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Blackheath & Bromley Harriers AC

Jan to Mar
2005

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Results

One of Blackheath & Bromley's newest members Scott Overall made an impressive start to the track and field season by posting a personal best of 14.12.00 for 5000 metres at Stanford University Invitational Meeting in America.

The 22 year old who is studying at Butler University recently joined B & B from Windsor Slough Eton & Hounslow and is set to prove an invaluable addition to the Club's Senior teams.

Closer to home, a large number of athletes were in action at the Tonbridge Open Meeting. In the Senior age group Jamie Atkinson triumphed in one of the best races of the day, the 3000 metres, as he sprinted away from Medway & Maidstone's Mike Coleman to win in 8.33.6. Neil Simpson and Joe Godsell both made promising starts to their track campaigns with Neil timing 35.3 to Joe's 36.4 in the 300 but Joe then having the better in the 600 as he clocked a new best of 1.22.7 to Neil's 1.24.1.

For the women Sam Singer was a comfortable winner of both her 300 and 600 metre races with times of 41.4 and 1.35.5 while Bella Clayton led from gun to tape in the 1000 metres crossing the line in 2.59.6.

In the Junior age group Daniel Haque was in impressive sprint form as he won the 150 metres in 16.2 while 400 hurdler Ed Harrison ran a very useful 35.5 in the flat 300.

Out in the field Amir Williamson launched the hammer out to 57.30, four metres further than at this time last year. Training partner Victoria Thomas was also up on last year as she won the women's event in 41.76. It was good to see Katie Welch in winning form on the track taking the 300 in 45.0.

Best performance in the under 17s came from Rachel Arnheim who equalled the Club Record and her personal best in the pole vault with a clearance of 2.90. Also equalling her best was Rebecca Haywood who went over 2.40. Earlier Rebecca had just pipped Rachel in the 80 metre hurdles.

Aston Stockdale ran a very useful 18.5 in the 150 metres as well as clearing 2.40 in the vault while Andrew Jordon looked impressive in the 80 hurdles with a time of 13.1.

Sarah Harrison opened her season with a very good 20.5 in the 150 while in the field Jessica Matthews cleared 1.45 in the high jump and leapt 4.53 in the long jump.

Highlights in the under 13 age group came in the 1500 metre races where Philip Sesemann and Danielle Critchley both led from start to finish recording times of 5.03.9 and 5.17.0.

On the roads Jon Thorpe finished in 5th place in the 8.2 mile breakfast run at Kingston Upon Thames with a time of 47.14. Nick Kinsey was 10th in the 16 mile race.

Club and Athletes recognised

Blackheath and Bromley and a number of its members have been recognised in recent weeks with a string of awards. Leading the way is Hammer coach Mike Davies who has been selected by the British Athletics Supporters Club to receive the Ron Pickering Coaching Award for 2004 as an outstanding coach of junior athletes.

The BASC commented that "you seem to have a conveyor belt of quality hammer-throwers at Blackheath & Bromley". The nomination is made in consultation with the National Coaching Director.

In 2004 the six athletes he coaches Rachel Blackie, Victoria Thomas, Amir Williamson, Alistair Tawanaee, Joe Stockton and Richard AlAmeen won 3 golds and 2 silvers at the English Schools Championships as well as winning a gold, a silver and two

bronze medals in the AAA's championships. Three, Amir, Rachel and Alistair, gained International vests.

The award is made up of a cheque for £250 plus a framed certificate and will be presented at an appropriate time in the near future. Two of his athletes, Rachel and Victoria, are among 8 from the Club who have received grants from the Arthur Kendall Memorial Trust which exists to "encourage, promote and develop participation in Athletics as a means of promoting physical health in the youth of the Community".

The Trust works closely with the Ron Pickering Memorial Fund to ensure the two organisations do not duplicate awards, so the 8 Arthur Kendall award winners are in addition to the 12 who received monies from the RPF last month.

The remaining six recipients are Adam Berry (pole vault), Jade Castell Thomas (triple jump), Amy Godsell (sprints) Christine Lawrence (javelin), Dominic Parsons (400) and Rebecca Syrocki (sprints/400).

The Clubs Future scheme run by the Sports Governing Body UK Athletics is presenting a series of awards to recognise and reward outstanding voluntary work by Clubs, Volunteers, Officials, Coaches and Partnerships.

Blackheath & Bromley as a Club have won the Athletics Partnership of the Year for the London Region for its work in the local Community. Mike Davies is the Performance Coach Of The Year for the Region and under the Club Volunteers category Patrick Calnan receives the "Emerging talent" award.

Following the Regional Awards, the winners are now considered by a panel and National Winners will be announced at the UKA Awards Dinner on Saturday 9th April.

Unlock Your Potential lecture

Over 300 people of all ages and various Sports recently braved the cold and snow to attend a lecture organised by Blackheath & Bromley at Langley Park School For Boys given by Dr Costas Karageorghis. The event was supported by the Aqua Pura Women in Athletics Initiative.

Dr Costas is a senior lecturer and practitioner at Brunel University and has been a Club member for over 20 years when he joined as a young athlete. He is also a former pupil at Langley Park so the evening represented something of a homecoming.

He has written numerous academic articles on applied sport psychology and has taught many top athletes including Olympic Super-heavyweight champion Audley Harrison, Olympic rowing champions James Cracknell and Tim Foster and England rugby star Richard Hill.

Opening his talk he acknowledged that there were some who had expressed scepticism about Sports Psychology but he maintained that it is basically Common Sense.

In the next hour and a half he had the whole audience on their feet as he taught them breathing exercises; was lifted in the air by two rugby players before showing how to concentrate to prevent this happening; shared brief reminiscences of his time at Langley and maintained a continual interaction with his listeners.

Specific items included were how to increase motivation and improve concentration; dealing with competition anxiety; boosting self confidence; developing a pre-event routine and enhancing team dynamics.

The latter item is of particular interest to Costas as he is manager of the Athletics team at Brunel and he was able to show a motivational tape that was played to the Brunel squad that recently triumphed in an indoor meeting against Loughborough.

The evening proved to be an unqualified success with the added bonus that it allowed coaches who attended to have two credits added to their license.

Subsequent to the lecture Dr Costas has provided a reading list for those who wish to explore the subject in greater depth. This can be viewed on the Club's website www.bandbhac.org.uk or at www.appletonbamforth.co.uk/bnb

It is intended that such lectures will be a regular event. Those wishing to be provided with information of forthcoming events should send their details to organiser John Blackie at coach@johnblackie.com or use the "contact" section on the appletonbamforth site to register their details.



22 March 2005

Michael Skinner was the second Great Britain athlete to finish in the short course race at the World Cross Country Championships at St Galmier in France. Competing against some of the best distance runners in the world, the Blackheath & Bromley athlete closed in 64th position over the 4,196 metre course and was just six seconds behind the first Briton, John Mayock the European Indoor Championship 3000 metre silver medallist.

After just missing out on the British team for both the European Cross Country and Indoor Championships Skinner enjoyed this opportunity to represent his country. Despite his experience of big races, even he could not have been fully prepared for the early devastating pace as the runners sprinted to gain an early advantageous position. However the 25 year managed to successfully run his own race and was pleased to be part of a British squad that finished 15th team.

Skinner has been running for the Club since the age of 10 and will no doubt be pleased to know that the future of middle distance running at Blackheath & Bromley looks promising with a large number of youngsters selected to run for Kent at the Junior Inter Counties match at Tonbridge against Essex, Surrey, Hampshire and Sussex.

Best performance of the day came from Amy Dematos who won the year 8 girls race by seven seconds in 9.56. Rebecca Smith closed in 12th in 11.03 with Grace Power 25th in 11.24. Stephen Cavey was 15th in the Boys race.

There were encouraging numbers in the year 7 races. Highest individual placing came in the girls race with Danielle Critchley finishing in 5th place with Harriet Field 15th, Emma Hook 26th, Amy Mitchell 59th and Hannah Field 71st.

The boys packed well in their race with Philip Seseman 6th in 12.06 just one second ahead of Joe Harding who was 8th with Robert Yates just one place behind in 12.17. Oliver Taylor took 46th place with Elliott Knight 77th.

Closer to home at Hayes a broad cross section of the membership competed in the Club's Closing Five Mile Yacht Handicap race. The slowest person starts the race first with the quickest going off last and there was a 30 minute gap separating 71 year old Ron Chambers and 23 year old Peter Tucker who was "scratch man".

In theory if the handicapper gets it right all should finish together but realistically this will not happen. Handicapper Professor Chris Haines job was made the more difficult by the hot weather which dried the course. First to cross the line was David Carton, followed by Colin Rowe and 15 year old Alistair Cliff. Tucker was the fastest of the day. This was the 9th and final competition in a 9 race handicap series that has taken place over the Winter and going into the last race the placings could not have been closer with just a few points separating a great block of runners. Saturdays race meant that the Championship went to Alistair Cliff with his father Bob in second and Simon Lloyd third.

Helen Godsell returned home from the European Masters Championships in Sweden with two gold and one silver medals. It was reported last week that she won the women's over 50's 60 metre title. She won the 200 metres too in convincing fashion, her time of 28.50 being over a second and a half clear of the runner up. She followed this with 2nd place in the 400 with a time of 69.35.

One result missing from the Kent Indoor Championships a couple of weeks ago was the performance of Gordon Hickey in the shot. The 71 year old astonishingly finished 2nd in the Senior Men's event with a putt of 9.11.

Outdoors three of the Club's talented under 15 girl throwers were in action at the Kingston And Polytechnic Open Meeting. Best performances came in the shot where there was a one, two, three. Sarah McGuire was first with a putt of 9.49 with Banke Jemiyo second in 8.65 and Emma Brown third with a new best of 8.42. Unfortunately Sarah had three no throws in the discus which was won by Banke with 22.40 with Emma second with another best of 20.78.

The Club's walkers enjoyed great success at the Inter Counties Championships at Coventry. Robert Bain, who is still a Junior, finished in 6th position in the Senior Men's race. His time of 49.04 for the 10km course would had been quicker had he not felt a slight hip strain over the last 3km and this could have cost him a place in the Great Britain team for the European Cup.

Amazingly for someone who has just turned 15 Holly Williams finished 5th in the Senior Women's race over 5km. She helped the Kent team to victory and timed 29.26 to finish as first under 17. More success came in the under 15's race with Chelsea O'Rawe Hobbs winning the 3km race by 17 seconds in 15.49. Julia Stacey finished in 6th place.

Anne Cilia is the new President of Blackheath & Bromley Harriers AC for the 2005-06 season. Outgoing President Margaret Baldwin introduced her successor to the membership at Club's Annual General Meeting at the Clubhouse at Hayes.

While not professing to being a superstar athlete, Anne has regularly competed for the Clubs cross country, road and track teams and has also taken part in field events when required. In fact she is a Club Record holder in the over 35's pole vault with a clearance of 1.60.

Many members remember fondly her father Peter Stenning who was Club President of what was then Blackheath Harriers in the 1987-88 season and who sadly died in 1990. At the time of his passing the Club was male only and many wonder what he would have thought if he had known his daughter would one day become President.

Anne has helped develop the cross country and road running section of the Club as well as being team manager of the veteran women's team and serving on the Club Committee. She is looking forward to support the Club and its members in all their activities over the coming year.



15 March 2005

[European Masters Indoors Championships, Eskiltuna, Sweden](#)

Blackheath & Bromley's Helen Godsell is European Champion! She won the over 50's 60 metres title at the European Indoor Championships in Eskiltuna, Sweden. Her time of 8.61 was nearly half a second clear of the runner up.

There could be more medals to come as well. At the time of writing she had also qualified for the finals of both the 200 and 400 metres.

After breaking his own British Indoor record last week Allan Williams picked up silver in the over 50's pole vault with a clearance of 4 metres. Making it a full set of medals for Club members, Jim Day took bronze in the over 70's vault with a clearance of 2.50.

Peter Hamilton finished in 5th place in the over 55's 3000 metres in 10.24.79.

[English Schools Cross Country Championships, Norwich](#)

Nine athletes from Blackheath & Bromley were in action at the English Schools Championships at Norwich an event that attracts the cream of middle distance talent in the country. Just to be selected for the event is an achievement in itself and to feature prominently reflects real talent.

Highlight of the afternoon came in the Junior Girls race where Amy Smith closed in 21st with Amy Dematos 37th. Hannah Garcia in 165th and Rebecca Smith in 226th ensured this was the event to feature the most Club athletes. Katie Murray took 41st place in the Intermediate Girls race with Rebecca Taylor closing in 134th while in the boys event Danny Brewer was 155th. In the Senior races Bryony Proctor closed in 125th with James Poole 246th in the men's event

[Road running](#)

Many of the Club's athletes have been in action on the roads recently as they prepare for this years London Marathon. Most prominent was Dave Taylor. At the age of 41 he finished 3rd in the Silverstone Half Marathon in 66.23.

Many travelled to the coast for the Hastings Half Marathon, not one of the easiest of courses. First home for the Club was Rob

Hall in 1.18.11 in 55th with Nick Kinsey 64th (1.18.19) and Dave Ellison 146th (1.25.20) Clare Lodwig led the women home in 1172nd with a time of 1.48.52 with Jo Kift 2131st in 2.03.43 and Clare Patten 2629th in 2.13.26.



8 March 2005

[Inter County Championships and World Cross Country Trials races, Nottingham](#)

Michael Skinner has been selected to represent Great Britain at the World Cross Country Championships at St Galmier in France in two weeks time. The Blackheath and Bromley athlete's selection follows his 4th place in the 4km short course race at the Inter Counties Championships and World Cross Country Trials at Wollaton Park, Nottingham.

It was third time lucky for the 25 year old after just missing out on selection for both the European Cross Country Championships and the European Indoor Championships. Now he will have a niggling achilles treated to ensure he is ready for the Worlds in two weeks time.

Team mate Andrew Rayner, who like Skinner is a former pupil of Langley Park School for boys, completed a fine Winter's cross country by finishing 11th in the same race just 18 seconds behind. Jamie Atkinson closed in 38th a further minute down while in the Senior Men's long course race Spencer Newport finished in 100th position.

Just to be competing in these races is an achievement in itself as each County is only allowed to send 8 athletes. So Jennie Butler's 52nd place in the Senior Women's race was a good performance and there were more from the girls in the younger age groups. In the under 13's Amy DeMatos followed up her outstanding 4th in the Nationals two weeks ago with an excellent 16th place with Danielle Critchley 53rd and Rebecca Smith 140th.

Amy Smith had one of her best runs of the Winter to finish in 18th place in the under 15's race. Kent bronze medallist Hannah Garcia closed in 188th with Lauren Smith in 212th. Bryony Proctor finished 128th in the under 17 women's race.

Stephen Cavey took 65th in the under 13 boys with promising Robert Yates closing in 177th

[Kent and Surrey Indoor Championships, Sutton Arena](#)

Blackheath & Bromley's vaulters provided the highlight for the Club at the Kent Indoor Championships at Sutton Arena with two British records, a Scottish record and another Club record equalling performance.

Allan Williams is no stranger to record breaking. He has already broken the British over 50's record this year when he cleared 4.02 at the National Championships in Cardiff. At Sutton he broke it again with 4.03 and then smashed it by going over 4.10. This means he is now the Kent Champion indoors and outdoors as both a Senior and veteran.

Fresh from equalling the Scottish under 17's record at last week's National Championships, Scott Huggins aim was to claim the record outright. He didn't disappoint as he too cleared 4.03 and the Charles Darwin schoolboy looks set to go higher outdoors this Summer.

National women's silver medallist Liz Hughes won a useful Senior Women's competition despite carrying a couple of injuries. She cleared 3.80 as did Huggins coach Simon Tolson.

Emily Godley who is also coached by Tolson equalled the Club Under 17 women's Record of 2.90 to strike gold with the other holder of the record Rachel Arnheim second with the same height. To complete an outstanding weekend of vaulting Aston Stockdale took the under 15 boys title with a clearance of 2.40. There was a near clean sweep of gold medals in the sprints. Quickest of the day was Daniel Haque who set a personal best of 6.92 to win the under 20 men's race. Michael Champion won the Senior Men's race and there were other wins for Vicki Cole (under 20 women), Sarah Harrison (under 15 girls) and Aston Stockdale (under 15 boys).

National Champion Serita Solomon won the under 17 women's 60 hurdles in a very quick 8.71 to add to her silver in the 60 metres and there was gold too in the men's hurdles in the same age group for Alex AlAmeen. Andrew Jordon struck gold in the under 15s.

Further success came in the jumps with the highlight being Lauren Blackie's 11.29 winning leap in the under 17 triple jump. This puts her 2nd in the National rankings. There was double gold for Jessica Matthews as she won both the long and high jump in the under 15s. Katrina Cosby was runner up to Jessica in the long jump to add to her silver in the 60 metres, the same two events in which Katy Benneworth came second in the Senior Women's age group. It was good to see Abbi Jacobs back in her first race for 3 years. She clocked 8.71 and just missed out on a place in the Senior Women's final.

There was a clean sweep in the under 15 girls shot putt from Sarah McGuire (B&B) 9.33, Katherine Jones (B&B) 9.19, Oyebanke Jemiyo (B&B) 9.02, and Emma Brown (B&B) 7.78. All set personal bests and Emma's effort came just two weeks after returning from breaking both her ankles.

In the Surrey Championships at the same venue there was a one-two in the Under 20 men's high jump with Michael Whitehouse clearing 2 metres and Daniel Campbell going over 1.85. Anna Smith won the under 17 women's contest while on the track new member Danny Dooley reigned supreme in the 60 metres.

[Club 10 mile Championships](#)

Closer to home there was a smaller than usual turn out for the Club's annual 10 mile cross country championships at Hayes. Winner was Rob Hall who negotiated the notoriously tough course in 1.07.19 with Darryl Hilliar second in 1.07.59 and Steve Pairman third in 1.11.02.

First woman home was captain Kate Pratten (1.18.21) followed by Annie McDonough (1.26.17) and Anne Cilia (1.34.31).

The race also included the penultimate race in the Bennett Cup handicap series which has been running all Winter. Winner was Pete Shephard with Steve Pairman second and Gary Cook third. The 9th and last race of the series is the Closing 5 Mile Yacht Handicap in two weeks time and placings could not be much closer. The contest is still wide open as just 11 points covers the top

seven places with young Alistair Cliff leading with 320 from Kate Pratten 317 and Gary Cook 315.

This should lead to an absorbing contest and will be followed in the evening by the Club's AGM at which the new President will be revealed.



1 March 2005

[AAA's Under 17 and Under 15 Indoor Championships and British Universities Championship](#)

Serita Solomon made a dramatic impact in her first major contest as an under 17 at the AAA's Under 17 and Under 15 Indoor Championships at the Birmingham Indoor Arena. Racing in the 60 metre hurdles, the Blackheath & Bromley athlete snatched gold in the closest race of the weekend winning in 8.62, the same time as runner up Ashley Helsby of Liverpool.

It was only last Summer that the two crossed the line at the English Schools Championships again with the same time but on that occasion it was Ashley who got the verdict.

The time of 8.62 would have been an age 14 British best for Serita (She is/was 15 on the 1st of March). However, Ashley had beat her to it by running 8.61 in the semi final. There promises to be some exciting races between the two on the track this Summer.

In the field there was more drama involving one of the Club's athletes. Scott Huggins picked up the bronze in the under 17 men's pole vault. Not only did his clearance of 4 metres break his own Club Record of 3.95, which he set recently, but it also equalled the Scottish record as well. It may be that he could break it at the Kent Championships this weekend.

The Club's other two medals came on the track. Alex AlAmeen took the silver in the under 17 men's 60 metre hurdles in 8.37 and Aston Stockdale won bronze in the under 15 boys 400 metres with a very useful 54.60.

Elsewhere for the men, new member Danny Doyley finished 5th in the 60 metres in 7.10 while James Alaka went out in the semi finals with 7.25 after running 7.21 in his heat. Daniel Hammond timed 7.86 in the under 15's 60 metres.

For the women Rachel Arnheim was 6th equal in the pole vault with 2.80 with Lauren Blackie joint 9th with 2.70. Lauren also finished 7th in the triple jump with 10.98. Serita Solomon was also 8th in the 60 metres final with 7.88 after running 7.80 in the semi. Janet Kuti ran 8.34 in her heat.

There were some more promising sprint performances in the under 15's age group with Katrina Cosby running an excellent 26.90 in the 200 metres semi final. Sarah Harrison ran 27.83 in the heats to add to her 8.58 in the 60 metres. Also in the 60 was Jessica Matthews who timed a useful 8.60 to add to her 7th place in the high jump final with a leap of 1.50.

Further North at Sheffield in the British Universities Indoor Championships Andrew Rayner ran an excellent 8.14.02 for the 3000 metres to claim 4th place in a quality field.

[British Masters Indoor Championships](#)

Allan Williams set a new British Record in the over 50's pole vault at the British Masters Indoor Championships in Cardiff. The 51 year old Blackheath & Bromley athlete soared over 4.02 to add another centimetre to his existing mark. The former British Senior International, who at this peak cleared 5.25, feels there is more to come and this come be at the Kent Indoor Championships at the Sutton Arena Carshalton this weekend.

Allan was not the only Club medallist at these Championships. Jim Day continues to defy the aging process. At the age of 71 he cleared 2.60 to win the over 70s contest while Simon Tolson who is half Jim's age picked up silver in the over 35's age group with a clearance of 3.80.

Also in the over 35's second claim member Angie Alstrachen had a busy weekend. She was second in the 200 metres, 4th in the 60 and 400 and 8th in the 800 metres.

Bob Minting took 3rd in the over 50's 800 with 2.08.78 and he was also 5th in the 200 in 27.00, the same time as he recorded in his heat.

Peter Hamilton took the over 55's 3000 metres with some ease in 10.21.05 and Jim Day added to his pole vault medal in the over 70's with gold in the high jump with a clearance of 1.17 and 2nd in the 60 metre hurdles in 12.28. Gordon Hickey reigned supreme again in the over 70's shot with a putt of 11.57.

[Ron Pickering Memorial Fund](#)

A dozen young athletes from the Club have been awarded grants from the Ron Pickering Memorial Fund, a charitable trust set up in memory of the former BBC Commentator to provide financial support to emerging young athletic talent.

Four of them are from the Mike Davies Hammer squad. Brothers Amir Williamson and Alistair Tawanaee are rewarded for a remarkable season that saw them receive International recognition to go with their string of domestic titles. Joe Stockton, the country's number one under 15, and training partner Richard AlAmeen are similarly recognised. They won gold and silver at the English Schools Championships.

Outstanding sprinter Montell Douglas, the top female under 20 sprinter in the country, also features and this support will help in her bid to win medals both nationally and internationally in 2005. Another sprinter Daniel Haque, who represented England at the Home Countries International last Summer likewise receives support.

Serita Solomon is nationally ranked both as a sprinter and at her main event the hurdles while Alex AlAmeen also picks up an award for his hurdling exploits. English Schools 400 hurdles champion Ed Harrison's grant will no doubt be put to good use as he prepares to bid for a place at this years European Junior Championships.

Stuart Harvey had another excellent Summer in the javelin and also receives an award as do second claim members Tunde Balogun and Kara Aretha Graham in the sprints.

[More Indoors](#)

A number of athletes from the Club were part of the London South team that took place in the inaugural UKA Indoor City Cup in Sheffield and Southern League team manager Mark Purser was in charge of the men's team . Tyrone Swaray had to settle for the runners up spot in the 60 metres as he was beaten by Cardiff's Great Britain International Christian Malcolm.

Tawanda Chiwira moved down in distance to time 22.12 in the 200 metres while Russell Bentley continued his successful indoor campaign timing 1.51.92 for the 800 metres

Liz Hughes was in action for the women's team clearing 3.65 in the pole vault.

Meanwhile the Loughborough Open Meeting saw the welcome return to competition of Great Britain International sprinter Akinola "Lash" Lashore. Two years of injuries have severely restricted his racing but he bounced back to run the fastest 60 metres of the day with times of 6.93 and 6.97.

Training partner, Welsh International Fabian Collymore clocked 6.98 and 7.02 with 400 metre runner Alloy Wilson moving down in distance to record 7.17.

[Mob Match](#)

The Club's recent poor form in Mob Matches continued with defeat against South London at Coulsdon. Scoring 33 a side Blackheath & Bromley scored 1291 points to the host's 969.

First home for the Club was Ant Draper who timed 47.08 over the 7.5 mile course to finish second overall, one place ahead of Peter Tucker (48.11). Next was Dave Ellison in 9th in 50.50.

First woman home from the Club was Kate Pratten in 47th (58.38) with Ella Fisher 53rd (59.52) and Clare Ludwig 63rd (1.02.18)

As usual the race included a handicap competition and it was Clare Ludwig who won this with Nick Barber 2nd and Bernie Bater 3rd.

[Road Walks](#)

The Club' walkers have been enjoying more success on the roads. At the Cambridge Harriers Winter League race at Bexley Robert Bain scored an impressive victory in the men's 5km race. Despite still being an under 20 he won by a minute in 23.40 with second claim member Shaun Lightman in 8th place.

Under 17 Holly Williams was 4th in the Senior Women's race in 31.00 and there was a one-two from Chelsea O'Rawe Hobbs and Julia Stacey in the under 17 women's race. Chelsea timed 13.26 for the 2.5km course.



22 February 2005

[Indoors](#)

Two athletes from Blackheath & Bromley achieved European Indoor Qualifying times at the Norwich Union Grand Prix in Birmingham. In the 60 metres Tyrone Swaray set a seasons best in his heat of 6.67, three hundredths inside the qualifying mark. Team mate Jonathan Barbour timed 6.86 easing down in the other heat.

Last year Michael Skinner helped pace a World Record in the two mile race. This year he was concentrating solely on his own performance. Disappointed with a personal best of 8.06 in the 3000 metres at the previous weeks European Trials he made another bid to better the European qualifying time of 8 minutes. He succeeded and dipped inside with 7.59 at the 3000 point in the 2 mile race. With his mission accomplished he then jogged the remaining lap to finish in 8.57. He now has to wait to see if this performance will be accepted as a qualifying time and if it is good enough to get selected.

At the same venue over the next couple of days some of the Club's top youngsters were in action at the AAA's Under 20 Indoor Championships. Top performer was Montell Douglas. Pipped in the 60 metres last year she returned to snatch the gold by the thickness of her Nike sponsored club crop-top as she won by just four hundredths of a second in 7.50. In 2004 she won the 200 but this year had to settle for the silver as she was beaten by Havering's Lucy Sargent. Nevertheless her time of 23.93 was a new personal best indoors and out and is a qualifying performance for this Summers European Junior Championships in Lithuania in July. It is also a new under 20 Club Record.

The Club's other medallist was Robert Bain who picked up silver in the 3000 metre walk for the second year running and again he was just outside the 14 minute mark recording 14.00.77.

Others to feature included Holly Williams who finished 6th in the Junior Women's walk despite being just 15 and so up to four years younger than the other athletes in the field. Clare Cooper returned from injury to qualify for the final of the 60 metre hurdles.

Daniel Haque looked good in his heat of the 200 metres winning in 22.47 but he had to withdraw from the semi finals with a tight hamstring. Rebecca Syrocki clocked a useful 58.9 in the heats of the 400 metres and Amy Godsell timed 8.00 to qualify for the semi final of the 60 metres.

Michael Whitehouse was the only field eventer in action. He finished in 5th place in the high jump with 1.94.

[National Cross Country Championships, Cofton Park, Birmingham](#)

Andy Rayner and Amy Dematos provided the two individual highlights of the day at the National Cross Country Championships at Cofton Park in Birmingham as the Club finished teams in nine of the ten races.

Andy in his first Senior National went off hard from the gun and in a field of over 1300 reached the top ten on the opening lap. Against many of the top Club runners in the country he hung on well to finish in 26th place over the 7.5 mile course.

Amy missed the Under 13 girls race at the Southern Championships at Parliament Hill last month but showed she may have got a medal there had she not been ill. Fully fit she had her best ever race, looking strong throughout to finish in 4th place from well over 300 runners.

She also led her training partners Danielle Critchley (28th), Rebecca Smith (79th) and Lucy Price (106th) to the Club's highest team position of the day as they closed in 7th position.

Rayners placing helped the Senior Men to finish in 15th place from over 100 teams, not as high as they had been hoping but with a squad hit by injury and illness a good showing from the next five counters who were Jamie Atkinson (145th), Ant Draper (152nd), Alex Gibbins (236th), Peter Tucker (242nd) and Jon Thorpe (280th)

The Senior women finished a useful 19th and had their largest ever number of finishers. Jennie Butler led the charge in 38th place with Bridget Davey having another useful run in 158th. Captain Kate Pratten had one of her best runs on the country and had the satisfaction of outsprinting Leeds City's former London Marathon winner and British record holder Veronique Marot down the home straight to finish in 183rd. Bella Clayton completed the scoring quartet in 226th.

Under 13 boy Stephen Cavey was the only Club member to lead a race during the afternoon. He hit the front in the first three quarters of a mile and hung on well to finish in 29th place. He led a very promising squad to 10th place overall with Jo Harding 59th, Philip Sesemann 75th and Robert Yates 134th.

It was 10th also for the Under 20 men's team of Ray Perkins, Chris Daniel, David Griffin and Dan Ryan while James Poole in 80th led the under 17 men's team of Jonathan Vintner, Richard Davies and Dale Willis to 19th place.

The women's team of Katie Murray, Bryony Proctor, Debbie Shearing and Sarah Coombs finished in 15th place. Going one better were the under 15 girls team of Amy Smith, Hannah Garcia, Laura Kastoryano and Catherine Chambers. The boys team of Alex Littlewood, Cameron Ward, Alistair Cliff and Beau Szczepanski were 32nd

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15 February 2005

[Indoors AAA's Championships and European Trials, Sheffield](#)

Liz Hughes was Blackheath & Bromley's most successful athlete at the AAA's Championships and European Trials in Sheffield. The 27 year old scooped the silver medal in the pole vault to go with the outdoor runners up medal she picked up last Summer.

She had first time clearances at 3.70, 3.85 and 3.95 but went out at 4.05 before Trafford's Janine Whitlock took the title with a new Championship best of 4.30. Unfortunately Liz's clearance is still some way off the European qualifying height of 4.25.

Someone who did achieve a European qualifying mark was Tyrone Swaray. His 6.68 in the first round of the 60 metres was two hundreds inside the qualifying time. He then ran 6.73 in the semis to make the Final where he clocked 6.75 for 6th place.

Jonathan Barbour also won his heat in 6.77 and then ran 6.75 in the semis and 6.76 for 8th place in the Final. Training partner Dwayne Grant qualified for the Semis after running 6.82 in his heat but did not start the next round.

It was a frustrating weekend for Dwayne who the previous day had been disqualified in the final of the 200 metres for a false start. He had qualified by running 21.39 and 21.51 in the heats and semis.

Highest placed of the Club's sprinters was Montell Douglas. Still a junior, she finished 4th in the Women's 200 metres with a seasons best of 24.18. She returned on the Sunday to run inside her previous best for 60 meters three times. She ran 7.52 in the heats and then timed 7.49 in the semi final, the 12th quickest ever by a British Junior athlete. She was just a hundredth slower in the final in finishing 7th.

Others who produced personal best were Sam Bobb who achieved an excellent 5th place in the triple jump with a leap of 15.09 and Michael Skinner who was 6th in the 3000 metres with 8.06.25.

Others in action were Fabian Collymore who ran 22.27 in the 200, Alloy Wilson (7.07 in the 60), Tawanda Chiwira (48.68 in the 400) and Bella Clayton (2.14.36 in the 800). Unfortunately Russell Bentley was disqualified in his heat of the 800 for running out of his lane but was, nevertheless, pleased to run another time of 1.51.

Also indoors three Club members were in action for Brunel University with the men winning and the women finishing in second place. Andrew Rayner set a new best for the 3000 metres as he finished second in 8.24.67. Tunde Balogun clocked 7.13 for the 60 metres and Christine Lawrence made a rare appearance in the shot with a putt of 7.68.

[Cross Country Kent League, Tonbridge](#)

Blackheath & Bromley's women were the overall winning club in the Kent League for the 2004/5 season. They secured their victory with another strong performance across the age groups in the last League match in Tonbridge. The senior women won on the day led home by Bridget Davey in 4th place. Miranda Porritt recovered well from an injury last week to finish in 6th and captain Kate Pratten had her highest ever placing to close in the scoring in 10th place. With Annie McDonough 18th, Carolyn Jones Baldock 23rd and Anne Cilia 27th they won the 6 to score competition as well. They were 2nd overall for the season.

It was 2nd overall also for the under 17 women. Debbie Shearing's reward for consistently good performances over the year was the finish the season as third overall individual for the season. At Tonbridge she finished in 9th place with Louise Smith 14th.

The Under 15 girls have looked near unbeatable all season and so it proved again with Amy Smith winning the race. Backed by Hannah Garcia in 3rd and Laura Kastoryano in 6th they won the race by four points and took the overall title for the year. To add to the celebrations Hannah Garcia was 2nd overall for the season.

The under 13 girls dominated their race with seven finishers in the top 16. Amy De Matos won by 24 seconds and with Danielle Critchley in 3rd and Rebecca Smith 5th they easily won the team race. If B teams had scored then Lucy Price (7th), Grace Power (10th) and Jenny Linker (12th) would have been third. Youngest member of the squad, Kayley Broadway showed there is more to

come in this age group with a fine 16th place.

The Senior Men had their best result of the year when they finished in 2nd place just 7 points behind Tonbridge. Jamie Atkinson was first home in 5th with super vet Alan Camp 11th, Peter Tucker 12th and Jon Thorpe 18th. Jonathan Vintner finished an excellent season with 5th in the under 17s race and with Richard Davies 10th and Dale Willis 13th the team were 4th on the day and 2nd overall.

Alex Littlewood was first home for the under 15s in 8th place with Cameron Ward 20th and Robert Shearing 28th.

There was another promising team result for the under 13 boys. Led home by Robert Yates in 7th, William Andrew in 11th and Gregory Proctor in 15th secured 2nd place on the day and for the season.

Missing from last weeks report, Shavaun Henry was 8th for Birmingham University in the women's short course race at the British Universities Championships in Leeds, an excellent performance and one that promises much for this weekends National Cross Country Championships which take place in Birmingham.

A number of Club members have been in road action recently. Dave Taylor finished in 3rd place at the Watford Half Marathon. His time of 68.10 was seven and a half minutes quicker than the next over 40 runner. Alex Gibbins was 14th with 75.58.

Some of the Clubs students competed in the Hyde Park Relays. In the men's race David McKinlay ran a good opening leg for the University of East Anglia to close in 7th in a large field. The race marked the return to competition of Dan Snow running for Portsmouth University. He has been out injured with knee trouble for two years.

The Bugler sisters Kate and Eve both ran for Oxford University with Eve helping the B team to third place.

Colin Poole has been continuing his amazing series of marathon races. His 152nd marathon was perhaps his most unusual. The Hamburg Marathon is a 48 lap course and is run in the underground roads in the city. The 67 year old enjoyed the occasion.

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8 February 2005

A hectic weeks Indoor action has seen athletes from Blackheath & Bromley set a European Record, a new Club record, produce nationally ranked performances and set numerous personal bests.

Many of these came in the Indoor Open Meeting at Sutton Arena. The European record came from Helen Godsell. She celebrated her 51st birthday two days early by breaking her own European Masters Over 50's 60 metres record by 0.05 of a second when she timed 8.25 in the first round heats. Her 8.43 in the second round was not so quick but it seems there is more to come.

Club record came from Scott Huggins in the under 17s pole vault. He made a massive improvement to clear 3.95 metres and it seems only a matter of time before he breaks through the 4 metre barrier.

The afternoon began in explosive style with Tyrone Swaray, fresh from competing in the Glasgow Indoor International the day before, blasting out the blocks to post a 6.7 hand time for the 60 metres, one tenth of a second clear of Club mate Jonathan Barbour.

Barbour produced the best possible response in the second round as he won in an electric timed 6.71, a hundredth of a second outside the European qualifying time.

Also in the 60 metres, Duayne Bovell timed 7.10 and 7.11. James Alaka had his first race in the under 17 age group but was pipped by new member Danny Dooley with both timing 7.24. The rematch saw James time 7.14 with Danny also improving to 7.23.

David Torku (7.25) Aston Stockdale (7.68), Daniel Hammond (7.76) Shane Henry (7.84) Dane Cole (7.94) and Andrew Jordan (8.21) all showed promising form. Apart from Helen Godsell, highlight in the women's races was the performance of first year under 17 Serita Solomon who posted an outstanding 7.74. Helen's daughter Amy timed an excellent 7.83.

Others to perform included Vicki Cole (8.01), Sarah Harrison (8.32), Rebecca Cook (8.65), Jessica Matthews (8.58), and Georgia Crosbie (8.77) The Club's hurdlers won every race in which they competed. Under 20 Harriet Robinson's 8.85 in the 60 hurdles so impressed the organisers of this weekends European Championship Trials in Sheffield that she has been invited to take part and compete against the best Seniors in the country.

To emphasise her good form on the flat, Serita Solomon sped to 8.73 over the sticks with fellow under 17 Alex AlAmeen a class apart in the men's races winning in times of 8.32 and 8.33.

The Club's pole vaulters were out in force. As well as Scott Huggins Club Record, Allan Williams was just 6 centimetres off his European Over 50's record when he also cleared 3.95. He coaches Great Britain International Liz Hughes who won the women's event with a 3.80 clearance and Scott's coach Simon Tolson went over 3.65.

Rachel Arnheim and Emily Godley both cleared 2.85 in the under 17 women's contest while at the other end of the age range 71 year old Jim Day cleared 2.55.

Sam Bobb leapt a useful 6.55 in the Senior Men's long jump; Jessica Matthews won the under 15 girls high jump with 1.35 and Jade Castell Thomas took the under 17 women's triple jump with 10.77.

There was a hat trick of personal bests from the Herbie Kuenstlinger throws group with Sarah McGuire second in the under 15 girls shot with 9.49 and Katherine Jones 3rd (8.12) and Banke Jeniyo 4th (7.70). Andrew Jordan threw 10.29 in the boys event.

More B & B athletes have been in action in the Midland Open Meetings at the Indoor Arena in Birmingham. Last weekend, Great Britain Junior International Montell Douglas bounced back from recent hamstring niggle to win the 200 metres in 24.80.

Neil Simpson showed he is in good shape by running 22.32 in the 200 metres and Michael Champion made a rare indoor appearance to time 22.76. Dominic Parsons and Marvin Riley timed 7.24 and 7.29 in the 60 metres.

Montell was back in Birmingham this weekend winning the 200 metres in 24.46 the same time as the runner up. Russell Bentley ran his fastest ever 800 metres indoor or out as he timed 1.51.20 for third place and there was a useful 1.59.77 from David McKinlay.

Allan Williams again cleared 3.95 in the vault while there was a one-two in the under 17 girls vent with Rachel Arnheim clearing 2.80 and Lauren Blackie 2.65. Lauren also set a personal best in the triple jump as she leapt 11.02 with training partner Jade Castell Thomas third in 10.72.

A number of the Club's young sprinters enjoyed their first ever taste of competition at the National Indoor Arena. Katrina Cosby ran 26.63 for the 200 with Sarah Harrison 28.44, Katie Vistuer 28.32 and Rebecca Cook 28.91. More promising times came in the 60 metre races with Sarah Harrison (8.44), Grace Sheppard (8.45), Jessica Matthews (8.51), Rebecca Cook (8.63) and Katie Vistuer (8.79). Jessica was also 3rd in the high jump with 1.40 and Katrina also third in the long jump with 4.52.

Meanwhile at the open meeting at Windsor Duayne Bovell improved his seasons best in the 60 metres with time of 7.05.

Highlight outdoors was the performance of Andrew Rayner at the British Universities Cross Championships at Leeds. He had one of his best ever runs to finish in 10th position just five places behind last weeks Southern runner up Frazer Thompson. New member Andrew Moreton finished in 60th place. A number of girls were in action at Inter County match at Basildon. Best placed was Katie Murray in the under 16s race as she finished 8th with Rebecca Taylor 13th, Sarah Coombs 56th and Lauren Smith 71st Sophie Cowper was 11th in the under 14s race with Hannah Garcia 23rd and Rebecca Smith 27th. Bryony Proctor was 21st in the under 18s.

The Club won its annual mob match against Ranelagh Harriers by a mere three points. This is possibly the smallest winning margin in the race's History as the teams scored 26 a side. First home for the Club was Anthony Draper with Peter Tucker third and Rob Hall eighth.

First woman home was Kate Pratten with an injured Miranda Porritt second and Clare Ludwig third With the match being so close the sprint finishes of Ian Taylor and Richard Hall made the difference. Cheered on by team captain Nick Gasson they out kicked their Ranelagh rivals lowering the B & B score by 2 points and increasing the oppositions by 2 at the same time.

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1 February 2005

Three of Blackheath and Bromley's top sprinters were on International duty at the weekend. Tyrone Swaray travelled to Glasgow to compete against Olympic 4x100 gold medallist Jason Gardener over 60 metres. He finished in 6th place.

Dwayne Grant was in the 4x100 squad for Paris but did not get to run and while the winning quartet received MBE's Grant received notification that he would no longer be getting Lottery Funding. Team mate Julian Golding, the fastest Briton over 200 metres in 2004 has also been dropped.

Grant travelled to Budapest for his first race of the Winter and clocked 6.74 and 6.79 for the 60 metres just outside the European Indoor qualifying time of 6.70. Fabian Collymore, representing Wales timed 6.91 and 6.92. From there Collymore moved on to Bratislava where he recorded times of 6.93 and 6.94 for the 60 metres and also 22.22 for the 200

Dave Taylor, at the age of 41, led the Club's Senior Men's team to 4th place in the Southern Cross Championships at Parliament Hill Fields. He finished in 6th place overall in a field of over 800 runners from Clubs from the 19 counties that make up the Southern region. There were 63 clubs that finished a team.

Welsh International Joe Mills returned to action to place 41st while former champion Spencer Newport was 51st. Youngster Jamie Atkinson performed well placing 70th on this testing 9 mile race just a week after representing England over 1500 indoors. Alex Gibbins (114th) and Richard Daniels (140th) completed the scoring 6.

They were the first Kent team to finish but with only 11 finishers had to relinquish the Camden Cup which is presented to the first Kent Club that closes 12 runners.

Jennie Butler finished in her highest ever position in these Championships closing in 9th in the Senior Women's race. With Miranda Porritt in 4th, Captain Kate Pratten 128th and Annie McDonough 138th the Club were 15th in the team competition and, like the men, the first Kent team to finish.

Best team performance in the younger age groups came from the under 13 boys who came 4th. Promisingly three of the quartet will still be in this age group next year. Stephen Cavey was first home in 27th place with Joe Harding 45th, Robert Yates 51st and Philip Sesemann 59th.

Next best team performance came from the under 15 girls. Amy Smith, Rebecca Taylor and Hannah Garcia dominated the County Championships with a clean sweep of the medals and these were the Club's first three home again with Amy 26th, Rebecca 43rd and Hannah 63rd. The improving Laura Kastoryano completed the scoring quartet in 68th position.

Katie Murray continued her recent good form in the under 17s women's race. She was 23rd in her first year in the age group and with Bryony Proctor 45th, Debbie Shearing 54th and Sarah Coombs 68th they finished 7th overall and first Kent club.

In the Under 17 men's race Jonathan Vintner showed the fruits of the hard training he has been doing this Winter and was first home for the Club in 62nd place, with Danny Brewer just behind in 68th. Richard Davies 122nd and Dale Willis 125th completed the scoring and helped the team to 12th place.

Despite not being at full strength the under 13 girls still finished 15th. First home was Danielle Critchley with an excellent 26th place. Grace Power ran well to close 64th with Jenny Linker in 109th and Kayley Broadway 115th. Alex Littlewood led the Under 15 boys home in 48th place and with Alistair Cliff 110th, Cameron Ward 127th and Robert Evans 137th they were 17th overall and 2nd Kent team after finishing 5th in the County Championships earlier in the month.

The Club were not able to complete teams in the under 20s age groups. For the women Ella Fisher was 26th and Rachel Chadwick 40th while Chris Daniel started the men's race but retired after the first lap.



25 January 2005

Michael Skinner continued his high profile Winter campaign at the Reebok Cross Challenge in Cardiff. The Blackheath & Bromley athlete finished 7th in a very strong field.

Also in Cardiff, two of the Club's athletes were in action at the Jeff White Motors Indoor International. Jamie Atkinson was 3rd in the 1500 in 3.56.62 while Welsh International Fabian Collymore was 5th in the 60 metres in 6.99. The previous week at the same venue Bella Clayton opened her indoor campaign with an emphatic win in the 800. She timed 2.13.91 nearly 10 seconds clear of the runner up. She was pleased to follow this with a 58.56 clocking in the 400 metres.

In the men's events Bob Minting recorded an excellent time for a 54 year old of 2.09.47 for 800 and under 20 Marvin Riley produced a useful 7.29 in the 60 metres.

There were a number of personal bests set in the younger age groups at the London Indoor Sprints Festival at Haringey. In the Senior age group Neil Simpson and Bomene Barikor made their first appearances of the Winter with Neil recording times of 7.15 and 7.19 for 60 metres while Bomene restricted himself to one race in which he clocked 7.25

In the Under 17s race Lauren Blackie showed remarkable consistency to time 8.17 twice, a new best. New girl Janet Kuti ran 8.45 and 8.38 while Helen Jordon timed 8.53 and 8.61.

Daniel Hammond produced very useful times of 7.93 and 7.84 in the under 15's age group with Andrew Jordon 8.41 and 8.25 and Jessica Matthews 8.57 also setting new bests.

Many of the Club's youngsters were in action at the County Schools Cross Championships and hoping to secure selection for the County at the English Schools Championships in March.

At the Kent Schools at Brockhill Country Park in Hythe the Club's girls featured prominently. For the first time there was a race for year 7 runners and here Danielle Critchley finished in 2nd place in 10.47 with the promising Amy Mitchell in 9th in 11.38.

It was second too for Amy DeMatos in the Junior Girls race, an excellent run in her first year in the age group. Rebecca Smith was 6th and Hannah Garcia 7th.

The Intermediate and Senior Girls races were combined. First home was Rebecca Taylor in 5th place with Ella Fisher 11th, Bryony Proctor 15th and Sarah Coombs 16th.

Stephen Cavey was 16th in the Junior Boys race.

Meanwhile at Reigate in the Surrey Schools Championships Sophie Cowper was 4th in the Junior Girls race with Laura Kastoryano in 14th.

There was a poor turn out of Seniors at the Inter Club match at Roehampton. Giles Clifford finished in 2nd place but he was running for the Bank Of England. Otherwise the only other Club representatives were Graham Coates in 17th and Nick Barber in 43rd.

The 25th London Marathon takes place on Sunday the 17th of April and on the same day the 19th mini marathon will be run over the last 5km of the course finishing in the Mall.

Trials for the Bromley team for this years London Mini Marathon take place at Norman Park Track on Sunday 6th February with the first race at 10.15. Races are open to any boys and girls aged between 11 and 17 on the 17th of April and they must either live or receive full time education within the London Borough Of Bromley.

Eight athletes will be selected for each of the six age group teams and a minimum of four of those will be runners who take part in the Trials, including a "wild card" in each age group. This means that everyone who takes part in the Trials has the opportunity to gain selection for the Bromley team and be part of the Marathon day on the 17th of April. The Trials are supported by Blackheath & Bromley Harriers AC in partnership with the London Borough Of Bromley and the Bromley Mytime trust. For an entry form please send a stamped addressed envelope to Dave Liston 70 Serman Drive, Swanley, Kent. BR8 7HT. Entries close on Monday 31st January.



18 January 2005

Members of Blackheath and Bromley have figured prominently in some of Britain's major Athletics meetings in the last ten days. Michael Skinner travelled to Scotland to grace the nation's television screens in the Great Edinburgh International Cross Country meeting and finished 2nd in the 4km race.

After a cautious start he moved quickly through the field but had to settle for the runners up position behind Morpeth's Nick McCormick. In doing so he claimed the scalp of Olympian John Mayock. To complete a successful day for the Club, Cameron Ward was an easy winner of the under 15 boys mile race.

Part of the reason for Skinner's slowish start was that he has been nursing a hamstring injury that prevented him from racing the previous weekend at the Reebok Cross Challenge in Belfast.

However, the Club was represented here as former British marathon International and Club Vice President Bill Foster finished in 6th place in the veterans race over almost 6km. Bill who is heavily involved in coaching at Loughborough University was the first over 45 runner timing 20.48.

Up in Blackburn, at Witton Park, Tim Dickinson regained the Lancashire Cross Country title that he last won in 2003. He also won it in 2002 and 1996 and also as a junior. He made a late decision to run and was a comfortable 11 seconds clear of the runner up despite "not feeling that good" As a former champion he will now be looking forward to the South Of England Championships at the end of the month.

Down in Cardiff last week Fabian Collymore missed out on retaining his Welsh Indoor 60 metre title when he finished 2nd. It could not have been much closer as his time of 6.92 was the same as that of the winner. This weekend the Welsh International travelled to Loughborough for the Indoor Meeting there and improved his season's best to 6.89.

Also in action were three of the Club's other top Seniors. Former European Under 23 Champion Jonathan Barbour timed 6.79, Tyrone Swaray 6.82 and 400 metre runner Alloy Wilson moved down in distance to clock 6.87, just three hundredths outside his best.

First year under 15 athlete Jessica Matthews had an outstanding day at the South Of England Pentathlon Championships at Bedford. In 2004 she was ranked joint 8th in the country in the high jump with 1.48. The first event in the pentathlon was the high jump and she excelled herself by clearing 1.52 to take the lead in the five event competition. She was 3rd in her heat of the 60 hurdles with 10.61 and then set another new personal best of 4.44 in the long jump. A rare appearance in a shot contest saw her putt 6.43 metres and she rounded off the five events with 8.70 for the 60 metres. This placed her 5th overall with 2535 points a personal best on top of the five bests she set in the individual events.

There were a couple of notable performances at the City Of Manchester Indoor Meeting a couple of weeks ago. Montell Douglas moved up in distance for some endurance work and won the women's 300 metres in 40.99. In the men's 800 Russell Bentley ran a useful 1.53.77 for second place.

Back in West Wickham there was a good turn out for the Club's open 10km cross country race which incorporated the B & B veterans championships and a race against the Bank Of England.

Winner was Anthony Draper who cantered around the testing course to record a time of 36.59 over a minute clear of Ciaran Osbourne. John Thorpe took third place while it was good to see track specialist Steve Cooper back in action in 4th place.

First home in the over 40s race was Mark Ellison in a time of 40.50. There was a double celebration for runner up Ian Taylor as not only did he pick up the silver medal but he also beat Ken Daniel for the first time. Steve Pairman took the bronze in the over 40's while Daniel headed the over 50's field with Graham Coates second and club triple jump champion Rob Brown third.

Mike Cronin won the over 60's race ahead of Tony Pontifex and John Copley, with David Churchus taking the over 70's title from Ron Chambers.

First woman finisher in the race and winner of the veteran's contest was Bridget Davey who was 25th overall out of a field of 70. Her time of 46.07 was over two minutes quicker than Kate Pratten with Annie McDonough producing another good run for third. Annie picked up silver in the veterans championship with Angela Cook in third.

The race also incorporated the latest in the Bennett Handicap race series. Winner in this was Bridget Davey with Leo Swan second and Annie McDonough third.

On the roads Chelsea O Rawe Hobbs was first under 13 at the Enfield walks meeting. She timed 18.56 for the two mile event.

At the Metropolitan Police 10km at Imber Court three second claim members were in action with Peter Hannell 18th, Shaun Lightman 20th and Nolan Simmons 25th.

A number of Club members were in action at the Dartford 10 Mile Road Race. First home was Con Griffin in 55th place in 1.03.58 followed by Trevor Simmons in 67th and John Turner 214th.

[London Mini Marathon.](#)

The 25th London Marathon takes place on Sunday the 17th of April and on the same day the 19th Mini Marathon will be run over approximately the last 5km of the course, finishing in the Mall. Trials for the Bromley team for this years London Mini Marathon take place at Norman Park Track on Sunday 6th February with the first race at 10.15. Races are open to any boys and girls aged between 11 and 17 on the 17th of April and they must either live or receive full time education within the London Borough Of Bromley.

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The Final rankings for the 2004 season have now been published and cover the veterans lists. A number of the Club's athletes figure prominently across the various age groups. What this means is that the Club last year had athletes who were the best in the country from under 13 year olds to those over 70.

Dave Taylor dominates the men's middle distance events in the over 40 category. His time of 29.44.95 for 10,000 metres is over two minutes quicker than the second ranked athlete. His 13.53.13 in the 5,000 is nearly 50 seconds quicker than the runner up and the double European Masters Champion also heads the 3000, 1500 and 800 lists. He also heads all the Masters road race rankings from the half marathon downwards.

Former Commonwealth Games champion Myrtle Augée is 2nd in the over 35s shot with a putt of 13.71. Second claim member Angie Alstrachen's time of 8.45.2 places her third in the 2000 steeplechase. Bill Foster heads the over 45's lists in the 5000 metres (15.23.30) and 1500 (4.10.85) and is also second in the 3000 with 8.59.02. (His twin brother Jonathan is third in the 3000 steeplechase.)

In the field events Alan Hardy is joint first in the pole vault with 3.40 while former member Peter Yates is javelin number one. Allan Williams cleared higher than Hardy but is an over 50. His best was 4.15 a full 75 centimetres better than the runner up.

Also in top place in the age group is Helen Godsell who is quickest in the 100 metres with 13.3. She is also 2nd in the 200 metres with 27.98. Her brother Bob Minting is third in the 800 with 2.05.1.

Past President Colin Brand is top of three throwing events in the over 65s with throws of 39.51 (javelin), 39.91 (discus) and 10.75 (shot). Almost as dominant in the over 70's category is Gordon Hickey. He is nearly 2 metres clear in the shot with a putt of 13.11. He is also first in the javelin with 32.96 and second in the discus with 34.31. Jim Day tops the pole vault list, his clearance of 2.71 being over a metre clear of second place. He also leads the high jump (1.22) and the 60 hurdles (11.88) and is second in the 100 hurdles with 16.05



11 January 2005

The news that John Hoy is missing and presumed dead after the tsunami in Thailand has cast a shadow over Blackheath & Bromley's activities over the last week. John, his wife and three children were on holiday at Khao Lak were swept away by the waters. Only his wife has survived. The bodies of two of the children have been found while John and his eldest son are missing.

Before moving from Orpington to Bangkok to take up a post with the Department Of International Development a couple of years ago, John was a regular down at the Club and has been back to visit since. He represented the Club in cross country, road and track fixtures and ran 2 hours 52 minutes for the London Marathon in 2002.

Club President Margaret Baldwin commented "I was shocked, as I am sure all members were, to hear about the tragic death of John and his children in the tsunami disaster in Thailand. I remember him as a quiet man who enjoyed his Wednesday training runs from the Clubhouse and participating in our cross country races at Hayes. We will miss him and our thoughts go out to his wife and other members of his family. Cases such as this bring the tragedy so much closer to home."

On a busy and important weekend of Athletics, Blackheath & Bromley enjoyed Championship success both indoors and out. At the South Of England Indoor Championships at Bedford there was a marked increase in the number of medal winners from last year.

In 2004 the Club had one gold medal winner but this year there were four. Leading the way was Rachel Arnheim who won a very competitive under 17 women's pole vault contest with a clearance of 2.90 metres to equal her own Club record. Runner up was Emily Godley who equalled her best of 2.80 and like Rachel is in her first year in the age group. To emphasise the healthy state of vaulting at the Club, Scott Huggins clinched gold in the men's event with a clearance of 3.30.

Jessica Matthews took the under 15 girls high jump title with a clearance of 1.40 in her first contest of the Winter while on the track Alex AlAmeen blasted to victory in the under 17 men's 60 metre hurdles with a very useful time of 8.59.

Missing from the under 17 women's vault contest was Lauren Blackie who jarred her back as she picked up the silver medal in the triple jump with a new best of 10.75. This also restricted her in the long jump where she had to settle for 8th place with a leap of 5.13.

Great Britain Junior International Michael Whithouse opened his Winter campaign by picking up the bronze medal in the high jump with a clearance of 2 metres. Fellow International Montell Douglas did not fare as well. She cruised through her heat of the 60 metres in 7.86 but then had a problem with her hamstring after winning her semi in 7.75. She did not start the final.

In the men's event Daniel Haque won bronze in 7.13 in his first year in the age group and there were also third places in the under 17 women's shot for Shaunagh Brown with 10.60 and in the under 15 girls event for Sarah McGuire with 9.02.

A number of other athletes were in action and although they did not make the medals there were some encouraging performances. The heats of the under 15 girls 60 metres were particularly impressive as out of the five races four were won by Blackheath & Bromley athletes. These winners Rebecca Cook (8.64), Sarah Harrison (8.52), Grace Sheppard (8.71) and Katrina Cosby (8.39) all qualified for the semi final with Katrina progressing to the final where she was 4th with 8.53.

Aston Stockdale just missed out on a place in the boys final after timing 7.79 in the semi while Bath university student Marvin Riley clocked 7.35 in the quarter final of the junior men's event.

Nina Akif missed out on a place in the under 17 women's 60 metre hurdles final as finished 2nd in a run off after four athletes ran 9.6 in the hand timed semi finals.

First year senior Alex Pope had a busy time. Unfortunately he no heighthed in the pole vault but he was 4th in the 60 metre hurdles final with 9.34 and was 5th in the shot putt with 10.49

Dave Taylor continued his recent rich vein of form winning the Surrey County Cross Country title at Lloyd Park the day before his 41st birthday. The Club enjoyed a most successful day at the Kent County Championships at Wilderness School, Sevenoaks with seven individual medals and eight sets of team medals.

Thirty Clubs sent athletes to these championships but B & B were the only Club to complete a team in all ten age groups.

Best result of the day came in the under 15 girls race where the Club's athletes produced a clean sweep of the individual medals. Defying the windy conditions Amy Smith quickly made her way to the front of the field and that was where she stayed eventually shaking off her Newstead Woods schoolmate Rebecca Taylor to win by 24 seconds.

Behind them Hannah Garcia had one of her best ever runs to move through the field to take third place. This gave the Club a team victory with the minimum possible points score. Like Hannah, Lauren Smith had one of her best ever runs to close in 7th while Catherine Chambers showed that there is strength in depth in this age group with a fine 13th place. Encouragingly Amy, Hannah and Catherine are each in their first year in this age group. Jennie Butler was the only female athlete to pick up three medals on the day. She claimed the bronze medal in the Senior Women's race and with Bella Clayton in 12th and Miranda Porritt in 13th the trio won silver medals in the team race a tantalising one point behind Invicta East Kent

History was then made as the Club won the 6 to score Women's competition for the first time as former under 13s champion Fran Green placed 17th, team captain Kate Pratten closed in 34th and super veteran Annie McDonough completed the scoring in 36th place.

No County Championship would be complete without a sprint finish from Anne Cilia and the Club's veteran captain did not disappoint her public with a blistering last 50 metres to finish just three seconds down on Clare Ludwig as they placed 40th and 41st. It was gold also for the Junior Women's team as Birmingham University student Shavaun Henry led the squad home by winning the silver medal. Oxford University student Eve Bugler closed in 5th with Ella Fisher 6th and former sprint hurdler Rachel Chadwick 9th.

The gold medal charge had started earlier in the day with the under 13 girls. Here Amy De Matos took a well earned silver medal and with team mates Rebecca Smith and Danielle Critchley stormed to a 15 point victory over nearest challengers Tonbridge. Grace Power in 14th and Jenny Linker in 20th showed that the Club has the talent to figure prominently in the 4 to score Southern Championships at the end of the month.

One of the best finishes of the day came in the under 17 women's race where Katie Murray eventually had to concede advantage and settle for second place. Nevertheless this was a fine run from an athlete in her first year in the age group and quite an improvement from 2004 when she was 6th in the under 15 girls race. Ever reliable Bryony Proctor in 9th and the promising Debbie Shearing in 13th ensured the Club won bronze medals in the team race. Surprisingly, for a team that has the potential to figure prominently at National level, the Senior Men did not feature in the medals being pipped for third place by four points by Tonbridge. Injuries and illness were the main reason for this and it is probably true to say the team could actually finish higher in the South Of England Championships at the end of the month. Closing 6 runners in 33 would normally pick up some colour of team medals but the Club only had one athlete in the top 20. This was Brunel University student Andrew Rayner who duplicated last years 4th place another very good run. Jamie Atkinson 24th, Anthony Draper 27th, Alex Gibbins 28th, Peter Tucker 31st and super vet Alan Camp in 33rd place completed the scoring and the Club placed third in the 12 to score contest.

Best placed male team were the under 13 boys who finished in second place behind an impressive Tonbridge squad. Just as pleasing as the silver medals was to see such a large number of athletes competing and knowing that the majority are in their first year in the age group. Stephen Cavey led the charge in 6th position with Joe Harding 9th, David Peatfield 11th and Robert Yates 12th.

The under 20 and under 17 teams both picked up bronze medals. First home for the under 20s was Ray Perkins in 5th place handily backed by Chris Daniel, Cameron Bennetts and Cambridge University student Michael Leal.

The under 17s sneaked third place by one point from Kent AC with James Poole in 11th, Danny Brewer 12th, Richard Daniel 19th and Jonathan Vintner 21st. Sam Simpson was first home for the under 15s in 14th place after a good tussle with Alex Littlewood who closed in 16th. Backed by Cameron Ward in 26th and Alistair Cliff in 30th they finished 5th in the team race.



4 January 2005

Not surprisingly it has been a relatively quiet couple of weeks for the athletes of Blackheath & Bromley, but there have been some significant results most notably at the Welsh Indoors Meeting in Cardiff.

Unbelievably there is no indoor 200 metre track in the 19 Counties that make up the South Of England and so to gain vital indoor experience for the forthcoming Championships a small number of athletes travelled to South Wales to compete. In fact the nearest indoor 200 metre track for Club members may be in France. Daniel Haque showed good early season form by winning the Under 20s 200 metre title in 22.47 having timed 22.91 in his heat. The experience of running on the camber in the heat no doubt helped him to go faster in the Final.

David Torku timed 23.32 in the heats and showed that it will not be long before he dips under 23 seconds. Under 15 athlete Aston Stockton impressed in his heat of the 300 metres timing 39.94. However, the start time of the Final was rescheduled which meant that he was not given enough time to warm up. He had to settle for 2nd place in 40.14 behind the English schools 400 metre champion. For the Seniors Russell Bentley finished in 2nd place in the 1500 metres. Earlier Aston had been competing in the pole vault where he was just below his best with a clearance of 2.50.

Also in action in the women's vault were Rachel Arnheim and Lauren Blackie. Rachel cleared 2.80 and was not far from clearing 3 metres. Lauren nearly cleared 2.80 but had to settle for equalling her best of 2.60.

Outdoors Shavaun Henry was in action at the Last Friday of The Month 5km in Hyde Park. She finished 54th overall in 18.55. At the same venue the following day David Beadle was 53rd in the New Years Day 10km in 40.07.

The Senior track and field rankings for the 2004 season have now been published with 27 athletes from Blackheath & Bromley featuring in the men's and women's lists. Highest placed is Julian Golding who was the fastest British male over 200 metres last year. Unfortunately his time of 20.41 was achieved at the start of the season and a subsequent dip in form meant that he did not achieve his goal of making the Olympic team.

The Club member who did make the flight to Athens was Dwayne Grant who travelled as part of the 4x100 metre squad. However, with good depth in British sprinting at present, the 200 metre bronze medallist at the AAA's Championships and Olympic Trials had to watch from the stands as Britain beat the USA to take the gold medals. In recognition of his Olympic selection he has been made a Life Member of the Club.

Grant's selection came despite the fact that he spent much of the Summer injured and there is no doubt that he would have run quicker than 10.49 for the 100 and 20.90 for the 200.

Just behind Grant and Golding in the 100 metre rankings is former European Under 23 champion and World Championship 4x100 metre representative Jonathan Barbour. Like Grant injuries prevented joint Club 100 metre record holder Jonathan from showing his best form but hopefully with an injury free Winter he will be able to mix it with the best in the land.

Fabian Collymore made a good transition to the Senior ranks and was Welsh indoor and outdoor champion and he also features in both the 100 and 200 metre rankings.

Add to this quartet the talents of 6.63 60 metre sprinter Tyrone Swaray; GB 2002 European Indoor Championship representative "Lash" Lashore; and former Southern 200 metre bronze medallist Michael Champion plus a further five athletes who dipped under 11 seconds in 2004 then there is good reason to suggest the Club has the strongest male sprints squad in the country. Certainly in 2004 the Club had more sub 11second 100 metre sprinters than National champions Belgrave.

The Club colours also figured prominently in women's sprinting this Summer when Shaftesbury Barnet's Abi Oyepitan won the 100 metres at the AAA's Championships and Olympic Trials wearing a Blackheath & Bromley crop top. Had she worn it in the 200 metres she might have won that as well but she had to settle for the runner up spot.

The Club's top female sprinter in 2004 was AAA's Junior Indoor 200 metre champion Montell Douglas. Still with one year left as a junior she was hampered with injuries but still placed 17th in the 200 metres and 23rd in the 100. Top female athlete of the year was Liz Hughes. She finished second in the pole vault at the Olympic Trials but her clearance was not high enough to make the British team for Athens. It did nevertheless give her her first full Great Britain International vest. Her best clearance of 4.10 was the third highest in the country in 2004.

Club 400 metre record holder Tawanda Chiwira does not feature in the main ranking as he is from Zimbabwe but his time of 46.97 would have placed him fairly highly albeit in a season where he was some way off his best of 45.26 (a time that would have put him 2nd in this years lists).

It was good to see former World Junior Finalist and Club Junior record holder Alloy Wilson returning to form and his time of 47.86 making the lists. Bella Clayton's 55.7 puts her into the women's list.

AAA's 1500 bronze medallist Michael Skinner features in 4 events, the 800, 1500, 3000 and 5000. He is 12th quickest in the 1500 and 3000.

Ahead of him in the 5000 is 40 year old Dave Taylor who is placed 9th with 13.53.13. He is also 11th in the 10,000 metres with 29.44.95 and on the road lists is 7th over 5 miles (23.53), 5th over 10 miles (49.14) and 8th over the half marathon (65.03) Also placed in the 10,000 is Barry Stephenson with 31.51.77 and Spencer Newport (2.22.31) and Rory Byrne (2.29.49) appear in the marathon lists in 19th and 49th positions.

The Club was pleased to welcome Edward Harrison to the Club at the end of the season. Edward, who joined from Medway and Maidstone, is the third quickest junior 400 metre hurdler in the country in 2004 with 52.61 and is 17th in the Senior rankings.

Training partner Harriet Robinson, who is also a first year junior, makes the women's sprint hurdles list with her time of 14.41.

Another Junior to figure prominently in the Senior lists is Michael Whitehouse. He enjoyed a successful Summer, gaining his first Great Britain Junior International vest, and finishing the season with a 2.10 clearance in the National Junior League Final at Derby. This height was the third highest by a junior athlete in the country in 2004 and placed him in 18th place in the Senior rankings. Like Harrison he still has a year left in the Junior age group.

Junior team captain in 2004 Tom Robinson also features in the rankings as he makes the Senior pole vault lists with his clearance of 4.30. The other jumper to feature is Sam Bobb who completed a most successful return to competition to set a new best of 15.13 in the triple jump. This leaves the former Great Britain Under 23 International 14th on the Senior lists.

Junior International Sandra Alaneme placed 26th in the women's list but injuries prevented her from jumping further than the 12.04 she did achieve. She still has a year left in the Junior age group.

Patrick Boundy's 64.56 places him 24th in the javelin rankings which is good considering he was carrying a shoulder injury for much of the season and was also preparing for his wedding in September. Promisingly Under 17 Stuart Harvey also made the Senior lists with his throw of 58.84 and training partner Christine Lawrence is 34th in the women's lists despite still having a year left in the under 20 age group.

Great Britain Junior International Amir Williamson was throwing the Under 20 weight Hammer for much of the season but he still made the Senior list by throwing the Senior weight 51.89.

Training partners Rachel Blackie and Victoria Thomas feature highly in the women's list despite being in the under 17 age group. Rachel, the English Schools champion is 24th with 48.06 with Victoria 29th with 47.26.

Myrtle Augée made a low key but very welcome return to competition for the Club during the season but her 13.71 in the shot still places her 10th in the country. The former Commonwealth Champion also sneaks into the discus rankings with her throw of 38.21.



