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Blackheath & Bromley Harriers AC

Jan to Mar
2010

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30/03/10

Michael Skinner finished in a fine 65th place at the World Cross Country Championships at Bydgoszcz, Poland. In doing so the Blackheath & Bromley athlete helped the Great Britain to finish in 14th place in what is widely regarded as the highest standard endurance event in the World.

Although he ran well Skinner felt a "tinge of disappointment" as he had been aiming for a top 50 finish. "The depth of quality in the field seemed better than ever. I tried to get a good start but was still in the 90s. I ran 29.30 for the first 10km which is pretty good on a muddy course but the leaders ran 27.30! I managed to work my way through the field and finished well." He now travels to the America where he will open his track season with a 5000 metres at the Mount Sac meeting followed by a 10km at Stanford.

Already out in the States is James Alaka who is studying at Washington University. He was in action at the Stanford University Invitational meeting. He timed 10.63 in both his heat and final where he finished in third place. He is still not 100% recovered from a ligament strain in his foot which he developed during the indoor season.

Closer to home and back indoors at Lee Valley a number of the Club's athletes won medals at the British Masters and Winter Throws Championships at Lee Valley. Pride of place went to Colin Brand who struck gold in the both the over 70s discus and javelin events with distances of 34.02 and 36.79. Allan Williams returned from injury to win the over 50s pole vault with a clearance of 3.50 and Peter Hannell took the over 65s 3000 walk with 17.15.46.

Barbara Terry returned with a hat trick a silver medals in the shot, hammer and weight in the over 60s age group while in the over 75s Gordon Hickey won silver in the shot and bronze with the weight. Shirley Rowbotham won bronze in the over 40s 200 metres.

The Club's Winter Cross Country programme with the Closing 5 Yacht handicap race at Hayes. With the slowest runner starting first and the fastest last, a perfect handicap would result in everything crossing the finishing line together. This, of course, never happens as there is always someone slips under the radar. On this occasion it was the Club's Head Of Finance Steve Hollingdale who finished seventy seconds clear of the field. Peter Horton was second with Amber Reed third.

The fastest men were all youngsters with Greg Proctor quickest with a time of 31.47 followed by Robert Yates and Danny Brewer. Fastest woman was Amber Reed in 35.46 ahead of Jane Bradshaw and Sarah Dowling.

This was the final race in the 9 race Bennett Handicap Series which takes place over the Winter months and the deserved winner was John Leeson who enjoyed a 10 point victory over Trevor Delahoy with Andy Tucker third.

At the results presentation afterwards Past President Tony Weeks Pearson was presented with an award to recognise his 50 years membership of the Club. Tony was proposed for membership of the Club by former World Record Holder for the mile Sydney Wooderson, who became his coach. His distinguished Athletics career included representing Britain at the World Student Games and holding the UK record for 3000 metres indoors.

On the roads Elaine Murty finished 12th and was first woman to finish in the Hyde Park 10km in a time of 37.59. Alex Bruce Littlewood has had a busy few days. Last Wednesday he was runner up in the Chichester Corporate Challenge 4.5 km road race. The first of the four laps was run at course record breaking pace which made the athletes suffer in the later stages. Alex timed 13.15 just six seconds behind Newham's James Ellis. The following Saturday he was in action again at the Victoria Park 5 where he ran a personal best for the distance of 25.27. This gave him 10th place, the third Under 20 to finish.

Six Club members were part of the Langley Park team who won the Final of the London Schools Sportshall Regional Final at Crystal Palace. The achievements of Georgina Kennedy, Shannon Clark, Emma Waugh, Shannon Cordell, Janae Galley and Oshua Ogbeta promise much for the forthcoming track and field season which is just getting underway.

At the Havering Mayesbrook warm up meeting there were some promising performances in the 300 metres races. In the Senior Mens event Bomene Barikor and Alloy Wilson timed 34.8 and 35.5 respectively while under 20 Katrina Cosby clocked 40.8.

At the Club AGM Richard Coe was introduced as the President for the 2010-2011 year by outgoing President Alison Brand. Richard has been a Club member for nearly 30 years and competed regularly for the Club in Cross Country, road and track and

field. In fact the only three track and field events in which he has not represented the Club are the sprint hurdles, high jump and pole vault. He is a former manager of the Club's Masters team and over the years has been heavily involved in the organisation of the Bromley Primary Schools Cross Country races.



23/03/10

Michael Skinner has been selected to represent Great Britain at the World Cross Country Championships at Bydgoszcz, Poland this weekend. The 30 year old Blackheath & Bromley athlete has been picked after his fourth place in the Trials race last week and his consistent performances this Winter and for Britain in major championships over the years.

The former Langley Park schoolboy is targeting a finishing place in the top 50. He was 87th last year in difficult conditions in Amman, but was 66th in Edinburgh in 2008 and 62nd in Mombassa in 2007. "I'm running as well as ever at the moment and believe the heavier conditions in Poland will suit me".

Following the Worlds, he travels to Indiana in America with fellow Club member Scott Overall where they plan a months training and racing in preparation for the Summer season. Overall is, however, recovering from a calf injury sustained at the World Indoor Championships last week.

While Skinner's selection was good news, there was great disappointment that the Club were unable to complete teams in the Southern 12 and 6 stage road relays at Milton Keynes. This means that the men have not qualified for the National 12 stage which takes place on the 17th of April. There are no qualifying conditions for the Womens National 6 stage event.

Despite knowing they did not have a team, there were still two of the Club's athletes in action at Milton Keynes. Both James Poole and Alex Bruce Littlewood ran on the opening long stage. James finished 10th in 24.59 and Alex 12th in 25.10 in what is traditionally a very high standard leg. They were the 26th and 29th quickest long legs of the day.

Over in France recently, Dave Heath ran in the French Cross Country Championships and won the Masters race. It was his toughest race for a long time with the last 400 metres up an incline.

Alan Camp travelled to Stormont last weekend for the British Masters Cross Country Championships. He finished 8th in a strong over 50s field, but was only 9 seconds off fourth place. As fourth English finisher his performance bodes well for selection for the Home Countries International which takes place in November.

At the other end of the age range, one of the highlights of the Winter season is the English Schools Cross Country Championships which this year took place at Heaton Park, Manchester. Amy Mitchell received a late call up to the Kent Senior Girls squad and finished in 151st position.

In the Intermediate Girls race Amber Reed had another good run and finished in 58th place, the second Kent counter. Emily Nolan was London's fourth scorer in 219th place. Saffron Salih made her debut in these Championships and was the third Kent girl to finish in the Junior race finishing in 92nd place.

In addition, at the Independent Schools Cross Country Championships at Greenford, Charlotte Rhule from Croydon High School won the year 7 race beating 90 runners over a 2500 metre course. In the years 8 and 9 race over 3000 metres Anna Myers was 8th and Louise Davison 11th.

Ken Daniel was first finisher at the Bromley Vets Open Cross Country finishing in 6th place with Andy Lawes 10th and Graham Coates 12th. First woman for the Club was Anne Cilia in 25th.

On the roads it has been a busy time for the Clubs runners with many athletes putting the finishing touches to their preparations for this years Virgin London Marathon. Alex Gibbins enjoyed victory in the Spitfire 20 mile race at Cranleigh. He timed 1.56.28, one of only three runners to dip under three hours. Kevin May was 13th in 2.11.20 with Richard Hall 19th (2.13.22). First woman from the Club to finish was Justine Eastbury in 203rd in 2.47.31. Nick Kinsey finished 29th in the Hastings Half Marathon in 1.19.16, a fine performance from an over 50, with Richard Hall 54th and Mark Compton 157th. First woman from the Club was Sarah Dowling in 233rd with Lisa Page 493rd and Kate Jones 1021st.

Good packing in the weekly 5km Parkrun at Norman Park saw Davis Beadle, Andy Tucker and Steve Pairman finish in 8th, 9th and 10th positions.

This weekend sees the last cross country race of the Winter with the Closing 5 mile yacht handicap taking place at Hayes. This is the last of the nine Bennett Handicap races which takes place over the Winter months. In the evening the Club AGM takes place at which outgoing President Alison Brand will reveal her successor.



16/03/10

Athletes from Blackheath & Bromley have been in action around Britain and the World in the last week and produced some fine performances both indoors and out. At the World Indoor Championships at Doha, Qatar. Scott Overall did not progress beyond the heats of the 3000 metres. After a promising start he drifted back as the pace picked up in the latter stages finishing in 8th place in a time of 8.08.02.

Competing in Doha, Scott had to miss the World Cross Country Championship Trials which were incorporated into the Inter Counties Championships at Cofton Park, Birmingham. Here there was great success for the Club's athletes in the Senior Mens race. Four of the scoring Kent squad who won bronze medals in the team race are Club members. Mike Skinner finished in 4th place in a race won by Britain's top middle distance runner Mo Farah. Andy Rayner was next in 37th place a much improved performance from his race in the Nationals two weeks ago.

Alex Bruce Littlewood was a revelation. Still an under 20 he finished in 47th place. He was the second under 20 to finish with only European Junior Cross Country bronze medallist James Wilkinson (Leeds) ahead of him. James Poole finished in 112th.

There was more success in the Senior Womens race with Bryony Proctor 44th and Elaine Murty 56th, Kent's 2nd and 3rd finishers, while Natalie Gray (Medway & Maidstone) who was first home for Kent is coached by B&B's Bill Foster.

Some of the Club's youngsters gained valuable experience in the various age group races. Danielle Critchley and Emily Nolan were 186th and 197th in the under 17 womens race; Amber Reed was 62nd in the under 15 girls race; and Lucy Sidey finished 172nd in the under 13 girls race.

The Club's athletes were in medal winning form at the British Universities Championships at Sheffield. Amy Godsell (Brunel) enjoyed a fine weekend winning the 200 metres in 24.40, a new personal best. She also set a new best in the 60 metres of 7.60 to win the bronze medal. Emily Martin (St Marys) also picked up a bronze in the 200 in 24.83, again a personal best.

Pamela Hughes (Brunel) won the high jump with a leap of 1.77 and there was silver in the 60 metre hurdles for Serita Solomon (Middlesex) in a time of 8.48 just three hundredths outside her seasons best.

Elsewhere Lauren Blackie (Walsall) was 5th in the triple jump with a leap of 11.49; Rachel Arnhiem (London) was 7th in the womens pole vault with 3.30; and Nick Moore (Canterbury Christ Church) was 11th in the pole vault with 3.80.

Tom Phillips travelled to Ghent to compete in the Belgian Masters Championships and was rewarded with a win in the over 55s 60 metres in a seasons best of 8.07. He followed this with second place in the 200 metres in 26.04 and he ran a strong lead off leg for the winning 4x200 relay squad.

The previous weekend at the Schools Inter Counties at Eastleigh in Hampshire there was some encouraging performances from some of the Club's youngest members. Samantha Leighton and Lucy Sidey were 18th and 23rd in the year 8 girls race, while Holly Warman and Charlotte Rhule were 20th and 23rd in the year 7 race.

At the latest Parkrun at Norman Park over 5km, Dan Marks was 5th, Neil Ayrtton 7th, James Selway 17th, Mike Peel 43rd, and Mike Martineau 47th.



9/03/10

As Scott Overall puts his finishing touches to his preparations for his appearance in the 3000 metres at this weekends World Indoor Championships in Doha; and Mike Skinner limbered up for the Inter Counties, which incorporates the selection race for the World Cross Country Championships, with a win in the Bushy Park 5km; another of the Blackheath & Bromley's greatest middle distance runners, Bill Foster, struck gold at the World Masters Indoor Championships at Kamloops in Canada.

The 51 year old, who is passing on his knowledge and experience with his coaching at Loughborough University, won the over 50s 3000 metres in an impressive time of 9.23.28, faster than he ran outdoors last Summer. Not only did he conquer the World at 3000 but he also won bronze in the 1500 in 4.27.29.

Clem Leon enjoyed a busy Championships. He finished 7th in the triple jump with 10.62 and ran in the heats of the 60, 200 and 400 metres with times of 8.19, 27.16 and 59.99. He rounded off with a 4th place as part of the Great Britain 4x200 metre relay team.

Masters team manager Tom Phillips reports that Helen Godsell's W55 60 metre record remains in tact, and Helen appears in the 2009 outdoor track and field rankings which have recently been published in Athletics Weekly magazine. She is second ranked in Britain in the over 55s 100 and 200 metres and third in the 400 metres. Past President Maureen Miller tops the W45 400 metre lists and Beatrice Simpson is third in the over 50s hammer. Barbara Terry places second in the over 60s discus and is third in the shot and hammer.

Helen is not the only talented athlete in her family as her daughter Amy proved at the Surrey indoor championships at Carshalton. Running in the 60 metres she won the Senior womens title in a new personal best of 7.61. In the mens event Femi Owolade ran 7.00 in the semi final. Second claimer Matthew Walcott won the Junior Mens 60 hurdles and ran 7.11 in the 60 metres. However, the most medalled athlete from the Club at these Championships was the youngest, as Maya Bruneu struck gold in both the 60 metres and the long jump in the under 13 age group. Her time of 8.40 in the 60 metres was the second quickest by an athlete in her age group this year and her 4.36 in the long jump is the fourth furthest.

Both Femi and Maya were back in action the following day at the Indoor open meeting at Windsor. Femi's 7.19 was not as quick as the day before but Maya recorded a another swift 8.41. Highlight, however was the return to competition of Dina Asher Smith after missing all Winter with a foot injury. She bounced back with a 7.82 clocking in the 60 metres which is the second quickest time in her age group this Winter. Other encouraging performances came from Rhiannon Jones and Rachel Giannini who set new bests in the under 17 womens 60 metre hurdles as did Toby Olubi, Jonathan Pettet, Reuben Fakuya, and Charlotte Colegate in the 60 metres. To cap a good day Hayley Nouch returned to action after a long break and leapt an encouraging 10.74 in the Senior Womens triple jump.

There a few opportunities for athletes of all ages and abilities to compete together as a team but one occasion is a Mob Match and in the latest at Hayes Alex Bruce Littlewood was an emphatic winner of the annual fixture against local rivals South London Harriers. The Portsmouth University student timed 45.49 for the 7.5 mile course and finished over three minutes clear of South London's Andy Collins. Roy Smith was the Club's next scorer in third place with new member Jamie Darling in seventh.

The race incorporated the Club's 7.5 mile cross country championship and so these three picked up the medals in the mens event. Winner of the womens Club Championship was Jane Bradshaw in 24th overall followed by Carolyn Jones Baldock 47th and Anne Cilia 56th. The team contest was a close affair with 28 scoring a side. The lowest points score wins and B&B triumphed with 767 to SLH's 844. The "Lantern Rouge" for the Club's last scoring runner went to Gordon Cooper, which was quite fitting as he is coach to a number of the Club's youngsters who took part, of whom Greg Proctor was 9th, Sam Jackson 11th, Will Mercer 12th and Ross Braden 25th.

The race also incorporated the 8th of the 9 race Bennett Cup handicap race series which takes place over the Winter months. Winner on this occasion was Alison Jelly with Richard Hall 2nd and Trevor Delahoy third.

Overall John Leeson still leads but the margin has been dramatically reduced. Did he peak too early or is he playing with the opposition? All will be revealed in the last race of the series which is the Closing 5 Yacht Handicap which takes place on Saturday the 27th of March. John has 355 points but Andy Tucker has burst through into second place on 346 hotly pursued by Trevor Delahoy on 344. With 60 points available to the winner, the overall victor could come from these three, but there is still the chance of someone coming from the chasing pack of seasoned Bennett Cuppers to seize victory.

Elsewhere Elaine Murty was the first woman to finish in the Greenwich Meridian 10km. She was 14th overall in 36.49 while Colin McEntee was 108th. Further afield Alex Gibbins finished 6th in the Milton Keynes Half Marathon in 73.04 while at Norman Park, Bromley Trevor Simmons was 26th in the latest 5km Parkrun.

Forthcoming events

Fri 12th-14th March World Indoor Championships, Doha – Scott Overall in action Sat 13th Inter Counties Championships, Birmingham Sat 13th-14th British Universities Indoor Championships, Sheffield Sat 13th Bromley 5km Parkrun, Norman Park Sat 13th Bromley Vets Open, West Wickham Sat 13th Bromley Primary Schools Cross Country, Crystal Palace.



2/03/10

Scott Overall has been selected to represent Great Britain at the World Indoor Championships at Doha in Qatar in March. The Blackheath & Bromley athlete secured his selection for the 3000 metres after twice running inside the qualifying time. He has also broken four minutes for the mile indoors this Winter and is the fastest Briton in the country over 5000 metres.

His selection meant he was not in action on a busy weekend of Athletics, where members of the Club were competing on the country, roads and indoors. The big outdoor event was the National Cross Country Championships which took place at Roundhay Park in Leeds.

One of the best performances of the day came from Elaine Murty in the Senior Womens race, particularly as she has had some injuries this Winter. She finished in 37th place and backed by Jennie Butler (126th), Jane Bradshaw (140th), Sarah Dowling (164th) and Carolyn Jones Baldock (280th) the Club finished 15th in the team race. This was a very good position against the best in the country and they have the potential to finish even higher.

The same can be said for the Senior Men where Andy Rayner was first home for the Club in 61st place, another good performance, as was that of Alex Gibbins in 119th. James Poole was looking a top 100 placing but had to settle for 148th, one ahead of new member Ben Harding. Sheffield University student Danny Brewer closed 223rd with Chris Daniel 261st. This gave the Club 13th place despite being without Scott Overall and fellow International Mike Skinner who was ill.

The Senior squad will be boosted next year by Alex Bruce Littlewood, who had his last race in the under 20s age group and finished in 19th place. This may not have been quite as high as he would have like but his Winter has been disrupted by illness and injury. Stephen Cavey finished in 187th.

The last time the National was held at Roundhay Park the Club's under 17 men won the team title. Among those who did not make the scoring team that day were Andy Rayner, first Senior Man this year; Peter Tucker, a current International marathoner; and 1.51 800 metre runner Russell Bentley. So, while this years team did not win, this years solid 12th place was not only a good result, it also promises much for the future. First home was Phil Seseman in 75th place while Greg Proctor continued his recent run of good form in finishing in 104th. Will Mercer moved through strongly to finish in 132nd with Sam Jackson 181st, Andrew Booth 193rd and Ross Braden 209th. Melody Kane was 128th in the womens race.

Amber Reed and Saffron Salih both had good runs in the under 15 girls race finishing in 64th and 81st respectively while for the boys Alex Lister was 195th and Jake Wade 282nd. The under 13 girls team finished in a very useful 15th place led home by Georgina Kennedy in 70th place and backed by Georgina Taylor 112th, Charlotte Rhule 118th, Lucy Sidey 123rd and Holly Walman 188th. For the boys William Fuller was 104th and Thomas Desborough 303rd.

Further South in Birmingham the Aviva Indoor Championships for the under 20s age group and below took place at the National Indoor Arena. In the under 20s age group Jermaine Olasan picked up bronze in the long jump with a leap of 7.09 and there was third place too for second claimer Sarah Abrams in the triple jump with a leap of 11.83. She was also 6th in the long jump with 5.76 with Lorraine Ugen 4th with 5.94.

Sabine Efiannayi was 5th in the shot with 12.48 with Samantha Milner 8th in 11.24. It was 8th too for Christine Moore in the womens pole vault with a clearance of 3.30 and 8th too for Sam Brown in the mens event with 4.20.

In the under 17s age group Frances Read was 9th in the triple jump with a leap of 10.20 and Anna Huggins was 10th in the pole vault with 2.80. Rhiannon Jones ran 9.28 in her heat of the 60 metre hurdles.

At the Inter City Indoor Challenge Shaunagh Brown had her first competition of the Winter and finished third in the shot with a putt of 13.50. Serita Solomon was 6th in the 60 metre hurdles in 8.68 but Daniel Haque was disqualified in the 200 metres.

Amy Godsell was in fine form at the Inter Universities match at Birmingham. Competing for Brunel she set a new best of 24.84 in the 200 and equalled her best with 7.68 in the 60 metres. Team mate Pamela Hughes won the high jump with a leap of 1.75. Jermaine Alexander (Birmingham) ran 7.22 in the 60 metres.

Four of the Club's youngsters will be competing in the National Sportshall Final in Birmingham. Alex Wheelwright, Aine Hurlock, Samantha Leighton and Shannon Clarke were part of the Kent team who won the recent South East Final at Lee Valley.

Shavaun Henry was 39th and third woman home in the latest last Friday of the month 5km in Hyde Park. She timed 19.45. First home in the latest Parkrun at Norman Park was Steve Pairman in 5th with Rob Brown 7th and Milo Bargeron 19th.

Rachel Dickens is the latest recipient of a Jack Petchey Foundation Achievement Award. She receives the award for January for her gold, silver and bronze medals in the South Of England Indoor Championships. She is ranked third in the 200 and 5th in the 300 in the under 17 age group this Winter, a great achievement as she is only in the first year of this age group.



23/02/10

Scott Overall had a fine run in the UKA Aviva Indoor Grand Prix at Birmingham. Racing in the 3000 metres against World class opposition, which included both the World and Olympic 3000 steeplechase champions, the Blackheath & Bromley athlete finished in 6th place in a time of 7.50.66, the second time he has run inside the qualifying mark for the World Indoor Championships. He now awaits the decision of the selectors to see if he competes in these Championships which take place in Doha from the 12th to the 14th of March.

Jermaine Olasan produced a terrific series of jump at the Celtic Indoor Games. Competing for England he started the under 20s long jump with a leap of 6.85. He improved with every round, breaking his personal best four times to win with 7.18.

For good measure Lorraine Ugen won the under 20 womens long jump with 6.02 with new second claim member Sarah Abrams, who has joined the Club to compete in the Junior League, taking the runner up spot with a leap of 5.68. Sarah, who was representing Wales, also finished second in the triple jump with a leap of 11.67. Irish international Pamela Hughes won the Senior Womens high jump with a leap of 1.74.

Andy Rayner warmed up for this weekends National Cross Country Championships by finishing second in the final, rearranged, Kent League match at Swanley. He timed 30.46 while under 20 Alex Bruce Littlewood was 4th. Alex's position meant that he finished in 2nd place overall for the season.

The Club suffered a heavy defeat in the annual Mob Match with Ranelagh which took place at Richmond Park. Scoring 32 a side the Club picked up 1634 points compared to the hosts 692. With just two runners in the top 20, the first home for the Club was Roy Smith who runs with a metal hip. He was third overall with Andy Tucker 17th and Steve Pairman 21st. Jennie Butler was the first woman home, 23rd overall, followed by Sarah Dowling in 34th and Fran Green in 36th. Sadly, with just one of the Club's runners under the age of 35, it looks as if the Club could struggle in these traditional fixtures for some time to come.

The race incorporated the latest of the Bennett Cup Handicap races which take place throughout the Winter months. First on this occasion was Peter Rogers with Adrian Stocks second and Justine Eastbury third. After 7 of the 9 races John Leeson still leads with 329 points but the gap to the chasing pack has been closed somewhat. Anne Cilia has moved in to second with 297 points with Rob Brown third on 295 points. With 60 points available for first place there is still everything to play for with two matches to go.

At the Surrey County Championships at Lloyd Park Will Mercer had probably his best run of the Winter having been hampered by illness and injury. He finished 11th in the under 17 mens race and he is in the lower year of the age group.

On the road Alex Gibbins finished in 8th place in the Sussex Beacon Half Marathon. In difficult conditions he timed 73.53.

Back indoors athletes have been in action all over the country at indoor meetings. Up in Manchester, Leeds University student Richard Davies ran a very useful 50.55 for 400 metres. At Sheffield Amy Godsell ran a seasons best of 7.72 for the 60 metres at the RAF and Inter Universities Championships. At Birmingham over 55 Master, Allan Williams cleared 3.50 in the pole vault, while Hannah Biddis ran 8.48 and 27.60 for 60 and 200 metres. At Bath, Dominic Parsons made a rare track appearance running 7.24 for 60 metres.

The trials for the Bromley team for the London Mini Marathon took place at Norman Park on Sunday. Results, which are subject to scrutiny by Bromley MyTime, were U13 Girls 1. Georgina Taylor, 2. Samantha Leighton, 3. Charlotte Rhule. U15 Girls 1. Janae Galley, 2. Lucy Sidey, 3. Holly Fletcher. U17 Girls. 1. Amber Reed, 2. Danielle Critchley, 3. Krystal Galley. U13 Boys, 1. William Fuller, 2. Thomas Wright, 3. James Selway. U15 Boys. 1. Louis Hopgood. 2. Thomas Desborough, 3. Jake Gooding. U17 Boys. 1. Greg Proctor, 2. Sam Jackson, 3. Robert Yates.

The previous day at the same venue James Selway finished 26th in the weekly 5km Parkrun.



16/02/10

British number one over 3000 and 5000 metres Scott Overall moved down in distance at the Aviva World Indoor Trials and UK Championships at Sheffield. The Blackheath & Bromley athlete won his heat of the 1500 in 3.53.54. The final was a slow affair and he finished in third place in 4.05.99.

He was the Club's only medallist but there was a fourth place for Michael Skinner in the 3000 metres in 8.06.78. Pamela Hughes finished 6th in the high jump with a clearance of 1.73. Anike Shand Whittingham and Tremayne Gilling qualified from their heats of the 60 metres. Anike was third in 7.68 while Tremayne was second in 6.88. Tremayne did not start in the semi but Anike ran 7.69 for 7th place and so did not make the final.

Megan Southwart set a personal best of 8.88 in the semi finals of the 60 metre hurdles. She ran in the B final and was 8th in 9.05. Savannah Echel Thompson was 5th in the 400 B final in 57.61 having finished 57.71 in her heat.

Briony Proctor led home the Senior Womens team at the rearranged Kent County Cross Country Championships at Detling. She finished in second place and with Jane Bradshaw 8th and Carolyn Jones Baldock 19th the Club finished in 2nd place in the team race. Evergreen Anne Cilia was 35th.

Having not been able to race in the Southern Championships because the entry was sent in late, the Senior Men had the

opportunity to show how good they could be. Unfortunately they did not take it and only three athletes from the Club toed the line. Alex Gibbins had a good run and finished in 11th place while Richard Hall was 55th and Adrian Stocks 103rd. With the team race being six to score the Club did not finish a team.

Amy DeMatos was 5th in the Under 20 womens race with Stephen Cavey 14th in the mens event.

Both under 17 teams came away with medals. For the men Phil Sesemann finished in 5th place and with Greg Proctor 13th, Sam Jackson 14th and Andrew Booth 20th they picked up silver medals. Emily Nolan was first home for the women in 9th place four seconds ahead of 10th placed Danielle Critchley. Melody Kane completed the scoring in 14th place to give the team bronze medals.

It was third again in the under 15 girls team race. Amber Reed had another good run to finish in second place. Saffron Salih was 10th, Hope Stenning 13th and Holly Fletcher 19th. For the boys Tom Greenhill was 19th, Adam Willis 25th and William Ruiz 33rd.

Best turn out of the day came from the under 13 girls. Led by Georgina Taylor in 4th place they won silver medals with Charlotte Rhule in 8th and Lucy Sidey 9th the other scoring athletes. There was encouraging depth in the squad, however, with Samantha Leighton 10th, Janae Galley 11th, Holly Walman 12th and Isabel Vowler 29th. For the boys William Fuller was 16th and Thomas Desborough 36th.

Athletics Weekly have recently published the top three rankings for 2009 in the various male Masters age groups. Past President Colin Brand tops two events, the over 70s shot and javelin and is second in the discus, behind the Clubs former Senior Record Holder John Watts. Gordon Hickey is top of the over 75s shot and second in the javelin.

Others to top their events are Allan Williams in the over 55s pole vault and former sub 4 minute miler Dave Heath who heads the over 40s 1500 and who is third in the 5000. Dave Taylor is second in the over 45s 1500 while Tom Phillips ranks third in the over 55s 100 and 200. Derek Paisley is third ranked in the over 35s 400 hurdles.

The Clubs athletes enjoyed a very successful time at the Southern Counties Veteran Championships at Lee Valley coming home with 10 gold medals. Most successful athlete was Helen Godsell who came away with three golds. She won the 60 metres in 8.74, the 200 in 29.36 and the 400 in 1.10.64 in the over 55s age group. Shirley Rowbotham took gold in the over 40s 60 metres in 9.21 and added silver in the 200 in 30.86.

In the mens sprints Tom Phillips won bronze in both the over 55s 60 and 200 metres with times of 8.21 and 26.74.

There was plenty of success in the middle distance as well. Ken Daniel was tantalisingly outside 5 minutes in winning the over 55s 1500 in his last year in the age group while Peter Hamilton won the over 60s race in 5.19.08.

Peter also won the over 60s 3000 metres while Bill Foster took the over 50s title in an impressive 9.43.76 over half a minute clear of the runner up. Peter Hannell won the over 65s walk in 17.14.07. In the field Allan Williams soared over 3.70 in the pole vault to enjoy victory in the over 55s contest.

The dust has finally settled on the Kent Indoor Championships with full results now available. In addition to those reported last week Luke Smallwood enjoyed a good win in the Senior Mens 400 metres. His time of 49.01 was nearly three seconds clear of the runner up. Nick Moore took silver in the pole vault and Duayne Bovell won bronze in the 60 metres as did Shirley Rowbotham in the womens event.

Megan Southwart's time of 9.10 in the under 20 womens 60 metre hurdles equalled the Championship Best Performance and she also won bronze in the 60 metres. Melody Kane won silver in the triple jump and bronze in the long jump. Tom Jenkins won silver in the mens triple jump.

In the under 17s age group Ellie Duffy Penny won third place in the shot with Ellie Dumper taking the bronze. There were silvers for Christine Lyston in the high jump and Lauren Stevens in the long jump and bronze medals for Robert Yates (800), James Allen (Long Jump) and Jessica Jones (800).

One of the performances of the weekend came from Alex Wheelwright in the under 15 girls high jump. She won with an impressive clearance of 1.51 with Shannon Clarke gaining the bronze. Ellie Lawrence won the shot and Holly Fletcher the 1500. Silver medals went to Leah McDonald in the 60 metres and Aine Hurlock in the long jump. Aine also won bronze in the 300 and there was bronze for Shannon Cordell in the long jump.

Back outdoors Keith Ewing won the London Valentines Love Run 10km. David Beadle was 3rd in the latest 5km parkrun at Norman Park. Andy Tucker was 6th, Rob Brown 7th, James Selway 22nd and Mike Martineau 42nd.

Tony Crowder was first Club athlete to finish in the Sidcup 10 in 33rd with a time of 60.01. Other finishers were Len Crowder (62nd), Paul Ross Davies (64th), Chris Pike (120th), Carolyn Jones Baldock (174th), and Rob Johnson (253rd).



9/02/10

Scott Overall continued his successful indoor season by running the fastest 5000 metres time by a Briton this year. Competing at the Boston indoor Games, the Blackheath & Bromley athlete finished in 10th place in a time of 13.47.09.

Best performance by an athlete from the Club at the Inter City Challenge in Sheffield came from new member Tremayne Gilling. He won the mens 60 metres race in 6.80 while representing the South London team. Serita Solomon was 3rd in the womens 60 metre hurdles and Katie Murray was 8th in the 400 in 61.23.

Further north in Scotland, Bryony Proctor had a fine run in the BUCS Cross Country Championships at Stirling University. Racing for St Mary's against the top students in the country, she finished in 21st place. Alex Bruce Littlewood, who is studying at Portsmouth finished in a very good 36th position.

Andy Rayner enjoyed a comfortable win in the Club 10 mile cross country championships at Hayes. He finished two minutes clear

of veteran Roy Smith in a time of 63.05 with David Griffin in third. First woman to finish was Jane Bradshaw who was 8th overall with Sarah Dowling 13th and Kate Pratten 15th.

The race incorporated the latest round of the Bennett Cup handicap series which takes place over the Winter months. Winner on this occasion was Justine Eastbury with Wilf Orton second and Sarah Dowling third. After six of the nine races John Leeson is still in the lead with 299 points, 43 clear of Chris Pike who has 256, with Anne Cilia third on 252. With 60 points for a first place there is still scope for John to be caught.

On the roads, Peter Tucker, who now competes for the Club second claim, finished in 6th place at Watford Half Marathon in 69.38. Alex Gibbins was 9th in 73.52 and Richard Hall 80th in 84.52.

The Kent Indoor Championships took place at Lee Valley at the weekend. Unfortunately full results are not yet available. However the Club's athletes won a number of medals of all colours. In the womens pole vault Rachel Arnheim won the Senior Womens contest while Christina Moore won the Junior event. Megan Southwart was another winner in the Under 20s age group in the 60 metre hurdles. For the men Abs Joloaso took silver in the Junior 60 metres.

There were some impressive sprinting in the under 17 womens 60 metres where Rachel Dickens won in 7.80 and Georgina Middleton was second in 7.87. Both were personal bests. The duo returned the next day with Rachel just outside her best in winning the 200 metres in 25.16 with Georgina just missing out on the medals in fourth. Rhiannon Jones gained silver in the 60 metre hurdles.

One of the best performances of the weekend came from Daniel Hollett who threw over 12 metres to win the under 15 boys shot. Further news on this meeting to come.

Outdoors a number of County Schools Cross Country Championships took place. In the London event at Parliament Hill Emily Nolan finished in third place in the Senior Girls race to ensure selection for the London team at the English Schools Championships at Manchester in March.

The Kents took place at Wilmington with many of the Clubs youngsters in action. In the Senior Girls event Amy Mitchell was 9th with Amy DeMatos 11th while in the mens race Ross Barden was 12th. Amber Reed has enjoyed a good Winter and she finished 4th in the Intermediate Girls race. Jessica Jones was 15th, Hope Stenning 20th and Hannah Cook 30th. For the boys Greg Proctor took 11th with Alex Lister 20th and Adam Willis 37th.

A big turn out in the Junior Girls race was headed by Saffron Salih in 6th with Georgina Kennedy 14th, Lucy Sidey 18th, Samantha Leighton 19th, Janae Galley 27th, Isabel Jackson 34th, Louise Davison 42nd, Holly Fletcher 46th and Lana Andrews 86th. Will Ruiz was 41st for the boys with Thomas Desborough 90th.

In the South East Schools Inter Counties Sam Jackson was 43rd in the Intermediate Boys race.

More good performances came at the recent Sportshall meeting at Swanley. Again, unfortunately full results are not available but Ellie Lawrence achieved a good distance of 10.01 in the shot. Maya Bruney produced an impressive 2.35 standing long jump and Aine Hurlock won gold in the all round contest. The girls also won team golds.



2/02/10

Michael Skinner helped the Great Britain & Northern Ireland team to victory in the Aviva International at Glasgow's Kelvin Hall. The Blackheath & Bromley athlete finished second in the 3000 metres in 8.07.85 just one second behind Kenya's Sammy Mutahi, who was competing for the Commonwealth Select. In fact he was closing down the leader quickly on the last lap but the finish came too soon. Skinner's time was just one second off his best, however, he is not the fastest in the Club at the moment. That honour is held by Scott Overall. His 7.51.36 is not only the quickest by a Briton, it is actually the fastest in the World this year. Currently training and racing in the States, he continued his rich vein of form by running under 4 minutes for the mile for the first time at the Indiana Relays meeting at Bloomington. Here he finished in third place in a time of 3.58.61 which should strengthen his claim for a place in the Great Britain team for the World Indoor Championships. He has one more race in Boston over 5000 metres next week before returning to England.

With their International commitments Skinner and Overall would not have been available to compete in the South Of England Cross Country Championships at Parliament Hill fields. This was just as well as the entry was sent in late and rejected by the Association. Alex Bruce Littlewood ran in the Under 20 mens race without a number and would have placed 5th if he were included in the results. This was a good effort in his last year in the under 20 age group. In fact he has been selected to represent the Kent Senior team at the Inter County Cross Country Championships.

With no official competition at Parliament Hill some athletes were in action elsewhere. New member Ben Harding was first in the Last Friday of the Month 5km at Hyde Park. The former Portsmouth athlete who has an 800 metre best of 1.51 ran 16.04 to win by 40 seconds with Chris Pike 85th.

Andy Rayner finished in third in the Canterbury 10 mile Road Race in a time of 54.21. Barry Wetherill was 182nd and Ramon Saiz 669th. In the latest 5km Park Run at Norman Park Steve Pairman was first to finish in 5th place with Rob Brown 7th, Iain Swatton 18th and Niamh Bridson Hubbard 24th.

Scott Overall is not the only athlete from the Club in America at the moment. James Alaka has now started University over in Seattle, Washington. He had his first race of the season at UW International meeting running 6.87. This wasn't a bad performance as he has had some injury problems but he still needs more treatment to get him back to his best.

There were a large number of the Club's athletes in action at the London Indoor Games at Lee Valley. Fastest male over 60 metres was Femi Owolade who twice ran 6.97. Quickest woman was under 20 International long jumper Lorraine Ugen who ran 7.63, the 7th quickest in the country by a junior this Winter. Serita Solomon also ran a swift 7.77 and clocked 8.50 in the 60 metre hurdles. First year under 17 Georgina Middleton twice ran 7.99.

There were a lot of useful times run in the 200 and quickest was new member Luke Smallwood who clocked 22.42. With Lemar Charles clocking 22.44, Daniel Haque 22.60 and Bomene Barikor 22.62 the Club is looking in good shape for the Summer British League season.

In the younger age groups Reuben Fakoya ran a new best of 24.32 as did Charlotte Colegate with 27.46 while Georgina Middleton's 26.48 was an indoor best.

In the 300 metres Rachel Dickens continued her fine indoor season by improving to 40.48. This ranks her second in the country at the moment and she is only in her first year in the age group. Rhiannon Jones was just outside her best with 44.04 while Sian Duffy timed 45.22 and Rachel Robinson 46.90.

Luke Smallwood was back in action in the 400 where he ran 49.13 with Bomene Barikor running 50.40. Chelsea Crouser ran 62.26 in the under 20 womens age group. In the field Jermaine Olasan set a new best of 7.09 in the long jump with promise of more to come, and there was a best also for James Allen of 5.69. Megan Southwart ran 8.97 in the 60 hurdles which places her 7th in the under 20 rankings, and Sian Duffy equalled her seasons best with a useful 9.42 in the under 17s age group. Irish International Pamela Hughes cleared 1.75 in the high jump. The polestar training group were out in force in the vault. Second claimers Ned Quiney and Sam Brown cleared 4.60 and 4.10 while Nick Moore set a seasons best of 4.00. Nick's sister Christina went over 3.20 while on this occasion Rachel Arnheim had to settle for three metres.



26/01/10

Blackheath & Bromley's athletes have been competing all over the Home Countries in recent days but the performance of the weekend came in the United States at the Gladstein Invitational Indoor Meeting at Bloomington. Here Scott Overall won the 3000 metres in a time of 7.51.36. This is inside the UK Athletics selection standard for the World Indoor Championships which take place at Doha in Qatar between the 7th and 9th of March. The team will be picked on the 22nd of February. However, UKA have stated that an "Achievement of the UKA Selection Standard or the IAAF Standard does not guarantee selection".

Mike Skinner was in action in at the IAAF International Cross Country event at Antrim a meeting which included the latest round of the UK Challenge. Running for an England representative team, he finished in 5th place, timing 29.04 for the 9km course. He travels to Scotland this weekend to represent Great Britain & Northern Ireland in the 3000 metres at the Aviva Indoor International at Glasgow's Kelvin Hall.

Two athletes from the Club put in a good performances at the McCain UK Challenge cross country races in Cardiff the previous weekend. In the Senior Womens race Bryony Proctor finished in 9th place, while in the mens event Andrew Rayner closed in 11th.

Tom Phillips travelled north of the border to the Scottish Masters Championships which have also been made an open event. He won the over 55s 60 metres in an exciting finish. After a sluggish start he dead heated on the line in 8.20 but was given the verdict by a few thousandths of a second. He then won the 200 metres in 26.83.

In the North West the previous weekend new second claim member Ned Quiney cleared 4.53 in the under 20s pole vault at the Vault Manchester Indoor Meeting while coach Allan Williams cleared 3.63 to finish first in the over 55s age group.

Allan was in action last weekend at the Sutton Open Meeting where he improved to 3.73 just seven centimetres off the British Indoor best. After a no height at the South Of England Championships the previous weekend Nick Moore's season got started with a 3.83 clearance while sister Christina went over 3.33. Rachel Arnheim achieved 3.43. Further results from this meeting when available.

Finally indoors at Lee Valley at the Eastern Vets and Vets AC Championships Ken Daniel ran 5.01.31 in the over 55s 1500 and Peter Hamilton ran 2.37.26 for 800 and 5.24.25 in the over 60s event. Back outdoors Sam Jackson and Will Mercer finished 14th and 20th in the Intermediate Boys race at the Surrey Schools Championships at Reigate. Both have been selected to represent Surrey at the Southern Schools Inter County Championships, again at Reigate, on the 6th of Feb.

In the under 13s race Charlotte Rhule had a fine run to finish fifth with Maya Bruney 26th. Even closer to home Steve Pairman was fifth in the latest of the Bromley 5km Parkruns at Norman Park. Rob Brown was sixth with John Leeson 10th and David Carton 14th. On the roads Mark Ellison was the Club's first finisher in the Benfleet 15. He came 84th in 1.50.37 followed by Dave King (138th), Francis Thompson (185th), Adrian Stocks (186th), Anne Cilia (337th) and Justine Eastbury (408th).

Recipients of Ron Pickering Memorial Fund awards have recently been announced with the following Club members receiving grants, Sabine Efiannayi, Scott Huggins, Andrew Jordon, Mark Longhurst, Samantha Milner, Ben Parkin and Lorraine Ugen.



19/01/10

It was a successful weekend for athletes from Blackheath & Bromley at the South Of England Indoor Championships at Lee Valley with athletes winning 13 medals and others making breakthrough performances.

Highlights came in the under 20 long jump competitions with Lorraine Ugen and Jermaine Olasan winning gold medals in their respective competitions. Lorraine's leap of 6.12 won the competition by 32 centimetres and was just six centimetres off the Championship Best. Jermaine's winning leap of 7.04 equalled his outdoor best and won the contest by 23 centimetres.

There were others who came close to gold, particularly in the Senior Womens pole vault where Liz Hughes had to settle for silver with a clearance of 3.60 losing on countback to Milton Keynes Rachel Gibbens. Rachel Arnheim, just back for a ski trip, was equal fourth with 3.40.

On the track first year Senior Serita Solomon won silver in the 60 metre hurdles with 8.45 and Vickie Cole also gained second place in the 200 with a time of 24.89.

Tremayne Gilling may not have won a medal but he can be delighted with his weekends work. He was fourth in the final of the 60 metres in 6.80 after setting a new best of 6.76 in the semi final. His best from last year was 6.87 so this was quite a breakthrough.

Olympian Dwayne Grant was also in action reaching the semi finals where he ran 6.81 and Duayne Bovell set a seasons best of 7.05 missing out on a place in the semi by the narrowest of margins.

Daniel Haque was another having to settle for fourth place and again it was extremely close. He timed 22.19 in the 200 metres, the same time as the third placed athlete. Femi Owolade ran 22.59 in the semi final.

It was fourth also for Amike Shand Whittingham in the 60 metres with a very useful 7.59. Vickie Cole and Serita Solomon ran 7.77 and 7.81 in their respective semi finals while back in the field Lauren Blackie was 6th in the triple jump with 11.36.

It was good to see Simon Lloyd in action in his first Senior race over the 60 hurdles. He was fourth in his heat in 8.89 while David McKinlay was 7th in his heat of the 1500.

In addition to the golds in the long jump, there were four other medallists in the under 20 age group, two of whom are second claim athletes. Matthew Walcott won silver in the 60 metre hurdles while Sam Brown was third in the pole vault with a clearance of 3.95. Melody Kane won bronze in the 1500 while in the shot Sabine Efiannayi finished third and Samantha Milner fourth.

There may well have been more medals but Dan Putnam pulled up with a hamstring injury in the 200 metres after winning both his heat and semi final, and Christine Moore was fourth in the pole vault. Megan Southwart and Chelsea Crouser ran useful times in the heats of the 60 metre hurdles but did not progress.

Most bemedalled athlete from the Club at these Championships was Rachel Dickens in the under 17s age group. Having won the 300 metres the previous weekend she followed up with second in the 200 and third in the 60 metres to give herself a full set of medals. This is particularly impressive as it is her first year in the age group.

Anna Huggins won bronze in the pole vault with a clearance of 2.60 and Frances Read was third also in the triple jump with a leap of 10.71 which improved her outdoor best from last Summer.

Fresh from a silver the previous week in the 400, Jonathan Pettet was fourth in the 200 metre final in 23.77.

Georgina Middleton was 5th in the final of the 60 metres and 6th in the 200, and there were good efforts also in the sprints from Charlotte Colegate, Amara Lalemi Jacobs, Rachel Robinson and Anton Daly. It was 6th also for Lauren Stevens in the long jump with a leap of 4.92.

More good performances came in the 60 metre hurdles. For the men Aaron Lloyd was 6th in the final while for the women Rhiannon Jones, Sian Duffy and Rachel Giannini timed 9.31, 9.42 and 10.52 respectively.

The Clubs Masters 10km and open cross country race took place at Hayes with Alex Bruce Littlewood the first to finish in 36.53. Next home from the Club was Phil Sesemann in third with Roy Smith 5th.

Smith was the first over 40 followed by David Beadle and Mark Ellison. Jane Bradshaw was the first home in the womens over 35 category with Jennie Butler second and Sarah Dowling third. Anne Cilia won the over 45s.

Nick Kinsey won the mens over 50s race with Jim Phelan first in the over 60s. The Club won the mob match against Beckenham Road Runners which was included in this race. It also incorporated the latest of the Bennett Cup Handicap races which take place throughout the Winter months. First here was Roy Smith with Con Griffin second and Will Slack third.

After five events of the nine races John Leeson still has the overall lead on 252 points with Chris Pike second on 210 and Andy Tucker third on 207. Ten athletes have 182 or more points and with 60 points available at each of the last four races there is still everything to play for.



12/01/10

Cross Country

Michael Skinner had his first big race of 2010 at the BUPA Great International Cross Country race at Edinburgh. The 30 year old Blackheath & Bromley athlete finished in 8th place on a snowy 9km course in a race won by Kenya's Joseph Ebuya with the great Kenenisa Bekele of Ethiopia only finishing in fourth. Skinner was the second Briton to finish, one place behind Aldershot's Chris Thompson, with multiple European Cross Country champion Sergiy Lebid in 6th.

The poor weather conditions meant that both the Kent and Surrey Championships were postponed. However, at short notice the Croydon Harriers "Un Surrey Championship" was organised at Lloyd Park and this was won by Alex Bruce Littlewood who finished over four minutes clear on the two lap course in 30.16.

The weekly 5km Parkrun also took place at Norman Park, Bromley with David Beadle 3rd in 21.04, Rob Brown 5th and Iain Swatton 10th

South Of England Indoor Championships

The first part of the South Of England Indoor Championships took place at Lee Valley and the Blackheath & Bromley athletes came home with a full set of medals.

Highlight was a gold for Rachel Dickens in the under 17 womens 300 metres. Having won her semi final in 41.26 she won the final in 41.31, a fine performance from someone in her first year in this age group.

Silver went to Jonathan Pettet in the under 17 mens 400. In a very competitive race, in which he was spiked and tripped, he was

second in the final in an new indoor best of 52.26.

Dan Putnam took the bronze in the under 20 mens 400 to show that he is now getting back into form after a Summer dogged by injury. He won both his heat and semi and although third in the final he timed a very useful 48.99.

It was good to see Alloy Wilson back in action. He was second in his heat and second in his semi of the Senior Mens 400 metres but did not make the final. Dave McKinlay ran 1.59.95 in the heats of the 800.

Chelsea Crouser ran 62.05 in her heat and 62.18 in the semi final of the under 20 womens 400 while Joshua Oyedele timed 57.0 in his heat in the under 17s.

Other under 17s in action were in the womens 300 where Rhiannon Jones ran a best of 43.69 in her heat before withdrawing from her semi final. Rachel Robinson ran 46.91 in her heat and then 47.92 in the semi.

Shannon Clarke finished in 7th place in the under 15 girls pentathlon. Her best event was the high jump at which she cleared 1.38.

Masters World Rankings

A look at the World Masters rankings for 2009 sees the Club's athletes very well represented across the various age groups. The highest placing is Daryl Brand who is third in the over 45s javelin with a throw of 63.11 which was achieved in the British League match at Bromley. Helen Godsell appears in three categories in the over 55s age group and is ranked 6th in both the 100 and 200 metres. She is also 8th in the 400 metres.

Also 6th ranked is Derek Paisley with his impressive 53.37 for the over 35s 400 hurdles. Allan Williams is 7th in the over 55s pole vault with a clearance of 3.90 and he looking to go over 4 metres this year. Helen Godsell's brother Bob Minting is 8th in the over 55s 800 and 40th in the 400. Tom Philips is 10th in the over 55s 200 metres.

Tom is also 15th in the 100 metres. Others to feature are Maureen Miller (22nd W45 400), Martin Airey (69th M35 800), Dave Taylor (18th M45 1500 and 27th M45 5000), Bill Foster (27th M50 1500, 31st M50 5000, 14th M50 10,000), Ken Daniel (33rd M55 1500), Tim Soutar (30th M50 10,000), Daryl Brand (26th M45 Shot), Colin Brand (18th M70 javelin), Beatrice Simpson (21st W50 Hammer) and Barbara Terry (23rd W60 Hammer).

This is a mightily impressive set of performances and it is unlikely that any Club in this country can have a comparable number of top 10 placings.

The Club is always looking for new members of all ages, abilities and disciplines. E-mail enquiries@bandbhac.org.uk and you will be put in contact with the appropriate Club Officer.



5/01/10

Great Britain International Michael Skinner travelled to Italy over the festive season to compete in the Boclastic 10km at Bolzano. The 30 year old Blackheath & Bromley athlete finished 10th in a quality field in 30.23.3 with fellow Briton Mo Farah in third. Back home a couple of days later he incorporated the Bushy Park 5km into a tempo run and closed in 4th in 15.08.

Andy Rayner greeted the new decade with a run in the New Years Day 10km in Hyde Park. He finished in second place in 31.20 with Dave Beadle 35th, Steve Partridge 344th and Peter Rogers 405th.

At the Bromley Parkrun 5km at Norman Park, Andy Tucker was the first Club member to finish in 6th place with Steve Pairman 10th, Rob Brown 12th, John Leeson 14th, Iain Swatton 15th and Mike Martineau 45th

Indoors some of the Club's athletes were in action at open meetings at Lee Valley and Windsor. Liz Hughes opened her Winter campaign with a win in the womens pole vault contest at Lee Valley with a clearance of 3.55. Her coach Allan Williams also started well, the 56 year old clearing 3.75. First year under 20 Mark Longhurst opened with a clearance of 4.05.

Also in the field first year under 20 Sam Milner was second in the shot with a putt of 10.47 while under 15 Jonathan Adams threw 10.21.

There were plenty of sprinters in action with the quickest being Fabian Collymore with 6.91. Specialist long jumper Jermaine Olasan produced a time of 7.12. Other performances were Kieron Daly 7.39, Jonathan Pettet 7.56, Vickie Cole 7.76, Rachel Dickens 8.01, Georgina Middleton 8.06, Charlotte Colegate 8.36, and Rachel Robinson 8.68. All these were personal bests apart from Fabian's and Vickie's and her time was only four hundredths off her best.

In the hurdles under 20 athletes Megan Southwart and Chelsea Crouser timed 9.34 and 10.17 respectively.

At Windsor Duayne Bovell and Ainsley Campbell ran 7.10 and 7.19 in the 60 metres. In the field Tom Jenkins set a new best of 12.78 in the triple jump while Jessica Moore jumped 9.27. Lauren Stevens leapt 5.01 in the long jump.

Tragically over the festive break one of the Club's best middle distance runners of recent years Rory Byrne died at the age of 34. His last run for the Club was in 2005 when he was diagnosed with a brain tumour. Having been given the all clear in May this year, he suffered a relapse in July when another tumour was discovered. He never recovered and died on the 20th of December.

Past President Don Gillate died on the 23rd of December at the age of 87. He had been in poor health for some time.

