



Founded in 1869

# Blackheath & Bromley Harriers AC

Jan to Mar  
2008

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#### 25/03/08

Great Britain hosts the World Cross Country Championships this weekend at Edinburgh and amongst those in the GB squad will be Blackheath & Bromley's Michael Skinner. The former Langley Park pupil competes in the Senior Mens' race over 12.1km.

Last year he was the second Briton to finish when the World Championships were held in Mombassa, Kenya and he was also 17th in the European Championships in Spain last December.

Skinner is the UK Cross Challenge champion for the 2007-08 season. Points are scored in races throughout the Winter and he picked up 205 in total, four ahead of Tom Humphries of Cannock & Stafford.

Scott Huggins has broken the Scottish Under 20 pole vault yet again. He cleared 5 metres for the first time at the British Universities Championships at Sheffield to finish in second place. His height is also a new Club Junior record and sets him up nicely for the imminent outdoor track and field season.

There was silver also for Taiwo Sodeyi in the 60 metre hurdles in a time of 8.12. Second Claimer James Grocock picked up bronze in the long jump with a leap of 7.16. Taiwo also ran 7.15 in the semi final of the 60 metres. Daniel Haque qualified for the final with 6.97 and placed 7th in 7.05. New member Elaine Murty timed 2.17.21 in the 800.

A number of the Club's athletes have been in action at the World Masters Championships at Clermont Ferrand in France. Early news back is that Peter Hamilton has won Silver in the over 60's cross country which took place outside. In doing so he led the Great Britain team to gold.

There was gold too for Tom Phillips in the M50s 4x200 race. He helped the Great Britain team defeat a very strong German quartet. Tom also won the B 60 metre final and qualified for the final of the 200, the first time he has qualified for an individual final at a World Championship.

Time is running out for youngsters to enter two open meetings that the Club is hosting in April. The first takes place on the Saturday the 5th and is for school years 4 to 7. An Olympic torch will be on display at this meeting and the Club 's oldest Olympian Jack Braughton, who competed in the 5000 metres at the London Games in 1948 will be in attendance.

The second meeting takes place on the 12th of April and is for school years 7 to 11. Both events are opportunities for the youngsters who are interested in Athletics to take part in an early season competition.

Entry forms can be found on the Club website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk)

The Club operates a highly successful Bees Academy for School years 4 to 7 to encourage youngsters participation in sport and to develop their athletic potential to the best of their ability. This was where World Cross Country representative Michael Skinner started his Athletics career.

For further details visit the website at <http://www.blackheathandbromley.com/bees>

Older children should visit Norman Park track on a Tuesday and Thursday evening at 6.30 where they will be catered for. Please ask for John Robinson.




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#### 18/03/08

Michael Skinner has secured selection for the Great Britain team for the World Cross Country Championships at Edinburgh at the end of the month. The Blackheath & Bromley athlete finished in third place in the Trials race which was incorporated into the Inter Counties Cross Country Championships at Nottingham.

Skinner is well used to running for Britain at major championships. Last year he was the second Briton to finish when the World Championships were held in Mombassa, Kenya and he was also 17th in the European Championships in Spain last December.

At Nottingham, Andrew Rayner finished in 67th place with James Poole 107th and helped the Kent team finish 6th out of 30 teams. Shavaun Henry was 120th in the Senior Womens race. Alex Bruce Littlewood continued his return from injury with a useful 42nd in the Under 20 mens race.

Danielle Critchley rounded off a successful Winter campaign by finishing 39th in the under 15 girls race with Michelle Fewster 181st. For the boys Phil Sesemann was 46th with Hector Kurtyanek 75th. In the under 13s race Jessica Jones was 161st with Hannah Cook 290th.

A large number of Club members were in action at the Hastings Half Marathon. Jamie Atkinson continued his preparations for this years London Marathon by finishing 5th in 69.47 a very respectable time on what is a testing course.

Next home was Darryl Hilliar in 48th in 81.16 with Andy Tucker third in 82.27. First woman home was Jane Bradshaw in 194th with 89.33 followed by Kate Pratten (497th 97.12) and Carolyn Jones Baldock (797th in 1.43.11)

Results. 5th. Jamie Atkinson 01:09:47. 48th. Darryl Hilliar 01:21:16. 63rd. Andy Tucker 01:22:35. 69th. Robert Hall 01:23:14. 71st. Richard Hall 01:23:28. 77th. Antony Mulcock 01:24:01. 140th. Steven Pairman 01:27:27. 186th. Clayton Aves 01:29:19. 194th. Jane Bradshaw 01:29:33. 257th. Martin Blunden 01:31:23. 304th. John McConville 01:32:52. 497th. Kate Pratten 1:37:12. 504th. Trevor Delahoy 01:37:19. 567th. Mark Skelly 01:38:32. 645th. John Fenwick 01:40:25. 707th. Andy Riches 01:41:34. 797th. Carolyn Jones-Baldock 01:43:11. 838th. Annie McDonough 01:43:42. 877th. Justine Eastbury 01:44:20. 1245th. Chris Fulford-Brown 01:50:04. 2090th. Colin Poole 02:02:05. 2133rd. Ramon Saiz 02:02:34. 2896th. Fred Ward 2:18:07. 3002nd. Clare Pallen 02:21:09. 3005th. Jo Kift 02:21:09. 3109th. Alan Pickering 02:24:35. 3110th. Mike Cronin 02:24:35. 3149th. Colin Illingworth 02:26:10. 3169th. Tom Leeson 02:26:54. 3170th. John Leeson 02:26:55.

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## 11/03/08

Blackheath & Bromley were delighted to win the annual 7.5 mile mob match against South London Harriers at Hayes. Having been defeated in matches against Orion and Ranelagh the Club were in danger of suffering a hat trick of losses but a healthy turn out against SLH gave them the advantage they needed to secure victory as, with 37 a side, they score 1231 to the visitors 1634.

First home for the Club was Alex Gibbins in third place in 46.05 with Peter Tucker 4th (46.58) and Jamie Atkinson 5th (47.35). Leading woman was Jennie Butler who was 35th overall with Rosie Ferguson 40th and Jane Bradshaw 41st.

Two other events were incorporated into the race, the Club 7.5 mile championship and the 8th of the 9 Bennett Cup Handicap races. The placings for the 7.5 mile race were as above but the Handicap event threw up different names with women's cross country captain Kate Pratten winning from David Ellison and John Fenwick.

With just the Closing 5 Handicap on the 29th of March to take place, a number of athletes could still win the overall title. John Fenwick leads on 307 points just 8 clear of Nick Barber with Trevor Delahoy on 295 and Jane Bradshaw 294. With 60 points on offer to the winner of the final race, technically 17 runners could be the overall winner.

The field for the last race will undoubtedly be boosted by some who will be appearing for the Club photo which is taken every four years.

Some of the Clubs athletes were in action at the English Schools Championships at Sefton Park in Liverpool. Just to be selected for these Championship is an achievement in itself as each athlete has to qualify through their local and county schools championships to take part.

Alex Bruce Littlewood has been struggling with injury since emphatically winning the Kent Championships but despite his lack of fitness he finished in 68th and helped the Kent team to 7th place.

Phil Sesemann may not have finished as high as he would have liked in the Intermediate Boys race, he finished 71st, but he was part of the Kent team which won gold in the team competition ahead of 42 other teams. Hector Kurtyanek was not in the scoring six but had a useful run in 145th place.

In the same age group Danielle Critchley had a very good run finishing in 46th place and was part of the Kent team which finished in 4th place overall. Michelle Fewster placed 192nd. In the Junior Boys race Will Mercer finished in 179th place with Joseph Ewing 306th.




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**4/03/08**

Jamie Atkinson and Peter Tucker continued their build up to this years London Marathon with an impressive one-two at the Thanet 20 mile road race. The Blackheath & Bromley duo also helped the Club to second place in the team race.

There were over 400 finishers in what also doubled as the Kent Championships. Only five athletes dipped under the two hour barrier with Atkinson timing 1.52.30 to Tucker's 1.52.35. Darryl Hilliar was 17th in 2.11.46 to secure the runner up team spot.

First woman home for the Club was Justine Eastbury who finished in 162nd in 2.48.05.

Some of the Club's athletes figured prominently at the Inter Varsity match at Birmingham helping Brunel to victory. Montell Douglas set a seasons best of 7.33 to win the 60 metres. Montell has been named as a reserve for the World Indoor Championships in Valencia, Spain this weekend. Sandra Alaneme won the triple jump with a leap of 12.14 while Scott Huggins was just outside his best in the pole vault with a clearance of 4.90 for fourth place.

A small number of athletes from the Club were in action at the British Masters Indoor Championships at Lee Valley bringing back a disproportionate number of medals. Peter Hamilton is new to the over 60 age group and he celebrated with wins in the 1500 and 3000 metre races in 5.02.99 and 10.47.57.

Matt Richards is new to the Masters ranks but he impressed in the over 35s age group winning the 60 metres in 7.19. Also in the 60 Helen Godsell won the over 50s title and added silver in the 200.

Former Olympian Allan Williams, who is now back competing after a knee operation, soared over 3.70 to win the over 50s pole vault by 30 centimetres.

Most medals were won by Barabra Terry who won the over 60s hammer and picked up silvers in the shot and heavy weight.

Gordon Hickey took silver in the over 70s shot with a putt of 10.36. Tom Phillips just missed out on a medal in the 200 with fourth place in 25.82.

The trials for the Bromley team for this years London Mini Marathon took place at Norman Park with a number of useful performances. Cameron Ward comfortably won the 15-17 year olds boys race, his breakfast giving him more problems than the opposition! Robert Donohue and Daniel Kennedy took second and third. Danielle Critchley won the girls race from Amy DeMatos and Catherine Chambers.

Hector Kurtyanek took the 13 and 14 year olds race by the scruff of the neck and front ran to victory with Sam Jackson second and Greg Proctor third. Winner for the girls was Michelle Fewster followed by Sophia Maslin and Krystal Galley.

Most comprehensive winner of the day was Georgina Kennedy winning the 11 and 12 year olds race by a large margin from Louise Davison and Holly Fletcher. Luke Saywell came out on top in the boys race from Tom Scott and Louis Parkinson.




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**26/02/08**

Blackheath & Bromley's Senior Men produced an outstanding team performance in the National Cross Country Championships at Alton Towers. Buoyed by the presence of GB International Michael Skinner in the starting line up, the squad dug deep to place 8th out of 99 finishing teams.

This was Skinner's first "National" as a Senior and he started as one of favourites. However the testing, but short, course took its toll and he had to settle for 5th. Andy Rayner was well placed early on but then slipped to 46th. Jamie Atkinson came through to place 86th with Pete Tucker 99th, James Poole 100th and Alex Gibbins 128th. What was particularly encouraging was that this is a young team which could easily challenge for medals in the near future.

Siobhan Budd flew in from France to lead the Senior Women to 18th in the team contest. She finished in 61st with Jennie Butler 92nd, Jane Bradshaw 143rd and Kate Pratten 215th. As with the men this was encouraging as with a fully fit team they can finish much higher.

Performance of the day came in the very first race of the programme, the under 15 boys contest. Phil Sesemann had the race of his life to finish in 4th place, just pipped to the line for the bronze medal. He could not have given any more and spent sometime in the first aid tent afterwards.

Hector Kurtyanek had another good run to finish in 41st place while Sam Jackson had his best ever run for the Club as he placed 163rd. Will Mercer completed the scoring in 190th to secure 11th in the team contest.

Danny Brewer led the Under 20 men home in 61st place with Alex Bruce Littlewood, not fully fit after injury, 99th, Richard Daniel 160th and Jonathan Vintner 185th. Together they placed 14th in the team race. Stephen Cavey was the Club's sole runner in the under 17s age group in 72nd. Danielle Critchley was first home for the under 15 girls and backed by Michelle Fewster in 118th, Sophia Maslin 182nd and Mel Kane 214th they finished as 19th team.

Although the Club did not complete teams in the under 13 age group those who did run showed promise and gained invaluable big race experience. For the boys Adam Willis was 141st with Richard Webb 195th. For the girls Hope Stenning was 242nd and Holly Starling 285th.

Missing from Alton Towers was Scott Overall who is currently living and training in America. He has been in good form recently timing 4.01.18 for an indoor mile at Fayetteville. He would have been quicker had he not been tripped and boxed in.

Moving outdoors he won the Polar Bear 5 mile road race in an impressive 23.36 which leaves him in good spirits as he travels to Flagstaff Arizona for four weeks altitude training.

Anike Shand Whittingham was in superlative form at the England Athletics Indoor Under 20 Championships in Birmingham. She won the 60 metres in a new Championship Best of 7.47 bettering the previous record which had stood since 1991. She missed out on a medal in the 200 though, finishing fourth in 24.82 having timed 24.64 in her heat.

It was gold too for training partner James Alaka in the Under 20 mens' 200. He won in 21.87 to add to his bronze medal in the 60 metres where he timed 6.86.

Gold medal number three came in the 60 hurdles where Alex AlAmeen stormed to victory in a new best of 7.98, the first time he has broken the 8 second barrier. Second claim member Simon Merrill was close behind in third in 8.05.

There were also two silver medals in the field events with Scott Huggins runner up in the pole vault with 4.90 and second claimer James Grocock taking the same in the long jump.

Star of the under 17 age group was Dan Putnam who won the 200 metres in an impressive 21.94, a particularly fine effort considering his main event is the 400. He also struck bronze in the 60 metres in 7.04.

Tom Bensted burst through the 50 second barrier in the heats of the 400 with an excellent 49.81. However he could not quite replicate this in the final and had to settle for the bronze medal in a nevertheless very useful 50.19.



## 19/02/08

After no races all Winter due to injury and illness Montell Douglas put in two races in two days to show she is one of Britain's top women sprinters. At the Norwich Union Grand Prix in Birmingham the Blackheath & Bromley athlete timed 7.38 in the heats of the 60 metres. However, in a high class International field this was not good enough to make the final.

The next day she was in Sheffield competing for London South in the Indoor City Challenge. Here she won the 60 metres in 7.34 one of the quickest times in the country this year. Third in the race in 7.54 was Anike Shand Whittingham who broke Montell's Under 20 Championship record at the South Of England Indoor Championships last month.

In the field there was a sparkling new best from Shaunagh Brown who putt the shot 14.15. This gave her 5th in a high quality competition. Lauren Blackie leapt 5.32 in the long jump.

Scott Huggins continued his successful Winter by again breaking the Scottish Under 20 and Club Record in the pole vault. The performance came at a jumps International against the Netherlands at Lee Valley. He cleared 4.95 and is getting ever closer to breaking the 5 metres barrier.

On the roads two of the Club's top middle distance runners set personal bests at the Wokingham Half Marathon. In a strong field Jamie Atkinson finished in third place in an impressive 67.14 while training partner Peter Tucker placed 8th in 68.34. Their performances will no doubt give them increased confidence as they prepare for the London Marathon in April.

Chelsea O Rawe Hobbs won the womens' race at the latest Cambridge Harriers Winter League Walks races at Bexley. She timed 26.54.

The final Kent League races for men and women took place at Meopham. The women saved their best performance of the year to last as they won by 10 points to finish third overall for the season. Jennie Butler led the team home in third place in her first race for a long time due to injury. Veteran Rosie Ferguson finished 5th with Ella Fisher in 10th completing the scoring. Clare Lodwig finished 16th, Kate Pratten 20th and Carolyn Jones Baldock 33rd.

For the men Alex Gibbins was first home in 16th place and with Dave McKinlay 18th, Alex Bruce Littlewood 19th and Nick Gasson 29th the team finished third on the day and also third overall for the season. Other finishers were David Griffin 34th, Roy Smith 35th, Jonathan Vintner 53rd, Richard Hall 66th.

This weekend is one of the busiest of the Winter both indoors and out. Michael Skinner leads the Senior Men's team in the National Cross Country Championships at Alton Towers while many of the Club's top youngsters will be in action at the National Indoor Championships in Birmingham. The Club's more mature athletes will be at the British Masters Indoor Championships at Lee Valley

Time is running out for youngsters who want to be part of this years Adidas London Mini Marathon. Trials for the Bromley team for this years London Mini Marathon take place at Norman Park Track on Sunday 2nd of March with the first race at 10.15. Races over 5km are open to any boys and girls aged between 11 and 17 on the 13th 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 13th of April. The Trials are supported by Blackheath & Bromley Harriers AC in partnership with the London Borough Of Bromley and the Bromley Mytime trust. Entry forms can be found at the Blackheath & Bromley website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk) Alternatively please send a stamped addressed envelope to Dave Liston, 70 Serman Drive, Swanley, Kent. BR8 7HT. Entries close on Friday 23rd February. Entries are FREE!



## 12/02/08

Michael Skinner continued his successful Winter season when he finished 9th in the prestigious Cinque Mulini race in Milan, Italy.

In a high class field the Blackheath and Bromley athlete timed 33.33 for the 10km course in a race won by reigning World Cross Country champion Zersenay Tadese of Eritrea.

Closer to home Andrew Rayner timed a fine 50.17 in the Sidcup 10 mile road race last Sunday. Building on the 24.50 he ran the previous weekend at the Alsager 5, he finished in second place. His time would normally have won the race but he was beaten by Highgate's Ben Noad who won in 49.58. Darryl Hilliar was 22nd and Richard Hall 42nd. First woman home was Carolyn Jones Baldock in 117th with Jo Kift 306th.

There was a double celebration for the Huggins household at the Scottish Junior Championships. Scott won the Under 20 mens' pole vault title with a clearance of 4.80, a new Championship best by 20 centimetres. Keeping it in the family, younger sister Anna took the under 15 girls title equalling her best with a height of 2.40.

Although a number of Blackheath & Bromley athletes were invited, only a small handful took up the option to compete at the Norwich Union World Championships Trials and UK Championships in Sheffield. Best performance of the day came from Sandra Alaneme in the triple jump. The Brunel University student leapt 12.86 to set a new personal best and finish in fourth place in the competition.

Taiwo Sodeyi had a useful weekend in the 60 hurdles. He timed 8.01 in the heats and then 8.03 in the B final. Jonathan Barbour reached the semi final of the mens' 60 metres and ran a seasons best of 6.82 while in the womens' event Lorraine Ugen and Vickie Cole timed 7.87 and 7.92 in the heats.

There was a good turn out of athletes at the Southern Schools Inter Counties Cross Country Championships at Paddock Wood. In the Senior Boys race Alex Bruce Littlewood was 18th, a reasonable run after recent injury problems. Alastair Cliff was 39th with Sam Simpson 69th. For the girls Catherine Chambers and Hannah Garcia made rare appearances on the country to finish in 42nd and 60th places.

Highest finisher of the day was Phil Sesemann. He finished in 6th place in the Inter Boys race and as 3rd scorer from Kent gains selection for the English Schools Championships in March. Ben Greenhalgh was 14th and Hector Kurtyanek 31st. For the girls Danielle Critchley had her best ever cross country race to finish 8th and also gain automatic selection for the English Schools. Michelle Fewster finished 34th with Sophia Maslin 59th, Jessica Saville 67th and Amy Mitchell 70th. Will Mercer was the highest placer in the Junior Boys race in 32nd with the improving Sam Jackson 43rd, Robert Yates 47th and Adam Willis 86th. First home for the girls was Jessica Jones in 68th with Lauren Heria 71st, Hannah Cook 80th, Hope Stenning 84th and Kayleigh Leonard 87th.

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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 13th of April.

The Trials are supported by Blackheath & Bromley Harriers AC in partnership with the London Borough Of Bromley and the Bromley Mytime trust. Entry forms can be found [here...](#) Alternatively please send a stamped addressed envelope to Dave Liston, 70 Serman Drive, Swanley, Kent. BR8 7HT. Entries close on Friday 23rd February. Entries are FREE!



## 5/02/08

Blackheath & Bromley's athletes have been competing at home and abroad over the last week with six Club Members gaining International selections. Danny Dooley was selected for the England team which competed in the indoor International at Bratislava in the Slovak Republic. Things did not go quite according to plan as he stumbled out of his blocks in the 60 metres and suffered an injury to the top of his thigh. Despite this setback he still managed to time 6.98 but was unable to compete in the second race.

At the Celtic Games in Cardiff five athletes gained International vests. Alex AlAmeen won the 60 hurdles in the match with 8.10, but Simon Merrill running as a guest was slightly quicker with 8.06. The duo are the top two fastest in the country this Winter. Scott Huggins was competing for the first time as a Scottish Senior International. Despite some back problems he won the pole vault with a clearance of 4.85 but missed out on his first 5.00 clearance. Second claimer James Grocock took the long jump title with a new best of 7.39. Dan Putnam is only an under 17 but he received a call up for the England under 20 team and he didn't disappoint helping the 4x200 quartet to victory in 1.30.41.

Highlight performance from the Birmingham Games was that of Anike Shand Whittingham. Still an under 20 her time of 24.28 in the 200 metres is the third equal fastest time in the country this year.

Back in Cardiff Lauren Blackie represented London South in the UKA Inter City Indoor Challenge. She leapt 5.34 for 5th in the long jump and was also 6th in the triple jump with a distance of 11.53. New member Lorraine Ugen clocked 7.9 in the 60 metres and 25.97 in the 200.

Outdoors the Club suffered defeat in the annual mob match against Ranelagh in Richmond Park. First home for the Club was Roy Smith in 4th with Tim Soutar 6th and Roger Beswick 7th. Leading woman was Rosie Ferguson in 25th with Jane Bradshaw 28th and Clare Ludwig 54th.

The race incorporated the 7th of the 9 Bennett Cup Handicap races and winner was Carolyn Jones Baldock followed by Andy Riches and Trevor Delahoy. With just two races left in the series things could not be much closer with just 18 points separating the top 11 athletes. Andy Tucker leads on 273 points followed by Anne Cilia on 266 with Annie McDonough and David Beadle joint third on 264.

A number of athletes have enjoyed success on the roads recently with Jamie Atkinson winning the Canterbury 10 Mile race in



51.51. Nick Kinsey was the leading over 45 male timing 58.53. Peter Tucker was runner up in the Watford Half Marathon in 70.50 with Richard Hall 114th and Kate Pratten 471st.

Rebecca Smith is the latest Club Member to receive a Jack Petchey Foundation Award taking the title for December. Each month a Club member aged between 11 and 25 receives a framed certificate and a cheque for £200 to be spent on a Club project of the recipient's choice. Rebecca has been an ever present for the club in cross country events and mostly been the only Under 17 competing. She finished 4th overall in the Kent League for the season.

Entries are being taken for the London Borough Of Bromley Trials for the Adidas London Mini Marathon. Forms are available from Norman Park track, local schools and can be downloaded from the Club website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk) Completed entries should be sent to David Liston at 70 Sermon Drive, Swanley, Kent. BR8 7HT.



## 29/01/08

Blackheath and Bromley Harriers enjoyed a successful weekend at the Kent Indoor Championships which took place at the Lee Valley Athletics Centre. For the second week running Scott Huggins provided the highlight. His clearance of 4.92 to win the Junior Mens pole vault improved his Scottish Junior Record by another centimetre. It was a new Championship Best and also a Club Junior Record.

It was a double celebration for the Huggins household as younger sister Anna won the under 15 girls event with a new best of 2.40. To add to the celebrations coach Allan Williams won the Senior mens title with a clearance of 3.60 and three of his training partners won medals. Liz Huges won the Senior womens event and there was a one-two in the Junior Womens event for Rachel Arnheim and Emily Godley who cleared 3.40 and 3.10 respectively.

B & B athletes enjoyed wins in both Senior 60 metre races. Vickie Cole took the womens title in a very useful 7.74 and Duayne Bovell the mens title in 6.96 a tenth of a second ahead of runner up Daniel Haque. Fourth placed Ed Harrison picked up bronze in the 400 in 50.04.

David McKinlay won the 1500 title in 4.06.8 and the remaining two winners were double victors taking both Senior and Junior titles in their events. Shaunagh Brown won the Senior Womens shot with a new best of 13.91 and her 13.33 to win the Junior event was a Championship Best Performance. Likewise Alex AlAmeen won the Senior 60 metre hurdles in 8.32 and set a CBP in winning the junior event in 8.10. He also won silver in the 60 metres behind Jermaine Alexander who won in 7.19.

There was a CBP also for Lauren Blackie as she leapt 5.37 in the Under 20s long jump to add to her victory in the triple jump in 11.52. Katrina Cosby just got the better of Sarah McLellan in the 60 hurdles as they finished one-two with times of 9.80 and 9.86; and Aston Stockdale reigned supreme in the shot with a putt of 8.42.

A number of athletes won silver medals in this age group including Alexander Blair and Sarah McLellan (both 400 metres); Stacey Crocker (800) and Lorraine Ugen (60 and long jump).

Most gold medals of the weekend went to Dan Putnam. He produced a hat trick of victories in the under 17s age group winning the 60, 200 and 400 metre titles. There was a double win for Jessica Matthews taking the high jump in a CBP of 1.65 and the long jump with 4.96. She was also third in the shot, an event won easily by Katherine Jones with a putt of 10.32.

Daniella Annon won the 200 metres to add to her silver in the 60 metres and there was a one-two in the 1500 metres from Danielle Critchley and Michelle Fewster. Ben Hopkins took silver in the 60 hurdles and Jake Haylock bronze in the shot.

Adam Willis took time out from his cross country season to win the under 15 boys 60 metres in 8.80 and also took silver in the long jump with 4.64. For the girls there was gold in the 400 for Jessica Moore and there were two silvers for Lauren Stevens in the 60 hurdles and long jump. There was silver too for Jessica Jones in the 800.

Outdoors there were mixed results at the South Of England Cross Country Championships at Parliament Hill Fields.

Biggest disappointment was the fielding of just three runners in the Senior Mens race and so for the second year running the Club failed to finish a team. A bright spot was the performance of Andrew Conway, a first year senior, who finished in 100th place in a field of well over 800 finishers. Richard Hall finished in 408th and Andy Edwards 814th.

The women put the men to shame fielding 11 runners and finishing teams in 14th and 23rd position. Rosie Ferguson led the Club home in 83rd place with Bridget Davey 97th, Jane Bradshaw 107th (despite not wearing spikes) and a rejuvenated Kate Pratten 126th. Their 14th place meant they were the first Kent Club to finish, an excellent result given that a number of athletes were unavailable.

The next four home were Ella Fisher in 147th in her first race in the Senior ranks, Carolyn Jones Baldock and Clare Lodwig who came in together in 164th and 165th and super veteran Annie McDonough who was 204th.

Good back up came from Anne Cilia who was 218th, Tara Emery 233rd and Justine Eastbury who was 257th despite a fall.

The Junior Men finished in 10th place with Richard Daniel 57th, Sam Hunt 69th, Alistair Cliff 76th and Jonathan Vintner 90th. Stephen Cavey was 66th in the under 17 mens race and Callum Fraser 149th. For the women Rebecca Smith had a solid run in 72nd place.

Best individual performance of the day came from Hector Kurtyanek in the under 15 boys race. A good Winters training under coach Gordon Cooper paid dividends as he finished in an excellent 19th position. Will Mercer finished a useful 72nd and with Phil Sesemann 72nd and Sam Jackson 104th the team finished in 9th the highest position by a Club team on the day.

There was a very healthy turn out in this age group with Greg Proctor 133rd, Ross Braden 143rd, Joseph Ewing 152nd and Jonathan Halls 191st.

The girls team finished in 17th place led home by Danielle Critchley in 50th place just one ahead of Michelle Fewster with Rachel

Robinson 137th, Mel Kane 171st and Danielle Webb 185th.

Hannah Cook was first home for the under 13 girls in 120th place with Holly Fletcher 163rd and Kayleigh Leonard 172nd. Anthony Moore was 183rd for the boys.



## 22/01/08

Blackheath & Bromley athletes enjoyed an outstanding weekend at the South Of England Indoor Championships at the Lee Valley Athletics Centre. Not only did they claim 10 gold medals but in the process they bettered or equalled 9 Championship best performances. Scott Huggins not only broke the Championship best in the under 20 mens pole vault, his clearance of 4.91 was also a new Scottish Junior Record. It is surely only a matter a time before he goes over 5 metres. Training partner Rachel Arnheim picked up gold in the womens' event with a height of 3.40.

Their coach Allan Williams did not fair quite so well as he no heighted but it was, nevertheless, good to see him back on the runway in his first competition since a knee operation.

Anike Shand Whittingham dominated the under 20 sprints winning both the 60 and 200 metre races. The Great Britain Junior International's time of 7.54 in the 60 bettered Clubmate Montell Douglas' previous Championship Best and her 24.53 was also a CBP. Coached by Clarence Callender one of her training partners, James Alaka, nearly matched her. He won the 200 metres in a new CBP of 21.80 but had to settle for silver in the 60 metres with 6.81. Alex AlAmeen had started the weekend off in the best possible way for the Club winning the first track final, the junior mens 60 metre hurdles equalling the CBP of 8.17. Meanwhile second claimer James Grocock was taking the long jump with a new best and CBP of 7.27. Shaunagh Brown showed that her training has been going well as she set a CBP in the Under 20 womens shot with 13.50 and she also finished 4th in the Senior event. Dan Putnam won the under 17s 200 in a new CBP of 22.14 to add to his 4th place in the 60 metres while Tom Bensted, a first year in the age group, took the 400 in 51.20.

Lauren Blackie missed out on gold in the under 20s long jump by just one centimetre as she leapt 5.50 and she picked up silver in the triple jump as well with 11.71. There was a silver too for Jessica Matthews in the under 17s high jump, her leap of 1.70 equalling the previous CBP, a fine comeback from an athlete who was injured for much of last season. Michelle Fewster took time out from her successful cross country season to win silver in the under 17 womens 1500 metres.

Four athletes picked up bronze medals. Taiwo Sodeyi timed a very useful 8.01 in the Senior Mens 60 hurdles, and it was third also for Ben Hopkins in the under 17 mens 60 hurdles, in his first year in this age group.

Kelly Davey putt the shot 10.17 for third in the Under 15 girls contest and Daniella Annon ran a useful 26.21 for bronze in the Under 17 women's 200 metres.

A number of other athletes just missed out on medals. Danny Doyley was 4th in the Senior Mens 200 metres as were new member Lorraine Ugen in the under 20's 60 metres; Katherine Jones in the under 17 womens' shot; Rachel Robinson in the under 15 girls 800; and Anna Huggins in the Under 15 girls pole vault.

Sixth in the under 15s vault was Siobhan Parr in her last competition before she and her family emigrate to Canada.

A number of athletes were in action at the Surrey Schools Cross Country Championships at Reigate. In the Junior Boys age group Will Mercer finished in 10th and Sam Jackson 13th and both have been selected to run for Surrey Schools at the Inter County meeting at Paddock Wood on the 9th of February. Nancy Carney was 72nd in the Junior Girls race.



## 15/01/08

Two athletes from Blackheath & Bromley figured prominently in the Men's short course race at the BUPA Great Edinburgh International Meeting. Michael Skinner was up in the leading group throughout, but eventually had to settle for fourth place on the 4.4km course. His time of 12.57 was just five seconds behind the winner while Scott Overall was just 16 seconds down on Skinner in 10th place in 13.13.

Closer to home there was a large turn out for the Club's Open 10km and Veterans Championship at Hayes. First home in the Open race was Senior Mens captain Nick Gasson who won in 38.24. Over 45 athlete Roy Smith was second in 38.56 with Tim Soutar, an over 50, third 40.32.

First woman was Rosie Ferguson who held off Jane Bradshaw by just one second to win in 45.10. Third place went to Clare Ludwig in 49.51.

Roy Smith was the mens over 40s winner with Gary Cook second and Mark Ellison third. Tim Soutar was the over 50 champion with silver going to Graham Coates and bronze to Andy Lawes. Mike Cronin won the over 60s title from John Fenwick and Barry Fisher with David Churchus taking the over 70s title.

Rosie and Jane took the top two places in the womens' over 35s race with third place going to Justine Eastbury. First over 45 was Annie McDonough followed by Vets captain Anne Cilia. The race was the seventh of the nine race Bennett Cup Handicap Series and with just two meetings left the battle for the overall title could not be much closer. There are joint leaders with both Mark Ellison and David Beadle on 233 points. Chris Pike is third with 226 points but there is little separating the top 10 as 10th placer Graham Coates has 218 points.



**8/01/08**

Michael Skinner started 2008 in good form finishing as the leading Briton in the Senior Mens race at the Belfast International UK Cross Challenge. The 28 year old Blackheath & Bromley athlete finished in 4th place over the 9km course which was won by Uganda's Moses Kipsiro.

He now races at the Great Edinburgh International this weekend where he will be joined by team mate Scott Overall.

### **Kent County Cross Country Championships, Detling**

It wasn't until late in the day that Blackheath & Bromley picked up their first gold medals at the Kent Cross Country Championships at Detling but it was worth the wait as two of the Club's most dedicated runners enjoyed famous victories

Bryony Proctor had never won a County Championship until last year when she took the under 20 title. Still a Junior this year, she opted not to defend her title and instead chance her arm, or legs, against Senior opposition.

This was a brave move, as she had not raced since November as she has been nursing an injury, but also a good one as she ended up by winning the Senior title. In the lead group at the start she gradually applied the pressure and began to move clear. By the end of the race she had extended her lead to nearly half a minute for a popular victory.

The last race of day, the Junior Mens race, was won in similar style by Alex Bruce Littlewood. A first year in this age group, he stayed in the pack early before moving clear as they started on the first of the two large laps of the 7200 metre course. Never challenged he finished in 24.57, eighteen seconds clear of Medway & Maidstone's Ben Tyler.

Not only did Bryony and Alex win individual golds but they also won team medals as well. With Rosie Ferguson in 15th and Clare Ludwig 33rd, the Senior Women claimed bronze in the 3 to score contest and with Kate Pratten 43rd, Annie McDonough 47th and Katie Jinks 50th they won gold in the 6 to score race.

The Junior men took silver medals with Alex backed up by Danny Brewer in 7th and Alistair Cliff 14th.

The Senior Men picked up silver medals too after a titanic team race with Medway & Maidstone. On the second of the four lap course just one point separated the two teams but the M & M squad proved too strong and edged 10 points clear by the finish. Andy Rayner continued his return to racing by finishing an excellent 3rd and he was backed by James Poole, 6th in his first year in the age group, Jamie Atkinson 7th, Peter Tucker 15th, Alex Gibbins 18th, and Andrew Conway, another running his first Senior Championship, 24th. There was strong back up here with David Mckinlay 29th and Nick Gasson 30th. They were third in the 12 to score.

The Club did not complete teams in the under 17 age group but there was a good run from Andrew York in the mens race. He finished in 14th position two clear of Stephen Cavey, while in the girls race Rebecca Smith finished in 11th position.

There were individual and team medals in both under 15 races as Phil Sesemann and Danielle Critchley both finished in third place. Phil was supported by Hector Kurtyanek 4th, Oliver Taylor 11th and fast improving Sam Jackson 17th which gave them silver medals in the team race. Michelle Fewster 6th and Sophia Maslin completed the scoring places for the girls and again it was silver medals.

Hannah Cook had her best ever run in the Under 13 girls race. She ran strongly to finish in 6th place and she was well supported by Holly Fletcher in 15th and Kayleigh Leonard 18th which gave them 4th in the team race. For the boys Adam Willis placed 11th and Richard Webb in only his second race finished a very useful 29th.

At the Surrey Championships at Lloyd Park Will Mercer finished in 16th place in the under 15 boys race with Amy Mitchell 13th in the girls.

### **Kent Young Athletes League**

The final Kent Young Athletes League races of the Winter took place prior to Christmas at Somerhill Park in Tonbridge.

In the under 20 mens race Alistair Cliff took 6th place and he finished in 4th overall for the season. Rebecca Smith has ploughed a lone furrow for the Club this year in the under 17s age group but she had another good run finishing in 6th place also making her 4th overall.

Best turn out was in the under 15 age groups. For the girls Danielle Critchley finished in 2nd place with Michelle Fewster 6th and Amy Mitchell having her best ever run in 11th. They came second in the team race on the day and for the season and Michelle was 2nd and Danielle 3rd for the season.

Hector Kurtyanek led the boys home in 3rd place with Will Mercer 8th and Sam Jackson 16th. Hector was 3rd overall for the season and like the girls they were second in the team race on the day and second for the season.

Hannah Cook had a good run in the under 13 girls race finishing 6th with Jessica Jones 15th and Hope Stenning 20th. They were 4th on the day but 3rd for the season. For the boys Adam Willis took 12th place with Richard Webb making a very encouraging debut in 16th.

### **Brussels Cross Country and 10km**

A large group of Club members travelled to Brussels for the IAAF Cross Cup races. Although no one took part in the main Senior races which featured some of Europe's top cross country runners a number enjoyed success in the supporting races.

In the Gaston Roelants 10km road race Andrew Rayner finished in 2nd place in a field of nearly 1500 runners. He timed 32.45 for the twisty over distance course. Shavaun Henry was second too in the womens race timing 38.34.

Other finishers were Nick Gasson 18th in 35.29, Roy Smith 35th (37.38), Cameron Ward 100th (41.04), Neil Ayrton 158th (42.50), Trevor Simmons 159th (42.51), Jamie Saunders 259th (45.44) and Carolyn Jones Baldock 332nd (47.28)

There was more success in the accompanying 5km race where Sophia Maslin finished as third woman in 28th place overall in 23.04. David Griffin was the first home for the Club in 5th with 19.25 followed by Andrew York 6th (19.26), Richard Daniel 12th (20.12), Ken Daniel 16th (21.23), and Mel Kane 36th (24.01). there were 375 finishers.



Michelle Fewster was an early leader in the cross country race for those born in 1993 and 1994 but should have been run down by the pack and had to settle for fourth place. Georgina Chew finished in 29th.

In the boys race for those born in 1991/1992 Phil Sesemann took 14th place hotly pursued by Stephen Cavey in 17th.

### **Orion Mob Match**

The Annual Mob Match with Orion fell in between Christmas and the New Year, an unusual date for this event and with it taking place at Chingford, it was always going to be difficult to field a strong squad. Thirty seven Club members made the trip to Essex including first year Junior Alex Littlewood who had an excellent run to win the race.

With plenty of thick mud and hills his time of 47.29 to win by 20 seconds was highly creditable. Roy Smith was next home in 5th place, a fine run for someone with an artificial hip and he also had the satisfaction of beating snooker legend Ronnie O Sullivan who placed 7th for Orion. Tim Soutar was third in for B & B in 8th place while Jane Bradshaw was first woman from the Club to finish in 36th with Fran Green 59th and Annie McDonough 85th.

Unfortunately all this effort was in vain as the Club were heavily outnumbered by the hosts, who won the 32 a side contest by some margin.

The race was the 5th in the Bennett Handicap Series of races and the course seemed to favour those up the sharp end. Winner of the Orion handicap was Tim Soutar with Alex Bruce Littlewood second and Roy Smith 3rd. Leader overall, however, is Andy Tucker with 217 points just two clear of David Beadle with Gary Williams in third on 209

### **Christmas Yacht Handicap**

There was a good turn out for the Christmas Yacht Handicap 5 mile race. With the slowest runner starting first the theory is that if the handicapper calculates correctly all runners would cross the finish line together.

In reality this never happens but there were exciting finishes. Dan Ryan, back from Loughborough University, was first home by just two seconds from Richard Hall with guest runner Stuart Littlewood in third.

Stuart was just three seconds clear of his son Alex, who was the fastest runner of the day timing 29.18. Next quickest male was Dan Ryan with Alistair Cliff third.

Fastest woman was Jane Bradshaw in 36.15 followed by Angela Cook and Kate Pratten.

### **Data Connection Indoor Meeting Lee Valley**

The Indoor season is underway and athletes are putting the finishing touches to their preparations for the Indoor Championships which start this month.

A number of athletes were in action at the Data Connection Indoor Meeting at Lee Valley. Quickest in the mens 60 metres was Duayne Bovell who clocked 7.04 with Tyrone Swaray (7.06) and Daniel Haque (7.09). There were personal bests for Under 17s Dan Putnam (7.14) and Matthew Fletcher (7.39) while Jermaine Alexander and Neil Francis timed 7.29 and 7.33 respectively.

Fastest woman was Amy Godsell who ran 7.98, a reasonable performance considering she has a back problem. Her mother, super veteran Helen, ran 8.52.

There was a good run from Lauren Blackie who set a new best of 8.01 while Grace Sheppard ran (8.27), Daniella Annon (8.10) and Isobel Ivy (8.24)

In the 60 metre hurdles Alex AlAmeen showed good early season timing 8.14 in the Junior Mens race. Katrina Cosby was second in the Junior Womens race in 9.86 with Ben Hopkins first in the Under 17 mens race in 8.7 in his first race in this age group.

