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Blackheath & Bromley Harriers AC

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2009

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30/09/09

Blackheath & Bromley's Senior men qualified comfortably for the National 6 Stage Road Relay in three weeks time as they finished in a good 5th place in the Southern event at Rushmore Arena, Aldershot.

Fastest leg for the Club came from Mike Skinner who clocked 18.09, the 10th quickest of the day. Considering he is only just back from injury it was a good run. However, the most notable performance of the day came from Scott Overall. At 1pm he toed the line in the Windsor Half Marathon. Having won this race in a very useful 66.10 he travelled to Aldershot to run the last leg for the team and time 18.14, a remarkably good effort.

Junior Alex Bruce Littlewood ran a very good 18.41 on the opening stage and Andy Rayner went slightly quicker on the second leg with 18.38. James Poole (19.28) and Steve Holmes (20.48) completed the successful team.

It was not good news for the Senior Women, however, as they failed to finish a team. Elaine Murty got the Club off to a fine start, her time of 13.38 being the 19th fastest of the day. Jen Hamer ran a useful 14.35 on the second stage and Carolyn Jones Baldock ran 16.10 on leg three. There was no fourth runner and the Club's challenge ended there.

There were some decent performances in the younger age group races from those who competed. The under 17 mens team of Sam Jackson (12.58), Will Mercer (13.26), Greg Proctor (13.57) and Robert Yates (13.29) finished 23rd with Jonathan Halls timing 14.15 as the sole B team runner. There were, however, no under 17 womens or under 15 boys teams. The under 15 girls trio of Jessica Jones (12.16), Amber Read (11.31) and Isabel Jackson (12.58) finished 30th.

Good efforts from the under 13 boys quartet of Richard Webb (11.31), Thomas Desborough (12.30), Sean Sturrock (11.47) and William Fuller (11.14) saw them place 17th and the girls trio of Charlotte Rhule (9.00), Holly Warman (9.40) and Louise Davison (9.23) also showed promise as they placed 23rd.

The Club enjoyed much success at the Kent County Multi Events, Under 13 and Masters Championships at Erith with numerous medals won.

Performance of the weekend came in the under 13 girls shot where Ellie Lawrence's winning putt of 9.72 was a new Championship Best Performance. She also won silver in the discus with a distance of 25.00 with the gold medal going to training partner Yemisi Sofolarin who was just seven centimetres ahead. Yemisi also won the javelin with a throw of 26.87 and was third in the shot with 8.22.

Second in the javelin was Aine Hurlock but she wasn't to be denied a gold as she finished first in the 75 metre hurdles in 12.1 to complete a clean sweep for the Club with Vivian Olatunji second and Oshuwa Ogbeta third.

Other silver medals came from Alex Wheelwright (high jump) and Shannon Cordell (long jump)

In the under 15s pentathlon there was bronze for Rhiannon Jones with Georgina Middleton 5th and Holly Fletcher 9th and Adam Willis was 6th in the boys competition.

The Masters enjoyed another highly successful weekend with three individuals grabbing a hat trick of golds. In the over 40s Maureen Miller won the 100, 200 and 400 races. Barbara Terry won the shot, discus and hammer in the over 60s as well as taking silver in the javelin, while in the over 70s Colin Brand triumphed in the shot, discus and javelin.

Beatrice Simpson took gold in the over 50s discus and hammer and also won silvers in the shot and javelin. Other golds came from Ken Daniel (M50 1500), Allan Williams (M 50 pole vault) and Mike Martineau (M60 long jump) to give an impressive haul of 14 first place medals. Shirley Rowbottom won three silvers behind Maureen Miller in the over 40s 100, 200 and 400 and there were second places also for Peter Hamilton (M60 800 and 1500) and Gordon Hickey (M70 Shot). Gordon also achieved bronze in the M70 discus.

There was an impressive turnout for the Jim Day Memorial Pole Vault competition at Norman Park and the competitors responded to the fine weather and athlete friendly environment. When organizer Allan Williams studied the results 47 athletes competed, 6 produced 11 seasons best and a further 18 produced 30 lifetime bests.

Fittingly Allan won the over 55s contest with a clearance of 3.72. Of the other Club members who competed Nick Moore finished his season with a personal best of 4.02, the same height as second claimer Sam Brown who was second in the under 20 mens contest.

Mark Longhurst cleared 4.22 to win the under 17 mens event and Jessica Nicole Smith set three seasons bests eventually finishing with 2.92 to take runner up spot in the under 17 womens age group.

Jim would have been proud of them all

The day before at Norman Park Steve Pairman finished 3rd in the weekly 5km park run in a time of 19.49. Jennie Butler was 4th overall in 20.09 and was the first woman to finish, with James Selway 8th, Ian Swatton 10th and Mike Peel 25th.

These races take place all over the country each week and at the event at Roundshaw Downs Gary Williams was 4th in 19.11.

Last week up in Leeds, University student Richard Davies was 25th in 19.18.



23/09/09

Blackheath & Bromley's Junior women finished their Summer season in style as, representing the United Kingdom, they won the European Champions Club Cup B Final for Juniors in Bosnia. This means that the UK are promoted to next years A Final when the B & B squad will again represent the nation.

On an afternoon when most of the team won medals of some sort there were wins for Lorraine Ugen in the long jump, Serita Solomon (100 hurdles), Christina Moore (pole vault), captain Shaunagh Brown (shot) and the 4x100 quartet of Serita, Megan Southwart, Grace Sheppard and Kirstie Robinson.

Megan also picked up two silvers as she was just beaten in the 400 hurdles and joined Katrina Cosby, Chelsea Crouser and Savannah Echel Thompson for second in the 4x400. Savannah was also second in the individual 400 as was Rebecca Smith in the 3000 steeplechase and Serita again in the 100 metres.

Bronze medals went to Shaunagh Brown (Hammer), Danielle Critchley (1500), Samantha Milner (discus) and Jess Matthews who made a welcome return to action after injury in the high jump.

Mel Kane achieved a new best in the 3000 metres but did not get a medal while Grace Sheppard (200), Katrina Cosby (800), Sam Milner (Javelin) and Sian Hurlock (triple jump) also just missed out. However, all their points were vital in the team contest as the Club won the match by just two points from KS Podlase Bialystok of Poland.

It was the perfect way to finish the season and the squad will look forward to competing against the best teams in Europe in 2010. Istanbul has been mooted as the possible venue but this won't be confirmed for a while. Given that the recent venues have been Moscow, the Czech Republic, and Serbia, the Club will almost certainly have to embark on another round of fund raising to enable it to represent the UK.

The next event in this on-going fund raising effort is the Freddie Mercury Tribute Night at Langley Park Sports & Social Club on Friday 16th October. Details can be found on the Club website.

The Winter season began with the Will Bolton Memorial Cross Country Relays which took place at Sparrows Den with a win for the Senior Men and third place in the "womens" race. This year the number of runners in each mens team was reduced from six to four. Whether this helped the host Club it is unclear but they delivered the three fastest legs of the day. Fittingly it was Andy Rayner, who moved through the Clubs age group teams with Will Bolton, who ran the fastest leg of the day. He anchored the quartet to victory.

Second quickest was Alex Bruce Littlewood who brought the team home in the lead on the opening stage. He handed to Mike Skinner who was the third quickest of the day on leg two. Peter Tucker completed the winning line up.

The Blackheath & Bromley women finished in third place but the trio of Amber Reed, Saffron Salih and Jessica Jones are all still under 15s and so were ineligible to receive the prizes of bottles of wine. A suitable replacement was found.

The race incorporated the first of the 9 race Bennett Cup Handicap Series which takes place throughout the Winter. First blood went to Steve Holmes who won in a net time of 10.28 a mere three seconds clear of Mark Compton with Carolyn Jones Baldock a tantalising two seconds further back. With eight races remaining there is still everything to play for.

Meanwhile up in the North East Montell Douglas was in action at the Great North City Games in Gateshead which took place between England and Australia in the build up to the Great North Run. She finished second in the 150 metres behind Olympion 400 metre champion Christine Ohuruogu.

Following the Will Bolton relays Peter Tucker travelled to Portsmouth to compete in the Victory 5 mile road race. He had a very good run finishing in second place in 25.00. Andy Rayner was 8th in 26.09 while in the womens race Elaine Murty finished in a fine 4th place in 29.14.

Jen Hamer was first woman home in the weekly Bromley Park Run timing 19.08 for the 5km course.



16/09/09

After three years of being National Champions Blackheath & Bromley's Under 20s men and womens team finally lost their crown when they finished third in the National Junior Athletics Final at Derby. They were just one point behind second placers Birchfield but 30 down on winners Shaftesbury Barnet.

It was not all disappointment, however. To finish third in a National final is an achievement in itself but, when the points were calculated to identify the best mens and womens teams, it showed that for the fifth year running that the Blackheath & Bromley Junior Womens team is the best in the country. This means they will represent the UK in the European Champions Clubs Cup for Juniors in 2010 at a venue to be determined. The team travel to Bosnia this weekend for this years contest, having competed in Serbia, the Czech Republic and Russia the previous three years.

There were plenty of fine performances at Derby with the highlight coming from Shaunagh Brown as she received the Female Field Event athlete of the match award for her 47.52 winning throw in the discus. This was her third medal of the day as she also won the shot putt and came third in the hammer.

Her win in the shot helped the Club to maximum points in one of the opening events of the day as Sam Milner won the B string. It was, however, a mixed start and it was soon clear that the match was going to be a close affair with five clubs in close contention in the early stages. As the afternoon progressed these reduced to three with the athletes battling for every point. Serita Solomon claimed a good win in the 100 hurdles to add to her second place in the 100 metres and Savannah Echel Thompson enjoyed victory in the 400 and the B 200, the latter in a time faster than the A string winner.

Silver medals in the A strings went to Tremayne Gilling (100), Phil Sesemann (3000), Ross Norton (javelin); the womens 4x400 team of Sarah McLellan, Krystal Galley, Frederica Foster and Savannah Echel Thompson; and the mens 4x100 quartet of Ellis Zorro, Ronnie Pocklington, Matthew Walcott and Tremayne Gilling.

In addition there were bronze medals for Matthew Walcott (110 hurdles), Ben Hopkins (400 hurdles), Sam Brown (pole vault) and Sarah McGuire (javelin).

Wins in the B strings came from Ben Hopkins (110 hurdles), Mark Longhurst (pole vault), Megan Southwart (100 hurdles), and Sam Milner (discus).

Men's team manager Brendan McShane was quick to highlight the performance of Alex Bruce Littlewood who was made captain for the day and who ran the 800, 1500 and 2000 steeplechase as there were a number of athletes unavailable. His time in the chase of 6.15.54 was the quickest he has run in the Junior League after racing in an earlier event. Credit also to 400 hurdlers Ben Parkin and Josh Clarke who competed in the 800 and steeplechase respectively.

As the afternoon closed it became clear that Shaftesbury Barnet were going to win. The focus, therefore, shifted to who would come second and who would be the best mens and womens teams and so go into Europe next year.

Birchfield's win in the mens' 4x400 secured them second place by one point and Shaftesbury were confirmed as champions and best boys team. Just one award to go and, to much celebration, it was announced that the Blackheath & Bromley team had won the womens match and would be in Europe in 2010. It was a fine effort with everybody playing their part. In fact had this been decided on A string points the Club would not have qualified. The strength of the B strings swung the result Blackheath & Bromley's way with silver medals going to Chelsea Crouser (400 hurdles), Mel Kane (1500 steeplechase) and Banke Jemiyo (Hammer) and bronzes to Sarah McLellan (400) and Amy Mitchell (3000).

The Club is grateful to everyone who contributed to this success including sponsors Biggin Hill Airport, all the athletes, coaches, supporters and to team managers Brendan McShane and Mike Sheppard. The challenge now will be to regain the National title in 2010.

The Club's Under 20 women travel this Thursday to Bosnia to represent the UK in the European Champion Clubs Cup for Juniors. They will be up against hosts Tuzla, Helsingør (Denmark), Nitra (Slovakia), Tallin (Estonia) and Bialystok (Poland)

Leading the B & B challenge will be team captain Shaunagh Brown who is number one in the country in the shot and discus. She is joined by Lorraine Ugen and Serita Solomon who are ranked 2nd in the country in the long jump and 100 hurdles. Lorraine had to miss the final in Derby as she was selected to compete in the Robert Emmiyan Cup, an International jumps competition in Armenia at the Gyumri city stadium. She showed good form finishing second in the long jump with a distance of 6.22, just seven centimetres off her best ever distance. Another athlete who has been in European action this week is Montell Douglas. She competed in the Pedro's Cup at Szczecin in Poland finishing 7th in the 100 metres in 11.72.

The Club enjoyed much success in the girls events at the Kent Relays at Dartford. In the under 15s 4x100 it was gold for the quartet of Georgina Middleton, Dina Asher-Smith, Rachel Dickens, and Charlotte Colegate) and silver for the team of Frances Read, Jessica Moore, Rhiannon Jones, Victoria Munt. There was gold too in the 3x800 courtesy of Jessica Jones, Holly Fletcher, and Saffron Salih and bronze for the trio of Ella Self, Hope Stenning and Amber Reed.

In the under 13s the 4x 100 team of Leah McDonald, Oshuwa Ogbeta, Aine Hurlock, Vivien Olatunji won gold.

Meanwhile at Oxford Peter Hamilton enjoyed victory in the British Masters 10000 metres winning by less than a second in 39.34.79. It was an exciting race. He led every step of the way, pulling a group of 5 clear and as the laps ran down fancied his chances with a lap to go. He kicked up the back straight into the wind, and again round the bend as he still felt contact, and with 100 to go decided he wasn't going to be British champion for 9,900 metres. A final sprint secured victory.

A number of the Clubs athletes have been in action on the roads recently at events across the country. At the Bristol Half Marathon, which incorporated the UK Trials to determine the team for next months World Championships, Peter Tucker finished 20th in a time of 69.26. Andrew Conway continued his return to fitness after injury by finishing 50th in 72.57.

Further west Andrew Rayner finished 17th in the mens race at the Cardiff 10km in a time of 31.33 while Elaine Murty was 9th in the womens race in 37.48, a personal best. At the Adida Women's 5km Challenge at Hyde Park, Bryony Proctor finished 18th in 17.28 with Jen Hamer 35th in 19.27 out of a field of 18,000.

This weekend the Club host the Will Bolton Memorial Cross Country Relays at Sparrows Den with athletes of all ages and abilities

taking part. Club members can register and be put into teams up to 1.30 pm at the Clubhouse. Everyone is welcome to take part and with legs of just 4 km the distance is ideal for athletes of all disciplines.

More Club members will be in action at the Kent Combined Events, U13s and Masters Championships at Erith.



9/09/09

On a thrilling afternoon of Athletics, Blackheath & Bromley's youngsters were crowned National Champions as they won the McCains Young Athletes League Final in Birmingham. The match was a classic with the lead constantly changing and the final positions only decided in the last of the 82 events.

Runners up in the Southern Premier Division to qualify for the final, the Club did not start as favourites. Reigning National champions and Southern Premier winners Windsor Slough Eton & Hounslow looked the best on paper, but B & B knew they had got stronger as the season progressed.

A good start was essential and with the track events starting at 11.15 the focus began on the field events which commenced at 10.30. Those in action did not disappoint. In the under 17 mens long jump, Mark Longhurst improved his personal best three times finishing with a silver medal for his leap of 6.32; Christine Lyston soared over a personal best of 1.60 in the high jump, while first time clearances secured an unexpected victory for Chelsea Crouser in the B string.

Yet even these achievements were surpassed by two of the Club's youngest members in the under 13 girls shot. Here Ellie Lawrence and Jumoke Fatna both exceeded Shaunagh Brown's Club Record to record maximum points. To the delight of coach Herbie Kuentslinger they produced putts of 9.78 and 9.58 and Ellie's performance gave her the under 13s field event Athlete Of The Match award.

The momentum started in the field events soon carried over on to the track with captain Ben Hopkins making a statement of intent with a win by over three seconds in the 400 hurdles. His time of 55.70 gave him the under 17 mens track Athlete Of The Match award. Dina Asher Smith was just three hundredths of a second outside her best in the 200 to take silver behind the UK number one; and Ronnie Pocklington snatched victory in the under 17 mens race. After 12 events it was Blackheath & Bromley and Enfield & Haringey who were joint top with Windsor slow off the mark, but with six hours of competition remaining.

Suitably enthused the B & B athletes strove to produce their best, not necessarily finishing in medal places but performing to the best of their ability to score points for the team. Tellingly the Club did not win that many A string events. The Club's strength in depth was important. There were more highlights. Mark Longhurst, again, broke his own Club Record twice to win the pole vault finishing with a clearance of 4.41. Yet for all their efforts the match remained tight and two thirds of the way through the afternoon just three match points separated B & B, Enfield and Windsor. The team needed a boost and it soon came. Phil Sesemann charged down the home straight to win the under 17 mens 1500 while in the field Shannon Clarke leapt over 1.43 to win the under 13s high jump.

The match was going down to the relays. The under 15 girls team of Georgina Middleton, Dina Asher Smith, Rachel Dickens and Charlotte Colgate stormed to a new Club Record of 49.56 in the 4x100 and there was victory too for the under 13 girls 4x100 team of Leah McDonald, Oshuwa Ogbeta, Aine Hurlock and Shannon Hylton; but this success was tempered by a disqualification in the under 17 mens 4x100. However, there were nine other teams disqualified in the various relays. The match remained on a knife edge as the under 17 men lined up for the 4x400. Ben Hopkins, Jonathan Pettet and Ben Parkin all ran fine legs but still the quartet lay behind the team from Sale Harriers, Manchester. Taking over 20 metres down Ronnie Pocklington looked like he would be bringing the team home in second. He had other ideas. A perfectly timed finish so him storm down the home straight to win by a metre.

There was wild excitement but although the track programme had finished the field had not and there was a tense wait for the final result.....

The Club had won by 12 points from Enfield & Haringey, the fourth time they have won the National title in six years.

Such an achievement doesn't just happen. Good athletes, good coaching, good management, supportive parents and Club, and the support of sponsors Biggin Hill Airport and Vimsons all combined to produce an unbeatable team spirit that ensured victory on the day. Everybody played their part, not just those who competed on the day, but all those who competed in the Southern Premier Division to qualify the team for the final.

Ben Parkin, who competed in the 4x400 at Birmingham had earlier in the day won the 400 hurdles at the UK School Games in Cardiff in an excellent 54.52. There was a win too for second claimer Samantha Milner in the discus with a distance of 40.27. Another second claimer Frederica Foster took bronze in the 300 metres and Sabine Efiannayi was 4th in the shot.

The same talent and enthusiasm also ran through the Masters team who were in action in the Southern Counties Vets AC Final at Ashford. As reigning champions they started as favourites but they met up against a strong Herne Hill team who took the match by 14 points. Second place was no disgrace, after winning the title for the past two years, and it might have been first but for a number of late withdrawals through injury.

Captain Tom Phillips singled out three individuals as men of the match, Derek Paisley for two stunning 400m laps, Allan Williams for a great 3.70 clearance to win the pole vault despite an infected elbow, and Jon Thorpe for a very exciting 3,000m race. It was, as he said, "A tough call choosing just three, though".

Derek won the over 35s 400 metres by over two and a half seconds. Allan won the over 35s pole vault despite being an over 55 and Jon prevailed in the over 35s 3000 metres by five seconds. Immediate Past President Tim Soutar won the over 50s 3000.

A number of people travelled a long distance to be at the match. Roger Michell came down from Shropshire to compete and was another who moved down in age group winning the over 35s 2000 walk by over half a minute. Bob Minting came from Devon to win the over 50s 800 Dennis Wallington came down from Suffolk to score important points in the jumps and discus. Best event for the Club was the javelin where Mike van den Dobbelen won the over 35s with a distance of 50.01 and Steve Langdon took the

over 50s title with a throw of 47.42. He may not have won, but Clem Leon's 10.79 for second place in the over 50s triple jump was a new Club Record for the age group.

All these fine efforts and those of others were not quite enough to win, but the Club will be looking to bounce back in 2010 and will hopefully have both the mens and womens team in the final. The men will have athletes such as Julian Golding, Mark Steinle, Michael Champion, Tawanda Chiwira and Richard Hall in the age group next year and if they choose to compete they would be a big boost to the team. In addition Bob Minting and Ken Daniel move into the over 60s age group where they will be looking to revise the Club Records in the middle distance.

The last Southern Womens League match of the season took place at Harrow. It was actually a very close match with just eight points separating all four teams at the end of the afternoon. Unfortunately, the Club were third equal.

Highlight of the day came in the womens Hammer where despite having no warm up Rachel Blackie won with a throw of 50.27. This was her first competition for two years due to injury and will no doubt give her the incentive to get back into full training this Winter. Boosted by this performance she also competed in the shot, discus and javelin.

Another busy athlete was Liz Hughes who won the A string shot, the B string pole vault and hammer and also got good points in the javelin and discus.

Winner of the A pole vault was Rachel Arnheim who cleared 3.60 and she was also in action in the high jump and triple jump.

It was good to see Layla Hawkins in action. She won the long jump with a leap of 5.19 and cleared 1.60 in the high jump.

Best performer on the track was Amy Godsell who was second in the 400 in 59.6 and also runner up in the 200 in 26.0. Jane Bradshaw and Shavaun Henry scored good points in the middle distance and it was good to see veterans Helen Godsell and Maureen Miller in action in the sprints alongside junior Grace Sheppard.

This month saw the final running of the summer series of 6 races for the Parris Memorial Shield. The trophy honours Roy Parris, a club member who sadly died in 1998 following an heroic battle against cancer. The races are run on a yacht handicap basis whereby the slowest runner starts first and others follow at timed intervals thereafter. This gives all runners an equal chance of winning each race, whatever their ability. Points are awarded for the position that runners finish in the race. These points are totalled up at the end of the series and the runner with the highest points tally is declared the winner. This year 70 club members participated, with 9 runners competing in all 6 races, namely Mick Jones, Mark Compton, Iain Swatton, Chris Pike, Andy Lawes, Bernie Bater, Justine Eastbury, Trevor Delahoy and David Churchus. The competition was very close throughout the summer and for the first time since the inauguration of the races there was a tie. So congratulations go to joint winners Mick Jones and Chris Pike on 139 points each with 15 year old Melody Kane finishing third just 3 point behind the leaders.

The Club is most grateful to Rob Brown and Stephen Hollingdale for organising the series and all those who have given them support.



2/09/09

With the Senior Men and Women both promoted in their respective divisions of the National League, the focus of attention for Blackheath & Bromley now turns for the next few weeks on the younger and older age groups, culminating in three weeks time in the Club's under 20 womens team representing the United Kingdom in the European Champion Clubs Cup for Juniors in Bosnia.

This Sunday the Club will be looking to go one better than last year at the National Young Athletes Final in Birmingham. Having finished runners up last year the squad will be looking to regain the title they last won in 2007. With three wins and two runners up places in the last five years, the Club are the most successful in the country since the competition became a joint scoring boys and girls team contest.

Meanwhile the Blackheath & Bromley men's Masters team will be at Ashford, in defence of one of the most hotly contested and prestigious titles in Masters athletics - the Southern Counties Masters League trophy. The team were 2007 and 2008 champions, but will face formidable opposition from the seven other top Masters teams from London and the south of England.

The powerful Blackheath & Bromley squad will include two medalists from the recent World Masters Championships, Dave Taylor in the middle distance events, and sprinter and team Captain Tom Phillips. They will be ably supported by a number of former European and World Masters Championship competitors, and an array of UK Masters champions and medalists, including UK Masters record holder in the pole vault, Allan Williams. The squad includes two of Britain's best Masters javelin throwers, Steve Langdon and Mike van den Dobbelsteen, and Derek Paisley, whose performances over the 400m hurdles have been breath-taking through the current season.

The day-long competition, beginning at the Julie Rose Stadium at 10.30 promises to be an epic.

The following weekend will be turn over the Under 20s to challenge for honours in the National Junior Athletics League Final at Derby where as well as looking to retain their overall title of National Champions, both the men and womens teams will be trying to qualify to represent the UK in Europe in 2010. With the Club having the strongest womens team in the final last year they travel to Bosnia the following weekend to fly the flag for Britain. Further details on these two matches next week.

With no League competitions this weekend, the Club's athletes were completing at numerous Internationals, representative matches, open meetings and the Club Championships at Norman Park.

Montell Douglas was seventh in the 100 and 200 at the Aviva British Grand Prix at Gateshead while in a specially arranged 110 hurdles race for Juniors second claimer Matthew Walcott won in 15.35.

Prior to Gateshead Montell ran at the London Inter Club Challenge at Cophall where she timed quicker than in the North East with clockings of 11.50 and 23.96 for the 100 and 200. Dwayne Grant was in action at the International Athletics Gala in Antwerp where he timed 10.60 for the 100 metres and 21.33 for 200.

The day before his race in Gateshead Matthew Walcott won the hurdles race at the Southern Under 20s and Under 15s Championships at Watford. Dina Asher Smith was the Club's other winner as she sped to victory in the under 15 girls 100 metres.

There were runner up spots for Savannah Echel Thompson (u20 400) and Sam Milner (U20 shot) and third places for Rachel Dickens (U15 200), Savannah Echel Thompson (U20 200), Sarah McLellan (U20 400), Alex Bruce Littlewood (U20 2000 Steeplechase), Andrew Jordon (U20 Hammer), and Tremayne Gilling with a fine new best of 10.76 in the Under 20s 100.

A number of the Clubs older athletes were in action at the Vets AC Track and Field Championships at Kingston. Gold medals went to Ken Daniel (M55 1500), Peter Hannell (M65 3000 walk), Gordon Hickey (M75 shot and javelin) while Barbara Terry, competing as a guest won the W60 shot, discus, javelin and hammer. Gordon also took silver in the M75 discus as did Keith Ewing in the M45 800 and Peter Hamilton in the M60 5000. Details of the Club Championships plus lots of other news will appear on the Club website.



26/08/09

Montell Douglas was part of the Great Britain 4x100 metre relay team who finished in 6th place at the World Championships in Berlin. The Blackheath & Bromley athlete ran on leg two in both the heat and the final.

In the heat she struggled to collect the baton from first leg runner Laura Turner and the quartet only qualified for the final as fastest losers. As a result they were drawn in lane one in the final. Despite running well, they had to settle for sixth but their time of 43.16 was a seasons best.

Blackheath & Bromley completed a hat trick of promotions this season by finishing second in their final British League match of the season at Kingston. With the women already promoted to Division One of the UK Womens League and the men going up in the Southern League, the Club went into the match needing a solid performance to do the hat trick.

They started in the best possible way with a win in the A string hammer from Karim Chester and never really looked back. This was Karim's first match of the season and he made up for lost time by also scoring good points in the shot and discus.

The other winner on the day was Andy Rayner who ran another fine 5000 metres kicking away on the last lap for victory with Peter Tucker third in the B string.

Athlete of the match award went to Dwayne Grant who was second behind Cardiff's Christian Malcolm in the 100 and 200 and anchored the Club to victory in the 4x100 metres with Daniel Haque, Femi Owolade and Duayne Bovell completing the quartet.

Daniel had earlier won the B 200; Femi gained a good third in the 400 and Duayne produced a superb dip to grab fourth in the B 100. Alloy Wilson made a welcome return to the team in the B 400 with a seasons best of 49.71.

Elsewhere on the track Scott Overall was third in the B 800 and A 1500 despite not having run for two weeks and Russell Bentley was third in the A 800.

Alex Bruce Littlewood was fourth in the 3000 steeplechase with James Poole making a useful debut over the barriers in the B string before scoring three points in the 1500 which made the difference between the team coming second rather than third on the day.

With Mensah Elliott missing after being knocked off his bike the day before the match Richard Holt and Bomene Barikor scored important points in the sprint hurdles. In the 400 hurdles Ed Harrison suffered an attack of dizziness and loss of vision and did well to finish. Youngster Ben Parkin was third in the B race.

In the field the ever dependable Lewis Ely was runner up in the high jump and Sam Bobb was just outside his seasons best with a 14.42 leap in the triple jump. Under 17 Mark Longhurst was second in the B event with 13.18 and he also cleared 4 metres in the pole vault, as did Nick Moore who was second in the B string.

Another youngster Andrew Jordon was third in the B hammer while at the other end of the age scale 73 year old Colin Brand was in action in the javelin.

Last but by no means least, top points scorer for the season, Alex Pope had another busy afternoon in the shot, discus, javelin and high jump and was an ever present in the team this Summer along with Duayne Bovell, Russell Bentley, Alex Bruce Littlewood, Ed Harrison, Lewis Ely, and Nick Moore.

It has been a very satisfactory season for the team and they are now planning for 2010 in Division One. To perform well at the next level they will need more depth in the squad but, with news of possible new members, things are moving in the right direction. Anyone wishing to join as a first claim or higher competition member should contact Pat Calnan on 07779 052286.

Away from the track Jane Bradshaw was in action in one of the Sport's more unusual events. She was in the Welsh Mountains at the Tywyn Race The Train a contest where the athletes attempt to beat the train over a 14 mile course. She beat the train with a time of 1.43.59 and was the second woman to finish, coping well with a strong headwind over the last five miles. On the muddy course she also had to stop to put her shoe back on.

Only six women beat the train and she was 92nd overall out of 959 runners.



19/08/09

Blackheath & Bromley's Under 20s team have qualified for the National Junior League final at Derby in four weeks time as champions of the Southern Premier Division. Going into the final match of the season at Lee Valley they headed the table by three

points and by winning the match they extended this to six points.

Shaunagh Brown was the female athlete of the match for her winning throws of 14.16 in the shot and 45.81 in the discus and she also gained a very useful third place in the hammer. All A string wins came from the women with victories for Savannah Echel Thompson in the 400; Serita Solomon (110 hurdles); Rebecca Smith (1500 steeplechase); Lorraine Ugen (long jump); Christina Moore (pole vault) and the 4x400 quartet of Krystal Galley, Megan Southwart, Savannah Echel Thompson and Frederica Foster.

This is not to say there weren't some good performances on the mens side. Tremayne Gilling had a fine run in 100 metres in a field packed with Internationals. He finished third. Alex Bruce Littlewood showed he is now recovered from a dose of swine flu by finishing third in the 800 and second in the steeplechase. Matthew Walcott was up against European Junior champion Lawrence Clarke in the 110 hurdles and came second. Both Mark Longhurst and Sam Brown were over 4 metres in the pole vault.

Megan Southwart scored numerous points for the team with third in the A 400 hurdles; B string wins in the 100 hurdles and pole vault and good legs in both relays and there were B string wins also for Mel Kane (steeplechase); Samantha Milner (discus) and Sabine Efiannayi (shot).

The team will now be looking to retain the National title they won last year. The final is a joint scoring men and womens competition but, by having the best womens team in the final last year, the Club's girls will represent the United Kingdom in the European Champions Club Cup for Juniors which takes place in Bosnia the week after this years final.

Three Club members were in action in the supporting events at the World Pentathlon Championships which took place at Crystal Palace last weekend.

Full results are not yet available but Oliver Robinson finished 4th in his age group category.

Saffron Salih finished 4th in her biathlon. She ran 1000m in 3.17 to finish 6th in the run and then swam a pb in the 50m freestyle to move up to 4th overall.

Georgina Taylor won the 1000m run in her age-group in 3.29.9 and finished second overall.

Another big weekend for the Club and its athletes approaches. In Berlin Montell Douglas is part of the Great Britain 4x100 metre squad who will be challenging for medals at the World Athletics Championships. Closer to home at Kingston the Club will be looking to secure promotion at the British Mens Athletics League match at Kingston. They currently head the table.



11/08/09

Blackheath & Bromley were just pipped for first place in the 10 in 100 Cup Final at Cophthall. The team were beaten by a strong team from the Channel Islands who won the match by five points. Going into the last event, the medley relay, B & B were three points behind and needed to win by two places to take the trophy. They led up to 30 metres from the line when the Channel Islanders Dale Garland, who had earlier won the 400 metres, swept by for victory.

The Club had some good individual wins. Dwayne Grant shaved the 100 metres by the smallest of margins beating Cardiff's Christian Malcolm. Both were given the same time of 10.57. James Alaka won the 200 metres with ease but was disappointed with his time of 21.66 and Ed Harrison got the track programme off the a flying start with victory in the 400 hurdles.

There were second places for Femi Owolade (400), Scott Overall (1500) and Lewis Ely (high jump) and the medley relay team of Duayne Bovell, Daniel Haque, Derek Paisley and Bomene Barikor. Richard Daniel ran a personal best in the 800 and Alex Pope was just outside his best in the shot. However such was the quality of opposition in the throws that Alex had to settle for 5th in both the shot and discus.

It has been an eventful week for first year under 15 athlete Dina Asher Smith. At the Tonbridge open meeting last Tuesday she ran the fastest ever time by a Briton in her age group for the 300 metres. She was competing in a mixed race, men and women of all ages, and ran a sensational time of 39.16. No one has ever come near this time.

Of course this was a Club Record and she took this rich vein of form into the England Athletics Under 17 and Under 15 Championships at Bedford and set two more! She won the 100 metres in 12.10 improving by two tenths over the weekend. Then in the 200 metres she finished in second place in 24.83.

She was not, however, the only athlete to set a Club Record as in the under 17 womens shot Sabine Afiannayi produced a putt of 12.48 to win the bronze medal. Dina was also not the only athlete to win a gold medal. In the under 17 womens discus Samantha Milner won in a new best of 43.19.

Ben Hopkins is the quickest in the country over the under 17 mens 400 hurdles this year but he had to settle for silver as he was pipped near the end by Nene Valley's Ben Jones whose time of 54.34 was two hundredths slower than Ben's best of the year. Ronnie Pocklington ran a very good 22.42 as he finished fourth in the 200 metres.

World Masters Championships, Lahti, Finland 28 July to 8 August 2009 A combination of factors meant that the Club had only four members in the GB squad at the World Masters Championships, held in a warm and very sunny Lahti, about 60 miles north east of Helsinki.

Following on from good runs in the last Worlds, Dave Taylor made 4th in the M45 1500m in 4.24.38, and a bronze medal in the 5,000m, held on a very warm evening a couple of days earlier, with 15.38.26.

In M50, Bill Foster ran to 6th in the 5,000m, recording 16.31.15, and battled it out to 7th in a tough 10,000m, with 34.45.25, and sore legs for days afterwards.

M35 sprint star Matt Richards looked good in his 100m heat, qualifying 4th in 11.57, but went out in the semi-final despite his 11.47 clocking. In the 200m, Matt was 4th in his heat with an excellent 23.29, but next day he was one of two Brits eliminated in the same semi-final, where he ran 23.56.

Club Masters Captain Tom Phillips had a great time in Lahti. Running season's bests of 12.39 and 12.35 to make it to the M55 100m final, he then placed fifth in the final with a scorching time of 12.15. He was, understandably, delighted, but more was to come. Easy winner of his 200m heat (25.41), Tom was second fastest qualifier overall going into the semi-finals. There, he cruised to second place in 25.12, and a great lane draw in the final. Third off the bend in that final, Tom clung on until the very last inches of the race, where one of two Canadians in the final literally fell past him, snatching the bronze medal by two hundredths of a second. Asked if he was disappointed, Tom replied "What, at fourth place in a World Championship final?"

On the last day in Lahti, Tom ran third leg for the GB 4x100 squad. In racing to the gold medal ahead of Finland and the USA, they clocked the second fastest time on record by a British M55 sprint team.

Many of the Club's athletes were in action at the Southern Inter Counties match at Chelmsford. Funmi Sobodu (Essex) won the A 100 and Dwayne Grant (Surrey) the B. Both were into a strong headwind. Femi Owolade (Kent) won the B 200 in 21.71 and Derek Paisley (Surrey) timed an excellent 53.49 in the 400 hurdles to claim third place in the A contest. For the women Vickie Cole was second in the 100 and first in the B 200 with Anike Shand Whittingham runner up in the A 200.

In the middle distance Elaine Murty set a new best of 2.11.19 as she finished third in the 800; Bryony Proctor was fourth in the 1500 and Rebecca Smith was second in the 3000 steeplechase.

Megan Southwart was third A in the 400 hurdles and fourth in the 100 hurdles. In the field Shaunagh Brown won the discus with 44.38 and was third in the shot with 14.00. More good points came in the pole vault from Rachel Arnheim and Liz Hughes who cleared 3.57 and 3.37 respectively for second in the A and first in the B. Lucy Robichaud was fourth in the B hammer.



4/08/09

On a wonder weekend for Blackheath & Bromley, the Club have been promoted to division one of the UK Womens League; the men have consolidated their lead at the top of British Athletics League Division Two and the men have also finished champions of Southern League Division Three South. To add to the celebrations the Club's youngsters finished the Kent League season with overall wins in three of the four age group categories. Within these successful team results were many fine individual performances.

The Women had a long trip to Grangemouth in Scotland for their Uk Womens League Division Two match and came away with second place. This gave them second overall for the season and promotion to Division One for the first time in the Club's History.

Having been National champions at under 20 level for the last four years the hard work from athletes, coaches, managers and supporters is now coming to fruition. With a young up and coming squad the future looks bright.

Best events for the Club were the 1500 metres and pole vault where there were double wins for Bryony Proctor and Elaine Murty and from Rachel Arnheim and Liz Hughes. Other A string wins came from Serita Solomon in the 100 hurdles and the 4x100 quartet of Serita, Emily Martin, Vickie Cole and Anike Shand Whittingham.

Anike and Vickie have been big points scorers for the team in the individual sprints all season and did the same again in Scotland. Anike was second in both the 100 and 200 A races and Vickie won both B strings.

With a number of athletes unavailable, primarily due to injury, some competed in more than their normal events. Pole vaulters Rachel and Liz were also in action in the high jump and long jump, and shot and discus respectively. International long jumper Lorraine Ugen made a rare appearance in the sprint hurdles gaining second place in the B race and 400 metre runner Rebeca Syrocki competed in the hammer.

Carolyna Jones Baldock also threw the hammer as well as running the 3000 metres and 400 hurdles, while Frances Athawes scored useful points in the javelin, shot and discus. With such a good team effort the Athlete Of The Match award was difficult to choose, but, after some thought, it went to Emily Martin, who, although primarily a sprinter, scored important points in the high jump, javelin and triple jump.

Perhaps the champagne should, however, have gone to team manager Bridget Benneworth who has taken the team from the Southern League to Division One of the UK Womens League.

At the British League match at Leeds the team were second behind the hosts and this leaves them top of the table. With the top two promoted, going into the last match on the 22nd of August they are one point clear of Cardiff and three points ahead of third placed Thames Valley.

The Club's strength was on the track where there were A string wins for Dwayne Grant (100), Femi Owolade (200), James Alaka (400), Scott Overall (1500), Andy Rayner (5000) and Ed Harrison (400 Hurdles). In addition B string wins came from James Alaka (100) and Russell Bentley (1500) and there was a fine new best for Peter Tucker in the 5000 metres.

Dwayne's win in the 100 was despite a slight injury, while James victory in the 400 was an impressive new best of 48.28, made all the more notable by the fact that he ran this from the outside lane in windy conditions beating two athletes who have run under 48 seconds.

Scott doubled up and ran the 800 as well just days after missing out on selection for the World Championships for 5000 metres. Andy Rayner ran a perfect race in the 5000 hitting the front on the last lap and kicking away from the field. Ed has now had two wins and a second place in the hurdles this year and ran himself into the ground in the B 200 and both relays. While the highlights were on the track there were some important points being scored in the field events primarily by Alex Pope who took part in six events plus the sprint hurdles. He quite rightly was the Club's Athlete of the match scoring 58 of the teams 333 points. Great credit to Richard Holt who on the way back from injury scored good points in four events. The Club had two National javelin record holders in action, father and son Colin and Daryl Brand. Daryl, who broke the British record for an over 45 at the previous meeting, was second in the javelin and fourth in the shot. Colin helped the team out by throwing in the discus.

There were more celebrations at the Southern League Division Three South match at Tonbridge as the Club won the fixture to

claim the League title. Going into the match they were level on League points with Crawley who were also at this fixture. With Herne Hill, the other team at the top having an easy fixture it was essential to beat the team from Sussex. A string wins came from James Powell (400 hurdles), Jon Thorpe (5000), Richard Daniel (400), Dan Ryan (1500), Jake Haylock (Hammer), Mike van den Dobbelen (javelin) and both relay teams.

Athlete Of The Match award went to Dave McKinlay for his spirited efforts in both hurdles and the steeplechase.

This was an important result for the Club as it means that, for athletes who do not gain selection for the British League, there will be a better standard of competition available in the Southern League at Division Two level.

Many of the Club's Senior athletes started their careers in the younger age groups. For example Internationals Dwayne Grant, James Alaka and Mike Skinner all joined the Club as 10 year olds. So on a weekend of so much success at Senior level it was most satisfying to reassured that the Club's future is in good hands as at Deangate at the Kent Young Athletes League the Club won three of the four age group categories for the season.

Highlight again in the under 15 girls age group came from Dina Asher Smith in the 300 metres. She won by nearly five seconds in a new Club Record of 40.5. Other A string wins came from Georgina Middleton in the 200 metres and Frances Read in the high jump. The team were second on the day but claimed the overall title.

For the boys Reon Gowan Wade was in fine form in the jumps. He leapt 5.78 to win the long jump and soared over 1.65 to claim victory in the high jump. Rueben Fakoya was the other A string winner in the 200 metres. The team were second on the day, but fifth for the season. There were plenty of promising performances in the under 13s age group. For the girls Shannon Hylton won a hard fought 150 metres in a grade one performance of 20.4 and Aine Hurlock (70 hurdles and javelin) and Junoke Falana (shot and discus) achieved double wins. Alex Wainwright set a new best of 1.38 to win the high jump and the 4x100 team of Amber Johnson, Josephine Rey, Leah McDonald, and Shannon Hylton won by nearly three seconds. All these efforts helped the squad win not only on the day but for the season.

Bobby Cribben won both the shot and discus contests for the boys and his impressive putt of 9.26 was a grade one performance. It was victory also for the 4x100 team of Joshua Dalsen, Joshua Shonibare, Ayo Ajiboye and Kieran Gowan Wade. Like the girls they won the team contest on the day and for the season.

STOP PRESS. As the report was being completed news has arrived of a sensational performance by Dina Asher Smith at the Tonbridge Open Meeting. The first year under 15 ran 39.16 for 300 metres, the fastest time ever in this age group by a British Athlete. More news on this to come.



28/07/09

Montell Douglas has been selected for the Great Britain 4x100 metre squad for the World Championships in Berlin which take place from the 15th of August. The Blackheath & Bromley athlete believes the squad have a good chance of getting amongst the medals despite none of the squad being picked for the individual 100 metres. No one athlete has really stood out this year in the event, in the main, due injuries which interrupted Winter training. Now the squad have the chance to make amends in Germany.

Scott Overall's hopes of qualifying for the World Championships ended on Friday evening at a windy Crystal Palace. He needed to run quicker than 13.20 in the 5000 metres but began to fall off target in the second half of the race. He dropped out when there was no chance of him achieving the time.

At the European Junior Championships in Serbia, Funmi Sobodu was part of the Great Britain 4x100 metre squad who won bronze medals. Funmi ran for the team in the heats but not the final. As he helped the team qualify for the Final he also receives a medal, a fitting way to finish his International career as a Junior. He will of course, as captain of the Club's Junior team, be looking forward to the competing for the Club's under 20's as they bid to retain their title of National champions.

Kola Adedoyin jumped his second best ever distance of 15.39 into a headwind of -2.1 in the triple jump but missed out on the final by one place. Shaunagh Brown and Lorraine Ugen were knocked out in the heats of the discus and long jump and second claimer Jack Green pulled out of the semi final of the 400 hurdles with an abdominal injury.

Blackheath & Bromley's under 20s team are a step closer to reaching the National Final in September after finishing second in the latest Southern Premier Division match at Norman Park. They were just one and a half points behind winners on the day Shaftesbury Barnet and this means they head the table on 22 League points, three points ahead of Windsor and Shaftesbury who both have 19 points.

Individual A wins came from Matthew Walcott 110 hurdles; Serita Solomon (100 metres and 100 metre hurdles); Frederica Foster (400); Rebecca Smith (1500 steeplechase); Sarah McGuire (javelin); Christina Moore (pole vault); Sabine Efiannayi (shot); the womens 4x100 and 4x400 teams; and the mens 4x400. There were also B string wins for Ben Parkin (400 hurdles), Richard AlAmeen (hammer), Isobel Ivy (400), Megan Southwart (100 hurdles), and Anna Huggins (pole vault). Barring a disaster in the last match at Lee Valley in three weeks time they will be in the final to defend the National title they won last year.

The Club finished in third place in the latest Southern Womens League match at Milton Keynes. Best performance of the day came from Rachel Arnheim who won the pole vault with a clearance of 3.70. With the team short on numbers she also came third in the high jump. Amy Godsell made a rare appearance in the 400 metres and was rewarded with a new personal best of 59.9. Under 17s Amara Lalemi Jacobs, Lauren Stevens, Sophia Maslin and Ellie Duffy Penny made a valuable contribution to the points total competing in a number of events as did veteran Carolyne Jones Baldock. Athlete of the match went to Frances Athawes who as well as scoring in the throws also ran in the 4x400.

A number of the Club's youngest athletes were selected to represent Kent at the Southern Inter Counties Under 13s match at Kingston. Highest placed of these was Ellie Lawrence who was fourth in the shot putt with a distance of 9.30. Others selected were Kieran Gowan-Wade, Janae Galley, Georgina Kennedy, Aine Hurlock, Shannon Clarke, and Yemisi Sofolarin.

At the McCain Jumps and Throws festival in Birmingham Jermain Olasan won his pool in the long jump with a leap of 6.93 but

sustained an injury in the process. Lewis Ely cleared 1.91 in the high jump and Christine Lawrence threw 43.19 in the javelin.

The final Kent Masters League at Bexley was cancelled at short notice due to a power failure. No decision has been taken at the moment about re-scheduling it, so it is possible that the League will be decided on the five fixtures held to date this summer. This would place the Club's Men's team as Kent League winners once again, and on their way to the SCVAC League Final on 6 September. However, the position would be a galling one for the Ladies team. They would finish in third place, just half a league point behind Cambridge Harriers, yet tied on match points, and miss out on a place in the League final by the smallest margin possible.

At the previous match at the same venue the week before, Allan Williams having set a UK M55 pole vault record a few days previously won the League match comfortably with 3.75 and in fading light, had several good tries at 4.00. Alan Hardy's 3.00 was a clear win in the M35-49 group, although Alan is now an M50.

On the track, Tim Soutar had a decisive win in the M50s 3,000m. Rob Hall and Mark Ellison were up against tough opposition in the M35-49 race.

Windy conditions didn't help the 400m runners, but Clem Leon (59.7) and Tom Phillips (59.9) dipped under the minute. Tom's time was his Masters PB. The wind didn't seem to affect a very competitive triple jump, where Clem Leon came third, and Dennis Wallington second. Colin Brand put in a very sound second place in the M60 discus. The women finished in second place. Jane Bradshaw and Bridget Davey won both strings of the 3000 metres and Maureen Miller won the 400 by three seconds and Helen Godsell won the W50s race as well. There were also wins in two Hammer contests, Beatrice Simpson in the over 50s and Barbara Terry in the over 60s.



21/07/09

Scott Overall's race to achieve the 5000 metres qualifying standard for the World Championships took him to Huesden in Belgium. Unfortunately the Blackheath & Bromley athlete remains outside the standard he needs as he timed 13.36.17. He will have one final attempt at achieving the 13.20 he requires at this Friday evenings Grand Prix meeting at Crystal Palace.

Montell Douglas was in action at Zaragoza in Spain where she ran 11.45 in her heat of the 100 metres and 11.54 in the final.

At Antrim in the Home Countries Schools International, Ben Parkin won the 400 hurdles in a new personal best of 54.40. This reversed the placings from last weeks English Schools as Ben Hopkins was second in 54.86.

Second claimer Samantha Milner took the runners up spot in the discus with a throw of 39.84 and it was second place also in the shot for Sabine Efiannayi with a putt of 11.93. Unfortunately a back problem meant Tom Bensted trailed in last in the 400.

Blackheath & Bromley's Senior Men have qualified for the final of the National 10 in 100 Cup with a convincing win in their semi final match at Copthall. Pitted against, amongst others, Herne Hill and Thames Valley with whom they are battling for promotion in the British League Division Two this season, it was potentially a tricky fixture.

Best performance came from Lewis Ely who set a new best of 1.96 to win the high jump. There was every chance that he could have gone higher but the Cup only allows athletes to have eight jumps in total and he had used up his quota. Elsewhere Alex Pope enjoyed wins in both the shot and discus but there was more to it than that. Due to major problems on the roads, he arrived late for the discus and only entered the competition in the third round. He won with a standing throw. In the shot he was trailing until the sixth round when he produced his second best ever putt of 12.84 to win the competition. Jermain Olasan leapt 6.89 to place second in the long jump.

There were also three wins on the track. Ed Harrison was a comfortable victor in the 400 hurdles as was Daniel Haque in the 200 metres. The other win came in the final event of the day, the medley relay, with Daniel Haque and Duayne Bovell on the 200 metre legs and Bomene Barikor and Derek Paisley doing 400s. Bomene missed out on winning the 400 metres by one hundredth of a second and Duayne had earlier finished third in the 100 metres. More valuable points came from David McKinlay who was third in the 800 and Andrew Conway fourth in the 1500.

The womens team did not fare so well, primarily as they lacked numbers. Those who competed were of some quality. Shaunagh Brown won the discus and came second in the shot while Anike Shand Whittingham dominated the 100 metres. Katie Murray ran a useful 67.70 in the 400 hurdles; as did veteran Jane Bradshaw who timed 5.06.42 in the 1500. Layla Hawkins soared over 1.60 to finish second in the high jump and also leapt 5.10 in the long jump.

There was more success closer to home as the Young Athletes won their final Southern Premier League match of the season at Norman Park to finish runners up in the division and qualify for the National Final in September. The Club have won the National title three times and been runners up twice in the last five years, a better record than any other Club in the country.

The match was by no means an easy fixture as they were against former National champions Enfield & Haringey and the City Of Norwich who finished third and fifth in the division. However the Club's youngsters rose to the occasion and produced 16 National grade one performances and numerous individual wins.

Highlight of the afternoon was a new Club Record in the under 13s shot from Ellie Lawrence. Her putt of 9.64 eclipsed the previous record of Shaunagh Brown, who has, of course, progressed to be one of the top throwers in the country. Just to keep her on her toes in the B string Jumoke Fatna threw 9.17 on her Club debut and the duo are now ranked 5th and 7th in the country this year.

In the under 17s age group there were two grade ones from Mark Longhurst as he won the pole vault and triple jump contests. Ronnie Pocklington timed an excellent 51.2 in the 400 and captain Ben Hopkins was nearly five seconds ahead of the runner up in the 400 hurdles. There was some fine sprinting in the under 15 girls age group where three of the top five in the country came head to head. Dina Asher Smith ran grade ones in both the 100 and 200 but had to settle for second place in both. Rachel Dickens won both B strings, the 200 in a grade one. The boys had an impressive double win in the 400 metres courtesy of Joshua Oyedele and Harry Smith while Reon Gowan Wade leapt a fine 5.89 in the long jump. Most pleasing performance came from

Aaron Lloyd who returned after a long absence to finish second in the 80 hurdles in a grade one of 11.90.

Like Dina, Shannon Hylton ran grade ones in the under 13s age group in the 75 and 150 metres but still did not win. Janae Galley took the 800 metres in 2.28. In addition to these grade ones a number of athletes achieved A string wins. Amara Lalemi won both the 100 and 200 in the under 17 age group to add to victories for Krystal Galley (300), Sian Duffy (300 hurdles), Ellie Duffy Penny (discus), Christine Lyston (high jump) and Anna Huggins (pole vault).

Rhiannon Jones also gained a double win in the under 15s age group in the 75 metre hurdles and high jump while Anton Daly won the boys 100 metres. Georgina Kennedy enjoyed victory in the under 13 girls 1200 metres and the Club achieved maximum points in the middle distance in this age group courtesy of the afore mentioned Janae Galley and B Strings Sonia Woolhouse and Charlotte Rhule. This was significant as the other Club at the meeting was Aldershot Farnham & District, who have dominated youngsters middle distance in recent years. There were also wins in the relays in the under 17 mens 4x100 and 4x400; the under 17 womens 4x300 and the under 15 girls 4x300.

As ever, however, the small 9.5 point victory showed that all athletes who competed played a part in achieving this win and the squad look forward to the final in September.

Many athletes have been in action in open meetings over the last week. Perhaps the best performance was from Derek Paisley, who prior to running in the relay in the Cup competition, took part in Lee Valley Hurdles and Steeplechase festival. Here he won the 400 hurdles in 53.27 his fastest time for four years despite being 35. Megan Southwart was runner in the womens event in 66.72 and was also second in the 100 hurdles in 16.24. Matthew Walcott was third in the under 20s 110 hurdles in 14.84.

Up at Solihull at the British Milers Club meeting Elaine Murty set a new best of 2.11.78 in the 800 metres and there were seasons bests for Andrew Rayner in the 3000 (8.25.32) and Russell Bentley in the 1500 (3.56.61). Bryony Proctor and Shavaun Henry were 12th and 17th in the womens 3000 metres in 9.57.42 and 10.56.77.

Femi Owolade ran 21.75 and 49.90 for the 200 and 400 at the Herne Hill Open Meeting

On the roads Peter Tucker finished in second place in the Dartford Half Marathon. The England Marathon International timed 70.30 for the distance. Roy Priestley was 24th in 84.22. First woman to finish was Kate Pratten in 1.40.16. Keith Tyler closed in 2.41.42. Fresh from Saturdays 1500 Jane Bradshaw was in action again at the Beccahamian 10 mile race. She finished in second place overall in 66 minutes, despite getting a bit lost in Wellwood. Full results are not available but for there is a picture of Wilf Orton in full flow on the home page of the Beckenham Running Club website.

Mark Longhurst is the Jack Petchey Achievement Award winner for June. Mark broke the Club Record for the pole vault with a clearance of 4.31, adding a centimetre to Scott Huggins previous mark. He is a talented all rounder and has scored many valuable points to the Club's Young Athletes and Junior teams



14/07/09

Scott Overall won the 5000 metres in style at the Trials for the Great Britain team for the World Championships in Birmingham. After being in the lead group for the whole race he applied the pressure in the latter stages and held off all challengers to win in 13.57.75. All winners at the Trials are selected for the World Championships subject to them having achieved the A standard. Scott has still to achieve this time of 13.20 and has two weeks to obtain the qualification.

One athlete who is in a better position to gain selection is Montell Douglas. She finished third in the 100 metres and will be in a good position to be selected for at least the relay.

Not so fortunate were Mike Skinner and Dwayne Grant who had injury problems. For Mike an achilles injury which flared up in the days leading up to the Championships did not heal sufficiently and although he started the 5000 he had to drop out rather than risk making it worse. Dwayne struggled in the semi finals of the 100 metres as he picked up a grade one hamstring tear, a great shame as he had timed 10.37 the Wednesday prior to the Championships at Salamanca in Spain. He too hopes to be back in action soon.

Christine Lawrence was 7th in the javelin with a distance of 45.32. Ed Harrison set a personal best of 52.51 in the heats of the 400 hurdles but the tough qualifying conditions meant he did not make the final. Derek Paisley returned from injury to run 54.36. Anike Shand Whittingham missed out on a place in the womens 100 metres final by four hundredths of a second.

The Club is celebrating a number of athletes being selected for forthcoming International Championships. The European Junior Championships take place at Novi Sad in Serbia at the end of the month and five Club members have been selected, Lorraine Ugen (long jump), Shaunagh Brown (discus), Kola Adedoyin (triple jump), Funmi Sobodu (4x100) and second claimer Jack Green (400 hurdles).

James Alaka is in the Great Britain team for the European Under 23 Championships in Lithuania next weekend and five athletes have been selected to represent England in the Home Countries International next weekend following their performances at the English Schools Championships in Sheffield.

A number of athletes achieved wins at Sheffield. Kola Adedoyin has been chasing the qualifying distance for the European Junior Championships in the triple jump and he achieved this with a winning leap of 15.63. Andrew Jordon took the Hammer title with a distance of 62.87. Lorraine Ugen won the Senior Girls long jump title with a leap of 5.94. The reward for a top two placing in the Intermediate age group is selection for the Home Countries Schools International this weekend and five athletes from the Club achieved this. Ben Hopkins and Ben Parkin won gold and silver in the 400 hurdles in times of 54.32 and 54.55 the two fastest times in the country this year. Second claimer Samantha Milner won the discus title with a throw of 40.06. Sabine Efiannay's reward for a personal best of 12.21 in the shot was a silver medal.

Tom Bensted has also been picked for International. He was third in the 400 but one of those ahead of him is unavailable.

Bronze medals were also won in the Senior Girls age group by Savannah Echel Thompson in the 400 with a time of 55.43 and

from Christina Moore in the pole vault with a clearance of 3.20. Georgina Middleton, Rhiannon Jones and Dina Asher Smith were three quarters of the Kent 4x100 team that won bronze in the Junior Girls age group.

Meanwhile down on the South coast the Senior Men enjoyed an emphatic victory in the Southern Mens League match at Hastings. Highlight on the day came in the pole vault where Allan Williams cleared 3.90 to set a new British over 55s best for the event. Nick Moore, who he coaches also cleared 3.90.

In all the team won 26 of the 36 events and scored 133 out of a possible 144 points. This means the Club still head the table albeit on match points with just one match remaining.



7/07/09

It has been another very busy few days for Blackheath & Bromley. The Senior Men and Women are in promotion places after the second round of matches in the British Athletics League and UK Womens League. Daryl Brand and Allan Williams have set British records. Serita Solomon broke both the Club Senior and Junior 100 metre hurdles records. There were medals galore for the Club's athletes at the British Masters Championships and the youngsters showed the future is bright with some fine performances in the Kent Young Athletes League.

The Club hosted the first ever BAL match at Norman Park and there was a celebratory mood with beer tent, barbeque and many former athletes from the last 40 years in attendance.

Herne Hill Harriers won the match with B & B just six points behind in second place. Cardiff and Harrow who finished first and second in the opening fixture came 5th and 6th respectively which meant a big change around in the League placings. Cardiff and B & B are first and second both with 12 League points, the same as third placed Herne Hill. The three Clubs are only separated by match points. With Thames Valley on 11 and Harrow on 10 there is everything to play for in the remaining two matches.

There were many great performances from the B & B members but the Athlete Of The Match went to Daryl Brand. Daryl who represented England in the Commonwealth Games in 1986 was competing in his first BAL match for 23 years and celebrated in fine style by winning the javelin with a throw of 63.11 which is a British over 45s record. He also finished third in the shot with a putt of 13.73. His javelin record means that both he and his father Colin, aged 73, hold current British Age group records in the event.

Other wins came from James Alaka, who celebrated his selection for the Great Britain team for the European Under 23 Championships, with victory in the 200; from Lewis Ely in the high jump with a leap of 1.95; Ed Harrison in the 400 hurdles in 53.04; and Nick Moore who was equal first in the pole vault with a new best of 4 metres. Both under 17s who competed did well with Mark Longhurst winning the B pole vault with a clearance of 4 metres and Ben Parkin gaining second in the B 400 hurdles.

Andrew Jordon made an impressive debut in the Hammer. Throwing the Senior implement for the first time he finished third in the A String with a distance of 55.55 with Richard AlAmeen runner up in the B string. Elsewhere in the field Dale Willis set a new best of 13.17 in the triple jump and the Club were grateful, as ever, for the contribution of Alex Pope in the jumps and throws.

On the track Josh Cayenne dipped under 49 seconds for the first time this season in the 400 metres but such was the quality of the field that it only gave him 5th place. Russell Bentley set seasons bests in both the 800 and 1500 while Andrew Rayner and Peter Tucker in the 5000 and Alex Bruce Littlewood and Alex Gibbins in the steeplechase scored more good points for the team. The 110 hurdles were a bonus with former Commonwealth Games representative Mensah Elliott third in the A string and Richard Holt a fine second in the B event.

It was a great effort behind the scenes too with everyone working as a team to ensure the success of the meeting. The next match is at Leeds on the 1st of August.

The women finished third in their match at Lee Valley but are also now 2nd overall with one match to go at Glasgow on the 2nd of August. The Club have 12 League points, one more than Enfield & Haringey and B&B have 6.5 more match points. Best performance came from Vickie Cole who won both the 100 and 200 metres and deservedly won the Athlete Of The Match award. The Club's other winner was Christine Lawrence in the javelin with a throw of 41.97.

Elaine Murty ran a new personal best of 4.39.81 to finish second in the 1500 with Bryony Proctor runner up also in the B string. Other A string second places came from Rebecca Smith in the 2000 steeplechase and Shaunagh Brown in the discus. Shaunagh was only just outside her best but was beaten by Olympian Philippa Roles. She also had to settle for third place in a high standard shot contest and also came 4th in the hammer with a new best of 42.50.

Amy Godsell and Amy DeMatos picked up some important points with second places in the B string 200 and 800 as did captain Liz Hughes in the discus, who was also third in the B pole vault and shot. Interestingly there were more athletes over 3 metres in the B string vault than in the B string in the mens match the day before at Norman Park.

Some athletes were not available for these matches as they were competing abroad. Serita Solomon set a new Senior and Junior record in the 100 hurdles in winning at the Leon Buyle Memorial meeting. She has made an impressive return to form after two years of injuries. Kola Adedoyin leapt 15.13 in the triple jump to finish 5th despite using a short run up.

At the Cork City Games Scott Overall and Mike Skinner finished 4th and 5th in the 3000 metres while Anike Shand Whittingham came 6th in the 100 metres in 11.81. In the field Pamela Hughes was 8th in the high jump with a clearance of 1.70.

In Madrid Montell Douglas had to contend with a strong headwind in the 100 metres and had to settle for 4th place in a time of 11.75.

Daryl Brand was not the only person to set a British Record at the weekend. At the British Masters Championships in Birmingham Allan Williams cleared 3.85 to win the over 55s pole vault and improve his own record. Other wins came from Helen Godsell W50 100 metres; Peter Hannell M60s 3000 walk; and Gordon Hickey M70s shot and javelin.

Clem Leon gained silver in M50s high jump with a leap of 1.55 and also bronze in the triple jump. Steve Langdon threw the M50s javelin 52.63 to pick up silver as well. Colin Brand had a busy weekend picking up silver medals in the M70s age group in the shot, discus and javelin and was 4th also in the Hammer. He was beaten in the discus by former Club Member and Senior Record holder John Watts who has recently returned to competition.

Gordon Hickey was also second in the M70s discus and heavy weight and Barbara Terry took silvers also in the M60s discus and javelin as well as bronze in the shot and heavy weight. On the track Tom Phillips won bronze medals in both the M55s 100 and 200.

Younger members of the Club were in action at the Kent Young Athletes League at Erith. Most encouraging here was a win for the under 13 boys team. There was victory also for the under 13 girls.

The performance of the under 13 boys squad was particularly pleasing as they have not always had things their own way this year. Bobby Cribben won the shot and discus A strings with Jon Pairman and Lewes Burton Bell making it maximum points in the B string.

Lewes also won the B string javelin and A stringer Jonathan Holmes joined Joshua Shonibare, Alex Scott and Joshua Dalsan for victory in the 4x100.

The under 13 girls had an outstanding afternoon and dropped just four points in the field events all afternoon. Yemisi Sofolarin enjoyed wins in the shot, discus and javelin with Aine Hurlock (shot and javelin) and Shannon Cordell (discus) completing a clean sweep in the B strings. There was a double win also in the high jump from Shannon Clarke and Oshuwa Ogbeta. On the track there was victory in the 4x100 for the quartet of Amber Johnson, Josephine Rey, Leah McDonald and Myma Enchil Yawson.

Best event for the under 15 girls was the discus where Shannon Stride and Irene McIntosh won both strings. There was also victory for Georgian Middleton in the 200 metres.

Top performance for the boys came from Harry Smith who ran an excellent 54.9 for the 400 metres.

This weekend will be another busy one for the Clubs athletes. The seniors will be in action at the World Championships Trials in Birmingham with athletes such as Montell Douglas, Mike Skinner, Scott Overall and Dwayne Grant aiming to earn selection for the Great Britain team. The top younger athletes will compete at the English Schools Championships in Sheffield. Just to get selected for the English Schools is an achievement. First and second claimers who have been selected are listed below. (Apologies for any omissions)

Junior Boys Reon Gowen-Wade, Anton Daly

Inter Boys Ronnie Pocklington, Thomas Bensted, Ben Hopkins, Mark Longhurst, Ben Parkin, Kieran Daly

Senior Boys Dan Putnam, Jake Haylock, Kola Adedoyin, Andrew Jordon, Matthew Walcott, Jermaine Olasan, Sam Brown

Junior Girls Dina Asher-Smith, Georgina Middleton, Rhiannon Jones, Rachel Dickens, Frances Read

Inter Girls Danielle Critchley, Anna Huggins, Frederica Foster, Emily Nolan, Sabine Efiannayi, Samantha Milner

Senior Girls Katrina Cosby, Megan Southwart, Christina Moore, Sandra Seaton, Lorraine Ugen

