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Blackheath & Bromley Harriers AC

Jan to Mar
2016

Home

Up

 Last updated 27 June 2016

Press Releases for January, February & March 2016

- 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 2016

[18/01/16](#)
[11/01/16](#)

February 2016

[29/02/16](#)
[22/02/16](#)
[15/02/16](#)
[1/02/16](#)

March 2016

[21/03/16](#)
[7/03/16](#)

21/03/16

The World Indoor Athletic Championships were held in Portland in Oregon and BBHAC had two athletes representing Great Britain.

Dina Asher Smith qualified for the 60 metre final with a solid 7.12 in round one and going even faster with 7.11 for second in her semi final only to withdraw from the final with a strained hamstring. This was a major disappointment for Dina who had looked very good in qualifying. BBHAC team mate Serita Solomon ran superbly in qualifying for the 60 metre hurdles final with an 8.04 timing, but could not repeat it on the final where she finished a highly commendable 7th in 8.29 to match her qualifying seeding. This is a great sign for both athletes in Olympic year and we wish Dina a speedy recovery.

In the Home Countries International Cross Country event in Falkirk BBHACs Niamh Bridson Hubbard represented England in the under 20 womens race and ran brilliantly for 9th place in 22.26 over the 6km course, finishing less than a minute behind the winner. Niamh was part of the England team that won the team prize.

Elsewhere and closer to home in Hayes, the BBHAC Closing 5 mile championship held on another overcast day over a new 5 mile course, which proved popular with the runners. This race, the last in the Bennett Cup series, is run as a yacht handicap, the slowest starts first and the quickest (according to the handicapper!) last. 41 runners this year participated.

14 year old Angus Harrington was fastest in 29.45 followed by Gareth Evans 3 seconds in arrears and 16 year old Marco Arcuri third in 30.08. Sarah Belaon was fastest lady runner on 24.07 with Amy Leach second fastest in 35.43 and Amarisa Sibley third in 38.46 which was more than enough to win the handicap race for the 10 year old.

On Saturday night the BBHAC club held its AGM where new president Bill Foster was introduced for his one year term. Bill, a Yorkshireman has been a club member for 35 years and was an international marathon runner, he is now coaching in Loughborough but is determined to be at as many of the club events as possible over the next 12 months.

At the Kent Indoor Athletic Champs at Lea Valley BBHAC had an abundance of athletes competing in both the mens and womens events across all age groups winning 19 gold medals, 15 silver medals and 7 bronze medals while setting 16 personal bests so a great season lies ahead for many of these athletes in 2016.

In the mens sprints Shamar Thomas Campbell won the 60m under 20 event in 7.01, he also won the 200m in a pb of 22.53. Matthew Knight won the under 17 race in a pb of 7.16 while Rico Cottell won the under 15s in 7.58 also in a pb, with Oliver Briars 6th in 8.11 also with a new pb. Parris Johnson won the womens under 20 race in 7.81. with Magda Cienciala, Katie Woolcott and Mhairi Brooks 2nd, 3rd and 5th in 7.68, 7.94 and 8.06 respectively in the womens under 17 event. Sophia Harper ran 8.51 in qualifying.

Alex Skipp placed 3rd in the under 20 mens 200m in 22.70, Miles Xavier 2nd in the under 15 race in 25.4, while Samantha Brown was 2nd in the senior womens race in 26.1, Isabella Hilditch won the under 20 event in 26.1 and Karina Harris finished 4th in 27.91 in the under 17 event.

In the 300 metres event which is only really contested indoors these days Joseph Gbagbo won the under 15 mens race in 40.12, Grace Scopes ran 44.05 for third in the under 17 womens event and Zoe Martial ran 47.14 for 2nd spot in the under 15 womens race.

In the 400m William Pope ran 52.85 for 3rd in the under 20 mens race with Aleksander Wilisthine running a pb of 53.67 for 3rd, while Ben Sutton also ran a pb of 53.00 in finishing 2nd in the under 17 event, and not to be left out Samantha Brown ran a pb of 58.66 for 2nd in the senior womens race.

Jessica Jones (2.24.79) and Donelle Yapp (2.49.60) placed first and second in the senior womens 800 metres, Kelsi Cornish (2.25.89) won the under 17 womens event, and Benjaimin Gardiner (2.24.46) won the under 15 mens race. At 1500m Charlie Davis won the under 20 mens race in a pb of 4.28.49, Lewis Mills was 2nd on the under 17 event in 4.27.58, with Jessica Neal 2nd in the under 15 womens race in 5.07.35 followed by Lilly Tappenden in third in 5.14.68.

Anastasia Davies won the under 20 womens 60 metres hurdles in 9.00 and also the under 20 womens triple jump in 11.14m,

while Rico Cottell was our only high jump medallist in winning the under 15 mens event with a leap of 1.80m and a new pb. Jackie Montgomery won the senior womens pole vault with a vault of 2.60m, Eleanor Barrett vaulted 2.80 for a pb and third in the under 15 event, while Frankie Scrivener and George Pope placed first and second in the under 17 mens event in 3.20 and 2.40, with the former setting a new pb.

Over to the pit Ben Sutton won silver in the under 17 mens long jump with a leap of 5.83m and a pb, Myles Xavier leapt 5.29 to win the under 15 event, Sophia Harper leapt 4.42m for 4th and yet another pb in the under 17 womens event, with Zoe Martial 3rd in 4.42m and Kamiyla Robinson-Pascal 5th in 4.35m. Karina Harris jumped 10.62m for 3rd in the under 17 womens triple jump and Joshua Gbagbo won gold in the under 15 triple jump with 11.30m.

Finally to the throwing events, Mark Cryer putt the shot out to 10.27m for 4th in the senior mens event, Michael Burfoot won the under 15 event in a pb of 10.86m, while Divine Oladipo and Eloise Locke both won the under 20 and under 17 womens events respectively with putts of 12.09m and 12.88m.

Nick Brooks



7/03/16

Blackheath & Bromley Strong Representation at England Schools XC Champs

On the indoor track both Dina Asher Smith (60m) and Serita Solomon (60 m hurdles) have been selected to represent Great Britain at the World Indoor Athletic Champs in Portland in the US from March 17-20th.

There was little indoor action this weekend but Serita did run in Jablonec nad Nisou in the Czech Republic where she ran 8.13 for the 60m hurdles for 4th place in a high class international field, having qualified earlier with a time of 8.02.

Elsewhere, England's top school-age athletes converged on Nottingham's Wollaton Park for the 2016 English Schools Cross Country Championship and with teams of 8 being selected by all of England's 45 counties the competition was always going to be first class and so Blackheath and Bromley did well to have eighteen athletes representing four different counties.

BBHAC only had one representative in the junior boys age group but what an impact Rowan Fuss made. Running for his school county of Surrey, Rowan powered around the 4.2 k testing course coming a brilliant 5th place and in doing so won himself an England call up for the home International race against Scotland, Ireland and Wales in two weeks time. Rowan's achievement is fantastic especially as he still has next year in the junior boys age group.

The junior girls race had five BBHAC young athletes competing and first home running for Kent was Morgan Squibb in a terrific 17th place, Sophie Hoare running for London was 23rd and Jess Neal's strong 41st place in Kent colours was great to see. London Lia Radus was 53rd and Rosie Allen in her first English schools was 219th in the light blue of Kent.

Three counties were covered in the intermediate boys race with Surrey's Angus Harrington having a great race in 89th with training partner Lewis Mills just behind in 92nd running for Kent. Henry Cowie, running in the unfamiliar red vest of his school county Somerset, was 228th.

The intermediate girls race was dominated by Kent who comfortably won the team gold and included great runs from Yasmin Austridge in 30th and Millie Smith in 72nd. Madalina Samoila running for London separated the two Kent girls with a 42nd place finish.

The senior girls age group had six BBHAC young athletes running, five for Kent and one, Els Housley, who ran for London and finished 299th. The five BBHAC girls helped Kent secure team gold and a fantastic run saw Niamh Bridson Hubbard finish an impressive 2nd behind Kent team mate and international Sabrina Sinha but in front of the newly crowned National Champion Niamh Brown from Surrey. School's international athlete Jess Keene ran a strong race moving through the field over the 4.2k course finished a great 16th place with Kelsey Fuss high up the order in 30th. Chloe Kibblewhite had a strong run finishing 135th as did Joanna Clowes finishing 148th.

Next weekend is the National inter counties cross country championship in Birmingham where 18 Blackheath and Bromley HAC athletes will make up part of the strong Kent County team.

Nick Brooks



29/02/16

Busy Weekend for BBHAC Athletes

At the British Indoor Champs in Sheffield BBHAC had several athletes on display with Dina Asher Smith taking second place on the women's 60 metres sprint in 7.15 behind Asha Philip.

Dan Putnam ran a 49.68 for 400m in the men's event but failed to progress while Rachel Dickens ran 55.46 in the ladies 400m qualifying. Joe Appiah ran 8.68 in the men's 60 metres hurdles which was a personal best, Jonathan Ilori finished 5th in the men's triple jump final with a leap of 15.54m, while Divine Oladipo who is only 17 years old finished 5th in the ladies shot put with 13.95m missing her pb by 1 centimetre.

In a highly competitive men's 3000 metres Philip Sesemann ran an indoor pb of 8.08.99 for 6th place. Serita Solomon ran well to finish second in the 60 metre women's hurdles behind Tiffany Porter, so giving BBHAC two well-earned national silver medals this weekend.

The big Club event of the weekend was the National Cross Country Championships which took place at Castle Donnington in Leicestershire in good conditions although quite cold, windy and rather muddy, English cross country at its best! With representatives in every race there was plenty for the supporters to cheer with the highlights being team gold medals for the under 13 girls with the under 17 women winning the silver team medals plus a number of fine individual performances.

Last year the under 13 boys took third team place and this year they slipped to eight but Rowan Fuss led them home in a fantastic second place for an individual silver medal with Sam Reardon in 58th, Thomas Penlington in 93rd and Justin Strover in 112th, while in the under 13 girls race Morgan Squibb ran the race of her life to finish in second place only four seconds behind the winner in a field of 449 athletes. Morgan finished 138th last year and this year led the team to an amazing team victory supported by Ellie Dolby in 19th place, Maayan Radus in 26th and Jessica Neal in 30th. Great depth on display as the team was backed up by Daniela Harper in 35th, Abigail Leeves 186th, Emily Davis 215th and Olivia Berry 342nd.

In the under 15 girls race BBHAC finished in a highly commendable 4th place overall with Sophie Hoare in 18th, Yasmin Marghini 34th, Lia Radus 36th and Kelsi Cornish 45th, while in the under 15 boys event the club ran well for 12th team with Angus Harrington 61st, Henry-James Cowie 80th, Callum Myatt 106th and Joseph Georgiadis 155th.

Some extremely positive running from the BBHAC quartet in the under 17 women's race saw them finish with silver medals with Kelsey Fuss finishing in 20th, with Jessica Keene 27th, Yasmin Austridge just behind her in 30th place and Amy Leach 38th, with further support from Carlotta Weitzel in 91st and Naomi Kingston 184th. The under 17 men's team could not match this but finished a credible 10th with Marco Arcuri 63rd, Lewis Mills 84th, James Crawley 188th and Oscar Hussey 125th.

In the under 20 events BBHAC were well placed with Niamh Bridson-Hubbard taking a great 6th place in the women's race supported by Leah Louise Everson in 78th and Samantha Leighton in 81st for 5th team place, while Will Fuller continued his excellent winter by finishing 6th in the men's race and only a minute down on the winner. Richard Webb was 84th.

It was not such a successful day for the Senior Men which saw 1730 finishers. who had to settle for 22nd team place with Danny Brewer 204th, Ross Braden 216th, Alex Gibbins 286th. George Vacharopoulos 293rd, Dan Kennedy 335th, and Peter Tucker was 348th.

This was the fourth year in a row that the Senior Women did not complete a team. With Amber Reed 119th and Jane Bradshaw was 237th in a field of 739 finishers.

Nick Brooks



22/02/16

Blackheath & Bromley HAC Weekly Roundup

It was a good weekend for the athletes of Blackheath & Bromley at the Sainsbury's UK Indoor Championships at Glasgow. Dina Asher Smith ran an impressive heat in the 60 metres running 7.17 but ran disappointingly by her own high standards finished 6th in 7.25 in the final. Serita Solomon competed in the 60 metres hurdles and although a little down on her pb finished 7th in 8.23, while in the men 60 metres Adam Gemili ran well for 4th place in 6.62 and just a little shy of his pb but showing great signs of recovery.

Rachel Dickens ran well for 6th in the 400 metres final in 56.12 having qualified earlier with a run of 55.34.

Elsewhere at the BUCs Championships in Sheffield, Mark Cryer excelled himself with a pb and a jump of 7.17 metres for third place in the long jump while Reece Young took 4th in the 60 metre hurdles in 8.39 and Philip Sesemann finished 2nd in the BUCS 3000 metres in a near pb of 8.11.63

Jahisha Thomas produced a ran of 8.46 in the 60 metre hurdles in South Bend Indiana in the U.S. in a college meeting and is ranked in the UK top 10.

Out on the country BBHAC only fielded 29 athletes for the annual Mob Match against Ranelagh at Richmond Park in a field of 104 runners. The Club were well outnumbered by the hosts. The result was that Ranelagh won with a massive margin 1310 points to B&Bs 421.

Dan Kennedy was first home for the Club in 9th place with 56 tear old Nick Kinsey 19th and Chris Tuck 20th. First lady from the Club was Sarah Belaon in 38th.

The race incorporated the latest round of the Bennett Cup, the handicap series which takes place over the Winter months. Currently Steve Pairman leads on 372 points from Sarah Belaon on 363. Iain Swatton won the Handicap and Nick Kinsey took the Harry Sheer Trophy for the first over 50-year-old to finish.

On the walking front several BBHAC members represented Surrey Walking Club at the weekend, with Shaun Lightman taking 13th place in the Enfield League, with David Hoben in 18th. Indoors on the track Peter Hannell finished 4th in the SCVAC & VAC Indoor Champs 3km Walk at the Lee Valley Stadium.

Nick Brooks



15/02/16

Blackheath finishes Kent League in style

BBHAC fielded a good line up in both the Womens and Mens race as the Kent league came to its' conclusion at Footh Cray Meadows.

Niamh Bridson-Hubbard won the ladies race by almost a minute in 18.14 with our own Carole Penlington in second followed by Sarah Belaon in 7th to easily win the team race on the day. Backed up by Melody Kane in 16th, Jennifer Neal in 21st and Jessica Jones in 29th Blackheath also won the overall league title by a single point from Paddock Wood, so well done to all these ladies.

In addition to this BBHAC won the League Prize for best womens club across all age groups

In the mens race Danny Brewer in 7th closely followed by Ross Braden in 8th, Alex Gibbons 15th and Peter Tucker 15th secured 2nd team spot on the day and also 2nd place overall in the league behind Tonbridge. The team were back up by Daniel Kennedy in 19th, Chris Tuck 43rd, Richard Byford 65th, Steve Pairman 82nd and Andy Lawes 98th.

Although the younger age groups had already completed their league action last month, Rowan Fuss won the under 13 boys league, Ellie Dolby the under 13 girls league with Jessica Neal third, while in the under 17 ladies BBHAC managed a clean sweep with Jessica Keen winning, Yasmin Austridge in second and Amy Leach third, with Charlotte Rhule second in the under 20 ladies league. Elsewhere Marco Arcuri secured third place overall in the under 17 mens league.

Nick Brooks



1/02/16

Gemili back to winning ways in 60 metres

Blackheaths Adam Gemili who ran a 9.97 100m in 2015 and then injured his hamstring and missed the the rest of the 2015 season hit the comeback trail this weekend at the Welsh Championships winning the 60 metres in 6.59 from local rival James Dasaolu. This now puts Gemili on top of the UK rankings and moved him up on the all time list from 50th to 15th place with clearly yet more to come.

Elsewhere on the country at the South of England Cross Country Championships at Parliament Hill Fields in north London, BBHAC fielded strong teams in all age groups with the most outstanding performance coming from Rowan Fuss who finished second in the under 13 boys race and only 4 seconds behind the winner. He led the team to 10th place backed up by Sam Reardon in 27th and Thomas Penlington in 111th.

In the under 13 girls race the team performed brilliantly for 4th place with Ellie Dolby 12th, Morgan Squibb 18th, Rosie Allan 39th and Jessica Neal 53rd out of a field of 268 athletes.

In the under 15 age groups the ladies team finished 15th with the highlight being a great run from Mille Smith in 14th place, with the boys team finishing 11th with Angus Harrington in 48th the club's top finisher.

At under 17 level the club finished in an outstanding 2nd place behind Aldershot with Jess Keene in 15th, Yasmin Austridge 18th, Kelsey Fuss in 21st and Amy Leach in 35th which builds on the bronze medal some of these ladies won last year as under 15s. In the mens race the club only fielded 3 athletes with Marco Arcuri first man home in 35th place. At the under 20 level BBHAC fielded a single athlete in each event with international Niamh Bridson-Hubbard running strongly for 9th place, with Tom Desborough finishing in 69th place in the mens under 20 race.

To round it off the senior mens race which had over a 1,000 finishers saw the club finish a credible 9th place with Alex Bruce-Littlewood returning to form with a 34th place (not as good as his 4th place last year !!) backed up messrs Taylor, Brewer, Braden, Gibbins and Rayner. The 4 scoring ladies in the senior event were Carole Penlington in 56th, Amber Reed in 68th, Sarah Belaon in 108th and Jenny Neal in 236 who claimed 18th team spot.

Nick Brooks



18/01/16

BBHAC Open 10km Race 17th January 2016

BBHAC hosted their open 10Km race which incorporated a mob match against both Beckenham RRC and Croydon Striders. The runners had to endure a light dusting of snow which had fallen overnight.

BBHAC won both mob matches, scoring 45 a side against Beckenham winning 1920 to 2297 points, and scoring 33 a side against Croydon Striders and winning 700 to 1810 points.

Many youngsters were on display which helped BBHAC greatly with Marco Arcuri aged 16 winning the race with he same time as the runner up Mark Lally from Beckenham in 40.30. He was well backed up by Luca Ercolani in 4th place, Chris Tuck in 6th, Bryan Donnelly 8th and 14 year old Coleman Corry in 9th. Next home for BBHAC in 12th place overall and first lady to finish was 16 year old Jessica Keene who continues her magnificent cross country season. 15 year olds Amy Leach and Yasmin Austridge were the next BBHAC ladies home in 26th and 35th place respectively.

On the BBHAC winter handicap after 5 events things are very close with Steve Pairman leading on 230 points closely followed by Nic Corry and David Beadle on 226 points, and in 4th place Graham Coates on 225 so all to run for.

Next Sunday sees BBHAC host the annual mob match against South London Harriers at Hayes.

Nick Brooks



11/01/16

Blackheath and Bromleys own Dina Asher-Smith appeared on BBC's Question of Sport this week. It is a great mark of respect for Britain's female fastest sprinter of all time. Dina is the second club member to appear on QoS as Adam Gemili also appeared on the show some time ago.

On the country and indoors on the track 2016 has begun in winning ways for Blackheath and Bromley young athletes as Will Fuller winning his first GB International vest running in Edinburgh while Blackheath youngsters picked up team medals in all age groups.

Brands Hatch was this years venue for the Kent County Cross Country Championships and the weather was more than appropriate with cold rain and blustery winds. The course, despite being in one field, was long, had hills, long lush grass, mud and was challenging.

The U13 girls typically started the days action in winning ways, comfortably taking the team title and retaining the trophy for another year. Morgan Squibb paced her race well to finish a strong 2nd followed by a determined run from Ellie Dolby in 3rd and an equally determined run from Rosie Allen finishing 5th. Jess Neal, only 3 seconds back line in 6th, followed by a great 11th place for Daniella Harper, Niamh Milmo was 21st, Abigail Leeves 22nd, Emilie Davis 33rd and Olivia Berry completed the squad in 34th.

Rowan Fuss confirmed his dominance of the U13 boys age group with a seemingly easy run that saw him 200m clear of the field and earns him the right to keep the county trophy for another year.

Sam Reardon had a great run high up the field, but had to pull out half way through the race. Justin Strover looked strong finishing 10th with Thomas Penlington in 17th and Eddie Sellar in 21st completing the scoring four and picking up team bronze for their efforts. A great effort from Ethan Kitteridge in 23rd and Jake Leng in 27th and Charles Winton in 35th backed the team up well.

Next up were the U15 girls and their performances were good enough to collect team silver. Kelsi Cornish speed off from the gun in a brave determined fashion and she maintained her great pace earning a fantastic individual bronze, Millie Smith ran a strong 6th with Lily Tappenden 13th, Stephanie Taylor 14th, Imogen Meers 17th and Isabelle Bridge 19th.

The best turn out of the day was from the U15 boys sporting eleven athletes. Angus Harrington, finally crossing the line in a very respectable 4th place having led the race. Joe Georgiadis finished 9th, Robert Suckling 19th and Coleman Corry 21st, securing silver medals in the team competition. George Pope in 31st, Cameron Swatton in 33rd, Ben Gardiner in 39th, Leo Braden in 42nd and Seb Large in 44th.

The U17 girls retained their county team trophy and won the individual trophy in style as Jess Keene perfectly paced her race to go one better than last year, beating a distinguished field and winning the race by 15 seconds. Amy Leech had a great run finishing a solid 5th with Yasmin Austridge in 7th completing the scoring trio who collected the team trophy. Strong runs saw Genny Allen cross the line in 9th, Lottie Weitzel 10th, Joanna Clowes 12th, Chloe Kibblewhite 20th and Mary Guy 21st.

Marco Arcuri led the U17 boys home having had a great run finishing a fine 7th with Joss Barber just behind in 8th, with Lewis Mills in 19th and Charlie Davis 26th and James Crawley completed the 35th. These collective results earned the team a bronze medal.

Sam Leighton was our only representative in the U20 age group and represented us well finishing 6th in the U20 girls race.

First home in the Senior Mens race was Danny Brewer who finished in 26th place. With Ross Braden 27th, Gareth Evans 41st, Georges Vacharopoulos 51st, Fintan Parkinson 55th and Daniel Kennedy 58th. The Club finished in 5th place in the team race, complemented by 6 other team runners enabling the club to finish the in the 12 a side race in 5th place too.

First home in the Senior womens race was Carole Penlington in 6th, and with Amber Reed 8th and Sarah Belaon the team finished third. In the six to score race the club finished a credible second with great runs from Lisa May in 32nd, Jessica Jones in 38th and Danielle Critchley in 39th.

It may be only the first week of 2016 but the Club has the fastest male and female 60 metre runners in the country so far this year with Serita Solomon leading the 60m womens lists with the 7.54 she timed at the Metaswitch Games at Lee Valley and 16 year old Anastasia Davies leads the triple jump rankings with a jump of 11.43.

These good performances promise much for the indoor season and then the Summer ahead and the Club's strength in youngsters track and field was emphasized by the 2015 rankings published recently in Athletics Weekly.

In the womens events Dina Asher Smith is British number one in the 100 and 200 with 10.99 and 22.07 which are both British records. Lorraine Ugen ranked 7th and Montell Douglas 10th in the 100 metres, with Lorraine also ranked 3rd in the long jump with 6.92m. In the 200 metres Shannon Hylton ranked 5th with 22.94 while twin sister Cheriece ranked 13th. In the field events Chioma Matthews ranked 3rd in the triple jump with Shaunagh Brown 4th in the shot, 7th in the discus and 7th in the hammer.

In the mens events Adam Gemili ranked second in the 100m with 9.97 despite a very short season due to injury, while Scott Overall heads the marathon rankings with his 2.11.24 Berlin marathon performance.

Nick Brooks/Paul Austridge



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