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Blackheath & Bromley Harriers AC

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2011

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27/09/11

Scott Overall made an outstanding debut over the Marathon distance as he finished 5th in Berlin in 2.10.55. The Blackheath & Bromley athlete's time is the quickest by a Briton this year, over three and a half minutes quicker than anyone else. It is well inside the Olympic Games A standard of 2.12.

It is the equal 24th fastest time ever by a Briton and the 4th fastest this Century. Club member Mark Steinle is the quickest with 2.09.17 and he commented "Awesome run by Scott, would be nice to see the club record go in the Olympics".

Scott himself said "I couldn't believe it when I crossed the line. When I got to 40k thought I had got the time wrong, so I was cruising on the home straight. I thought I'd lost it.

It was only when I saw the clock at the end that I thought, 'Blimey I'm going to run 2:10 here'.

I always came here to run the Olympic qualifying time and after going through halfway in 65:17 I just kept pushing and pushing. I was on my own from halfway and if I had had a pacer I may have gone quicker.

All in all, not a bad debut. I've run the Olympic qualifying time but I haven't been selected yet."

He is certainly now in with a chance of an Olympic place but will have to wait on the selectors. They meet on the 5th of December and 23rd of April 2012.

Scott is not the only athlete from the Club who has been in action abroad recently. Montell Douglas won the 100 metres at the Kamile Skolimowska Memorial meeting in Warsaw, Poland. The British record holder, who herself will be seeking Olympic selection in 2012, timed 11.52 for victory with the famous Merlene Ottey in 4th.

A few days earlier Montell competed in the Decanation in Nice, France where she was third in the 100 metres in 11.69. Also here were middle distance runners Shavaun Henry and Ben Harding. Shavaun was 8th in the 3000 metres steeplechase in 11.46.92 while Ben competed for an England team in a rarely run 4x1500 metres race. The French team were well clear of the field but Ben was involved in a cat and mouse last leg with the teams from Germany and Poland. He brought the team home in third place in 15.39.59, his own leg being 3.58, a decent run considering he received a late call up and had not been able to train specifically for the event.

He was back competing last weekend at the South Of England Road Relays at Rushmoor Arena, Aldershot to help the Senior Men finish in 16th place. This means they have qualified for the National 6 Stage Road Relays which take place at Sutton Coldfield on the 15th of October.

Ben ran the opening leg and timed 20.24. Michael Skinner is just returning to training and racing but he ran 18.26 on the second leg moving up 28 places in the process. His time was the equal 19th fastest time of the day. Alex Gibbins (19.50), Andy Rayner (19.30), Jack Swallow (20.46) and Colin Norris (19.41) completed the team. The B team of Jamie Darling (19.57), Will Mercer (21.20), James Donaldson (22.52), David McKinley (20.32), Richard Hall (21.38) and Richard Daniel (22.55) finished in 48th.

The Senior Womens team finished in 11th place. Elaine Murty brought them home in 10th on leg one in 13.27 and this proved to be the equal 18th fastest time of the day. Clare Parkin slipped a couple of places on leg 2 with 14.55 and Mel Kane stayed in the same position on leg three with 15.19. Joint team captain Jennie Butler moved them up to 11th on the last leg with 14.55.

There were some mixed results in the younger age groups. The Club had no one in the under 17 mens race and Amber Reed was the sole representative in the womens race completing the first leg in 11.51.

The under 15 boys team of Richard Webb (10.47), Josh Dowling (11.28), Thomas Desborough (11.37) and Will Fuller (10.42) finished in 24th place. Anthony Caballero (12.12), Kieran Turner (13.38) and Jonathan Court (13.10) formed three quarters of an incomplete B team.

The girls finished in a useful 26th place courtesy of Lucy Sidey (11.57), Leah Everson (12.26) and Niamh Bridson Hubbard (12.10).

Best placed team of the day was the under 13 girls. Naomi Kingston finished 2nd on the first leg and her time of 8.20 proved to be the 5th quickest of the day. Shannon Risky slipped a place on leg two with 9.01; and despite timing a very good 8.53 on the last leg Jessica Keene closed in 5th. Mary Guy and Yasmin Austridge timed 9.27 and 9.34 for the B team but they needed a third runner to complete a team.

The boys team of Remi Ullah (12.05), Josh Davidson (11.47), Scott Bulmer (13.28) and Charlie Davis (11.30) finished in 28th place.

Helen Godsell ran in the Great North Run the previous weekend finishing in 1.53.41. Better known as a sprinter who has won numerous National titles, she is aiming to run the Marathon next year.

While for many people running a marathon is a great achievement, Club member Colin Poole is currently preparing for his 300th. At the age of 74 he will tackle the Beirut Marathon on the 27th of November. In doing so he will be raising funds for his favourite charity the RNLI (Lifeboats).

Four years ago when Colin ran his 200th marathon his target was £2,000 which was reached and exceeded by many generous supporters. His target for 2011 is now £3,000, ten times his marathon count. So far he has reached around £1,000.

The RNLI is a registered charity without government support which at present requires some £150 million plus to operate. It launched some 8713 times during 2010 from the 235 operating lifeboat stations and rescued some 8313 people.

In addition the RNLI operates a rescue service on some 150 beaches around the UK which in turn attended to 16664 rescues and assisted 18779 persons. This represents 10758 hours spent in rescuing people.

Up to now Colin has run in 22 different countries and participated in 58 international marathons, has completed a number of Ultra Marathon events which range from 27 to 54 miles and some 87 cross country marathons. Four of his marathons have been through tunnels!

He ran his first marathon in 1988 in London at the age of 50 a timed 4.22.35. Six months later he ran in Dublin and finished in 3.22.22 a remarkable improvement. From then he was hooked.

Legs permitting his next target will be to complete 400 marathons, which he will probably reach when he is close to the age of 80.

People wishing to sponsor Colin should visit www.justgiving.com/colin-poole



20/09/11

Blackheath & Bromley's Under 20 womens team are officially the third best Junior team in the whole of Europe. They achieved this ranking at the European Champions Club Cup for Juniors A Final which took place at Castellon in Spain. In equalling the third place they attained last year the team won a total of 10 individual medals from the 19 events including 4 golds and impressively a number of personal and seasons bests were set.

Team Captain Megan Southwart led by example winning the 400 hurdles, the opening track event, in a time of 62.02. The Great Britain International didn't stop here though as she then finished in the silver medal position in the 100 metre hurdles in 14.26 a new personal best and the 6th quickest by a Junior Briton this year. She was then a member, along with Rachel Dickens, Amara Lalemi Jacobs and Krystal Galley, of the winning 4x400 team who triumphed in 3.54.78.

Rachel had earlier won the individual 400 metres in 56.76 a time which was an astonishing three seconds clear of the runner up. Krystal also won an individual gold taking the 800 title in 2.20.23, a seasons best.

Sam Milner won the silver medal in the shot with a throw of 12.50, a new personal best at the end of a long hard season. She was also 4th in the discus with 42.32, just short of her seasons best. It was silver too for the 4x100 quartet of Georgina Middleton, Amara Lalemi Jacobs, Rachel Dickens and Grace Sheppard in a time of 47.62.

Grace also won a bronze in the 100 metres timing 12.15 just four hundredths of a second behind the winner. Amara was 4th in the 200 metres in 25.85.

Further bronze medals came courtesy of Lauren Stevens and Danielle Critchley. Lauren's leap in the long jump of 5.58 was a wind assisted best and she also achieved a new legal best of 5.38. Danielle Critchley timed a seasons best of 4.58.95 in 1500 metres.

Of course it was not just the medallists who helped the team finish third. Everybody had a part to play from Christine Lyston and Clare Parkin who were 5th in the high jump and 3000 metres respectively to 7th placers Jessica Jones (3000 steeplechase), Frances Read (triple jump), Ellie Duffy Penny (javelin) and Ellie Dumper (hammer).

Similarly the Club owes a debt to those who helped manage and support the team plus the financial backing of Biggin Hill Airport and UK Athletics.

In fact the Club were just four points off finishing in second place and had they had a pole vaulter they might have achieved this.

Having qualified for next years final at the National Junior Athletics League Final two weeks ago they will be looking to finish even higher next year.

Alex Pope enjoyed a good weekend at the Kent Decathlon Championships at Erith. He set seasons bests in seven of the ten events to amass a points score of 6440. On the first day he started with a 11.76 in the 100 metres. He followed with a 6.37 in the long jump, 12.96 in the shot, 1.83 in the high jump and 52.58 in the 400. He was the best in the field in four of these events, only beaten in the high jump.

On to day two and he began with a seasons best of 16.61 in the 110 hurdles. Next was a 41.01 throw in the discus before he

cleared 3.76 in the pole vault and throwing 52.32 in the javelin. By now he was well clear of the field and a 5.05.28 in the 1500 saw him secure overall victory by nearly 700 points. He was the best in the discus and javelin on the second day.

The Kent Masters Championships were taking place at the same venue and the Club's athletes returned with an impressive haul of 17 gold medals. Steve Timmins set three Championship bests in the over 35s age group as he won the shot, discus and javelin contests with throws of 13.55, 38.63, and 40.82 respectively. He also won silver in the hammer with a throw of 43.60.

Jackie Montgomery also gained a hat trick of golds in the over 40s age group. Her clearance of 2.10 in winning the pole vault was a new Club Record and she also claimed the 100 and 200 metre titles. Shirley Rowbotham won silver in the 200.

In the mens events Mike Van Den Dobbelen set new personal bests of 53.74 in the javelin and 29.87 in the discus to win two golds.

It was Barbara Terry who won the most golds of the weekend. She won all four of the throws in the over 60s age group producing distances of 8.00 in the shot; 18.83 discus, 24.91 hammer, and 17.41 javelin. Rob Brown triumphed in the mens 400 and 800 races and he also struck bronze in the 100 and 200. Peter Hamilton won the 1500.

Four more medals were won by Gordon Hickey in the over 70s age group. He won the shot in 9.82 and the discus in 23.00. He also won silver in the hammer (22.28) and javelin (22.59).

At the opposite end of the age scale the Club enjoyed more success in the Kent Under 13 Championships at the same venue. Jamiyla Robinson-Pascal won the girls high jump by 16 centimetres with a clearance of 1.46. She was also part of the Club clean sweep in the long jump. Isabella Hildritch won with a leap of 4.57, Jamiyla was second with 4.37 and Temi Awodiya was third with 4.14. Anna Barnett won gold in both the shot (7.75) and the discus (24.53).

On the track Georgina Taylor won the 800 in 2.27.35 and also took silver in the shot with 3.58.97. Nicole Farmer was second in the 75 metres in 10.42 and Isabella Hildritch won bronze in the 70 metre hurdles in 12.38.

In the boys events Ryan Poyroo and Jordan Thomas won silver and bronze in the 100 metres in 13.78 and 13.98 and there was bronze in the 1500 for Charlie Davis in 5.07.00 and for Femi Sofolarin in the javelin with 25.59.

Alex Bruce Littlewood continued his racing in America with a fine second place at the John F Cooper Memorial Rice Invitational in Houston, Texas. On a 5km cross country course, he timed 16.55 to finish just three seconds behind winner Patrick Kimeli of Kenya.

Much closer to home the Club hosted the annual Will Bolton Relays at Sparrows Den in West Wickham. The races were dominated by Tonbridge AC and the Blackheath & Bromley men and women both had to settle for bronze medals in the team races.

Some consolation was the Club provided both the fastest male and female legs. Michael Skinner made a welcome return to racing and his 12.43 was the quickest by 14 seconds over the 4km course. Katie Murray was the only woman to break 16 minutes as she ran 15.59 on the last leg, five seconds quicker than the second fastest runner.

Colin Norris, Alex Gibbins and Peter Tucker were the other members of the mens A team while Jane Bradshaw, Mel Kane and Ella Fisher completed the womens quartet.

The race also incorporated the first round of the Bennett Cup, a series of handicap races which take place over the Winter months. Winner was Stephen Cavey with Jamie Darling second and Ian Montgomery third.

The Club were most grateful for the support of So Clean.

Russell Bentley won the Brockwell Park 5km park run in a time of 14.14. At the latest event at Norman Park, Dan Marks was the Club's first finisher in 9th with Andy Tucker 29th. Down in Swindon Jim Osman was 80th.

The Clubs walkers have as ever been busy racing. Competing first claim for Surrey Walking Club at the National 10km championships at Victoria Park, Hackney, Roger Michell finished in 17th place in 58.42 with Shaun Lightman 22nd in 1.01.29 and this helped the team to third place.

Shaun was in action the following Wednesday in the Club One Hour Run or Walk in his case. He covered 10.407km which equates to 57 and a half minutes for 10km. Back on the road he was not so quick in the Enfield League Walking race at Hillingdon where he finished 9th in one hour and 52 seconds.

Of the runners in the One Hour Run it was Glen Turner who covered the furthest distance, 16.805km with Roger Beswick second with 14.900km and Gerald Sterling third with 14.807km.



13/09/11

Dina Asher Smith is the Commonwealth Youth 200 metres Champion. The Blackheath & Bromley athlete won her title at Douglas in the Isle Of Man last weekend. The weather conditions were a hindrance to some athletes but the sprinters enjoyed a strong following wind in the heats of the 200 where Dina ran 24.11. On to the semi final and the Newstead Woods schoolgirl won again in 24.40. To cap an outstanding individual season under coach John Blackie, she won the final in 24.30.

She finished her weekend with a second gold medal as part of the England 4x100 metres.

Dina's Commonwealth selection meant she was not able to compete for the Club in the National Junior Athletics League Final at Derby. After a narrow victory last year, the Club were unable to retain their National title this year finishing in third place behind winners Birchfield Harriers and Shaftesbury Barnet.

While this was a disappointment, a third place in a National Final is still a fine achievement and there was one big consolation in

that when the scores were broken down into male and female scoring, the Club had the best womens team at the Moorways stadium.

What this means is that the womens team will represent the United Kingdom in the European Champions Club Cup for Juniors for the seventh successive season in 2012 at a venue still to be advised. They represent the UK this coming weekend when they travel to Spain to compete in the A Final. The men were 4th equal best male team at Derby.

In addition to the womens good news, two of the team won two of the four Athlete Of The Match Awards. Adam Gemili produced the mens track performance of the day for his win in the 200 metres in a time of 20.98. Pippa Woolven claimed the womens track award for her win in the 1500 steeplechase in a time of 5.04.41.

Adam's time was the fastest in the League this year as was the 10.53 he timed to win the 100 metres. He collected his third gold medal along with Reuben Fakoya, Jonathan Ilori and Oliver Newport in the 4x100 metres.

Pippa's time of 4.59.48 which she ran earlier this season was the quickest 1500 steeplechase time of the year.

Two other athletes won two individual events. Womens team captain Megan Southwart won the 400 hurdles in 62.87 and then took victory in the 100 hurdles in 14.69. Samantha Milner won the shot and discus contests in 11.59 and 42.06.

The team took maximum points in the womens 100 metres with Grace Sheppard winning the A string and Amara Lalemi Jacobs the B. Rachel Dickens won the A string 200 metres and, given the Clubs sprinting talent, it was no surprise that when Amara and Rachel teamed up with Georgina Middleton and Charlotte Colegate, they won the 4x100 in a time of 49.29.

Rachel, Megan, Krystal Galley and Yimika Adewakun then won the 4x400 metres in a time of 3.52.51, the quickest time in the League this year.

Christine Lyston won an absorbing high jump competition in which four athletes all cleared 1.60. Christine won on countback and Frances Read, one of the others to clear 1.60 won the B string. Frances also won the B string long jump with a leap of 5.18 and further B string wins came from Rachel Robinson in the 400 hurdles with a new best of 67.67; and from Bonnie Bratton in the hammer with a throw of 35.45.

Jonathan Ilori's triple jump leap of 15.26 earlier in the season was the furthest in the League this year but he had to settle for second place at Derby with a leap of 14.75. Emilie Blackwell was another to gain a top three finish as she won bronze in the pole vault with a clearance of 3.20.

Two other athletes produced the best performances in individual events in the League for the season. Rachel Dickens was the quickest of the 400 with the 55.07 she ran at Chelmsford earlier this year; and Sarah Abrams, who missed the Final because she has started University at Harvard in the United States, was joint top of the high jump with a leap of 1.73.

Another athlete who has commenced studies in America is Alex Bruce Littlewood. He is attending McNeese State University and he had his first race last Friday in a cross country relay hosted by his own institution for other universities in Louisiana.

He came home first on the opening 3km leg in a time of 8.21. This proved to be the fastest leg of the day.

Montell Douglas has also been in action abroad. She won both her heats of the 100 metres at the Arena Games at Hilversum in the Netherlands.

Back in Britain at the British Masters Decathlon Championships at Horspath, Clem Leon won the over 55s event by over 1000 points with a score of 5055. He proved unbeatable on the track finishing first in the 100, 400, 1500 and 100 metre hurdles. He also cleared an impressive 1.51 to claim victory in the high jump. He was also runner up in the pole vault and third in the shot, discus, javelin and long jump.

81 runners (up from 63 last year) competed in this year's summer series of races for the Parris Memorial Shield. Each of the 6 races is approximately 5km on the road on a yacht handicap basis whereby the slowest runner sets off first and the fastest sets off last with everyone else setting off in between. In theory, all runners should finish more or less together. Points are earned by competitors in each race based on their finishing position with the winner being the person that has accumulated most points over the course of the six races. The trophy is in honour of Roy Parris, a former member who died of cancer in 1998.

The final race was won by new member Ed Langford, with another newcomer, Faye Gower-Smith second and Carolyn Jones-Baldock third. Fastest lady on the night was Jenny Butler in 19:02 and fastest man was Tim Ayres in 17:33. The contest for the overall Parris Memorial Shield was close throughout the season and so it proved upon conclusion of the last race. The winner was Barry Wetherilt by the smallest margin of one point from long time leader Tm Ayres with Andy Pino just 5 points behind Tim in third place.

The club and the race organisers are most grateful to everyone who took part throughout the summer and special mention must go to the following who competed in all 6 summer races: Tim Ayres, Dave Carton, Trevor Delahoy, Justine Eastbury, Andy Lawes, Ian Montgomery, Andy Pino and Barry Wetherilt.

John Hoy was a Club member who tragically lost his life, along with his three children, in Thailand on Boxing Day 2004. They were on the beach at Khao Lak when a tsunami struck. Only John's wife, Nim, survived. Since then, members that compete in track and field championship races from 800m to 10kms earn points towards the John Hoy trophy with the winner being the person that has earned most points over the course of the six races.

The trophy is open to senior and master men and women. Points are awarded on a handicap basis and this year there was a change in the way the handicap was calculated. For 2011, runners earned points using the Internationally recognised Age Related tables. These tables adjust finish times based on the gender and age of each competitor so a 50 year old woman can compete on an equal basis with a 30 year old man, for example.

32 members competed in this year's series of races with the winner being Helen Godsell. She justly deserved her win by virtue of being the only person that took part in all 6 races and running consistently well throughout the Summer. Rob Brown was second and Jane Bradshaw was third.

Andrew Rayner won the latest Bromley 5km park run at Norman Park in 15.53 with Glen Turner second and Elaine Murty 5th. Brendan McShane was 3rd in the event at Lloyd Park; Rob Brown was 32nd at Cambridge; Nigel Haffenden 44th at Greenwich and Peter Hamilton 37th in Newcastle.

The previous weekend Will Mercer was the Clubs first finisher at the Bromley event in third place with Dan Marks 11th and Graham Coates 21st. Brendan McShane was 5th at the Riddlesdown event; Nigel Haffenden 52nd at Greenwich; and Ian Taylor 8th up in Sunderland.



6/09/11

Blackheath & Bromley's youngsters won the McCains National Young Athletes League Auxiliary Final in Birmingham by over a 100 points. In doing so they set a new UK Club relay record, recorded 17 Individual National Grade One performances and won 23 A string gold medals.

The highlight was the performance of the under 15 girls 4x100 metres team of Shannon Hylton, Cheriece Hylton, Maya Bruney and Vivian Olatunji. Their time of 48.22 broke the UK Club record of 48.5 which has been held by Haringey since 1979. It was, of course, a new League Record and Club Record.

There were few surprises in the Under 17 womens age group where Internationals Dina Asher Smith and Rachel Dickens both enjoyed A string victories. Dina won the 100 and 200 metre races in grade ones of 12.16 and 25.04 while Rachel won the 300, also in a grade one of 40.00. Captain Rhiannon Jones started the day on the right foot by winning the opening track event the 300 hurdles.

Dina and Rachel then joined Georgina Middleton and Charlotte Colegate to win the 4x100 metres and with Rhiannon replacing Dina, there was another gold in the 4x300.

Two of the men enjoyed double victories. Louis Mascerenhas set a new best, and grade one, of 42.35 to win the discus competition by over 6 metres. He also won the shot. Aaron Lloyd won both the 100 hurdles and 400 hurdles. He also won gold in the 4x100 metres along with Reuben Fakoya, Ishmail Smith-John and Christian Pratt.

As well as their triumph in the relays, the under 15 girl sprinters enjoyed great individual success. Shannon Hylton, Cheriece Hylton and Maya Bruney all produced grade ones. Shannon won the A string 100 with Maya winning the B string while earlier in the afternoon Maya had won the A string 200 with Cheriece taking the B string. In the field Yemisi Sofolarin won the discus and, despite a grade one effort of 1.55, Isobel Reeves had to settle for third in the high jump.

Likewise Joshau Dalsan and Gabriel Ibitoye in the boys age group. Joshua ran a grade one of 54.64 in the 400 metres but this only got him silver. Gabriel timed 23.81 in the 200 metres and also ended in the runners up spot. Both did pick up gold, however, in the 4x100 metres where, along with Alex Skipp and Ayo Ajiboye, they won by over two seconds in 46.01. There was individual gold, however, for Billy Blackham who won the javelin with a throw of 36.29.

It was two wins and two grade ones for Jamilia Robinson Pascal in the under 13s age group. She won the long jump with 4.49 and cleared 1.46 for victory in the high jump. B string winner Toyin Orelaja also achieved a grade one with a clearance of 1.40. Akina Gondwe Onobrauche won the shot putt with a throw of 9.09.

Akina was also in the winning 4x100 metre team along with Nicole Farmer, who had earlier won the 75 metres in a grade one of 10.36 into a strong headwind, and Olivia Richer and Parris Johnson.

For the boys Niyi Akin Agunbiade was a winner in the 800 dead heating with his opponent from Swansea with less than a second separating the first four athletes. This was only his second competition ever!

Jordan Thomas came away with four medals, silvers in the long jump and 100, bronze in the 200 and bronze in the 4x100 with team mates David Ajiboye, who competed despite a sore achilles, the ever consistent Danny Eversley and promising first year under 13 Adefela Lipede.

"Great team effort and team spirit" commented Under 13 boys team manager Paul Austridge who was enthused by the efforts of these and the rest of his squad.

There were plenty of other fine performances by the Club's youngsters with full results available on the Club website. The task now is to channel all this talent and enthusiasm into qualifying for the National Final in 2012.

As well as the efforts of the youngsters none of the teams achievements this year would not have been possible without the support of an army of coaches, team managers, officials, parents, supporters and sponsors headed by Biggin Hill Airport.

Two more great team performances came from the Clubs mens and womens teams at the Southern Counties Veterans AC Area Final at Ashford. The men missed out on becoming Champions by just one point while the women were just four off victory.

The fact that they were both so close to winning was because a number of athletes competed in more than just their normal events to score points for the team. For example, javelin thrower Mike Van Den Dobbelsteen also competed in the 100 metres.

Mike won the over 35s javelin and Steve Timmins took victories in both the shot and hammer. Alex Gibbins was also a double winner with first places in the 800 and 1500 and he joined Clem Leon, Keith Ewing and Richard Holt for victory in the 4x400 metres. More success in this age group came from Murray Hilborne who set a new best of 3.10 to win the pole vault.

Keith Ewing also won the B string 1500 metres in the over 35 age group but also in his own over 50s age group he won the 800. Roger Michell, an over 60, moved down an age group to win the 2000 metre walk by nearly half a minute. Clem Leon, another who also competed in the over 35s, won the over 50s high jump and triple jump and there was victory too for Steve Langdon in the javelin.

In the over 60s Bob Minting won both the 400 and high jump, while Ken Daniel was a comfortable winner of the 1500 metres.

Highlights of the womens match were two new Club Record in the over 35s age group. In the high jump Caroline Morten improved her previous best to 1.36 to win the competition. Jackie Montgomery did not win the pole vault but her clearance of 2 metres improved her existing Club Record.

Other individual wins in the over 35s age group came from Maureen Miller in the 400 metres and Jennie Butler in the 1500 and the two then joined Jackie Montgomery and Shirley Rowbotham for victory in the 4x400 metres.

Helen Godsell was a double winner in the over 50s age group with first places in the 100 and 200. However, this only told half the story. She also competed in the 400, 800, long jump and triple jump, as well as running for the over 35s 4x100 team who came second.

Similarly over 60 s Nanette Cross and Barbara Terry competed in numerous events in both their own and the younger age groups.

It was not quite enough to win the event but it was nevertheless a great effort and one on which they can build for next year.

The day before competing at Ashford, Roger Michell competed in the British Masters 10km walk at Leicester where he gained silver in the over 60s age group in a time of 57.42. Shaun Lightman went one better in the over 65s age group winning in one hour one minute and 36 seconds.

Second claim member Oliver Newport won the long jump at the UK School Games in Sheffield with a leap of 7.01. Bonnie Bratton was 6th in the hammer with a throw of 35.12

A number of the Club's athletes have been competing in late season fixtures. At the Crawley open meeting Jonathan Ilori won the under 20 mens long jump with a leap of 6.42. In the under 15s age group Shannon Cordell was second in a new best of 5.13, the furthest by an under 15 in the Club this year.

Parris Johnson won both her heats in the 100 and 200 metres with Olivia Richer third and fifth in hers. Shannon Risky And Jessica Keene had useful run outs in the 800 and 1000..

Frederica Peart won her heat of the 100 metres at the Wood ford Open Meeting and was also 2nd in the 400 metres. Alloy Wilson won the 400 metres in 49.18 and was third in the 100 metres..



30/08/11

Blackheath & Bromley's Senior men will be competing in Division Two of the British Athletics League next season. Although they came in 5th place in the final match of the season at Crawley they finished in 7th place overall for the season which means they are one of the two teams relegated from Division One.

The Clubs Athlete Of The Match was Lewis Ely who was the teams highest A string finisher. He was second in the high jump with a leap of 1.95, the same height as the winner. He did this despite having his knee strapped because of an injury, but this also didn't stop him from filling in for the team in the triple jump.

There were plenty of other good performances. Dan Putnam won the B string 100 in 10.69 and set a new best of 47.31 in the A string 400. He was also part of the 4x100 metre team along with Ed Harrison, Duayne Bovell and Dwayne Grant who won in 41.77 and then joined Ed, Luke Smallwood and Ben Harding for second place in the 4x400.

Luke equalled his best of 47.99 in winning the B string 400 metres, his first 400 outdoors this year. Ed, an ever present this season, was 4th in a high class 400 hurdles and also gained 6th in the 110 hurdles. Another ever present Duayne Bovell set a seasons best in the non scoring 100 and scored important points in the 200 and triple jump. As well as the relay, Ben Harding doubled up in the middle distance racing the 800 and 1500.

Usain Bolt was not the only athlete in the world last weekend to be disqualified for false starting in a 100 metre race. Dwayne Grant did the same at Crawley, twitching in his blocks and paying the penalty. Still on his way back to full fitness, he had to settle for fourth place in the 200.

Likewise Russell Bentley, Andy Rayner and Jack Swallow, who are all coming back from or carrying injuries, scored some important points in the middle distance as did David McKinlay who made a rare appearance in the 3000 metres steeplechase to help the team and was rewarded with 4th place in the B race. Ever consistent Alex Gibbins gained a fine third place in the A race.

Ben Hopkins had his first race since competing for Great Britain in the European Junior Championships last month. He was second in the B string 400 hurdles in 55.18 just five hundredths of a second behind the winner.

In the field Sam Brown scored a good third place in the A string pole vault, although he was disappointed to only clear 4.20, a sign of the progress he has made this season. No doubt he was hampered by an arm injury but this did not prevent him from throwing the javelin to score points for the team with Mike Van Den Dobbelsteen 6th in the A string.

Alex Pope as ever had a busy day competing in the shot, discus, long and high jumps and 110 hurdles. Steve Timmins was in action in the shot discus, hammer and long jump. Andrew Jordon was 4th in the A string hammer despite having missed a lot of training due to travelling.

Murray Hilborne came into the team at very short notice and finished in an excellent 4th place in the B string pole vault.

Despite all these efforts it was not enough to avoid the drop, although at times during the afternoon it did look possible.

Kate Curran represented Great Britain at the 2011 ETU Triathlon European Championships in Tours, France. In a team of three each athlete completed a 350metre swim, a 9km bike and a 2.5km run.

France won the team gold but Kate secured silver medals for Britain after a close battle with the team from Hungary.

The Club had a number of under 20 and under 15 athletes competing at the South Of England Inter Counties match at Abingdon. Wins in the under 20 age group came from Megan Southwart in the 400 hurdles; Jonathan Ilori in the triple jump and Sam Milner in the shot. Sam was also second in the B string discus with Ellie Duffy Penny 8th. Rachel Robinson was just outside her best in placing third in the B string 400 hurdles and Frances Read was 5th in the triple jump.

Maya Bruney continued her outstanding season with victory in both the 100 and 200 metres in the under 15 age group. She won the 200metres by over a second. Janae Galley was 5th in the 800 and Aine Hurlock 5th in the 75 metre hurdles.

At the Veterans AC track and field championships at Battersea Park, Shaun Lightman finished 3rd and Peter Hannell 4th in the 3000 metres walk in times of 17.11.7 and 17.47.7. They were 1st and second in the over 65s age group.

Two Club members enjoyed doubled victories. Shirley Rowbotham won the W40 100 and 200 metres races while Keith Ewing enjoyed victories in the M50 800 and 1500. Ken Daniel won the M60 1500.

Elaine Murty was the Club's first finisher in the Bromley 5km parkrun at Norman Park. She came 4th in a time of 18.05 with Steve Pairman 13th and Rob Brown 20th. Brendan McShane was 4th in the event at Riddlesdown.



23/08/11

James Alaka just missed out on individual medals at the World University Games in Shenzhen, China. The Blackheath & Bromley athlete finished in 5th place in the 100 metres final in 10.29, the same time as the fourth placed athlete and just two hundredths behind third. He had got faster in each round timing 10.48, 10.36 and 10.32.

After four races in the short sprint it was on to the 200s. He timed 21.32 and 21.12 to reach the semi finals. A 20.81 saw him qualify for the final where he finished in 4th place in 20.67 just eight hundredths of a second behind the 2nd and 3rd placed athletes who timed 20.59.

So after an exhausting season, which has seen him race at a consistently high level from the end of March, he now takes a well earned rest to prepare to qualify for the Great Britain team for next years Olympics Games in London.

Some more of the Club's top Seniors competed in the McCain UK Challenge Final at Birmingham. Highest finisher was actually a Junior, Adam Gemili who was 3rd in the 100 metres final in 10.68. Busiest athlete of the weekend was Shaunagh Brown who was 4th in the shot (14.67), 5th in the Hammer (55.53) and 6th in the discus (45.75). Of the three efforts she was most pleased with the hammer.

Megan Southwart was also 4th in the 400 hurdles in 60.97 while Ed Harrison was 5th in the mens race with 52.30. Dan Putnam was 6th in the 400 in 48.90.

Two of the Clubs athletes set seasons bests at the British Milers Club Grand Prix. Russell Bentley ran 3.53.03 for 1500 and James Poole 1.57.89 for 800. Ben Harding was quicker, however, timing 1.53.41.

The previous Wednesday at Sutcliffe Park, Russell had timed 1.54.0 over 800, with Alex Bruce Littlewood clocking 1.53.32 in his last race before he travels to University in the United States. Others in the 800 included Steve Cavey (2.00.37), Jamie Darling (2.00.30), Chris Miles (2.03.9), Danny Brewer (2.04.1) and Shannon Risky (2.33.6). In the 1500 Alex Gibbins timed 4.01.7, Will Ruiz 4.43.7 and Lucy Sidey 5.13.9.

Maya Bruney had an outstanding weekend at the England Athletics Under 17 and Under 15 Championships at Bedford. She won both the Under 15 100 and 200 metre titles. In the 100 metres she cruised through her heat in 12.29 with the benefit of a +2.9 per second wind. Running into the wind in the final she won in 12.29 over a tenth of a second clear of the runner up.

She followed this by winning her heat of the 200 by nearly a second and completed her weekend with victory in the final in 25.24.

Rachel Dickens continued her highly successful season by winning silver in the Under 17 womens 300 metres in a time of 39.60, having won her heat in 40.16.

Two of Herbie Kuentslinger coached athletes set personal bests at these Championships. Yemisi Sofolarin was fourth in the under 15 girls discus with an impressive 36.21. Like Yemisi, Louis Mascarenhas was rewarded for the hard work he has put into training with a best of 40.24 in the under 17 mens event which gave him 9th place.

The Senior men and women finished what has largely been a disappointing season in the newly formed Southern Athletics League with a 4th place in the final match at Luton. Despite good performances in some events these have been negated by weaknesses in others.

Athlete of the Match for the men was Jack Chambers on his debut for the team. The 18 year old, who is off to Sheffield University this Autumn, won the B string high jump with a clearance of 1.70 and followed this with a leap of 5.94 in the long jump, before racing the 100, 200 and 4x100 metres relay.

Womens Athlete of the Match was Chelsea Crouser who was second in the 400 hurdles before scoring important points for the team in the 200 and 400.

Most success for the team came in the mens field events with A string wins for Lewis Ely in the high jump, Alex Pope (pole vault and discus) and Steve Timmins (shot). In addition B string wins came from Murray Hilborne (pole vault), Alex Pope (shot and javelin), as well as the already mentioned Jack Chambers in the high jump. Sian Duffy was the sole female winner. She won the 100 metre hurdles by over six seconds in 16.3.

The result means the team will almost certainly be relegated this year, although, with this being an embryonic League, this has yet to be confirmed.

Jane Bradshaw has made more Club History by being the first woman to win the Club 5000 metre title. Having annexed the 3000

trophy last month, she won in 18.45.6 with David Beadle second and over 60 Rob Brown third.

The Club's walkers have also been in action competing for their first claim Club, Surrey Walking Club. Peter Hannell was 11th in the Veterans AC Summer 5km League race at Battersea Park. He timed 51.14.

Shaun Lightman travelled to Woodford for the latest London Inter-Club Competition. He was 8th in a large field in a time of 30.17.

Martin Lundie was the winner of the latest Parris Handicap race with Trevor Delahoy second and Tracey Ashenden third. Fastest on the night was Eamonn Prendergast in 16.57.

Steve Pairman was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He finished in 14th place in 19.33 with Rob Brown 23rd and Andy Tucker 25th. Lucy Sidey was the first female from B&B to finish in 44th with Justine Eastbury 49th and Sarah Belaon 61st.

Brendan McShane was 4th in the event at Lloyd Park while Nigel Haffenden was 47th at Greenwich.



16/08/11

Montell Douglas has been selected to represent Great Britain at the World Athletics Championships at Daegu which take place in South Korea from August 27th to September the 4th. The Blackheath & Bromley athlete did not gain a place in one of the individual sprints but has been picked for the 4x100 metres squad.

A sixth place in their latest British Athletics League match at Gateshead means that Blackheath & Bromley's Senior Men will have to produce an exceptional performance in the final fixture at Crawley to avoid relegation to Division Two next season. The Club currently lie in 7th place in the eight team table with eight League points, three behind sixth placed Belgrave.

This will be a difficult gap to close yet, such has been the topsy turvey nature of the results this season, it is not an impossible task. However, it will need the Club to field a far stronger line up than it did last Saturday.

There were some very good performances at Gateshead. The Club's Athlete of the Match was Alex Bruce Littlewood. He finished in second place in the 3000 metres steeplechase in a seasons best of 9.16.37 and then followed with another second place and a personal best of 8.30.58 in the 3000 metres flat.

Other second places came from Dwayne Grant who ran 10.97 into the teeth of a strong headwind in the 100 metres and Ed Harrison in the 400 hurdles who defied the conditions to clock another sub 52 second race with a time of 51.83.

Lewis Ely showed he is getting right back to form as he finished third in the high jump with a leap of 1.95 and it was third also for Sam Brown who cleared 4.40 in the pole vault.

Phil Sesemann made his debut in the 3000 metres steeplechase and won the B string in 9.53.22. This means the Club has won each B string chase this season and it is the first time in two years that the steeplechase pairing has included someone with a name other than Alex.

Dwayne Bovell gained second in the B string 100 in 11.04 a time which would also have gained second in the A race and he teamed up with Dwayne Grant, Jermaine Alexander and Jermaine Olasan to finish second in the 4x100.

Elsewhere Steve Timmins and Alex Pope scored a mass of points in the field events; Ben Harding and Richard Davies doubled up in the 800 and 1500 and joined Alloy Wilson and Ed Harrison to help the 4x400 team to 5th.

The final match at Crawley takes place on the 27th of August.

Craig Morten represented Scotland at the Celtic Games in Antrim. He ran 50.99 in the 400. At the South Of England Under 17 Inter Counties at Kingston, Bonnie Bratton won the hammer with a throw of 36.22. She was also third in the B string discus. Second claimer Oliver Newport was second in the long jump with a leap of 6.45 and Frances Read third in the triple jump with 10.93. Thomas Greenhill was 4th in the 1500 steeplechase in 5.13.4.

In the Surrey Walking Club open 5km track race at Norman Park, Shaun Lightman finished in second place in 29.01.6 with Peter Hannell 4th in 30.19.8.



9/08/11

Blackheath & Bromley are UK Womens League Division One champions and are promoted back to the Premier Division for 2012. They secured the title by winning their final match of the season at Winchester by 19 points from runners up Swansea, who themselves are also promoted.

This was a fine team effort with all athletes making an important contribution to the team victory, sometimes doing more than their normal events. For example, Sarah Abrams won the high jump with a leap of 1.70 but she also ran the 2000 metres steeplechase to score important points for the team.

Biggest individual points scorer on the day was again Shaunagh Brown. She won both A string shot and discus events with distances of 14.28 and 49.70. She was also second in the Hammer. Sam Milner duplicated these positions in the B strings, giving the Club near maximum points in the heavy throws.

Rachel Arnehim and Liz Hughes gained second and first in the pole vault and Lauren Blackie and Sandra Alaneme were third and second in the triple jump. Liz and Sandra also helped out in the javelin while Lauren was also second in the B long jump with

Emily Martin 5th in the A string. Christine Lyston was a good third in the B high jump.

On the track Serita Solomon was second in the A string 100 hurdles and third in the 100 and also part of the 4x100 team, along with Lauren Blackie, Emily Martin and Amara Lalemi Jacobs who finished in third place.

Yimika Adewakun and Krystal Galley were both second in their 400 strings and teamed up with Amara and Megan Southwart to finish third in the 4x400. Megan had already come third in the A 400 hurdles and won the B 100 hurdles.

B string 400 hurdler Rachel Robinson was third and she then gained 4th place in the B 3000 metres with Jane Bradshaw 7th in a competitive A race. Danielle Critchley and Shavaun Henry scored important points in the 800 and 1500 metres.

Manager Brendan McShane was proud of his teams performance and the fact they have bounced back into the Premier Division at the first attempt. He is keen to build on this years success.

Montell Douglas was unable to compete at Winchester. She was invited to compete in the 100 metres at the Aviva London Grand Prix at Crystal Palace. She was 7th in her heat in 11.74. Adam Gemili ran for the Great Britain Under 20s 4x100 metre team but unfortunately they were disqualified.

Ed Harrison travelled to Belgium to compete in Nivove in Belgium. Here he won the 400 hurdles in 51.71.

Highlight of the South Of England Under 17 and Under 15 championships at Ashford was a sensational clean sweep of the medals in the under 15 girls 100 metres.

Shannon Hylton won in 12.43 with Maya Bruney second in 12.53 and Cheriece Hylton third in 12.64, having set a new best of 12.62 in her heat. Not only was it a clean sweep for the Club's athletes it was also so for coach David Bruney.

Shannon's time of 12.36 in the heat was a personal best with electronic timing. She is 4th fastest in the country this year. She also ran 26.75 in the heats of the 200 metres but did not contest the final. Cheriece did, she won the race in 26.39 into the teeth of a -4.4 metre per second headwind.

Yemisi Sofolarin set a new best of 35.07 to win the silver medal in the under 15 girls discus. She is now 5th ranked in the country in her event. Leah Louise Everson timed 2.26.34 in the 800.

More medals were won in the under 17s age group with Frances Read winning silver in the triple jump with a leap of 10.66. She was also 4th in the long jump where in the mens event Oliver Newport was second in 6.89.

Louis Mascarenhas was 4th and 5th in the shot and discus events with distances of 13.03 and 39.50. Bonnie Bratton was 4th in the hammer with a throw of 37.53 and Reuben Fakoya was 5th in the 200 metres in 24.08. He also ran 11.72 in the 100 metres heats.

Eamonn Prendergast won the latest Bromley 5km Parkrun at Norman Park in a time of 17.16. David Beadle was 18th and Katie Murray 29th. Jennie Butler was 11th in the event at Brockwell Park.

There was more sad news for the Club recently with the news of the death of Past President Ian Smith. He was a great servant of both the Club and the Kent County. Further grim news came as long time member Tony Bounds has died at the age of 59 from cancer. He was a 2.34 marathon runner and great supporter of the Club and its activities.



3/08/11

Lorraine Ugen was Blackheath & Bromley's most successful athlete at the World Championships Trials at Birmingham. She finished with a silver medal in the long jump with a new personal best of 6.54 one place ahead of Britain's top multi eventer Jessica Ennis.

She also reached the semi final of the 100 metres where she timed 11.88, having clocked 11.91 in her heat. Montell Douglas was fourth in the 100 metres final in 11.54 and was also third in her heat of the 200 metres.

Shavaun Henry was just outside her best in finishing 7th in the 2000 metres steeplechase in 11.11.85 while Joe Lawrence was 8th in the triple jump; Serita Solomon was 8th in the 100 hurdles; and Jermaine Olasan was 9th in the long jump.

Dan Putnam set a new best of 47.55 in the heats of the 400 metres and also timed 21.94 in the 200. Others in action included Tremayne Gilling and Kieran Daly in the 100, Yimika Adewakun (400), Ben Hopkins and Ed Harrison (400 Hurdles); Ben Harding (800), Elaine Murty (1500) and Ned Quiney (pole vault).

Shaunagh Brown missed the Championships as she was competing in the Highland Games.

Two of the Club's senior stars of the future have been representing Great Britain at the European Youth Olympic Festival at Trabzon in Turkey. In extremely hot and humid conditions Rachel Dickens finished in 6th place in the 400 metres final in a time of 55.47, having run 55.21 to qualify from her heat.

Dina Asher Smith suffered the disappointment of being disqualified in the final of the 200 metres. However, to reach the final she broke the Club under 17 record previously held by Montell Douglas with a sensational time of 24.16.

Although the Club had the athletes away at the World Trials this can be no excuse for another disappointing result in the Southern Athletics League. The combined men and womens team finished in fourth place in the latest fixture at Harrow which means that the squad will need to be out in force in the final match of the season at Luton on the 20th of August if they are to avoid relegation.

Lewis Ely celebrated his birthday two days early by winning the Club's male Athlete Of The Match. He won the high jump with a seasons best of 1.95, set a personal best in the triple jump and also scored valuable points in the long jump. Female Athlete Of The Match went to Rachel Robinson, always a great supporter of the team, and on this occasion scoring heavily in the 400

hurdles, long jump, 4x100 and 4x400.

Steve Timmins set a new best of 13.65 in the shot putt and also won the Hammer with a throw of 48.30. Alex Pope won the discus with a throw of 42.70. He also won the B shot and Hammer. More success came in the womens throws where Sam Milner won the shot and discus and was second in the hammer and javelin. Other wins came from Anike Shand Whittingham (100); Jermaine Alexander (200), and womens team manager on the day Jane Bradshaw in the 1500 in a seasons best.

Both the Club's men and women have qualified for the Southern Counties Veterans AC Inter Club Final on the 4th of September. They confirmed their place in the final Kent Masters League match of the season at Norman Park..

The men finished second on the day and won the Kent title on match points as both they and Cambridge Harriers were level on 29.5 League points. Wins on the night came from Steve Timmins in the over 35s discus; Ken Daniel, M60 800; and Dennis Wallington M60 Long jump; but perhaps the best performance of the night came in the M35 B string 800 where Keith Ewing, an over 50, moved down an age group to time 2.05.7, just over half a second outside the Club over 50s record.

The women were second on the night and second in the League. Evergreen Maureen Miller, a W45, won the W35 800 metres despite being the oldest in the race and she joined Jackie Montgomery, Helen Godsell and Jane Bradshaw for victory in the 4x100 metres. Jane had earlier won the B 800. Helen also won the over 50s 100 and 800 metre races.

Such is the enthusiasm among the women that they also field a B team in the League, and they also finished in second place on the night and second in Division Two for the season. Sarah Dowling and Rosie Ferguson achieved maximum points in the A and B string 800 metres, while in the over 50s Annie McDonough triumphed in both the 100 and 800. Tina Harradine won the discus.

The Club's youngsters have finished a very successful season in the Kent Young Athletes League at Sutton Valence. On the day, the under 15 boys and girls and under 13 boys all won and the under 13 girls were third. As a result both the boys and girls won overall on the day.

As far as the season was concerned the youngsters enjoyed a clean sweep of victories in the four age groups and so won both the overall boys and girls titles.

In the under 15s age group there were wins in the middle distance for Janae Galley in the 800 and Leah Everson in the 1500 while Aine Hurlock won the 75 hurdles by over half a second in 12.2. She then teamed up with Sharai Williams, Oshuwa Ogbeta and Leah McDonald for victory in the 4x100.

For the boys Gabriel Ibitoye won the shot with a throw of 11.35. He also enjoyed relay success along with Bradley Clegg, Joshua Dalsan and Alex Skipp in the 4x400.

Most impressive age group were the under 13 boys. They won all five A string field events with three of the victories coming from Michael Redmond. His throw in the shot of 9.55 was a national grade one performance and he also won the discus and javelin.

Joe Saddler also achieved a grade one in the long jump with a leap of 4.76 and he also won the long jump with 13.9. Asa Andrew won the high jump clearing 1.30 and Joss Barber prevailed in the 1500 in a time of 5.08.3. Asa was also a member of the winning 4x100 team along with Samuel Low, James Low and Bruce Slee.

The youngsters achievement at Sutton Valence was even more impressive given that many were unavailable because they were representing Kent at the Southern Under 13 Inter Counties Championships. Just to be selected was an achievement and the youngsters responded with some good performances.

For the girls Akino Gondwe-Onabrauche was third in both the A string shot and discus. Isabella Hildritch took 4th in the long jump with a leap of 4.43, a new personal best, and she was also second in the B string 70 hurdles.

Others in action included Toyin Orelaja (high jump), Jamiyla Robinson-Pascal (100) and Shannon Risky (800).

Danny Eversley was 6th in the 75 metre hurdles in 13.60 and was also in action in the high jump and long jump. Also competing were Ryan Poyroo (100), Remi Ullah and Jake Potter (800), and Jordan Thomas (long jump).

A small piece of Club History was made last week when a Club Championship was won by a woman. Jane Bradshaw was the athlete who produced this epoch making performance as she stormed to victory in 10.54.0 in the 3000 metres last Wednesday with Gerald Sterling second and Joshua Dowling third.

The Surrey Walking Club 3000 metres walk took place at the same venue with Roger Michell winning in 16.43.1 with Shaun Lightman second and Peter Hannell fourth. Three days earlier Shaun had been in action in the Hillingdon Half Marathon finishing in 14th place in 2.23.19. The previous evening Peter Hannell was 5th in the penultimate race in the Veterans AC 5 Mile League walk at Battersea Park. He timed 50.24.

The two were soon back in action again at the Ilford League 5 mile walk at Redbridge Cycle Circuit where Shaun was 7th in 51.20 and Peter 8th in 52.07

There is a special feature on the Club in the August edition of Running And Fitness Magazine which is now available in all good newsagents.



26/07/11

Adam Gemili returned from the European Junior Championships at Tallinn, Estonia with two silver medals. The Blackheath & Bromley athlete was second in the 100 metres and was then part of the 4x100 metre team who also finished in the runner up spot.

This is a remarkable achievement for the John Blackie coached athlete as this is his first full Summer of Athletics. He cruised through his heat in 10.49 and then clocked 10.41 in the final pushing Great Britain number one David Bolarinwa into third.

The two were then part of the 4x100 team who finished in second place in a time of 39.85.

Ben Hopkins ran a new best of 53.39 in the 400 hurdles but this was not enough to allow him to progress beyond the heats. Megan Southwart did, however, as she clocked 60.16. She then improved to 59.87 in her semi final where she finished in 7th place.

Kate Curran is the latest athlete from the Club to gain an International selection. She has been chosen as a reserve for the GE Great Britain triathlon team at the 2011 ETU Youth Triathlon Championships in Tours, France at the end of August.

With athletes away at the European Championships, the Club were not at full strength for the final Southern Premier Division match of the National Junior Athletics League at Norman Park. The Club finished in third place on the day which means that they have qualified for the National Final at Derby in September. However, they will not go there as Southern Premier Champions as they were pipped to the title by Shaftesbury Barnet who won the match and were crowned Area champions by just 1.5 event points, as both finished with 29 League points.

Samantha Milner won the female Athlete Of The Match for her 41.28 throw in the discus. She also won the shot and was second in the B string javelin. Grace Sheppard was another double A string winner with victories in both the 100 and 200 races and she was also part of the winning 4x100 metre team along with Georgina Middleton, Amara Lalaemi Jacobs and Charlotte Colegate.

Other A string wins came from Phil Sesemann in the 2000 steeplechase; Jonathan Ilori (triple jump); Mark Longhurst (pole vault); Ben Parkin (400 hurdles) and Sarah Abrams (triple jump).

As reported last week, the Club's Young Athletes team have missed out on a place in this years National Final in September but will compete in the Auxilliary Final instead.

Despite the disappointment of not qualifying there were, nevertheless, a number of fine performances at the Area Final at Copthall with eight National Grade One performances achieved.

In the under 17s age group these came from Aine Hurlock (75 metre hurdles 11.81), Dina Asher Smith (100 in 11.96) and Rachel Dickens (300 in 39.76). Aine and Dina's times were both personal bests.

More sprints success came in the under 15s with grade ones for Maya Bruney (200 in 25.78), Cheriece Hylton (200 26.23) and Shannon Hylton (100 12.47).

Nicole Farmer timed an excellent new personal best of 10.15 in the under 13 girls 75 metres while Akina Gondwe-Onobrouche won the shot with a throw of 8.68.

The Regional Final is a big step up from the four divisional fixtures from which the team qualified as it is an 8 team event against the best Clubs in the South. Therefore, to win an A string event is quite an achievement.

Bonnie Bratton won the under 17 womens hammer with a throw of 38.47 and the 4x100 and 4x300 quartets of Georgina Middleton, Dina Asher Smith, Charlotte Colegate and Rachel Dickens also enjoyed victories.

More relay success came in the under 15s age group with wins for both the boys and girls quartets courtesy of Dotun Ayodele, Joshua Dalsan, Alex Skipp, and Ayo Ajiboye; and Vivien Olatunji, Maya Bruney, Cheriece Hylton and Shannon Hylton respectively. Yemisi Sofolarin won the discus with a throw of 34.03 and Jon Pairman the high jump with a clearance of 1.60.

Jamiyla Robinson-Pascal won the under 13s high jump with a leap of 1.33 and the 4x100 metre team of Olivia Richer, Toyin Orelaja, Parris Johnson and Nicole Farmer won in a time of 54.70

Neither of the Club's Senior teams have qualified for the Final of the Super8. Both teams finished third in their semi finals at Luton. The women only had two athletes competing but what they lacked in quantity they made up for in quality as Sam Milner in the discus with a throw of 42.31 and Christina Moore with a clearance of 3.00 in the pole vault both won their events achieving maximum points. This gave them third in the team event as only three Clubs contested the event rather than the Super eight.

The mens turn out was better and wins came from Alloy Wilson in the 400 in 49.0 and Steve Timmins in the discus with a throw of 35.81. Alloy also ran a swift 48.5 medley relay split. Duayne Bovell looked to have won the 100 metres but was given second place in 11.2, electronic timing may well have shown otherwise.

Lewis Ely was pleased to be over 1.90 again as he placed second in the high jump and Murray Hilborne came in at short notice in the pole vault going out at what would have been a new best of 3.10.

Many of the Club's athletes have been in action at various open meetings around the country. At the British Milers Club races at Stretford, Ben Harding ran 1.51.75 for the 800, a new best by a hundredth of a second. Alex Bruce Littlewood timed 3.59.05 for the 1500.

Highlight at the Cambridge Harriers Open Meeting was a new Club M50 record for Keith Ewing in the 1500 metres. He timed an impressive 4.15.1 to take more than three seconds off Hugh Morten's previous record.

Alex Bruce Littlewood raced again timing 1.54.20 for 800. Steve Cavey ran a season's best of 1.55.41. Others to compete were Russell Bentley (1.57.08), David McKinley (1.59.40), Lucy Sidey (2.26.11), Leah Louise Everson (2.26.53) and Jessica Keene (2.30.16).

Will Ruiz ran 4.34.6 for 1500 with Kate Curran timing 4.45.9, Ken Daniel 5.05.6 and Michelle Fewster 5.19.7.

Holly Fletcher and Sonia Woolhouse ran 61.91 and 64.00 in the 400 and Seyi Daramola ran 12.1 and 13.36 in the 100s.

At the Herne Hill Open Meeting Jermaine Alexander ran 22.58 for the 200 with Luke Smallwood clocking 22.61 while Richard Holt ran 59.1 for the 400 hurdles.

David Beadle was the Club's first finisher at the latest Bromley 5km park run at Norman Park. He finished 11th in 19.01 with Graham Coates 15th and Joshua Dowling 16th. Justine Eastbury was the first woman from the Club to finish in 64th place.

There is a special feature on the Club in the August edition of Running And Fitness Magazine which is now available in all good newsagents.



19/07/11

James Alaka is European Under 23 100 metre champion. The Blackheath & Bromley athlete, who hails from Penge, won his title at the Championships which took place at Ostrava in the Czech Republic.

Going into the Championships he had the seasons best of those competing but needed to translate this form into a gold medal. The 21 year old won his heat in 10.49, one hundredth of a second slower than the fastest qualifier, but only 7 hundredths of a second separated the six quickest finalists.

With such competition a good start was important in the final but he didn't get it. Thankfully his strength over the later stages of the race saw him move through to take gold in 10.45, two hundredths of second clear of Italian Michael Tumi. It was Britain's first gold of these Championships.

However, the former Ravenswood schoolboy was not finished. He also won silver in the 200 metres setting a new personal best in the final of 20.59 in his heat and running 20.60 in the final just four hundredths off first place.

Sadly Lorraine Ugen had three no jumps in her qualifying pool of the long jump and so did not progress.

More International success came in the Aviva Schools International at Cardiff. Rachel Dickens came away with two gold medals. She won the 300 metres in 39.20 and was then part of the 4x300 metres team who won in a time just outside the Championship Best Performance.

Dina Asher Smith won the 200 metres in 24.69 but her chance of a second gold went as the 4x100 metre team did not get the baton round.

Second claim member Oliver Newport, who competes for the Club in the Junior League won the long jump with a leap of 7.07.

Still on the International scene Nick Kinsey finished in third place in the over 50s division in the Challenge Triathlon Championships, one of the longest running Ironman distance races, held in Roth in Germany. He finished after 9 hours 22 minutes of swimming, biking and running in an event in which over 3,500 athletes from around the world took part. Nick was one of only two British athletes to finish in the top three in their respective age groups

Tom Phillips came away from the World Masters Championships in Sacramento with a silver medal as part of the Great Britain M55s 4x100 metre team who finished runners up to the USA. He was also 6th in the semi final of the M55s 100 metres and 4th in his heat of the 200 metres.

Former English schools International winner and European Under 23 silver medallist Montell Douglas returned to competition following injury at the English Athletics Senior Championships at Bedford. The UK record holder for the 100 metres was pleased to be back competing and won silver in the 100 in 11.39, her fastest time since 2008.

Shavaun Henry also won silver in the 3000 steeplechase in a time of 11.04.20. Ed Harrison was again under 52 seconds in the 400 hurdles as he finished third Briton in 51.76. It was third also for Shaunagh Brown in the discus with a new personal best of 51.57 and third equal for Ned Quiney in the pole vault with 4.80.

Elaine Murty was 5th in the 1500; Dan Putnam 8th in the 400; Emily Martin 8th in the long jump; Jonathan Ilori and Joe Lawrence 8th and 11th in the triple jump. Serita Solomon was third in her heat of the 100 hurdles; Dan Putnam was 5th in his 200 metre semi final; and Anike Shand Whittingham continued her comeback from injury in the heats of the 100 metres.

Shaunagh Brown had a busy weekend because the following day she represented Kent at the South Of England Inter Counties match at Hemel Hempstead. She had a memorable afternoon winning the shot, discus and hammer contests. Alex Bruce Littlewood was the Club's other winner. He was first in the 5000 metres in 15.24.69.

Rachel Arnheim was second in the pole vault with a clearance of 3.50 with Sam Brown third in the mens event with 4.30. Oweka Wanagho was third in the 100 with Grace Sheppard third in the womens event.

Ellie Duffy Penny was 7th in the javelin and third and fifth in the B discus and shot while Christina Moore won the B string pole vault; and Richard Holt was 4th in the B 400 hurdles.

Alex Bruce Littlewood went into the race at Hemel Hempstead fresh from setting an impressive new personal best of 3.47.67 at the BMC Gold Standard races at Watford. Ben Harding clocked 1.52.75 for the 800 while Keith Ewing edged closer to the Club over 50s 800 metre record as he ran 2.07.79.

There was disappointment for the Club's youngsters at the Southern Area Final the National Young Athletes League at Copthall. They finished in third place and, subject to confirmation later this week, the Club will not have qualified for the National Final but will instead compete in the Auxilliary Final. Full details of this match will appear in the next report.

Peter Hannell finished 11th in the London Inter Club Challenge and Enfield League 3km at Lee Valley. He timed 17.48.65.

Andrew Rayner made a low key return to competition with a win in the latest Bromley 5km Parkrun at Norman Park. He ran a very useful 16.20 with Glen Turner third, Dave Beadle 8th, M60 Rob Brown 14th; and youngster Joshua Dowling 15th. Justine Eastbury was the first woman from the Club to finish in 50th position.

National Junior League action returns to Norman Park, Bromley this Sunday as the Club host the final Southern Premier Division match of the season. The Club currently top the Division and barring a disaster will qualify for the National Final in Derby in September. They cannot, of course, afford to be complacent and not only will the team want to secure their place in the Final, they also want to go their as Area Champions.

This is a rare chance to see the Club's Junior team in action on home ground. They are the 2010 National Champions and later this year the women will represent the UK in the European Champions Club Cup for Juniors which takes place in Spain the week after the National Final.

With this in mind the Club has arranged for a barbecue with 100% Aberdeen Angus Burgers, sausages and bacon butties together with vegetarian options. All proceeds from this will go to towards helping fund the womens team represent the United Kingdom in Europe in September.

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12/07/11

Ed Harrison's reward for his recent fine form in the 400 hurdles was an invitation to compete in the Aviva Birmingham Grand Prix. He finished 5th in his race and was again under 52 seconds, this time with a 51.77 clocking.

A number of the Club's top Seniors competed in the McCain Jumps & Throws Fest at Hendon. Shaunagh Brown was the most successful as she set another new best in the Hammer, improving to 56.10 and edging ever closer to the Club Senior Record. She also threw 15.06 in the shot.

Lauren Blackie was 5th in her heat of the triple jump with a leap of 11.98 while Rachel Arnheim cleared 3.25 in the pole vault. Lewis Ely cleared 1.84 in the high jump but there was disappointment for Ned Quiney who no heighted in the pole vault.

At the BMC Nike Grand Prix at Solihull Ben Harding ran 1.52.70 for 800 and Alex Bruce Littlewood and Elaine Murty timed 3.50.74 and 4.24.01 for the 1500.

Two athletes from Blackheath & Bromley have been selected for the Great Britain team for the European Youth Olympic Festival at Trabzon in Turkey at the end of the month. Dina Asher Smith has been picked for the 200 metres an event in which she has run 24.68 this season. Rachel Dickens, who like Dina is coached by John Blackie, has been chosen to race the 400 metres, an event in which she is the fastest under 17 in the country this year with 55.07. This time is actually the 6th quickest by an under 20 in Britain this year.

The two will be on International duty this weekend as they represent England at the Aviva Schools International in Cardiff.

Both were in action for the Club's under 20 team last weekend helping the team to finish in second place and, thus, strengthening B&B's hold on a place in the National Final which takes place in September. With just a home match at Norman Park remaining, the Club head the table on 23 points, two clear of second placed Shaftesbury Barnet who in turn are two points clear of third placed Windsor. The top two qualify automatically for the Final.

Dina won the 100 metres in 12.14 while Rachel triumphed in the 400 metres in 56.14. Other A string victories came from Sam Milner in the shot and discus; Sarah Abrams, triple jump; Craig Morten, 400 hurdles; Phil Sesemann, 2000 steeplechase; and the womens 4x100 team of Dina, Rachel, Georgina Middleton and Grace Sheppard.

Things did not go so well at the Southern Athletics League match at Walton where the Club were last of the four competing teams. The main reason for this was that the Club only had one woman competing. What was lacking in quantity was, however, made up for in quality as Jackie Montgomery set a new Club record in the womens over 35s pole vault contest with a clearance of 1.90. She also competed in all other field events apart from the triple jump plus the 200 metres. Such a contribution would on any afternoon have seen her in contention for the Club's female Athlete of the Match and on this occasion it was no contest.

Athlete of the Match for the men was Jermaine Alexander who was a convincing winner of both the 100 and 200 metre races. Particularly pleasing were the results in the throws where Steve Timmins (shot and discus), Andrew Jordon (Hammer) and Mike Van Den Dobbelen (javelin) all achieved A string victories. Mike's 52.99 was a new personal best.

At the Southern Area Walking Association 20km Championship at Basildon, Shaun Lightman finished in 7th place in 2 hours, 16 minutes and 59 seconds.

Gerald Sterling was the Club's first finisher in the latest Bromley Park Run at Norman Park. He finished 17th with Steve Pairman 19th and Graham Coates 24th. First woman was Justine Eastbury in 61st.

Ian Taylor was 7th at Lloyd Park with Rebecca Taylor 15th while Jessica Keene was 52nd at the Brighton & Hove event; Helen Godsell 24th at Riddlesdown; and Nigel Haffenden 23rd at Greenwich.

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5/07/11

With International competitions, the English Schools Championships and League matches across the age groups, it has been a busy weekend for the athletes of Blackheath & Bromley. When the dust had settled on a busy few days, six Club members had earned International selections; three Club records had been broken; and there had been considerable team success.

Four Club members have been chosen to represent Great Britain at the European Junior Championships which take place at Tallinn in Estonia from the 21st to the 24th of July. Adam Gemili has been selected for the mens 100 metres and the 4x100 squad. Ben Hopkins and Megan Southwart have both been picked for the 400 hurdles and Yimika Adewakun is part of the womens 4x400 squad.

Adam and Megan competed as part of a Great Britain team at the Mannheim International in Germany and both enjoyed victories. Megan won the 400 hurdles in 59.90 a time which was again inside the qualifying time for the European Under 20 Championships. Adam won one of his two 100 metre races in 10.45 and was second in his other in an even quicker time of 10.41. Both times were well inside the Euro Qualifying standard of 10.60.

Also in Europe, Ed Harrison ran a fine new personal best of 51.43 in the 400 hurdles at the meeting at Namur in Belgium. At the Mondo Keien Meeting at Uden in the Netherlands, Ned Quiney cleared 5.10 in the pole vault

Two more athletes from the Club have qualified for Internationals by winning their events in the Intermediate Girls age group at the English Schools Championships at Gateshead. Dina Asher Smith won the 200 metres in a sparkling 24.38, a new personal best. Rachel Dickens won the 300 metres in 38.52, the fastest time in the country this year. It not surprisingly broke the Club Record because it is the 8th fastest ever by a British under 17 athlete

Three more gold medals came in the Senior age group. Yimika Adewakun won Girls 400 metres in 55.60. Pippa Woolven took the Girls 1500 metres steeplechase in 4.53.53 and Mark Longhurst continued his fine recent form in the pole vault winning with a clearance of 4.80.

Maya Bruney had an outstanding run in the Junior Girls 200 metres winning in 24.74, the fastest time in the country this year.

Silver medals in the Senior age group were won by Sarah Abrams in the long jump with a leap of 5.97, just 8 centimetres off the qualifying standard for the European Junior Championships; Krystal Galley in the 400 with an excellent new best of 56.00; and Joe Lawrence in the triple jump with a leap of 15.40 just 10 centimetres off the qualifying standard for the European Junior Championships. Silver too came for Yemisi Sofolarin in the Intermediate Girls discus with a throw of 34.05.

Emilie Blackwell won bronze in the Senior Girls pole vault with a clearance of 3.45 as did Craig Morten in the Senior 400 hurdles in a time of 55.19. Anton Daly was third in the Intermediate Boys 100 metres in 10.92 as was Shannon Hylton in the Junior Girls event in 12.53.

It is a great achievement for an athlete to be selected for these championships and plenty of athletes performed well despite not winning medals.

In the Senior age group Phil Sesemann timed 3.57.96 in his heat of the 1500 metres before finishing 11th in the final. Samantha Milner was 5th in the discus and Naomi Lee 6th in the pole vault with 3.25.

Aaron Lloyd reached the semi final of the 100 metre hurdles and Rhiannon Jones was 6th in her heat of the 80 metre hurdles

Cheriece Hylton just missed out on a medal in the Intermediates age group as she finished fourth in the 400 metres in 25.57. Alex Wheelwright was 11th in the high jump; Bonnie Bratton 15th in the hammer; and Aine Hurlock 6th in her heat of the 75 metre hurdles.

The Clubs Seniors had mixed results in their respective National League Division One matches with the women finishing second in their UK Womens League match at Copthall and the men 7th in their British Athletics League match at Kingston. This means the women are second in the table, a promotion position, and the men are 7th, a relegation place. The women have one match remaining while the men have two.

Two athletes broke their own Club Records at Copthall. Serita Solomon timed 13.27 in the 100 metre hurdles, but had to settle for second place. Shaunagh Brown broke the discus record she set four years ago with a throw of 51.23. Despite these efforts they both had to settle for second place.

Shaunagh also won the shot and was second in the hammer. Lorraine Ugen was the other individual winner in the long jump with a leap of 6.13 and she was also second in the 100 metres in 11.81. She and Serita along with Grace Sheppard and Anike Shand Whittingham formed the winning 4x100 quartet.

Grace had earlier set a new best of 25.6 in the 200 metres and Anike won the B string 100. Elaine Murty had two good runs in the 800 and 1500 finishing in third place. Mel Kane in the 2000 steeplechase; Lauren Blackie in the triple jump; and Rachel Arnheim in the pole vault also achieved thirds. Sarah Abrams was second in the high jump having earlier won the B string long jump. Unfortunately her leap of 5.73 did not gain her the European Junior qualifying standard she had been seeking.

Other B string wins came courtesy of Sam Milner in the shot and discus; Liz Hughes in the pole vault and Rachel Blackie in the hammer.

Best results at Kingston came on the track with individual wins for Dan Putnam in the 200 in a new best of 21.54 and from Scott Overall in the 3000. Ed Harrison and Alex Bruce Littlewood were close to their bests in finishing second in the 400 hurdles and 3000 steeplechase while Mensah Elliott was third in the 110 hurdles.

Ed also won the B string 110 hurdles in a new best of 15.16 and further B string wins came from Pete Matthews in the 3000 in a best of 8.35.40 and Alex Gibbins in the 3000 steeplechase.

Unfortunately the team were very weak in a lot of the field events despite the heroics of Alex Pope and Lewis Ely plus a personal best of 3 metres from Murray Hilborne in the pole vault.

Murray was at Kingston fresh from having competed for the Masters team the previous evening in the Kent Masters League at Ashford. It proved to be a very successful night as the men finished joint first and now head the table. The women won their match and are now second just one point behind leaders Dartford. Both should be well on course for a place in the Southern Area Final.

Murray won the over 35s pole vault in what was then a new best of 2.80, while other wins came from Steve Timmins in the over 35s hammer and from Ken Daniel in the over 60s 3000 metres.

In the over 35s age group in the womens match the Club achieved maximum points on the track with double wins from Maureen Miller and Shirley Rowbotham in the 400 and Jennie Butler and Rosie Ferguson in the 3000 metres, while Jackie Montgomery won the 2000 walk.

This track dominance was nearly replicated in the over 50s age group where Helen Godsell won both the 400 and 3000 metres with team manager Anne Cilia second in the 2000 walk. Helen also won the triple jump.

More success came in the latest Kent Young Athletes League match at Canterbury. The under 15 and under 13 boys both won, so winning overall. The under 13 girls also won and although the under 15s had to settle for third, the girls too won the overall match.

Gabriel Ibitoye won both the 200 and shot in the under 15 boys age group and there was a double win also from new member Billy Blackham with victories in the discus and javelin. More success came in the throws for the girls with a win in the shot for Brooke Hollett.

Most pleasing perhaps was the quality of the performances in the under 13s age group. In the girls field events the Club had a clean sweep of victories in the A strings. Jamiyla Robinson-Pascal soared over 1.44 in the high jump, a National Grade One performance. She would have won the long jump with a leap of 4.40 but she was pipped to A string victory by Magda Cienciala who leapt one centimetre further. Greeta Wedderburn enjoyed victories in the discus and javelin and also the B string shot. Impressive A string winner in the shot was Akina Gondwe-Onobrauche who threw 9.38, a National Grade One Performance.

For the boys Danny Eversley won both the 75 metre hurdles and high jump and then teamed up with Ryan Poyroo, James Low and Jordan Thomas for victory in the 4x100 metres. Jordan had earlier won the long jump. Remi Ullah won the 800 metres.

Roger Michell was part of the Surrey Walking Club team who won first place in the RWA National Championships which were incorporated in the Surrey Walking Club open 100 mile race at Lingfield, with part of the course using the road inside the roadway inside the grass horse race track of the racecourse. Roger completed the course in 21 hours 36 minutes and 17 seconds.

Ben Cockburn was the Club's first finisher in the Orpington 10km. He was third on the multi terrain course in 37.42. Will Mercer was 13th and David Beadle 26th with Graham Coates the first over 60 to finish in 43.35

Steve Pairman led home the B&B contingent at the Bromley 5km Parkrun at Norman Park. He was 13th with Gerald Sterling 14th and Adrian Stocks 33rd. Katie Murray was first woman from the Club in 57th. At the Lloyd Park event Dan Hassett was 11th and Ella Fisher 14th. Helen Godsell was 67th at the Riddlesdown event, the day after her exploits in the Kent Masters League, and Martin Lundie was 45th at Greenwich.

Glen Turner finished in 8th place in the Bewl Water 15 in a time of 1.35.18 with Ian Montgomery 104th in 1.55.48.

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