



Founded in 1869

Blackheath & Bromley Harriers AC

Jan to Mar
2004

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30 March 2004

New President

The new President of Blackheath & Bromley Harriers AC is Margaret Baldwin. She has competed at the highest level in Athletics since joining Cambridge Harriers as a 13 year old in 1963. In 1966 she was 880 yards winner at the Kent, Southern, National, and English Schools Championships.

She was National Junior Cross Country champion in 1967 and represented Scotland for 14 consecutive years at the World Cross Country Championships and at the 1970 and 1974 Commonwealth Games. In 1972 she competed for Great Britain at the Olympics in Munich setting a personal best of 2.03.0.

She joined Blackheath Harriers in 1992 as a 2nd claim member and has since been heavily involved in the administrative side of the Club as a team manager for 7 years, as an official at track and field, cross country and road fixtures, and as a seller of Club kit.

She was made a Vice President of the Club in 1997 and has organised the annual Vice Presidents Supper for the last two years.

Outgoing President John Robinson nominated 6 new Vice Presidents which included top Internationals Julian Golding, Myrtle Augee and Helen Godsell. Also recognised were Simon Lloyd, Tony Pontifex and Brian Power.

Cross Country

Following the Club photo which is taken every four years, the Winter season ended with the Closing 5 mile yacht handicap race at Hayes. With the slowest starting first and the fastest last, the race gives all competing the chance to cross the finish line first.

Winner this year was Simon Capey with Wilf Orton second and Club Treasurer and last years winner Peter Long in third.

The race was the final in the Bennett Cup competition which has run all Winter covering 9 events. Overall winner was Darryl Hilliar who won by a large margin. Only five points separated the next three athletes with Kate Pratten 2nd, Brian Smith 3rd and Chris Pike 4th.

Track And Field

The Club's top points scorer in the British League last season Patrick Boundy warmed up for the Summer with a throw of 57.02 at the Kingston And Polytechnic Open Meeting.

The Club had two winners at the South Eastern Counties Throwers Pentathlon at Ewell in which athletes threw the shot, discus, hammer, javelin and heavy weight. Colin Brand took the over 65s category by over 700 points with 3690. First in the over 70s was Gordon Hickey with 3888 points.

The Summer season is about to commence and the Club is always keen to hear from people of all ages and abilities who wish to take up the Sport. In particular there may be people from other Sports such as Rugby and Football who may benefit from Athletics training during the Summer months.

The Club will be promoting an Open Graded Track and Field Meeting on Saturday 3rd April for Seniors, Juniors and Under 17s. Full details are on the Club website.

Forthcoming events

April

3rd Open Graded Meeting, Norman Park

4th Nike AAA Under 17, 15 and 13 relays, Sutton Coldfield
 4th Nike South Of England 12 and 6 stage road relays, Milton Keynes
 10th Alpha Beta Trophy Meeting, Haringey
 17th Sward & Kinnaird Trophy Meeting, Kingston
 18th London Marathon and mini marathon
 18th Wellington Relays, Ostend
 24th Nike National 12 stage and 6 stage relays, Sutton Coldfield
 24th Southern Women's League, Reading
 25th National Junior Athletics League, Cophthall
 30th Kent Veterans League, Dartford



23 March 2004

International

Two of Blackheath & Bromley Harriers AC's top sprinters both set personal bests while on International duty in the Hypark International Meeting at the National Indoor Arena in Cardiff.

Montell Douglas representing the England Under 20s team was the fastest of the day over 60 metres recording a new best of 7.52, a time which leaves her 15th on the UK Junior all time list.

Montell is also the second fastest in the country over 200 metres this Winter which promises much for this Summer.

In the Senior Men's 60 metres Fabian Collymore running for Wales took a tenth of a second off his previous best to win in 6.74. This makes him the 12th fastest in Britain this year.

Joe Godsell was in action for the Loughborough University team and he too set a personal best as he timed 50.46 to finish 3rd in the 400 metres.

Robert Bain represented Great Britain for the first time at the European Athletics Association Walks Meeting at Leamington. He finished in 10th place in 51.37 and was part of the Junior Men and Women's squad that won the team competition

Middle distance

World Masters Indoor over 45s 3000 metre champion Bill Foster was back in action on the country at the British Masters Championships in Durham. He was 3rd in his age group and 16th in the combined over 40s and over 45s race.

Rory Byrne travelled to the North West to put in a useful performance at the Wilmslow Half Marathon. In a top quality field he finished in 16th position in 69.22.

Hillside Cross Country

Blackheath and Bromley Harriers AC annual cross country at Hillside School, Orpington which was scheduled for 17th March 2004 was put in jeopardy due to the funeral of Will Bolton. As a tribute to Will and the work he was committed too in training youngsters the event took place. Helpers were drafted in from the six form at Newstead Wood School to allow officials to attend the funeral.

Nearly 300 youngsters put on a marvellous display of running. Following the year four fun run the first main event of the day was the girls years 5 and 6 race. This was won by last years overall winner Danielle Critchley from Edgebury School who also trains with the Club. Second place went to Heather Catchpole Bromley High and third Sophie Gordon also from Edgebury.

The boys years 5 and 6 race was won by Sam Cannon from Warren Road School, second was Theo Smithard-Powell from Edgebury and third was Wayne Pickett running on his home ground for Hillside Primary. The girls team race was won by Edgebury with a close second for Bromley High. Third place went to St Mary Cray Primary. Edgebury School took the overall combined team prize. The competition was pleased to welcome two new schools, Blenheim Junior and Poverset Primary who both preformed well on the first appearance.

Kent League Cross Country

The Club were in action in great numbers in the final Kent Women's and Young League Cross Country at Knoll Park, Sevenoaks, in the first year as a combined club. Amy Smith led the way in the first race for U13 girls winning both the race and overall trophy for the four league matches. Hannah Garcia who is now back to form from injury ran in third with Rebecca Smith fifth. Danielle Critchley, Katie Gibbs, Grace Power, Jenny Linker and Rebecca Cook combined to win the U13 Kent League Trophy.

Michael Thorpe was first home for the Club in the Boys race in 2nd place with regulars Stephen Cavey 9th and Cameron Ward 14th boosted by some promising performances from new members Josh Norris 13th, Jonathan Reeves 24th, Callum Frazer 25th and Jack Fabri 30th.

The Under 13 girls performance was repeated by the Under 15s with Katie Murray winning the race and taking the overall U15 league title for the year. Sarah McLellan was third and Sarah Coombs sixth. The U15 girls also took the Kent title with support from team mates Clare McNamara, Debbie Sheering, Louise Smith and Katherine Lau.

Numbers were low in the boys with Sam Simpson in 12th and debutant Ronnie King in 31st. Tom Beach was 7th for the under 17 boys with Bryony Proctor and Caroline McQuillan 4th and 6th respectively for the girls.

Clare Lodwig had her highest ever placing in the senior women's race finishing in 10th and with Angela Cook 13th, Kelly McEntee 18th and Carolyn Jones Baldock 19th they finished second in the team race. Angela Cook also took overall third place in the Veteran competition. All this mean the Club were joint first place in Kent for all the combined age groups.

The Summer season is about to commence and the Club is always keen to hear from people of all ages and abilities who wish to take up the Sport. In particular there may be people from other Sports such as Rugby and Football who may benefit from Athletics training during the Summer months.

The Club will be promoting an Open Graded Track and Field Meeting on Saturday 3rd April for Seniors, Juniors and Under 17s. Full details are on the Club website.



16 March 2004

[International](#)

Helen Godsell became a triple champion at the inaugural World Indoor Masters Championships in Sindelfingen Germany. The Blackheath & Bromley Harriers AC athlete gave a warning of what was to come when she broke the European Over 50's 200 metre record in her semi final with 28.06 easily the fastest qualifying time. She won the final in a slower 28.25 and followed with victory in the 60 metres in 8.30.

She made it a hat trick of gold medals when she moved down an age group to help the 4x200 metre team to victory in 1.51.30.

It was gold too for Bill Foster in the over 45's 3000 metres. The former Great Britain marathon International timed 9.00.37 to win the event by over a second.

There was more good news with Jim Day claiming the silver medal in the over 70s pole vault competition with a leap of 2.70.

Helen's brother Bob Minting, also an over 50, chose to miss the Championships but showed that he is in good shape as he timed 1.30.7 for 600 metres at the Exeter Winter Open Meeting.

[English Schools Cross Country Championships, Mote Park, Maidstone](#)

A number of the Club's youngsters were in action in the English Schools Cross Country Championships at Mote Park in Maidstone. The race is the highlight of the Schools year and with each County only allowed 8 competitors it is an achievement just to make the start line.

Eve Bugler was the Club's sole representative in the Senior races finishing a useful 73rd in her last appearance in the Girls race.

Katy Murray had a good run in her first year in the Intermediate Girls race finishing in 162nd place while further down the field Rosanna Carter made a rare appearance at a cross country meeting to finish in 328th. For the Boys James Poole was 248th and Danny Brewer 302nd.

Highest placer of the day was Amy Smith in the Junior Girls race. In the lower year in this age group she closed in an excellent 49th with promise of more to come next year. Rebecca Taylor finished in 129th and Lauren Underwood 302nd. There was another good run from Sam Simpson in the Boys race. He was the 3rd Kent runner in 136th.

[Road Racing](#)

Jonathan Murray showed his in good form for the road relay season with a runaway victory at the Greenwich Meridian 10km. On a very testing course he finished well over a minute clear in 32.06.

Many runners are putting their finishing touches to their preparations for this years London Marathon. One such athlete is Nick Kinsey, former British record holder for the Iron Man Triathlon. Now over 40 he cruised round the Thanet 20 mile road race in 2.05.52 to finish in 10th place overall.

Many of the Club's runners were in action in the Hastings Half Marathon where Barry Stephenson coped well with the hilly course to finish in 9th place in a time of 71.27. Dave Ellison was next home in 61st in 1.23.09 and then Rob Brown in 225th with 90.55. First woman for the Club was Kate Pratten in 549th in 99.07 followed by Clare Lodwig with 105.07

[Forthcoming fixtures:](#)

Sat 20th. Kent Women's And Young Athletes League, Knole Park

Sat 27th. Club Photograph at Clubhouse, Hayes (1.30) followed by the Closing 5 mile cross country handicap

Sat 3rd April. Open Graded Track & Field Meeting, Norman Park

Sun 4th. Nike South Of England 12 and 6 stage road relays

Sun 4th. National Young Athletes Road Relays, Sutton



9 March 2004

Blackheath & Bromley Harriers AC are mourning the death at the age of 21 of one of its promising young senior middle distance runners Will Bolton. He died instantly in a car accident at the weekend.

Will joined the Club just after his 10th birthday in 1992 and was a regular in all the young athletes age group teams on the track, country and road achieving notable success. For example he was a part of the Blackheath Harriers Under 13's quartet that won the Kent, Southern and National Young Athletes Road Relay titles in the 1995-96 season.

His appointment as Young Athletes track and field Team Captain as an under 17 recognised not only his ability but also his commitment to the squad. He was making a successful transition to the Senior ranks representing the Club's teams at national level and was also already putting his energy back into the Sport with his work as a coach.

Many of the Club youngsters introduction to Athletics has come via the Wednesday night under 11's classes where Will was one of the regular coaches. He will be greatly missed by his friends and training partners at Norman Park and their thoughts, and those of all Club members, are with his family.

The funeral will take place at Elmers End Crematorium on the 17th March at 15.00 with everyone invited back to the Clubhouse at 56 Bourne Way, Hayes for tea and cakes from 16.00 to 18.00.

The family have requested **no flowers**, but if you desire donations can be made to Blackheath & Bromley, c/o Ken Daniel, 8 Burlington Lodge, 32 Lubbock Road, Chislehurst, Kent. BR7 5QR. It is hoped that with the donations a suitable memorial event can be arranged.

It was mission accomplished for Mohammed Sillah Freckleton whose aim at the World Indoor Championships in Budapest was to progress beyond the heats. This was the first time that he had represented Great Britain in a major Championship and he showed that it shouldn't be his last as coped well against many of the World's top sprint hurdlers.

He finished 3rd in his heat of the 60 metre hurdles in 7.75 which meant automatic progression through to the semi finals where he ended 5th in 7.80. He now goes back into heavy training with the aim to qualify for the Olympic Games this Summer.

Many Club members were in action in Nottingham for the Inter County Cross Country Championships which for the Seniors incorporated the Trial races for the World Championships in Brussels later this month.

Michael Skinner made a late switch from the 4km short course race to the 12km long race but the move ended in disappointment. He had been aiming to challenge for a place in the British team but ended in 22nd place over a minute outside the Selection places.

Just behind in 28th was Spencer Newport with a big improvement on his placing in the Nationals two weeks ago. Tim Dickinson closed in 57th with Andrew Rayner in 95th.

With only 8 runners from each County allowed to compete it was an achievement just to be selected for these Championships and many an athlete over the years has had their confidence boosted by selection and gone on to achieve major honours at Senior level.

Eve Bugler continued her solid Winter season with 48th place in the Junior Women's race while Bryony Proctor was 183rd for the Under 17 women. James Poole was 153rd for the Under 17 men.

In the under 15 age group Rebecca Taylor was 45th for the girls with Sarah Mclellan 140th and Danny Brewer 143rd for the boys.

Highest placed Club member in the younger age groups was Amy Smith who was 41st in the Under 13 age group and first Kent athlete home. There was also another promising run from Hannah Garcia in 110th while Michael Thorpe was 80th in the boys race. Dave Taylor gave the country a miss and headed to Berkshire for the Reading Half Marathon. He was rewarded with 5th place overall in 65.03 which made him 2nd Briton and easily the first veteran. There was great success for the Club's walkers at the Young Athletes Grand Prix races at Leamington Spa. Highlight of the day was the performance of Robert Bain who reduced his personal best for 10km from 51.37 down to 49.19. Starting steadily with a group of walkers all aiming to break 50 minutes he then pressed ahead he found himself on his own the athlete ahead of him was disqualified. He ended as winner of both his age group and the Inter County race.

His target now is a place in the World Cup next May, on would probably be achieved if he could go under 48 minutes.

More honours came for the girls team of Julia Stacey, Holly Williams and Jessica Bain who finished in 3rd place.

Meanwhile Lauren Blackie and Rachel Arnheim were in sensational form at the Indoor Open Meeting at Windsor . Competing in the triple jump Lauren not only won but her distance of 10.64 puts her number one on the UK all time indoor list for the event. Rachel's leap of 9.37 puts her 2nd on the all time list and she also leapt 4.44 in the long jump.

Daniel Haque also showed good triple jump form with a leap of 12.58 to add to his 7.09 clocking in the 60 metres. There were more promising sprint times from Helen Jordon (8.43), Chloe Shaw (8.56), Anna Louise Barrett (8.75) and Leanne Critchley (8.52) who also ran 10.12 for the hurdles.

Closer to home there was a runaway victory for Barry Stephenson in the Club 10 mile cross country race at Hayes. The course of hills, mud and stiles is widely regarded as one of the toughest in the country but the 22 year old ran out winner by over 5 minutes in 59.11.

Runner up was Darryl Hilliar with Steve Wright 3rd while first for the women was Kate Pratten followed by Angela Cook and Anne Cilia. Winner of the handicap incorporated in the race was Simon Capey with Mark Ellison 2nd and Kate Pratten 3rd.

The Club is looking to recruit youngsters and indeed adults for the forthcoming track and field season. Rugby and footballers players can only benefit fitness wise from taking part in Athletics during the Summer months. All standards are catered for. Under 11s train at Norman Park on Wednesdays from 6 to 7 or from 6.30 to 7.30. Over 11s train on Tuesdays and Thursday from 6pm.

[Forthcoming fixtures.](#)

Sat 13th March. English Schools Cross Country Championships, Maidstone
 Sat 13th. South Of The Thames Cross Country Championships, Brighton
 Sat 20th. Kent Women's And Young Athletes League, Knole Park
 Sat 27th. Club Photograph at Clubhouse, Hayes (1.30) followed by the Closing 5 mile cross country handicap
 Sat 3rd April. Open Graded Track & Field Meeting, Norman Park
 Sun 4th. Nike South Of England 12 and 6 stage road relays
 Sun 4th. National Young Athletes Road Relays, Sutton



2 March 2004

Mohammed Sillah Freckleton put the finishing touches to his preparations for this weekends World Indoor Championships when he travelled to Genoa in Italy for European Permit meeting.

He won his heat of the 60 metre hurdles in 7.84 but the final did not go so well as he finished in 4th place in 8.18. He travels out this week to Budapest, Hungary for his first major championship appearance for Great Britain.

Many of Blackheath & Bromley's future Senior Internationals were in action at the AAA's Under 20, Under 17 and Under 15 championships at the Birmingham Indoor Arena where highlight of the weekend was the performance of Montell Douglas.

Injured for much of last Summer she showed that she is back to her best as she won the Junior Women's 200 metres in 24.00, the 6th fastest time ever by a Briton and she still has another year in this age group. She was so nearly a double gold medallist as she missed out by one hundredth of a second in the 60 metres timing 7.58.

It was silver also for Michael Whitehouse in the Junior Men's high jump with a new personal best of 2.06 surpassing both his previous indoor and outdoor bests.

There was bronze for Robert Bain in the Junior Men's 3000 walk in 14.00.53, quicker than some can run and an excellent 3rd also for James Alaka in the Under 15 boys 60 metres with 7.45.

Biggest improvement of the weekend came from Dominic Parsons. He smashed through the 50 second barrier in the Under 17's 400 metres to grab bronze in a new best of 49.89.

Just outside the medals, but all with personal bests, were three of the Club's top hurdlers. Clare Cooper was a hundredth of a second off bronze as she timed 8.81 in the under 17 women's 60 hurdles. Alex AlAmeen missed out by 8 hundredths in the under 17 men's race with 8.29 and Serita Solomon by three hundredths in the Under 15 girls with 9.17.

Serita was also 6th in the 60 metre flat while another to figure prominently was Daniel Haque who placed 5th in a fiercely competitive Under 17 Men's 60 metres with 7.12.

At the other end of the age scale a small group of Club members produced some outstanding results in the British Masters Championships in Cardiff with three British Records achieved

Allan Williams' clearance of 4.01 in the pole vault added 1 centimetre to the British Over 50's record but was also noteworthy for the fact that it was achieved just 4 months after heart surgery.

Helen Godsell exploded onto the over 50's scene by breaking the British record for the 60 metres as she timed 8.36. She made it a hat trick of medals with victories in the 200 metres in 28.28 and in the 400 in 69.43. Gordon Hickey, who won the Kent Senior Men's County title two weeks ago, produced the other British record in the over 70's shot with a putt of 11.93. Fellow Senior County champion Jim Day was another triple winner. He soared of 2.50 in his specialist pole vault but also proved triumphant in the high jump with a leap of 1.22 and in the 60 metre hurdles where he timed 11.88. The Club's other winner was Bill Foster who clocked a very useful 8.59.02 for victory in the over 45's 3000 metres. Bob Minting was 4th in the over 50's 800 metres in 2.09.59.

Outdoors the Club completed a grand slam of Mob Match defeats when they were beaten at home at Hayes by South London Harriers. Although superior in numbers they lacked the quality of the visitors and were beaten by 68 points 608 to 676.

First for the Club on a testing 7.5 mile course was Barry Stephenson in 2nd in 44.55 nearly 5 minutes ahead of 5th placed Alex Gibbins with Darryl Hilliar 7th in 50.01.

Kate Pratten was first woman for the Club in 45th closely followed by Diane Ballard in 47th and Angela Cook 50th.

The Masters ranking for the 2003 track and field season have recently been published with a number of Club members figuring prominently with 11 number one positions.

Bill Foster, Allan Williams, and Beatrice Simpson head the 1500, pole vault and throws pentathlon in the over 45's and having turn 50 last Summer Williams also heads the over 50's vault as well. Bob Minting was the fastest over 800 with 2.05.1.

Colin Brand threw the furthest in both the javelin and discus in the over 65 while Jim Day and Gordon Hickey both headed rankings in the over 65s and over 70s.

Day topped the 65's pole vault with 2.70 and the over 70s high jump with 1.21. Hickey reigned supreme in the both the over 65's and over 70's shot.



24 February 2004

Indoors

Michael Skinner helped to break the World Indoor 5000 metres record at the Norwich Union Indoor Grand Prix in Birmingham last Friday night. The Blackheath & Bromley athlete had originally been set to race Haile Gebrselassie over 2 miles but having been suffering with a cold all week he let the organisers know that he wasn't sure he would be able to do himself justice.

Instead he was switched to pacemaker the 5,000 metres where his opening 1000 metres of 2.35.83 laid the platform for young Ethiopian Kenensia Bekele to break Gebrselassie's record with 12.49.

Skinner wasn't the only Club member in action in Birmingham. Dwayne Grant beat Olympic and World Championship medallist Darren Campbell for the 2nd week running when he finished 2nd in the heat of the 60 metres in a new best of 6.64. Campbell was 3rd while the Club's 3rd representative Tyrone Lewis finished 5th in 6.73.

Grant progressed to the final where, after Campbell was disqualified for a false start, he finished in 7th place in 6.73.

Cross Country

Outdoors the highlight of the Winter Cross Country season took place at Leeds with the National Championships at Temple Newsam House.

Highlight of day again was the performance of 40 year old Dave Taylor. He finished in 10th place in a Senior Men's field which had over 1400 starters. Tim Dickinson finished in 40th in his first race for sometime and with Spencer Newport (63rd), Andrew Rayner (102nd), Richard Daniels (285th), and Giles Clifford (303rd) the Club finished as 12th out of the 116 Clubs that finished a team,

many did not.

Bridget Davey led the Senior Women home. She finished in 145th and with Claire Lodwig 207th, Kate Pratten 225th and Diane Ballard 233rd the team were 25th. Best individual and team performance amongst the younger age groups came from the under 13 girls. Here Amy Smith had probably her best run of the Winter as she finished in 20th place. More inspired running from Hannah Garcia and Rebecca Smith in 40th and 50th and the encouraging 131st from Danielle Critchley in her first year in the age group gave them 7th in the team competition and 3rd Southern team having missed out on medals in the Area Championship on countback.

The under 15s finished in 21st place with Rebecca Taylor in 56th, Sarah McLellan 120th, Claire McNamara 146th and Louise Smith 288th while Shavaun Henry (73rd) and Bryony Proctor (125th) were the Club's sole representatives in the under 20 and under 17 age groups.

Half term, injury and school skiing trips were the main reasons for slightly lower than normal turn out in the younger age group. However there were some very promising performances from those who did compete.

Edward Martin finished in 83rd in the under 13 boys with first year Stephen Cavey in 99th and Cameron Ward 136th. For the under 15s Jonathan Vinter was 149th while there was just a second between Robert D'Angelo and Beau Szczpanski in 269th and 270th places.

The Under 17s team finished in 23rd place led home by James Poole in 127th with Tom Beech 175th, Stephen Leach 211th, Simon Martin 216th and Richard Daniel 219th.

Nottingham University student Tom Webb was 115th in the under 20s race with Dan Ryan 133rd and Chris Daniel 146th.

Road

Robert Bain made a big breakthrough in the Cambridge Harriers Winter Race Walking League at Bexley. Competing in the 5km race he made a massive improvement on his previous best to time 23.41 and finish in 3rd place overall, an excellent performance for a first year under 20 competing against Seniors. There was more success in the under 13 girls race with Julia Stacey winning the 2.5km race in 14.50 and Holly Williams second in 15.07. This meant they also won the team competition.

Blackheath & Bromley will average more than two track and field matches a week from April to September, catering for all age groups from under-11 boys and girls to veteran men and women. Meeting the requirement to provide track judges, field judges, timekeepers and other officials for most of these matches is always a challenge and so the club is running a course for new officials on a series of Tuesday evenings in March. A good response is hoped for from club members, their parents and partners and others with an interest in the sport. Further information can also be obtained from Mike Davies on 01689 602038.



17 February 2004

Internationals & The Birmingham Games

Mohammed Sillah-Freckleton took the first steps of an International career which he hopes will lead to an Olympic Games place when he finished 3rd for Great Britain in the 60 metre hurdles at the European Indoor Cup in Leipzig. The 23 year old Blackheath & Bromley athlete timed 7.81 against some of the best in Europe and coped well with the delay caused by a Swedish athlete who refused to leave the arena when disqualified for a false start.

He then travelled with Wessex & Bath's Jason Gardener the next day to compete in the IAAF LBBW meeting in Karlsruhe and was a hundredth slower but there was a reason for this.

He was impeded in his heat by one of the Brazilian runners who entered his lane. After long scrutiny by the judges the South American was disqualified but, instead of re-running the race, Sillah-Freckleton had to race a heat on his own to achieve a time to qualify for the final. He missed out by four hundredths of a second.

Also in action in Leipzig was Michael Skinner who was two seconds off his best in finishing 8th in the 3000 in 8.09.86. Britain finished 6th place in the team competition.

Meanwhile Dwayne Grant was busy beating an Olympic and World Championship medallist at the All Ireland Championships in Belfast. Third in the AAA's Indoor Championships in Sheffield last weekend he was 2nd here in 6.75 the same as the winner but comfortably clear of Darren Campbell in 3rd.

Up in the Midlands a number of Club members were in action in the Birmingham Games at the National Indoor Arena and it was another weekend of personal bests for Welsh Champion Fabian Collymore as he improved on the times he set last week in Sheffield.

He shaved his 60 metre time down to 6.84 in finishing 4th in a race won by Mark Lewis Francis; and was then a class apart in the 200 metres winning his heat, before setting a new best of 21.73 in the semi, a time he was a hundredth of a second off replicating as he swept to victory in the final. Personal bests abounded in the 400 from Joe Godsell (50.59), Ian Allerton (50.35) and from first year under 17 Scott Blackwell who improved by nearly 1.5 seconds to time 51.19 just six hundredths behind training partner Dominic Parsons. Parsons also set bests of 7.24 in the 60 and 22.89 in the 200 as did Blackwell with 7.58 and 23.2.

Bella Clayton was 3rd in the Senior Womens 800 in a new best of 2.11.99 while in the 60 metres mother and daughter did well as Amy Godsell timed 7.96 and Helen was just outside the National Masters record with 8.43 to add to her 28.34 for 200. Amy also ran a useful 42.54 in the 300 and there were other good performances from Louisa Guthrie (26.06) and Jo South (27.47) in the 200.

Kent and Surrey Championships

There were medals, Championship Records and personal bests galore at the Kent and Surrey Indoor Championships at the Sutton Indoor Arena at Carshalton. Liz Hughes was more like her old self in the Senior Women's pole vault. After colds and bugs reduced her to 3.50 at Sheffield she set a string of Championship bests raising the bar higher and higher eventually finishing with

4 metres.

Sam Bobb won the triple jump with a leap of 14.01 but perhaps the most astonishing medal wins of the day came in the Senior Men's shot and pole vault where both competitions were won by 70 year olds! Gordon Hickey took the shot with 9.80 and Jim Day the vault with 2.60 which were outstanding for athletes of their age but not performances that should be winning Senior Men's titles.

A third pole vault gold of the day came from Alex Pope in the Junior Men's competition where set a new Championship Best Performance of 4 metres which was also a personal best as well. It was gold too for Vickie Cole in the women's 60 metres and a silver in the field for Leon Hall Henry who putt the shot 10.86.

In the under 17's age group there was a double hurdles victory with Clare Cooper winning the girls and Alex AlAmeen the boys. He also took 3rd in the 60 metres won by Daniel Haque who added silver in both the long and triple jumps. Alistair Tawanaee putt the shot a very useful 12.56 for silver and it was 2nd and 3rd in the pole vault for Scott Huggins and Adam Berry with 3.00 and 2.70. Jade Castell Thomas was 3rd in the long jump with 4.96... Outstanding in the under 15's age group was Serita Solomon who set a new championship best of 9.20 to win the 60 metre hurdles. She also dominated the 60 flat winning in 7.94. James Alaka made it a 60 metre double timing 7.56 for the boys with Aston Stockdale 3rd with 8.04 to add to the bronze he won in the long jump.

More wins came in the girls pole vault from Lauren Blackie with 2.50 and the long jump from Emily Godley with 4.68 in a very close contest in which just 12 centimetres separated the top five athletes. There was silver in the shot for Shaunagh Brown and bronze for Richad AlAmeen in the boys event. Three more medals were won by Club members in the Surrey Championships, all courtesy of the Shirley Poole high jump squad. Michael Whitehouse won the Junior Men's with 2 metres with Daniel Campbell 3rd with 1.80. Anna Smith cleared 1.50 to win the under 17 girls event a personal best.

On the roads Barry Stephenson was in top form at the Kent 10 in Sidcup finishing 3rd in a very good 50.56

Many of the Club's top Seniors have progressed through the Club's younger age group teams and it is keen for this trend to continue. Over 11's train at Norman Park track on Tuesdays and Thursdays from 6 pm. New stars should ask for David Liston or John Blackie. Wednesdays are for 9 and 10 year olds with sessions from 6 to 7 or from 6.30 to 7.30. Senior men and women are also very welcome on Tuesdays and Thursdays. Wednesdays are Clubnight at the Clubhouse at 56 Bourne Way, Hayes where runners of all ages and abilities meet for road running over varying distances.

Forthcoming events

20th Feb Norwich Union Grand Prix, Birmingham, Dwayne Grant competes in the 60m

21st Feb. National Cross Country Champs, Leeds

28th Feb. Mob Match v South London Harriers, Hayes

28th/29th Feb. AAA's Junior, Under 17 and under 15 Championships, Birmingham

5th-7th Mar. World Indoor Championships, Budapest. Mohammed Sillah Freckleton goes for Britain

6th Mar. CAU/World Cross Trials, Nottingham

6th Mar. Club 10 Mile Cross Country Championships

10th Mar. Blackheath & Bromley Harriers AC Schools Race and Mayor's Challenge



10 February 2004

Mohammed Sillah-Freckleton, the 23 year old Blackheath & Bromley Harriers AC athlete is the current British number one in the 60 metre hurdles after winning the closest race of the weekend at the Norwich Union World Indoor Trials and AAA's Championships in Sheffield.

With Colin Jackson now retired there is no one person dominating the men's sprint hurdles which led to a fiercely competitive final. Olympian Damien Greaves thought he had won but the photo finish showed it was Sillah-Freckleton who had dipped to snatch the title by just one hundredth of a second.

His reward is a place in the Great Britain team for the World Indoor Championships in Budapest next month and his time of 7.68 has propelled him to 8th on the UK All time list for the event and is the fastest in the country this year.

This International recognition is richly deserved having just missed out on a GB vest in both the junior and under 23 age groups.

Emphasising that Senior success does not happen overnight, two other athletes who have been Club members since the age of 10 also picked up Championship medals. Michael Skinner set a new best of 8.07.73 to take second in a last lap "burn up" in the 3000 metres and Dwayne Grant set his second personal best of the weekend when he finished third in the 60 metres in 6.65.

Likewise it was pleasing to see Sam Bobb, only 3rd choice in the Club as an under 17, finishing 5th in the triple jump in a Senior National Championship. "Not bad for an old man" said the 28 year old former under 23 International of his new indoor best of 14.75.

Double Welsh Champion Fabian Collymore, in his first year as a Senior, set new bests of 6.88 and 21.86 in the 60 and 200 metres with Jonathan Barbour equalling his best of 6.72 in the 60 metres semi final before withdrawing from the final with a groin niggle and Tyrone Lewis just outside his best with 6.75.

Encouragingly 2003 junior 60 metre champion Montell Douglas was in action after an injury ravaged Summer. The 18 year showed good maturity against Senior athletes to qualify for the semi final of the 60 metres where she timed 7.62 and she followed with a 24.93 clocking in the 200 metres. Liz Hughes cleared 3.50 for 8th place in her first pole vault competition of the Winter having suffered with various illnesses since the start of the year. She will be aiming higher at the Kent Indoor Championships this weekend.

There was disappointment for double Olympian Tawanda Chiwira in the 400 metres. The Zimbabwe International strained his hamstring at the start of the 400 metres and although he timed 48.38 he withdrew from the Semi Final to prevent further damage.

"I skipped a race to save a season" said the 29 year old who had he run near his best could have won the title.

It is not just the Seniors that have been making headlines recently. At the Sutton Indoor Meeting last week Gordon Hickey set a new United Kingdom over 70's best when he putt the shot out to 12.63. At the other end of the age scale under 20 Tom Robinson returned to competition after injury and illness and equalled his best of 4 metres in the pole vault. Ella Fisher made her indoor debut at the Birmingham Open Meeting finishing 4th and timing 2.24.99 for 800.

Outdoors Andrew Rayner was first man home for Brunel in 41st place in the British Universities Cross Country Championships in Dundee. David McKinlay was 108th representing the University of East Anglia while Hannah Williams was 29th in the women's short course race representing Leeds Metropolitan University.

As can be seen many of the Club's top Seniors have progressed through the Club's younger age group teams and it is keen for this trend to continue. Over 11's train at Norman Park track on Tuesdays and Thursdays from 6 pm. New stars should ask for David Liston or John Blackie. Wednesdays are for 9 and 10 year olds with sessions from 6 to 7 or from 6.30 to 7.30. Senior men and women are also very welcome on Tuesdays and Thursdays. Wednesday is Clubnight at the Clubhouse at 56 Bourne Way, Hayes where runners of all ages and abilities meet for road running over varying distances. New boilers have just been installed to cope with the numbers on this ever popular evening.

14th Feb. Kent League, Swanley
 15th Feb. Kent Indoor Championships, Carshalton
 21st Feb. National Cross Country Champs, Leeds
 28th Feb. Mob Match v South London Harriers, Hayes
 28th/29th Feb. AAA's Junior, Under 17 and under 15 Championships, Birmingham
 6th Mar. CAU/World Cross Trials, Nottingham
 6th Mar. Club 10 Mile Cross Country Championships
 10th Mar. Blackheath & Bromley Harriers AC Schools Race and Mayor's Challenge



3 February 2004

Indoors

Tyrone Lewis and Jonathan Barbour produced the 2nd and 5th fastest 60 metre times in the country this year at the Sutton Indoor Meeting. Lewis timed 6.64 and Barbour 6.73 and with Dwayne Grant having timed 6.69 last week athletes from Blackheath & Bromley Harriers AC could figure prominently in this weekend AAA's Indoor and World Championships trials in Sheffield. Mohammed Sillah Freckleton is also 2nd ranked in the country at the moment and he warmed up for next week with a new personal best of 7.81 in the 60 metre hurdles. Sam Bobb leapt 14.33 in the triple jump to add to his 14.59 victory in the Indoor Representative match in Birmingham last week.

Gold medallist at last years World Veterans Championships Helen Godsell celebrated her last day in the over 45's age group with a useful 8.39 in the 60 metres. Her daughter Helen ran 7.88 in the under 17 age group while Serita Solomon excelled with 8.09 in the under 15s and also 9.38 in the 60 metre hurdles.

Other 60 metre performances included Daniel Haque (7.15), Nicola Molnar (8.63) Chloe Shaw (8.57), Lily Rose (8.50), Sarah Harrison (8.55), Katrina Cosby (8.48) and Helen Jordan (8.40) while in the hurdles Clare Cooper ran 8.89 in the under 17 women and Alex AlAmeen 8.39 for the men.

Under 15 South Of England medallists Lauren Blackie and Rachel Arnheim both cleared 2.40 in the pole vault and Daniel Haque leapt 12.53 in the triple jump. Best long jump performance came from Vanessa Nakangu who leapt 4.58 in the under 15 girls age group

Race Walking

The Club's walkers made a small piece of History at the RWA Victoria Park Grand Prix. This was the first time the Club had entered a Junior team and they came away with the first team prize. First home over the 2.5km course was Julia Stacey in 4th with Holly Williams 5th and Jessica Bain 6th. The race also incorporated the South Of England Championships and the three girls had a clean sweep of the medals winning the team race with the lowest possible points total.

There was more individual success for Robert Bain who won the Grand Prix event in the Junior Men's age group taking the South Of England title in the process. Despite this double victory he was slightly disappointed as having completed the first 5km in 25.20 he was on course for a personal best for the 10km distance. However he slowed over the 2nd part of the course.

Cross Country

The Club suffered its 2nd Mob Match defeat of the Winter when heavily out numbered in the away match against Ranelagh Harriers in Richmond Park. Thirty two toed the line to brave the rain and near gale force winds but the hosts had nearly double that number and scoring 28 a side Ranelagh won with 637 points to 1091.

First home for the Club was Eamonn Prendergast in 3rd overall with Steve Smythe 6th and Dave Ellison 7th. Kate Pratten was first woman in 55th.

Bromley Excellence Awards

Blackheath & Bromley Harriers AC had much to celebrate at the recent London Borough Of Bromley Sporting Excellence Awards. Thirteen youngsters selected from all sports in the Borough received grants to help with their training and of these five are Club members. In addition two stalwarts of the Club were recognised for their contributions to the Club and Sport in the Borough receiving awards from The Worshipful the Mayor of Bromley, Councillor Catherine Rideout

Of the athletes chosen four have already achieved International recognition. Sandra Alaneme holds the UK age 17 best for the triple jump having leapt 12.55 in 2003. She is skipping the indoor season as one of her target is to gain a place in the Commonwealth Youth Games which start on the 29th of November in Bendigo in Australia.

Robert Bain is one of the country's top Junior walkers and has represented England and also the English Schools at the Home

Countries International in Cardiff.

Also representing England in South Wales was Amir Williamson who was the runner up in the Intermediate Boys Hammer at the English Schools Championships. Unranked in 2002 some dedicated training under coach Mike Davies at the Norman Park Track saw him break 2003 British Junior Number One Karim Chester's Club Under 17 record with a throw of 60.58.

Sarah Olney took the javelin and shot titles in the National Championships for athletes with a learning disability and has represented England Youngster member of the Club to receive an award was Alex AlAmeen for his achievements on the sprint hurdles. Last year he broke Jamie Quarry's Under 15 Boys Club Record with an 11.61 clocking and he also features in the National rankings in the high jump having leapt 1.75.

One of the Club's Vice Presidents Brenda Brent was honoured as Volunteer Of The Year a fitting tribute to one who has been raising money for the Club for over 50 years.

Her husband Alan, 85, is a former recipient of the award for Service to Sport in the Borough and this year the award was presented to former International Cross Country runner and World Over 45's 10km road champion John Baldwin who is the current Club Secretary. He has served Athletics in the Borough as a athlete, administrator, fund raiser and official.

The Club is keen to recruit new members of all ages and abilities. Over 11s interested in track and field should visit Norman Park on a Tuesday or Thursday and ask for Dave Liston or John Blackie. Road and cross country runners may prefer to visit the Clubhouse on a Wednesday night from 6.30 for the weekly pack runs. Under 11s are catered for specifically on Wednesday nights at Norman Park from either 6 to 7pm or from 6.30 to 7.30pm where the aim is to provide an introduction to the various disciplines in a fun environment.

7th/8th Feb. Club AAA's Indoor Championships, Sheffield

8th. Feb. London Borough Of Bromley Mini Marathon Trials. Norman Park.

14th Feb. Kent League, Swanley

15th Feb. Kent Indoor Championships, Carshalton

21st Feb. National Cross Country Champs, Leeds

28th Feb. Mob Match v South London Harriers, Hayes

28th/29th Feb. AAA's Junior, Under 17 and under 15 Championships, Birmingham



27 January 2004

Track And Field

Dwayne Grant showed he is over the injuries that dogged his 2003 season when he achieved a World Indoor Championship qualifying time for the 60 metres at the Norwich Union International match at Glasgow.

Running as a guest the 21 year Blackheath & Bromley AC member finished 3rd in 6.69 seconds behind winner Jason Gardener who timed 6.54 the fastest in the world this year.

Grant had earlier finished 2nd in the 200 metres for Great Britain having replaced Club mate Julian Golding who withdrew as a precaution against injury. He ran 21.44.

Meanwhile another young Club sprinter was making an impression in the Senior ranks. Fabian Collymore travelled to the Welsh Championships at Cardiff and came away with two gold medals. He won the 60 metres in 6.87 and then took the 200 metres in 22.42.

Former European Under 23 100 metre champion Jonathan Barbour was in action in Birmingham at the Midland Counties Open Meeting. He clocked the 2nd fastest time of the day with 6.82. Gavin Neblett timed a useful 6.95 in one of the other heats. Neil Simpson ran 50.20 in the 400.

Outdoors two Club members had wins in the SECTA weight pentathlon at Ewell. Colin Brand was first in the over 65's category with 3881 points with Gordon Hickey taking the over 70's with 3699.

Cross Country

The Club were out in force at Parliament Hill Fields for the Southern Cross Country Championships where, despite some strong team and individual performances, they finished outside the medals.

They did come close. Dave Taylor, who turned 40 just a couple of weeks ago was just 2 seconds off bronze in the Senior Men's race. A former winner, this was the 4th time over the years he has placed 4th. He's also come 2nd and 3rd. He has also been in the Club's winning team on six occasions. It was 7th for the team on this occasion with another former individual champion Spencer Newport 24th, Rory Byrne 35th, Barry Stephenson 47th, Peter Tucker 115th and Alex Gibbins 174th.

The under 13 girls came even closer to medals. They were actually presented the bronze medals but then had to return them when an error in the results was spotted. The finishing position of one of the athletes from the City Of Norwich had been missed and when the team scores were recalculated the East Anglians had the same points as girls from B & B.

When the team scores are the same the medals are given to the Club that has the highest placed 4th scorer which Norwich achieved by just two places. This was obviously a big disappointment for Amy Smith 26th, Hannah Garcia 43rd, Rebecca Smith 44th and Danielle Critchley 62nd but they and the rest of this hugely promising squad, which today also included Amy Dematos in 77th, Danielle Barley 104th, Katie Gibbs 129th, Grace Power 131st and Hannah Ware 156th, will win medals more often than not.

Illness dashed the team medal hopes of the under 15 girls squad where Rebecca Taylor led the team home in 28th with Sarah Coombs 114th, Claire McNamara 129th and Lauren Smith 130th. Bryony Proctor finished 92nd in the under 17 women's race.

Kent champion Michael Thorpe was 48th in under 13 boys race after being well placed early on and with Stephen Cavey 63rd, Oliver Robinson 126th and Cameron Ward 129th they finished 15th, 2nd Kent team.

The under 17's squad of Tom Beach 94th, Stephen Leach 114th, Richard Daniel 147th, Dale Willis 156th and Doran Morgan 159th finished in 17th.

The under 15 boys were a couple of places lower, brought home by Danny Brewer in 95th one place ahead of Jonathan Vintner with Sam Simpson 130th and Beau Szczpanski 190th. Robert D'Angelo bravely battled to finish in 221st despite spraining an ankle.

He was not the only athlete to sustain injury. The same happened to Hannah Leach in the early stages of the Senior Women's race. She limped from the course and was soon joined by Diane Ballard whose calf had stiffened so much she had been reduced to a walk.

It was left to Bridget Davey, making a rare appearance for the Club, to bring the team home in 108th place with Clare Lodwig 134th, Kate Pratten 139th, Carolyn Jones Baldock 190th and Anne Cilia 205th. While well outside the team medals in 23rd they were the leading Kent team.

Race Walking

Robert Bain enjoyed another successful day at the Surrey Walking Club Meeting at Monks Hill. He won the 5km race in 24.59 on a testing course and there was more success for Holly Williams as well as she won the 2.5km race in 16.01.

The trials for this years London Mini Marathon take place at Norman Park on Sunday 8th of February. Leading finishers will be rewarded with a place in the London Borough Of Bromley team which will compete in the three mile race over the end of the Full Marathon course in April.

Anyone youngster wishing to take part should send a SAE to Dave Liston at 70 Sermon Drive, Swanley, Kent BR8 7HT

The Club is keen to recruit new members of all ages and abilities. Over 11s interested in track and field should visit Norman Park on a Tuesday or Thursday and ask for Dave Liston or John Blackie. Road and cross country runners may prefer to visit the Clubhouse on a Wednesday night from 6.30 for the weekly pack runs. Under 11s are catered for specifically on Wednesday nights at Norman Park from either 6 to 7pm or from 6.30 to 7.30pm where the aim is to provide an introduction to the various disciplines in a fun environment.

Forthcoming events

31st Jan. Mob Match v Ranelagh, Richmond Park
7th/8th Feb. Club AAA's Indoor Championships, Sheffield
14th Feb. Kent League, Swanley
15th Feb. Kent Indoor Championships, Carshalton
21st Feb. National Cross Country Champs, Leeds
28th Feb. Mob Match v South London Harriers, Hayes
28th/29th Feb. AAA's Junior, Under 17 and under 15 Championships, Birmingham



20 January 2004

Medals of all colours across all the age groups made it a successful weekend for Blackheath & Bromley Harriers AC at the Southern Indoor Championships at Bedford.

Leading the way was Lauren Blackie who won the under 15 girls pole vault competition in a new best of 2.50. It broke not only the Club under 15's record but also the under 17's as well. There was a double celebration as Rachel Arnheim took the silver medal with a clearance of 2.40 which broke the previous Club Records in these age groups as well.

New member Michael Whitehouse will no doubt have his eyes on the Junior Men's high jump record of 2.15. He claimed silver in the under 20's competition equalling his best of 2.05 and promises higher.

It was silver also for Alex Al Ameen in the under 17 men's 60 metre hurdles in 8.48 ; Sam Bobb with a new indoor best of 14.67 in the Senior Men's triple jump; and for Shaunagh Brown who impressed with her rotational technique in the under 15's shot to putt 9.83. Scott Huggins rounded off a good weekend with bronze in the under 17's pole vault with a clearance of 2.80.

Mohammed Sillah Freckleton skipped the championships and instead ran in the 60 metre hurdles at the Loughborough Indoor Meeting. He won in 7.82 which was not only a personal best but also the fastest time in the country this year. It ranks him 19th on the British All Time List.

Also missing from Bedford were three of the Club's top sprinters Julian Golding, Jonathan Barbour and Dwayne Grant. They travelled to Sheffield where they are to spend 10 days intensive training at the English Institute Of Sports new headquarters. This will allow Golding to complete his preparations for this weekends Norwich Union Indoor International in Glasgow where he represents Great Britain in the 200 metres.

Michael Skinner travelled to Cardiff for the 5th race in the Reebok Cross Challenge. Another good run saw him close in 8th position which sees him well up in the overall standings with the final race incorporated in the Inter Counties Championships in March.

He will now concentrate on 3,000 metres at the AAA's Indoors Championships which means he will miss this weekends Southern Cross Country Championships at Parliament Hill Fields where the Club will have representatives in all age groups. Dave Taylor spearheads the Senior Men's challenge and having celebrated his 40th birthday last week he could be the first veteran athlete to win the Area Cross Country title. Proof of his good form was shown at last weeks Surrey Cross Country League race at Richmond Park where he became the first veteran to win a league race beating last years Southern Championship gold and silver medallists John Downes and Matt Normington in the process.

Barry Stephenson and Peter Tucker both added the finishing touches to their preparations for next weeks Championships when

they finished 2nd and 4th in the Dartford 10 mile road race with times of 53.32 and 54.07 respectively. Backed by Daryl Hilliar in 27th (1.00.43), and Len Crowder 29th (1.00.53) the Club won the team competition. Alison Jelly was first woman home for the Club in 458th in 1.29.42.

Perhaps the clash with this road race may explain the poor turn out for the inter-club cross country match against the Bank of England. Hannah Leach was first woman home in and 20th overall with Nick Barber finishing in 27th.

Many of the youngsters who will be in action at Parliament Hill competed in the Kent Schools Championships at Mote Park, Maidstone, the same venue where the English Schools will be held in March and with a string of good performances the Club should have a number of athletes selected for this prestigious event.

Rebecca Taylor, representing Bromley North West Kent, started the day on the right note with a comfortable victory in the Junior Girls race with good support from Hannah Garcia in 8th, Claire McNamara 10th and Sarah McLellan 11th. All train under coach Andy Frankish and there was more success for the group as Katie Murray finished 4th in the Intermediate Girls race despite being in the lower year in the age group. Surprise package of the day was Sam Simpson who excelled himself as he finished 3rd in the Junior Boys race with Alex Pillow taking time off his rugby commitments to finish in 6th. James Poole, also in the lower year in his age group was 8th in the Intermediate Boys. Eve Bugler was pleased with her 2nd place in the Senior Girls race, after a slightly below performance in last weeks Knole Run, and Ella Fisher closed in 6th.

Only two Club Members took part in the recent Sportshall competition at Dover but both produced Championship records. Aston Stockdale won the under 13 boys pentathlon achieving a championship record in the vertical jump. Amir Williamson broke the championship record in the under 17 boys shot with a putt of 11.35.

The trials for this years London Mini Marathon take place at Norman Park on Sunday 8th of February. Leading finishers will be rewarded with a place in the London Borough Of Bromley team which will compete in the three mile race over the end of the Full Marathon course in April. Any youngster wishing to take part should send a SAE to Dave Liston at 70 Sermon Drive, Swanley, Kent BR8 7HT.

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Forthcoming events

24th Jan. Southern Cross Country Champs, Parliament Hill
 24th Jan. Norwich Union Indoor International, Glasgow. - Julian Golding runs for Britain in the 200 metres.
 31st Jan. Mob Match v Ranelagh, Richmond Park
 7th/8th Feb. Club AAA's Indoor Championships, Sheffield
 14th Feb. Kent League, Swanley
 15th Feb. Kent Indoor Championships, Carshalton
 21st Feb. National Cross Country Champs, Leeds
 28th Feb. Mob Match v South London Harriers, Hayes
 28th/29th Feb. AAA's Junior, Under 17 and under 15 Championships, Birmingham

Southern Cross Country Championships, Parliament Hill Fields, Saturday 24th January.

Timetable

U15B - 11.00am (4500m),
 U13G - 11.25am (3000m),
 U13B - 11.40am (3000m),
 U15G - 11.55am (4000m),
 U17M - 12.25pm (6000m),
 U17/Junior W - 12.50pm (5000m),
 Junior M - 1.15pm (8000m),
 Senior W - 1.50pm (8000m),
 Senior M - 2.50pm (15000m).

The Club Nike tent will be inside the track area as with last years National.



13 January 2004

Sprinters from Blackheath & Bromley Harriers AC showed good form in the recent indoor open meeting at Eton. Great Britain International Jonathan Barbour clocked 6.80 in the heats of the 60 metres before deciding not to compete in the final.

Had he done so he would have encountered a rejuvenated Tyrone Lewis who ran the second fastest time of the day with 6.77. Gavin Neblett clocked 6.96 in the heats while down in Wales Fabian Collymore won the 60 metres at the open meeting at the National Indoor Arena at Cardiff in 6.99.

Back at Eton Under 20 Duayne Bovell timed 7.16 for the 60 metres with Lloyd Francis clocking 7.37.

In the under 17's Alex AlAmeen was easily quickest in the 60 metre hurdles timing 8.63 and he also ran 7.55 for the 60 metres. For the veterans Ricky Fox timed 7.89.

Vickie Cole was the fastest under 20 woman of the day as she timed 8.09 for the 60 metres. Serita Solomon was 2nd in the under 15's age group with 8.23 while Nicola Molnar timed 8.75. Serita was also quickest in the 60 metre hurdles with 9.45.

Although he has not raced yet this season, Julian Golding has been selected to represent Great Britain in the 200 metres at the Norwich Union Indoor International Meeting in Glasgow on the 24th of January.

Outdoors Michael Skinner continued his successful season in the Reebok Cross Challenge when he finished 16th in the 5th race in the series in Belfast. In a race won by World Marathon best performer and five times World Cross Country Champion Paul Tergat, the former Langley Park schoolboy timed 30.18. Top walker Robert Bain made his 10km debut recently in Ilford. He finished 4th over a testing and possibly long course, coping well with the tough downhill sections. His time of 51.31 was not as fast as he would have liked but no one was quick.

The next Grand Prix race for Robert and the other B & B walkers will be in Victoria Park on the 1st of February and they are looking for more athletes to join them. Those who would like to take part should visit Norman Park on a Thursday evening at 6pm and meet some of the country's brightest prospects.

Alex Gibbins won the Open 10km cross country which the Club hosted at Hayes. He finished 2 seconds clear of Blackpool's Dave Reader with Steve Cooper 3rd and Ken Daniel 4th. At the age of 53 Daniel was the winner of the Club's Veterans Championship that was included in the race. Andy Lawes took 2nd with Ian Taylor 3rd.

Winner of the Veteran women's title was Hannah Leach with Angela Cook 2nd and Anne Cilia 3rd.



6 January 2004

Athletes from Blackheath & Bromley Harriers AC were in action around the country on a busy weekend of indoor and outdoor middle distance running. Up at Newcastle Michael Skinner placed 10th in the 4km race at the Great North Cross Country Meeting while at Cardiff Bella Clayton won both the 400 and 800 metre races at the Wales Indoor Open Meeting. Her time of 55.9 in the 400 was faster than anyone from the Club ran outdoors last season.

The main focus of attention, however, was the County Cross Country Championships where the Club enjoyed considerable success. While Surrey based Dave Taylor was winning his County title at Lloyd Park for his 2nd claim Club, Herne Hill Harriers, over 60 Club members were in action in the various age groups at the Kent Championships at Wilderness School in Sevenoaks.

They were rewarded for their efforts with two individual medals and five sets of team medals. Both individual medals came in the under 13's age group where Michael Thorpe improved from 3rd last year to take the individual title surging clear over the 2nd half of the course to win by 5 seconds. He missed out on a bronze team medal as the squad of himself, Edward Martin, Stephen Cavey and Oliver Robinson tied with Ashford on 58 points but lost out as their 4th place score finished lower.

Amy Smith took silver in the girls race having led for much of the race and it was silver for herself, Hannah Garcia and Rebecca Smith in the team race. While they missed out on gold the squad dominated numerically and had the Kent County scored B teams the next three finishers Danielle Critchley, Amy Dematos and Katy Gibbs would have won bronze team medals.

It was a similar story in the under 15's age group where Rebecca Taylor (4th) Katy Murray (6th) and Sarah McLennan (7th) secured the Club's only set of gold medals of the day but the next three home, Lauren Smith (9th), Clare McNamara (13th) and Vanessa Evans (14th) were actually good enough for silver in the team competition.

The under 20 men provided the other set of silver team medals thanks in no small way to a late surge from Ray Perkins who overtook two Medway & Maidstone athletes in the last mile to finish 7th to leave the Club's points tally as 27 to M&M's 28. Terry Hawkey was first home in 5th with Nottingham University undergraduate Tom Webb placing 15th. Bronze medals came from the under 17 girls team of Ella Fisher, Bryony Proctor and Sophie Williams and from the Senior Men's team of Andrew Rayner, Rory Byrne, Jonathan Murray, Peter Tucker, Alex Gibbins and former Portsmouth footballer Neil Ayrton.

Of these the most notable performance was from Andrew Rayner. Not a superstar as a youngster he again showed what hard work allied to talent can achieve as he battled at the front with Internationals Mike Coleman and Barry Royden of Medway and Kent AC's Jermaine Mays to eventually finish in 4th place.

The men also achieved 3rd place in the 12 to score contest and although the Senior Women, led by Hannah Leach did not feature in the 3 to score race they did finish 2nd in the 6 to count. Diane Ballard again showed promise as 2nd scorer while Clare Ludwig had her best run for some time to close as 3rd finisher followed by Kate Pratten, Angela Cook and Carolyn Jones Baldock. While outside the medals in the other age groups there were nonetheless more good individual performances. These included James Poole, a highly promising 5th in the under 17 boys; Danny Brewer, 8th in the under 15 boys; and Eve Bugler, 5th in the under 20 women.

Away from competitive action there was good news for former Past President Alan Pickering who was awarded a CBE in the New Years Honours for his services to Occupational Pension Schemes. Alan is Chairman of the European Federation for Retirement Provision.

