdoors Daniel Ayrton led the Blackheath Harriers Bromley Junior team to fourth place in the View From [National Cross Country Championships](#) in Durham. Despite falling early in the race and having another runner tread on his hand, he finished 10th in his last race in the age group.

Will Bolton had his best run of the winter to close in 39th while Peter Tucker, returning from Army manoeuvres in Scotland that morning, (47th) and Matt Lucht (79th) completed the scoring with Andrew Rayner 105th and Andrew Moreton 117th.

The other outstanding individual run of the day came in the Under 13 girls age group where Rebecca Taylor goes from strength to strength. Competing against girls two years older than herself, she finished a magnificent 13th place out of nearly 250 finishers, helping the Club to 20th in the team race. Here she was ably backed by Aimee Boyle (112th), Bryony Proctor (152nd) and Rachel Stokes (184th) with Sophie Robinson giving valued support in 200th.

The Senior Mens team won the team title twice in the 1990s but a heavy injury list left them out of contention this year. Roy Smith had the best run of the day finishing 124th, the third time he has done so in these championships, and as one of the top 125 finishers received a small glass from the English Cross Country Union to celebrate its 125 years of existence.

A cold ridden Jeremy Bradley finished in 158th with Richard Daniels (260th), Pat Calnan (432nd), Chris Fincham (605th) and Brendan McShane (700th) out of over 1200 finishers.

Daniel Snow was first Heathen in the Under 17s race in 121st with Chris Daniel 168th and Peter Moreton 180th.

Meanwhile Past President Colin Brand was in winning form in the over 65s age group at the South East Counties Throws Pentathlon at Ewell. Up against the national over 65s champion and the national hammer throw champion of the age group, a consistent set of throws in the five disciplines proved a winning formula. He was a class apart in the javelin throwing 6 metres further than the next competitor with 2nd place in the hammer and heavy hammer and solid performances in the shot and discus.

There is still time for youngsters to enter the Borough Of Bromley, London Mini Marathon Trials on Sunday March 11th. For an entry form please contact Dave Liston on 01322 663504.



### 20 February 2001

Michael Skinner continued his recent run of good form with victory in the 3000 metres at the British Universities Indoor

Championships at Glasgow. The Blackheath Harriers Bromley athlete who is the captain of Brunel University cruised through his heat in 8.31 and then, after a sluggish early pace, timed 8.24.71 to win the final.

In the 800 metres David Moulton showed that he is now over the glandular fever that plagued him last summer. The Bath University student ran a personal best both indoors and out of 1.53.2 to win a surprise bronze medal. Also on the comeback trail is Stephen Holmes. He timed a useful 1.59.45 in the heats.

Sam Singer reached the semi final of the 400 metres and she was also part of the Brunel quartet who finished 4th in the women's 4x200 metres.

Meanwhile five of the Clubs older members were in medal winning form at the British Veterans Indoor Championships at Cardiff, which will encourage them in their preparations for next months European Indoor Championships in Bordeaux, France.

In the over 50s Bob Minting won both the 200 and 400 metres in 25.68 and 50.99 before having to settle for bronze in the 800. There was also gold for Peter Hannell in the 3000 walk in 15.17.2.

Perky Ken Daniel picked up a silver in the 3000 and timed 4.36.99 for bronze in a tactical 1500. There was bronze also in the Long Jump for Dennis Wallington with a leap of 5.31. He was also 6th in the 60 metres in 8.26.

In the over 65s category Past President Jim Day continued his remarkable athletics career. Now 67 he soared over 2.70 metres to win the pole vault title; leapt 1.24 for silver in the high jump; and completed a full set of medals with a bronze in the 60 metre hurdles in 11.8.

At the other end of the age group scale there were a number of promising performances at the Kent Indoor Championships at Crystal Palace. Katy Benneworth won two golds in the under 17 girls age group. She registered 5.32 to win the long jump before taking the 60 metre hurdles in 9.4 and rounding off a fine weekend with a personal best of 8.0 in the 60 metres.

In the under 15s Harriet Robinson held on for 2nd place in the long jump despite a groin strain, with Claire Cooper picking up bronze. Vicky Thomas' reward for some hard training under coach Herbie Kuenstlinger was a remarkable breakthrough in the shot putt. Her throw of 9.55 added over a metre to her previous best propelling her into the bronze medal position, her first County award in her first year in the age group.

Aaron Harris and Dwayne Lougheed picked up silver and bronze in the Senior Mens 60 metres and there were silvers for Jack Wilkie and Dwayne Bovell in the under 20 and under 17 races.

Outside on the country Roy Smith warmed up for this weekends National Cross Country Championships in Durham with a 5th place in the Kent Mens League at Swanley. Anthony Draper had a useful outing in 18th place.

Draper is a former winner of the London Mini Marathon and he will be pacing some of the races at the London Borough Of Bromley Trials at Norman Park on Sunday 11th of March. The trials are open to both girls and boys aged between 11 and 17 who either live or receive full time education within the Borough.

Following the trials 6 teams of 8 will be selected to represent the Borough at the Adidas Mini London Marathon which is run in conjunction with the full marathon on Sunday 22nd of April.

Mark Steinle, first Briton in last years London Marathon and a Great Britain representative at the Sydney Olympics will be starting some of the races.

Entry is free with a closing date of 2nd of March. For an entry form please contact Dave Liston on 01322 663504.



### 13 February 2001

Three athletes from Blackheath Harriers, Bromley made their International debuts helping England to victory in the Lansing Linde Severnside Trophy Home Countries Match at Cardiff.

Michael Skinner was appointed England captain and set a fine example to his new team mates as he swept to victory in the Senior men's 1500 metres with a 56 second last lap.

The former Langley Park schoolboy joined the Club as a 10 year old and has progressed steadily through the age groups as have the two other debutants, both of whom are former pupils from Langley Park Girls School.

Katy Porter celebrated her call up by setting a new personal best in the 60 metre hurdles of 8.77 as she finished 2nd in the junior women's race. Sam Singer was part of the England junior team who set a new Welsh All Comers Record in the Medley Relay of 4.08.61.

It was a similar story in the men's race as regular International Dwayne Grant was part of the Junior men's team that set an All Comers Record of 3.31.54.

Porter was not the only Blackheath hurdler to set a personal best as Mensah Elliott, running as a guest in the Senior Mens race, clocked 7.91 as he was piped for victory by the slightest of margins. The judges deliberated for an hour over a photofinish before separating the two athletes. This was the second fastest time in the country this year and leaves the Blackheath athlete just two weeks to register a qualifying time for the World Indoor Championships.

If he is the only Briton to time 7.75 or faster, the B standard for the event, he would get selected and having hit 5 of the 6 hurdles in Cardiff this is well within his capabilities. He has recently been placed on the "Potential Programme" of the National Lottery Fund.

Skinner had a busy weekend as the previous day he had been in action, along with nine other Heathens, at the Inter Counties

And World Cross Country Championship Trials at Wollaton Park, Nottingham. Perhaps with his mind on the following days International, he felt below par finishing in 42nd in the senior men's short course race. Further up the field in 31st was junior Daniel Ayrton having an excellent run against senior competition. In the Long Course race Joe Mills finished 36th with Jeremy Bradley 93rd.

The only Harrier to win a medal was Jennie Butler in the Senior Women's race. In only her second winters cross country, she finished in 50th place and was 6th scorer for the victorious Kent team.

It was 50th again in the Junior Mens Race as William Bolton showed he is getting back to his best. Like him Hazel Barker, 88th in the Junior Women's race; Eve Bugler, 159th in the Under 15 girls; and Stephen Leach 216th in the under 13 boys; will all have gained valuable experience of running against most of the top runners in their age group in the country.

Highest placed Blackheath athlete on the day was the youngest. First year under 13 Rebecca Taylor stormed to an outstanding 25th place in the under 13 girls race.

Closer to home at Hayes, the Club won the Annual Mob Match against Ranelagh Harriers. John Morland was first home for the Club in 2nd place with Nick Kinsey 3rd and Dave Ellison 7th. Ken Daniel lived up to his nickname "Simply the Best" as he was first home in the over 50s section while Anne Cilia was 2nd woman overall and there was a promising debut from Caroline Jones-Baldock.

There is still time for youngsters to enter the London Borough of Bromley Trials for the Adidas London Mini Marathon. The races take place on Sunday 11th of March at Norman Park. For an entry form contact David Liston on 01322 663504. Sydney Olympics representative and first Briton in last years London Marathon, Mark Steinle, will be starting races.



### 6 February 2001

Two athletes from Blackheath Harriers Bromley have been selected to represent England for the first time this weekend at the Home Countries International at the new indoor stadium in Cardiff. Southern Indoor Champion, Katy Porter, has been picked in the junior women's 60 metre hurdles, while Michael Skinner goes in the Senior Mens 1500 following his breakthrough silver medal at the AAA's Indoor Championships.

Skinner was in action again at the British Universities Cross Country Championships in Manchester. The Brunel University captain led his team home in 4th place in the short course race just 18 seconds off a bronze medal. In the long course race Jeremy Bradley finished 35th for Oxford University with 800 metre runner David Moulton 80th for Bath University.

The two new international selections is another endorsement of the Clubs Development policy with both athletes progressing through the age groups from under 13s level, and performances at the latest Parkwood League cross country races at Canterbury would suggest more young Heathens set to impress as Seniors.

The Club won four team races and provided three individual winners and now lead the League by 20 points with two meeting left.

Heavy rain left the normal course unusable so all groups ran an improvised one mile circuit and this worked well until the Junior Mens race when Dan Ayrton sped to victory so quickly that the timekeepers were unable to get from the start to the finish to record his time.

The Southern Cross Country bronze medallist was ably supported by William Bolton in 3rd, and by Abdi Madar who made a promising return to the sport in 5th. Second and third places from Kate Bugler and Hazel Barker secured a team win in the women's race.

The under 17 men claimed a useful 2nd place but it could have been better had Joseph Godsell not gone off course while leading; and the rest of the team not been reduced to fits of giggles when Chris Daniel fell in a river. It was left to Ray Perkins to lead the squad home in 4th place.

Eve Bugler was the individual winner in the under 15 girls race and, with Caroline McQuillan 5th and new talent Michelle Delahoy 8th, another team win was secured. Daniel McKeown also made an encouraging debut as he closed in 8th in the boys race one place behind Michael Shirley; and a third debutant Stephen Lott helped the under 13 boys to 2nd place with Tom Beech first scorer in 3rd.

For the girls Rebecca Taylor scored another victory in her second race in two days. Her time of 5.56 was so fast she would have won the under 17s race. The previous day she had finished 2nd in the Bromley AC schools races in Beckenham Place Park. A 6th place from Aimee Boyle helped secure a team win.

The Club also had two 2nd places in the under 11s races from Richard Bolton and Melanie Graham, with strong back up in the girls from Victoria Lott and Clare Sapsed.

Meanwhile, a small piece of history was made as the Club made its first venture into Sportshall Athletics at the Kent County A.A. Championships at Tunbridge Wells. A team of Lucy Cassidy, Sophie Robinson, Katherine Wood and Serita Solomon finished 6th from 29 teams, a remarkable achievement as they were competing against mixed teams which meant half the time they were against boys.

The Club's website has been made Club Website Of The Month by the United Kingdom Track And Field All Time Lists website. The site, described as "extensive and up to date" by the South Of England Athletic Association, can be visited at <http://www.bandbhac.org.uk>

A number of Harriers will be in action this weekend at the Inter County and World Cross Country trials in Nottingham. Michael Skinner is set to race the day before his England debut in the short course race along with Dan Ayrton and Joe Mills. Dave Taylor makes a late decision to run following injury and Jennie Butler, Kate Bugler, Hazel Barker, Eve Bugler, Rebecca Taylor, Aimee Boyle and Stephen Leach will all also be in action in the various age groups. One person missing though will be Dave Heath, Britain's first finisher in the last two World Cross Country Short Course races. A knee injury has stopped him training for the last

month.



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