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Blackheath & Bromley Harriers AC

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28 September 2004

Road Running - Great North Mile and South Of England Relays, Aldershot

Michael Skinner of Blackheath & Bromley opened his Winter season up in the North East of England as one of the athletes invited to take part in the Great North Mile which took place the day before the Great North Run. A high class field toed the line and Skinner finished as 3rd Briton in 4.10.3 ahead of Olympic 800 metre runner Ricky Soos and James Thie, one of the top milers in the country.

His next race will also be up north when he takes part in the first of the Reebok Challenge Cross Country races at Falkirk. Racing in Newcastle meant he was missing as the Club's Senior men comfortably qualified for the National 6 Stage relays when they finished in 11th place in the Southern Championship at Aldershot. The Southern Area covers 19 Counties which means a high standard of competition is virtually guaranteed, making qualification for the National event at the end of October an achievement in itself.

Barry Stephenson brought the team in 12th on the opening 6km stage timing 18.35 which Andrew Rayner bettered by one second on leg two. He moved the team up into 4th place.

Junior Ray Perkins clocked 20.14 on leg three but slipped 10 places before Spencer Newport edged up to 12th on leg 4. Jamie Atkinson clocked 19.13 and moved up a place on the penultimate stage before fast improving John Thorpe showed just what an asset he is becoming with a solid 20.16 on the final leg.

The "B" team of Richard Parrott (20.29), Chris Daniel (20.46) Nick Gasson (20.30), Roy Smith (21.46), Neil Ayrton (22.03) and Pete Barlow (24.42) closed in 51st place which was a useful performance as the latter three had already run in the Masters competition earlier in the day. Ayrton ran the opening leg for the over 40's team and his 21.20 brought him home in 19th place. Brendan McShane slipped to 31st on leg two with 23.23 before Roy Smith catapulted the quartet back up on leg three with 20.52. Over 50 athlete Ken Daniel stepped down an age group to run the last leg bring the team home 16th with 21.52.

Most successful team of the weekend were the under 13 girls trio of Danielle Critchley, Rebecca Smith and Amy DeMatos. They finished in third place and were the only team to have all three runners break the nine minute barrier. Danielle finished in 13th on the opening leg with 8.59 and Rebecca swept through the field to finish third on leg 2 in 8.55. There were fireworks on the final stage where the last leg runners of the top three teams ran the 2nd, 3rd and 4th fastest times of the day. So despite Amy DeMatos timing 8.22 for 4th fastest of the day she was unable to move the team up any higher.

Promisingly the B team of Grace Power (9.24), Lucy Prior (9.45) and Jessica Saville (9.07) finished in 19th place. Ten years ago Gemma Viney was a member of the winning Blackheath under 13's team and fastest leg of the day (8.11). Now after a long spell off she made a low key appearance for the Senior Women's team, her 15.27 being the fastest of the B & B quartet that finished in 30th place. Eve Bugler (15.55), Carolyn Jones Baldock (17.05) and Clare Ludwig (16.26) formed the rest of the team. Team manager Kate Pratten (17.45) was the sole member of the B team.

James Poole was in impressive form for the under 17 men's team. He finished 4th on the opening stage with 12.24 which was the 7th quickest of the day. Good solid runs from Richard Davies, Richard Daniel and Danny Brewer ensured 9th place overall and the Club were also able to field a second team of Tom Doig, Robert D'Angelo, Dale Willis and Tom Beech that finished 20th and were 2nd B team.

The Women's team of Bryony Proctor, Sarah Coombs and Katie Murray moved steadily through the field to close in 11th with Katie's 11.24 just outside the top 20 times of the day. Also just outside the top 20 but in the under 15's event was Rebecca Taylor. She timed 11.29 on the opening stage before Hannah Garcia moved up to 3rd on the second stage. Amy Smith ran an excellent 11.37 on the final stage but up against athletes who ran some of the quickest times of the day she slipped to 6th place a tantalising 15 seconds outside of a medal position. With Catherine Chambers running a fine 11.52 for the C team along with Laura

Kastriano (12.38) and Claire McNamara (12.43) and Sarah McLellan clocking 12.06 for the B team with support from Lauren Underwood and Lauren Smith it promises to be a very successful Winter for this age group.

The Under 15 boys team of Cameron Ward, Tom Dillon Hearne, Robert Evans and Robert Shearing finished in 30th place while the Club were unable to complete an under 13 boys team due to clashes with rugby and football. Daniel Duffin and Joe Harding ran the opening two legs before withdrawing.

[Kent Masters Championships, Erith](#)

There were medals galore for the Club's athletes at the recent Kent Masters Championships at Erith. In the over 40's age group Paul Featherston finished an injury plagued season with a win in the javelin. The former British League 400 metre runner missed much of the Summer after pulling a hamstring in the fathers race at his son's school sports day. He finished the race in second place in some difficulty to be told "you're an embarrassment daddy"

He went some way to redeeming himself at Erith as he launched the spear out to 45.96 to win the competition by five and a half metres. Also in the field Alan Fairbairn threw a useful 35.50 to place runner up in the discus. Perhaps the outstanding performance of the day came in the over 50's pole vault where Allan Williams set a new championship best of 4.05. He was quick to point out the achievements of the Club's vaulters this Summer highlighting the fact that the Club may be the only one in the Country that has had athletes in the Junior, Senior, Over 40's and Senior Women's age groups clear 4 metres this season.

On the track Ken Daniel won the 1500 metres despite having missed training recently with injury, and Tom Phillips picked up silver in the 100 metres with 13.0.

Past President Colin Brand picked up three golds in the over 60's age group with wins in the discus, javelin and hammer but missed out by 6 centimetres in the shot and had to settle for silver.

It was triple gold too for Gordon Hickey in the over 70's age group. His 12.28 in the shot was a new championship record to add to his first places in the discus and javelin and silver in the hammer. Evergreen Jim Day picked up first places in the pole vault (2.40) and long jump (3.60). In the Women's championship Beatrice Simpson had a busy weekend with silver in the Hammer and discus, bronze in the javelin and a 6th place in the high jump.

[Southern Women's League, Basildon](#)

The Club finished their Southern Women's League season recently with a third place in the Division One match at Basildon. This means they finished the season in 4th place in the 25 team division, a fine achievement considering the difficulties in fielding strong teams in 6 matches.

Highlights of the day came in the under 15 age group from Shaunagh Brown and Lauren Blackie. Shaunagh set a new Club Record in the discus with a throw of 37.19. It is the furthest in the country this year by over a metre and won the competition by over 11 metres. She also won the shot with 10.66 and was 2nd in the javelin.

Lauren equalled the Club long jump record with a leap of 5.26 and also set a new best of 1.56 in the high jump where she had to settle for 2nd place. Bella Clayton was a double winner in the Senior age group winning the 800 metres by 5 seconds in 2.16.6 and then taking the 400 metres in 58.3. Myrtle Augee was the other A string winner with a 13.11 putt in the shot. She also took 2nd in discus. There were near maximum points in the hammer with Rachel Blackie 2nd in the A string and Vicki Thomas winning the B event.



21 September 2004

[UK Women's League Qualifying Match, Abingdon](#)

Blackheath & Bromley's Senior Women will be competing in the UK Women's League in 2005 after finishing second in the Qualifier match at Abingdon. Last year the team narrowly missed out but this year made no mistake despite the fact that they only had 11 athletes competing. This achievement now means the Club is one of the very few in the country to have teams in all ages groups, men and women, competing at National Level.

The strength of the team was in the heavy throws with maximum points achieved in the shot, discus and hammer. The presence of former Commonwealth Games shot champion Myrtle Augee was important here as she won her specialist event and the discus and also was first in the B string hammer. At the other end of the age scale 16 year old English Schools champion Rachel Blackie won the A string Hammer and B discus as well as scoring some valuable points in the javelin.

Her partner with the spear was Great Britain international pole vaulter Liz Hughes who won her specialist event with a clearance of 3.70 and also won the B shot with 10.63.

Promisingly for the future another youngster, Rachel King, made it maximum points in the vault with a clearance of 2.40 and was very close to a new best of 2.60. She also place 5th in the high jump and 2nd in the B triple jump with Katy Benneworth 4th in the A string with 10.26.

Katy, who has yet again been a big contributor to the team this season travelling back from University to compete, also placed 2nd in long jump with 5.42 and was also 3rd in the B 100 in 12.8.

Best performance on the track came from Bella Clayton who ran strongly in the blustery conditions to win the 400 metres in 57.9 to add to her earlier 3rd place in the 800 metres.

Busiest was Rachel Chadwick who agreed to compete in the 400 hurdles after original choice Carolyn Jones Baldock had to withdraw after her boyfriend was involved in a car accident. Rachel actually won the B string event in her first race at the distance before finishing 4th in the 800 B string just 20 minutes later. It was 4th again in the B 200 before finishing her day with a useful 64.0 split on the opening leg of the 4x400 relay.

The Club's only other middle distance runner was Jennie Butler who was 3rd in the 1500 after a stressful journey which saw her stuck in traffic and missing the 3000 metres as a result.

Clare Cooper who was unwell on the journey rallied well to finish 2nd in the B long jump and then take 3rd in the 100 hurdles in 15.2. She was also 4th in the 200 in 26.9.

Just as busy was Louisa Guthrie who started the day by helping out in the high jump and soaring over 1.25. From there she moved to more familiar events finishing 4th in the 100 in 12.8 and producing a time of 62.8 to place 3rd in the 400 metres.

Reading University student Christina Mantoura was also an important contributor scoring valuable points in both the 400 and 100 hurdles races and running a leg in the 4x400 team that finished in 4th place.

[Kent Multi Events and Relays](#)

The Club's youngsters have been in fine form in the last couple of weeks. At the Kent multi events at Erith Club members won both the under 13 boys and girls minithon. Stephen Cavey was the boys winner scoring 79 points from the 3 events that have to be a run a jump an a throw. His long jump of 4.78 was a new personal best and he also threw 27.27 in the discus and timed 2.20.6 in the 800.

For the girls Jessica Matthews also scored 79 points which included an impressive leap of 1.45 in the high jump, a 10.8 clocking in the 75 metres and a shot putt of 6.59. There was bronze also for Estelle Patten who timed 11.3 for the 75 metres, long jumped 4.13 and threw the discus 20.88. There was silver in the under 17 women's pentathlon for Leanne Critchley, who led early on in the competition but then settled into second for the rest of the event.

Katrina Cosby set new bests of 4.85 in the long jump and 2.31 in the 800 while competing in the under 15's age group. So impressive was her 800 time that it swept her from 7th to 4th place in the overall competition and with another year left in the age group there is every chance of a medal next year.

Perhaps the most impressive performance of the day, however, came from Alex Pope in the decathlon. Best known as a pole vaulter, he cleared 4.10 just 10 centimetres off the best he set the previous week at the National Junior League Final.

Such was the quality of his performances in his other events he was leading by nearly 1000 points going into the last event the 1500. He could have gone round backwards and still won the competition. He didn't do this and ended up winning but around 800 points a excellent performance in his last competition as a junior athlete.

At the Kent Relays at Canterbury the previous week there was a clean sweep of gold medals in the under 13's age group. It was probably no surprise that the girls 4x100 team of Katie Vistuer, Estelle Patten, Sian Hurlock and Rebecca Cook took gold. The quartet have been unbeaten all year and to emphasise the strength of the Club in this age group the B team of Sheridan Lewis, Alex Duffy Penny, Lucy Price and Daniella Arron picked up the silver medals.

Jessica Saville, Rebecca Smith and Amy DeMatos made no mistake in the 3x800 metres and their achievements were matched by the boys team of Oliver Robinson, Julian Ayisi and Stephen Cavey with this trio teaming up with Izzy Ukoko for victory in the 4x100.

More success came in the under 15's age group with Sarah McLellan, Rebecca Taylor and Ruby Samuel winning the 3x800 and Taylor, Katrina Cosby, Emily Godley and Lauren Blackie winning the 4x100. But to prove these championships are of some quality the 4x100 team of Godley, Cosby, Blackie and McLellan had to settle for silver.

[Will Bolton Memorial Relays](#)

The Club's annual cross country relays have been renamed in memory of Will Bolton, the Club's 21 year old middle distance runner who died in a car crash in March. Last Saturday the first race under the new name took place at Sparrows Den, West Wickham with Will's mother Jan firing the starting gun.

It was fitting that not only did the Blackheath & Bromley Senior men win the race but that Will's great friend Andrew Rayner who joined the Club at the same time as Will as a 10 year old ran the fastest leg of the day. He clocked an impressive 12.32 on the 6th leg with Barry Stephenson second quickest with 12.48. Dan Ayrtton (14.21), in his first race for over two years, Jamie Atkinson (13.19), Anthony Draper (13.22) and Richard Parrott (14.03) completed the winning team.

Will Bolton used to coach under 11 athletes at Norman Park on Wednesday nights and so it pleasing to see so many youngsters from the track competing, including some who were introduced to Athletics by Will himself. The astonishing performance here came from the training group of under 15 girls who crossed the finish line first in the women's race. Sophie Cowper, Amy Smith, Hannah Garcia and Rebecca Taylor were nearly two minutes clear of South London Harriers but could not collect the team award as Sophie is a member of Reigate.

The other startling performance was that of Amy DeMatos. She is only an under 13 but her time of 16.14 was the third quickest of the day against senior athletes. Her team of Grace Power, Lucy Price and Rebecca Smith finished 3rd overall, one place behind the Club's senior team of Clare Lodwig, Hannah Leach, Lisa Page and Gemma Viney.

It was also pleasing to see so many of the Club attending the Supper at the Clubhouse in the evening.

[English Schools Combined Events and Walks, Exeter](#)

There was more success for the Club's athletes who were in action at the English Schools Combined Events and Walks Championships in Exeter. International Robert Bain picked up silver medal in the Senior Boys 5km walk with a time of 24.43.28.

Three more placed highly in the Junior Girls 3k with Chelsea O'Rawe Hobbs 5th, Holly Williams 6th and Julia Stacey in 9th.

In the Multi events Layla Hawkins withdrew after 5 events in the Senior Girls heptathlon after performances of 17.92 for the 100 hurdles, high jump 1.57, Shot 8.53, 200 27.46 and long jump 4.87.



14 September 2004

Blackheath & Bromley's Junior Men's and Women's teams finished their season's in fine form at the National Junior League Final at Derby with the Women finishing 4th and the men 5th in two close matches between the top 8 teams in the country.

To have one team from the Club qualify for a National Final in this age group is an achievement but to have two is outstanding. Only two other Clubs in the country, Birchfield and Shaftesbury Barnet were able to do this.

Outstanding performance for the Men came from Michael Whitehouse. He leapt a new personal best of 2 metres 10 centimetres and would surely have received the Man Of The Match award had he not come up against League Record Holder Adam Scarr of Enfield & Haringey who cleared 2.12 to win the competition and take the award.

The Club enjoyed a double in win the pole vault courtesy of team captain Tom Robinson and Alex Pope. Both were taking part in their last Junior League competitions and finished on a high. Robinson equalled the personal best he set last week at the Woking Medals Meeting as he went over 4 metres 30 to win the A string event by 30 centimetres. Pope set new bests of 4.10 and then 4.20 to take the B contest by over half a metre.

While they move up next year there is still sufficient talent in the squad to suggest that they could get closer to regaining the coveted National title that they won 7 times in the 90s.

Amir Williamson and his brother Alistair Tawanaee are part of the 2005 squad and they took first in the A string and 2nd in the B string in the Hammer with throws of 57.58 and 50.25.

Like Alistair, Stuart Harvey is still an under 17 and he was just outside his best in the javelin as he places 2nd with 58.76.

There was also an excellent performance from the 4x100 team of Tunde Balogun, Chris Musa, Daniel Haque and Duayne Bovell who finished runners up in a useful time of 43.15.

The women's team will also be stronger next year. Best performance here came from the 4x100 team of Leanne Critchley, Vicki Cole, Amy Godsell and Clare Cooper whose slick baton changing brought them gold medals despite the fact that the quartet had not won any individual medal in the 100 and 200. Their time was 49.68.

Elsewhere on the track medals were hard to come by but the 400 pairing of Rebecca Syrocki and Katie Murray produced two. Rebecca ran a well paced race to finish strongly down the home straight and finish 3rd in 58.32. Fresh from her 800 and 1500 metre triumphs at the Young Athletes Final last weekend, Katie stepped down in distance to register a new best of 59.98 and win the B race against athletes up to four years older.

The other medal on the track came from Jo Wood in the B 100 hurdles, a just reward for an athlete who has trained hard and contributed so much to all the teams in which she has competed this season. She finished 3rd in 17.11 and was already on a high have taken 4 seconds off her best earlier in the 400 hurdles.

The team scored most heavily in the throws. Just one centimetre separated Rachel Blackie and Vicki Thomas in the Hammer with Rachel just getting the better with 44.88. This gave her bronze in the A string and Vicki gold in the B string. There was a bronze each for Christine Lawrence and Rachelle Brace with distances of 37.58 and 29.67. Rachelle also picked up a silver in the B string pole vault while A string vaulter Rachel King, who cleared 2.45 for 4th, picked up bronze in the B string triple jump with 10.18.

Fourth was an excellent position but perhaps the most encouraging thing to note was that all but one of the team from Sunday will still be eligible to compete in this age group next year.

Further match details and pictures are available [here...](#)

Other Sport!

Just to prove the value of Athletics as a foundation for fitness of all Sport a number of the Club's athletes have enjoyed success in weightlifting and triathlon.

Liz Hughes the National Silver medallist in the pole vault travelled to Lilleshall and finished 3rd in the National Weightlifting Championships in the under 69k category. She snatched 65k and then clean and jerked 77.5k for a total of 142.5k. She will be back in track and field competition at the UK Women's League qualifying match at Abingdon this weekend.

Anthony Draper, a 1.48 800 metre runner finished 5th in the Sevenoaks triathlon in 1 hour 25 minutes and 6 seconds for the 400m swim 27km bike and 8km run. Eamonn Prendergast was 11th in 1.28.12 despite the chain coming off his bike.

Amendment to the report last week. It was Izzy Ukoko who was the fourth member of the under 13 boys 4x100 team and not Stephen Camacho. Apologies to Izzy.



7 September 2004

Blackheath & Bromley's Young Athletes are the champions of Great Britain. They produced a superlative team performance in a competition that lasted seven and a half hours at Birmingham's Alexander Stadium to finish a staggering 129 points clear of second placed Windsor, Slough Eton and Hounslow in the UKA Young Athletes League Final.

The match was the culmination of a Competition that started in May at Area level and progressed to see the leading 8 clubs from the South, Midlands, North and Scotland contest this Grand Final.

It was an Historic occasion as it was the first time that the Final was contested as a joint scoring boys and girls match and was acknowledged as such with Olympic medallists Mark Lewis Francis and Kelly Sotherton assisting with the medal presentations. Previously there had been separate contests for boys and girls.

Last year the Club's Girls team won the National Title, the first time ever by a Southern Club, but the Boys squad just missed out on gaining a place in the Auxilliary Final. How would they fare against a team such as the City of Liverpool, who were runners up in the girls and third placers in the boys Final in 2003, or the Manchester Council backed Sale Harriers?

The team of 11 to 16 year olds led from start to finish, performed as champions, behaved like champions and after a week in which innocent children were massacred in Eastern Europe exuded an infectious positive life affirming spirit that re-emphasised the value of Sport in society. And when the points were broken down it showed that had the Boys and Girls been scored separately on the day the Club would have won both contests. In a team of stars all shone but none more brightly than James Alaka who received the Under 15 boys "Athlete Of The Match" award for his 22.86 winning performance in the 200 metres. This was an achievement in itself but came after he had already won both the 100 and 400 races.

There were also two new Club Records. In the under 15 girls shot Shaunagh Brown broke it twice firstly with a putt of 10.98 and then breaking through the 11 metre barrier with 11.01.

Then the under 17 Men's team of Daniel Haque, Scott Blackwell, David Torku and Alex AlAmeen erased the 14 year old 4x100 metre record with a time of 43.48.

For a number of the under 17s this was their last ever match in this age group as they move up to the Under 20's next year a fact acknowledged by 80 metre hurdles winner Clare Cooper who punched the air as she crossed the line in first place on the anchor leg of the 4x100.

Her team mates Leanne Critchley, Amy Godsell and Rebecca Syrocki also move up and others to finish with A string victories in their farewell appearances were Stuart Harvey who won the javelin by over 12 metres and Daniel Haque who took both the 200 and triple jump titles.

However, first year under 17 Katie Murray emphasised that the team will remain strong in this age group next year with a "Holmesesque" demonstration of middle distance running winning both the 800 and 1500 metre golds. Alex AlAmeen also impressed with a silky smooth display to win the 100 metre hurdles.

In the Under 15s National Champion Joe Stockton reigned supreme with a winning throw of 54.86 in the Hammer that was over 13 metres further than the A string runner up. His nearest challenger on the day was team mate Richard AlAmeen whose 51.70 won the B contest by nearly 18 metres. Other A string wins came from Shaunagh Brown in the discus with a throw of 31.23 and from Lauren Blackie who grabbed the long jump gold by just two centimetres with a leap of 5.07.

This Finals day has been running for many years and to break a Meeting record is a major achievement. To have two athletes break the meeting record in the same event was remarkable. It happened. Jessica Matthews soared over 1.48 in the under 13 girls high jump to set a new best, just one centimetre off the Club Record. Then in the B contest Nenisha Nelson-Roberts bettered the previous MBP by 5 centimetres with a clearance of 1.45.

On the track the stadium was treated to an awesome display of sprinting from Elliott Cox who won the 100 and 200 metres, the latter by nearly two seconds with 25.35. Next fastest on the day was Stephen Cavey whose 25.52 won the B event to add to his 5 second win in the A string 800 metres earlier in the afternoon.

The two then combined with Stephen Camacho, who had missed out on gold in the long jump by just one centimetre, and Lawrie Barnes for a resounding win in the 4x100 finishing an astonishing 3.32 seconds clear of the runners up. Just minutes before the girls team of Katie Vistuer, Estelle Patten, Sian Hurlock and Rebecca Cook had also struck gold.

There were many that did not win medals but nevertheless produced outstanding performances. For example, Joe Harding was involved in a titanic battle down the home straight in the Under 13 boys 1500 only to miss bronze by four hundredths of a second. He was rewarded with a new best of 4.50.96 and as a first year in the age group his time will come.

With a squad of this quality it was inevitable that there were other talented athletes who did not gain selection for the team for the Final. Yet without their efforts in helping the Club become Southern Champions and qualify for Birmingham, the Club could not have become National Champions. The Club were delighted that so many of them were able to be in Birmingham to support those who were competing.

Such an outstanding team performance could not taken place without team managers Paul Patten, Peter Ward, Hilary Gibbs, Heather Williamson and Michelle Bovell at the helm.

They co-ordinated a weekend that saw around 300 athletes, officials and supporters travel to the Midlands, the majority staying in hotels the night before.

Their efforts were generously supported by Tesco and Waitrose who ensured the team were fed during the day, Pizza Hut and Whitbread who provided a meal after the event, Matchroom Sports who paid for the teams distinctive polo shirts and of course the Club's sponsors Nike who made the team look exactly what they were, Champions.

1. Blackheath & Bromley 848.5, 2. Windsor Slough Eton and Hounslow 719.5, 3. City Of Liverpool 642, 4. Sale 621, 5. Birchfield 609.5, 6. Cannock & Staffs 571, 7. Gateshead 565, 8. Edinburgh/Giffnock 527.5.

Many of the team from Sunday started at the Club as Under 11s. This age group trains at Norman Park from 6 to 7 and 6.30 to 7.30 on Wednesday while the over 11s train on Tuesdays and Thursdays from 6 pm.



31 August 2004

Vicki Thomas was Blackheath & Bromley's most successful athlete at the Under 17's Inter Counties match at Kingston. The AAA's bronze medallist's winning throw of 47.26 in the Women's hammer was the 7th furthest ever in the UK in this age group. To add to her success she also won the shot with a putt of 10.29.

Vicki's performance in the Hammer meant that English Schools champion Rachel Blackie had to be satisfied with winning the B string event. Her throw of 45.04 was still nevertheless one of the top throws in the country this year. Elsewhere in the field there were B string victories for Flo Clark with a throw of 34.46 in the discus and from Rachel King with a leap of 10.27 in the triple jump to add to her third place in the B string long jump. Rachelle Brace was 4th in the javelin with a throw of 28.99.

On the track Leanne Critchley won the B string 300 hurdles by over a second in 48.15 while in the sprint hurdles Clare Cooper and Nina Akif were 3rd and 4th in their strings.

Amy Godsell for Surrey and Rebecca Syrocki for Kent battled it out in the 300 metres with Amy prevailing to time 41.42 for 3rd place with Rebecca 4th in 41.99. Amy was also 2nd in the B string 200 and Katie Murray was 4th in the A string 1500 in 5.04.58.

For the men Alistair Tawanaee took second place in the Hammer with a throw of 56.07 while Stuart Harvey was over the 60 metre mark again in the javelin launching the spear out to 60.48 for 3rd place.

Back on the track Daniel Haque picked up useful points for Kent in the sprints as he finished 3rd and 2nd in the 100 and 200. His times of 11.51 and 22.73 reflected the fact that he is coming back from injury and also the strongish head wind. Alex AlAmeen just missed out on 2nd place by a hundredth of a second in the 100 metre hurdles as he timed 13.86. The contribution of the Club's athletes helped Kent finish first in the men's contest and second in the women's just two points behind the Surrey team that contained Amy Godsell.

One of the Club's oldest and most distinguished members celebrated his 90th birthday on the 30th of August. Sydney Wooderson is the former World Record holder for the mile, 800 metres and 880 yards. He won the European 1500 metre title in 1938 and returned after the war to claim the 5000 metre title in 1946. But for a cracked bone in his foot in 1936 and the Second World War he may well have been Olympic Champion. He may also have been the first Briton to break the four minute mile. Certainly he was the first person to run under three minutes for the three quarter mile.

Wooderson's coach was Albert Hill who won the 800 and 1500 metres at the 1920 Olympics, the last Briton to achieve the middle distance double at the Olympics until Kelly Holmes equalled this feat last weekend. Wooderson now lives in Dorset and was due to celebrate his birthday with family.

This weekend the Club's youngsters travel to Birmingham to take part in National Young Athletes League Final, an historic fixture as this will be the first ever combined boys and girls scoring final. In the past there have been separate matches for boys and girls, with the Club's girls team winning the National title in 2003.

The Club have qualified for the Final as unbeaten Southern Champions and will take around 300 athletes and supporters to compete against the best teams from the North, Midlands and Scotland



24 August 2004

[Kent Young Athletes League, Erith](#)

The first season of the Kent Young Athletes League came to a close with Blackheath & Bromley winning three of the four age groups. Particularly pleasing was to win both the girls and boys under 13 age groups as it shows there is great strength in depth for the National Young Athletes teams of the future.

Highlight of the under 15's age group was a new sparkling best for Emily Godley in the pole vault. She cleared 2 metres 52 centimetres one of the highest jumps in the country this year.

The girls team dominated the match scoring 228 points which was over twice as many as second placed Medway & Maidstone. Among the numerous good performances, which saw the Club's athletes win 17 of the 25 events, were 14.1 clockings For Lily Rose and Sarah Harrison in the sprints and three wins for Katrina Cosby in the long jump, 75 hurdles and B 200.

The boys had to settle for 2nd place but there were good A string wins for Sam Simpson (3000), Heaven Lee Roach (80 hurdles) and Dane Cole (high jump) while Hakeen Smith produced a useful 10.32 for second place in the shot putt.

If anything the under 13 girls were even more dominant than the under 15s winning both strings in all field events and proving victorious in a total of 20 out of 23 events.

Undoubted highlight here was a leap of 1.44 in the high jump by Nenisha Nelson-Roberts a height that was 14 centimetres clear of 2nd places and one of the top jumps in the country this year.

Winner of the B string was Leah Forbes-Morris with a clearance of 1.20 but even more impressive was her 4.40 leap to win the long jump competition by over a metre. Likewise in the shot putt Katherine Jones proved no match for the opposition with a winning distance of 8.09 and on the track Rebecca Cook won the 75 metres by over half a second in 10.6. Best performance for the boys came from Daniel Duffin who won the javelin by over 10 metres with a distance of 38.89 to add to an impressive putt of 9.89 in the shot while on the track Joe Harding continued his impressive season winning the 1500 in 5.00.3.

[Many of the Club's athletes have been in representative duty recently with some promising results](#)

Four of youngsters were part of the South Of England team that defeated the North and Midlands in the Under 20's Inter Area match at Ipswich. There were 2nd places for Amir Williamson with 55.19 in the Hammer and from Robert Bain who clocked 14.30.56 in the 3000 metre walk. Also in the Hammer, second claim member Mark Covington picked up fourth place while Southern Champion Tom Robinson again cleared 4.20 in the pole vault for a good third place At the South of England Inter Counties match at Hemel Hempstead a number of athletes had winning performances. Russell Bentley won the 800 for Surrey in 1.54.1 while team mate Michael Whitehouse won the high jump with 1.95. For Kent Sam Bobb produced one of his biggest ever leaps when he won the triple jump with a distance of 14.94.

There was a win also for Tawanda Chiwira in the 400 and for Liz Hughes in the women's pole vault. Tom Robinson and Allan Williams cleared 4.20 and 4.00 in the men's event.

Williams was also in action at the Veterans Inter Counties match at Ashford. Here he soared over 4.15 for first place in the over 50's category. Also in this age group there was a double victory in the 800 and 1500 for Ken Daniel and a win in the B 1500 for Peter Hamilton. Helen Godsell won the 100 in 13.8 and was second in the 200 in the women's events.

The evergreen Gordon Hickey is actually an over 70 but this did not stop him moving down an age group and winning the over 60's shot with a putt of 10.88. Colin Brand took the discus with 36.57 to add to a second place in the javelin.

New member Miranda McLennan won the women's over 35's B 3000 with 11.52.4 while Diane Ballard was a good second in the 1500.

"I always thought I'd end up a footballer like my dad. But a visit to an athletics track at the age of 11 made me change my mind. Athletics had always seemed a bit boring before then but I went to a training session with my sister and saw just how much fun it can be" Carolina Klufft, Olympic champion at the heptathlon. Blackheath & Bromley train at Norman Park track. Tuesdays and Thursdays for age 11 and over from 6pm. Wednesdays for under 11s from either 6 to 7 or 6.30 to 7.30.



17 August 2004

[AAA's Under 17 and Under 15 Championships, Birmingham](#)

Two Gold, two silver and two bronze medals made it a highly successful weekend for the Blackheath & Bromley athletes who competed at the AAA's Under 17 and Under 15 Championships at Birmingham.

These are the National Championships attracting the best athletes from the country so just to have an entry accepted is an achievement. To then go on and win a medal, whatever colour, is a highly noteworthy performance.

Serita Solomon flew to victory in the Under 15 girls 75 metre hurdles. The Coopers Schoolgirl's time of 11.24 was impressive but all the more so as it was run into a minus 1.5 metre per second headwind and she won by a large margin.

Joe Stockton was also a comfortable winner. His distance of 58.40 won the under 15 boys Hammer contest by 6 metres.

Two more of the Mike Davies Hammer squad also picked up medals in the under 17 girls contest. Rachel Blackie launched the Hammer out to 46.22 to claim the silver medal while bronze went to Vickie Thomas with a new personal best of 45.49 which moves her to 13th on the all time lists for the event.

The other two medals for the Club also came in the throws. Stuart Harvey picked up silver in the Under 17 Men's javelin with a throw of 60.36 while English Schools Champion Shaunagh Brown picked up bronze in the under 15 girls discus with 32.53.

Others came close to the victory podium. The AlAmeen brothers both just missed out on medals with 4th places. Alex timed 13.64 in the Under 17 men's 100 hurdles while younger brother Richard had to settle for 4th in the under 15's hammer with a distance of 49.82. Alistair Tawanaee was 5th in the under 17's hammer with 56.53 while Lauren Blackie was 8th in a very competitive under 15's long jump with 5.13.

[South Of England Inter Counties, Abingdon](#)

James Alaka continued his revision of the Blackheath & Bromley under 15's Club records as he moved up to 7th on the UK all time list when winning the 200 metres for Kent at the South Of England Inter Counties match at Abingdon.

He won the race by over a second clocking 22.54 for the distance slicing over 2 tenths of a second off former GB Junior International Michael Nartey's previous best.

This was not the only Club record to be set at the match as Rachel Arnheim soared over 2.70 metres in the under 15's pole vault competition to not only break the Club under 15's record but also the under 17's best as well.

A number of other athletes from the Club were in action in a meeting that brings together many of the top athletes in the South Of England. Amir Williamson won the under 20 men's Hammer contest by over 8 metres with a distance of 60.44 while there were second places also in this age group for Alex Pope with 3.80 in the men's pole vault; Rachel Blackie, still an under 17, with 46.08 in the women's Hammer; and Sandra Alaneme with 11.60 in the triple jump. Joe Stockton won the under 15 boys hammer by over 6 metres with a throw of 53.33 while on the track Rebecca Taylor prevailed in the 800 metres with a winning time of 2.18.02.

Holly Williams picked up 2nd place in the 3km walk with 18.46.70 and Lauren Blackie placed 4th in the long jump with 5.10.

[Celtic Junior Games](#)

Scott Huggins' reward for his success this season in the pole vault was an International call up. The Simon Tolson coached youngster has cleared 3.70 this Summer a height which gave him selection to represent Scotland at the Celtic Junior Games at Grangemouth.

He finished 2nd in the contest on his International debut with a clearance of 3.40, the first no doubt of many International selections.

[Under 23 Inter Area Match, Derby](#)

Three of the Club's most promising athletes were in action in an Inter Area Under 23 competition at Derby and showed good form. Fabian Collimore picked up third places in both the 100 and 200 with times of 10.57 and 21.57 which were wind assisted. Montell Douglas went one better in the women's 200 finishing 2nd in 24.40 while Katy Benneworth showed that she is fast recovering from the mumps as she leapt 5.35 for third place in the long jump.

[Southern Men's League Division One, Haringey](#)

Third place in the final Southern Men's League match of the season at Haringey leaves the Club's B team waiting to see if they retain their place in the Division next season. They finished in 20th place in the 25 strong Division that contains mainly other Club's A teams.

The number of teams relegated will depend on whether Club's are demoted to the League from the National League and vice

versa if any of the teams in the Southern League are promoted to the National League. So the number of teams relegated to Division Two can vary between three and seven. It all depends on the British League qualifying match on the 18th of September. There was some strong competition in North London as Jonathan Barbour found out. The former European Under 23 champion just prevailed in the 100 metres to win by two hundredths of a second in 10.56.

Best performance in the field came from under 17 Adam Berry who set a new sparkling best of 3.40 in the pole vault. Coach Simon Tolson cleared a useful 3.80 in the A string.

Back on the track there was a season's best in the 400 hurdles from joint team manager Mark Purser and relatively newcomers to the track Jon Thorpe and Ciaron Osbourne both set personal bests in the 5,000.

A number of athletes competed in more than their normal number of events helping the Club to pick up valuable League and Match Points. Among these was a promising 12.45 in the triple jump from Ian Allerton while Max Richardson made an invaluable contribution in the 400 and both relays.

[British Milers Club Races, Eltham](#)

A number of the Club's middle distance stars were in action at the British Milers Club races at Sutcliffe Park. Michael Skinner succeeded in his quest to break the 1.50 barrier for the 800 is over as he timed 1.49.9 for 2nd place in the A race. Winner of the B race Andrew Rayner also set a new best with 1.54.4, quite an achievement as he has missed most of the season through injury. Joe Mills was 5th with 1.55.4, Steve Cooper 8th with 1.58.3 and Terry Hawkey 9th with 1.59.3.

In the 1500 Dave Taylor smashed the Club Over 40's record as he finished in 4th place in 3.49.7. There was a new best in the mixed B race as Rebecca Taylor timed an excellent 4.46.1.

Many of the runners were in action again down in Brighton where Skinner was 2nd in the 800 in 1.50.7 with Rayner timing 1.54.5, Mills 1.55.5 and Cooper 1.59.2 in the supporting races

[On the roads](#)

A number of the Club's athletes have been in road action recently most noticeably Barry Stephenson who returned to his native North East to place 2nd in the Sherwoods Darlington 10km.

At the other end of the country Bob Minting finished in 38th place in the Sidmouth Festival 10.5 km, a useful position as he has been concentrating on the 800 metres.

He has just returned from the European Masters Championships where his time of 2.05. was a new British Record. His time using the age related tables is the equivalent to 1.45 for 800 metres at Senior Level, quicker than any male has run this year.



10 August 2004

[National Young Athletes League](#)

Blackheath & Bromley Harriers AC's youngsters have qualified for the National Young Athletes Final as Southern Premier Champions following a win in their last match of the season at Norman Park.

The win meant they finished the Southern Premier season unbeaten but this last fixture could not have been much tighter This is the first year that the Young Athletes League has been a joint scoring competition for boys and girls. Previously they had been separate and the match at Norman Park brought together the 2003 girls champions, B & B, and the boys champions Enfield & Haringey who needed to win to qualify for the national final. After five and a half hours of tense competition the Blackheath & Bromley squad won by just two points.

Individual highlight of the day was a new Club record in the under 15's Hammer from Joe Stockton. His throw of 59.36 added over three and a half metres to the previous best, a distance which Richard Al Ameen was close to bettering in the B string with a throw of 53.94.

The Club only dropped two points out of 28 in the under 17 women's field events and hurdles. Captain Rachel Blackie, Victoria Thomas and Rachelle Brace had a clean sweep in the throws and it was a similar story in the hurdles where Leanne Critchley's A string wins were matched by Nina Akif and Jo Wood in the B events. Many youngsters were unavailable for the match because of the holidays so the contribution of athletes such as Katie Murray who was in action in three track events proved invaluable.

For the Boys captain Alistair Tawanaee won all three of the heavy throws including personal bests in both the shot and discus and Stuart Harvey won the javelin by thirteen metres. On the track there was an A string win in the 400 from Scott Blackwell.

James Alaka was again in unbeatable form in the Under 15 sprints winning the 100 in 11.4 and the 200 in 23.3 while in the field there was a useful win for James Sellick in the javelin. For the girls there were A string wins for Rebecca Taylor (800), Serita Solomon (75 hurdles), Lauren Blackie (long jump) and Shaunagh Brown (discus and javelin).

In a remarkable team performance the under 13 girls only dropped 2 points the whole afternoon. The squad is brimming with talent and was boosted by new arrivals Daniella Annon who won the 75 B string in 10.5 and Jessica Saville who won the A 800 in 2.34.0. Stephen Cavey was a comfortable winner of the 800 in 2.17.2 and showed his great versatility with a 9.20 shot putt. The youngsters now travel to Birmingham for the National Final on the 5th of September.

[Southern Women's League](#)

The Club lost its unbeaten record in the Southern Women's League as the team finished in 3rd place in it's 5th round match at Harrow. The squad was greatly depleted because of the holidays and late withdrawals and were beaten by the hosts and Radley Ladies who are in the UK Women's League. Despite the absentees it was nevertheless another good team performance and it was only towards the end the long hot afternoon that they slipped back from the leaders.

Young Athletes Captain Rachel Blackie was in fine form in her specialist event, the Hammer which she won with a distance of 46.36 but she also won the B discus before scoring valuable points in the triple jump and the 4x100. In fact the team only dropped

one point in the Senior throws as former Commonwealth Champion Myrtle Augee won the shot and discus A strings while Vickie Thomas won the Hammer and Shot B strings. Christine Lawrence and Frances Athawes were first and second in the javelin.

Athawes was another who was in action in more than her normal event. She also ran the 400 and 4x400. Coaches and team managers contributed too. Michell Bovell rolled back the years to pick up equal 3rd in the B high jump and then 1966 Commonwealth Games 110 yard breast-stroke champion Diana Mantoura made her track debut in the 400 metres to pick up more valuable points for the team.

Her daughter Christina was in action in both hurdles races, both relays and the 800 B string. "A" in the 800 was Katie Murray who was close to her best despite the hot conditions. She finished 3rd as she was in the 1500 and in between cleared an excellent 1.55 in the high jump to finish second in her first competition for some time.

There was a new best for Rachel King as she soared over 2.40 in the pole vault while Katy Benneworth, Leanne Critchley and Jo Wood all scored good points in the sprints and hurdles.

There were wins in the under 15's age group from Serita Solomon and the 4x100 team of Solomon, Emily Godley, Chloe Shaw and Jessica Harding. Emily also had wins in the B 100, 200 and javelin competitions while Chloe cleared 1.35 to win the B high jump with Jessica 3rd in the A string with 1.45. Faye Miller won the B hurdles in some style while in the middle distance Ruby Samuels, Danielle Barley, Laura Kastoryano and Danielle Critchley all ran well despite the sweltering conditions.

Out in the field there was a promising Southern League debut from Katherine Jones with bests in both the shot and discus and she would no doubt have benefited from competing alongside English Schools discus champion Shaunagh Brown.

With the Olympics fast approaching it can sometimes be mistakenly assumed that Athletics is an just an elite Sport. This is not the case and the Club welcomes new members of all ages and abilities from under 13s through to marathon runners.



3 August 2004

[British Athletics League, Stoke](#)

Blackheath & Bromley's Senior Men's team pulled off a great escape with a third place in the final British League Division Two match of the season at Stoke that meant they avoided the drop to Division Three.

Going into the match the Club were bottom of the 8 team division with 7th and 8th placers to be relegated. They needed to beat the City Of Liverpool by 2 League places and 20 match points and Notts AC by one place and 13.5 match points. This they eventually achieved in some style but it was a long days competition with the team places changing constantly and it was only in the last events of the six hour match that they moved clear.

After two last places and a 6th in the previous three matches the big difference was the availability of a few more of the Club's best athletes and there willingness to do as many events as necessary to avoid the drop. Michael Skinner, disappointed not to receive an invitation to the Crystal Palace Grand Prix the night before, doubled up in the middle distance for the first time in the League this season winning the 1500 in 3.47.98 and just missed out on victory in the 800. With the match tight he also put himself forward for a place in the 4x400 team that took second in 3.15.98.

Anchor leg in this relay was double Olympian Tawanda Chiwira who has been the Club's biggest points scorer this season. He was 2nd in the 400 in 46.97 as well as taking 2nd in the B 100. Winner of the B 400 was former World Junior finalist Alloy Wilson who is returning to his best form after some time out. He clocked 47.86 and was 2nd in the B 200 in 21.8 with Fabian Collymore achieving 3rd places in both A string sprints with 10.84 and 21.7.

These three teamed up with Bomene Barikor for a resounding victory in the 4x100 a timely win at a late stage of the match.

Barikor had a busy afternoon in the field in the high, long and triple jumps. Sam Bobb won the triple jump with a leap of 14.44 and Patrick Boundy defied a shoulder injury to compete in all four throws which included an excellent 61.78 in his specialist event the javelin. Stuart Harvey was 2nd here while Amir Williamson scored useful points in the hammer and discus. Tom Robinson soared over 4.10 in the pole vault and looks sure to go higher in the near future. The B string did not go so well as Alex Pope no heighted. However the plucky junior was keen to make amends volunteering to do the 3000 steeplechase. His attitude was typical of the team spirit all afternoon and while he might have only expected to gain one point for a performance that did not challenge the Olympic qualifying standard, he actually scored four points as three clubs failed to field B strings.

A string here was Daniel Moore who had only got home from a wedding at 4.30 that morning before the long car trek to Stoke. Not only is he the Club's fastest chaser this year but the 57.4 he timed in the A 400 hurdles is also the best by a B & B athlete this season.

Match Result. 1. Trafford (335) 2. Border (306) 3. Blackheath & Bromley (300) 4. Windsor (284) 5. Harrow (252) 6. City Of Liverpool (243) 7. Notts (240) 8. Cardiff (206)

Final League table. 1. Trafford (31) 2. Border (28) 3. Windsor (21) 4. Harrow (21) 5. Cardiff (14) 6. Blackheath & Bromley (11) 7. City Of Liverpool (10) 8. Notts AC (8)

Relegated from Div One, Shaftesbury Barnet and Thames Valley.

Promoted from Div Three, City Of Sheffield and City Of Stoke

[National Junior Athletics League, Haringey](#)

The Club's men and women's junior teams have both qualified for the National Final in September after the last of the Southern Premier Division matches at Haringey. The women finished 2nd overall and the men 3rd and four teams from the South and four from the North will travel to Derby for the final which will determine who will be United Kingdom champions.

It was good to see Montell Douglas and Sandra Alaneme in action as, had they not done this match, they would not have been eligible for the final as they have competed in the Junior League for the last two seasons. Injury and International duties have been reason for this but Montell soon made up for this with a win in the 100 metres (12.0) and second in the 200 (24.2).

Sandra was a comfortable winner of the triple jump with a leap of 11.60 with English Schools International Jade Castell Thomas winning the B string. Harriet Robinson produced the other A string win as she sped over the 100 hurdles to time 14.7 a performance that earned her the track athlete of the match award.

There were a number of significant personal bests with Victoria Thomas improving in the hammer to 44.99 and beating training partner and English Schools champion Rachel Blackie in the process. Rachel won the B event. Leanne Critchley improved again over the 400 hurdles to time an impressive 68.50. Likewise Jo Wood in the B string whose efficient hurdling style also helped to a new best and 2nd place in the 100 hurdles.

Katie Murray had a busy afternoon as after a 5th place in the 800 she proceeded to win the B 400 in 62.20 before contributing an impressive split of 60.5 in the 4x400.

The men's team was not at full strength and contented themselves here with a 5th place. There were nevertheless some impressive performances. On the track Tunde Balogun timed a useful 10.8 for the 100 metres for 4th place in a race won by European Champion Leon Baptiste, while in the B event Duayne Bovell equalled his best of 10.9.

Max Richardson ran another gutsy 400 metres to time 50.7 as did Alex Worley whose 58.2 for 3rd in the 400 hurdles was one of the fastest in the Club this year. In the field there were impressive A string wins for Tom Robinson in the pole vault with a clearance of 4.20 and from Amir Williamson with a throw of 58.60 in the hammer. Scott Huggins (3.50) and Alistair Tawanaee (45.45) made it maximum points in the B strings.

Emphasising the Club's increasing strength in the throws Stuart Harvey fired the javelin out to 58.84 for second place and a personal best while there was a best also in the shot for Alex Pope who putt 13.82 also for 2nd place.

[European Masters Championships, Aarhus, Denmark](#)

Dave Taylor is a double European Champion after two comprehensive victories at the Masters Championships in Aarhus, Denmark.

He won the 1500 metres by nearly 10 seconds in 3.54.83 and then followed this with a 15 second victory in the 5000 with 14.26.95.

It was gold too for Helen Godsell as she was part of the Great Britain over 50's team that struck gold in the 4x400 with a time of 4.22.81. She also picked up bronze in the 200 with a time of 27.98.

World Champion Allan Williams had to settle for silver in the over 50's pole vault with a clearance of 3.90 and it was second too for the evergreen Jim Day who cleared of 2.60 in the over 70's vault competition.

[London Marathon Charity](#)

The Club recently presented a cheque for over £5,000 to the Parkinson's Appeal for Deep Brain Stimulation. The money was raised by the Club's athletes who competed in this years London Marathon.

Deep Brain Stimulation allows sufferers of Parkinson's Disease to lead a near normal life. The Appeal is urgently seeking to raise £1.5 million to secure the long term funding of the Deep Brain Stimulation Unit at Queen Square, London. This will provide a dedicated operating theatre and equipment to facilitate an extensive research programme, fund the training of neurosurgeons and ensure the operation will be as widely available as possible on the National Health in perpetuity.

One person who would benefit from this treatment is one of the Club's Vice -Presidents Les Roberts. Now aged 60 Les is a former World over 45s Champion at the 5,000 metres. Such treatment could allow him to run again.



27 July 2004

Liz Hughes made her full Great Britain debut in the Norwich Union International match in Birmingham. She finished in 6th place in 3.97 a good performance considering the difficult swirling winds. She will no doubt have benefited immensely from the experience as in the same competition Yelana Isinbayeva of Russia broke the World Record with a clearance of 4.89. She finished as the first Britain and although she will not be going to the Olympics she was delighted to gain a Great Britain vest.

Also making his Great Britain debut at the weekend was Fabian Collymore who competed in Under 23 International Match against Germany and Italy. He finished 3rd in the B 100 metres and was then part of the 4x100 metre team who finished third in 41.00.

Four of the Club's potential senior Internationals of the future took a further step up the competitive ladder when they represented England at the Home Countries Schools International in Chelmsford. All achieved their selections after either winning or placing second in the English Schools Championships the week before.

Rachel Blackie could not have had much more difficult conditions in which to make her International debut. Competing in the Hammer the event was interrupted by a severe electric storm and the athletes were taken away from the throwing area for safety reasons. In such circumstances her throw of 46.35 on a wet slippery circle, her second best ever competition performance, was a fine achievement which gave her 2nd place.

Training partner Alistair Tawanaee also took the runner up place in the boys event. He threw an excellent 58.53 and has his brother Amir's Club Record in his sights. He was some way off the winner as team mate Alex Smith smashed the UK under 17 record with a throw of 76.52.

Both athletes are coached by Mike Davies and Rachels Championship best at the English Schools Championships at Gateshead was the first time he had had an athlete break a championship record at the event since 1960! Rachel's father John coaches the two other International debutants. Jade Castell Thomas also claimed the runner up spot in the triple jump. Her leap of 11.18 was just short of her personal best. Daniel Haque shocked his father when he took silver at the Schools Championships not only because of the quality of his performance but also because it meant re-arranging a family holiday so that they could attend the Chelmsford International. He finished in 5th place in the 200 metres in 22.46 and was also part of the England 4x100 team that

took top spot in a time of 42.29.

Stephen Cavey was the Club's top performer representing Kent at the Under 13 Southern Inter Counties match at Kingston. He was just outside his own Club Record in winning the 800 metres in 2.14.5. The Club were well represented at the match and helped Kent to finish third in the fixture very close behind Berkshire and Surrey.

Also in the middle distance there was another good performance from Amy DeMatos as she finished 4th in the 1500 in 5.00.9 while Joe Harding, a first year under 13, was 4th in the boys B string event.

There was new best for Elliott Cox in the 200 metres as he timed 25.5 for 2nd place to add to his 3rd place in the 100. More good sprints came from Rebecca Cook who was 5th in the girls 100 in 14.2 and she later teamed up with Grace Shepherd, who had earlier run 14.4 in the non scoring race, to form part of the winning 4x100 relay squad.

Katherine Jones had a good afternoon with new bests in both the shot and discus of 8.09 and 21.07. Estelle Patten picked up some good points for the team by finishing 2nd in the "B" discus with 18.23 and she also helped out in the B javelin with a throw of 15.08.

Jessica Matthews continued her promising season in the high jump as she cleared 1.35 to finish in 5th place.



20 July 2004

Dwayne Grant of Blackheath & Bromley has been selected for the Great Britain Olympic squad for the 4x100. Grant who turned 22 last week finished in 3rd place in the 200 metres at the Olympic Trials and there was some concern that his season might be over as he lay on the track clutching his hamstring. A small tear was discovered and his rehabilitation will have received a huge boost with the news of his Olympic selection.

Grant has been a club member since the age of ten and still holds the under 13 boys long jump record. He is no stranger to the world stage as he was part of the Great Britain 4x100 team that won gold at the World Junior Championships in 2000. He is also a former winner of the 200 metres at the European Youth Olympics and the Commonwealth Youth Olympics.

Another of the Club's sprinters took on one of the World greats in the North Down International at Bangor in Northern Ireland. Fabian Collymore lined up against Namibia's Frankie Fredericks in the 100 metres. He finished in 6th place in a time of 10.93 which was into a headwind, with Fredericks winning in 10.35. Collymore then timed a good 21.93 in the 200 to finish in 2nd place again into a headwind.

Montell Douglas was also in sprint action finishing in 5th place in both the 100 and 200 in times of 12.33 and 25.24. Michael Skinner was 5th in the 1500 metres in 3.44.17.

In Loughborough International meeting, Jonathan Barbour returned to action after injury to time 10.55 for 7th place in the 100 metres. Tawanda Chiwira was 5th in the A race of the 400 in 47.87 while Alloy Wilson was 5th in race 3 in 48.86.

[Golden Jubilee Cup Semi Final, Eton](#)

A battling team performance saw the combined men and women's team of Blackheath & Bromley come a close second to reigning champions Belgrave in the Golden Jubilee Cup Semi Final at Eton. Unfortunately the tough qualification of just one team from each match means that the Club don't make the Final in August but since the competition became mixed three years ago they have come closer each time.

Particularly pleasing to note was that if the men and women's matches had been scored separately the women would have just won, which bodes well for their campaign to gain a place in the UK Women's League in September. Outstanding performance of the day on the track came from Michael Skinner. He led from start to finish in the 800 to win in 1.51.6 and then toed the line in the 1500 after Russell Bentley withdrew with a hamstring injury.

Such was the speed of the early pace he was struggling to hang onto the leaders but as the bell approached he began to make contact and a blistering last lap saw the AAA's bronze medallist come home to win in 3.46.0. Tawanda Chiwira won the 400 metres in 47.8 and then did his chances of making the Zimbabwe Olympic team no harm with a devastating 46.0 relay leg, just missing out on victory.

Montell Douglas cruised to victory in the 200 winning by half a second in 24.8 and there was a win too for Jennie Butler in the 3000 in 10.30.6 to add to her 4th place in the 800 and 3rd in the 1500.

In the field AAA's Silver medallist Liz Hughes was a comfortable winner of the pole vault with 3.80 and Myrtle Augée set seasons bests of 13.47 to win the shot and 38.02 for 3rd in the discus. She was also 3rd in the hammer with 34.79.

Christine Lawrence won the javelin with a useful 39.81 and fellow junior Michael Whitehouse showed a good return to form after a heavy cold by soaring over 2.05 to win the high jump.

Another junior International Amir Williamson had a good afternoon with a personal best of 51.33 for 3rd place in the hammer and there was also a best for Steve Timmins with 45.99 in the javelin.

Layla Hawkins scored vital points in the high and long jumps and both hurdles and Vickie Cole came in at short notice to place 4th in the 100 and contribute good legs in both relays.

[National Young Athletes League, Havering](#)

The Club's youngsters moved another step closer to a place in this year's National Young Athletes League Final with a resounding win in the latest Southern Premier Division match at Havering. With just one match remaining the team head the 16 club division on maximum points and are favourites to take one of the two places available in the final.

This was not an easy match, however, because of the clashes with holidays, and neither will the last match be in two weeks time on the 1st of August as they face second place Enfield & Haringey at Norman Park. This will be an intriguing match as the Club

won the National Girls title last year and Enfield & Haringey the boys. This is the first year that the League is a joint scoring boys and girls competition.

At Havering two of the Club received Athlete Of The Match awards. English Schools champion James Alaka received the Boys track award for another outstanding win in the Under 15 boys 100 metres where he timed 11.1. Richard AlAmeen took the boys field event award for his throw of 51.71 which won the under 15 boys hammer by over 21 metres.

In the Under 17's new English Schools International Daniel Haque won the 100 metres in a grade one of 11.3 but did so in some difficulty as he sustained an injury. There were sparkling new personal bests of 3.60 and 3.30 for Scott Huggins and Adam Berry in the pole vault and expected wins for big hitters Alistair Tawanaee (hammer), Stuart Harvey (javelin) and Alex AlAmeen (100 hurdles).

Surprise package of the day was Richard Daniel who has blossomed in recent weeks. He won the 400 hurdles in a new best of 60.2 and after winning the steeplechase by 17 seconds in a new best of 5.01.3 and returned just 10 minutes later to deliver a 53.8 relay split as the 4x400 team won a thrilling contest against Havering Mayesbrook.

For the girls Rebecca Syrocki contributed a blistering 41.3 to win the 300 and also clocked an excellent 12.8 for second in the 100. Katie Murray won the 1500 and as well as competing in the 800 showed a good turn of speed to finish second in the 200 metres. In the field Flo Clark, Rachel Blackie, Vickie Thomas, Frances Athawes, Rachel King, Rachelle Brace and Jo Wood scored near maximum points for the team.

In the under 15s Serita Solomon won both the 100 and 80 hurdles in grade ones of 12.6 and 11.7 as did Rebecca Taylor in the 800 with 2.17.0.

The under 13's continue to show great promise and there were grade ones in the girls age group for Rebecca Cook with 10.1 and Amy DeMatos in the 800 with 2.28.8. For the boys there were good wins for Izzy Ukoku jnr (200) and Stephen Cavey (800).

This was, however, a great team performance with athletes of all ages and abilities contributing to an outstanding result as the Club achieved it's second highest match score of the season.



13 July 2004

AAA's Championships and Olympic Trials

Athletes from Blackheath & Bromley were in the thick of the action at the AAA's Championships and Olympic Trials at Manchester as the country's top stars strove to secure selection for places in the Great Britain team for Athens. The cold and windy weather prevented fast times and made conditions difficult in the field so many athletes are still left chasing the qualifying standards.

Best performance by a Club member came from Liz Hughes who coped well with the gusting wind to pick up silver in the pole vault with a clearance of 3.95. Her performance has secured her selection for the Great Britain team for the match against the USA in Birmingham in a couple of weeks time. One of the closest finishes of the day came in the 1500 where a big group of athletes including Michael Skinner battled together down the home straight. At one point it looked as if he would claim silver but he had to settle for an excellent bronze in a time of 3.50.77.

Most eagerly anticipated race of the weekend was the men's 200 metres where the Club had two athletes in the Final. In a tight finish Dwayne Grant plunged across the line to take third place in 21.27 just ahead of former Commonwealth champion Julian Golding who had to settle for 5th in 21.36. Grant's immediate concern afterwards was a hamstring injury which left him prostrate on the track while Golding will be disappointed as it looks as if he will not be making the team for Athens.

There was disappointment too for Mohammed Sillah Freckleton who didn't finish in his heat of the 110 hurdles after sustaining a hamstring injury and also for Mark Awanah who was prevented by injury from competing in the long jump.

Elsewhere Sam Bobb was 9th in the triple jump with a leap of 14.75; Fabian Collymore set new best of 21.64 in the 200 and Alloy Wilson timed 48.61 in his heat of the 400 metres.

Three of the Club's juniors also gained valuable Championship experience. Sandra Alaneme was 10th in the women's triple jump while on the track Montell Douglas timed 12.49 and 24.95 in the heats of the 100 and 200 and Robert Bain was 13th in the 5km walk in 24.11.07.

English Schools, Gateshead

The Club's athletes were in superlative form at the English Schools Championships in Gateshead with 5 individual gold, 5 silver and 3 bronze medals, 4 youngsters gaining International selection and four Club Records. Just securing a place at these Championships, often dubbed "the mini Olympics", is an achievement in itself but to produce such results must be the envy of most Clubs in the country.

It didn't take long for the first gold to arrive and it came in spectacular fashion as Rachel Blackie smashed the Championship record in the Intermediate Girls Hammer with a throw of 48.06 adding over 3 metres to her previous best Club Record Under 17 and Under 20. Not only that it also bettered Myrtle Auguee's Senior Record as well! It is the 4th furthest ever by a UK athlete, the best ever being 48.94, and as she has already improved over 12 and a half metres since last Summer, the UK Record has become a realistic target.

The immediate aim, however, is this weekend as her Gateshead performance has given her automatic selection for the England team for the Home Countries International at Chelmsford. Here she will be joined by training partner Alistair Tawanaee, who launched the Intermediate Boys Hammer out to 58.22 to claim the silver medal.

Both are coached by Mike Davies as are Alistair's brother Amir Williamson who won the Senior Boys Hammer with 58.39; and Joe Stockton and Richard AlAmeen who took gold and silver in the Junior Boys age group event with distances of 53.54 and 51.61 respectively.

The two other athletes to gain International selection are both coached by Rachel's father John. Jade Castell Thomas set a new best of 11.29 as she finished 2nd in the Intermediate Girls triple jump and then diminutive Daniel Haque sped to a new best of 21.89 for silver in the Inter Boys 200 metres.

The other golds came in the Junior age groups. James Alaka showed what an awesome talent he is by dominating the 100 metres and winning the final in 11.14. His time was a new Club Record and the 6th fastest ever by a UK athlete. Out in the field Shaunagh Brown produced a mighty throw of 36.88 in the discus to set a new Club Record adding nearly two metres to her previous best. Her throw was over a metre further than anyone threw in the country last year.

It was nearly gold too for Serita Solomon. She missed out by the narrowest of margins as her 11.21 in the 75 metre hurdles was the same time as the winner.

Second claim members Mark Covington (51.46 in the Senior Boys Hammer) and Tunde Balogun (10.80 in the Senior Boys 100) both picked up bronze medals. So too did Stuart Harvey in the javelin missing out on next weekends International by just 4 centimetres despite setting a new Club Record of 64.69. Similarly there were others who just missed out any on medals at all. Michael Whitehouse (high jump), Bobby Lockwood (shot) and Christine Lawrence (javelin) were all 4th in the Senior age groups as was Vickie Thomas in the Intermediate Girls Hammer despite throwing over 8 metres further than the National Grade One.

There was disappointment too for Clare Cooper in the Inter Girls 75 hurdles as after qualifying for the final she was unable to take her place on the start line due to injury. On another day all these could have tasted glory. Also out the medals but with another new personal best was Flo Clark who threw 35.72 in the discus while Rebecca Taylor was less than a second off silver in the junior girls 800 but also had to settle for 5th. Amy Godsell (40.82) and Rebecca Syrocki (40.92) were 6th and 7th in the Inter girls 300 and Lauren Blackie 6th in the junior girls long jump with a leap of 5.16 just 9 centimetres off bronze.

[Kent Under 13 Championships](#)

Medallists at the Olympic Trials Michael Skinner and Dwayne Grant both began the athletic careers competing for the Club's under 13 teams and if the results of the Kent County Under 13 Championship at Erith are anything to go by then there are a number of athletes already in the Club who could succeed them in the future.

The youngsters collected 9 gold, 8 silver and 4 bronze medals, set 5 Championships records and broke a Club record.

Elliott Cox, who is on Queens Park Rangers Football Club's books, was in explosive form in the sprints with two championship bests. He timed 12.5 for the 100 and 26.0 for 200 just holding off Stephen Cavey who timed 26.1. Cavey came into his own in the 800 where he also set a championship best of 2.18.0. The middle distance potential was emphasised by the performances of Joe Harding and Oliver Robinson who gained silver and bronze in the 1500 with national grade two performances of 4.52.0 and 4.58.1 and from James Reeves who was 11th in the 800.

Fourth championship best came from Daniel Duffin the javelin. He launched the spear out to 39.30 a new club record and a performance that would have ranked him 3rd best in the country last year. His 9.20 in the shot was a grade two performance.

Highlight in the girls events came from Amy DeMatos who ran one of the fastest times in the country this year to win the 1500 metres in 5.04.2 another new championship best performance.

Rebecca Cook also took gold in the 100 metres in 13.7 and added bronze in the 200 while there was silver for Lucy Price in the 800 in 2.37.9 and for Danielle Critchley in the 2500 walk in 16.13.0.

In the field there was a clean sweep for the Club in the high jump as Jessica Matthews took gold with 1.33 on countback from Grace Sheppard with Nenisha Nelson-Roberts 3rd with 1.30.

Further medals came courtesy of Katherine Jones and Estelle Patten with a one-two in the discus and from Helen Silvester and Phoebe Snow who struck gold and bronze in the javelin. Katherine also picked up silver in the shot

[Southern Men's League](#)

The Club's Senior Men finished in 3rd and 2nd places in the Joint Southern League Divisions One and Three South match at Norman Park. The matches featured the Club's B and C teams and while it was a little disappointing not to win on home ground it has to be remembered that they were largely up against other Club's A teams.

In Division One, Neil Simpson provided the only individual a String win in the 400 in 49.8 with Joe Godsell making it maximum points in the B string. There was a new best of 1.59.6 for James Poole as he won the B 800 and it was good to see Steve Timmins back in action after a long break from the Sport and achieving a personal best in the javelin.

In Division Three Scott Jarred was a class apart in winning the 400 and new boy John Thorpe made a good debut winning the 1500 in 4.19.6

[Kent Young Athletes League](#)

Many of the Club's youngsters were in fine form at the recent Kent Young Athletes League match at Sutcliffe Park where there were wins for the under 13 boys and girls teams and also the under 15 girls. The girls won the combined age group competition while the boys finished in 2nd place.

Particularly pleasing to see is the emergence of a very talented under 13 boys squad under team manager Peter Ward. Highlights her again were the performances of Elliott Cox (sprints) and Stephen Cavey (800) who had grade one victories but there was also wins for promising youngsters such as Joe Harding in the 1500, Connor Sumner (75 hurdles), Jack Holland (high jump) and Joseph Marchant (discus). Also Izzy Ukoku Jnr who won both the B string sprints would have won the A races if he had run instead of Cox.

The girls in the same age group hardly dropped a point all afternoon winning 21 out of 23 events. Of these there were national grade two winning performances from Rebecca Cook in the 75 metres, Katie Vistuer (150 metres) and Helen Silvester in the javelin.

Highlight in the under 15's age group was a new Club record in the pole vault for Rachel Arnheim. Her clearance of 2.65 also broke her own under 17's record as well. Lauren Blackie went over 2.50 to win the B string also a national grade one performance.

For the boys the performance of Dane Cole stood out as he soared over 1.65 in the high jump and there was a useful win in the 80 hurdles from Heaven Lee Roach.



6 July 2004

Internationals

Blackheath & Bromley's Amir Williamson celebrated his debut as a Great Britain Junior International with a sparkling new hammer personal best. Competing in the match in Manchester against Australia and a Great Britain select, he launched the 6kg implement out to 61.77 an improvement of three metres on his previous best to finish 2nd overall in the competition.

Michael Whitehouse also made his GB debut finishing 4th equal in the high jump with a leap of 1.95. Competing as a non scorer Sandra Alaneme was 5th in the triple jump with a leap of 11.72 while out on the track Robert Bain was also invited to guest in the 5km walk finishing in 24.55.30. Also guesting was Montell Douglas who finished 6th in the women's 100 in 12.25 before forming part of the 4x100 metre team that finished 2nd.

The pole vault competition took place indoors and Liz Hughes warmed up for this weekends Olympic Trials by clearing a seasons best of 4.10 a height that makes her the 5th best vaulter of all time indoors. (She is actually the 3rd best outdoors).

Also putting together his final preparations for the Trials was Julian Golding who travelled to Heraklion in Greece. Here he timed 10.61 for the 100 metres before finishing 4th in the 200 in 20.66 in a race won by current Olympic champion Kostas Kederis of Greece.

British League Division Two Eton

Blackheath & Bromley Harriers AC will need all hands to the pumps in the last British Athletics League Division Two match of the season at the end of the month after a battling team performance at the latest match at Eton gave them the chance of avoiding relegation to Division Three. Last in the first two matches they finished 6th in the 8 team match ahead of fellow relegation battlers City of Liverpool and Notts.

The Club achieved it's first A string win of the season when Michael Skinner confidently hit the front in the home straight of the 800 metres going on to win 1.52.5. Tawanda Chiwira couldn't have been much closer to victory as he finished in the runner up position in the 400 metres for the 3rd successive match. Moving into the lead in the home straight he looked to have the race won but was pipped on the line by Border Harriers fast finishing Rabah Yusef. Both timed 47.3.

He also finished in 4th place in the 100 metres, won by Cardiff's Christian Malcolm, but then had to pull up with cramp just after the start of the 200 metres. Many would have simply walked off the track but the double Olympian hobbled the rest of the race and even had the good humour to dip at the finish and smile at the appreciative spectators. A time of one minute 31.2 seconds will not challenge the rankings lists but the four points he scored could prove vital if at the end of the season teams are level on League points and the relegation places are decided on match points.

Hence too the contribution of an athlete such as Richard Hall should not be under-estimated. Not a first choice selection he accepted a late call up to run the steeplechase and then, despite going for a swim in the water jump, was game enough to race the 1500 metres.

The team was boosted by a number of athletes making their returns to British League competition. Former World Junior Championship finalist Alloy Wilson's time of 47.9 in the B string 400 was his fastest for six years and the fact that he was only 3rd was testimony to the high standard of competition in many of the events. For example, the strong pairing of Spencer Newport and Barry Stephenson in the 5000 only yielded 6th and 4th places.

Daniel Moore has always had a reputation as a versatile athlete which he again demonstrated by clearing 1.75 in the high jump and then running the fastest time in the Club this year in the 3000 steeplechase.

Joe Mills timed a useful 3.58 in the 1500 and looks sure to go faster with every race and Exeter University student Jake Aust picked up useful points in the 110 hurdles.

There was disappointment, however, for Commonwealth Games long jumper Mark Awanah. A knee injury meant he was forced to take off on his wrong leg but he then exacerbated a back problem in the process. He had to quit the competition early having registered 6.01 which pushed Sam Bobb up to the A string where he gained 3rd place with 6.33. He later added 4th in the triple jump.

There was a personal best for Alex Pope in the shot putt with 10.69 and the performances of fellow juniors Tom Robinson (4 metres in the vault), Duayne Bovell (100 and triple jump), Daniel Campbell (high jump) and Ian Allerton (200) all showed promise for the future.

Youngest member of the team, however, was under 17 Stuart Harvey, who achieved 2nd place in the B string javelin with 54.50. Oldest competing was World Over 50's pole vault champion Allan Williams who cleared 4 metres before withdrawing as a precaution.

The Club will need this spirit from young and old plus the firepower of some it's absent top athletes if it is to avoid relegation.

Southern Women's League, Guildford

The Club recorded it's 4th win of the season in their Southern Women's League Division One match at Guildford and are now the only unbeaten team in the 25 strong division. However, they remain in 2nd position in the table as placings are based upon match points rather than League points.

Highlight of the day was a new club record in the discus from Shaunagh Brown. Her distance of 35.00 would have ranked her 3rd in the country last year. There was much else to celebrate with numerous individual wins. Particularly notable were the performances of a number of under 17s who were competing in the Senior age group. The pairing of Jade Castell Thomas and Rachel King scored maximum points in both the long and triple jumps with Jade's 5.30 in the long and Rachel's 10.83 in the triple

personal bests.

Similarly Rachel Blackie and Victoria Thomas scored near maximum points in the Hammer both with distances way in excess of grade one standards. Victoria also won the shot and Rachel the discus as B string to the incomparable Myrtle Augee, the 5 times Commonwealth Games representative who is enjoying her retirement from International Athletics by inspiring the stars of the future at grass roots level.

The near maximum points in the throws was completed with a double win in the javelin for Christine Lawrence with 39.30 and Frances Athawes with a fine new personal best of 31.06.

On the track Harriet Robinson had a good day with an excellent 14.6 win in the sprint hurdles to add to her win in the 100 metres while training partner Clare Cooper took the B 100 and was 2nd in the 200 in a good 26.3 with Sam Singer taking the B string in 26.7 to add to a 2nd place in the A 400.

Other wins on the track came from Jennie Butler in the 1500 and the 4x100 team of Robinson, Cooper, Castell Thomas and Leanne Critchley. Leanne's performances in the Under 17's hurdles were the other big highlight of the day. An athlete on the periphery of the squad last year she has now established herself as an essential member of any team demonstrating this with a stunning 43.3 personal best to win the 300 hurdles. She followed with another best of 12.8 to win the 80 metre hurdles.

The under 15's were outstanding scoring 94 out of a possible 105 points. As well as the discus Shaunagh Brown also won the shot and there were double wins as well for Vanessa Nakangu (B100 and 200), Rachel Arnheim (B high and long jumps), Amarah Taitt (B shot and discus) and Sarah McLellan who showed great versatility in the 800 and 75 hurdles.

There were maximum points for Amy Smith and under 13 Amy Dematos, with a grade one, in the 1500.

Other wins came from Lauren Blackie with another grade one leap of 5.15 in the long jump and the 4x100 team of Nakangu, Arnheim, Katrina Cosby and Serita Solomon.

National Young Athletes League, Copthall

The Club took another step towards a place in the National Young Athletes Final with a third consecutive victory in the Southern Premier Division at Copthall. There are now the only unbeaten team in the division as main rivals Enfield and Haringey were beaten by Harrow in the match at Tooting. After two very near misses Stuart Harvey picked up the male field event athlete of the match award for his 58.47 winning throw in the under 17's javelin. It was of course a grade one winning performance as were those of Alistair Tawanaee in the hammer, Alex AlAmeen in the 100 hurdles and Daniel Haque in both the 100 and 200 metres. Haque completed a hat trick of wins in the triple jump with a new best of 13.15.

Other A string wins came from Scott Blackwell (400), James Poole (1500), Richard Daniels (400 hurdles), Scott Huggins (pole vault) and Tawanaee again in the discus.

Best performance for the under 17 women came from Amy Godsell who won the 300 metres with an excellent time of 41.1 to add to her win in the 100 metres. In fact along with Nina Akif, Jo South, Leanne Critchley, Jo Wood and Jade Castell Thomas only one out of a possible 50 points were dropped in the sprints and hurdles.

Similarly Castell Thomas, Anna Smith and Rachel King scored maximum points in the high and long jumps and there were A string wins in the throws from Rachel Blackie (discus), Rachelle Brace (javelin) and Victoria Thomas (shot).

The under 15 girls field eventers also only dropped one and a half points out of possible 50 in all the field events and included a promising debut from Sarah McGuire with a victory in the A string javelin. Highlight here though was the award of Field event athlete of the match to Amarah Taitt with a mighty throw of 29.09 which won the B discus, A string Shaunagh Brown having won the award at the previous fixture.

On the track there wins in both strings for Rebecca Taylor and Amy Smith in the 1500 and Serita Solomon and Sarah McLellan in the 75 hurdles. Sarah also won the 800.

James Alaka was again in superlative form with a double win in the boys sprints and Alex AlAmeen (hammer) and Ben Bateman (javelin) both delivered victories.

Highlight in the under 13's age group was a new Club Record by Amy Dematos in the 1200 metres. She lopped 1.7 seconds off Rebecca Taylor's previous record to clock 3.54.3 but such was the high standard in this event that it was still only good enough for 2nd place. Maximum points were scored in the sprints by the quartet of Rebecca Cook, Sian Hurlock, Grace Sheppard and Katie Vistuer and there were A string wins for Rebecca Smith (800), Jessica Matthews (high jump) and Leah Forbes Morris (long jump).

The sprinters were on fire in the boys races where Elliott Cox clocked grade ones of 12.6 and 26.3, the latter matched by Stephen Cavey who also won the 800. Ben Greenhalgh and Joe Harding both logged good times in the 800 and 1500 while out in the field Stephen Camacho (4.43 in the long jump) and Danny Duffin and Andrew Jordon (9.72 and 9.37 in the shot) showed great promise.

Fri 9th/Sat 10th English Schools, Gateshead
Sat 10th/Sun 11th AAA's and Olympic Trials, Manchester
Sat 10th Southern Men's League Divisions 1 and 3 Norman Park
Sat 10th Kent Under 13 Championships, Erith.
Fri 16th Kent Veterans League, Canterbury
Sun 18th Golden Jubilee Cup Semi Final, Eton
Sun 18th National Young Athletes League, Havering

