



Founded in 1869

Blackheath & Bromley Harriers AC

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2003**

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25 March 2003

Spencer Newport finished in 19th place at the Wilmslow Half Marathon which incorporated the AAA's championship in the event. In a race won by Kenya's Julius Kibet, the Blackheath And Bromley Harriers AC athlete timed a useful 1.06.32 in a field of over 1000 runners.

Rory Byrne showed that his preparations for the London Marathon are going well as he finished just 10 seconds behind in 21st place.

Dave Taylor was also in action recently winning the Hillingdon 20 mile race in 1.51.04.

The Senior Club Cross Country season came to a close with the Closing 5 mile yacht handicap race at Hayes. With the slowest starting first and the fastest last, 75 year old Club Treasurer Peter Long was never headed as he hung on for a 30 second victory over Carolyn Jones Baldock with Pat Calnan, in the last day of his Presidency, in third.

Fastest of the day was scratch man Mark Ellison with 31.17 followed by Paul Cavallo in 32.08 and Brendan McShane in 32.10.

Fastest woman and 7th fastest of the day was Siobhan Budd in 33.19 followed by Kate Pratten in 38.02 and Jones Baldock in 40.38. The race was the last of the nine race Bennett Cup series which has taken place over the Winter months and the champion for the year is David Churchus with Pratten second and Ellison third.

The outdoor track and field season is fast approaching and judging by the results at the Crawley Open Meeting it should be a very successful one for the newly merged Club. Four athletes achieved six personal bests between them. Jade Castell-Thomas leapt a new best of 4.92 to win the under 15 girls long jump with Lauren Blackie also achieving a new best of 4.58 in second. She was also fourth in the high jump with 1.30 with Rachel Arnheim second in 1.35. All three also ran the 80 metres with Castell-Thomas timing 11.4, Blackie 11.6 and Arnheim 12.5.

In the under 13 girls Katrina Cosby won both the 600 and 150 metres in times of 1.50.9 and 20.6, and there was a double win also in the under 17 men's competition for Rob Wallace as he leapt 5.75 in the long jump and putt 11.13 in the shot.

Indoors the Club had five winners at the Southern Veterans AC championships at Sutton Arena. Jim Day showed that he is recovering from recent illness as he won the over 65's pole vault with 2.60 metres, the high jump in 1.20 and the 60 hurdles in 12.7.

Gordon Hickey was a class apart in the shot in the same age group winning with 12.33. European Over 45's pole vault champion Allan Williams cleared 4.05 to win the over 40s pole vault.

The Club's AGM took place in the evening where John Robinson was introduced as the new Club President. He has previously been the Club's Head Of Active Athletics and has represented Northern Ireland three times in Veterans International Cross Country races.

The Club welcomes new members of all ages and abilities. For further details contact Dave Liston on 07946 629441.



18 March 2003

With Blackheath And Bromley Harriers AC only just merged the old Clubs, Blackheath Harriers, Bromley and Bromley AC

completed the Kent Women's And Young Athletes League season as separate entities in the last match at Swanley with both achieving notable success.

Bromley AC provided two individual winners with Ella Fisher completing a 100% record for the season in the under 17 girls and Hannah Garcia sprinting to victory in the under 13's race. Fisher won the individual title for the season and, although Garcia, Hannah Ware (9th) and Katie Gibbs (14th) finished as second team on the day, they were overall champions. The Club also won the trophy for the most improved team over the year. For Blackheath Charlotte McCarthy made a promising debut in 18th place.

The other overall champion came in the Under 20 men's competition where Peter Moreton was rewarded for his persistence and loyalty to the team with the individual honours. On the day Terry Hawkey was the highest placed Heathen in 2nd place. It was 2nd also for Michael Thorpe in the under 13 boys both on the day and for the whole season. He was backed up by Ian Simpson in 15th and Ian Rowswell in 48th.

Biggest turn out yet again came in the under 15 boys age group led home by Daniel Casey in 3rd place with Tom Beech 8th and Jonathan Vintner 11th. Sarah Coombs was 11th for the girls while in the Senior Women's race Kate Pratten was first home in 16th with Carolyn Jones Baldock in 21st.

A number of Club members were in action at the Surrey Indoor Championships at Sutton Arena with perhaps the most welcome performance coming from Sam Bobb in the triple jump. The former Great Britain Under 23 International returned to competition after a long absence to place 2nd in 13.78. Daniel Campbell took third place in the under 20's high jump with 1.90 while training partner Danielle Fidge soared over 1.65 to win the women's competition as did Anna Smith in the under 15s age group with a clearance of 1.40.

In the under 17's age group Max Richardson, who is better known as a 400/800 runner caused a stir by clocking 7.5 seconds to make the 60 metre semi final. Dominic Parsons clocked the same time in his heat before timing 7.4 in the semi.

For the girls Amy Godsell timed 8.1 for the 60 metres in both her heat and semi final. Her uncle Bob Minting is one of four athletes who have recently returned from action at the European Masters Championships in San Sebastian. Minting did not have the best of times having to withdraw from the Pentathlon when he picked up an injury in the sprint hurdles. Best placed was Allan Williams, who overcame the disruption of having his poles and bags go missing on the flight, to place 3rd in the over 45's pole vault with 4.20. Ken Daniel took 6th in the over 50's 3000 metres before going one better in the 1500 with a time of 4.34.95. Malcolm Cannon was 19th in the over 40's Pentathlon as well as placing 7th in the high jump.

A number of members were in action at the Hastings Half Marathon with former British record holder for the triathlon Nick Kinsey first home in 1.15.14 in 23rd place. Brendan McShane improved his best time by a minute to clock 1.20.36 for 67th. Third home was Andy Tucker in 1.22.05 in 89th.

The Club is organising a Sporting Dinner at the Chapter One Restaurant at Locksbottom on Monday 28th of April to raise funds for Athletics for young people in Bromley. Guest Speaker is former Olympic Champion Dame Mary Peters OBE who will also lead a question and answer session. Tickets are £40 and further details can be obtained from Mike Martineau on 01959 575046 or at mike.martineau@totalise.co.uk

The Club welcomes new members of all ages and abilities whether it cross country, road or track and field.



11 March 2003

Spencer Newport finished an outstanding third place at the Hillingdon 5 mile road race. The Blackheath And Bromley Harriers AC timed 23.56 just 9 seconds behind winner Ian Hudspith from Morpeth Harriers. Newport is looking forward to running for the Club in the Southern 12 Stage at Milton Keynes at the start of April and one of his team mates there will undoubtedly be Andrew Rayner who finished 11th at Hillingdon in a useful 25.35.

Also set for Milton Keynes is Michael Skinner who, fresh from setting a personal best for 1500 metres at last weeks World Indoor Championships trials, was back in contention for a Great Britain vest at the World Cross Country Championships Short Course Trials at Stanmer Park, Brighton. He was well placed in 9th at one point but eventually slipped to 13th, a good position in a high class field.

Rebecca Taylor made an impressive debut at the English Schools Cross Championships which were held at the same venue. One of the youngest in the Junior Girls race, she finished in 20th on a testing undulating course and was the first Kent athlete home. Sarah Coombs, also on her English Schools debut, finished in 318th. In the Junior Boys race Daniel Casey finished an excellent 49th.

Ella Fisher was 2nd Kent runner home in the Intermediate Girls race in 77th with Bryony Proctor in 295th while Eve Bugler was 2nd Kent runner home in the Senior Girls race in 57th.

Meanwhile at the South Of The Thames Championships at Coulsdon, the Club were only able to field three athletes. Brendan McShane led the trio home in 39th place with President Pat Calnan 44th and 70 year old Bill Clapham in 106th. This was obviously not enough to feature in the 6 and 12 to score team results.

At Sparrows Den John Morland was a comfortable winner of the Bromley Veterans Open Cross Country race. He timed 29.58. David Carton was 14th with Colin Rowe 16th, Anne Cilia 21st, Alison Jelly 33rd and Ron Chambers 34th. On the roads Kate Pratten reaped the rewards of a consistent Winters training and racing as she improved her personal best by 7 minutes at the Reading Half Marathon. She timed an excellent one hour 41 minutes and 14 seconds.

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4 March 2003

Julian Golding's hopes of gaining selection in the 200 metres for the Great Britain team for the World Indoor Championships were dashed when he was forced to pull out of the semi final of the AAA's championships and Trials Race with a hamstring injury.

Last week the 28 year old Blackheath Harriers, Bromley athlete had timed the second fastest time by a Briton this year, and a personal best of 6.72 in the semi final of the 60 metres on Saturday showed that he is back to his very best form.

However, after finishing 5th in the 60 metres final and winning his 200 metres heat in 21.14, the 1998 Commonwealth Games Champion was unable to take his place in the semi final as his hamstring had stiffened up. Highest placed Harrier of the weekend was Mike Skinner in the 1500 metres. He ran a well paced race to finish 4th in the final in an indoor best of 3.45.12 with under 20 athlete Jamie Atkinson 10th in 4.00.42.

Another under 20 in action was Fabian Collymore who set a new best of 6.93 in the heats of the 60 metres. In the field, Commonwealth Games representative Mark Awanah set a new indoor best of 7.26 to place 5th in a high quality long jump competition.

Further afield Sandra Alaneme represented the England Under 18's team in an International Indoor Meeting at Ghent against teams from Belgium, France, The Netherlands and Germany. Competing in the triple jump the Club Record Holder won with a leap of 11.73, 3 centimetres better than the runner up. This means she has won both International matches she has competed in. Closer to home the Club's youngsters enjoyed a successful day in the latest of the Parkwood League cross country races at Canterbury. They reduced the gap behind Invicta East Kent from 10 to 3 points which means they could still win the overall title with a good performance in the relays meeting at the end of the month.

Shavaun Henry won the over 20's women's race although she is not able to count in team competition following her move from Cambridge Harriers. Ray Perkins led the men's team home in 2nd place with Chris Daniel 3rd and Peter Moreton 4th.

It was 2nds again in the under 17's age group from Caroline McQuillan in the girls race, with Jenny McCaffrey 3rd, and Max Richardson in the boys race. The under 15 boys completed their 4th win of the season with Daniel Casey winning the race. Danny Brewer (4th), Tom Beech (5th), Tom Doig (6th) and Robert D'Angelo completed the scoring. Sophie Williams was runner up in the girls race as was Jessica Findlay with a promising Club debut in the under 13's race. Jenny Linker continued her good progress in 3rd and another new girl Charlotte McCarty closed a useful 4th. Edward Martin was runner up in the boys race with Ian Rowswell 5th.

Roy Smith won the Club 10 mile cross country championship over a testing course at Hayes in 65.41 with fellow veterans John Morland and Mark Ellison 2nd and 3rd. Kate Pratten, celebrated her 28th birthday the day before by being first home in the women's race, followed by Anne Cilia and Clare Ludwig, who finished despite turning her ankle in the last two miles. First in the handicap race was Marathon legend Peter Shephard followed by Steve Pairman and Brendan McShane. With just one race left in the Bennett handicap series 72 year old David Churchus still leads followed by Kate Pratten and Mike Cronin.

This weekend Rebecca Taylor and Sarah Coombs make their debuts in the English Schools Cross Country Championships at Brighton in the Junior Girls race. Eve Bugler is also set to compete for the Kent team in the Senior Girls age group having previously missed out on the Championship when she was Surrey qualified. Also at Brighton is the British Trial for the World Cross Country Short Course race where Mike Skinner is set to compete.

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



25 February 2003

The domestic cross country season reached its climax with the staging of the National Championships at Parliament Hill fields where Blackheath Harriers, Bromley continued its run of recent success and had athletes competing in all ten age group races.

Nearly 300 Clubs entered the Senior Men's race where the Club came an excellent 7th place, the same as last year but with a much lower points score of 446. Third at the Southern Championships last month, they were again the third Southern team and they also retained the Centenary Trophy which is awarded to the first of the 11 clubs who were in existence at the founding of the English Cross Country Union.

First home was 39 year old Dave Taylor in 5th, one place higher than last year, and just one place off his all time best of 4th achieved in 2000. Taylor won the Southern title at this venue in 2000 and the next two home are also former Southern champions. Spencer Newport placed 21st while, after a steady start, Tim Dickinson moved through the field to close in 44th. Rory Byrne achieved an excellent 53rd place with Roy Smith 150th, despite a hamstring injury, and Jonathan Murray 173rd completing the scoring six.

Good back up came from Alex Gibbins 216th, Jeremy Bradley 309th, Mark Watling 475th and Brendan McShane who improved his previous best by over 200 places to finish 564th.

Siobhan Budd gained her highest ever place of 27th as she led the Senior Women's team to 20th place, the 10th Southern team and the first Kent team to finish. Evidence of the increasing strength in depth of the women's section of the Club was shown as there were another six Heathens to finish with Hannah Leach 111th, Kate Pratten 197th, Clare Ludwig 252nd, Anne Cilia 268th, Carolyn Jones Baldock 303rd and Sarah Cummings 371st.

The Junior men produced their best team result since the bronze medals won in 1993 at this same venue. They finished in 5th place with new member Jamie Atkinson first home in 43rd place just ahead of Will Bolton in 47th and Terry Hawkey 50th, despite falling twice. Ray Perkins completed the scoring in 76th position.

Hazel Barker came back from Cardiff University to take 72nd place in the Junior Women's race and it was 72nd again in the under 17's race for Caroline McQuillan, a promising position in her first year in the age group.

Ever reliable Michael Leal was 204th in the men's race. A bout of sickness and the school holidays depleted the younger age groups but the under 15 boys still finished a team in 30th place led by Daniel Casey in 122nd with Tom Beech 198th, Dale Willis 248th and Duncan Proctor 253rd. His sister Bryony was 158th in the girls race. Rebecca Taylor was slightly disappointed with her 22nd place in the under 13 girls race but this was, nevertheless, a fine position against runners from all over the country. Lauren Doerr made a promising Club debut in 149th place while 11 year old Jenny Linker was a useful 172nd.

This was the first year that there was a race for the under 15 and under 13 boys and Ian Rowswell made a small piece of Club History by becoming the first Blackheath under 13 to finish in a National Championship as he placed 255th.

All these performances gave the membership much to celebrate at the National Supper in the evening at the Clubhouse where special guest was Dave Scott from sponsors Nike.

Meanwhile a number of Heathens were in action at the Birmingham Games with the most notable performance coming from Julian Golding in the 200 metres. The 1998 Commonwealth champion, who is still the second fastest Briton indoors of all time, timed an excellent 20.77, the second best by a Briton this year, and will now look forward with confidence to the World Indoor Trials this weekend. His time was faster than rivals Darren Campbell and Christian Malcolm ran at the Norwich Union Indoor Grand Prix at the same venue on Friday night.

Michael Skinner ran in the 800 B race clocking 1.51.82 and was back in action on Sunday finishing fourth in the 800 in 1.52.6 having qualified as a fastest loser from his heat in 1.51.6. Elsewhere Jason Charter made the final of the 400 having timed a useful 49.4 in the semi final where Joe Godsell clocked 50.94. Welsh International Fabian Collymore won the under 20's 60 metres in 6.96 and then came fourth in the 200 in 22.4 despite being on the difficult inside lane. There was good news for another under 20, Sandra Alaneme. She has been selected for the triple jump in the England Under 18's team who compete in Ghent, Belgium this weekend.

On the roads Chris Woodcock finished as second over 60 in the Plymouth Hoe 10. A member of the Club's over 60's Southern Cross Country winning team, he timed a useful 66.52. Terry Brightwell was first over 50 at the Sidcup 10 in 64.40 with Rob Brown third in 66.24 and Colin McEntee fifth in 67.07.

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18 February 2003

Julian Golding was part of the medley relay team that set a British best at the inaugural European Indoor Cup in Leipzig. The Blackheath Harriers, Bromley athlete who is 28 this week was making his first International appearance for three years and ran the 200 metre leg for the team which timed 4.16.38. Despite the efforts of the relay squad the Great Britain men could only finish in 7th place overall.

Meanwhile Allan Williams made the long journey to the British Master Indoor Championships in Glasgow and was rewarded for his efforts with a gold medal in the over 45's age group. The European Champion cleared 4 metres 5 centimetres and then missed out on an attempt at the British Record of 4.35.

Closer to home five heathens were in action in the Kent Men's Cross Country League at Swanley. Peter Tucker, who was part of the Club's bronze medal winning team at the South Of England Championships, was first home in 12th place having been as high as 5th early on. Neil Ayrton is one of the fastest over 40 400 metre runners in the country but, the former Portsmouth footballer, showed his versatility by closing in an excellent 21st place. Fellow veteran Brendan McShane was 50th with training partner Richard Hall 80th and the Club's Head Of Active Athletics, John Robinson 112th. The team finished 5th place overall for the season and 6th in the 12 to score competition. Before the race former Blackheath Club President Ian Smith was presented with an award in recognition of his 42 years of service as Secretary of the League.

This weekend sees the climax of the Winter season with the National Cross Country Championships taking place at Parliament Hill Fields. Former Southern Cross Country Champions Dave Taylor, Tim Dickinson and Spencer Newport are all set to run in the Senior Men's race as the team attempt to build on the success of their bronze medal winning performance at the Southern Championships. This will be the first time that these Championships have races for the Under 13 and Under 15 boys which means the Club should have athletes running in ten different races. The afternoon begins with the Under 15 boys race at 11.05 and concludes with the Senior Men at 3 pm.

The Club will also have athletes in action at the British Universities Championships and the Birmingham Games. Runners from the Club are now preparing for the London Marathon on April 13th and this year the Club's nominated charity is the Bromley Autistic Trust, whose aim is to improve the lives of people with Autistic Spectrum Disorders. If anyone would like to sponsor Blackheath's runners then please contact Dave King on 020 8777 7546.

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11 February 2003

1998 Commonwealth Games 200 metre champion Julian Golding continued his successful return to indoor competition with a win at the Lansing Linde Severnside Trophy International meeting at the National Indoor Athletics Centre in Cardiff. Running in the 200 metres, the Blackheath Harriers, Bromley athlete defeated Doug Walker, the 1998 European 200 metre outdoor silver medallist, albeit in a slowish time of 21.64. He also timed 7.02 for the 60 metres.

Following his victory he has been selected for the Norwich Union Great Britain team which competes in the inaugural European

Indoor Cup in Leipzig this Saturday. He runs the 200 metre leg in the medley relay, his first International race in three years.

Two Harriers made their International debuts at the meeting. Fabian Collymore, representing Wales, finished third in the under 20 men's 60 metres timing 7.10 and he also helped the Welsh 4x200 metre team to third place. It was third again for new member Jamie Atkinson who ran for England in the 1500, one place ahead of Terry Hawkey who was competing as a guest. Michael Skinner also competed as a guest in the Senior Men's 1500, again finishing second in 3.46.52.

Atkinson had been in action the day before at the Reebok Inter Counties Championships at Wollaton Park, Nottingham. He placed 27th in the Under 20 men's race and along with Ray Perkins in 86th helped Kent to finish in 8th place.

Best performance of the day from a Blackheath athlete came from Rebecca Taylor who finished an outstanding 5th in the under 13 girls race, although this was actually one place lower than she finished last year. For the boys Michael Thorpe was a promising 62nd with Sam Simpson 195th while Peter Tucker was 235th in the Senior Men's race having just recovered from a virus.

Eve Bugler was second Kent athlete home in the under 17 girls race in 81st place and Daniel Casey and Danny Brewer performed well in the under 15 boys race in 87th and 178th positions.

Meanwhile the Kent Indoor Championships were taking place at Chelmsford in Essex! There was success across the age groups for Blackheath athletes including medals for veterans in the Senior events. European Over 45's champion Allan Williams won the pole vault with a clearance of 4.20 while 69 year old Gordon Hickey was third in the shot. Dewayne Lougheed took silver in the 60 metres.

Tom Robinson claimed the junior men's pole vault title with 3.60 while Sandra Alaneme took the women's triple jump in the same age group and Alex Pope achieved personal bests of 5.95 in the long jump and 11.50 in the shot putt to gain bronze and silver medals.

There were fireworks in the under 17 women's 60 metre hurdles with both Harriet Robinson and Clare Cooper smashing the previous championship best. Robinson, who was third in the national championships last week, won in 8.7 and although Cooper was second in 8.9 she also picked up a gold with a win in the 60 metres in 8.1. Victoria Thomas took the shot title with 9.64.

It was gold also in the under 15's age group for Alex Al Ameen in the 60 hurdles and high jump and he also struck bronze in the 60 metres. Nina Akif was just pipped for victory on the line in the girls 60 metre hurdles timing 9.6 with Serita Solomon third. There silver also for Emily Godley in her first year in the age group in the long jump with a leap of 4.53. It was 2nd also for Flo Clark in the shot with 9.05 while Shanaugh Brown was 3rd and new girl Natalie Wanogho was a promising 6th in her first ever competition.

Back outdoors the Club won the mob match against Ranelagh Harriers at Hayes. First home was Roy Smith with fellow veterans John Morland and Neil Ayrton in second and third. First home in the women's race was guest Bridget Davey with Kate Pratten first for the Club in 53rd followed by Clare Lodwig and Anne Cilia.

Lodwig was also 2nd in the handicap race behind Andy Lawes with Simon Lloyd third, six years to the day when he nearly died after being hit by a car.

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



4 February 2003

Blackheath Harriers, Bromley athlete Michael Skinner timed an excellent 3.45.54 for 1500 metres at the first of the UK Athletics Domestic Indoor Meetings in Birmingham. He placed second to Welsh International Matt Shone. "Things are going quite well. I just need to start winning races" said the 23 year old, who is building up nicely for the World Championship Trials at the start of March.

Former Commonwealth Games 200 metre champion Julian Golding returned to Indoor competition after a break of 3 years and clocked a useful 21.35 in the 200. He has suffered with injuries and illness in recent seasons but with an unbroken period of training is more than capable of returning to his very best form.

He also timed 6.97 in the 60 metres while Jonathan Barbour, also in his first indoor race for three years, timed 6.88. Alloy Wilson clocked 49.66 in the 400 metres.

It was third also for another Commonwealth Games representative Mark Awanah who leapt 7.26 in the long jump.

Outdoors Gemma Viney placed 17th in the short course race at the British Universities Cross Country Championships in Oxford. Representing St Mary's Twickenham, she started fast and, although fading slightly at the end, timed 12.35 for the course. In the long race Kate Bugler, representing Oxford University, finished in 153rd. Bath University student David Moulton was 16th in the men's short course race.

The Club sent a squad to the Interclub Sud Oise Athletisme at Nogent-sur-oise near Paris last week and finished second in both the men's and women's competitions but third overall. Duayne Bovell ran the fastest time of the day in the 60 metres as he clocked 7.22 and there were other wins from Russell Bentley in the 800 in 1.55.95; Alex Pope in the pole vault with a clearance of 3.20; and Shavaun Henry in the women's 1500 in 5.17.49. She was back in action again on Wednesday as she won the London Schools Cross Country title.

The Club has been contacted by an Ian Carter from Bromley Ablement who are are counselling service for those who are suffering from chronic or terminal illness. A runner who was to run to raise funds for their cause in this years London Marathon has had to withdraw and they are looking for someone to replace them. If anyone is able to help, Ian can be contacted on 020 8460 5687.

The Club welcomes new members of all ages and abilities whether their interest be in road, cross country, track and field or social. For further details contact Club Development Officer Dave Liston on 07946629441.



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