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Blackheath & Bromley Harriers AC

Jan to Mar
2013

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26/03/13

Michael Skinner helped the Great Britain team finish in 11th place at the World Cross Country Championships at Bydgoszcz in Poland. Last year the team finished in 15th place.

The Blackheath & Bromley athlete finished in 51st place and covered the 12 kilometre course in 34.49. This is his highest ever position in the event. He has competed in five previous Championships, one over the no longer contested 4km short course event, and four times over the longer 12km course. His previous best position was 64th, also at Bydgoszcz in 2010.

At the Home Countries Schools cross country International at Dinefwr Estate, Llanelli in Carmarthenshire, Jessica Keene finished in a fine 6th place in a time of 11.14. This was her first International race and her efforts helped the England Junior Womens team to victory.

Elaine Murty was in action at the same venue representing the South Of England in a Home Countries and Inter Area match. She finished in 12th place in the Senior Womens race.

At the European Masters Indoor Championships at San Sebastian, Spain, Roger Michell finished in third place in the over 65s 3000 metre walk in a time of 16.41.19. He was also 5th in the 5km road walk in 28.41 leading the Great Britain squad to team gold. Steve Langdon was 4th in the over 55s javelin with a throw of 48.57 and Peter Hamilton was 7th in the over 65s 3000 metres in 11.20.77. Peter was ill for the cross country race but still managed 10th place and was part of the GB team who won silver medals behind Spain.

In the States, James Alaka had his first outdoor race of the year at the Trojan International in Los Angeles. Competing in the 400 metres he timed 48.28.

The Senior Mens team have qualified to compete in the National 12 Stage Road Relays at Sutton Park on the 13th of April. They achieved this because the SEAA 12 stage road relay at Milton Keynes was cancelled due to the weather and the English Road Running Association have decided that all teams that have finished in the top 25 in the Southern contest in the last three years can compete in the National.

Sadly this is the fourth SEAA event to be cancelled or postponed in the last nine months. There are no qualifying standards for the women to compete in the National 6 stage event.

The Closing 5 Mile Yacht Handicap race took place at Hayes with a wide range of ages taking part. The slowest runner starts first and the quickest last and if the handicap is perfect they would all cross the line together. Despite the best efforts of handicapper Professor Chris Haines this did not happen.

Winner was the youngest runner in the field, 11 year old Angus Harrington. He was followed by Jamie White and Amber Reed. Fastest round the course was Richard Webb who timed 32.25 with Fintan Parkinson running 33.35 and Roy Smith 34.30. Quickest female was the aforementioned Amber Reed with 37.02. Jane Bradshaw was second in 37.45 and Sally Haffenden third in 43.02.

This was, of course, the final race in the Bennett Cup handicap series which has been running throughout the Winter months. It was very close going into the final race and there was inevitably some shuffling of the leading places. This saw young Tom Desborough burst through to win on 411 points with Mark Ellison second on 409, the same as third placed Nigel Bulmer, Mark getting the silver courtesy of having the faster actual time in Saturdays race.

The excitement continued on into the evening as the Club Annual General Meeting took place at Hayes with much speculation as to who the new President would be. Outgoing President Stephen Hollingdale introduced Bob Cliff as his successor.

Bob first joined in 1967 encouraged by his maths teacher Chris Haines and competed regularly for the Club until at Cambridge University he had some knee problems and spent time rowing. He returned to the Club in 1973 after his future wife commented unflatteringly on his skinny legs and he determined to get fit and develop legs to be proud of. He has represented the Club on cross country, road and track including running the steeplechase in the National League. He has been Chief Trail layer and also

Head of Winter Athletics. He is thought to be the first Club President who speaks Urdu.

Back outdoors Kevin May finished in 15th place in the Hastings Half Marathon in a time of 76.14. Lisa May was the second over 40 woman to finish. She was 153rd overall in 90.43. John Fenwick won the mens over 65s race and was 527th overall in 1.40.18.

David Beadle was the Club's first finisher in the latest Bromley 5km park run at Norman Park. He was 8th in a time of 20.27 with Andy Tucker 12th and Andrew Riches 16th. First female finisher from the Club was young Yasmin Austridge who placed 38th with Chloe Kibblewhite 59th. Elsewhere Niamh Bridson Hubbard was the winner of the womens race at Greenwich. She was 9th overall in 22.42. Steve Cooper was 2nd at Ipswich; Brendan McShane was 5th at Lloyd Park; and Karen Desborough 30th at Orpington.



19/03/13

Two Blackheath & Bromley athletes will be on International duty this weekend. Michael Skinner runs for Great Britain at the World Cross Country Championships at Bydgoszcz in Poland on Sunday. This follows his 5th place in the Trials Race in Birmingham two weekends ago.

Jessica Keene has been selected to represent England at the Home Countries Schools Cross Country International at Dinefwr Estate, Llanelli in Carmarthenshire this Saturday. She secured her place by finishing in 8th place in the Junior Girls race at last weekends English Schools Championships at Catton Park in Derbyshire.

It was a double celebration as she was part of the Kent team which won gold medals and it also included Georgina Taylor in 25th place and Yasmin Austridge in 37th. Naomi Kingston was 18th and Mary Guy 247th for London.

Amber Reed and Bethany Frost were part of the Kent team who were 6th in the Senior Girls race. They finished 96th and 167th respectively while Will Ruiz was 142nd in the Senior Boys race.

Richard Webb continued his recent good run of form by finishing in 34th place in the Intermediate Boys race. Both he and Will Fuller, in a fine 47th, place picked up silver medals as Kent took the runner up spot in the team race. In the Girls race Niamh Bridson Hubbard finished in 80th place with Anna Myers 150th helping Kent to 10th.

Joss Barber was 121st in the boys race, but was outside the scoring 6 for Kent as they again won gold.

In the United States, Lorraine Ugen timed 11.57 for the 100 metres at the TCU Invitational meeting at Fortworth, Texas. She did, however, have the aid of a +4.3 following wind.

There was plenty of success for the Clubs athletes at the Kent Indoor Championships which were held at Lee Valley with 16 gold medals won and three Championship Best Performances.

Luke Smallwood set a CBP in the Senior Mens 200 metres, crossing the line in 22.05. Grace Sheppard won the womens 60 metre title while in the field Rachel Arnheim won the pole vault title with a clearance of 3.55 with Christina Moore picking up silver. Katrina Cosby was the only other senior to win a medal as she finished 3rd in the 60 metres.

Fittingly for a squad that has been the top junior womens team in the country for the last eight years, the under 20 women picked up five golds. On the track, wins came from Samantha Brown in the 400 metres and from Rhiannon Jones in the 60 metre hurdles. In the field, victories came from Lauren Stevens (long jump), Evie Syron Russell (triple jump) and Gemma Brown (shot). Samantha also won silver in the 200 metres as did Charlotte Colegate in the 400 and Holly Fletcher in the 800. Bronze medals came courtesy of Amara Lalemi Jacobs in the 200 metres and Reuben Fakoya in the 60 metres.

The success continued in the under 17s age group where Leah Everson was a double gold medallist winning both the 400 and 800 metre events. Vivien Olatunji claimed the 60 metres title, Niamh Bridson Hubbard the 1500 in a Championship Best of 5.08.11; Alex Wheelwright the high jump and Max Hodson the pole vault. Alex Skipp won silver in the mens 60 metres while Sonia Woolhouse was pole vault bronze medallist.

A third Championship Best of the weekend came in the under 15 girls 800 metres where Shannon Risky's winning time of 2.25.31 was a full 6 seconds quicker than the runner up. Isabella Hilditch won the long jump and also took silver in the 60 metre hurdles. It was silver also for Nicole Farmer in the 60 metres and bronze medals for Harry Taylor (300); Elizabeth Ibidunni (200); Toyin Orelaja (high jump); and Jamilya Robinson-Pascal (long jump).

On the roads Andy Rayner finished in 22nd place in the Reading Half Marathon in a very useful time of 69.12. Peter Tucker won the Les Witton Dartford 10 in 56.00 and was so delighted with his performance that he ran the course again to make it 20 miles as he prepares for the London Marathon. Fintan Parkinson was 6th; Len Crowder 16th; David Beadle 24th; and Graham Coates was 46th and first over 60 to finish. The Club won the team race.

David Hoben was 15th in the Enfield League Half Marathon walk at Hillingdon in 2.39.21.

Andy Tucker was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He came 4th in 19.16 with Chris Gentle 5th and Robert Perry 19th. Chloe Kibblewhite was first woman for the Club in 62nd with Chloe Haffenden 94th. Mark Ellison was 4th at Orpington with Harry Keen 9th. Anne Cilia was the first woman to finish in 19th and Karen Desborough was 29th. Lewis Stickings was 12th at Greenwich with mum Charlotte 16th and the first woman home. Glenn Turner won at Gladstone; Chris Pike was 8th at Bexley and Dave Beadle was 12th at Crystal Palace.

This Saturday the Club cross country season comes to an end with the Closing 5 Yacht Handicap at Hayes. This is also the last race in the Bennett Cup handicap series of races and a number of athletes are in contention to win the contest. It promises to be an exciting afternoon. The Annual General Meeting takes place at the Clubhouse in the evening at which the new President will be revealed.



12/03/13

Michael Skinner must wait to find out if he will represent Great Britain at the World Cross Country Championships in Bydgoszcz, Poland in two weeks time. The Blackheath & Bromley athlete finished in a fine 5th place in the Trials race which was incorporated into the Inter Counties Championships at Cofton Park, Birmingham. However, to gain automatic selection he needed to come in the top four.

He raced there as an individual and not as part of the Kent team. Had he scored for the County they would have finished in 4th place but instead had to settle for 14th. Alex Gibbins was 141st.

Elaine Murty continued her excellent finish to the Winter season as she was 26th place in the Senior Womens race. She was the first Kent athlete to finish and in so doing helped the team to 9th place.

Amber Reed was 50th in the under 20 womens race. Kent won the team race here but such was the quality of the squad she was not one of the scoring team.

Kate Curran was 29th in the under 17 womens race and was part of the Kent team that finished in 5th place. Anna Myers was 113th and Bethany Frost 136th. For the men Will Fuller was 67th and was the 4th Kent scorer as the team were 8th.

Georgina Taylor was 17th in the under 15 girls race and Jessica Keene 23rd, Niamh Bridson Hubbard 101st and Shannon Risky 174th as the Kent team placed 5th.

Naomi Kingston had an outstanding run in the under 13 girls race finishing in 6th place and helping Kent to silver team medals. This was her third race in a week as the previous Sunday she had won the Westminster Mini Marathon trials and midweek had finished 2nd in the London Schools year 8 cross country championships at Avery Hill.

In the boys race Jake Potter was part of the winning Kent team as he finished in an excellent 11th place.

This weekend many of the Club's youngsters who ran in Birmingham will be competing in the English Schools Championships at Catton Hall, Walton On Trent, Derbyshire, and after the success of Kent at the Inter Counties, it promises to be an exciting afternoon.

Amber Reed and Bethany Frost go in the Senior Girls race over 4,200 metres while Will Ruiz races for the boys over 6,900 metres.

In the Intermediate Boys Richard Webb and Will Fuller race the 5,700 metre distance with Niamh Bridson Hubbard and Anna Myers in the Girls event (3,700).

Five girls go in the Junior race (3,200) with Jessica Keene, Georgina Taylor and Yasmin Austridge representing Kent and Naomi Kingston and Mary Guy competing for London. Joss Barber races in the boys event (4,200).

Stateside Lorraine Ugen was 5th in the long jump at Fayetteville in Arizona. The athlete, who last Summer missed out on an automatic Olympic qualifying place by one centimetre, leapt 6.35. More long jump success came as two athletes from the Club were selected to represent England at the Welsh Athletics Indoor International in Cardiff. Oliver Newport won the under 20 mens contest with a leap of 7.16 while Jahisha Thomas was second in the womens event with 5.78.

There was plenty of success for those athletes from the Club who competed in the British Masters Indoors and Outdoor throws Championships at Lee Valley. Most successful was Peter Hamilton who won the 800, 1500 and 3000 metres in the over 65s age group.

More gold medals came in the over 55s age group where Allan Williams dominated the pole vault winning with a clearance of 3.70 and Clem Leon won the high jump with a leap of 1.48. Clem was one of the busiest athletes of the weekend as he was also third in the triple jump with a distance of 10.25; 4th in both the long jump and 60 metres; and 5th in the 200 metres.

Outside Barbara Terry won the over 65s hammer with a throw of 25.36 and the heavy weight with 10.99 as well as gaining second in the shot. Steve Langdon won the over 55s javelin with a distance of 44.95.

Gordon Hickey was 3rd in the over 75s shot and 4th in the heavy weight contest. Paul Stack timed 8.16 in the over 45s 60 metres.

The National 10 Mile Race walking championships took place at Victoria Park, Hackney with Shaun Lightman, an over 65, finishing in 15th place in 1 hour 45 minutes and 27 seconds despite having a slight injury. Peter Hannell, an over 70, was 18th in 1.47.29. Unfortunately David Hoben was a couple of minutes outside the two hour time limit.

At the Sidcup 10 mile road race Tony Crowder was 18th in 64.36 with Graham Hollingdale 22nd and Len Crowder 27th. Claire Austridge was the Club's first female to finish in 130th in a time of 90.33. It was good to see the former Cornwall AC and Bromley Ladies AC athlete back on the roads after some low key work outs in the Parkruns.

The latest Park run at Lloyd Park featured a mob match between the Club and Striders of Croydon. It was defeat for B&B as they were outnumbered by the hosts. First for the Club was Andy Tucker in 7th place with Chris Gentle 8th and Mark Watling 9th. Sarah Belaon was first woman from the Club in 48th with Justine Eastbury 55th and Anne Cilia 80th.

There was a one - two at Orpington with Ben Cockburn winning and Joshua Davidson second. Nick Perry was 8th at Norman Park with Joanna Clowes first female from B&B in 43rd. Andrew Riches was 13th at Hilly Fields; Chris Pike 17th at Bexley; Glen Turner 4th at Milton Keynes; and Steve Haley 8th at Riddlesdown.



5/03/13

Scott Overall continued his build up for the London Marathon as he won the Silverstone Half Marathon in 65.41. The Blackheath & Bromley athlete literally won by a mile as astonishingly he finished almost seven minutes clear of the runner up. (Seven minutes would actually be more than a mile.)

Colin Norris was another to enjoy a road race victory. He won the Frank Harmer Memorial 10km at Brockwell Park in 33.43. Greg Proctor was 129th in the Bath Half Marathon in 78.37.

The Club suffered a narrow defeat in the annual Mob Match against South London Harriers at Coulsdon. Scoring 27 a side they recorded 779 points to the hosts 712. First home for the Club was youngster Richard Webb in third place, a remarkable effort considering he ran the Bromley mini marathon trials in the morning along with Will Ruiz (11th) and Tom Desborough (16th).

Fintan Parkinson in 4th, Gareth Evans 6th and Roy Smith 8th also made the top 10. Jane Bradshaw was the first woman to finish in 24th place overall with Andrea Pickup 28th and Justine Eastbury 49th.

The race incorporated the 8th of the Bennett Handicap series of races which take place over the Winter months. Winner on this occasion was Nigel Haffenden with Justine Eastbury 2nd and David Carton 3rd.

Only one race remains in the series, the Closing 5 on the 23rd of March and it promises to be a thrilling finale as the places at the top are so close. Nigel Bulmer still leads on 364 points but he is just six ahead of Mark Ellison with Tom Desborough on 356, Mark Watling on 353 and Justine Eastbury on 352. With 60 points available in the last race the positions could change dramatically.

Samantha Milner won the discus at the British Athletics Hammer Circle Winter Throws Trials at Loughborough with a distance of 43.03. Closer to home Jamilya Robinson Pascal won the under 15s long jump at the Windsor Indoor Open Meeting with a distance of 4.95.

Shaun Lightman finished in 9th place in the final race of the Cambridge Harriers League 5km walk series at Bexley. The 1968 Olympian timed 27.39 for the distance, his best in the race for three years and his second best for nearly a decade. Peter Hannell was 12th in 30.28.

Ross Braden won the latest Bromley 5km Parkrun at Norman Park. He timed 17.33 with Andy Tucker 28th and Mick Keene 30th with Charlotte Stickings the first woman home from the Club in 31st.

Glen Turner won the race at Gladstone; Sarah Belaon was 22nd at Lloyd Park and Peter Hamilton 27th at Dulwich.

**26/02/13**

There was disappointment for Blackheath & Bromley's Montell Douglas as she was not selected for the Great Britain team for the European Indoor Championships in Gothenburg, Sweden. This was despite her seasons best of 7.25 being inside the GB Selectors qualifying standard of 7.30.

The British 100 metre record holder was not the only athlete with a qualifying performance to miss out. Three 1500 metres runners have run inside the UKA standard but none were selected, yet one female 3000 metre runner who had not reached the standard did gain a discretionary place. The reason for these decisions was that UKA had a policy of only selecting athletes who they considered had the potential to finish in the top 6 in their event.

Scott Overall continued his build up to this years London Marathon as he finished in 7th place in the New Orleans Half Marathon in 64.32.

Elsewhere in the States James Alaka finished 2nd in his heat of the 60 metres at the MPSF Indoor Championships in Seattle with a time of 6.84. At Ames in the Big 12 Indoor Championships, Lorraine Ugen was third in long jump with a leap of 6.37.

At the Southland Indoor Championships at Norman, Alex Bruce Littlewood was 2nd in the mile in a time of 4.12.07. He also ran 8.45.32 in the 300 metres.

Also on the International scene, Mariette Terisse Hilborne finished in 3rd place in the pole vault at the Finale Perche Elite Tour at Nevers, France. She cleared 3.95, an indoor personal best.

Michael Skinner finished in 6th place in the Senior Mens race at the National Cross Country Championships in Sunderland. His was one of a number of high class performances by Blackheath & Bromley members across the age groups and it helped the Club to 11th place in the Senior team contest. Andy Rayner was 73rd, Peter Tucker 101st, Alex Gibbins 142nd, Ian Frith 188th and Danny Brewer 227th.

The Club were unable to complete a team in the Senior Womens race but what they lacked in quantity they more than made up for in quality as Elaine Murty had one of her best ever races on the country. Building on her fine performance at the Southernns where she was 15th, she closed in 21st position. Charlotte Stickings was 180th.

In the under 20 age group Clare Parkin was 51st and Amber Reed 55th in the womens race while Phil Sesemann was 61st in the mens.

Richard Webb was an excellent 26th in the under 17 mens race with Will Ruiz 72nd and Tom Desborough 162nd. The women were 11th in the team race thanks to the efforts of Bethony Frost 72nd, Lucy Sidey 89th, Samantha Leighton 105th and Chloe Haffenden 146th.

Highest placed team of the weekend were the under 15 girls who were 9th. They were led home by Georgina Taylor in a fine 23rd place with Niamh Bridson Hubbard 56th, Mary Guy 93rd, Shannon Risky 102nd, Leah Everson 139th and Molly Dent 142nd.

The boys were 16th with Bailey Stickings first home in 78th. Charlie Davis was 91st, Marco Arcuri 153rd, and, in their first ever

cross country races, Matthew Witchalls 159th and Luca Taylor 183rd.

There were some impressive runs in the under 13 girls race as Naomi Kingston finished in 14th and Yasmin Austridge had the run of her life to finish 18th. Georgina Piper was 118th and Darcy Kirwin 176th to help the team to 12th place.

Oscar Hussey was first for the boy in 71st place with Joe Smith 107th, George Pope 108th and Lewis Stickings 137th.

There were some outstanding performances at the England Athletics Under 20, 17 and 15 Indoor Championships at Birmingham with the Club's athletes bringing home eight gold medals.

Dina Asher Smith dominated the under 20 womens sprints winning both the 60 and 200 metre titles. Her fastest time in the 60 was actually in the heats where she ran 7.34 to win easily. This was a new Championship Best Performance and 4th fastest of all time. It was a similar story in her semi as she crossed the line in 7.42. She took the title clocking 7.36 in the final.

In the 200 she comfortably won her heat in 24.09 before setting a new best of 23.44 to win the Final, well inside the Championship Best Performance.

Shannon Hylton replicated Dina's title winning exploits in the under 17 womens age group. She also remained unbeaten the whole weekend winning her heat of the 60 metres in 7.59 and then her semi final in 7.60. She returned for the final to set a new best of 7.50 and this was a new Championship Best Performance. On to the 200 and she won her heat in 24.82, her semi final in 24.28 and then set a new best of 24.08 in the final.

Not to be outdone her twin sister Cheriece won the 300 metres title in 38.69, the fastest time in the country this year.

More gold medals came in the field as Jahisha Thomas won the under 20 womens long jump with a leap of 5.87. Stefan Amokwandoh annexed the triple jump crown with a leap of 14.34. Kerri Davidson won the under 17 womens triple jump title with a leap of 11.80.

There were plenty of other fine efforts with Rachel Dickens setting new best of 55.76 to win silver in the under 20 womens 400 metres. Isabella Hilditch won a hard earned bronze medal in the under 15 girls long jump with a leap of 5.20. She was also 4th in the final of the 60 metre hurdles.

Another to just miss out on a medal was Maya Bruney who finished in 4th place in the under 17 womens 60 metres in a time of 7.75.

Javari Cameron was 8th in the under 20 mens long jump final with a leap of 6.22 and he also ran 7.27 in the heats of the 60 metres. Jahisha Thomas ran 8.75 in the heats of the 60 metre hurdles but was unfortunately disqualified in the final. Kertis Beswick ran 8.39 in his heat of the under 20 mens 60 metre hurdles.

Tremayne Gilling is the British Universities Indoor 60 metre champion. He won the title in 6.76, having won his semi final in exactly the same time and his heat in 6.82.

It was gold too for second claim member Lauren Bouchard as she won the 400 title in 54.41. Carolyn Plateau just missed out on making it a hat trick of golds as she was second in the 800 metres in 2.10.67, only four hundredths of a second behind the winner.

There was silver too in the 400 metres for Dan Putnam in a time of 47.88.

Samantha Milner was 4th in the shot with 11.78 while Megan Southwart was 5th in the 60 metre hurdles final and Grace Sheppard was 7th in the 60 metres.

A remarkable set of performances at the South of England/VAC Championships at Lee Valley saw all the Club athletes finish in medal winning positions. Peter Hamilton returned with two gold medals as he won both the 800 metres and the 1500 metres in the over 65s age group in times of 2.39.49 and 5.34.98.

Allan Williams showed that he is fast getting back to his best following injury as he won the over 55s pole vault in 3.50. Many younger athletes would be delighted to produce such a performance.

Gordon Hickey won silver in the over 75s shot with a distance of 9.46 and more throws success came in the over 65s as Barbara Terry was also second in her shot contest in 8.13.

Jackie Montgomery was 3rd in the over 45s pole vault with a clearance of 1.90

Nick Perry was the Clubs first finisher at the latest Bromley 5km Parkrun at Norman Park. He finished in 6th place in a time of 19.02 with Jamie Gosnell 19th and Joshua Davidson 21st. Joanne Clowes was the first female from the Club to finish in 63rd place with Elizabeth Ibdunni 69th and Holly Fletcher 82nd. A total of 23 Club members finished.

Further North at the Braunstone event James Poole won in a very swift 14.42. Eamonn Prenderghast was 2nd at Lloyd Park with Andy Tucker 5th and Sarah Belaon the first woman to finish in 16th overall. Ross Braden was 2nd at Whitstable; David Beadle 8th at Crystal Palace; Chris Pike 21st at Bexley; Andrew Riches 14th at Hilly Fields; Ian Young 77th at Poole; and Karen Desborough 42nd at Orpington.



19/02/13

Blackheath & Bromley's Montell Douglas was delighted to set a new personal best of 7.25 for the 60 metres at the Newham Indoor meeting last week. This is inside the 7.30 British qualifying time for the European Indoor Championships which take place in Gothenburg, Sweden next month. The British 100 metre record holder will now have her fingers crossed in the hope the selectors will add her name to the GB squad this week.

She followed her performance at Newham with a 7.33 clocking at the British Athletics Grand Prix at Birmingham, but such was the

quality of the International opposition, she did not gain a place in the final.

Lauren Bouchard ran 55.40 in the 400 metres.

The Midland Counties Open Meeting took place the following day at the same venue and Serita Solomon set a new personal best of 8.16 for the 60 metre hurdles. This is the third fastest time in the country this year and leaves her looking forward to the outdoor season.

Elaine Murty finished in an excellent 15th place in the Senior Womens race at the South Of England Cross Country Championships on a wet and muddy Parliament Hill Fields. The Meeting had originally been scheduled to take place at the end of January but was postponed because of some snow.

With the National Championships this Saturday in Sunderland, athletes and coaches had to weigh up the pros and cons of racing major events on back to back weekends.

Charlotte Stickings was the only other Club member to finish in the womens race as she came home in 106th.

Alex Gibbins was first home in the Senior Mens race finishing in 46th place with Peter Tucker 53rd and Danny Brewer 79th. With Fintan Parkinson in 165th, Jon Vintner 173rd and Andy Lawes 398th amongst the 541 finishers, they were 10th in the team race.

Amber Reed closed in 29th in the Under 20 womens race, while Richard Webb showed just how much he has improved over the Winter months by finishing in 17th place in the Under 17 mens race.

The under 17 women were 6th in the team race led home by Bethany Frost in 59th with Samantha Leighton 62nd, Lucy Sidey 91st and Chloe Haffenden 100th.

Best supported age group were the under 15 girls where the Club had nine finishers. First of these was Georgina Taylor in a fine 16th place. Nianh Bridson Hubbard was 44th, Mary Guy 65th and Shannon Risky 92nd to secure 5th place in the team race. In addition Chloe Kibblewhite was 109th, Leah Everson 124th, Molly Dent 132nd, Joanna Clowes 159th and Jennifer Sheasby 162nd.

For the boys Bailey Stickings was 59th, Jonathan Court 132nd, Joshua Davidson 147th and Arthur Carey 168th giving them 19th in the team race.

The highest placed individuals of the day came in the under 13s age group with Naomi Kingston in 7th place for the girls and Jake Potter in 9th for the boys. These were excellent results and promise much for the future. Yasmin Austridge was a fine 22nd and Georgina Piper 107th but unfortunately they needed another finisher to score in the team race.

Jake was backed up by Oscar Hussey in 73rd, George Pope 123rd, Lewis Stickings 127th, Peter Guy 145th and Harry Keene 197th and this enabled them to finish 13th team.

Naomi Kingston recently finished 2nd in the Junior Girls race at the London Schools Championships, again at Parliament Hill Fields. Mary Guy was 10th.

More success came at the Surrey Indoor Championships at Carshalton. Emily Martin won the Senior Womens long jump with a leap of 5.74 which was one centimetre further than Jahisha Thomas who took the under 20 womens title. Javari Cameron leapt 6.41 for gold in the under 20 mens contest and set a pb in the 60 metres.

Jahisha also won the 60 metre hurdles in 8.81 with Kertis Beswick storming to victory in the men race in a new best of 8.08. He was also 3rd in the 60 metres flat in 7.02 having run a new best of 6.97 in the semi final.

In the under 17s age group Kerri Davidson had a busy weekend winning the triple jump with a seasons best of 11.62; the long jump with a personal best of 5.21; and running a pb of 8.23 in the heats of the 60 metres. Emphatic winner of the 60 final was Maya Bruney whose time of 7.71 was just two hundredths of a second outside her best.

More success came in the under 15s age group where Kate Purser set personal bests in both the long jump and the 60 metres.

At the Southern Counties Veterans AC Championships at Lee Valley, Peter Hamilton enjoyed a hat trick of victories in the over 65s middle distance. He won the 800 (2.42.6), the 1500 (5.37.7) and the 3000 metres (11.47.8), the latter two being Championship Best Performances. Peter Hannell took the over 70s 3000 metre title and Gordon Hickey won the over 75s shot.

Barbara Terry was runner up in the womens over 65 shot as was Jackie Montgomery in the over 45s pole vault with a new best of 2.20. Murray Hilborne was 4th in the over 45s pole vault with a clearance of 2.60.

The Club suffered a home defeat in the Annual Mob Match against Ranelagh Harriers with the visitors closing nine of the first eleven finishers. When the scores were totalled up they had scored 761 to the hosts 845.

First runner home for B&B was Gareth Evans in 5th place with Nick Kinsey 6th and young Tom Desborough 12th. Nick won the Harry Sheer Trophy which is awarded to the first over 50 to finish. First woman to finish was Fran Green in 13th with Jane Bradshaw 21st and Jennie Butler 23rd.

The race incorporated the 7th of the 9 Bennett Handicap races, a series which takes place over the Winter months. Winner on this occasion was Martin Blunden with Jennie Butler in 2nd and Kate Pratten 3rd. Current leader is Nigel Bulmer on 332 points with Mark Watling on 318, Tom Desborough 316, Mark Ellison 309 and Andy Tucker 308 all over the 300 point barrier. A lot of points are available in the remaining two matches so there is still everything to run for.

Charlie Davis was the Clubs first finisher at the latest Bromley 5km Parkrun at Norman Park. He finished in 8th place in 18.54 with Andy Tucker 16th. Elizabeth Ibidunni was the first female from the Club to finish in 125th place overall.

Sarah Belaon won the womens race at Lloyd Park in 23.42 while Karen Desborough was 37th at Orpington; Andrew Riches was 15th at Hilly Fields; Richard Davies 15th at Leeds; and James Morris 53rd at Dulwich.



12/02/13

Shaunagh Brown won the silver medal in the shot at the British Athletics European Trials and UK Championships at Sheffield. The Blackheath & Bromley athlete threw a new indoor best of 16.07 but missed out on winning the contest by just 12 centimetres.

Dina Asher Smith made an excellent debut in a Senior Championship as she finished 5th in the final of the 60 metres in 7.37, the same time as the bronze medallist. Earlier she had set a personal best in winning her heat in 7.35. Montell Douglas was 6th in the final in 7.40 having timed 7.33 in finishing second in a semi final in which Dina was third in 7.39. Grace Sheppard timed 7.81 in the heats.

Dina also ran 23.91 in finishing second in her heat of the 200 metres but withdrew from the final as a precaution, four races for a first year junior against Senior athletes being enough for one weekend.

Serita Solomon finished in 4th place in the 60 metre hurdles in 8.28, having set a personal best of 8.23 in winning her heat. As the first placer in the final was an Irish athlete she receives a bronze medal in the UK Championships.

Another to set a personal best was Carolyn Plateau in the 800 metres. She was 5th in the final in 2.06.19.

Lauren Bouchard was 4th in her 400 metre semi final in 55.16, while Rachel Dickens ran 57.05 in her heat. For the men Dan Putnam ran 48.27 in his heat. James Poole was 7th in his heat of the 1500 in a time of 3.54.99.

In the field Oliver Newport was 9th in the long jump with a leap of 6.98 with Joe Lawrence 10th in 5.69.

There was a welcome return to competition for James Alaka who has not been in action since he got injured at the Olympic Trials last June. Competing at the Husky Classic in Seattle, Washington, he ran 6.83 in his heat of the 60 metres before edging his time down to 6.81 in the final where he finished third.

Also racing there was Alex Bruce Littlewood who set a McNeese University record in the 3000 metres. His time of 8.11.0 improved the previous best by over two seconds and was the 22nd fastest of the 86 who raced.

A number of the Club's athletes were in action at the Inter Universities fixture at the Birmingham Indoor Arena. In the 400 metres Megan Southwart was third in the A string 400 in 57.03 with Krystal Galley 4th in 58.53. Megan was also 4th in the 60 metre hurdles in 9.10.

New member Mark Cryer had a busy time finishing 4th in the B 60 hurdles in 8.80, leaping 1.75 in the high jump and 6.37 in the long jump. Samantha Milner was 2nd in the shot with 11.89.

Nine athletes from the Club have received grants from the Ron Pickering Memorial Fund, a trust set up in memory of the late BBC commentator, coach and teacher. The fund is open to young athletes between the age of 15 and 23 who are in education and may need financial help towards training or the provision of equipment. They should be medallists from the National Schools, AAA Under 17, Under 20 or Under 23 Championships or in the top six of the appropriate UK ranking lists.

Dina Asher Smith (60 to 400 metres) represented Great Britain in the World Junior Championships at Barcelona where she reached the final of the 200 metres. She was National Under 17 100 and 200 metre champion in 2012.

Kertis Beswick (sprint hurdles), who recently joined the Club, was the fastest in the country in 2012 over the 100 hurdles in the under 17 age group. He won both the English Schools Intermediate Boys and England Under 17 championships and represented England in the Home Countries International.

Maya Bruney (100-200) is the current English Junior Girls and England under 15 girls 100 metre champion.

Rachel Dickens (400) was runner up in the English Schools Senior Girls 400 metres in 2012.

Tremayne Gilling (60 to 100 metres) is the current England Under 23 100 champion and was runner up in the England Senior Championships.

Cheriece Hylton (300 metres) is the 2012 English Schools Intermediate Girls 300 metre champion, and represented England in the Schools Home Countries International.

Shannon Hylton (100 and 200 metres), like her sister, is a 2012 English Schools Intermediate Girls champion. She won the 200 metres and, like Cheriece, represented England in the Schools Home Countries International.

Oliver Newport (long jump) is still a Junior but is the reigning England Senior long jump champion.

Pippa Woolven (steeplechase) represented Great Britain at the World Junior Championships. She reached the final of the 3000 metres steeplechase.

Michael Skinner was a runaway winner of the final Kent Cross Country League race of the Winter at Swanley. He finished nearly a minute clear of the field in a time of 30.21. With Alex Gibbins in 10th, Jon Vintner 37th and Fintan Parkinson 41st the Club were third in the team contest. Ross Braden, running for the University of Kent finished in 34th.

Fran Green celebrated her birthday 24 hours early by finishing in third place in the womens race and leading the team to victory with Amber Reed in 10th and team manager Jane Bradshaw 12th. Charlotte Stickings was 21st, Sarah Belaon 23rd and Katrina Cosby 47th, in a rare excursion on the mud, and this ensured that the Club was third in the 6 to score.

As this was the last race of the season, the overall placings were also decided at this fixture and it was welcome news for the Women who won the 3 to score team competition. They were also 2nd in the 6 to score.

The men were third in the 6 to score and second in the 12 to score contests.

More success came in the individual awards with Alex Gibbins and Amber Reed both finishing in third place overall. Charlotte Stickings was 5th and also 3rd veteran.

Meanwhile Andy Rayner finished in 6th place in the Surrey Cross Country League race at Coulsdon. In doing so he helped his second claim club Kent AC to victory in the team competition for the season.

Peter Tucker had an easy run at the Kent League, coming home in 44th place. This was because he was saving himself for the following days Wokingham Half Marathon. He finished in 11th place in 69.57.

Also on the roads, Peter Hannell finished in 18th place in the London 10km Road Race Championships at Victoria Park, Hackney. In cold weather, and on a flat but somewhat uneven course, his time was 1 hour, 6 minutes and 16 seconds, a little down on his best as he is just returning from injury. David Hoben was 22nd in 1.15.07.

The Club's youngsters dominated the latest Bromley 5km Parkrun at Norman Park with Charlie Davis first home in 3rd place. Andy Tucker, not a youngster, was 4th but the other high placings all came from the Club's youth. Jessica Keene was the first female to finish in 7th overall with Jamie Gosnell 8th, Niamh Bridson Hubbard 13th, and Joshua Davidson 16th. Yasmin Austridge made it a hat trick of the leading female placings when she closed in 21st.

At the Orpington event another youngster Jake Potter won the race outright with Karen Desborough 29th.



5/02/13

Shaunagh Brown opened her indoor season with an International contest at Linz in Austria. Competing there as part of an England squad she finished in 4th place in 15.48.

In the United States Alex Bruce Littlewood won his mile race at the Jeff Davis International in Lake Charles. He timed 4.08.10.

Back in the UK at the Birmingham Games, Dan Putnam ran a solid 48.17 for the 400 metres, while Lauren Bouchard ran an excellent new best of 54.40, a huge improvement on her previous mark of 55.25. Megan Southwart's 56.11 was also a new best as was her 8.85 in the 60 metre hurdles. James Poole timed a seasons best of 3.54.97 in the 1500 metres.

Closer to home the London Indoor Games for the under 17 and under 15 age groups took place at Lee Valley with some more impressive results. In the Under 17 age group Shannon Hylton clocked a new best of 7.55 in the 60 metres and Maya Bruney also ran faster then ever before as ran 7.69 in her first year in the age group.

More success for the Hylton household came as Shannon's sister Cheriece set a seasons best of 39.73 to win her 300 metre race. This is the fastest time in the country this year for an under 17.

Other sprint bests came from Alex Skipp and Vivien Olatunji (60 metres); and Luka Taylor and Matthew Witchalls (60 and 200 metres).

Highlight in the field events came from Stefan Amokwandoh who leapt 14.02 to win the triple jump and Kerri Davidson won the womens event with a distance of 11.34. Helena Coleman soared over 3.15 to set a personal best in the pole vault, and Max Hodson also produced a best of 2.95 in the mens event.

In the under 15s Isabella Hilditch won the long jump with a leap of 4.83 and she also timed 9.77 in the 60 metre hurdles. Nicole Farmer ran 8.52 for the 60 metres while Olivia Richer timed a new best of 8.59. She also set a new best in the 200.

At the Keith Ward Memorial Meeting at Kings Lynn, Lewis Ely cleared 1.90 in the high jump.

Outdoors a number of the Club's athletes ran for their respective Universities at the BUCS cross country championships at Leeds. Phil Sesemann was 71st in the Mens A race with George Vacharopoulos 112th and Ross Braden 142nd. In the womens race Clare Parkin was 134th, Rebecca Taylor 142nd and Melody Kane 267th.

At the Kent Schools cross country championships at Bexley, Kate Curran was 3rd in the Senior Girls race with Amber Reed 4th and Bethany Frost 8th. In the Boys race Will Ruiz was 5th.

Richard Webb had a fine run in the Intermediate Boys race to finish 2nd with Will Fuller 3rd. Niamh Bridson Hubbard was 5th in the girls race with Anna Myers 6th.

Good packing from Jessica Keene in 3rd, Georgina Taylor 4th and Yasmin Austridge 5th helped Bromley to first place in the team race in the Junior Girls race. Josh Barber was 6th in the boys race with Jake Potter 10th.

Peter Tucker finished in 5th place at the Watford Half Marathon in a time of 72.03. Gareth Evans was 76th.

Naomi Kingston was the first female to finish in the Crystal Palace Parkrun. The youngster was 13th overall. There was a win also in the Lloyd Park event for Sarah Belaon. She was 17th overall. Continuing the female success, Fran Green was 11th at Dulwich.

Barry Wetherill was first male from the Club at Norman Park in 29th with Tammy Flashaw first female in 48th. Chris Pike was 15th at Greenwich; Karen Desborough 50th at Orpington; and Steve Haley 14th at Riddlesdown.



29/01/13

Serita Solomon was delighted to be awarded her first Great Britain International vest as she was selected to compete in the British Athletics International Match at the Emirates Arena in Glasgow. The Blackheath & Bromley athlete responded by setting a

new personal best of 8.26 as she finished in third place in the 60 metre hurdles, improving her previous best by over a tenth of a second.

Also on the International scene, Carolyn Plateau finished in 3rd place in the 800 metres at the Elan Indoor Meeting at Bratislava. She timed 2.06.94.

This Wednesday Montell Douglas and Shaunagh Brown are selected to be part of an England squad that competes at the International meeting at Linz.

Still abroad Alex Bruce Littlewood had his first indoor race of the Winter at the Howie Ryan invitational in Houston, Texas. Competing in the fastest of the 800 metre fields, which included four sub 1.50 runners, he finished in 7th place in 1.55.15. He was actually the 3rd fastest of the 40 college athletes who ran in the four 800 metre races and his time was rounded down by the NCAA to a net time of 1.53.4 to take account of the flat track (no banking) and the tight bends.

Also in the United States, Lorraine Ugen leapt 6.20 for the long jump in at the Auburn Invitational at Birmingham Alabama. She also timed 7.69 for the 60 metres.

Tremayne Gilling bounced back from an injury jinxed Summer season to time an impressive 6.68 for the 60 metres at the London Indoor Games at Lee Valley. This equalled his best for the event. More impressive performances came in the womens race as Montell Douglas' time of 7.34 is the second fastest by a Briton so far this Winter. Third fastest is first year Under 20 Dina Asher Smith who set a new best of 7.36 winning her race by .24 of a second. Grace Sheppard celebrated her recent 21st birthday with a new best of 7.74.

More good news came in the 400 metre races where Dan Putnam set a new indoor best of 47.93; Craig Morten timed 50.74; Lauren Bouchard 55.25 and Rachel Dickens 56.48. Like Dan's time, Rachel's was a new indoor best and is the second fastest by an under 20 in the country this year.

Rhiannon Jones also set a new best as she ran 9.23 in the 60 metre hurdles and Jess Jones set a seasons best of 2.24.36 in the 800.

In the field Mark Longhurst and Scott Huggins both cleared 4.75 in the pole vault with Rachel Arnheim reaching 3.30 and Christina Moore 3.00. Joe Lawrence leapt 7.24 and Javari Cameron 6.25 in the long jump while Lauren Blackie recorded 11.49 in the triple jump.

With the South Of England Cross Country Championships cancelled the Club's runners were scraping around to find competition. Many fell back on the various Parkruns which take place across the country. Ian Frith won the 5km event at Norman Park in a time of 18.23 with James Perry 5th, Steve Pairman 9th, Andy Lawes 15th and Graham Coates 20th. Young Yasmin Austridge was the first female from the Club to finish in 43rd place with Chloe Haffenden 122nd and Chloe Kibblewhite 139th.

Sam Barnes won the event at Brockwell Park in a very useful 16.24. Leah Everson won the womens race at Orpington with Jessica Keene 13th, Joanna Clowes 20th and Karen Desborough 44th while Charlotte Stickings was first woman to finish at Greenwich in 13th place overall.

Missing from last weeks report was Brendan McShane's 6th place in the event at Lloyd Park. The UK Womens League team manager, who recently bought a book of 5000 one liners in the Sales, believes this race is far tougher than the Norman Park event. He put his good performance down to running in the slipstream of cars until he is exhausted. Club members will have the opportunity to decide on the severity of the Lloyd Park course when they take part in an unofficial mob match which will be incorporated into the event on the 9th of March.



22/01/13

Blackheath & Bromley athlete and coach Allan Williams was the driving force behind the hugely successful Vault London 2013 at Sutton Arena. The event saw 86 vaulters in action across the age groups and between them they produced 64 lifetime best clearances. These were appreciated by an enthusiastic and knowledgeable group of coaches and supporters all helping to create a unique atmosphere for competition.

From a Club perspective it was most pleasing to see Scott Huggins competing and clearing 4.84 to win the Senior Mens event. Scott has been much missed over the last couple of years as work and family commitments took up all his time, but now back in full training he is looking to get back to his best and better.

Mark Longhurst soared over 4.74 to win the under 23 mens contest and Rachel Arnheim made it a hat trick of Club winners as she took the Senior womens title on countback from team mate Christina Moore, both of them clearing 3.34.

Pleasingly under 17s Helena Coleman and Max Hodson both set personal bests. Helena improved her best by 2 centimetres as she cleared 3.14. Max made a massive 34 centimetre improvement to clear 2.74.

The weather caused major disruption to the weekends fixtures with the South Of England Indoor Championships at Lee Valley and the Kent Schools Cross Country Championships both cancelled. It promises to be another thin programme this weekend with the South Of England Cross Country Championships at Parliament Hill already a victim of the weather.

Still there is the Park Run and in the latest race at Bromley 5km at Norman Park young Will Ruiz was the Club's first finisher in second place in 18.52. Andy Tucker in 8th, James Perry 9th, and Steve Pairman 15th all made the top 20.



15/01/13

Highlight for Blackheath & Bromley on the first of three days of the South of England indoor Championships at Lee Valley was a clean sweep of the first four places in the under 20 womens 200 metres.

Dina Asher Smith swept to victory in 24.15 with Shannon Hylton 2nd (25.19), Rachel Dickens 3rd (25.33) and Vivien Olatunji 4th (26.63). It was also a proud moment for John Blackie who coaches all four athletes.

He also coaches Cheriece Hylton, Shannon's sister, who won the 300 metres in 40.14.

It had looked like the Club was going to have a Senior gold medallist. However, after winning his heat and semi final of the 400, the latter in 48.51, Luke Smallwood pulled up injured in the Final. He was philosophical about his misfortune, commenting that at least he got a free ice pack.

Craig Morten had a busy day timing 50.68 in the 400 final having clocked 51.02 in his semi; and he also found time to run in the 200 metres.

There was a good turn out for the Club 10km open cross country race which incorporated both a Mob Match against Beckenham Road Runners plus the Club masters championships. The race itself was dominated by the Club's youngsters with Will Fuller winning in 39.27 from Will Ruiz in 40.04 and Richard Webb 4th. Splitting them in third place was Fintan Parkinson.

The Club's leading three veterans were also in the top 10 with Nick Kinsey 5th, Roy Smith 7th and Neil Ayrton 10th. All these athletes are over 50s as was 11th placed Mark Watling and 14th placed Steve Pairman.

First over 40 to finish was Roy Priestley in 17th with David Beadle 18th and Andy Tucker 21st. First over 60 was Paul Ross Davies with Graham Coates second and John Fenwick third.

First woman to finish in the race was Fran Green in 13th with Amber Reed 23rd and Jane Bradshaw 24th. Jane was the first veteran woman to finish with Kate Pratten 2nd and Justine Eastbury 3rd.

Anne Cilia was first in the over 45s and Maz Turner first in the over 55s.

These strong performances ensured that the Club enjoyed a comfortable victory in the Mob Match against Beckenham Road Runners with B&B scoring 848 to the visitors 1565.

The race also incorporated the latest in the Bennett Handicap series of races which run throughout the Winter months. Winner on this occasion was Amber Reed with Nick Barber second and Will Fuller third. After 6 events in the series Richard Webb still leads but the gap at the top has closed and with three fixtures still to run the title race is still wide open. Richard has 282 but Nigel Bulmer has surged through to 2nd with 276 while Mark Watling holds third with 273. However, with Nick Barber on 268, Roy Smith and Mark Ellison (both 264), Justine Eastbury (262), Tom Desborough (261) and Andy Tucker (260) the contest could not be much closer. The next race in the series is incorporated in the mob match against Ranelagh Harriers on the 16th of February.

Meanwhile Andy Rayner was in action for his second claim club Kent AC at the Surrey League at Ham Lands. He finished in 4th place in 27.59.

Shaun Lightman was 7th in the Steyning AC 15km road walk. He timed 1 hour 29 minutes and 17 seconds.

In the Surrey Walking Club Open 10km incorporating the Southern RWA Championship at Selsdon, David Hoben finished in 24th place in 1 hour 12 minutes and 33 seconds.

Andy Tucker was the Club's first finisher in the latest Bromley Parkrun at Norman Park. He finished in 6th place in 20.08. Second Club member to finish was young Naomi Kingston who was 23rd overall and the second female athlete.

Peter Hamilton was 16th at the event at Dulwich Park and his time of 20.01 means he is the fastest over 65 in the country at 5km this year. Although there are still another 50 weeks to go he is confident that he has "more in the tank".

Lewis Stickings was 11th at Greenwich with Chris Pike 12th and Charlotte Stickings 14th.



8/01/13

Blackheath & Bromley enjoyed a successful day at the Kent Cross Country Championships at a misty Detling Showground as they won team medals in 8 out of the 10 age group races. Highlight was victory for Elaine Murty in the Senior womens race and a set of gold medals in the team contest, while there was also a set of golds for the under 15s girls team and another six athletes won individual medals.

Elaine finished nearly half a minute clear of the Senior field covering the 7,880 metre course in 29.53. Fran Green finished in 7th place and a cold ridden Jane Bradshaw closed in 26th just two places ahead of Charlotte Stickings. This gave them a narrow three point victory over Dulwich Runners in the team race.

Elaine's fiance Andy Rayner was second in the Senior Mens race as he timed 41.10 for the 12330 metre course. With Alex Gibbins 11th, Danny Brewer 29th Jamie Darling 47th Jonathan Vintner 56th and super vet Mark Watling 82nd they finished in 4th place in the team contest. Unfortunately they do not have enough finishers to compete in the 12 to score.

Another individual silver came in the under 20 womens race courtesy of Amber Reed. Clare Parkin was 5th and Danielle Critchley 7th to secure silver also in the team contest. For the men, Phil Sesemann was third but there were no other runners from the Club.

Kate Curran was the first home for the Club in the Under 17 womens race. She was 4th and behind her Anna Myers had one of her best ever runs to finish in 6th and Lucy Sidey was 10th. This gave them silver medals in the team contest and there was fine back up with Samantha Leighton 11th, Bethany Frost 12th, Holly Fletcher 15th and Chloe Haffenden 23rd.

William Fuller was first for the boys in 8th place with Will Ruiz 11th, Tom Desborough 23rd, and Jamie Gosnell 30th, and this gave them bronze medals in the team race.

The under 15 girls produced another fine team result as they won the Championships by 20 points. Georgina Taylor led the team in 2nd place, 10 seconds ahead of 3rd placed Jessica Keene. Niamh Bridson Hubbard completed the scoring in 6th place and there was great packing behind with Shannon Risky 8th, Mary Guy 14th, Leah Everson 18th, Chloe Kibblewhite 21st, Joanna Clowes 22nd, Francesca Pickup 27th, and Jennifer Sheasby 30th.

The boys won silver in the team race with Bailey Stickings 11th, Joss Barber 12th, Joshua Davidson 23rd, Jonathan Court 26th, Arthur Carey 30th and Scott Bulmer 34th.

More team medals came in the under 13s age group with the girls second and the boys third. Naomi Kingston was 4th in the girls race with Yasmin Austridge 10th, Georgina Piper 15th, Tamsin Falshaw 16th, and Darcy Kirwin 43rd.

Jake Potter was third in the boys race with Dillon Robertson 9th, Oscar Hussey 16th, George Pipe 19th, Lewis Stickings 20th, Peter Guy 25th, Harrison Parker 32nd, and Harry Keene 38th.

Meanwhile at the Surrey Championships at Croydon, Dave Taylor finished in 16th place while competing for his second claim club Herne Hill Harriers, helping them to third place in the team contest.

The Indoor season is getting into full swing and a number of the Club's athletes were in action at the MetaSwitch Games at Lee Valley. Highlight was the womens 60 metres where first year under 20 Dina Asher Smith won the first round in a new best of 7.39. In doing so she just pipped team mate Montell Douglas who finished with the same time. Montell was pleased with her day as in her second race she ran 7.36 her fastest ever start to a season. Grace Sheppard showed remarkable consistency by twice timing 7.75.

Samantha Brown ran a useful 59.61 for the 400 as did under 20 Craig Morten who clocked 51.17 as well as 8.69 for the 60 metre hurdles.

In the field, Mariette Terisse Hilborne soared over 3.93 to win the womens pole vault contest with Christina Moore picking up third place with a clearance of 3.33.



3/01/13

Blackheath & Bromley have enjoyed plenty of success in 2012 and this is reflected in the National rankings with athletes from the Club featuring prominently in all age groups.

The Club had two athletes compete in the Olympic Games in London during the Summer in the shortest and longest running events. Scott Overall suffered in the capital's heat but the 2.14.15 he ran at the Fukuoka Marathon in December ranked him third fastest in the country this year. Not only this, he was also the fastest Briton over 10km on the roads with 28.57 and number two in the half marathon with 61.25.

The biggest breakthrough from a Club member this year, and arguably by a Briton as well, came from Adam Gemili. He just missed out on a place in the Olympic 100 metres final. His time of 10.05 was the 2nd fastest of the year by a Briton. With an Olympic place in the shorter sprint, Adam did not race so frequently over the 200 metres. However, the 20.38 he ran for the event at the end of the season was not only the fastest this year by a Briton, it was the fastest time for five years.

James Alaka had high hopes of gaining an Olympic place. He achieved the A standard for the 200 metres but then injury prevented him gaining an automatic selection at the Trials and he missed out. Nevertheless, his time of 20.45 ranks him second behind Adam. He was also the 6th quickest over the 100 metres in 10.22.

Michael Skinner was the other athlete to make the top 10 in the Senior rankings. On his way back from injury, he was 10th in 10,000 metres when he was first Briton home in the Olympic Trials in 29.40.78.

There were another 18 placings in the Senior Mens top 50 list of the various track and field events.

Most prominent in the Senior Womens rankings was Shaunagh Brown. She was 2nd in the shot with a distance of 16.31 and also 6th in the discus with 50.09. She also set a Club Record for the Hammer and her throw of 61.13 was the 8th furthest in the country this year.

Lorraine Ugen narrowly missed out on a place in the long jump at the Olympics as her leap of 6.74 for second place in the Trials was just one centimetre off the A qualifying standard. The distance was the third furthest in the country this year.

Second claim member Izzy Jeffs finished her first year in the Senior age group as 2nd best javelin thrower in the country with a distance of 55.79.

Serita Solomon was the fifth fastest of the 100 metre hurdles with a time of 13.28 while Montell Douglas was 7th in the 100 metres in a time of 11.47.

Given his success at Senior level and that he is World Junior 100 metre champion, it was inevitable that Adam Gemili would top the Under 20 mens 100 and 200 metre lists. Jonathan Ilori was top in the triple jump with a leap of 15.22 and second claimer Oliver Newport headed the long jump rankings with his leap of 7.70.

Under 17 athlete Dina Asher Smith features prominently in the Under 20 lists. After a fine season which saw her qualify for the final of the 200 metres at the World Championships, she is third in both the 100 and 200 metres in times of 11.54 and 23.49. She is also 5th in the 400 metres in 55.08. Remarkably her time for the 200 is a Club under 17, under 20 and Senior record.

Second claim member Pippa Woolven also attended the World Junior Championships and she is second in the 1500 metres steeplechase with 4.56.87.

First year under 17 Shannon Hylton also features in both sprints. As well as being 14th in the 100, she is 6th quickest over 200 with 23.95. Rachel Dickens is 6th in the 400 metres with 55.15.

Second Claimer Robyn Pettit is 6th equal in the high jump with a clearance of 1.74 and Samantha Brown is 9th in the 400 metre hurdles with a time of 61.94.

Dina tops both the 100 and 200 metres in the Under 17 age group while Shannon is second in the 200 as well as being 5th in the 100. Shannon's twin sister Cheriece is the second quickest over 300 metres with 38.59.

In the field events Robyn Pettit is third in the high jump with her 1.74 while in the discus Gemma Brown is 7th with 40.08 and Yemisi Sofolarin's 39.24 sees her ranked 9th .

For the men Louis Mascerenhas is second in the discus with an impressive throw of 49.93.

The Club's success at sprints continues in the under 15s age group courtesy of Maya Bruney. She is third in the 100 metres with 12.07 and then 5th in the 200 metres with 24.65.

Highest placed in the under 13s age group is Edward Adams who is 6th in the pentathlon with 1574 points. Daniel Ndukee is 10th in the 200 metres with 25.70. For the girls Naomi Kingston is 9th in the 1500 metres with 4.58.03.

The Crystal Palace Indoor 60 metres sprints meeting saw some of the Clubs athletes in action. Maya Bruney, who is now moving up to the under 17 age group set a new best of 7.80. In the Senior age group, Toby Olubi ran 6.95 and Jermaine Alexander 7.23 while for the women Yehine Gayle timed 7.83.

In the under 17s age group Josh Reid ran 7.63 and Osei Agyeman 8.06.

Hogmanay Hammer Hurl was something of a misnomer as Sam Milner competed in the discus. She won with a throw of 44.10.

Shaun Lightman finished in second place at the Preston Park 5.5 mile race walk. The 1968 Olympian timed 48.45 which was his fastest clocking for a considerable period of time.

Neil Ayrton competed in the Cambridge Harriers 7.5 mile cross country championships and finished in 15th place.

Katie Murray won the womens race at the latest Bromley Park run at Norman Park. She timed 18.59 and she also beat all the male runners from the Club as well. James Perry finished in 6th with Dave Beadle 8th and Andy Tucker 10th. Andrew Lawes in 13th and Graham Coates 15th also made the top 20. Second female home for the Club was Jessica Keene in 21st with Justine Eastbury 36th.

Elsewhere Peter Tucker was 2nd at Bexley; Dave Beadle was also 9th at Crystal Palace; Mick and Jessica Jones were 5th and 12th at the Forest Of Dean; Niamh Bridson Hubbard was 8th at Greenwich; Dave McKinlay was 1st at Havant; Glen Turner 2nd at Milton Keynes and James Perry, Tom Webb and Tom Desborough were 2nd, 3rd and 4th respectively at Orpington with Karen Desborough the first B&B finisher in 35th. Not satisfied with her placing at Norman Park, Jessica Keene was also 13th at Sunderland.

