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Blackheath & Bromley Harriers AC

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2002**

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26 March 2002

Members of Blackheath Harriers, Bromley were celebrating this week after receiving a grant of £4,825 from the National Lottery Awards For All Programme. The Grant will allow the Club to develop Coaching Projects at Norman Park track at Bromley and Ladywell Track, Lewisham.

Club Head Of Development Dave Liston said "This is a major boost to the Club's Development Programme and a boost to Athletics at the two venues. It allows us to continue to help develop the grass roots of the Sport and we look forward to seeing youngsters from the Scheme progressing through to the Club's Senior teams. We have worked hard to develop the Project and the Application and it's now time to put it into action." For further information on the Project please contact Dave Liston on 01322 663504.

Rory Byrne finished 23rd in the Bath half Marathon which incorporated the AAA's Championships and the Trial race for the World Half Marathon Championships. He timed 69 minutes 32 seconds.

Meanwhile at the Eastleigh 10km Spencer Newport continued his comeback from injury with a 5th place in 31.03.

A number of Harriers were fine tuning their preparations for the London Marathon at the Hastings Half Marathon with Nick Bunclark first home in 132nd. He timed 1 hour 27 minutes and 32 seconds. Next was Andy Tucker in 191st in 1.29.54 and third Barry O'Gorman in 1.37.27. First woman was Alison Jelly in 2.00.03.

The Club will have runners of all ages and abilities in the Marathon on April 14th. At the sharp end Mark Steinle will be aiming to be the first Briton for the third year in a row while further down the field members will be running to raise money for South Bromley HospisCare. Anyone interested in sponsoring the Harriers should contact Dave King on 020 8407 0132. For full results and details of how to join the Club visit the Club website.



19 March 2002

Mark Steinle ran the fastest Half Marathon time by a British athlete this year when he won the Ciudad de Murcia race in Spain. The 27 year old Blackheath Harriers, Bromley athlete was a runaway victor finishing over three minutes clear of second place timing 63 minutes 2 seconds for the distance.

His time was even more impressive as he ran the race solo in temperatures of 23 degrees and with a strong wind. The performance will give Steinle all the confidence he needs for this years London Marathon on April 14th where he will be aiming to be the first British athlete to finish for the third year in a row.

He ran 2 hours 10 minutes and 46 seconds last year and his performance on Sunday has encouraged him in the belief that he will go under 2 hours 10 minutes this year.

Indoors four Blackheath athletes travelled to Glasgow for the National Veterans Indoor Championships in Glasgow and all returned with medals. Most impressive was Allan Williams in the over 45's pole vault. He soared over 4.15 to win by nearly a metre, a performance which would have won the over 40's competition as well by over half a metre.

Peter Hannell also struck gold in the over 55's walk timing 15.54.22 for victory. There was nearly gold also for Bill Foster in the over 40's 3,000 metres. He led for most of the way before having to settle for second place in a sprint finish. He timed a useful 8.49.51 in the process while in the over 50's race Peter Hamilton finished in third place in 10.14.17.

On the country the Club had it's first Mob Match of the season against South London Harriers at Hayes. First home in the race was Roy Smith who finished two minutes clear of the field. Next for Blackheath was Mark Watling in 5th with John Hoy 8th.

Jennie Butler was the first woman home by over 3 minutes and was 17th overall out of a field of 80 finishers. In the handicap race which was incorporated in the event Alan Davis finished first followed by Mike Wade and Colin Rowe.

This was the eighth out of the nine winter handicap races which make up the Bennett Cup and going into the final race, the Closing 5 mile Yacht handicap this Saturday, positions could not be closer. Nick Barber leads on 401 points with Brendan McShane second on 400 and Dave Ellison third on 396.



12 March 2002

Spencer Newport continued his welcome return to racing as he finished 5th in the Hillingdon 5 Mile Road Race. The Blackheath Harriers, Bromley athlete has missed nearly two years of racing with a knee injury but now seems to be regaining the form which took him to International selection. Now 35 the Club Vice President timed a very useful 24.19 in a race which is recognised as one of the highest standard events over the distance in the country.

Another Club Vice President Bill Foster was the leading over 40 to finish and he was actually 11th overall. He timed 25.02.

Meanwhile another athlete on the comeback trail, Jonathan Murray finished 2nd in the Greenwich Meridian 10km. A former English Schools champion over 800 metres, Murray clocked 32.47 over a testing twisty and hilly course.

On the country, a number of the Club's youngsters were in action in the English Schools Cross Country Championships at Chelmsford an event which sees the very best youngsters in the country competing. Highest placed was Eve Bugler in the Intermediate Girl's Race where, representing Surrey, she finished in 84th place.

Terry Hawkey was the Club's leading runner in the Senior Boy's race with the fast improving Ray Perkins just behind in 121st place. David Fenlon finished in 158th in the Junior Boys Race Race with Danny Brewer placing 237th.

Indoors four Blackheath youngsters represented Kent at the Inter County Sportshall Championships at Guildford. Emily Godley, Sophie Robinson and Serita Solomon were part of the under 13's team who finished third while, for the boys, Alex Al-Ameen won silver in the high jump with the same height as the winner. All four have now been chosen to attend a Sports talent camp for young athletes to be held in Eastbourne later this year.

The London Marathon is fast approaching and many of the Club's runners on April 14th will be running to raise funds for Club President Mike Peel's nominated charity South Bromley Hospiscare. Anyone wishing to sponsor a Club member should contact Dave King on 020 8407 0132. The Club welcomes new members of all ages and abilities. For further information contact Dave Liston on 01322 663504 or Michelle Bovell on 07930 191345.



5 March 2002

Akinola Lashore reached the semi finals of the 60 metres at the European Indoor Championships in Vienna. His aim was to reach the final but the Blackheath Harriers, Bromley athlete, nevertheless, performed with great credit and was only a few hundredths of a second off his best ever time.

Number three in the country this season behind Jason Gardener and Mark Lewis Francis, Lashore qualified for the semis as a fastest loser timing 6.72 in his heat. He was slightly slower in the semi where he finished in 6th place in 6.76. This was his first Great Britain vest and he will now be looking for more International recognition this summer when the European Championships and Commonwealth Games take place.

Out in America, Tawanda Chiwira was again just outside the Blackheath Club 400 metre record as he clocked 46.53 to win in the McDonald's Last Chance Meeting at the University Of Idaho. His time is, nevertheless, the fastest ever Blackheath clocking using electric timing but still outside the 46.5 hand timing record set by the Reverend Ted Sampson at the Commonwealth Games in 1958. Chiwira also showed a useful turn of speed in the 60 metres where he timed 6.96.

Back home on the country Roy Smith and Jennie Butler both completed hat tricks of Club Championship wins at the Club 10 Mile Race at Hayes. This was the second time that Smith has won the 5 mile, 7.5 mile and 10 mile titles in a season and he did so with some ease finishing nearly three and a half minutes clear of Scott McDonald in 60.07 with Pat Calnan third.

Butler was actually the only female competitor but finished 10th overall out of 40 in a time of 71.28. First in the handicap race was Ray Walsh with Colin Poole 2nd and Chris Pike 3rd.

Some of the Club's cross country stars of the future were in action at the Parkwood League in Canterbury where Ray Perkins had his first ever win in the League. He led the under 17 boys team to victory with Daniel Snow 3rd, Chris Daniel 6th, Daniel Ryan 8th and Michael Leal 9th.

There were also wins for the under 13 boys led by Daniel Casey and Daniel Brewer and the under 15 girls with Bryony Proctor and Caroline McQuillan.

Going into the last meeting the squad lie one point behind Invicta East Kent with Medway and Maidstone in third and the Club will be looking to field it's strongest teams possible for the match in three weeks time.

There was also success for the Club on the road where Nick Kinsey finished third in the Thanet 20 Mile Road Race which incorporated the Kent Championships. The former British record holder for the Iron Man Triathlon was also the first over 40 runner home.

The Club welcomes new members of all ages and abilities. For further information contact Dave Liston on 01322 663504 or Michelle Bovell on 07930 191345.



26 February 2002

Blackheath Harriers, Bromley enjoyed individual success across the age groups at the View From National Cross Country Championships at Bristol with the highlight being the the Senior Men's race where Dave Taylor closed in 6th place out of 1220 finishers and the team came 7th out of the the 94 that had a scoring team.

In strong winds, snow, sleet and rain Taylor timed 40.19 for the 12km course to show his preparations for the London Marathon are progressing well.

Tim Dickinson, who also runs London, took 20th with first year seniors Dan Ayrton (73rd) and Peter Tucker (139th), plus ever reliable Roy Smith (127th) and 800 metre specialist Anthony Draper (160th) making up the scoring 6.

The Club placed 6th in the 9 to score with Scott McDonald 202nd; Nick Gasson, having his best ever cross country run, 209th; and Giles Clifford 212nd.

In the Senior Women's race both Jennie Butler and Siobhan Budd achieved their highest ever placings in the event. Butler was in the teens in the early stages eventually ending 24th, while Budd started more steadily before moving through to 30th. Kate Pratten closed in 290th.

There was much promise for the future in the younger age groups with Andrew Rayner 25th in the Junior Men's race with William Bolton 48th, while Cath Castledine was 54th in the Junior Women's race.

Ray Perkins continued his recent run of good form in the under 17's race. Building on his 14th place at the previous weekends Inter County Schools match at Banstead, he finished a fine 60th. Peter Moreton placed 203rd while Eve Bugler took 53rd in the girl's race.

After an outstanding 4th place at the Inter Counties Championships, Rebecca Taylor did not enjoy the under 13 girl's race where she fell twice but she still finished in a very creditable 24th place. Bryony Proctor was 154th in the under 15 girl's race.

Away from the elements there was more success for Club members at the AAA's Under 20 Indoor Championships in Birmingham. Here two members of the Dave Liston coaching squad won bronze medals. Joe Godsell set a new best of 1.56.08 in the 800 metres while in the 1500 metres it was third also for new member Terry Hawkey in a time of 4.09.47.

Matt Hill was 4th in the same race in 4.14.92 and it was 4th also for Fabian Collymore in a high quality 60 metres in 7.0. Jack Wilkie made a big breakthrough in the 200 metres as he placed 5th in the final in 22.61.

There was also a 6th place for Victoria Thomas in the under 15 girls Shot Putt in 10.33 and 8th in the under 20 girl's long jump for Katy Benneworth.

Meanwhile up in Glasgow David Moulton won silver in the 800 metres at the British Universities Indoor Championships. Levi Edwards qualified for the final of the long jump with a leap of 6.74, but then jumped 6.60 to place 6th.



19 February 2002

Akinola "Lash" Lashore has been selected to represent Great Britain in the European Indoor Championships in Vienna at the start of March. The 28 year old Blackheath Harriers, Bromley athlete competes in the 60 metres along with reigning European champion Jason Gardener and World Junior 100 metre champion Mark Lewis Francis.

He achieved the qualifying standard with a 6.65 clocking last month and secured his place in the team at the Norwich Union Grand Prix Meeting in Birmingham last weekend. Such was the quality of the line up that his 6.71 in the heat did not qualify him for the final but he was still three hundredths of a second quicker than reigning European 200 metre champion Christian Malcolm who ran in the second heat.

He was not happy with his run in Birmingham because of a slow start. "At the moment I either have a bad start and finish well or get away well and tie up. Hopefully at the Europeans I will be able to have a good start and finish."

A number of younger Heathens were also in action at the Norwich Union Under 20 and Under 23 International in Cardiff. Levi Edwards finished 2nd in the under 23's long jump with a leap of 6.94 and there was more success on the track.

In the under 23's Daniel Plummer timed 6.87 in the 60 metres. In the under 20's Fabian Collymore clocked 7.1 in the first 60 metre B race and then won the second race in 7.06. Neil Simpson ran 7.29 for the 60 metres to add to his 22.70 in the 200.

There was a medal bonanza for Blackheath athletes at the Kent Indoor Championships at Crystal Palace with Championship bests set by Clare Cooper in the under 15 girls 60 metre hurdles and Sandra Alaneme in the under 17 girls triple jump. Cooper timed 9.3 for her race and also claimed 2nd in the long jump and 60 metres. Alaneme also added a gold in the high jump with a leap of 1.60.

Elsewhere there were double golds for Katy Benneworth (under 20 girls 60m and long jump) and Alex Al Ameen (under 15's 60 hurdles and high jump). Other wins came from Jack Wilkie (U20's 60m); Dwayne Bovell (U17's 60), Andrew Johnson (U17's 60H), Harriet Robinson (U17 LJ) and Vicky Thomas (U15 SP) with perhaps the most extraordinary gold coming in the Senior Men's pole vault where 48 year old Allan Williams soared over 4.15 for victory.

Williams was not the only veteran to achieve medal success as, taking advantage of a small entry, 68 year old Gordon Hickey placed 2nd in the Senior Men's shot.

In the States Tawanda Chwira timed 46.96 for the 400 metres and will be looking to go faster in his next race in two weeks time.

Outside there were more celebrations for the Club at the final Kent League match of the season at Ashford with the Senior Women taking the overall trophy for the first time in the Club's History.

Jennie Butler won her third race of the season to clinch the overall individual title for the second season in a row. With Siobhan Budd in second and Carolina Jones Baldock finishing in her highest ever League position in 13th, the Club had it's first ever match victory.

Then followed the announcement that they had won the League title as well thanks to the efforts of those there on Sunday and those of Karyn O'Mahoney, Julia Harrington, Anne Cilia, Alison Jelly, Sarah Cummings, Kate Pratten and Val Place who competed in earlier races.

Like Butler, Rebecca Taylor retained the overall title in the under 13 girls age group following another comfortable win while Daniel Casey made a welcome return to racing to win the boys race. Natalie Wiggins was 3rd in the under 20 girls race.

The previous day Dan Ayrton was an easy winner of the Kent Men's League race at Swanley winning by nearly half a minute. With Roy Smith 7th, Jonathan Murray 10th and Nick Gasson 21st the team took second place and the overall runners up spot for the season behind Medway and Maidstone.

Ayrton will be in action again this weekend as the Club travel to Bristol for the National Cross Country Championships.



12 February 2002

Rebecca Taylor had possibly the best race of her career so far at the Inter Counties Cross Country Championships in Nottingham.

Representing Kent in the under 13 girls race, she improved on last year's 25th place to finish in 4th. The Blackheath Harriers, Bromley athlete, who attends Newstead Woods School, still has another year in this age group and so could be in the medals in 2003.

One who did make the medals was Tim Dickinson who was first Heathen home in the Senior Men's race. He placed 22nd and was part of the Lancashire squad who took the team title. Roy Smith was 109th.

In a strong Senior Women's race Jennie Butler was second home for Kent in 61st place with Siobhan Budd 98th.

In the younger age groups new boy Terry Hawkey finished 96th in the Under 20 men's race; Ray Perkins was 127th in the under 17 men's race; and Danny Brewer was 101st in the under 13 boys.

Indoors four Harriers were on International duty at the Lansing Linde Severnside Trophy meeting in Cardiff between England, Wales, Northern Ireland and Ireland.

Daniel Plummer marked his international debut with a 2nd place in the 200 metres in 22.07. He also timed 6.90 seconds in the B 60 metres where Lash Lashore was 2nd in 6.80. Mensah Elliott clocked 8.06 for the 60 metre hurdles for 3rd after smacking the first hurdle and Joe Mills was 3rd in the 1500 metres in 3.49.64.

Also inside, the Club had three County champions at the Kent County Sportshall Championships at Larkfield. In the under 13 boys event Alex Al Ameen came home with four medals, the highlight being his win in the 6 lap race in 78.8 seconds. He was also 2nd in the standing long jump and shot as well as picking up bronze in the vertical jump. Sebastian Rulens was also in the medals with bronze in the 6 lap race to add to his 5th in the shot and 8th in the standing long jump.

For the girls there was gold for Sophie Robinson in the 6 lap race as well as a 3rd in the speed bounce. The gold here went to Serita Solomon who also achieved bronze in the triple jump, 4th in the 4 lap race and 5th in the 2 lap race. Emily Godley showed great promise with silver in the long jump, 4th in the shot and 5th in the 4 lap race, while Hannah Shomade was 5th in the vertical jump, 10th in the shot, 7th in the triple jump and 12th in the 2 lap race. Encouragingly all the girls have another year in the age group.

There was more success at the Southern Counties Veterans AC Championships at Crystal Palace. Outstanding performance of the day came from Allan Williams in the over 45's pole vault. He cleared 4 metres 21 to break the Club record. In the over 60's there was a hat trick of medals for 68 year old Jim Day as he won the 60 hurdles, high jump and his main event the pole vault. Gordon Hickey took the shot title with a putt of 12.66.

Back on the country Joe Clare won the over 60's title at the Southern Veterans AC cross country championships at Lloyd Park timing 45.05 for the 10km course.

More Harriers were in action in the Annual Mob Match against Ranelagh Harriers at Richmond Park. Dan Ayrton was the comfortable winner of the 7.5 mile race in 42.42 with Nick Gasson 4th and Pat Calnan 9th. However the Club were outnumbered on the day and well beaten in the team competition.

Calnan was in action again the following day at the Sidcup 10 mile road race finishing 7th in 56.19. Rory Byrne was first home for the Club in 53.49 in 2nd place and with Terry Brightwell 46th, and 4th in the veteran 50's race, the Club won the team prize.

The London Marathon on April 14th is fast approaching and youngsters from the London Boroughs will again have the opportunity to be part of the big day with the staging of the 16th Adidas London Mini marathon staged over the final 2.6 miles of the Marathon course. Over 2000 youngsters will be in action and the races will be featured on television. The trials for the London Borough Of Bromley team are again being sponsored by Blackheath Harriers, Bromley and take place at Norman Park track on Sunday 17th of March. For an entry form please send a SAE to Dave Liston at 70 Sermon Drive, Swanley, Kent. BR8 7HT.

Blackheath Harriers, Bromley is running a course for new athletics officials, including judges, timekeepers and starters, at its Hayes headquarters on Tuesday evenings, February 12th and 19th, followed by qualification tests on 5th March. While the course naturally appeals to members and supporters of athletic clubs, it also provides an interesting way of fulfilling some of the requirements of schemes such as the Duke of Edinburgh Award, Community Service Leaders Award or some "A" level courses relating to sport. For details, contact Mike Davies on 01689 602038.



5 February 2002

Athletes from Blackheath Harriers, Bromley took on the best in Britain at the AAA's Indoor Championships in Cardiff which incorporated the Trials for the Great Britain team for the European Championships.

In the 60 metres Lash Lashore, whose season's best of 6.65 is inside the European qualifying time, made the final as a fastest loser after a slow start in his semi. He fared better in the final finishing 5th in 6.70 behind Jason Gardener and Mark Lewis Francis.

The two other Blackheath competitors in the event both achieved personal bests. Daniel Plummer timed 6.77 in the semi final and Gavin Neblett 6.83 in his heat.

Mensah Elliott was hoping to achieve a European qualifying time in the 60 metre hurdles but a recent groin injury has hampered his training. Nevertheless, he was encouraged by a 7.91 timing in the semi final which equalled his personal best. A medal in the final against Colin Jackson seemed a realistic possibility but after smashing into the second hurdle his rhythm was broken and he finished 6th in 8.05.

Elsewhere on the track Joe Mills was 6th in his heat of the 1500 metres in 3.52.91. First year senior Mark Awanah was 7th in the long jump with a leap of 6.74 while Levi Edwards was 9th in 6.58.

Meanwhile out in the States, Tawanda Chiwira was just outside the Club outdoor 400 metre record at an indoor meeting at Moscow, Idaho. He won the race on a 291 metre track in an impressive 46.58.

The previous weekend Edwards had been part of a Blackheath group who competed in an inter club meeting at Nogent Sur Oise near Paris. He won the long jump with 6.45.

The Club provided both the fastest men's and women's 60 metre times. Louisa Guthrie clocked 8.00 in the women's races and first year junior Fabian Collymore's 7.07 was the quickest for the men. Other times included Michael Champion 7.11, Jack Wilkie 7.21, Dwayne Bovell 7.28, Dewayne Loughedd 7.39, Edwards 7.40, Sanjo Bangboye 7.42, Ian Allerton 7.52, Patrick Blackman 7.52, Scott Jarred 7.59, and Bromley AC member Christine Mantoura 9.09. Mantoura also timed a useful 67.51 in the 400 metres.

Wilkie was the fastest Heathen in the 200 with 22.86 while Champion clocked 23.12, Collymore 23.38 and Bangboye 23.42. Alloy Wilson won the 400 metres in impressive style in 49.95 with first year junior Allerton second in 51.09. It was a one-two again in the 800 where Joe Godsell won comfortably in 1.58.15 with Stephen Holmes second in 2.00.89.

New member Terry Hawkey, who has joined the Club from Dartford Harriers, took the 1500 metres in 4.08.04 over three seconds clear of the runner up. In the field Alex Pope cleared a useful 2.40 in the pole vault, Bangboye leapt 12.28 in the triple jump and Champion and Guillaume Rulens both cleared 1.75 in the high jump.

In the women's high jump Sandra Alaneme leapt 1.59 and she also put in a 10.63 mark in the triple jump.

Outdoors there was a welcome return to competition for Spencer Newport at the Dewsbury 10km. The 35 year old Club vice-president has missed nearly two years of racing following a knee injury but showed that he is on the way back to fitness as he finished in 10th place in 31.37. Peter Tucker, just back from training with the Army in South Africa, was 25th in 32.41.

Also on the roads Dave Taylor timed an excellent 23.51 in the Alsager 5 miles road race while Pat Calnan was 7th in the Chingford League 5 at Victoria Park.

Another athlete on the comeback trail was Dan Ayrton. He showed no ill affects from a recent virus as, guesting in the Cambridge Harriers 10 Mile Cross Country Championships, he won by over 6 minutes with his father Neil, who celebrates his 40th birthday next week, in second.

Roy Smith was also in action at the Surrey League at Coulsdon where, running for his second claim club Aldershot, Farnham And District, he finished in 13th place ahead of a number of athletes who had beaten him at the Southern Championships the previous week.

The London Marathon on April 14th is fast approaching and youngsters from the London Boroughs will again have the opportunity to be part of the big day with the staging of the 16th Addidas London Mini marathon staged over the final 2.6 miles of the Marathon course. Over 2000 youngsters will be in action and the races will be featured on television.

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