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Blackheath & Bromley Harriers AC

Jul to Sep
2012

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25/09/12

Michael Skinner overcame a recent hamstring strain to finish in 5th place in the Admiral Swansea Bay 10km. In a field of over 3000 runners, the Blackheath & Bromley athlete timed 30.21 and was the first Briton to finish behind four Kenyan athletes, led home by Dominic Onduro.

Competing in Wales meant he had to miss racing in the Southern 6 Stage Road Relays at Aldershot, however, even if he had run, it is unlikely the mens team would have qualified for the National Road Relay final next month. They finished a disappointing 43rd with first leg runner Peter Tucker the fastest with a time of 19.53. The National relay won't take place at it's traditional venue at Sutton Park because of an outbreak of e-coli. An alternative venue is being sought.

Among those unavailable was Alex Bruce Littlewood who not only is out in the United States, but also his girlfriend was giving birth. Also abroad, Colin Norris and Ben Cockburn were in action in the World Duathlon championships at Nancy in France. Colin finished in 6th place in the 25 to 29 years age group in 1.56.34. Ben was 9th in the 20-24 years age group. He was just outside 2 hours with 2.00.24.

Back at Aldershot, the Senior women finished in 30th place but, with no qualifying standard, they are able to compete in the National Relay. Captain Jane Bradshaw was the quickest on leg one in 14.51 with Amber Reed, Sarah Dowling and Hannah Garcia completing the scoring team.

Best performance in the younger age groups came from the under 15 girls where the trio of Shannon Risky, Niamh Bridson Hubbard and Jessica Keene finished in an excellent 6th place. Their times were remarkably consistent with Shannon and Niamh clocking 11.23 and Jessica 11.20.

Showing good strength in depth the B team of Leah Everson, Georgina Taylor and Mary Guy finished in 26th and the C team of Joanna Clowes, Chloe Kibblewhite and Molly Dent were 68th.

In the under 17s age group the womens team of Anna Myers, Lucy Sidey and Sonia Woolhouse were 25th and Will Fuller, Will Ruiz, Tom Desborough and Richard Webb finished in 26th for the men.

The under 15 boys team of Anthony Cabellero, Marco Arcuri, Josh Davidson and Charlie Davis were 33rd.

Jake Potter was the 11th fastest athlete of the day in the under 13 boys race. He timed 10.42 in coming in 8th place on the opening stage. George Pope, Harrison Parker and Joe Smith completed the scoring quartet who finished in 16th.

The 6th Jim Day Memorial Pole Vault competition took place at Sutton Arena. Remembering the Club's former President it was an all day extravaganza with 100 athletes in action with 97 lifetime best clearances achieved by 44 athletes. Among these was Helena Coleman who set a new best of 3.12 in the under 17 womens competition.

Mariette Terrisse Hilborne won the Senior Womens event with a clearance of 3.82, a fine effort after her end of season rest.

The latest Bromley 5km Parkrun had added spice last Saturday as it included an unofficial Mob Match between the Club and Croydon Striders. Peter Tucker won the race in 17.12 with Finton Parkinson 3rd and Dan Marks 9th. First woman to finish was Sarah Elmquist in 61st with Sarah Belaon 63rd and Justine Eastbury 69th. Scoring 29 runners a team, B&B won by 231 points, 971 to 740.

As stated earlier, Pete Tucker was in action the following day at the Southern Road Relays and Finton Parkinson and Justine Eastbury raced too at the Tonbridge Half Marathon. Finton was 11th in 81.59 while Justine was 154th in 98.46.



18/09/12

A spirited team performance saw Blackheath & Bromley's under 20 women finish in 5th place in the A Final of the European Champion Clubs Cup for Juniors which took place at Ljubljana in Slovenia. They were just four points off a runners up spot which would have been their best ever position in this event. They produced four individual wins and also took first place in both the relays.

Dina Asher Smith was the female Athlete Of The Match with victories in both the 100 and 200 metres. She set a new ECCCJ record in the short sprint crossing the line in 11.70 well clear of the 12.46 second placer.

Moving on to the 200, an event in which she represented Great Britain at the World Junior Championships in July, she set her second ECCCJ record as she clocked 23.74. The margin of victory for the Newstead Woods schoolgirl was massive as the runner up timed 25.10.

She completed a hat trick of gold medals when she joined Lauren Stevens, Amara Lalemi Jacobs and Rachel Dickens in the 4x100 metres. They won by nearly one and a half seconds in 46.95.

Rachel had earlier won the 400 metres in 56.92 and she too collected three gold medals as she was part of the 4x400 team, along with Amara, Samantha Brown and Rachel Robinson, who won a close race in 3.56.95.

The Club's other gold medal came in the field where first time clearances up to 1.73 from Robyn Pettit saw her claim victory on count back. She was just one centimetre off equalling her personal best.

Samantha Brown won silver in the 400 hurdles in 62.77 and there was bronze for Emilie Blackwell in the pole vault with a clearance of 3.20. Rhiannon Jones just missed out on a medal in the 100 hurdles finishing 4th in 15.46.

With the match very close points were very important and so every athlete had a part to play. Credit, therefore, to the middle distance quartet of Holly Fletcher (800), Hope Stenning (1500), Amber Reed (3000) and Michelle Fewster (3000 steeplechase) who scored vital points on the track.

In the field the Club were indebted also to the contributions of Lauren Stevens (long jump), Evie Syron Russell (triple jump), Ellie Duffy Penny (javelin), Ellie Dumper (hammer) and Gemma Brown who set a new best in the shot of 9.66 as well as throwing a very useful 35.44 in the discus.

Having been the top womens team at last weeks National Junior Athletics League Final, the Club will again represent the UK in next years competition. With all but one of the team in Slovenia still eligible to compete in 2013, it emphasises just how well they did to finish 5th in the whole of Europe this year, and why they will be optimistic that they can do even better next.

Also abroad Alex Bruce Littlewood finished in third place in the Rice Invitational Cross Country Race at Houston, Texas. The McNeese University student timed 16.51 for the 6km course.

The Club hosted the annual Will Bolton Cross Country Relays at Sparrows Den with athletes of all ages competing. Best performance in the main race came from Andy Rayner. His time of 12.52 was the second quickest of the day and he helped the mens team of himself, Alex Gibbins, Colin Norris and Ben Cockburn to finish in 3rd place.

Katie Murray was the fastest woman from the Club in a time of 16.09.

Best results in the youngsters relays came from the under 15s girls whose A and B teams were first and second. The A team of Shannon Risky, Jessica Keene and Niamh Bridson Hubbard timed 39.17 while the B team of Yasmin Austridge, Georgina Taylor and Mary Guy finished in 42.41.

There were two sets of medals also for the under 13 boys. The A team of Jake Potter, George Pope and Joe Smith won in 39.06 with the B team third in 44.29.

The under 13s girls team of Tammy Falshaw, Chloe Haffenden and Millie Haffenden finished in second place. A mix of young and old were also in action at Erith where the Kent County Under 13, Masters and Combined Events Championships took place.

A magnificent eleven golds were won by the Masters with Rob Brown collecting three in the over 60s age group in the 100, 200 and 400. He also took silver in the 800. Mike Van Den Dobbsteven won the over 40s javelin with a distance of 48.89 and added bronze in the discus. The peerless Allan Williams soared over 3.35 to win the over 50s pole vault and confirm he is well and truly on the mend after injury. Peter Hamilton won the over 60s 1500 and was also third in the 800. Gordon Hickey won a complete set of medals with a first in the over 70s shot, silver in the hammer and third in the javelin.

Barbara Terry won gold in all four throws in the over 60s age group. There was a runners up spot for Jackie Montgomery in the over 40s pole vault and for Alan Camp in the over 50s 5000 metres. Paul Stack picked up bronze in the over 40s 100.

Harry Taylor enjoyed a good weekend in the under 13s age group as he won gold in the 200 metres and was also second in the 100. Further silvers came from Edward Adams in the boys high jump and from Olivia Richer in the girls 150 metres. Edward also won bronze in the long jump and 75 metre hurdles, as did Naomi Kingston in the girls 1200 in a very quick time of 3.53.86.

Dan Marks was the Clubs first finisher in the latest Bromley 5km Parkrun at Norman Park. He finished in 4th place in 18.11 with Andy Tucker 9th and Dick Griffin 32nd. Charlotte Stickings was first woman from the Club to finish in 41st.

Fintan Parkinson won the event at Riddlesdown in 18.24 while Glenn Turner was runner up at Gladstone in 17.52. The first ever race took place at Goddington Park with Mike Simms the Club's first finisher in 60th.

**11/09/12**

As the curtain came down on the Olympics and Paralympics, Blackheath & Bromley's athletes showed the legacy torch is burning

brightly as they produced a remarkable set of performances at the National Junior Athletics League Final at Derby. Although the combined men and womens team had to settle for third place in the team contest on the day, they produced 2 National records, 1 UK age best, 6 League records, and 7 Club Records. In addition, when the men and womens' results were scored separately the women were the best of the 8 teams on the day and so qualify to represent the UK in the European Champion Clubs Cup for Juniors in 2013.

The team had their own Olympian on show in World Junior Champion Adam Gemili and he enjoyed a memorable afternoon in his last competition in the under 20 age group. He ran the fastest time by a Briton for three years when he won the 200 metres in 20.38, over a second clear of the field. This also bettered his own UK age 18 best set in last months Samsung Diamond League meeting in Birmingham, and broke the League record which had stood since 2003. It also improved his own Club Record.

It means that in Adam and James Alaka, the Club has the top two fastest 200 metre runners in the country this year.

Set in 1993, the 100 metre League record had stood for most of the League's existence, but this fell too as Adam won by over half a second in 10.21.

Teaming up with Reuben Fakoya Brooks, Ishmael Smith John and Oliver Newport, he won his third gold of the day in the 4x100 metres; and there followed a rare outing in the 4x400 metres relay. He, Oliver, Craig Morten and Jonathan Osbourne had to settle for second place in 3.20.48 with Adam contributing a 48.3 split.

Dina Asher Smith was in similarly devastating form. Like Adam she represented Great Britain at the World Junior Championships in July, yet she is still only an under 17, and has a further two years in the under 20 age group.

She also set two new League records. Not only this, her time of 23.49 in winning the 200 metres was a Club Under 17, Under 20 and Senior record. Her time of 11.65 for her victory in the 100 metres equalled the existing League record.

To the relays and the Club fielded an under 17 team in the 4x100. Dina was joined by twins Cheriece and Shannon Hylton and Vivien Olaturji and the quartet swept to victory in a time of 46.35. Not only did they win by over two seconds, their time is a new UK Club under 17 and under 20 record. It is also, of course, a Blackheath & Bromley Club record in these age groups as well.

A perfect haul of medals was completed for Dina with a fourth gold in the 4x400 along with Rachel Dickens, Amara Lalemi Jacobs and Krystal Galley in 3.49.78.

The aforementioned Oliver Newport provided the 6th League record of the day with his 7.53 wind assisted leap in the long jump. As well as his relay efforts he also produced a useful 1.80 leap in the high jump.

To put these League records in perspective, in 2011 only two new records were set all season. Before the Final, five records had been set in four rounds of Area matches this year. For one Club to produce six in one day is quite exceptional. It may be that these records last forever as it seems likely the League will be replaced by a new competition in 2013.

Pippa Woolven was one of those five athletes who broke a League record earlier in the season. She did this in the 1500 steeplechase but the World Junior representative did not compete in this event in Derby. Instead she won the 3000 metres and was fourth in the 1500 metres.

Emilie Blackwell and Helena Coleman won both strings of the pole vault, both with leaps of 3.05. Similarly to Helena, Shannon Hylton's winning time of 24.01 in the B string 200 metres would have won the A string but for Dina Asher Smith's effort, and she also won the B string 100 in an impressive 11.95, a new personal best and her first time under 12 seconds.

There were many other fine performances including A string runners up spots for Rachel Dickens (400) and Lauren Stevens (long jump) and third places for Louis Mascarenhas (discus), Craig Morten (400 hurdles), Rhiannon Jones (100 hurdles), Tom Parker (hammer), and Robyn Pettit (high jump); plus a B string win for Sian Duffy Smart in the 100 hurdles.

As already stated the reward for the women was a place in next years European Champion Clubs Cup for Juniors. They travel to Slovenia this week for this years contest where they will aim to improve on last years impressive third place.

At the end of the 2012 British Triathlon Youth and Junior Super Series, Kate Curran won the Youth category, taking part in six races with four podium performances. These included victory in the British Youth Duathlon Championships and the Youth event at the British Triathlon Inter Regional Championships. She was 5th overall in the Youth event last year.

In Solihull there was more success for the Club's athletes in the Masters Inter Area match. Mike van den Dobbelen won the over 35s javelin with a throw of 50.83 and also finished in 5th place in the discus. Shaun Lightman won the over 60s 2000 metre walk in 11.00.5, while Peter Hannell, who is also an over 60 finished in 3rd place in the over 35s race in 11.34.4. Peter Hamilton was third in the over 60s 3000 metres.

Still on race walking, David Hoben was 12th in the Church to Church 19.4 mile race in Guernsey.

67 runners (down from 81 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 in the series was won by Clem Leon with Gemma Lewis second and Mike Simms third. Joint fastest ladies on the night were Sara Elmquist and Justine Eastbury in 20:45 and fastest man was under 17 Tom Desborough in 18:32. The contest for the overall Parris Memorial Shield proved to be unbelievably close at the end. Going into the last race long-time leader Justine Eastbury was 17 points ahead, but a PB by Clem Leon reduced the gap so much that both athletes finished the season on 141 points each. Therefore they are joint winners and will share the trophy between them. This is the 2nd time in 3 years that the competition has ended in a tie, with Chris Pike and Mick Jones sharing the honours in 2009.

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: Graham Coates, Justine Eastbury, Dick Griffin and Mick Jones.

Adam Atkinson was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He came second in a time of 17.10. Katie Murray won the womens race in 18.55 and was 15th overall. Andy Tucker was second male in 10th with William Pope 18th.



4/09/12

Adam Gemili continued his appearances in the Samsung Diamond League when he raced in the 100 metres at the meeting in Zurich, Switzerland. The Blackheath & Bromley athlete finished in 2nd place in his heat in a time of 10.15.

Montell Douglas was in action at the ISTAF meeting in Berlin where she timed 12.01 for the 100 metres finishing third in the B race.

More International success came courtesy of Kate Curran. She was part of the Great Britain team who competed in the Aguilas ETU Triathlon European Youth Championships in Spain. The team won bronze medals.

Having placed 3rd in the Area Final in July, the Club's youngsters came a very creditable 4th place in the National Young Athletes Final at Manchester. They finished behind fellow Southern Clubs Enfield & Haringey and Windsor SHE, who in turn were trumped by Edinburgh AC, who won the National title for the first time.

As this was the Final, the match featured the top 8 teams in the country and competition was, of course, extremely strong. However, the Club's athletes featured prominently in many events with performances of a very high quality.

In the under 17s age group twins Shannon and Cheriece Hylton won the 200 and 300 metres respectively in Grade One times of 24.37 and 39.41. Shannon also ran a Grade One in finishing 2nd in the 100 metres and both joined Vivien Olatunji and Oshuwa Ogbeta for victory in the 4x100 metres.

Cheriece was also a member of the winning womens 4x300 metre team together with Sonia Woolhouse, Holly Fletcher and Janae Galley.

More success came in the field where the Club won both the men and womens discus events. Louis Mascarenhas took the mens title with a throw of 47.32 while Gemma Brown claimed the womens crown with a distance of 34.68. Both were National Grade One performances, as was that of Yemisi Sofolarin, who won the womens B string with 34.39. But for Gemma's effort, Yemisi would have won the A string.

Louis also got a Grade One of 13.40 in the shot as did Stefan Awokwandoh in the triple jump with a leap of 13.92.

Maya Bruney had an outstanding afternoon in the under 15s age group as she won both the A string 100 and 200 metre races in times of 24.69 and 12.47. Both were Grade Ones, as was the leap of 5.02 by Isabella Hilditch in the long jump. More sprint success came as the boys 4x100 quartet of Joshua Dalsan, Dotun Ayodele, Elliot Anderson and Gabriel Ibitoye sped to victory in 46.03.

The sprint success continued in the under 13s age group as Daniel Ndukwe ran Grade Ones of 12.75 and 25.70 in the A string 100 and 200 metres, as did Harry Taylor with 13.10 and 26.47 in the B strings. Daniel also leapt a third Grade One with 4.73 in the long jump. Jake Potter's 4.48, 54 in the 1500 was also a Grade One. The only A string winner though was Asa Andrew who soared over 1.48 to win the high jump.

Best performances from the girls came from Naomi Kingston who was 2nd in the 1200 in 3.58.63 and Magda Cienciala who leapt 4.40 in the long jump.

Of course there were many other fine performances from other members of the team, details of which can be accessed via the Club website together with pictures of the event.

Unfortunately there is no National team championships for the Masters age group but, if there were, the Club would almost certainly feature prominently. The highest level of team competition in which they can compete is the Southern Counties Veterans AC Final, which they won last Sunday at Ashford, regaining the title they last won in 2008. This was a fine team performance in a match which was close throughout. They eventually won by 11.5 points from Barnet.

Most successful age group was the over 60s where Rob Brown won the 200 and Bob Minting the 800 and high jump. Colin Brand was runner up in the shot and Javelin as was Dennis Wallington in the long jump. Peter Hamilton was 3rd in the 3000 metres which meant they dropped few points against the seven other teams. Not only this, some also competed in the younger age group events.

Allan Williams returned to the team after a career threatening injury and cleared 3.60 to win the over 50s pole vault. Further victories came from Steve Langdon in the javelin and Alan Camp in the 3000 metres.

Steve Timmins enjoyed victories in both the shot and discus in the over 35s age group. Michael Champion won the 100 metres and was part of the sprint relay winning team along with Richard Holt, Paul Stack and Clem Leon.

Many others made a big contribution to the overall victory by ensuring that all events were covered. Full results can be obtained via the Club website

More good news came with the Club winning their fifth and final Division Two match in the Southern Athletics League. This means they have remained unbeaten all season and, as champions, secure the one and only automatic promotion place back to Division One.

It was a comprehensive victory as the Club won with 245 points from second placed East Grinstead who scored 161.5. There was no margin for error as, if they hadn't won, the chances were that they would have missed out on the Championship title as Brighton were favourites to win their fixture and had better match points if the two clubs tied on League points.

The team started the afternoon on the track with 15 wins in the first 16 events and only looked back on one occasion when it was

announced they were trailing East Grinstead by two points. This was surely incorrect, but could not be taken for granted, and the squad responded with a hatful of further victories culminating in a clean sweep of wins in all four relays.

It was not, and never is, a case of just winning some events. Every string of every event needs to be filled or else all the good work is undone. The squad recognised this and so after winning the pole vault Mariette Terisse Hilborne won the B string 3000 metres. Debutant Daniel Kennedy raced the 1500 metres and, barely having time to catch breath, was back in action 20 minutes later to run the steeplechase.

A string of others performed heroics such as Lewis Ely who travelled down from Kings Lynn to win the high jump but then hurt himself in the long jump and so was unable to compete in the 110 hurdles which he was going to attempt for the first time. Full results will appear soon.

Dan Marks was the Club's first finisher at the latest Bromley 5km park run at Norman Park. He finished in 6th place in 18.22 with Andy Tucker 7th and David Beadle 13th. First woman from the Club was Justine Eastbury in 77th.

Elsewhere Chris Pike was 21st at Bexley; Mary Guy 39th at Crystal Palace; Adam Atkinson 3rd at Dulwich; Carolyn Jones Baldock 41st at Eastleigh; Glen Turner 1st at Gladstone; and Niamh Bridson Hubbard 12th at Greenwich.



28/08/12

Adam Gemili ran the second fastest ever 200 time by a Junior Briton at the Samsung Diamond League in Birmingham. The 18 year old Blackheath & Bromley athlete finished in 6th place in 20.53 one place ahead of Christian Malcolm, who competed in the event at the Olympics and who remains the holder of the British Junior Record.

Montell Douglas competed in the heats of the womens 100 metres timing 11.81

More success came at the Inter Counties Championships at Bedford where the Club had two winners. Serita Solomon won the 100 metre hurdles in 13.42 while Izzy Jeffs took the javelin title with a distance of 51.68.

Liz Hughes was third in the pole vault with a clearance of 3.40 with Rachel Arnheim 5th in 3.30.

In the 400 hurdles, under 20 Samantha Brown was 6th in 63.46 while another junior Oliver Newport leapt 6.86 in the long jump. Grace Sheppard was 5th in the 200 metres in 25.54.

At the European Masters Championships at Zittau in Germany, Mike van den Dobbelen was 12th in the over 40s javelin with a distance of 49.56

Champagne bottles all round for Club members in the Pilgrim Way Run, a very hilly uneven 8.6 mile multi terrain course. The Club won the team race courtesy of Fintan Parkinson, Tony Crowder, Brendan McShane and Jane Bradshaw. Not only this, Jane Bradshaw was the first woman to finish and also the first veteran lady.

It has been a busy few days for the Clubs walkers. On Monday the 21st Shaun Lightman won the VAC 5 Mile Summer League race at Battersea in a time of 43.51 with Peter Hannell 4th and David Hoben 7th. Scarcely pausing for breath they were back in action on the Wednesday evening at the Surrey Walking Club 3km open race at Norman Park. Here Shaun was 2nd in 17.00.5 followed by Peter in the third, 17.40.2. Club President Steve Hollingdale made a welcome appearance in 8th place in 19.30.9 and David Hoben was 10th in 20.42.1.

Fast forward to Saturday and David was 5th in the LICC 5km walk in 34.24.76 while on Sunday Peter was 3rd in the Vets AC 3km track walk in 17.38.08.

Fintan Parkinson was the Club's first finisher in the latest Bromley 5km Park Run at Norman Park. He finished in third place in a time of 18.15 with Bailey Stickings in 9th and Jamie Gosnell in 16th. Amber Reed finished in 20th place and was the first woman overall. Charlotte Stickings was 45th and Megan Beaman-Browne 214th.

Club members were in action in various other Parkruns around the country. Pete Rogers was 32nd at Dulwich; Scott and Nigel Bulmer 22nd and 23rd respectively at Eastbourne; Chris Pike 19th at Greenwich; and Ian Young 44th at Poole.



21/08/12

Having become World Junior 100 metre champion and just missing out on a place in the Olympic Final, Adam Gemili is now much in demand on the European race scene. First stop for the 18 year old Blackheath & Bromley athlete was the Samsung Diamond League Meeting in Stockholm last Friday evening.

Wearing his Club vest he finished in 5th place in the 100 metres in a time of 10.22. This weekend he will be running the 200 metres at the next race in the series at Birmingham.

The timing of flights meant he was unable to be at Norman Park as the Club hosted the final British Athletics League Division Two match of the season. The team finished in 4th equal position which means they ended the year in 5th overall.

This is some way off the promotion place they had been looking for, but there is plenty of talent in the squad to form the basis of a team to challenge for the Divisional title next year.

There were no individual winners on the day but there would have been had Dan Putnam not pulled up with injury in the 400 metres. He looked to be on for a personal best until a hamstring problem left him sprawled on the track. He had earlier finished second in the 100 metres with Duayne Bovell winning the B string in a very useful 10.85.

Captain Mike Skinner had to settle for second place in the 1500 metres just missing out in a sprint finish and just 25 minutes later toed the line in the 5000 metres. The blazing heat ensured this was no warm down and he did well to close in third place.

Jermaine Olanas was the Club's other second placer as he finished runner up in the long jump with a leap of 7.27.

Ed Harrison had his first race back following an abductor injury and he did well to claim third in the A string 400 hurdles. Other third places came from Lewis Ely in the high jump and Craig Baker in the javelin.

Craig Morten made a good debut for the team in finishing second in the B string 400 hurdles and he also ran both the 400 and the 4x400.

The Club were most grateful to Richard Daniel for stepping in at extremely short notice to compete in the 3000 metres steeplechase. The three points he scored helped ensure the team were 4th equal rather than 5th. However, everyone played their part in achieving this result.

Sunday saw a Summer Olympic Lunch at the Clubhouse in Hayes with a number of the Club's Olympians present. Adam Gemili was the newest and youngest Olympian in attendance and he was joined by 92 year old Jack Braughton (5000 metres London 1948), Shaun Lightman (50km walk Mexico 1968), Margaret Baldwin (800 Munich 1972), Buster Watson (200 metres Los Angeles 1984) and Tawanda Chiwira (400 and 4x400 Atlanta 1996 and Sydney 2000).

It was a very special afternoon with many tales told, good company and good food plus an Olympic flag and torch. Pictures of the event can be found on the Club website.

A number of the Club's potential Olympians of the future were competing at the National Under 17 and Under 15 Championships at Bedford with Dina Asher Smith and Maya Brunej both winning titles.

Dina actually won two events. The John Blackie coached athlete, who earlier this Summer represented Great Britain at the World Junior Championships, took the 100 metres in 11.63 and then won the 200 metres by nearly a full second in 23.80. Second place in this was Shannon Hylton in 24.79 who is also coached by John.

Maya almost replicated Dina's achievement in the Under 15 age group with Gold in the 100 and silver in the 200. However, this was only half the story. She set a new best of 12.07 in the heats of the 100. In the final seven of the athletes did not hear a recall gun and ran the whole of the race with Maya stopping the clock first in a new best of 11.85.

It was decided the race would have to be rerun and 30 minutes later they lined up on the start line again. After another false start, the race finally got underway and Maya made no mistake in claiming the title in a new best of 11.82, retaining the title she won last year.

Her time had an above the legal limit following wind of +2.3 metres per second but is a Club record for a wind assisted performance. It also equalled the Championship Record, albeit wind assisted.

On to the 200 metres and she was a hundredth of a second off her best in the heats with 24.74 before setting a new pb of 24.65 in winning the silver medal.

More success came courtesy of Cheriece Hylton who won silver in the Under 17 womens 300 metres in 39.70 and from Stefan Amokwandoh with a bronze in the mens triple jump with a leap of 14.08.

Yemisi Sofolarin and Gemma Brown were 6th and 11th in the under 17 discus and Isabella Hilditch and Jamilya Robinson Pascal placed 7th and 12th in the under 15 girls long jump. Shannon Riskey timed 2.24.76 in the heats of the 800.

There was good news too this week for the Clubs Junior team. They have qualified for the National Junior Athletic League Final at Derby on the 9th of September. This follows a paper match between the third and fourth finishing teams from the three Area Premier Leagues. As well as the chance to become National Champions, the top mens and womens teams at Derby will represent the United Kingdom in the European Champions Clubs Cup for Juniors in 2013.

Blackheath & Bromley's under 20 women achieved this for the 7th year in a row last year and travel to Ljubljana in Slovenia the week after Derby to represent the UK in this years competition.

Shaun Lightman finished in 4th place in the 3000 metres walk at the Veterans AC track meeting at Battersea Park on the 15th of August. He timed 16.35.5 with Peter Hannell in 5th place in 17.45.7. David Hoben was 8th in 20.21.4.

A few days earlier on the 11th, David had taken part in the 43rd Annual Death March 100km in Antwerp, Belgium, an event which remembers those who suffered in the World War Two. He timed 17 hours and 33 minutes. He was back in action again on the 18th when he finished in 19th place in the Enfield League track 3000 metres race. His time was 20.47.

Andy Rayner had to miss the British League match at Norman Park as he had to attend a wedding, but he did win the latest Bromley Parkrun earlier in the day. His time over the 5km course was a very useful 15.18. William Fuller in 10th, Fintan Parkinson 13th and Andy Tucker 16th all made the top 20. Sarah Belaon was the Club's first female finisher in 41st one place ahead of Justine Eastbury.

Club members featured in numerous other Parkrun races across the country. Joshua Davidson was 2nd at Barrow; Bailey, Charlotte and Lewis Stickings 11th, 16th and 30th at Bexley; Pete Rogers 44th at Dulwich; Glenn Turner 21st at Gladstone; Niamh Bridson Hubbard 8th at Greenwich; Brendan McShane 2nd at Lloyd Park; Ian Young 66th at Poole; and Mike Simms 52nd at Princes park.



14/08/12

There were no medals for Blackheath & Bromley's new Olympians Scott Overall and Adam Gemili at the London Games, but what they did win in taking on the best in the World was massive support for their efforts; huge appreciation of their achievement

in being there; and widespread admiration for the way they conducted themselves throughout.

Hopes that the marathon would be run in kinder conditions than at recent Olympics did not materialise as temperatures soared. The heat affected all runners with only three athletes dipping under 2 hours 10 minutes for the distance when 132 have done so in the world this year.

Scott finished in 61st place in a time of 2.22.37 which was 12 minutes down on the time he ran at Berlin to qualify for the British team. He felt that he'd only run about 18 miles as after being reasonably well placed the heat took its toll. The last of the four six mile laps was a survival exercise.

Reflecting on the race, he thought he probably went off a little too quick for the conditions, but given the shouting and cheering from the thousands lining the route, it would have been difficult not to.

He believes there is still much he can achieve at the Marathon distance and his next target is the New York event in November.

Disappointment too for Adam in the heats of the 4x100 metres relay. The Great Britain team were disqualified due to an infringement on his changeover and so they did not progress to the final. The time they clocked in crossing the line was 37.93, the quickest by a British team for five years. They had the potential to win medals in the final but you've got to be in it to win it and they weren't.

"Quite gutted about last night because on the right day we would have been in contention for sure. I will learn from what happened and move on to the future." said the 18 year old who has impressed everyone with his mature attitude.

Adam and his under 20 team mates will have to wait for the results of a paper match to determine if they have qualified for this years National Junior Athletics League Final at Derby on the 9th of September. They finished in third place in the final match of the Southern Premier Division season at Copthall which means they missed out on the two automatic qualification places.

Six of the eight final places come from the top two finishers in the three Area Divisions. The third and fourth placers from each Area are then entered into a paper match based on each clubs performances over the season with the top two gaining the remaining places in the Final.

Despite the heat, it was still quite windy but this did not stop Dina Asher Smith from completing a sprint double. She won the 100 in 11.98 and then the 200 in 24.57. She was also part of the winning 4x100 metres quartet along with Vivien Olatunji, Amara Lalemi Jacobs and Rachel Dickens. Rachel had earlier won the 400 metres in 56.61.

Pippa Woolven set a new best of 9.53.55 in the 3000 metres as she won the race by half a minute.

A number of athletes competed in the Jumps and Throws Festival in Birmingham and, although no personal bests were set, Liz Hughes did produce an over 35s Club record in the womens pole vault as she soared over 3.56. Mariette Terrise Hilborne cleared 3.91 to finish second in her pool while Rachel Arnheim was 4th in 3.61. There was a winner, however, as Isabelle Jeffs was first in the javelin with a throw of 52.96.

Four athletes competed in the long jump, the best of whom was Jermaine Olasan who leapt 7.24 followed by Oliver Newport 7.14, Joe Lawrence 6.97 and Stefan Amokwandoh 6.19. Stefan also recorded 13.63 in the triple jump. Lewis Ely cleared 1.90 in the high jump.

The Friendship Walks at Enfield gave the Walking Community the opportunity to welcome both those who might be interested in taking up the Sport and those visiting Britain for the Olympics. Around a 100 took part. Shaun Lightman finished in 12th place in the 5 mile event in a time of 47.11 while Dave Hoben was 28th in 56.05.

Dan Marks was the first Club finisher in the latest Bromley 5km Park run at Norman Park. He was 5th in 18.23 with Fintan Parkinson 7th and Andy Tucker 9th. Justine Eastbury was first woman from the Club in 51st with Megan Beaman-Browne second.

Brendan McShane was 7th at Riddlesdown with Jessica Keene 15th while Peter Hamilton was 20th at Dulwich and Adrian Haley and Carolyn Jones Baldock 52nd and 56th respectively at Eastleigh.

This Saturday the 18th, the Club hosts the final British Athletics League match of the season at Norman Park. This is a rare opportunity to see many of the Clubs top Senior men in action on home ground. To add to the occasion there will be a BBQ and beer tent. The first event is 12.30 and the meeting finishes at 5.30.



7/08/12

Adam Gemili added to his growing global reputation as he just missed out on a place in the 100 metres Final at the Olympic Games in London. Having become the World Junior Champion last month, the Blackheath & Bromley athlete showed that despite still being only 18 he is able to be competitive with the Worlds top Seniors as well.

He had his first race against senior athletes just 16 months ago at Kingston in the Sward and Kinnaird Trophy Meeting. Little did he think then that in such a short space of time he would be competing across London at Stratford in the Olympics.

The heats of the 100 metres saw him line up against the Jamaican Asafa Powell, who has run the most sub 10 second races in history. Adam had perhaps his best ever start to a race and finished second to Powell in 10.11.

On to a semi final where he was drawn against reigning World Champion Yohan Blake and American record holder Tyson Gay. These two took the automatic qualifying places but Adam took third in a dip finish clocking his second fastest ever time of 10.06 just one hundredth slower than his best. He just missed out on a place in the final as a fastest loser.

He felt that his start in the semi was not as good as it could have been but overall was happy with his performance at the Games. Not only did he perform well, his mature attitude should hold him in good stead for the future.

While most eyes have been on London, Jermaine Olasan travelled to Sweden for the Folksam Challenge at Molndal. After taking a six week break mid season to dip back into some heavier training, he finished in 4th place in the long jump in his second competition back with a leap of 7.21.

Clem Leon finished in 4th place in the over 55s age group at the British Masters Decathlon Championships at Horspath. He scored 5263 points. His best event was the 100 metres where he timed 13.36 to score 753 points. He was also over 700 points in the 400 metres. His time of 61.30 scored 732. He also produced the best high jump of the competition with a clearance of 1.51.

In the accompanying 10,000 metre championship Peter Hamilton was 5th in the over 60s age group in a time of 40.28.73.

Some of the Club's top pole vaulters were in action at a special invitation event at Lewes in Sussex. Mariette Terisse-Hilborne continued her fine form with a clearance of 3.90 to win her pool with Rachel Arnheim 4th with 3.40; Liz Hughes 6th in 3.30 and Murray Hilborne 9th in 2.90.

In a similar event at Ashford, under 17 Helena Coleman equalled her personal best as she cleared 3.10 for the second week in a row.

In the penultimate Veterans AC League 5 mile Race Walk of the Summer at Battersea Park, Peter Hannell finished in 6th place in 50 minutes and 6 seconds. David Hoben was 12th in 56.10.

Youngster Thomas Desborough won the Club 5000 metre Championship in 18.01.3 with Andy Tucker 2nd in 18.16.9 and Brendan McShane third in 18.53.0. Andrea Pickup was 5th overall to win the womens race in 19.32.6 followed by Rosie Ferguson 9th in 21.00.5 and Sally Haffenden 13th in 21.46.

The race incorporated the latest race in the series for the John Hoy Trophy, awarded on the basis of age related performance tables. Current leader is Helen Godsell on 95 points just one clear of Graham Coates with Rob Brown third on 85.

It also incorporated the penultimate race in the Middle Distance Grand Prix. After five of the six races Rosie Ferguson heads the womens event with Andrea Pickup second and Helen Godsell third. Andy Tucker leads the mens event with Graham Coates second and Thomas Desborough third.

Tom was back in action again in the Bromley 5km park run which takes place at Norman Park each Saturday morning. He was the Club's first finisher in 11th overall with Andy Tucker 12th and Jake Potter 16th. First woman to finish from the Club was Justine Eastbury in 47th with Sarah Belaon 58th and Chloe Kibblewhite 143rd.

Chris Pike was 14th in the event at Greenwich and Helen Godsell 26th at Riddlesdown.



31/07/12

Blackheath and Bromley's Senior Women are now officially one of the three best teams in the country as they finished in third place in the UK Womens League for the 2012 season. They were actually fifth in the final match of the season at Swansea but, such was the strength of their position prior to the match, they held third place overall. This is the Club's best ever position and represents remarkable progress since they qualified for the League in 2004.

Best result on the day came from British 100 metre record holder Montell Douglas who won both the short sprint and the 200 metre races. The strong headwind militated against fast times but she still clocked 11.99 and 24.61 in her races.

Serita Solomon was the other winner as she was the only athlete to dip under 14 seconds in the 100 metre hurdles with a 13.97 clocking.

There was nearly a third individual victory but Mariette Terisse Hilborne had to settle for second place in the pole vault on countback with a clearance of 3.80. Izzy Jeffs would have won the javelin contest had it not been judged that what looked like two perfectly good throws were fouls. Her fellow competitors thought they were legal. She ended with no distance recorded.

With Shaunagh Brown absent competing at the Highland Games, Sam Milner stepped up to the A string in the discus and finished in a very good third place with a distance of 44.64. She was also 5th in the shot and 8th in the Hammer with a seasons best of 35.22.

Other third places came in the relays. The 4x100 metre team of Montell, Serita, Anike Shand Whittingham and Grace Sheppard timed 47.07 and were just six hundredths off second place. Anike had earlier scored good B string points in both the 100 and 200.

It was third also in the 4x400 metres courtesy of Krystal Galley, Megan Southwart, Amara Lalemi Jacobs and Yimika Adewakun. They timed 3.54.27. Megan came up against a high class field in the 400 hurdles and despite timing 60.80 she had to be content with 5th place. She was also runner up in the B 100 Hurdles.

Rachel Arnheim also achieved a B string second place in the pole vault with a clearance of 3.50, a height that would have gained her second in the A string but for Mariette clearing 3.80.

Christine Lyston equalled her best of 1.60 in the high jump and Frances Read matched her seasons best of 1.55 in the B string. Lauren Blackie and Emily Martin scored important points in the horizontal jumps as did Ellie Duffy Penny and Elli Dumper in the throws.

Elaine Murty doubled up in the 800 and 1500 despite a heavy cold and more valuable points came from Carolyn Plateau (1500), Amber Reed and Mel Kane (3000) and Michelle Fewster (2000 steeplechase). Michelle also set a seasons best in the 400 hurdles.

Team manager Brendan McShane was very proud of the team and the squad who have competed over the three matches this season. The Club will be looking to build on this platform in 2013.

What they would also like is a home fixture as they have been in the League since 2005 and not been awarded one, despite having, in Norman Park track, one of the best venues for a match.

Club members and the public will have the opportunity to see the Senior men compete at their Bromley home base on the Saturday the 18th of August. They were also in action last Saturday finishing in 5th place in their British Athletics League Division Two match at Derby. This means they are 6th in the table, 6 league points ahead of 7th placed Kingston & Polytechnic and just two behind 4th placed Notts AC.

There were a number of pleasing performances with Michael Skinner returning to the team to win the 3000 metres after finishing third in the 1500. Andy Rayner made it maximum points in the B 3000.

It was a double victory again in the 100 metres with first year senior Kieran Daly winning the A string and Oweka Wanogho the B.

Dan Putnam set a new best of 47.17 in finishing in second place in the 400 metres and there were runners up spots also for Lewis Ely, who equalled his best of 2 metres in the high jump, Jermaine Olasan who leapt 6.95 in the long jump; and the 4x100 metre team of Kieran, Oweka, Dan and Duayne Bovell.

As ever, Alex Pope was a stalwart for the team competing in 6 events before a knee injury reduced him to a standing throw in the javelin.

In fact four athletes picked up injuries on the day but the real damage to the teams chances of getting back in the promotion race had really occurred in the days leading up to the competition with the withdrawal of some important points scorers.

The final match will give the squad the chance to show what they are really capable of as they regroup for a promotion push next season.

Shaunagh Brown was pleased with her performance at the Highland Games finishing third overall over the 8 events that took place over two days. "I did really well considering it was more a strong woman competition". She was only beaten by the worlds strongest woman in 2011 and the third placer from that championship.

The Club's youngsters have qualified for the McCain UK Young Athletes League National Final after finishing in third place in the Southern Area Final at Cophall Stadium. The Final takes place in Manchester on the 2nd September with the top teams from England, Wales and Scotland competing for the right to be acclaimed National Champions.

The start of the school holidays made it difficult to field full strength teams at Cophall but there were, nevertheless, many fine performances and great individual efforts as all the youngsters strove to score important points for the team.

The Hylton twins Cheriece and Shannon were to the fore in the under 17 womens age group. Shannon won both the 100 and 200 metre races and her times of 12.16 and 24.70 were both National Grade One performances. Cheriece stormed to victory in the 300 metres in 40.41 and they joined Vivien Olatunji, who had earlier won both B string 100 and 200 metres races, and Aine Hurlock to secure victory in the 4x100 metres.

Gemma Brown and Yemisi Sofolarin scored maximum points in the discus and both produced Grade One performances. Gemma won the A string with a throw of 38.28 while Yemisi won the B string with 33.63. Helena Coleman not only won the pole vault contest but, in doing so, she set a new personal best of 3.10.

In the mens' event Stefan Amokwandoh was an impressive winner of the triple jump with a leap of 13.47. Louis Hopgood won the 400 hurdles in 60.44.

Replicating Shannon Hylton's achievement Maya Bruney won both the 100 and 200 metre races in the under 15 girls age group in grade one performances. She timed 12.44 and 25.14. Brooke Hollett made a massive breakthrough in the shot adding over a metre to her previous best with a throw of 9.99, a grade one performance. Such was the quality of the opposition this only got her second place.

Likewise Jed Botham's 5.73 leap in the boys long jump saw him take the runner up spot despite a grade one. Gabriel Ibitoye set a new best of 11.52 to win the 100 metres and was a winner again as part of the 4x100 quartet along with William Adams, Joshua Dalson and Dotun Ayodele.

Another huge personal best came in the under 13 boys high jump where Asa Andrew won with a mighty leap of 1.49, 14 centimetres higher than he had jumped before. Despite running into a -1.8 headwind Daniel Ndukwe still ran a grade one of 26.59 for the 200 metres.

In the girls sprints Nicole Farmer was just four hundredths of a second off winning the 75 metres but her 10.31 was only good enough for third place despite being a Grade One performance. Naomi Kingston won the 1200 metres by over seven seconds in 3.57.24.

No doubt with some dedicated training over the next month many of these youngsters will be able to set personal bests in the National Final.

Youngster Niamh Bridson Hubbard was the first woman to finish in the latest Greenwich 5km park run. She was 9th overall in a time of 20.11. Rob Brown was 11th. Neil Ayrton finished in third place in the event at Bexley, timing 19.02. Dan Marks was the first Club member to finish in the race at Norman Park. He was 6th in 18.15 with Andy Tucker 7th and Steve Pairman 11th.

Ramon Saiz was second over 75 in the Les Golding Memorial 10km at Herne Bay in a time of 60.53.

Of course all Club members are looking forward to seeing Adam Gemili and Scott Overall competing in the London Olympics. Adam competes in the heats of the 100 metres this Saturday morning at 10am. Scott races the marathon on Sunday the 12th at 11am. They and the Club are featured in the current edition of the Bromley Times with Adam gracing the front cover. Visit www.bromleytimes.co.uk for more details.



25/07/12

Scott Overall put the finishing touches to his preparations for the Olympic Marathon with a comfortable win in the BUPA Great North Run at Gateshead. He came home in a time of 29.34, twenty five seconds clear of Ethiopian Yared Hagos.

From Newcastle he travels to Loughborough to collect his Great Britain kit and from there heads to the holding camp in Portugal. There he will train and watch the majority of the Games on television before flying in a few days before the marathon.

Still on the London Games, Club Past President Mike Peel was one of the torchbearers as the Olympic flame passed through the Borough of Bromley. Mike's leg was in Crystal Palace park. It was a special day. Full details and pictures are on the Club website.

Shaunagh Brown broke her own Senior Club record in the Hammer at the Roche sur Yon meeting in France. She produced a throw of 61.13 which added 14 centimetres to her previous best. While pleased to set a new best she does have her eyes on throwing over 65 metres.

Twins Cheriece and Shannon Hylton represented England in the SIAB Schools Home Countries International at Ashford and both came away with individual victories. Cheriece set a new best of 38.59 to win the 300 metres by over a second. This makes her the second quickest in the UK this year.

Shannon also enjoyed a convincing victory in the 200 metres winning by three tenths of a second in 24.48.

In the field Robyn Pettit was third in the high jump with a leap of 1.70.

Steve Timmins enjoyed a remarkable day at the British Masters Athletic Federation Championships at Derby. He came away with five medals, two of them gold. Victories came in the over 35s age group in the shot with a throw of 13.67 and the discus with 38.03. He also won three bronze medals in the javelin in 42.00; hammer 47.08 and Heavy Weight 13.04.

In the womens age group Liz Hughes marked her debut at these championships with victory in the pole vault with a clearance of 3.20.

More throws success came in the M40s age group as Mike Van Den Dobbelen struck gold in the javelin with a distance of 50.40.

Like Steve and Mike, Richard Holt showed the benefits of competing in the Club's British League team this season as he broke the Club over 40s 400 hurdles record when he came second in 56.86, having just been pipped on the line. He was delighted with the time which meant finally after 27 years of trying he at last holds an individual Club Record, the others he has held have been as part of relay teams. He also grabbed bronze in the 400 metres in 55.23.

The javelin success continued in the over 50s age group where Steve Langdon won silver with a throw of 47.82.

Tom Phillips was 4th in the over 55s 100 and 3rd in the B 200 while Peter Hamilton finished 8th in the over 60s 5000 metres.

Peter Hannell won the silver medal in the over 65s 3km walk in 17.54.12.

Last, but not least, Colin Brand replicated Steve Timmins double gold success at the upper end of the age groups as he won the discus with a throw of 30.27 and the javelin with 29.32.

Colin was back in action the following day, not on the infield, but serving the barbecue as the Club hosted the latest Southern Premier Division match of the National Junior Athletics League at Norman Park. This was a keenly contested affair with only two Clubs guaranteed places in the National Final in September.

Pippa Woolven had her first races after competing for Great Britain in the steeplechase at the World Junior Championships last week in Barcelona. After a third place in the 800 metres she won the 1500 metres in 4.40.52.

Dina Asher Smith ran in the 200 final in Barcelona but moved down to the 100 metres to take on her 4x100 team mate and individual 100 metre representative from Spain Sophie Papps of Windsor. It proved one of the races of the day with Dina having the advantage for the majority of the distance before Sophie came through to win in 11.78 to Dina's 11.85. It earned Sophie the female Athlete Of The Match Award.

A host of other quick sprint times added to the Norman Park track's growing reputation as one of the best athlete friendly venues in the South. These included from the Club a win for Samantha Brown in the 400 hurdles in 63.31; second places for Jonathan Osbourne and Rachel Dickens in the A string 400s and a win for Yimika Adewakun in the womens B string; 2nd and 3rd places for Tadgh Healey in the long and short hurdles; personal bests for Vivien Olaunji in both the 100 and 200; and victories for the womens 4x100 metre team of Georgina Middleton, Amara Lalemi Jacobs and Vivien Olatunji and Dina Asher Smith plus the 4x400 quartet of Krystal Galley, Samantha Brown, Rachel Dickens and Yimika Adewakun.

Middle distance runner Georges Vacharopoulos enjoyed the afternoon with personal bests and A string 3rd places in both the 1500 metres and 2000 metres steeplechase. Michelle Fewster also set a new best in the womens 1500 steeplechase as she came 2nd.

In the field, despite competing at Ashford the previous day, Robyn Pettit was victorious in the high jump with a clearance of 1.73.

Oliver Newport jumped 7.10 in the long jump but had to settle for second place and it was a runner up spot also for first year under 17 Stefan Amokwandoh in the triple jump with a leap of 14.02.

Under 17 Helena Coleman gained a good third place in the womens pole vault with a clearance of 3.05. Frances Read was third in both the womens long and triple jump contests.

Despite these fine performances the Club finished in third place on the day and it looks, with one match to go, that the Club will have to rely on the result of a paper match with the third and fourth teams from the other Area Leagues to determine if they will make the National Final.

Some of the Club's top middle distance runners were in action at the British Milers Club Grand Prix Meeting at Solihull. Michael

Skinner finished in 5th place in the 5000 metres in 14.02.67 with Andy Rayner 17th in the B race. Elaine Murty was delighted to set a new best of 4.23.54 in the 1500 metres. James Poole ran his best time for five years when he timed 3.51.59 in the mens race and Alex Bruce Littlewood clocked a useful 3.53.10.

More middle distance success came on the roads as Peter Tucker finished in second place in the Dartford Half Marathon in a time of 72.35.

The Club's mens team have qualified for the Southern Masters Area Final by becoming Kent Masters League champions. They secured their title last week at Erith Stadium winning the match on the night and winning the League by an impressive 8 points.

As with the previous fixtures it was a close match with the team only winning by two points, so every individual contributed to the victory. At the sharp end Steve Timmins won the over 35s discus with a throw of 39.80.

In the over 50s captain Tom Phillips took the 100 metres in 13.2 while in the over 60s Graham Coates won the 800 by nearly 10 seconds in 2.34.4.

The Southern Final will take place at Ashford on the 2nd of September, but sadly they will not be joined there by the womens team as they finished third on the night and third in the League for the season.

Best performance on the night came from Helen Godsell who won both the 100 metre and the 800 in the over 50s age group. She was also third in the long jump. In the Division Two match Annie McDonough won all three of these events.

A number of the Club's athletes competed in the Southern Inter Counties Under 13 match at Kingsmeadow with many of them achieving personal bests.

Highest placed were Naomi Kingston who was 2nd in the 1500 metres in 5.01.44 and Daniel Ndukwe who was runner up in the long jump with a leap of 4.88. Daniel also timed 13.17 in the 100 metres where there was a personal best for Harry Taylor of 13.00 and Nicole Farmer timed 13.58.

Both Olivia Richer (28.17) and Emily Sheppard (29.26) set new bests in the 200 metres as did Femi Sofolarin with a throw of 28.52 in the javelin.

Race Walking. In the 1km walk at the British Milers Club track meeting at Sutcliffe Park, Shaun Lightman, who competed for Britain at the 1968 Olympics, finished in 5th place in 5.31.1, hotly pursued by Peter Hannell in 5.35.0. A number of other Club members competed here and among them were Megan Southwart who timed a new best of 57.4 in the 400; Leah Everson a pb of 2.21.0 in the 800; Luke Russell 400 (56.4); and Alex Pillow 1500 (4.20.8).

Jessica Keene won the womens race at the latest Bromley 5km Parkrun at Norman Park. She actually finished in 18th place overall in 19.50. First male home from the Club was Dan Marks in 4th place in 18.25 with Andy Tucker 7th, Steve Pairman 12th and Adrian Stocks 13th.

Brendan McShane was 3rd in the event at Lloyd Park in 20.14; Fintan Parkinson 4th at Crystal Palace in 19.52; Chris Pike 11th at Greenwich 21.46; and John E Turner 27th at Dulwich.



17/07/12

Adam Gemili is the World Junior 100 metre Champion. The Blackheath & Bromley athlete won his title in style in Barcelona crossing the line in 10.05, a new Championship record beating the previous best of 10.09 set by Trinidad's Darrel Brown in 2002. It is the 6th fastest ever by a Junior, the quickest ever official time is 10.01 set by Brown in 2003.

He finished over a tenth of a second clear of America's Aaron Ernest (10.17) with Jamaica's Odeon Skeen third in 10.28. It is also a new British Junior Record beating Dwain Chambers previous best by a hundredth of a second and makes him the 4th fastest on the Senior all time list.

Not only this, it is also the second fastest time by a European athlete this year and is a new Club Junior and Senior record. At this rate it seems only a matter of time before he breaks the 10 second barrier for the event. He was not the fastest out the blocks in the final and the following wind was only 0.1 metre per second. The 18 year old certainly believes he can go quicker, but is sensibly keeping his feet on the ground.

Some more impressive sprinting came from Dina Asher Smith in the womens 200 metres. Still only an under 17, the John Blackie coached athlete was competing against athletes up to three years older than her. It didn't matter though. She passed through her heat (23.71) and semi final (23.57) in style before finishing in 7th place in the final in 23.50. This is a Club under 17, under 20 and Senior record, breaking her previous record by three hundredths of a second.

Being so young, the Newstead Woods schoolgirl will still be eligible to compete in these Championships in two years time. The third Club member in the Great Britain squad Pippa Woolven made the final of the 3000 metres steeplechase by finishing in 5th place in her heat in 10.19.28. She qualified as a fastest loser and finished in 9th place in the final in 10.27.95, a fine effort in the hot conditions.

The only disappointment of the weekend was the relays as both the mens and womens teams were disqualified in the final. Adam was part of the GB mens team that won their heat in 39.09 but in the final they were disqualified for an infringement on the first changeover.

Dina did not run in the quartet in the heats as it was close to her 200 metres, but joined the team for the final. They did not get the baton round after failing with the third changeover.

It was, however, an unforgettable Championship for the trio.

The Club has a long record of having athletes selected in these Championships and gold medal success. For example, Julian Golding was part of the GB 4x100 metre team who won gold in 1994; and Dwayne Grant did likewise in 2000.

Adam now prepares for the 100 metres and relay at the Olympics while there are other big competitions for Dina and Pippa. One of these is the European Champion Clubs Cup for Juniors which takes place in Ljubljana in Slovenia in September. This will be the 7th year in a row that the Club's Junior Womens team has represented the United Kingdom in this event, a remarkable achievement.

In fact, emphasising the conveyor belt of talent that has emerged from it's Norman Park base, the Club has already represented the UK 15 times in either the mens or womens competition since 1990.

To gain this honour they have to be either the best mens or womens team in the National Junior League final. Their campaign to qualify for this years Final at Derby continues on home ground this Sunday the 22nd of July at Norman Park, Bromley.

This is the 3rd Southern Premier Division fixture of the season with only the top two teams guaranteed a place in the Final. Currently the Club are in third place in the division, one point behind Shaftesbury Barnet and two behind leaders Windsor.

With other World Junior Championship athletes from Barcelona likely to be competing for their Clubs, a barbecue and beer tent, it promises to be an exciting days competition. The first field events start at 11.00 while the track begins at 1pm.

While Adam is competing in the shortest running event at the Olympics, Scott Overall is competing in the longest, the marathon. Adam's win in Spain took place on the same evening that Scott was at the Clubhouse to give question and answer sessions for the Club's youngsters and seniors.

There could not have been a better start to his talk with the Senior membership than to hear the audience raise the roof as the sprint prodigy crossed the line first in Barcelona. It was a memorable evening and it was particularly pleasing to hear so many articulate questions from the younger members.

Still on the Olympics, Past President Mike Peel will be taking part in the torch relay as it passes through Bromley this coming Monday the 23rd. Details of the route can be viewed on the Club website.

Still on the International scene, Montell Douglas was just outside her seasons best of 11.49 for the 100 metres at the Samsung Diamond League meeting at Crystal Palace.

Louis Mascarenhas set a new best of 49.93 in winning silver in the Under 17 mens discus at the South Of England Championships at Watford. Gemma Brown just missed out in the womens event as she was 4th with a throw of 36.87.

A number of athletes set new bests and these included Jessica Keene and Niamh Bridson Hubbard in the Under 15 girls 1500 with times of 4.45.79 and 5.01.31 respectively. Jessica qualified for the final where she finished 8th. Bailey Stickings ran 2.08.96 in his heat of the 800 and then improved again in the final to 2.07.67. Shannon Risky ran a new best of 2.20.2 in the semi final of the 800 metres and finished 6th in the final despite being the youngest in the field. Leah Louise Everson made the semi final after running 2.24.64 in her heat and finished 6th.

The Club continued its unbeaten run in the Southern Athletics League with victory in the fourth fixture of the season at Sutcliffe Park. It was an important win because the match featured the top four teams in the Division with only the Champions guaranteed promotion.

Fortunately B&B won with 207.5 points to Brighton's 173, Cambridge Harriers 170 and Tonbridge 168.5.

It was a fine team effort with each member of the squad contributing to the success. Shaunagh Brown enjoyed the competition at her normal training venue and celebrated with wins in the A string shot, discus and Hammer events. Training partner Steve Timmins weighed in with victories in the mens Shot and hammer contests and Mike Van Den Dobbelen took the A string javelin.

The women actually won 7 out of 8 A string field events as Lauren Blackie was first in the long and triple jumps; Sonia Woolhouse won the pole vault and Alex Wheelwright took the high jump. Not to be outdone Lewis Ely claimed victory in the mens high jump while Mark Longhurst soared over 4.40 in the pole vault.

On the track Luke Smallwood made a rare Summer appearance, his electronic timing business (www.justiming.co.uk) severely limiting his racing at present. He won the 400 hurdles in 55.73 and then the A string 400 in 49.21. Katrina Cosby won the womens 400 hurdles and then sportingly ran the 3000 metres to score important points for the team. Grace Sheppard was just outside her best in winning the 200 metres and Peter Tucker impressed with victory in the 3000 metres.

Alex Pope did not win an A string event but, as always, was here, there, and everywhere winning the pole vault, shot, discus and hammer B strings.

Michael Skinner won the Bushy Park 5km Parkrun in a time of 14.49. Closer to home at Norman Park, Andy Tucker was the Club's first finisher in 18.55 with William Pope 7th and Jamie Gosnell 11th.

Charlotte Stickings won the womens event at Bexley while Neil Ayrton was 3rd overall and Nigel Stickings 10th .

Those in action elsewhere included Peter Hamilton who was 10th at Dulwich; Stephen Haley 29th at Banstead Woods; Adrian Haley 26th at Eastleigh with Carolyn Jones Baldock 34th; Sam Adams 16th at Lloyd Park; and Colin Rowe 73rd at Crystal Palace.

Peter Hannell finished in 4th place at the Veterans AC Track meeting 3km walk at Willesden. He timed 17.40.87 with Dave Hoben 6th in 20.36.35.



10/07/12

There has been a good start for two Blackheath & Bromley members at the World Junior Championships in Barcelona. In humid conditions Adam Gemili was a comfortable winner of his heat in the 100metres finishing in 10.37. Pippa Woolven was 5th in her heat of the 3000 metres steeplechase in 10.19.28 and qualified for the final as a fastest loser. Her time was quicker than some of

the automatic qualifiers. Dina Asher Smith will be in action later in the week in the 200 metres.

It was a double celebration in the Hylton household this weekend as twin sisters Cheriece and Shannon won gold medals at the Aviva English Schools Championships in Gateshead.

The Blackheath & Bromley athletes were competing in the Intermediate Girls age group where Shannon won the 200 metres in a new best of 23.95. Cheriece also set a new best in winning the 300 metres clocking 39.02. Their victories mean they will be selected to represent England at the Home Countries International at Ashford on the 21st of July.

Joining them there will be Robyn Pettit who won the high jump with a leap of 1.71.

The Club's other winner was Maya Bruney. She took the Junior Girls 100 metre title in 12.10, after winning her heats and semi final in 12.13 and 12.21, all three times being quicker than she had ever run before this weekend.

Rachel Dickens won silver in the Senior Girls 400 metres in 55.38. Also in this age group Samantha Brown was 7th in the 400 hurdles in 64.55 while Rhiannon Jones was 7th in her heat of the 100 hurdles.

Oliver Newport was 4th in the Senior Boys long jump in 7.02 while Craig Morten and Jonathan Osbourne were in action in the heats of the 400 hurdles and 400 metres.

Back in the Intermediate Girls contest Yemisi Sofolarin won bronze medal in the discus with a throw of 38.94 while Gemma Brown was 6th with 37.08. Evie Syron Russell was 6th in the triple jump with a leap of 11.02 and Helena Coleman was 11th in the pole vault with a clearance of 3 metres.

For the boys Stefan Amokwandoh was 5th in the triple jump with 13.65 and Louis Mascerenhas 6th in the discus with 44.48.

Isabella Hilditch was a fine 5th in Junior Girls long jump with a leap of 5.25 while Jamilya Robinson-Pascal was 16th. Jed Botham was 22nd in the boys event.

The clash with the English Schools and UK Athletics extraordinary decision not to allow a Permit for a Senior Open Meeting to run alongside the South Of England Under 20 Championships at Crystal Palace meant the atmosphere at the stadium was somewhat muted.

Not for Frances Read, however, as she won two titles. On the Saturday she took the long jump with a leap of 5.16. She returned on Sunday to win the triple jump as well with a distance of 10.63.

Although Javari Cameron did not win a medal, he did set a personal best of 6.34 to finish 6th in the long jump.

At the London Inter Club Challenge at Woodford, Shaunagh Brown comfortably won the shot with a throw of 14.99. On the track, over 40 Richard Holt continued his fine season with 58.54 in the 400 hurdles.

In the Veterans AC 5 Mile Race Walk at Battersea, Peter Hannell finished in 6th place in 50.56 with David Hoben 9th in 58.44.

More of the Clubs youngsters were in action in the latest Kent Young Athletes League match Erith Stadium.

Reece McCarthy enjoyed his afternoon with wins in the 80 metre hurdles and shot and a second place in the long jump.

Likewise Harry Taylor in the under 13s age group. His times of 13.4 and 27.6 gave him emphatic victories in both the 100 and 200 metre races. He was also part of the 4x100 quartet along with James Low, George Ward, and Edward Adams who won by nearly 2 and a half seconds.

Best performance of the day came in the under 13 girls age group where Nicole Farmer won the 75 metres in a grade one performance of 10.2.

Magda Ciencelia won the 150 metres in a very useful 20.8 and with Andi Desborough and Olivia Richer winning the B races, the Club achieved maximum points in the sprints. Emily Sheppard joined Olivia, Nicole and Andi for victory in the 4x100.

Steve Timmins is the British Masters Throws Pentathlon champion for the over 35 age group. He won his title at Copthall, the day after competing for the Club in the British League at Grangemouth. His total points score of 3166 saw him win by 68 points. In the shot he threw 12.90 and then 13.84 in the Heavy weight. A 39.53 discus was followed by 42.76 in the javelin and he finished with a 46.13 in the hammer.

He was one of four athletes who competed in the various age groups and all came away with medals. Colin Brand and Gordon Hickey were second and third in the over 75s age group with 3162 and 2575 respectively. Barbara Terry was second in womens over 65 age group with 2268.

Timmins was in action for the third day in a row at the Kent Masters League at Ashford where the men tightened their grip on the League title. Despite being second equal on the day, they head the table by 7 points.

Wins on the night came in the 3000 metres where Alex Gibbins won the over 35s race in 9.23.6 and Paul Ross Davies the over 60s race in 11.29.0.

The women finished in second place on the night but remain in third place overall. Jackie Montgomery claimed victory in the over 35s pole vault with a clearance of 2 metres. Helen Godsell won the 40 in the over 50s age group and Barbara Terry the hammer in the over 60s.



3/07/12

There was bad news for Blackheath & Bromley's Montell Douglas at the European Championships in Helsinki. The Great Britain

4x100 metres team were disqualified for a lane infringement. This was bad enough, but worse is that this means Britain will not be fielding a 4x100 team at the Olympics because they are not one of the 16 fastest teams in the world over the last two years.

Meanwhile Mensah Elliott set a new Gambian National Record for the 110 hurdles at the African Championships in Benin. He timed 14.70 but in achieving this he injured his hamstring.

Three members of Blackheath & Bromley have been selected to represent Great Britain at the World Junior Championships in Barcelona from the 10th of July. Adam Gemili is selected for the 100 metres and the 4x100 squad. He is currently the fastest Junior in the World over the 100, nine hundredths quicker than the next fastest athlete.

Dina Asher Smith is still an under 17 yet she has been picked for the 200 metres. The John Blackie coached athlete recently broke the Club Senior, Junior and Under 17 record at the distance with 23.57.

Second claimer Pippa Woolven goes in the 3000 steeplechase. She is the fastest in the country this year with 10.11.86 nearly 14 seconds quicker than the next best.

Still on International selections, Colin Norris has been chosen to represent Great Britain in the World Duathlon Championships which take place at Nancy in France at the end of September. Not only this, he has also qualified for the World Triathlon Championships which take place at Auckland, New Zealand in the third week of October. His participation in this will be dependent upon him obtaining some sponsorship.

Blackheath & Bromley consolidated their position in the UK Womens League Premier Division when they finished in third place in the second match of the season at Eton. This was their best ever position in the League and leaves them third overall in the table on 10 points with one match to go. Significantly they are three points clear of the 4th and 5th placed Clubs with the teams in 6th to 8th place all on 6 points.

Highlight of the day came in the javelin where Izzy Jeffs threw a new Divisional record of 55.79 to win the competition by over a eight metres. This is the second furthest in the country this year.

More throws success came as Shaunagh Brown was third in the shot and discus and 4th in the hammer while Samantha Milner set a new best of 46.16 to win the B discus.

Mariette Terrisse-Hilborne made a big impression on her debut for the team. She finished second in the pole vault with a clearance of 3.90 while Rachel Arnheim won the B string with a leap of 3.50.

More impressive performances came in the hurdles events. In the 400 hurdles Megan Southwart and Katrina Cosby came second in the A and B strings in times of 61.24 and 61.83. Serita Solomon was runner up in the 100 hurdles in 13.52 while Megan returned to record a new wind assisted best of 13.91 to win the B string.

Grace Sheppard also ran quicker than ever before in the 200 with 24.73 and she linked up with Anike Shand Whittingham, Katrina Cosby and Rachel Dickens to secure third place in the 4x100 metres. The other personal best came from Elaine Murty who timed 10.23.95 in the 3000 metres, just 50 minutes after running 2.13.14 for the 800.

The men did not fare so well in their latest British Athletics League Division Two match of the season at Grangemouth in Scotland. In another close match, they finished in 6th place and are now 5th overall with two fixtures to go. They will need to be at their best for the last two matches and hope the other team positions shift around if they are to lay claim to one of the two promotion places.

Ed Harrison was the only individual winner, taking the 400 hurdles in 52.76 in challenging conditions. Debutant Kieran Daly and Oweka Wanogho scored a lot of good points in the sprints. While Kieran was 4th in the A 100, Oweka won the B string. They reversed strings for the 200 with Oweka second in the A and Kieran securing maximum points in the B. Then together with Duayne Bovell and Javari Cameron they were second in the 4x100.

Alex Bruce Littlewood returned from University in America to finish second in the 3000 metres steeplechase. He, Andy Rayner and Peter Tucker all doubled up in the middle distance to score important points for the team.

Best event in the field was the pole vault where Mark Longhurst set a seasons best of 4.80 to finish in second place and Sam Brown cleared 4.40 to win the B string. Steve Timmins was second on the shot with 13.18 and Mike Van Den Dobbelssteen was 3rd in the javelin with 50.79. As ever Alex Pope made a massive contribution to the team, on this occasion he competed in seven events.

Long standing Club member Lyn Atterbury has been living in Poland for the last 14 years and last weekend he claimed a hat trick of gold medals at the Polish Veterans Athletic Championships in Bialystok. Competing in the over 65s age group, he won the 3000 walk, the 5000 walk and the 1500 metres. While he admits his times were nothing special, these wins were achieved in hot and humid conditions of around 30 degrees.

With no Bromley 5km park run this week, runners from The Club were scattered over a number of venues.

Charlotte Stickings was first in the womens race at Bexley in 20th place overall. For the men Dan Marks was 3rd with Graham Coates 10th.

Jessica Keene was 16th in the event at Crystal Palace while Nigel Haffenden was 11th at Dulwich with Sally Haffenden first woman from the Club in 55th. Adrian Haley was 49th at Eastleigh with Carolyn Jones Baldock 75th. Steve Pairman and Rob Brown were 4th and 11th at Greenwich.

