



Founded in 1869

Blackheath & Bromley Harriers AC

Jan to Mar
2012

Home

Up

Press Releases for January, February & March 2012

- If you want to find the latest results try [Results!](#)
- If you are after older results and gossip please go to the [Courier](#) pages.

January 2012

[30/01/12](#)[23/01/12](#)[16/01/12](#)[9/01/12](#)[2/01/12](#)

February 2012

[28/02/12](#)[21/02/12](#)[14/02/12](#)[7/02/12](#)

March 2012

[27/03/12](#)[20/03/12](#)[13/03/12](#)[6/03/12](#)

27/03/12

Blackheath & Bromley's Senior men have comfortably qualified for the National 12 Stage Road Relay which takes place at Sutton Coldfield on April the 14th. They did so by finishing in twelfth place at the Southern event at Milton Keynes.

Andy Rayner got the team off to a fine start when he came home 9th on the traditionally competitive opening leg in 24.16. The race alternates between long and short stages and on leg two Russell Bentley hauled the Club up to 2nd place with a time of 15.13. This was the highest the Club reached all day.

Joint team manager Alex Gibbins slipped back to 9th (26.05) before Ben Harding edged the team up to 7th with 15.44. The steady progress continued as Colin Norris (25.26) and James Poole (15.13) each moved the team up a place to leave them 5th at the half way stage.

Jamie Darling slipped a couple of places on the seventh leg (26.59) and with good efforts from Richard Hall (17.56), Peter Tucker (26.24 and winner of the Les Witton '10' earlier in the morning), Jonathan Vintner (18.00), David McKinley (26.25) and Richard Daniel (19.20) the team closed in the top dozen.

Bentley and Poole's 15.13 times were the equal 8th fastest short legs of the day.

Unfortunately the Senior women could not complete a team. Elaine Murty was the sole representative finishing in 4th place on the opening stage with 17.53, the 13th fastest of the day.

Alex Bruce Littlewood was not able to compete in the 12 stage as he is studying in the United States. He had his first 1500 metre race of the season at the Victor Lopez Classic at Houston, Texas. He opened with a very useful 3.48.81, just over a second outside his best. At the Bobby Lane Invitational at Arlington, Texas, Lorraine Ugen set a new best of 11.68 for the 100 with the following wind just inside the legal limit at 1.9. She also had a rare outing over 200 metres timing 24.51. This was her first race over the distance since 2008 and a huge improvement over her previous best.

Club Member and coach Allan Williams organised the Vault London competition at Sutton Arena. This is a festival of pole vaulting bringing together the vaulting community from across the South Of England. Second claimer Sam Brown cleared 4.34 in the mens competition. In the womens event Christina Moore cleared 3.04.

Under 20 Emilie Blackwell soared over 3.24 and under 17 Helena Coleman was rewarded with a new best of 2.84.

Keith Ewing was in Bath for the British Masters Cross Country Championships. He finished in 46th place and was actually 7th in the over 50s race.

A number of the Club's younger members were in action at the South East Schools Inter Counties at Bexhill. Highest placed athlete of the day was Georgina Taylor who was third in the under 14 girls race. Jessica Keene was 6th, Shannon Risky 10th and Joanna Clowes 53rd. For the boys Charlie Davis finished in a fine 6th place.

Jake Potter was a very good 7th in the under 13 boys race. Yasmin Austridge was 13th in the girls race with Georgina Piper 32nd.

At home the Closing 5 Mile Yacht Handicap took place at Hayes with athletes from the age of 11 to 77 taking part. First to finish was 13 year old Bailey Stickings followed by Tracey Ashenden with Bailey's younger brother Lewis in third.

Fastest individual was Peter Tucker in 29.15 from Glen Turner (32.33) and Finton Parkinson (32.35). Fastest woman was Sarah Dowling with 37.12 with Charlotte Stickings second and Tracey Ashenden third.

This was the last of the Bennett Cup Handicap series of races which have taken place over the Winter months. After nine races, which started with the Will Bolton Memorial Relays last September, the overall winner was Finton Parkinson on 383 points. Steve Pairman was not far behind on 365 points and then came David Beadle and David Leal on 362 points, with Beadle given third place in the Cup because he was higher in the last race.

Prior to this, the Club Photo had been taken at the Clubhouse, an event which only takes place every four years. In the evening the Club AGM took place at which outgoing President Denis Lawrie introduced his successor who is Steve Hollingdale. Steve is the current Head of Finance; has been Cub Treasurer and has for over a decade organised the Annual Quiz Night with Rob Brown. He is looking forward to supporting the Club and all its activities in the coming year.

At the Slater/Bryce Memorial Track Walks, Horsham Shaun Lightman finished 8th in the 10,000 metres in 61.31.7 with Peter Hannell 11th in 65.20.1.

Greg Proctor was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He finished in second place in 17.02 with William Fuller 5th and Andy Tucker 6th. Chloe Kibblewhite was first female from the Club in 134th.

Niamh Bridson Hubbard was a fine 8th place in the event at Greenwich with Chloe Haffenden 36th and Nigel Haffenden 37th. Mark Purser was 28th at Lloyd Park and further afield Peter Hamilton was 6th in the event at Andover.



20/03/12

Scott Overall continued his preparations for the Olympic Marathon by setting a new best for the Half Marathon in New York. The Blackheath & Bromley athlete finished in 8th place in a time of 61.25.

His splits make impressive reading. He completed the first 5km in 14.18 before reaching 10km in 29.07. The 15km mark was reached in 43.46. His finishing time improved his previous best of 63.21 by nearly two minutes.

Long jumper Lorraine Ugen is also looking for Olympic Selection and she was encouraged in her quest when she leapt a wind assisted 6.83 at the TUC Invitational at Forth Worth Texas. Had this leap been without a +2.8 metre per second following wind, it would have been an Olympic A standard qualifying mark. She also timed 11.61 for the 100 metres, again with the benefit of a following wind (+3.4).

A number of the Club's youngsters were selected to compete in the Aviva English Schools Championships, which took place at the Naval Air Station at Ilton in Somerset. In the Senior age group Amber Reed finished in 136th place in 18.15 despite losing one of her shoes halfway round the race. Emma Rowland was 263rd while Will Mercer, despite recent injury, was 252nd in the Boys race. Lucy Sidey was 162nd in the Intermediate Girls race.

Highest placed athlete from the Club was Jessica Keene who was 53rd in the Junior Girls race. Charlotte Rhule was 185th, Shannon Risky 195th, Niamh Bridson Hubbard 200th and Mary Guy, who received a late call up after a weeks hard training, 331st. Bailey Stickings was 107th in the Boys race.

Competing in these races is an invaluable experience, particularly as Amber, Lucy and Will were the only ones who had raced in them before.

At the other end of the age scale there was great success for the Club's athletes at the British Masters Indoor Championships at Lee Valley. Steve Timmins won two gold medals in the over 35s age group with victories in the Shot (13.64) and discus (42.12) He also picked up silver in the heavy weight (13.64) and bronze in the hammer (45.57).

Richard Holt clocked a useful 55.41 in the over 40s 400 metres to finish 4th and Murray Hilborne was equal second in the over 45s pole vault.

Busiest athlete of the weekend was Clem Leon. He was equal first on the over 55s high jump with a clearance of 1.45 and also won silver in the triple jump with a leap of 10.04. He was also 5th in the 400, 7th in the long jump and 2nd in the 200 metre B Final and third in the B 60 metres. Tom Phillips won both the B sprint races. Ken Daniel was 5th in the over 60s 1500 metres.

Despite being at the upper end of his age group Peter Hannell, at the age of 69, still won the over 65s 3000 metre walk in 17.38.81.

In the over 75s Gordon Hickey was second in the shot with a throw of 9.71 and also third in the heavy weight.

Barbara Terry won a hat trick of silver medals in the womens' over 65s age group. She threw the shot 8.09, the hammer 23.82 and the weight 10.02.

Lisa Page was the first woman in the Surrey Tempest 10 mile race at Cranleigh. She finished in 68.56. In the accompanying Spitfire 20 miler, Kevin May finished in 5th place in 1.59.25. Richard Hall was 32nd in 2.13.07 and Ian Montgomery 60th in 2.18.14. First woman from the Club was Julie Reynolds in 128th.

At the Bromley Vets 5km at Spring Park, Andy Lawes was 7th, John Fenwick 19th, Jenny Neal 25th and Luke Brett 32nd.

Ross Braden enjoyed victory in the latest Bromley 5km Parkrun at Norman Park. He timed 17.14 with Will Ruiz 3rd, William Fuller 4th, Andy Tucker 8th and Charlie Davis 10th. First woman from the Club was Hannah Barnes in 31st with Yasmin Austridge 64th and Elizabeth Ibidunni 114th. Chloe Haffenden took 80 seconds off her previous best when timing 25.24 for 144th place.

At the event at Crystal Palace, Naomi Kingston broke her own Under 14 course record when she timed 20.08 to finish as first woman. She was 12th overall. Bob Minting was 15th in the event at Killerton.

This weekend marks the end of the Cross Country season with the Closing 5 mile Yacht Handicap race. Prior to this the Club Photo will be taken at 1pm at the Clubhouse, something that only takes place in Olympic year. In the evening the Club AGM will be held at which outgoing President Denis Lawrie will introduce his successor.



13/03/12

Scott Overall showed that his preparations for the Olympic Marathon are going smoothly with a routine victory in the Silverstone Half Marathon. The Blackheath & Bromley athlete won the event around the famous race circuit in a time of 69.46 just over a minute clear of the runner up.

At the Bath Half Marathon, Andy Rayner ran quicker than this to finish 15th. His time was 69.10 while Alex Gibbins was 34th in 72.24.

On the country Elaine Murty had a fine run in the Inter Counties Championships at Birmingham finishing in 31st place in the Senior Womens race. Second claimer Pippa Woolven was 10th in the Under 20 womens race with Clare Parkin 87th and Michelle Fewster 125th. An injured Will Mercer was 152nd in the Junior Mens race.

In the Under 17s Amber Reed was 94th and Bethany Frost 204th while Charlotte Rhule placed 99th in the under 15s race.

Naomi Kingston and Jessica Keene finished 18th and 35th in the under 13s raced to help Kent win bronze medals in the team contest.

The National 10 mile walk championships took place at Coventry with Shaun Lightman the first Club athlete to finish in 13th place. He broke the 100 minute barrier closing in 1 hour, 39 minutes and 55 seconds. Peter Hannell was 18th in 1.44.05.

Closer to home the Club hosted the annual mob match against South London Harriers and won with 685 points to the visitors 817. First home for the Club was Jamie Darling in second place with Steve Cooper third and Roy Smith 7th. Fran Green finished in 10th place overall and was the first woman.

The race incorporated the latest round of the Bennett Cup, a series of Handicap races that take place over the Winter months. First on this occasion was Ian Taylor with Fran Green second and Roy Smith third.

Just one race remains in the series, the Closing 5 Handicap on the 24th of March. Fintan Parkinson currently leads on 341 points but he is being hotly pursued by Steve Pairman on 335 and Jim Phelan on 329. With another six athletes over 300 points and 60 available in the last race, the contest is still wide open.

Will Ruiz was the Club's first finisher in the latest Bromley 5km park run at Norman Park. He finished in 11th place with fellow youngsters William Fuller and Jake Potter 12th and 17th. Hannah Barnes was the first woman from the Club to finish as she closed in 53rd.

James Donaldson was 15th in the event at Greenwich Park with Chloe Haffenden 63rd while Jim Osman was 112th at Swindon.

The English Schools Championships take place this weekend at Ilton in Somerset and a number of the Club's athletes have been selected for their County squads. Amber Reed and Emma Rowland will be in action in the Senior Girls race for Kent while in the boys Will Mercer in Surrey's 12 strong squad.

Lucy Sidey represents Kent in the Intermediate Girls race with Bethany Frost named as second reserve.

The largest selection of Club athletes in an age group comes in the Junior girls with Georgina Taylor, Jessica Keene, Niamh Bridson Hubbard and Shannon Risky all picked for Kent, Charlotte Rhule for Surrey and Mary Guy is in the London squad. Bailey Stickings represents Kent boys.

**6/03/12**

Shaunagh Brown made a significant breakthrough in the shot putt at the McCain Inter City Challenge at Lee Valley. The Blackheath & Bromley athlete broke the 16 metre barrier for the first time with a throw of 16.01. This is the third furthest by a British athlete this year.

She was not the only one to excel as Serita Solomon set her first indoor best for five years in the 60 hurdles. Dazzling the opposition with her new socks and leggings she timed 8.37.

Tremayne Gilling was a class apart in the mens 60 metres winning in 6.74.

In the United States, James Alaka timed 6.95 for 60 metres at the Alex Wilson Invitational Meeting at South Bend.

Outdoor Alex Gibbins won the Club 10 mile cross country championships at Hayes in a time of 63.03. Steve Cooper was second in 64.06 and Under 20 Will Mercer third in 66.44. Jane Bradshaw was first in the womens race with Sam Singer 2nd as she continues her preparations for this years London Marathon. Full results are on the Club website where the latest Bennett Handicap scores will appear.

Peter Tucker was 3rd in the Greenwich Meridian 10km On a testing course he timed 34.00 and Elaine Murty in 13th was second in the womens race in 37.02.

Richard Hall was the Club's first finisher in the Thanet 20 mile road race. He was 32nd overall in 2.16.32. Sarah Belaon was the Club's first female in 136th in 2.38.25.

Georges Vacharapoulos was the Club's first finisher at the latest Bromley 5km park run at Norman Park. He finished in 3rd place in 16.42 with Will Mercer 4th and Will Ruiz 8th.



28/02/12

Andy Rayner finished an excellent 18th place in the Senior Mens race at the Saucony National Cross Country Championships which took place in glorious sunshine at Parliament Hill Fields.

The Blackheath & Bromley athlete, who is in heavy training for the London Marathon, led the Club's team to 20th place.

The evergreen Dave Taylor, a former 4th placer in this event, finished in 108th at the age of 48. Joint team manager Alex Gibbins, who along with David McKinlay and Richard Hall did so much to muster the team for the race and for the evening celebrations at the Clubhouse, in 168th, Peter Tucker 242nd, Danny Brewer 317th and Jamie Darling 366th completed the scoring six. Seventh placer Russell Bentley had been in the top 50 for most of race until a severe stitch brought him to a grinding halt over the last couple of miles. He finished 407th. With Dan Ryan 594th and Roy Priestley 609th the Club were 17th in the 9 to score team race.

Rayner's girlfriend Elaine Murty had another fine run in the womens race where she placed 26th. With Sarah Dowling 215th, Jane Bradshaw 220th and Rosie Ferguson 232nd the team were 21st.

Best result in the younger age groups came from the under 13 girls who finished in 4th place. Led by Naomi Kingston in 14th and with Jessica Keene 18th, Georgina Taylor 59th and Yasmin Austridge 80th they were just 16 points off the bronze medals. Behind the scoring four more good performances came from Shannon Risky in 96th, Natalie Falshaw 104th, Mary Guy 185th and Molly Dent 335th.

The Junior Women finished in 7th place thanks to some close packing with Clare Parkin 66th, Melody Kane 67th and Danielle Critchley 74th. Second claim member Pippa Woolven was 5th in the race representing her first claim club Wycombe Phoenix. For the men Loughborough University student Stephen Cavey closed in 112th.

Kate Curran was first home for the Club in the under 17 womens race in 61st place and with Amber Reed finishing 87th, Bethony Frost 131st and Emma Rowland 149th they were 14th in the team race. Will Ruiz was the Club's only finisher in the mens race in 235th.

Charlotte Rhule led the under 15 girls home in 94th place. Backed by Lucy Sidey in 119th, Niamh Bridson Hubbard 192nd, Leah Everson 232nd and Chloe Haffenden 337th the team were 21st.

The boys team were 24th with Will Fuller 134th, Richard Webb 141st, Bailey Stickings 195th, Thomas Desborough 281st, Jonathan Court 327th, Anthony Caballero 349th and Luke Russell 357th.

The under 13 boys came in a very promising 11th place with Jake Potter the first finisher in 64th. Joss Barber was 70th, Charlie Davis 157th, Niyi Akin Agunbiade 182nd, Remi Ullah 194th, and Scott Bulmer 304th.

Few could remember such Spring like conditions for this event but no doubt it will be chillier next year when the Championships move North to Sunderland.

Indoors there has been some great success for the Club's athletes at the National Under Championships in Birmingham. Adam Gemili won both the 60 and 200 metres in the under 20 mens age group and Dina Asher Smith also did the same double in the under 17 womens events.

Adam ran the fastest time outdoors by an under 20 in Europe last Summer over 200 metres and his time of 21.20 to win in Birmingham puts him third in the UK Senior Mens rankings this year. His 6.68 over 60 metres, as well as being the fastest by an under 20, ranks him 9th in the Senior lists for the Winter.

Dina was equally dominant in the under 17s age group setting a new best of 7.56 to win the 60 metres, 0.23 of a second clear of the runner up. Her victory in the 200 was equally emphatic, a 24.61 clocking, over two tenths faster than anyone else in her age group this Winter.

These were the Club's only medallists but Maya Bruney was so close to a bronze in the under 15 girls 60 metres and there were plenty of other good performances. Maya missed out on a third place by just one hundredth of a second as she timed 7.84.

It was 4th also for Rachel Dickens in the under 20 womens 400 metres in 57.65; and for second claimer Robyn Pettit in the under 17 womens high jump with a leap of 1.64. In the under 15s age group Jed Botham was 5th in the long jump with a leap of 5.31 and Isobel Reeves 5th in the high jump with 1.50.

Others in action included Oliver Newport (8th Under 20 mens long jump); Emilie Blackwell (9th Under 20 Womens pole vault); and Frances Read (10th under 20 womens long jump).

Tremayne Gilling is the British Universities 60 metre champion. Running for Middlesex University he claimed his title at Sheffield with a sparkling time of 6.68, the same time as Adam Gemili ran in Birmingham. Funmi Sobodu was 7th in 6.91. Dan Putnam and Jermaine Alexander timed 7.00 and 7.14 in the heats. Megan Southwart clocked 58.18 in the heats of the 400 and Lauren Blackie leapt 11.70 in the triple jump.

In the States Alex Bruce Littlewood finished second in the mile at the Southland Conference Indoor Championships at Norman in Oklahoma in a time of 4.10.87. He also represented McNeese University in the medley relay and timed 8.49.20 for 3000 metres.

At the Mountain West Conference Indoor Championships Lorraine Ugen leapt 6.51 in the long jump, the second furthest by a Briton this year. She also timed a very useful 7.50 for the 60 metres.

James Alaka was in action at the MPSF Championships at Seattle, Washington where he timed 6.85 for 60 metres.

More success came at the Kent Indoor Championships at Lee Valley. In the Senior age group Steve Timmins won the shot with a throw of 13.73 and there was a one-two in the womens pole vault courtesy of Rachel Arnheim (3.50) and Christina Moore (3.20). On the track first year senior Grace Sheppard won the 60 metres in 7.84.

In the under 20s James Allen was delighted to claim his first County title in the long jump and further victories came from Jessica Jones in the 800 and Rhiannon Jones in the 60 metre hurdles.

Silver medals were won by Amara Lalemi Jacobs (60 and 200); and Reuben Fakoya (200) while bronze went to Samantha Brown (200) Reuben Fakoya (60), and Craig Morten (400 and 60 hurdles).

Fresh from her exploits at the National Cross Country Championships the previous day Lucy Sidey won the under 17 womens 800 with Holly Fletcher taking the silver medal. It was gold too for Amber Bryan Isaacs in the triple jump with a leap of 10.73. The Hylton sisters Shannon and Cheriece won silver and bronze in the 60 metres in impressive times of 7.67 and 7.95. Other medals came from Helena Coleman who was second in the pole vault; Evie Syron Russell 2nd long jump; and Alex Wheelwright 3rd in the high jump.

In the under 15s Leah Everson won the 800 metres in a new Championship Best Performance of 2.25.83. Akina Gondwe-Onobrauche won silver in the shot with 9.60 and bronze medals were won by Isabella Hilditch (long jump), Jamilya Robinson Pascal (high jump) and Lucas Pacary (60 metres).

Back outdoors Georges Vacharopoulos was the Club's first finisher at the latest Bromley 5km park run at Norman Park. He finished in second place in a time of 17.26 with Tony Crowder 4th and Andy Tucker 6th. Elizabeth Ibdunni was the Club's first female finisher in 86th.

Chris Pike was 8th in the event at Bexley while Nigel and Mille Haffenden were 24th and 71st respectively at Crystal Palace; and Ella Fisher and Mark Purser were 21st and 24th at Lloyd Park.

Fintan Parkinson was 62nd in the Tunbridge Wells Half Marathon in 86.15 with Steve Pairman 100th in 88.26.



21/02/12

Performance of the weekend by a Blackheath & Bromley athlete came from Luke Smallwood who made a sensational improvement over 400 metres as he timed 46.98 at the Midland Counties Open Meeting at Birmingham. It means he has bettered his outdoor best by over a second this Winter. The previous day he had equalled his previous indoor best at the Aviva Grand Prix at Birmingham where he finished in 6th place in the 400 metres in 47.67.

Also at the Midland Counties Open Meeting, Dan Putnam ran 49.70 for 400 and Rachel Arnheim cleared 3.60 in the pole vault.

Steve Timmins showed good form at the Eastern Vets AC and Vets AC Championships which incorporated the unofficial British Masters Athletics Federation, South Masters Championships at Lee Valley. He set a new best of 13.82 in the shot putt in the over 35s age group. Dan Hassett ran 56.38 for the 400.

In the over 55s Tom Phillips timed 8.30 for the 60 metres and 27.40 for the 200. Ken Daniel was pipped in the over 60s 800 finishing in second place in 2.32.62. Barbara Terry threw 8.77 in the womens over 65 shot while Gordon Hickey putt 9.16 in the mens over 75s event.

Best performance at the Crystal Palace 60 metres races came from Tremayne Gilling who ran 6.74. There were some other swift times too as Femi Owolade timed 6.83 and Oweka Wonogho 6.91. In the Under 17s, Alex Skipp clocked 7.42 and Josh Reid 7.70; while in the under 15s Dotum Ayodele timed 7.61. Under 13 Nicole Farmer ran 8.76.

At the Finale Du Perche Elite Tour meeting at Nevers in France, Murray Hilborne cleared a seasons best of 3.06 in the pole vault.

Will Mercer was the Club's first finisher in the latest Bromley 5km park run at Norman Park. The under 20 runner came third in a time of 17.04 with another youngster William Fuller 5th and Andy Tucker 8th. Hannah Barnes was the Club's first female finisher in 34th. As well as the two Wills, a number of other youngsters took part including Tom Desborough 22nd, Jamie Gosnell 33rd, Joshua Davidson 35th, Yasmin Austridge 78th, Scott Bulmer 105th, Joanna Clowes 118th, Chloe Haffenden 177th and James Tucker 178th. Not only did Yasmin compete but so did her mum, who was 120th and her grandmother who was 298th.

Russell Bentley finished in second place in the parkrun event at Brockwell Park. At Crystal Palace, Naomi Kingston was 9th and Mary Guy 20th; Ella Fisher was 27th at Lloyd Park; and Jim Osman 89th at Swindon.

Peter Hannell was 16th in the Enfield League 10 Miles walk in a time of one hour, 45 minutes and 59 seconds

It is a big weekend coming up with the National Cross Country Championships at Parliament Hill with the Club looking to have runners in every age group. Indoors it is the British Universities Championships in Sheffield while Birmingham hosts the England Under 20, Under 17 and Under 15 Championships.



14/02/12

Scott Overall ran the fastest time by a Briton over 10km on the road this year when he finished in second place at the Schoorl 10km in the Netherlands. The Blackheath & Bromley athlete, who has already been selected for the Marathon at the London Olympics, was just two seconds off winning the race with a time of 28.57. This is nearly half a minute quicker than the next fastest Briton.

Shaunagh Brown was Blackheath & Bromley's top performer at the Aviva National Indoor Championships at Sheffield. Not only did she win the silver medal in the shot, but her throw of 15.77 was a new personal best.

All the other Club action was on the track. Serita Solomon finished 6th in the 60 metre hurdles in 8.53.

Tremayne Gilling and Adam Gemili just missed out on places in the 60 metres final timing 6.76 and 6.77 in their semi finals. Adam had actually gone slightly quicker in his heat with 6.74 and he remains the fastest under 20 in the country this year. Femi Owolade timed 6.91 in the heats and Grace Sheppard clocked 7.87 in the womens heats.

Luke Smallwood ran 47.97 in his heat of the 400 to qualify for the semi final but missed out on a place in the final as he timed 48.12. James Poole ran 3.53.26 in the heats of the 1500.

James Alaka missed the Trials as he is studying in the United States. He was competing in the Husky International at Seattle and ran 6.83 and 6.86 in the 60 metres.

At the Vulcan International at Birmingham, Alabama, Alex Bruce Littlewood finished in 8th place in the 3000 metres in a time of 8.28.19.

Elsewhere indoors Krystal Galley timed 57.67 and Megan Southwart 57.89 at the Inter Varsity match at Birmingham.

Outdoors at Swanley, the final Kent League races of the season took place for the Senior Men and Women. Best performance came in the womens race where Elaine Murty finished in second place. Jane Bradshaw was 8th and Rosie Ferguson 16th which gave them third in the team race with Sarah Belaon 17th, Sarah Dowling 21st and Carolyn Jones Baldock 32nd. The squad finished in second place overall for the season and Jane Bradshaw was 3rd best individual with Sarah Dowling 7th and Rosie Ferguson 11th.

Joint team manager Alex Gibbins led the men home in 11th place with Andy Rayner 17th, Jamie Darling 27th, David McKinlay 28th and youngster Will Mercer 34th. This left them as third team on the day and fourth overall for the season.

Melody Kane was 10th in the latest London Colleges League race at Alexandra Park.

On the roads Colin Norris finished in second place in the Sidcup 10 in a very respectable 53.58. Ben Cockburn was 6th in 57.17 and Tony Crowder 15th in 61.17. Justine Eastbury was the Club's first female finisher in 70th (and she had the added satisfaction of beating her Group Payroll Manager). Nigel Haffenden was 72nd, Sarah Belaon 93rd, Carolyn Jones Baldock 131st and Adrian Haley 163rd.

Ross Braden and Lisa Page won the mens and womens races at the latest Bromley 5km Parkrun at Norman Park. Ross took the overall race in a time of 17.41. Andy Tucker showed no ill affects from Chairing the Club's Punchbowl Night the previous evening and finished in 5th place with David Beadle 8th. Lisa won the womens race in 20.43.

Russell Bentley was second in the event at Brockwell Park. At Crystal Palace youngsters Naomi Kingston and Mary Guy were 12th and 22nd and another youngster Jessica Keene was 6th in the event at Greenwich Park. A slightly older Brendan McShane was 3rd at Riddlesdown before another youngster Shannon Risky finished in a very useful 12th place.



7/02/12

Indoors in America, James Alaka opened his season with a win in the 200 metres at the Bronco Classic at Nampa, Idaho. The Blackheath & Bromley athlete ran 21.47, a time he described as "lacklustre", but it is still the third fastest by a Briton this year so far.

Alex Bruce Littlewood put in an impressive performance at the Jack Davis Bank McNeese Indoor meeting at Lake Charles. He won the mile race in 4.06.19, breaking the McNeese record of 4.07 set last year by Ireland's David Rooney. This time was also on a flat indoor track, rather than one with banked bends on which he may well have been quicker.

Back in the UK, best performance by a Club member at the Birmingham Games came from Luke Smallwood who won his heat of the 400 metres in 47.67, a new personal best both indoors and out. This is the 6th fastest in the UK this year. First year Senior Megan Southwart also showed good form in the womens race timing 57.86. James Poole was second in the 1500 in 3.53.55.

At the Intercity Challenge at Sheffield Serita Solomon was 4th in the 60 metre hurdles in 8.46 as was Sandra Alaneme in the triple jump with 12.35.

The London Indoor Games for youngsters took place at Lee Valley and the best performance here came from Stefan Amokwandoh in the under 17 mens triple jump with a winning leap of 13.44. Amber Bryan Isaacs was 3rd in the womens event with a leap of 10.62.

Isobel Reeves was 3rd in the under 15 girls high jump with a leap of 1.50 and Evie Syron Russell 9th in the long jump with 4.87.

On the track, Seri Daramola ran 7.48 in the under 17 mens 60 metres while Sharai Williams timed 8.20 in the womens event.

At the Windsor Indoor meeting Femi Owolade ran 6.96 for the 60 metres, while Shayone Simao timed 7.82. Under 15 Maya Bruney clocked a new best of 7.94.

The Club's 10 Mile Cross Country Championships were postponed because of the snow.

Best performance by a Club member at the British Universities Championships at Cardiff came from Pippa Woolven who was 8th in the womens race for Birmingham University. Melody Kane (Brunel) was 125th. In the Mens B Race Ian Frith was 55th and Steve Cavey 77th.

Many of the Club's youngsters were in action at the South East Schools Inter Counties at Basildon. Amber Reed was 14th and Emma Rowland 38th in the Senior Womens race while for the men Will Mercer was 24th.

Kate Curran was 8th in the Intermediate Girls race with Lucy Sidey 42nd, Bethany Frost 62nd and Samantha Leighton 66th. William Fuller was a very useful 17th in the boys race.

Georgina Taylor was 10th in the Junior Girls race while Jessica Keene was 16th, Charlotte Rhule 31st, Shannon Risky 60th and Louise Everson 71st.

Bailey Stickings was first in the boys race in 21st place with Joshua Davidson 81st.

Georges Vacharopoulos won the latest Bromley 5km park run at Norman Park with Will Ruiz 3rd and David Beadle 11th. Lisa Page was first woman for the Club in 21st. Brendan McShane was 4th in the event and Riddlesdown and Chloe Haffenden 33rd at Greenwich.



30/01/12

Elaine Murty provided one of the bright spots for Blackheath & Bromley at the South of England Cross Country Championships at Stanmer Park, Brighton. She finished in 13th place in the Senior Womens race on a testing undulating course.

This helped the team to 22nd place overall with Kate Pratten 143rd, Sarah Belaon 146th, Justine Eastbury 203rd and Carolyn Jones Baldock 236th.

The last time these Championships were held at the venue, Blackheath Harriers, as was then, won their first ever Senior mens title in their 117 year old history. This was start of a golden period which saw the Club win the Championship seven times in the 1990s and the National title twice.

Sadly History will record that in 2012 they finished in 41st with David McKinlay 86th, Danny Brewer 105th, Roy Priestley 330th, Richard Hall 396th, Andrew Lawes 543rd and Ian Montgomery 608th. Those there did what they could, but the turn out was not good.

Best team performance of the day was undoubtedly the under 13 girls who have been outstanding throughout the Winter both in quality of performance and in the numbers competing. Their talent and strength in depth ensured they achieved a fine third place to pick up a well deserved set of bronze medals.

First home was Naomi Kingston in 6th place with Jessica Keene next in 10th. Shannon Risky in 55th and Yasmin Austridge in 59th secured the third place and there was plenty of back up too as Mary Guy was 119th, Elizabeth Ibidunni 156th, Joanna Clowes 166th and Chloe Kibblewaite 201st.

The only other age group in which the Club finished a team was the under 15 boys who were a very useful 11th. Jamie Gosnell led the team home in 52nd with Richard Webb 57th, Bailey Stickings 103rd and Thomas Desborough 151st.

In the under 20s age group Mel Kane was 38th and Danielle Critchley 40th in the womens race while Ben Cockburn was 47th in the mens.

Amber Read ran well in the under 17s age group finishing in 38th with Bethony Frost 83rd. For the men Will Ruiz was 101st.

Niamh Bridson Hubbard took 68th in the under 15 girls race and Lucy Sidey was 85th. Josh Davidson was first under 13 boy to finish in 67th with Lewis Stickings 157th and Scott Bulmer 171st.

Official results from the London Schools Cross Country are still not available but Naomi Kingston won the year 7 race over 2,700 metres by 300 metres. Mary Guy was 12th in the Junior Girls race despite her school arriving three minutes before the start.

This weekend a number of Club members have been selected to run in the South East Schools Inter Counties at Basildon. These include Georgina Taylor, Jessica Keene, Niamh Bridson Hubbard, Leah Everson, Shannon Risky and Charlotte Rhule in the Junior Girls race; Lucy Sidey, Janae Galley and Bethony Frost in the Intermediate Girls; and Amber Reed and Emma Rowland in the Senior Girls.

Georgina Taylor and Amber Reed have already been selected for the English Schools at Taunton on March the 18th with a further five places to be selected in each age group after this race. Kate Curran has been selected for the English Schools but has turned down selection for triathlon.

Indoors Adam Gemili was in outstanding form at the London Games at Lee Valley. Still an under 20, he timed 6.72 for the 60 metres, easily the quickest by an athlete in his age group this Winter and one of the quickest in the senior age group as well.

Others to impress on the track included Rachel Dickens and Krystal Galley who ran 57.68 and 58.83 in the 400; Dina Asher Smith who ran 7.66 for the 60 metres; and Serita Solomon who clocked 8.49 for the 60 metre hurdles.

In the field Shaunagh Brown won the shot with a throw of 14.64 ; Mark Longhurst cleared 4.70 in the pole vault; and Oliver Newport leapt 6.85 in the long jump.

In America, Lorraine Ugen ran 7.62 for the 60 metres at the Razorback Invitational at Fayetteville, Arizona. Shavaun Henry ran in the Welsh Indoor 3000 metre championships and finished in third place in a new best of 10.18.09.

Femi Owolade showed he is returning to form after graduating recording a very useful 6.85 for the 60 metres at the Newham Indoor meeting.

Fintan Parkinson was the Club's first finisher in the latest Bromley 5km park run at Norman Park. He finished in 4th place in a time of 18.13 with Andy Tucker 6th and Fran Green the Club's first female finisher in 18.36 in 8th overall.

Russell Bentley was 6th in the event at Edinburgh; Nigel Haffenden 24th at Greenwich and Brendan McShane 4th at Lloyd Park.



23/01/12

Shaunagh Brown started the New Year in fine form at the South Of England Indoor Championships at Lee Valley. The Blackheath & Bromley athlete won the gold medal in the Senior Womens shot putt with a throw of 15.60. Not only was this a new personal

best in her first competition of the Winter, it is also the furthest by a Briton this year.

She was one of a number of Club medallists but there was only one person who won two. Dina Asher Smith reigned supreme in both the under 17 womens 60 and 200 metres finals. On Saturday the Newstead Woods Schoolgirl claimed the 200 metre title in 24.78, nearly a second clear of the runner up. As with Shaunagh, this is the best performance in her age group this year. Returning on Sunday, she achieved the double as she won the 60 metres in 7.61. Again, she is the fastest in the country in the event with the 7.57 she ran earlier in the month.

In fact the Club also has the second fastest 60 metre runner as well in Shannon Hylton. Her 7.70 was recorded in the semi final. However, she had to settle for bronze in the final as she clocked 7.72 the same time as the runner up. Twin sister Cheriece was 5th in 7.93.

The other two golds came from second claim athletes and both are first claim members of Crawley AC. Oliver Newport won the under 20 mens long jump with a leap of 7.02 and again this is the best performance in his age group this year. Robyn Pettit soared over 1.70 to win the high jump on count back.

Rachel Arnheim won bronze in the Senior Womens pole vault competition with a clearance of 3.40. Elsewhere in the Seniors, second claimer Emily Martin was 4th in the long jump while James Poole and Shavaun Henry were 5th and 6th respectively in their 1500 metre finals; Sam Brown was 6th in the pole vault and Bomene Barikor was 8th in the long jump.

There was a good turn out from the sprinters and, although none made the 60 metre finals, some promising times were recorded. Fastest for the women was Anike Shand Whittingham with 7.58 while Vicky Cole timed 7.65, Serita Solomon 7.69, Shayone Simao 7.79, Grace Sheppard 7.90 and Emily Martin 7.92. Quickest man was first year senior Kieran Daly with 6.96 followed by Duayne Bovell 7.00, Fabian Collymore 7.02, Oweka Wanogho 7.05, Jermaine Alexander 7.15 and Ed Harrison 7.24. Femi Owolade ran 22.62 in the 200.

Likewise in the under 20 sprints where Reuben Fakoya timed 7.13, Christian Pratt 7.23, Ishmael Smith-John 7.36, Hudson Huyghebaert 7.44, Georgina Middleton 8.1 and Rachel Robinson 8.31.

James Allen was 7th in the long jump with a leap of 5.91 and new member Javari Cameron was 10th with 5.50.

Another new member Stefan Amokwandoh was third in the under 17 mens triple jump with a distance of 12.92. Janae Galley was 4th in the under 17 womens 800 metres in 2.25.85 while Holly Fletcher and Lucy Sidey both ran 2.28 in the heats. Bradley Clegg timed 25.74 in the 200.

Best performance in the under 15 s age group came from Maya Bruney who won bronze in the 60 metres in a time of 7.96 just getting the verdict over the 4th placed athlete who got the same time. In the middle distance Nianh Bridson Hubbard was 4th and Shannon Risky 5th in the 1500 metres in times of 5.13.17 and 5.24.30 and Leah Everson was 6th in the 800 metres in 2.28.23.

Meanwhile up at the Loughborough open meeting Dan Putnam ran a very useful 6.90 in the 60 metres and Samantha Milner threw 11.13 in the shot.

Pippa Woolven earned another International vest when she was chosen as part of an England squad to compete at the EAA Cross Country event at Elgiobar in Spain. She finished in third place in 16.20.

In the States, Alex Bruce Littlewood was part of the McNeese University team which finished a close second in the 4km medley relay at the Auburn Invitational Indoor meeting at Birmingham, Alabama. He ran the opening 1200 metre leg recording a split of 3.06.

The previous weekend he won his first ever indoor race at the McNeese Cowboy Indoor International meeting. Running in the 800 metres he timed 1.56.4. He had earlier paced the mile race up to the first kilometre.

Coming on top of his win in the Lauriston 5 in 26.46 when he was home for Christmas it has been a good few weeks for him.

Also in America Lorraine Ugen leapt 6.12 in the long jump at the Texas 10 Team Invitational at College Station.

In France, while Blackburn's Holly Bleasdale was setting a new British womens pole vault record, the Club's own Murray Hilborne leapt 2.64 in the INSA Perch'formance meeting at Villeurbanne.

Outdoors Will Mercer finished in 7th place in the Senior Boys race at the Surrey Schools Championships at Reigate. Charlotte Rhule was 5th in the Junior Girls race.

Youngster Will Ruiz won the latest Bromley 5km park run at Norman Park. He timed 18.21 with Andy Tucker 3rd and Fintan Parkinson 4th. Naomi Kingston ensured a double victory for the Club and for youth as she was the first female to finish in 23rd place in 20.13. She finished six seconds ahead of Amber Reed who was 24th while Jessica Keene was 29th.

Russell Bentley was 6th in the event at Brockwell Park while Nigel Haffenden was 18th at Greenwich and Jim Osman 107th at Swindon.



16/01/12

Luke Smallwood is the South Of England Indoor Champion at 400 metres. The Blackheath & Bromley athlete secured his title at Lee Valley racing three times over the distance. He cruised through his heat in 49.78 before clocking a seasons best of 48.33 in the semi. He did not have to go as fast in the final coming home in 48.46 to win by nearly a full second.

More success came in the under 20 age group where Jessica Jones won the silver medal in the 800 metres in 2.27.62.

To complete a Club set of medals Reuben Fakoya and Samantha Brown both won bronze medals. Reuben timed 22.97 in the final of the 200 metres. Samantha was third in the 400 metres in 58.94.

Georgina Middleton and Charlotte Colegate ran 27.59 and 27.83 in the heats of the womens 200 metres.

Craig Morten was in action in both events timing 51.95 in the heats of the 400 and 23.61 in the 200. Rachel Robinson ran 64.56 in the semi final of the 400, after recording 64.15 in the heat.

Having run in the Kent Schools Cross Country Championships the previous day, Leah Louise Everson finished 4th in the under 15 girls 300 metres in 45.87. The Championships continue this weekend.

Still indoors, Mark Longhurst travelled to Aubiere in France to compete in the Meeting Capital Perche and cleared 4.83 in the pole vault. Rachel Arnheim was in Manchester competing in the open pole vault competition and cleared a seasons best of 3.63. At the Birmingham Indoor meeting Jermaine Alexander ran 7.15 for 60 metres.

Many of the Club's athletes were competing at the Kent Schools Championships at Kent College, Canterbury. Most were representing Bromley but some were competing for Bexley.

Amber Reed finished in 3rd place in the Senior Girls race with Emma Rowland 6th.

It was 3rd also for Kate Curran in the Intermediate Girls race. She led the Bromley team to victory as Janae Galley finished 8th, Bethany Frost 10th, Lucy Sidey 12th, Samantha Leighton 13th and Holly Fletcher 22nd.

For the boys William Fuller was 14th, Will Ruiz 17th, Richard Webb 21st and Joshua Dowling 41st.

Bromley also won the team race in the Junior Girls race where Georgina Taylor completed a Club hat trick of third places. Jessica Keene was 4th, representing Bexley, Niamh Bridson Hubbard 6th, Shannon Risky 12th, Leah Louise Everson 13th and Joanna Clowes 24th.

Bailey Stickings was 4th in the boys race and there was some encouraging packing behind as Joshua Davidson was 14th, Joss Barber 16th, Niyi Akin Agunbiade 17th, Charlie Davis 19th, Jonathan Court 24th, Thomas Powell 55th and Scott Bulmer 66th. Bromley were third team.

In the Year 7 races, Jake Potter was 4th in the boys competition and Georgina Piper and Yasmin Austridge were 6th and 8th in the girls race.

At home at Hayes the Club hosted it's open 10km cross country race which incorporated not only the Clubs Veterans Championships but also mob matches against both Beckenham Running Club and Orpington Road Runners.

Winner of the race was Andy Rayner, who is training for this years London Marathon. Not only did he win the race but it came after he had just completed an 11 mile run. This was obviously ideal preparation for his 30th birthday party that evening.

Under 20 Will Mercer was next home in 5th place with Glen Turner 7th. First woman home was Elaine Murty in 16th place overall with Jane Bradshaw 41st and Andrea Pickup 46th.

These all helped the Club to win both Mob Matches. Kev May won the over 40s Club Championship with Roy Smith second and Steve Wright third. The over 50s saw a win for Steve Pairman followed by Ian Taylor and Bernie Bater. Graham Coates was first in the over 60s followed by Rob Brown and Jim Phelan.

First over 35 woman was the aforementioned Jane Bradshaw with Andrea Pickup second and Sarah Dowling third. Rosemary Ferguson was first in the over 45s with Susan McKinnon 2nd while Helen Godsell was first over 55.

The race also incorporated the latest of the Bennett Cup races, a handicap series which takes place throughout the Winter months. Winner on this occasion was Steve Wright with Bernie Bater second and Roy Priestley third.

After six races the placings remain tight. Graham Coates leads on 256 points but Steve Pairman and Will Mercer are joint second on 250 points, just one point ahead of Chris Pike, who in turn is just one point clear of Finton Parkinson. With three races left there is still everything to play for as the winner of each handicap race is awarded 60 points.

Elsewhere at the Steyning 15km Walk Shaun Lightman finished in 7th place in 1 hour 30 minutes and 17 seconds with Peter Hannell 10th in 1.32.48. Chris Norris and Ben Cockburn finished first and second in MCC Charity 10km at Norman Park straight after completing a 30 mile bike ride.

Andy Tucker was the Club's first finisher in the latest Bromley 5km park run at Norman Park. He was 8th in 18.57. Next in and first woman to finish was Hannah Barnes in 20.22, a new best for the course. Youngster Jamie Gosnell was 26th, Iain Swatton 31st, Mike Simms 83rd, Molly Dent 123rd, Chloe Kibblewhite 124th, and Colin Poole 233rd.

Away from all these competitions Montell Douglas appeared on the The National Lottery programme Who Dares Wins. If you missed the programme you can still watch it on BBC iPlayer. Find out how she got on.



9/01/12

While the Kent County Cross Country Championships at Wilmington may not have been a vintage one for Blackheath & Bromley, there were, nevertheless, some notable efforts with six individuals winning medals and five sets of team medals, one of which was gold.

In the Senior age groups Andy Rayner and Shavaun Henry both won bronze medals. Rayner has had more than his fair share of injuries recently so a third place was an encouraging effort. He was nearly half a minute clear of fourth place. Shavaun was a similar distance clear of the next placed athlete as she improved three places on last years 6th position.

Peter Tucker, who is now back running first claim for the Club, finished in a very good 7th place. Glenn Turner also ran well to place 35th, with Danny Brewer 38th, Jamie Darling improving 20 places on last year to finish 41st and joint team manager David McKinlay 58th. This gave the Club 4th in the team race, the same as the women with Sarah Dowling placing 21st and Julie

Reynolds 30th.

Disappointingly the men could not finish a team in the 12 to score contest and the women were short in the 6 to score event as well.

The under 20 men won team bronze led home by Steve Cavey in 6th with Ben Cockburn 8th and Ross Braden 12th. Mel Kane was 5th and Danielle Critchley 6th in the womens race.

Kate Curran took the bronze medal in the under 17 womens race and with Amber Reed 7th and Bethany Frost 10th the team finished 2nd just five points behind winners Tonbridge. Emma Rowland also ran well to finish in 12th. It was not such a good day for the men as they only had two runners, Will Ruiz in 25th and Tom Greenhill 38th , and so they did not score in the team race.

Good packing saw the under 15 girls place four athletes in the top 10 led by Niamh Bridson Hubbard in 4th with Janae Galley 5th, Charlotte Rhule 7th and Lucy Sidey 9th . Samantha Leighton in 16th and Leah Everson 17th were close behind and the first three received silver medals in the team contest.

Will Fuller was 8th in the boys race while Bailey Stickings finished 16th, Richard Webb 21st, Thomas Desborough 30th and Jonathan Court 37th. They were 4th in the team race.

Most successful age group were the under 13s. The girls had the biggest turn out of any of the Clubs squads with 10 athletes finishing. They also won the most medals as Georgina Taylor took silver and Naomi Kingston bronze. With Jessica Keene 6th they secured the Club's only set of team gold medals of the day. A host of talent followed them home as Mary Guy was 13th , Shannon Risky 14th, Yasmin Austridge 21st, Joanna Clowes 24th, Molly Dent 33rd, Chloe Kibblewaite 35th and Madeleine Payne 40th.

Josh Davidson was an excellent third in the boys race and Charlie Davis in 6th and Jake Potter in 9th also made the top 10 and secured team silver medals. Had any of these not finished the positions of Will Pope in 12th, Lewis Stickings 26th and Scott Bulmer 34th would each have enabled the Club to win medals.

Being close to the Kent/Surrey border the Club has athletes who live less than two miles from the Clubhouse who are not Kent qualified. The Surrey Championships took place at Dorking and David Taylor, a former South Of England cross country champion, improved 5 places on last year to place 12th and help his second claim club Herne Hill Harriers win gold. This was an impressive performance from an athlete over the age of 45.

Up and coming Will Mercer finished in 8th place in the under 20 mens race.

The Southern Area 10km walking Championship was again incorporated into the Surrey Walking Club open event at Selsdon. Shaun Lightman was the first B&B member to finish although he was representing his first claim club SWC. He placed 10th in one hour two minutes and 48 seconds while Peter Hannell was 14th in one hour, four minutes and four seconds. Unfortunately Roger Michell was disqualified, a shame as he had travelled down from Shropshire for the event.

With the indoor season now underway a number of the Club's athletes competed at the Metaswitch Games at Lee Valley. Under 17 Dina Asher Smith and Senior Anike Shand Whittingham both timed 7.57 in the 60 metres while Grace Sheppard clocked 7.86, Katrina Cosby 8.05 and Frederica Peart 8.36.

Luke Smallwood timed 48.33 in the 400 metres to win by three seconds. He would have gone faster but for a very swift first 200 metres. Craig Morten timed 51.48, new member Samantha Brown 60.41, Frederica Peart 61.04 and Holly Fletcher 62.37. Craig also ran a pb of 9.07 in the Under 20 mens 60 metre hurdles.

In the field, Rachel Arnheim cleared 3.51 in the pole vault.

Fintan Parkinson was the Club's first finisher in the latest Bromley 5km park run at Norman Park. He came in 6th in a time of 19.15 with Steve Pairman 12th and Graham Coates 14th. Hannah Barnes won the womens race in 20.55.

Nigel and Chloe Haffeneden were 52nd and 53rd respectively in the Greenwich event while Helen Godsell was 20th at Riddlesdown.



2/01/12

Sam Milner finished 2011 in fine form by setting a personal best in the discus at the Winterwonderwhirl meeting at Ipswich. The Blackheath & Bromley athlete threw 43.84 to move to 4th place in the National Under 20 womens rankings for 2011. She moves up to the Senior age group in 2012 missing out on being a Junior by just three days.

A number of the Club's sprinters blew away some of the Winter cobwebs at the Crystal Palace 60 metre indoor sprints meeting. Fastest for the men was Alloy Wilson in 7.09with Reuben Fakoya 7.11, Alex Skipp 7.59, Josh Oyedele 7.73 and Bradley Clegg 7.84. Quickest woman was Dina Asher Smith in 7.69 while Grace Sheppard clocked 7.85, Olivia Richer 9.00 and Temi Awodiya 9.29.

Andrew Rayner started 2012 in the best possible way by winning the Brooks Serpentine New Years Day 10km. He won the race in 32.35. Pete Rogers was 129th in 46.01.

Bumper turnouts of Club members has been a feature of the Bromley Park Runs at Norman Park over the festive period. First B&B finisher in the Christmas Eve event was Tom Webb in 10th with Andy Tucker 17th and David Beadle 19th also making the top 20. First females to finish were three youngsters, Jessica Keene in 26th with Amber Reed 28th, Naomi Kingston in 30th.

In the event at Crystal Palace another youngster Lucy Sidey was 9th in 21.18 while down in Brighton, Bridget Davey was 214th.

On Christmas Day in Bromley the first to finish was Fintan Parkinson in 5th place with Adrian Stocks 13th. Second Claimer Amy Mitchell was first woman for the Club in 33rd with Justine Eastbury 34th.

New Years Eve was a notable day for the Taylor family with youngster Georgina Taylor the first female to finish in 20.48 while brother Oliver was second in the mens race in 18.17. Father Ian Taylor was 16th. Others in the top 20 were Andy Tucker in 8th and Graham Coates 11th.

First home on New Years Day event was Steve Pairman in 5th place with Andy Tucker 6th and Ian Taylor 19th.

Shaun Lightmen travelled to Brighton on Boxing Day where he finished in 2nd place in the Preston Park 5.5 mile race walk. He timed 54 minutes and 2 seconds.

The main event this coming weekend is the County Cross Country Championships which take place at Wilmington. The Club have athletes entered in all age groups and will be looking for some good results as they build up to the Area and National Championships over the next couple of months.



Site designed and maintained by robin-web.co.uk
