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Blackheath & Bromley Harriers AC

Jul to Sep
2014

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30/09/14

The Berlin Marathon took centre stage last weekend as Dennis Kimetto broke the World best time, winning in 2.02.57, 26 seconds off the previous record. Blackheath & Bromley were also celebrating as Scott Overall finished in 14th place in 2.13.00.

This is the third fastest time by a Briton this year with only Mo Farah and Chris Thompson having run quicker. It is his second fastest marathon ever, his best of 2.10.55 having been set at Berlin in 2011.

He was not the only Club member in Marathon action as Ritchie Leccia finished in 23rd place in the Robin Hood Marathon in Nottingham. He timed 2.56.52 which is a new personal best. In Scotland Max Buttinger ran at a more sedate pace and was 538th in the Baxters Lochness Marathon in a time of 3.47.22.

Closer to home, and running half the distance, Sam Barnes was 33rd in the Ealing Half Marathon in a time of 79.13. Jamie Darling was 12th in the Windsor Half Marathon clocking 85.15 while Alexis Tobin was 144th in 97.02. A number of the Club's runners took part in the Tonbridge Half Marathon. First home in 30th was Paul Sharpe in 1.24.15 followed by Andy Tucker in 44th (1.25.53) and Steve Pairman 76th (1.30.59).

Peter Tucker will be running the Jersey Marathon soon and he continued his preparations by winning the Dartford Bridge 10km in a time of 33.29.

The track season is nearly over but Yasmin Austridge is still setting personal bests. In the Watford Open Meeting she timed 10.32.82. There was a best too for Jessica Keene in the 1500 metres as she timed 4.29.69.

On the country Richard Holt got in some endurance work by running in the Kingston and Polytechnic Harriers 5 mile race in Richmond Park. Better known as a 400 hurdler, he finished in 8th in 39.32.

In the Enfield Race Walking League at Hemel Hempstead, David Hoben managed 8,377 metres in the one hour race.

Full details of performances by Club members in the latest Parkruns can be found at the following link

<http://www.parkrun.com/results/consolidatedclub/?clubNum=181&eventdate=2014-09-27>



23/09/14

It's voting time and Blackheath & Bromley will be following the fortunes of two of its members who are among nine Britons who have been nominated for European Athlete of the Year awards. Both Adam Gemili and Dina Asher Smith feature as nominees in the Rising Stars section following their impressive performances this Summer.

Twenty year old Adam is the European 200 metre champion as well as being Commonwealth Games 100 metre silver medallist. Dina is the World Junior 100 metre champion and broke the British Junior record for the 200 metres at the European Championships.

Voting is open to the public whose castings will make up a quarter of the vote. The media, European Athletics Federations and a European Athletics panel will each have a quarter as well. Club members have until Friday the 3rd of October to register their preference and details can be found at <http://www.european-athletics.org/> with voting through the European Athletics Facebook page.

Many athletes have had little break between the end of the track season and the start of the Winter programme but lots of those who competed this Summer were in action at Aldershot for the South of England Road Relays. There were some very respectable

team results and some outstanding individual performances.

Highlight was the run of Scott Overall in the Senior Mens race. His time of 17.47 on stage three was the fastest time of the day. His effort moved the Club up from 20th to 6th after Danny Brewer had closed in 44th on the opening leg in 20.05 and Alex Bruce Littlewood had improved 24 places with 18.25.

Ben Cockburn clocked 20.17 on the 4th stage but slipped to 15th a position maintained by Peter Tucker who timed 20.09 despite having run and won the Dartford 10 mile road race in the morning. Sam Barnes anchored the sextet home in 14th with 19.36.

This performance means that they have qualified to compete for the National Road Relays in Sutton Coldfield next month. It remains a strange quirk that the men have to finish above a certain position in the Area relays to run in the Nationals but no other age group has this requirement.

The senior womens team was a mixture of youth and experience with captain Jane Bradshaw running a solid opening leg of 15.14 which proved to be the fastest from the Club. Clare Robinson timed 17.43 to close in 54th on leg two before the two younger members of the team Mel Kane and Amber Reed timed 15.56 and 15.40 respectively to move up to 49th and then 46th.

Best team result of the weekend came from the under 17 women who finished in 5th place. They had the best possible start as Jessica Keene was first on the opening stage with a time of 10.22. This proved to be the third fastest time of the day. Leah Everson slipped to 7th on the next leg with 11.53 before Kelsey Fuss moved back up to 5th on the closing stage with a time of 10.41. Kelsey's time was the 11th fastest of the day.

The men placed 22nd thanks to the efforts of Niyi Akin Agunbiade (13.41), Marco Arcuri (13.02), Charlie Davis (13.50) and Alex Leggett (14.36).

The under 15 girls nearly emulated the under 17s but had to settle for 6th place. Yasmin Austridge was 8th on the opening leg in 11.05. Kelsi Cornish ran well but slipped to 14th with 11.44 before Naomi Kingston brought the team up to 6th with 10.48, the 11th quickest time of the day.

A very useful display from the boys saw them finish in 19th place. Callum Myatt brought them in 43rd with 10.57 and from there they kept moving through the field. George Pope timed 10.59 to take 35th. Angus Harrington 10.39 (25th) and Michael Eagling 10.15 for 19th.

Likewise the under 13 girls who came in 18th on stage one through Emilie Penlington with a time of 9.01. Lily Tappenden moved to 16th with 8.57 before Imogen Meers came in 11th with 8.55.

The boys also did well closing in 14th place with Peter Guy's last leg of 10.40 being the 8th quickest of the day. Robert Suckling (11.50), Joseph Georgiadis (11.01) and Cameron Swatton (12.24) formed the rest of the successful quartet.

Some of them were back in action on Sunday as the Club enjoyed plenty of success at the Kent relays at Canterbury albeit all in the under 15s and under 13s age groups.

All the gold medals came in 3x800 metre races. The under 15s boys team of Frankie Scrivener, Coleman Corry and Michael Eagling timed 6.56.1 for victory. The under 15 girls were in impressive form as they finished over half a minute clear of the runners up. Naomi Kingston, Yasmin Austridge and Roisin Atkins-Dykes recorded 7.31.7. One tenth of a second quicker were the under 13s boys trio of Benjamin Gardiner, Cameron Swatton and Rowan Fuss who won in 7.31.6.

The under 13 girls missed out on gold in the 3x800 but did come away with silver medals. Alice Prentice, Lily Tappenden and Lauren Goddard ran 8.07.1. Further sets of silver came from the under 15 girls 4x100 team of Olivia Richer, Nicole Farmer, Mhairi Brooks and Yasmin Austridge in 50.9; the under 13 boys 4x100 metres quartet of Tareq Bannour, Caelan Raju, Philip Tenyue and Myles Xavier (52.2); and the under 13 girls 4x300 team of Alice Prentice, Zoe Austridge, Lily Tappenden and Lauren Goddard (3.17.4).

Frankie and Charlie Scrivener formed half of the under 15 boys team that won bronze in the 4x300 metres. Together with Lewis Stickings and Matthew Knight, they timed 2.46.2. Charlie and Matthew picked up another bronze each in the 4x100 with George Pope and Coleman Corry completing the quartet. They ran 52.0.

The Club only had two athletes at the British Masters throws pentathlon in Birmingham but both came away with gold medals. Steve Timmins was just three points off his best, scoring 3163 to win the over 35s in his last year in age group. His throw of 48.16 in the hammer was a seasons best and he also threw the shot 13.07, the discus 37.68, the weight 14.46 and the javelin 39.55.

Barbara Terry took the over 65s title with a score of 2828. This included throws of 7.26 in the shot; 8.83 heavy weight, 19.41 discus, 20.01 hammer and 15.19 javelin.

Edward Adams finished in 10th place in the junior boys age group at the English Schools Pentathlon Championships at Boston. He scored 2597 points and this included a personal best of 2.25.89 in the 800 metres. He also ran 11.86 for the 80 metre hurdles, cleared 1.63 in the high jump, leapt 5.61 in the long jump and threw 10.41 in the shot.

The Jim Day Memorial Pole Vault competition continues to thrive and serve as a fitting tribute to the Club's former President. There were 107 competitors and of these 36 athletes produced 101 lifetime bests, and 71% jumped higher than ever before this season. Allan Williams and his helpers are to be congratulated on their organisation of this event.

Among the personal bests was one from Club member Helen Coleman who leapt 3.22. Jackie Montgomery equalled her best with 2.62 and Murray Hilborne set a seasons best of 2.82. Murray's wife Mariette Terrisse returned to competition after the birth of their second child and cleared 3.22. Mark Longhurst was second senior man with 4.22 and the organiser himself Allan Williams went over 2.42.



It is hard to believe that it is now ten years since the death of Will Bolton, the Blackheath & Bromley athlete who joined the Club as an under 13, who progressed through the age groups to the Senior ranks, and who at the time of his passing at the age of 21 was already putting time back into the Sport by helping coach some of the Club's youngsters. All the age groups in which he competed were well represented at the relays which are now named in his memory and which act as a curtain raiser to the Winter season.

As ever the weather was good, ensuring a good turn out with 59 teams starting in the main race. It was dominated by Tonbridge AC who finished teams in 1st, 2nd, 4th and 6th. The B&B team closed in 5th with first leg runner Will Fuller the fastest Club member of the day. The under 20 athlete ran 13.12 for the 4km course to finish in 4th place on the opening stage. This time was the 7th quickest of the day. He passed to Peter Tucker who ran 13.42 in the middle of an intense period of racing. He also ran a leg for the B team. Tom Desborough and Fintan Parkinson completed the scoring quartet with times of 15.57 and 14.06 respectively to make a final time of 56.27.

The women proved more successful winning the team race with a time of 64.05. All were actually youngsters with Jessica Keene the quickest on leg two with a 14.59 clocking. Her time was the second fastest by a female of the day and third quickest was Kelsey Fuss who ran 15.06 on the anchor leg. Shannon Risky (17.27) and Leah Everson (16.33) completed the scoring team.

More success came in the accompanying under 15 and under 13 relays where the under 15 boys team of Rowan Fuss, Angus Harrington and Coleman Corry ran out victors. Rowan's time of 11.35 over the 3km course was the fastest of the day with Angus timing 12.11 and Coleman 12.31.

The under 15 girls team of Naomi Kingston (12.34), Yasmin Austridge (12.48) and Millie Smith (13.29) finished in second place as did the under 13 girls trio of Emilie Pennington (13.54), Jessica Neal (14.21) and Lily Tappenden (14.10).

The main race incorporated the first round of the Bennett Cup, a series of handicap races which take place over the Winter months. Winner on this occasion was Carole Penlington with Dan Kennedy second and Chris Pike third. However, with another eight races to go there is everything still to play for.

While the cross country season was starting, one of the last track and field meetings of the season was taking place at Norman Park with the Kent under 13s, Masters and Multi events Championships.

Highlight in the under 13s was the performance of Peter Guy in the 800 metres. He ran 2.13.22 in his heat which was a new personal best, Club Record and Championship Best Performance. He won the final in 2.20.21 with Robert Suckling picking up silver in 2.22.98.

It was gold too for Tom Mills in the javelin with a throw of 39.43 and Pedro Gleadall third in 32.91. Pedro also won silver in the high jump with a leap of 1.45 as did Imogen Meers in the 1200 metres in 3.59.11. Myles Xavier took bronze in the long jump with a leap of 4.78.

Edward Adams set a new best of 2640 points to win the under 15 boys pentathlon championship. He ran 11.78 for the 80 metre hurdles, threw the shot 11.03, leapt 5.78 in the long jump, cleared 1.64 in the high jump, and finished the 800 in a time of 2.29.78. His hurdles and long jump performances were personal bests.

Henry James Cowie also set a new best in finishing in second place with 2577 points. His 12.90 for the 80 hurdles and 1.67 in the high jump were both new bests and he won the 800 metres by over 12 seconds in 2.10.65. He also put the shot 10.10 and leapt 4.90 in the long jump.

Steve Timmins finished the weekend with four gold medals in the Kent Masters Championships setting two championship bests in the shot and javelin in the process. His distance of 14.19 in the shot was a seasons best and just five centimetres off his pb. His javelin distance was 41.08 and he also threw 37.12 in the discus and 47.28 in the hammer. Murray Hilborne, competing as a guest, won the pole vault with 2.70.

More success came in the over 50s where Jackie Montgomery claimed two gold medals in Championship Best Performances. She won the 200 in 30.71 and cleared 2.60 in the pole vault. Not to be outdone Paul Sutherland set a new Club Record of 17.81 to win the 100 metre hurdles.

Barbara Terry almost emulated Steve's medal haul in the over 60s age group where she won the shot (8.14) discus (20.03) and hammer (24.26) but had to settle for silver in the javelin (16.38). The shot hammer and javelin efforts were all seasons bests. On the track Rob Brown won the 1500 metres by over 45 seconds a seasons best in 5.29.41.

As mention earlier Peter Tucker has had a busy few days racing which began on Wednesday evening by running the furthest distance in the Club One hour run. He managed 17,400 metres with Dave Beadle second (15090) and Rob Brown third (13300). The next day he timed 15.49.1 in the Ladywell 5000 metre races at Catford and after his efforts at the Will Bolton relays on Saturday he finished in third place in the Old Deer Park Richmond Half Marathon on Sunday with a time of 74.55. This is more races than some athletes run in a whole Summer.

David Hoben has been similarly prolific in the walks fitting in a couple of races in Guernsey. In the 3km race he finished in 10th place in 20.03 before coming 14th in the Church to Church 19.4 mile race in a time of 4 hours 7 minutes and 17 seconds.



9/09/14

Following an outstanding weekend of competition, Blackheath & Bromley can justifiably say they are the best Club in the country at Under 20 level down to under 13s after finishing runners up in both the Upper and Lower UK Development League Finals in Birmingham. They can also be proud that their under 20 womens team will represent the UK in the European Champions Club Cup for Juniors in 2015 and that their veteran women are one of the strongest teams in the country after finishing third in the Southern Area Final at Ashford.

Second place in the UKDL Upper age group final for under 20 and under 17 men and women is an achievement in itself but they

weren't actually beaten by another Club but by a composite Club, Team Edinburgh, which is an umbrella for Edinburgh AC, Lasswade AC and Corstorphine AC. There is no official recognition of the best individual club if the competition is won by a composite team, but the League does calculate the best mens and womens teams to award the honour of representing the UK in Europe the following year. B&B women were convincing winners by 40 points which means they will be competing in the ECCC for an astonishing 9th time in 10 years. Shaftesbury Barnet Harriers were the best mens team.

The celebrations didn't end there, however, as Bailey Stickings received the Athlete Of The Match award for his win in the under 17s 400 hurdles. Not only did he win, but his time of 54.05 was a new personal best and League record. It capped a memorable day for him as he also set personal bests in the 100 hurdles and pole vault and ran his fastest ever relay split of 49.5 to anchor to victory the 4x400 quartet of himself, Kimani Smart, Joshua Dalsan and William Pope.

Shannon Hylton put on a sparkling display in the under 20 sprints and was a class apart in the 100 and 200 metres races with times of 11.59 and 23.41. She also picked up gold medals in the 4x100 with Toyin Orelaja, Vivien Olatunji and Cheriece Hylton and the 4x400, again with sister Cheriece, Natalie Jones and Janae Galley. Cheriece also won the 400 metres in 56.67.

Kerri Davidson celebrated her 18th birthday in style by winning the long jump in a new personal best of 5.47. She also won her main event the triple jump with a leap of 11.92 with Stefan Amokwandoh taking the mens title with 14.34. More field success came courtesy of Louis Mascarenhas who won both the shot and discus contests with distances of 13.78 and 50.26.

Back on the track Kelsey Fuss won the under 20s 1500 steeplechase despite still being an under 17. Training partner Jessica Keene had a busy day which included a win in the under 17s 3000 metres in a time of 10.06.21.

Molly Scott took the honours in the 80 metre hurdles with a time of 11.61 and then joined Jamilya Robinson Pascal, Elizabeth Ibidunni and Parris Johnson for victory in the 4x100 metres. Toyin Orelaja had got her relay gold running in the higher age group but she also won the under 17s triple jump with a leap of 10.89.

Winning an event in the National Final with a personal best is the best way to finish your Summer and this is just what Dele Aladese did in the under 17s discus with a throw of 45.71.

The previous day in the Lower Age Group Final an exciting battle with Sale Harriers Manchester saw B&B miss out on the National title by a mere 8 points after nearly six hours of competition.

Some impressive performances in the throws included wins in both the mens and womens under 15 hammer contests courtesy of James Lancaster and Victoria Wiltshire. Their distances of 49.34 and 50.50 respectively were just outside their personal bests. Carys Marsden's distance of 39.73 in the B string would have won the A string had Victoria not competed. Eloise Locke picked up gold medals in both the shot and javelin with distances of 11.11 and 33.80.

Katy McDonald was the class act in the 800 metres. The new National record holder won comfortably in 2.15.82 and then joined Catrin Murphy, Grace Scopes and Roisin Atkins Dykes for victory in the 4x300 metres in a time of 2.54.26.

In the under 13s Myles Xavier finished the weekend with three gold medals. He won the 100 and 200 in times of 13.13 and 26.76 and was in the winning sprint relay team with LJ Wright, Caelan Raju and Nathan Urwin. Tom Mills moved up to 7th in the national javelin rankings as he won in a new best of 39.49.

What was most impressive over the two days was how so many of the Club's athletes rose to the occasion to set personal bests. On the Saturday, Matthew Knight, Olivia Richer, Angus Harrington, Yasmin Austridge, Emilie Penlington, Caelan Raju, Billy Keene, Antonia Alapafuja, Alice Prentice, Isabelle Bridge, George Pope, Lewis Stickings, Kareena Galley, Daisy Dowling and Zoe Austridge ran faster, jumped longer and higher and threw further than ever before.

On the Sunday, aside from those already mentioned there was Niyi Akin Agunbiade, Megan Beaman- Browne, Ibrahim Sankch, Helena Coleman, Joe Freeman, Jon Pairman, Aleksander Wiltshire, Mary Guy, Max Hodson, Pippa Croft, Yinka Sofidya, Sheyi Cole, Brooke Hollett, Korede Osinibi and Akina Gondwe all setting new bests. It was a testimony to their dedication and commitment over the weeks between the end of the Area League matches and the Final.

The task now is to build on this success and with the youngsters enthusiasm, the guidance of coaches and team managers and the backing of family, supporters and Club there is every chance they will. So many people contributed to the success this weekend including sponsors London Biggin Hill Airport who have done so for a number of years.

That same commitment and enthusiasm was also evident at the Southern Counties Veterans AC Area Final at Ashford where the Club's womens team finished in third place.

Fresh from winning four gold medals at the European Masters Championships, Helen Godsell won four events and set two new Club records. She moved down an age group to win the over 50s 100 metres in 14.7. Back in the over 60s she won the 200 metres in 30.4, the high jump with a clearance of 1.07 and the long jump with a leap of 3.57. The latter two were both new Club records and amazingly she now holds ten of the records in this age group, all set this year.

Jackie Montgomery also enjoyed victory outside her own age group as she won the over 35s pole vault with a clearance of 2.60, just two centimetres off her best. She also won the over 50s long jump with a leap of 4.03. Anne Cilia was the Club's other winner on the day taking the 2000 metres walk in a time of 13.53.0.

It was, of course, a team contest and many athletes did more than their fair share of events to ensure the Club did as well as possible in the match. Jenny Neale, Claire Robinson, Jane Bradshaw, Maureen Miller, Claire Austridge, Barbara Terry, Tracey Ashenden, Rosie Ferguson, Cathy Messent, Lisa May, Sue Dowse and captain Maz Turner are to be congratulated on their efforts.

Away from the end of season team competitions, Scott Overall set a personal best as he won the A race at the British Milers Club 10,000 metres track festival at Stretford. He timed 29.18.39 for the 25 laps of the track.

Carole Penlington was the first woman to finish in the Wolverhampton Marathon. She timed 3.15.12 and was 21st overall. Tony Crowder was 7th in the Kent Coastal Marathon in 3.08.56.

Roger Michell was the second M65 in the Jim Sharlott 10km walk in Leicester. He timed 57.43. Shaun Lightman went one better

in the over 70s category winning in 63.52.

63 runners 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 of the series was won by Andrew Pino, outwitting the handicapper by over a minute and a half. Fastest lady on the night was Sarah Belaon in 21:02 and fastest man was Marco Arcuri in 17.10. The contest for the overall Parris Memorial Shield was close throughout the season and only 9 points separated the top three going into the final race. But in the end the winner was Martyn Longstaff thanks to a great run in the last race, with Mike Simms second and last years winner Clem Leon third.

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 11 runners who competed in all 6 summer races: Scott Bulmer, Nigel Bulmer, Mike Simms, Martyn Longstaff, Clem Leon, Sarah Belaon, Tim Ayres, Tim Ward, Chris Pike, Sally Haffenden and Neil Roberts.

This was the first season that Dick and Sheila Griffin had organised the races and over £500 was raised for club funds.



2/09/14

It has been a busy weekend of Championship activity for the athletes of Blackheath & Bromley with Helen Godsell winning her second European title and the Club's youngsters picking up three gold medals at the England Athletics Under 17 and Under 15 Championships at Bedford.

As reported last week Helen had already won the over 60s 100 metre title at the European Veterans Championships at Izmir and Turkey. She totally dominated the 200 metres finishing over a second and a half of the field with a time of 29.55. Not only did this win her the European title, but it is also a new Club Record.

Roger Michell ensured the Club had a full set of medals as he was 2nd in the 20km walk in 2 hours 14 minutes and 2 seconds; and 3rd in the 5000 walk in 28.13.87.

There were plenty more medals, Club Records and personal bests at Bedford. In the under 17s Bailey Stickings dipped under 55 seconds in the 400 hurdles for the first time as he won in 54.94 to become National Champion. It was gold too for Jessica Keene who won the 3000 metres in 9.54.30.

Fresh from setting a National record for 800, Katy-Ann McDonald won the Under 15s 1500 metres in 4.32.66.

Silver medals came courtesy of Kelsey Fuss in the under 17s 1500 metres steeplechase in 5.05.76; and from second claim member Molly Scott in the 80 metre hurdles in a wind assisted 11.16.

Eloise Locke had an exceptional weekend as she won a bronze medal and broke four Club Records! Her medal came in the under 15s javelin where she threw a personal best of 40.41. As well as exceeding the Club under 15s record it is an under 17 record as well.

She had to settle for fourth in the shot but again her distance of 12.28 is both an under 15 and under 17 record. Remarkably she is only a first year in the under 15 age group.

More throws success came in the under 15 boys hammer where James Lancaster improved by nearly three metres to finish in 5th place with a distance of 49.41. Leah Everson was 8th in the under 17s 800 in 2.17.61.

Rounding up the under 17s results Parris Johnson was 5th in her heat of the 100 and 6th in her 200 race; Jamilya Robinson Pascal took 11th place in the long jump with 4.93; and Dele Aladese was 11th in the discus with 40.87. It was bad news, however, for Isabella Hilditch who was injured in the 300 metre hurdles.

In the under 15s Carys Marsden was 9th in the discus; Karina Harris leapt 4.74 in the long jump; Yasmin Austridge timed 4.52.36 in her heat of the 1500 metres; and Kate Purser clocked 12.59 in the 75 metre hurdles.

Still on the Championship front Tom Mills finished in 4th place at the Kent Pentathlon championships at Tonbridge. He scored 1594 points with Caelan Raju 12th (1268) and Myles Duffus 13th (1032). Tom actually threw the furthest of all competitors in the shot with 10.08 and his other performances in the 800, high jump, long jump and the 75 metre hurdles were all personal bests. Caelan set a new best of 12.79 in the hurdles; while Myles threw further than ever before in the shot and also set a new bests in the long jump, hurdles and high jump.

These performances are all the more encouraging as this weekend the Club's youngsters travel to Birmingham where they contest the National Finals of the Upper and Lower age groups of the UK Youth Development League. The under 15s and under 13s compete on Saturday and the under 17s and under 20s on Sunday. Blackheath & Bromley is the only Club who will contest both finals. Meanwhile on Sunday at Ashford the Club's womens team will compete in the Area Final of the Southern Veterans Athletic League with a double European champion in their team.



26/08/14

A week after Blackheath & Bromley celebrated a European gold medal and a National age best courtesy of Adam Gemili and Dina Asher Smith at the European Championships in Zurich, the Club were congratulating another new European champion and age group record holder thanks to the achievements of Katy Ann McDonald and Helen Godsell.

Katy is an under 15 and she improved the National 800 metres record to 2.06.47 in the British Milers Club womens A race which was incorporated into the Cambridge Harriers Open Meeting at Sutcliffe Park. She actually finished 4th in the race against Senior opposition. Her time improved the under 15 record which has stood since 1982.

Helen is competing at the European Veterans Athletic Championships at Izmir in Turkey which continue until the end of the month. She got her Championships off to the best possible start by winning the over 60s 100 metres by over half a second in 14.24. Further news next week.

A number of the Club's athletes were selected to represent their Counties at CAU Inter Counties Championships at Bedford. Most successful of these was under 20 Kerri Davidson who picked up a silver medal in the triple jump with a leap of 12.16.

Femi Oowlade won bronze in the 200 metres in a time of 21.69 just one hundredth of a second clear of fourth placed Dan Putnam.

It was 4th also for Luke Smallwood in the 400 hurdles in a time of 53.17; and for Stefan Amokwandoh in the mens triple jump with a distance of 14.34. Luke's time of 52.51 in his heat was a new personal best.

Montell Douglas won her heat of the 100 metres in 11.57 but did not contest the final.

Tom Desborough is to receive a special award from the Virgin London Mini Marathon team as he is the most improved runner in the events history. He ran 22.13 for the three mile course in 2008 but, after running all the subsequent mini marathons, by 2014 he had reduced his time down to 16.52. He receives a £250 prize for his achievement.



19/08/14

It has been a very special week for Great Britain at the European Athletics Championships in Zurich with a record twelve gold medals and it has also been a historic few days for Blackheath & Bromley athletes Adam Gemili and Dina Asher Smith. Adam came away with two gold medals in the 200 metres and the 4x100 metres while Dina broke the British under 20 200 metre record which has stood since 1979.

Fresh from winning his first senior Championship medal for England when he took silver in the 100 metres at the Commonwealth Games in Glasgow, Adam turned his attention to the 200 in Switzerland. Still only 20, he has not ruled out doubling up at Championships, but, given his age and the close proximity of the two meetings, he felt it prudent to just do one event at each.

He quickly put himself among one of the favourites when he won his heat in 20.39, the fastest of the first round qualifiers. Yet he had not been running flat out. It was a similar story in the semi finals where, after an excellent start and bend, he spent most of the home straight looking from side to side checking that he was not under threat from any of the other athletes. He needn't have been concerned. He won easily in 20.23 to book his place in the final.

His biggest challenge in the final was from France's Christophe Lemaitre who was still licking his wounds after having been beaten by Adam's training partner James Dasaolu in the 100 metres. In the lane outside Adam was the reigning champion Churandy Martina from the Netherlands but so good was Adam's start that he was already past the Dutchman after 50 metres.

Moving into the home straight he was already clear of the field and he powered down to the line to win in 19.98, a time which equalled his personal best. Remarkably this was achieved running into a headwind of -1.6 metres per second and the temperature was only 13 degrees. It is surely only matter of time before he breaks the British Record of John Regis which is 19.87 at altitude and 19.94 at sea level, set in 1993 before Adam was born. He is currently second on the all time list with Club member Julian Golding 6th.

Adam was rested for the heats of the 4x100 metres but the Great Britain quartet still qualified easily. He returned for the final replacing last leg runner Danny Talbot. Good runs and changes from James Ellington, Harry Aikines-Aryeetey and Richard Kilty saw him take the baton in the lead and he was in no mood to relinquish this position. He crossed the line in 37.93.

Dina also had an outstanding championships although it did not quite finish as she had hoped. Like Adam, the World Junior 100 metre champion won her heat of the 200 metres and her time of 22.75 was the second fastest of the qualifiers for the semi finals.

She knew that she would probably need to go faster to make the final and that the quicker she went the better her lane draw. What happened next made a small piece of British Athletics History. Kathy Cook's national junior record of 22.70 had stood since September 1979. Nearly thirty five years later Dina smashed it by almost a tenth of a second as she finished in second place in a time of 22.61.

Not only is it an under 20 record it ranks her 6th on the UK senior all time list and is, of course, a Club Senior and Junior record. It completed a memorable day for the 18 year old who that morning found that she had achieved the necessary grades to attend her first choice University.

Her time was the third quickest of the qualifiers for the final although fellow Briton Jodie Williams had looked impressive in winning her semi, albeit in a slower time.

A medal or a new British record were not to be, however, as Dina was forced to pull up after just 50 metres with a hamstring injury. The problem had prevented her doing the event at the World Juniors and it had flared up again.

Despite her disappointment she was still able to give a mature interview to the BBC praising the achievements of her team mates. The mark of a champion is to bounce back from disappointments and there is no doubt she will do.

Interestingly mens 100 metre gold medallist James Dasaolu did compete very briefly for the Club as an under 15. In fact in 2002 he won the Club high and long jump titles (1.70 and 5.32) but was beaten in the 100 metres by Dominic Parsons by three tenths of a second 11.6 compared to 11.9. Dominic represented Great Britain in the Mens Skeleton at the Winter Olympics in Sochi this year.

Club members will also no doubt be pleased to know that following Mo Farah's victory in the 5000 metres the oldest winner of this event remains late Past President Sydney Wooderson who won the title in 1946 at the age of 31 years and 358 days in 14.08.6, a British best at the time by 23 seconds and the second fastest ever.

The event has progressed since then and sixty eight years on Alex Bruce Littlewood was nearly five seconds quicker at the British Milers Club meeting at Solihull. He won the 5km in a new best of 14.03.79.

Club Record holder for the 5000 is Scott Overall with 13.28.33. Now concentrating on longer distances, he won the Rock and Roll Half marathon in Dublin recently. In a race which incorporated the Irish Championships he had a good battle with American Tyler McCandless up until the 12 mile mark before pulling away to win in 65.20.

More Celtic success came at the Scottish Championships at Kilmarnock where Zara Asante won the triple jump by over a metre with a leap of 12.58. This means in the last five years she has won the event three times and come second and third.

Further afield Henry Choong is representing Britain at the World Youth Olympics in Nanjing, China. He is competing in the Modern Pentathlon.

No doubt some of the Club's youngsters will progress to emulate these achievements and proof of this could be seen by the results from the South Of England Championships at Crystal Palace where its athletes won four gold medals, four silver and three bronze. They also set three new Club records.

Katy-Ann McDonald was outstanding in the under 15 girls 800 metres winning the race by over ten seconds in 2.08.34. This time is the fourth quickest time ever by a UK athlete in this age group and is a new Club Record. She received a £100 bonus for breaking the ten year old Championship record.

More middle distance success came in the under 17 womens age group as Kelsey Fuss won the 1500 metres steeplechase in 5.09.06. She is second quickest in the country this year.

Tajera Baldie won both the under 13 girls 100 metres and long jump contests with performances of 13.36 and 4.67.

Eloise Locke was another athlete to pick up two medals. She won silver in the under 15s shot and javelin with distances of 11.94 and 38.21. These were just outside the Club records she holds for both events but one who did break a record was Victoria Wiltshire. She was second in the under 17 womens hammer with a throw of 50.73 improving her own personal best and Club record and leaving her ranked 10th on the UK all time list.

Isabella Hilditch picked up silver in the under 17s 300 metres in 41.88 and there were bronze medals also for Toyin Orelaja in the triple jump with a leap of 11.15 and for Bailey Stickings in the 400 hurdles in a time of 55.80. Carys Marsden has made great progress this Summer and she was rewarded with bronze in the under 15 girls discus with a throw of 28.45.

Karina Harris may not have won a medal but her leap of 10.90 for fourth place in the under 15 girls triple jump broke her own Club Record by seven centimetres and she also set a new best of 5.20 with 4th in the long jump. Other fourth places came from Leah Everson in the under 17 womens 800 metres; James Lancaster in the under 15 boys hammer; and Eve Keith in the under 15s discus.

Included at the meeting was the Area 5km walk championships which saw Shaun Lightman finish 5th in 30.42.55, despite carrying a slight injury. Unfortunately Peter Hannell was disqualified. Earlier in the week, however, he had finished in 4th place in the Vets AC Summer 5 mile race at Battersea. He timed 52.30 while David Hoben was 7th in 57.28.

Missing from last weeks report was news that as well as winning the 5km at the British Masters Championships, Roger Michell was also runner up in the 3000 walk in 16.12.05.



12/08/14

Blackheath & Bromley members are looking forward to seeing two of their brightest talents compete at the European Athletics Championships in Zurich this week. Both Adam Gemili and Dina Asher Smith will be running in the 200 metres, the heats of which take place on Thursday with the finals the following day. Adam is also in the Great Britain 4x100 metres squad.

Dina received plenty of attention in the National press last weekend following her being crowned World Junior Champion and she will have one other matter on her mind as she prepares for her event. She gets her A level results on Thursday as well.

After winning his first Senior Championship medal at the Commonwealth Games in the 100 metres, Adam will be looking to show he is also master of the longer event and pick up a medal there too.

The Club finished in third place in the final British Athletics League Division One match of the season at Lee Valley. Not only did this ensure that they avoided relegation, it also left them in third place overall for the season, their highest position in the League since 2001 when they were relegated from the top division .

Although the Club were fourth before the last match, so close were the standings that any two of six clubs in the eight team division could have been relegated. That they weren't was because of some fine individual performances and a good team spirit which ensured every A and B string was filled even if those competing were not doing their main discipline.

Jermaine Olasan was a perfect example of this. He won his specialist event, the long jump with a leap of 7.28. Then, knowing that the Club had its three best triple jumpers abroad or injured, he volunteered to take one effort in this competition as well. He ended up taking all six jumps and finishing in 2nd place in the competition, improving his personal best by over half a metre to 14.39.

Likewise another volunteer Duayne Bovell jumped a seasons best of 12.64 in the B string and the two joined Kieran Daly and Tremayne Gilling in the 4x100 team which ran a seasons best of 41.57 to finish second . Earlier Kieran and Tremayne had won both strings of the 100 metres in times of 10.60 and 10.87 despite running into headwinds of -1.1 and -5.2. For good measure Dan Putnam recorded the fastest non scoring 100 of 10.89.

Kieran and Dan then finished 2nd and 3rd in their respective 200 metre races in 21.60 and 21.75 and Dan would have gone quicker but for an Achilles injury.

The Club's other winner on the track was Alex Bruce Littlewood who took the honours in the 1500 after a titanic battle down the home straight with Windsor's Alex Tovey. Just 25 minutes separated this and the 3000 metres which saw Alex back on the track again to finish third. Likewise youngster Will Fuller, who had interrupted a family holiday to come back to compete for the team. He was 4th in the B 1500 and then, with the B string athlete stuck in traffic and unable to make the start, he was 6th in the 3000 as well.

Back in the field Mark Longhurst had his first outdoor pole vault competition of the season following injuries either side of his exams. Still not on a full run up, he cleared 4.40 to win the contest on countback and looks like he can go still higher. Under 20 Max Hodson equalled his best of 3.40 in the B string.

Despite suffering with painful shins Jon Pairman also equalled his best in the high jump with a leap of 1.75 while there also personal bests for another under 20 Louis Mascarenhas (discus 45.68), Warwick University student Georges Vacharopoulos (800 1.55.22) and the ever reliable Alex Pope (Hammer 42.70).

In addition seasons bests were recorded by Steve Timmins (shot 13.75) and Richard Davies, who had endured a six hour car journey down from Leeds the previous day (400 51.23).

Busiest man of the day was Mark Cryer who started the afternoon with a win in the B string long jump with 6.75. He was also in action in the high jump, 110 hurdles, javelin and the 4x400. Craig Morten was also part of this 4x400 after having also competed in the 400 hurdles and 400. He hadn't been supposed to be running the relay but the injury to Dan Putnam meant he was called into the quartet after he had left for home.

Will Ruiz was another to go out of the way to compete for the Club. The youngster landed back from holiday at Gatwick at 10am and, despite only an hour and half's sleep the night before, was on the track at 2.50 to race the 800.

Richard Webb also competed on the way back from a holiday break in the West Country. He was 5th in the A string steeplechase in 10.08.85.

B string runner Alex Gibbins had a remarkably good run given the circumstances. After the gruelling training for, and the racing of, the London Marathon, he injured himself doing the gardening. Having missed racing on the track all Summer, he committed to run at Lee Valley but contracted food poisoning from a takeaway curry the previous weekend. Unable to eat anything substantial for most of the week, he felt sufficiently recovered by Thursday evening and was able to take third place in a very respectable 10.13.50.

Team captain Ed Harrison has little time to train now because of work commitments. During the week he had been helping with the construction of the facilities for the V2 festival. Understandably tired from the heavy labour in the blazing heat, he still scored important points in the 400 hurdles and 110 hurdles. He has hardly missed a match for the last ten years.

After being promoted to the division last year, third place in the table represents a most satisfactory season and the team will be looking to build on this success in 2015.

The Club had been looking forward to one more Senior match, the Jo Smith Cup contested by the top 8 combined mens and womens teams from 2013 based on each clubs finishing position in the British Athletics League and UK Womens League. Unfortunately this years competition has been cancelled which is a pity because on this years tables B&B are the equal third best combined senior mens and women squad in the country, level with Enfield & Haringey but behind the Birchfield Harriers and the City Of Manchester. With the Club qualifying for both the Upper and Lower age group National Finals of the UK Development League it could be argued that they are the most successful Club across the age groups not only in London but the whole of the South Of England.

One of the stars of the Lower age group this year has been Edward Adams who seems to excel at every event in which he contests. It was no surprise, therefore, to see him competing in the England Under 15 Octathlon Championships at Bedford. He enjoyed an outstanding couple of days finishing in second place to win a National silver medal.

His score of 3903 was itself a personal best and he set new bests in four of the eight disciplines. He started with a wind assisted best of 12.15 in the 100 metres to give himself a healthy start with 622 points. A 1.62 clearance in the high jump followed before a new best of 58.01 for the 400 metres. The first day ended with a throw of 37.68 in the javelin, leaving him in the lead at the half way stage with 1994 points.

The second day started even better as he amassed 714 points in the 80 metre hurdles with a time of 11.93. Next was the discus and a very useful throw of 32.58 before his first ever pole vault competition in which he cleared 2.40. He rounded off the weekend with a time of 3.22.6 in the 1000 metres.

More National success came at the British Masters Championships in Birmingham, although there were not a large number of Club members competing. The main success came in the pole vault where Jackie Montgomery won the overs 50s event with a clearance of 2.60 and just missed out on a personal best as she brushed the bar at 2.70. It completed a successful weekend for her coach John Wakeman who had prepared Edward Adams for his first vault competition and who also looks after Max Hodson as well as Dartford's Teresa Eades who won the over 55s event at Birmingham.

Allan Williams has had more than his share of coaching champions but on this occasion he was also picking up a gold medal. He won the over 60s title with a clearance of 3.40 and he also coaches three of the other winners at these Championships.

Roger Michell was the Club's third gold medallist as he won the over 65s 5000 walk in a time of 27.40.05.

No weekend would be complete this Summer without a Club Record for Helen Godsell and she duly obliged by clocking 14.11 in the 100 metres to win silver, just two hundredths of a second behind the winner. She also took silver in the 200 metres in 30.17 as did Mike Van Den Dobbelen in the over 45s javelin with a throw of 49.83.

Tom Phillips was 4th in the over 60s 200 and 6th in the 100 with times of 27.17 and 13.33.



5-08-14

The 2014 Commonwealth Games at Glasgow have been a memorable time for Blackheath & Bromley. Not only have seven Club athletes been in action at the Games; a number of former members have been competing, one volunteer has been providing a massage service; numerous Club members have been in Scotland as spectators and the Club vest has also appeared in the BBCs opening titles.

Reported last week, the most notable achievement has been that of Adam Gemili who produced one of England's early highlights as he won silver in the 100 metres. It was another fine performance from Adam and his first Senior Championship medal.

His second medal was soon to follow as part of the England 4x100 metres squad. He did not contest the heat but he ran first leg in the final. With a good start and solid change to Sutton's Harry Aikines-Aryeetey, he did his job well. The England team could not, however, get the better of the Jamaicans who were anchored home to victory by Usain Bolt. They timed 38.02 and would have had to have run a National record to beat the Jamaicans who set a Games record of 37.58.

Having booked her place in the tripe jump final with a leap of 13.14 Chioma Matthews returned to the Arena the following day to set a seasons best of 13.46, just four centimetres off her best, to finish in 8th place.

Lorraine Ugen did not go as far as she had hoped in the long jump but to finish in 5th place in the Commonwealth is no disgrace. She recorded a distance of 6.39 which was just 10 centimetres off a bronze medal.

Pippa Woolven set a new personal best of 9.47.97 in the womens 3000 metres steeplechase to finish in 9th place. This was over six seconds quicker than she had run before.

In the womens javelin Izzy Jeffs finished in 9th place in the final with a distance of 53.77.

Serita Solomon just missed out on a place in the final of the 100 hurdles when she was pipped for second place in her heat. Sporting the best socks of the Games, she had a good start and was in second place for most of the race but was just caught before the line. She timed 13.38, the same time as the second placer who got automatic qualification for the final.

Shaunagh Brown qualified for the final of the Hammer and finished in 11th place with a distance of 58.67. She had thrown a little further in her heat with 59.37.

Some former members were also competing. Emily Godley finished in 5th place in the weightlifting; Amir Williamson was 6th in the hammer; Alex Alameen, who was representing Nigeria, was 7th in the 110 hurdles; and Sophie Hitchon won bronze in the womens hammer. Sam Williams husband Conrad won a gold in the 4x400 metres.

Nick Nuttall was in Glasgow as part of the Sports massage team. He was working with the mountain bikers.

The sharp eyed will have spotted the Club vest appear very briefly at the end of the BBC's opening titles. This featured two discus throwers turning to send the implement towards the camera. One of these was Club member Louis Mascarenhas.

Louis has been in action himself the last couple of weekends. At the final UK Youth Development League, Southern Premier 1 meeting at Allianz Park he won the under 20 mens discus with a throw of 51.57. Other wins in the under 20s came from Jessica Keene (800 and 3000); Stefan Amokwandoh and Kerri Davidson (both triple jumps); and both womens relay quartets.

Molly Scott made an impressive debut in the under 17s age group winning the 80 metre hurdles by nearly a second in a personal best of 11.36. In the longer hurdles over 300 metres Isabella Hilditch won in a new best of 44.12 which leaves her 5th ranked in the country this year. Kelsey Fuss ran the second quickest time in the country so far this year in the 1500 metres steeplechase as she won in 5.01.97. She also took maximum points in the 800 in 2.18.52.

Jazz Crawford won the 200 in a wind assisted best of 24.90 and Parris Johnson's winning B string time of 25.34 would have won the A string had Jazz not been there. Not surprisingly the women won the 4x100.

In the field Jamilya Robinson Pascal took the long jump; Toyin Orelaja the triple jump and Dele Aladese the discus.

The squad finished in 4th place on the day but with their placings in the earlier three rounds they have qualified for the National Final on the 7th of September in Birmingham.

Some of these athletes were back again at the same venue last Sunday for the South Of England Inter Counties match for under 20s and under 15s. Louis won both the shot and discus events with distances of 14.53 and 53.16. Kerri won the triple jump by one centimetre with a leap of 12.10. Kelsey was 4th in the 1500 metres in 4.36.14.

In the under 15s Katy Ann McDonald won the 1500 metres in 4.38.58 and in the boys race Henry James Cowie set a new best of 4.22.00 to finish 4th.

The Club were particularly well represented in the throws with Eloise Locke finishing second in the shot and javelin with distances of 12.06 and 36.08; and Victoria Wiltshire runner up also in the hammer with 49.97. Eve Keith was 5th in the discus while Femi Sofolarin took 6th in the javelin with 39.92.

Edward Adams set a new best of 5.74 in the long jump.

The day before the Club had won the last Sweatshop Southern Athletics League Division One match of the season at Norman Park. It was a close affair and with just the mens 4x400 metres to go B&B and Colchester were level on 190 points. However, the Club's quartet of Georges Vacharopoulos, Luke Smallwood, Mark Cryer and Dan Putnam set a new League record of 3.17.59 to win by over 15 seconds.

It was a fine way to end an exciting match and the victory ensured the Club comfortably avoided being relegated to Division Two.

Dan Putnam's split in the 4x400 was 46.8 and his 21.35 in winning the 200 was the individual highlight of the day. He also won the 100 in 10.78.

Zara Asante also enjoyed a double A string victory. She won the long jump with a seasons best of 5.42 and then leapt 12.50 to take the triple jump by nearly two and a half metres. B string winner Toyin Orelaja's 11.16 would have won the A string had Zara not been there and amazingly the duo's distances would have gained maximum points in the mens event!

Tom Parker set a new best of 56.97 to win the hammer. There were bests also for Carole Penlington who won the 3000 metres by over a minute and a half in 10.26.39; and for Sonia Woolhouse who soared over 2.90 to win the pole vault.

School teacher Steve Timmins is obviously benefitting from the start of the holidays as he set seasons bests in the shot, discus and hammer. He won the shot contest with 13.72. Further A string wins came from Krystal Galley (400), Georges Vacharopoulos (1500), Mark Cryer (110 hurdles), , Alex Pope (discus), Mike Van Den Dobbelsteen (javelin), and the mens 4x100 metres team.

To add to the celebrations Helen Godsell set a new Club over 60s record as she timed 30.06 in the non scoring 200 metres.

Acting womens team manager Jackie Montgomery was delighted with the result and she too has broken a Club record recently. She won the over 50s pole vault at the EAMA Outdoor Inter Area Challenge match at Solihull in 2.62 improving her previous best mark by a centimetre. Helen Godsell was also been in action there and she won the 200 metres in 30.61. Tom Phillips was third in the mens over 60s 100 metres in 13.28.



29-07-14

Dina Asher Smith is the World Junior 100 metre champion. The Blackheath & Bromley athlete dominated the event in Oregon, USA, winning the final in 11.23, a full 16 hundredths clear of Angela Tenorio of Ecuador.

She had set out her intentions from the start as she posted a time of 11.18 in her heat, one of the fastest in the World this year. A strong headwind of -1.7 metres per second meant that her winning time in her semi final was 11.31.

There was another headwind in the final of -1.0 m/s but it is the same for everyone. She simply blew the opposition away and crossed the line, with arms in the air and a Champions smile on her face.

As she did so, the Club had both the male and female champions as Adam Gemili held the mens title from 2012. It would only last for 15 minutes before the 2014 final took place, but few countries can ever have done this let alone one Club.

Dina was also supposed to be racing the 200 metres but it was decided that she withdraw as a precaution because of a minor back problem.

It doesn't just happen. Great talent, hard work, support from all quarters and a top class coach in John Blackie meant Dina achieved her goal.

To show this was no one off, her training partner Shannon Hylton finished in 4th place in the 200 metres. Running in lane 8 she timed 23.25, the same as third placed Tenorio, the 100 metres silver medallist.

She had been second in her semi final in 23.36 again with a wind above the legal limit and runner up in her heat in 23.78.

As it is her first year in the age group she will be looking forward to next years European Junior Championships where she will aim to succeed Dina as 200 metre champion.

With such success in the individual events there were high hopes of more medals in the 4x100 metres. Dina and Shannon were rested for the heat but the Club were still represented as Shannon's twin sister Cheriece ran a strong second leg down the back straight. Sadly the baton was dropped at the third changeover and Britain were out. The mens team went the same way.

Cheriece soon bounced back from this disappointment. She won a silver medal as she ran the anchor leg in the 4x400 metres bringing Britain home in second place in 3.32.00, the second fastest ever by a GB Junior team. Her split was a impressive 52.35.

It brought to a close a memorable week for the athletes, families, their coach, Club and supporters.

Adam Gemili, meanwhile, is one of seven Club athletes who are competing at the Commonwealth Games in Glasgow and he produced one of England's early highlights as he won silver in the 100 metres.

Having already competed at the Olympic Games and World Championships, it is hard to believe that he is still only 20 year old, but in that time he has shown he is one for the big occasion.

Going into the Games he was not in the top 10 of the Commonwealth rankings but he soon asserted himself by recording the fastest time in the heats with 10.15. He also won his semi final in 10.07 but there were plenty of athletes capable of challenging for medals not least Jamaica's Kemar Bailey Cole who ran the fastest semi.

His best start of the Games saw Adam leading Bailey Cole in the early stages but the tall Jamaican pulled away from the field to win in 10.00. A blanket finish saw Adam dip to take second place, two hundredths clear of another Jamaican Nickel Ashmeade.

It was another fine performance from Adam and his first Senior Championship medal. He is also in the GB 4x100 metres squad.

Chioma Matthews already has a Commonwealth medal. She won a bronze in the 2006 Games in Melbourne as part of the England netball team. She justified her change of Sports by being selected for this years triple jump and she booked herself a place in the final with a leap of 13.14.

Shaunagh Brown qualified for the final of the Hammer and finished in 11th place with a distance of 58.67. She had thrown a little further in her heat with 59.37.

Former member Emily Godley finished in 5th place in the weightlifting.

Further details of the Games will appear next week.

All three of the Club's World Junior representatives and Shaunagh have been competing for the Club since they were 11 year olds and they will no doubt be delighted that the Club's under 15s and under 13s have qualified for the National Final of the UK Youth Development League which takes place on the first weekend of September at Birmingham's Alexander Stadium.

They secured the title by winning three of the four matches including the final fixture at Tooting Bec.

In the under 15s age group there were impressive wins in the A string throws from Victoria Wiltshire in the hammer (48.08) and Eloise Locke in the javelin (38.29). Significantly Carys Marsden's throw of 40.76 to win the B string hammer would have won the A string but for Victoria's effort. There was also a win for the 4x300 metres team of Roisin Atkins-Dykes, Grace Scopes, Kate Purser and Yasmin Austridge in 2.56.2.

In the under 13s Tajera Baldie ran the 5th fastest time in the country this year for the 150 metres as she clocked 19.5. Amazingly this only got her third in the race such was the standard of the opposition. She did, however, win the shot with a throw of 9.79. Tom Mills won the boys shot with 9.81, a distance that puts him 10th ranked in the country this year. He also threw 34.33 in the javelin.

Imogen Meers won the 1200 metres in a very useful 3.58.7 and more middle distance success came as Peter Guy won the 1500 metres in 4.46.5.

That the Club did not win lots of events is testimony to the quality of the athletes competing and the fact that they won the match emphasises how much this was a great team effort with many youngsters setting personal bests and battling for every point. Typifying the spirit was under 17 Bailey Stickings who helped look after the under 15s team with manager Nic Corry away, with under 15 Harry Taylor also offering to help.

The under 15s and under 13s compete on the Saturday in Birmingham and on the Sunday it will be the turn of the under 20s and under 17s as they too have qualified for their National Final. Full details of their final League match will feature next week.

Highlight of the South Of England Under 13 Inter Counties meeting at Kingston was a double victory in the 1500 metres. Rowan Fuss won the A string in 4.41.49 with Peter Guy first in the B string with 4.44.01. Pedro Gleadall set new bests in the javelin and high jump of 34.97 and 1.40 as did Caelan Raju in the 75 metre hurdles.

Tom Mills threw well with distances of 9.19 in the shot and 24.82 in the discus while Robert Suckling timed 2.25.74 in the B 800.

Not far away at the Tooting Bec, two Club records were set in the Herne Hill Harriers 125th Anniversary Open Meeting. Eloise Locke moved up to third in the UK Under 15 girls shot rankings as she produced a throw of 12.18. Tajera Baldie is also ranked third in the same event in the Under 13 girls age group. She added over half a metre to her previous best with 10.49.

The last Blackheath & Bromley open meeting produced an outstanding performance from one of the youngest competitors. Rowan Fuss is still at primary school but he smashed the Club under 13s 1500 metre record with a time of 4.29.64. It is the fastest time in this age group this year by over four seconds and leaves him ranked 10th on the UK all time list.

Marco Arcuri is the Club 5000 metres champion. The under 17 won in a time of 16.52.9. First in the womens race was Carole Penlington in 18.18.9 while further down the field Maz Turner set a Club over 60s record of 29.54.6.

Shaun Lightman finished in 5th place in the Home Countries Inter Area 2km walk at Solihull. In hot conditions he timed 11.44.86. He was back in action three days later at Sutcliffe Park where he was 9th in the 1000 metres in 5.27.67 with Peter Hannell 10th in 6.07.38.

David Hoben preferred something a little longer. He took part in the Nijmegen Marches which covers 200km in four days. There were over a million spectators each day with a two minutes silence to remember the Dutch lives lost in the recent Malaysian plane disaster.



22-07-14

Ten athletes from Blackheath & Bromley are set to grace the International stage over the next couple of weeks as they compete at the World Junior Championships in Oregon and the Commonwealth Games in Glasgow.

Dina Asher Smith is the first in action on Tuesday the 22nd (18.35 local time) as she races in the heats of 100 metres at the World Juniors. All going well, she will have the semi finals and finals on Wednesday. She is then joined by Shannon Hylton in the 200 metres on Thursday. Both are in the Great Britain 4x100 metres squad along with Cheriece Hylton who is also in the 4x400.

As they finish in Oregon, the Commonwealth Games Athletics programme begins in Glasgow with Adam Gemili in the 100 metres and Shaunagh Brown in the Hammer. Chioma Matthews (triple jump), Serita Solomon (100 hurdles), Lorraine Ugen (long jump), Izzy Jeffs (javelin) and Pippa Wolven (3000 steeplechase) will follow.

Club involvement does not end there, however, as Nick Nuttall is providing a massage service at the Games and will be working with the mountain bikers.

Prior to Glasgow, Serita Solomon ran at the Sainsbury's Anniversary Games on a specially built track at Horse Guards Parade. She finished in third place in her heat of the 100 hurdles in 13.41. Kieran Daly may not be heading to Scotland but he did beat World Indoor 60 metre champion Richard Kilty in the 100 metres timing 10.36.

Adam Gemili raced at the LEAP meeting in Loughborough where he won the 200 metres in 20.53. Dan Putnam set a personal best of 21.14 and also timed 10.73 into a headwind in the 100. Montell Douglas, who took relay gold at the last Games, ran 11.43 in the 100.

She was even quicker in the sprints meeting at Newham where she produced an 11.37 clocking and ran 23.83 for the 200. Femi Owolade ran a 21.23 seasons best.

Toby Olubi timed 10.96 at the meeting at Crystal Palace while Vickie Cole made a welcome return after becoming a mother running 13.03.

Following his victory in the English Schools last week new member James Whiteaker represented England in the Home Countries International at Cardiff. He finished in second place with a distance of 67.41. Another new recruit Molly Scott was also runner in the 80 metre hurdles in a time of 11.62.

Many of the Club's other under 17s were in action at the Southern Inter Counties match at Portsmouth. Most were competing for Kent who won both the mens and womens competitions; and many of them set personal bests.

Bailey Stickings won the 400 metre hurdles in 55.5 and dipped under 50 seconds in the 4x400 with a 49.8 split. Kelsey Fuss set a personal best of 5.01.4 in winning the 1500 metres steeplechase by over 40 seconds; as did Toyin Orelaja in the triple jump with a leap of 11.17. Jessica Keene took the honours in the 1500 metres winning by over three seconds in 4.44.1.

She also finished second in the B string 800 in 2.21.6 as Georgina Taylor was 7th in the A string in 2.19.4. Further middle distance success came as Joss Barber ran a new best of 9.22.9 for 5th in the 3000 metres with Joanna Clowes 8th in the womens race in 12.54.6; and Shannon Riskey 5th in the B 1500 in 4.55.7.

Isabella Hilditch improved her best in the 80 metre hurdles to 11.7 to finish in second place and this leaves her ranked equal 10th in the country.

In the field Dele Aladese was 2nd in the discus with 37.43 while in the womens event both Anna Barnett and Joanna Clowes threw further than ever before with distances of 31.69 and 11.98 respectively. They were 4th and 7th in their strings and Anna was also 7th in the shot with 9.16.

Phillipa Croft went over 2.80 in the pole vault for the first time and secured third place in the A string and it was third also for Jamilya Robinson Pascal in the long jump with a leap of 5.22. Jamilya was also 7th in the long jump with a clearance of 1.55 while Toyin Orelaja was equal second in the B string with 1.50.

The Club's under 15s and under 13s won their UK Development League Lower Age Group Southern Premier 1 match at Tooting and have qualified for the National Final on the 6th of September. The late availability of results means that full details will appear in the next report.

More good news came as the women have qualified for the Southern Counties Vets AC Final which takes place the following day. They were second in a very close final Kent League match at Dartford just two points ahead of the hosts and this secured qualification behind champions Cambridge Harriers.

Every point was important on the night from those who won their events to those who competed in disciplines in which they had little experience. Some did both. Carole Penlington won the over 35s 800 metres as well as competing in the B string 100 metres and being part of the winning 4x100 team along with Charlotte Stickings, Helen Godsell and Jane Bradshaw. Charlotte had already competed in the 100 and long jump and Jane the 800.

Helen had the distinction of competing in three different age groups on the night for, as well as her relay success in the over 35s, she also won the over 50s 100, and was second in both the over 60s 800 and long jump. Not only that, her time of 3.04.5 in the 800 was a Club Record for an over 60.

Barbara Terry was another to compete in a younger age group. Although an over 65 she was runner up in the over 35s discus with 18.87. There were second places also for Rosie Ferguson in the over 50s 800 and Jackie Montgomery in the long jump. Jackie was also 5th in the discus.

Team manager Maz Turner pulled the strings while competing in the Division Two match at the same venue. The B team came third on the night and included a win for Cath Messent in the 2000 walk.

It has not been a vintage year for the men and they will not be in the Area Final in September. They had left themselves too much to do going into the last match and were 4th on the night and 4th overall for the season.

Steve Timmins won the over 35s discus with a throw of 37.88 and there was a welcome return to competition for Paul Sutherland who won a competitive over 50s long jump with a leap of 4.74, just three centimetres clear of the runner up.

Shaun Lightman finished in 15th place in the National 10km Road Walking Championships in blazing heat at Hillingdon Cycle Track. No stranger to extreme conditions having competed in the 1968 Olympics, he timed one hour 3 minutes and 40 seconds while Peter Hannell was 19th in 1.07.42.

Jessica Jones was the latest winner of the Parris Handicap 5km road race series which takes place over the Summer months. She won by one second from Pete Rogers who, ever the gentleman, stopped to allow her to pass. Peter Tucker was third just two second behind and his actual time of 16.48 was the quickest of the night. Second quickest was Marco Arcuri in 16.52 with David Beadle third (18.31).

Fastest woman was Shauna Paice in 20.52 followed by Sarah Belaon 21.16 with Jessica Jones third in 22.00.

With four of the six races completed Scott Bulmer leads on 126 points with Clem Leon second on 116 and Pete Rogers third on 108. Another five athletes have over a 100 points so there is still everything to play for.

Full details of Club members performances at the most recent park runs can be found at the link below

<http://www.parkrun.com/results/consolidatedclub/?clubNum=181&eventdate=2014-07-19>



15-07-14

Dina Asher Smith and Adam Gemili have both been selected to represent Great Britain in the 200 metres at the European Championships in Zurich, Switzerland from the 12th to the 17th of August. Adam is currently the second fastest athlete in Europe with 20.20 behind France's Christophe Lemaitre (20.11). He has also been selected for the 4x100 metres relay.

Although still a junior, Dina is the sixth fastest in Europe with 22.74. She is actually fourth ranked in the 100 metres with 11.14 but as she is already doubling up at World Junior Championships in Eugene which begin on the 22nd of July, it is prudent she compete in just one event.

Joining Dina in the United States are the Hylton sisters Cheriece and Shannon and before they travelled they were part of another successful English Schools Championships for the athletes of Blackheath & Bromley as the Club brought home five gold medals, one silver and four bronze, from this years meeting at Birmingham's Alexander Stadium.

Both girls won gold medals in the Senior Girls age group. Cheriece took the 400 metre title in 54.53 while Shannon struck gold in the 200 metres in 23.80.

In the field Kerri Davidson won the triple jump title with a leap of 12.40, just eight centimetres outside her personal best.

In the Senior boys there was a one - two for Club members in the discus with Matt Blandford winning with a throw of 52.60 and Louis Mascarenhas second with 51.86. Stefan Amokwandoh was third in the triple jump with a leap of 14.59.

The Club's newest member produced the most stunning performance of the Championships. James Whiteaker only joined B&B during the week. He set a new UK record of 77.12 when he won the Intermediate Boys javelin. This is over three and a half metres further than anyone has ever thrown before as an under 17 and astonishingly this is only his first year in the age group His reward for his efforts is automatic selection for the England team for this weekends Home Countries Schools International match at Cardiff.

The remaining medals all came in the Junior Girls throws. Victoria Wiltshire set a new best and Club Record of 50.21 to finish third in the Hammer. Her distance puts her 11th on the UK all time list.

Eloise Locke took third in the javelin with a new best and Club Record of 39.42. With another year left in the age group this Record could be up for a series of revisions over the next year.

Eve Keith also set a personal best as she was third in the discus with a throw of 31.97. This is the sixth furthest in the country this year.

Just to get selected to compete in these Championships is an achievement in itself and many of the Club's athletes came close to medals or set personal bests. Vivien Olatunji was 4th in the Senior Girls 100 metres in a time of 12.08, having equalled her best of 12.04 in her heat. Helena Coleman was 12th in the pole vault with a clearance of 3 metres.

In the Senior Boys 110 hurdles Kertis Beswick ran a new best of 14.16 to finish in 5th place while Reece Young timed 14.75 in the heats. Will Fuller was 8th in the 3000 metres in 8.45.15 and Richard Webb closed in 9th in the 2000 metres steeplechase in 6.27.51. Matthew Chant clocked 22.15 in the heats of the 200 while in the field Robert Sutherland was 8th in the triple jump with 13.48.

Isabella Hilditch was another to narrowly miss a medal. She set a new best of 44.18 in the heats of the 300 metre hurdles and was then just one hundredth of a second slower in the final where she was 4th.

Jessica Keene was 5th in the 3000 metres in 10.02.49 ; Parris Johnson 7th in the 100 (12.45) Toyin Orelaja 8th in the triple jump with 11.05; Kelsey Fuss 12th in the 1500 metres in 4.55.92 and Jamilya Robinson Pascal 12th in the long jump with 5.04. Leah Everson ran a useful 2.16.00 in the heats of the 800.

Bailey Stickings ran a new best of 55.45 in the heats of the Intermediate Boys 400 hurdles and was 4th in the final in 55.57 which was quicker than he had run prior to the Championships.

James Lancaster was 7th in the Junior Boys hammer with a throw of 40.63.

For the girls Magda Cienciala was 5th in the 100 metres in a new best of 12.29 but there was disappointment for Katy Ann McDonald who was disqualified in the 1500 metres final after winning her heat in 4.38.78.

The same fate befell Kieran Daly whose outstanding season was recognised with an invitation to compete in the Sainsbury's Glasgow Grand Prix at Hampden Park. He was adjudged to have made a false start in the 100 metres and was disqualified.

This is where the Commonwealth Games will take place later this month and Serita Solomon, one of the seven Club members who have been selected, warmed up for the event with a win in the 100 metre hurdles at the Cork City Sports meeting in Ireland. She timed 13.28. Alex Bruce Littlewood was 4th in the 3000 metres in 8.06.18 and days later set a new best of 3.45.84 for 1500 metres at the British Milers Club Grand Prix at Stretford.

Another Commonwealth selection Chioma Matthews was in action in Spain at the Gran Premio Ciudad de Avila meeting. She set a seasons best of 13.44, just six centimetres off her lifetime best, to finish fourth in the triple jump.

Montell Douglas won a gold medal in the 4x100 metres at the last Commonwealths in Delhi in 2010. Sadly she has not made it to Glasgow this year but she did show her quality at the Southern Inter Counties match at Mile End where she dominated the 100 metres timing 11.49 with no one else under 12 seconds. Grace Sheppard won the B race in 12.21, a time which would have won the A race had Montell not been competing, with Shayone Simao third in 12.21.

Other A string wins came from Zara Asante in the triple jump with a seasons best of 12.78 and second claimer Caroline Ford who won the 800 in 2.14.14 and was third in the 1500 in 4.44.46.

Krystal Galley was second in the 400 metres in 58.57 as was second claimer Clare Elms in the 3000 metres in 10.14.17.

Duayne Bovell was 6th in the 200 (22.49); Natalie Jones 6th in the 400 hurdles (67.85) while Emily Martin and Samantha Milner

won the B string long jump and discus competitions with performances of 5.32 and 42.00. Sonia Woolhouse was 2nd in the B pole vault with a clearance of 2.50 and Peter Hannell was 4th in the B string of the 3000 metres walk in 18.47.07.

With so much going on it was perhaps inevitable that the Club would not be at full strength for the latest Southern Athletics League match of the season at Norwich. However, it was still disappointing that the Club finished last of the four teams and did not score over 100 points.

This means that after being joint top after two matches the Club has now slipped to 12th place, perilously close to the relegation. In fact if the League table were to be based on match points rather than League points they would be joint bottom.

That they struggled in Norfolk can no way be attributed to the athletes that did compete. There were some good performances and a number did extra events.

Danielle Critchley was the only individual winner taking the 400 metres in 58.4 but perhaps the individual performance of the day came from Helen Godsell who broke her own over 60s Club record in the 100 metres with a time of 14.5.

The Club will be looking for a strong performance in the final match of the season at Norman Park on the 2nd of August.

Regardless of what the result was at Norwich there was a dark cloud over the meeting with the sad news of the death of official Keith Bundock. Keith had only confirmed on the Tuesday that he would be there on Saturday. He died the next day.

Keith has been officiating at the Clubs matches for over 20 years after his son Matthew took up the throws. Over the years he has travelled all over the country officiating for the Club. He received an England Athletics London Region award for his services to officiating last year. He will be greatly missed at local, County, Area and National level.

Southern Athletics League team manager Jane Bradshaw enjoyed some success on the roads as she was the first woman to finish in the Dartford Half Marathon. She was 27th overall in 94.00.

Her son Charlie Short is the latest recipient of a Jack Petchey Foundation award. Charlie is becoming a very important member of the Club's under 15s squad. He has been improving steadily in the throws through hard work and has also competed in the 2000 metres walk scoring important points for the team.

Highlight of the latest Parkruns was a win in the Bromley event for Marco Arcuri in a time of 17.18. Carole Penlington was first woman to finish in the Crystal Palace event in 19.38. Full details of the weeks runs can be found at the link below.

<http://www.parkrun.com/results/consolidatedclub/?clubNum=181&eventdate=2014-07-12>



8-07-14

World records, National records, Club Records, World Championship selections, European Championship selections, National Schools selections, Area Selections, great team performances and numerous personal bests. Just another week at Blackheath & Bromley Harriers AC and a great month to shop at Waitrose!

Adam Gemili booked his place in the 200 metres for the European Championships when he timed 20.20 for the distance at the Mannheim International meeting in Germany. At last weeks Trials he was second in a time that was outside the qualifying standard. His performance last Saturday clinched his selection. It is the second fastest time by a European this year and no Briton, other than Adam, has run faster in the event since Marlon Devonish timed 20.19 in 2002.

This completed a most satisfactory weekend for the Blackheath & Bromley athlete as the previous day he had set a new Club Record in the 100 metres when he timed 10.04.

Dina Asher Smith was not only in Club Record form, she broke the National Under 20s record for the 100 metres with a time of 11.14 in her heat of the 100 metres. This bettered by four hundredths of a second Jodie Williams previous record set three years ago. They are the only Britons to have run under 11.20 ever and it leaves her 4th on the Senior all time list. Dina ran 11.03 in her final, which is actually inside Clubmate Montell Douglas British Senior record but with a following wind of +2.2 metre per second it cannot be counted.

Prior to Mannheim her 11.14 would have been the fastest by a junior in the world this year but on the same day as Dina was competing in Germany, US sprinter Kaylin Whitney posted a time of 11.10 at Eugene, Oregon where the World Championships take place this month.

The Hylton sisters were also part of the Great Britain party in Mannheim and acquitted themselves extremely well. Shannon timed 23.33 in the 200 metres which was again inside the qualifying time for the World Championships, albeit wind assisted. She's already been under the qualifying standard seven times this year. Cheriece ran a new personal best of 53.54 in the 400 metres less than three tenths of a second off a qualifying time.

All three girls were involved in the sprint relays with a GB team including Cheriece and Dina running 44.66, the third fastest by a Nation in the world this year behind Jamaica and Trinidad & Tobago. Then in a second race a team including Shannon and Dina timed 45.22.

The reward for all these efforts came when Great Britain announced its full team for the World Junior Championships. Dina had already been selected for the 100 and 200 and she has now been joined by Shannon in the 200. Both are picked for the 4x100 squad as is Cheriece who has also been selected for the 4x400squad. It was a memorable weekend for the girls, coach John Blackie, the Club, their families and all those who have supported them in their careers so far.

Back in the UK, the Senior women finished in 5th place in the final UK Womens League Premier Division match of the season at Eton. This means they have finished 4th in the League for 2014, their second best ever finish.

After the sprinting excellence shown by Club members in Germany, Montell Douglas took the baton in the UK to win both the 100 and 200 metre races in times of 11.33 and 23.73, the latter a seasons best. She made it a hat trick of victories when she joined

Megan Southwart, Vivien Olatunji and Grace Sheppard for victory in the 4x100 in 46.96.

Grace and Vivien had earlier gained valuable points in the B string 100 and 200 metre races respectively where they both finished second. Vivien's time of 25.08 was a new personal best.

The other highlight was the performance of Clare Elms. She was 6th in the 1500 in 4.36.79 which is a new World Record for an over 50 woman, taking over three seconds off the record she already held.

Shaunagh Brown did not win any A strings but this is the highest level of club athletics in the country. The Commonwealth Games representative was 2nd in the hammer, 3rd in the shot and 4th in the discus.

Sonia Woolhouse set a personal best of 2.80 in the pole vault and there were also pbs from Natalie Jones in the javelin (20.93) and from Katrina Cosby in the triple jump (10.34), while Grace Sheppard equalled her best in the high jump with leap of 1.50.

In addition Zara Asante set seasons bests of 12.67 in the triple jump and 5.26 in the long jump; as did Samantha Brown in the 400 hurdles with 63.38.

More good points came from Jahisha Thomas in the long jump and sprint hurdles; Jackie Montgomery secured third in the B string vault, and with the points of Krystal Galley in the 400, Jess Jones in the 800 and Abi Kingston in the 2000 steeplechase the Club finished a single point clear of Swansea to secure the 4th place for the season.

The men also had a good day finishing in 3rd place in the British Athletics League Division One match at Tooting Bec. This lifted them from bottom of the eight team division up to fourth with one match to go. However, another good performance is needed on the 9th of August at Lee Valley to ensure the Club remain in the same division next season.

They had no individual A string winners but strong performances across the events from a squad, which included first year juniors Tom Desborough and Stefan Amokwandoh making their debuts and over 60s pole vaulter Allan Williams returning to the team after a four year break.

Luke Smallwood's electronic timing business takes up much of his time during the Summer months but he was available for this match and made the most of this opportunity by competing in the 400 hurdles, 400 metres and 4x400, finishing 4th and 3rd in the individual events and running a 47.7 split in the relay. Sadly the electronics failed for his 400 race and he was given third place when many thought he had gained second. Both athletes were hand timed at 47.9. This should not happen at this level of the Sport but fortunately Luke was able to offer advice to the service provider.

Dan Putnam had been set to concentrate on the 100 and 200 but an injury to Craig Morten in the 400 hurdles meant that he also ran the B string 400, which starts less than half an hour before the 200. After all this he still managed a 48.2 opening leg in the 4x400.

Alex Bruce Littlewood finished in second place in the 3000 metres steeplechase despite a fall in the water jump and he followed this with third place in the A string 1500 with a blistering sprint finish. Remarkably just two seconds covered the first nine finishers and one of these was Under 20 Will Fuller who won the B string in a new best of 3.56.96. Pleasingly fellow juniors Will Ruiz and Tom Desborough also set personal bests in the 800 and 3000 steeplechase respectively.

The 5000 metres was also a high standard with nine athletes under 15 minutes and one of these was Graham Rush who ran a very useful 14.53.32 on his Club debut.

In the field the Club secured near maximum points in the long jump with Oliver Newport second in the A string with 7.26 and Jermaine Olasan winning the B string with 7.20.

Jermaine also made a rare triple jump appearance leaping 13.76 while in the A string Stefan Amokwandoh was 5th on his debut with 14.26.

Tom Parker made a welcome return to the team to finish second in the hammer with 52.49; Mike Van Den Dobbelsteen was 3rd in the javelin with 50.66 and Louis Mascarenhas set a new best of 45.52 in the discus.

Busiest man of the day was Alex Pope who competed in six events contributing 26 of the Club's 289.5 points.

One of the pleasing aspects of the achievements of Dina, Cheriece and Shannon in Germany is that they all started competing for the Club as under 13s. It seems appropriate, therefore, that while the three were making an impression on the World stage, Dina's Club under 13 metres record was being equalled at the final Kent Young Athletes League match of the season at Gillingham.

Tajera Baldie has been having a fine season already but raised her game even more to win the under 13 girls 75 metres in 9.8. Not only does it equal Dina's Club record, it is also the second fastest time in the country this year. Not content with this she also won the shot with 9.24 metres which is the seventh furthest in the country this year. She also scored maximum points in the long jump with a leap of 4.41.

Lily Tappenden won the 1000 metres walk.

For the boys Tom Mills made an impressive debut as his winning throw of 9.52 in the shot propelled him to 13th in the National rankings. Similarly his discus throw of 24.88 puts him 11th in the UK, a remarkable start to an Athletics career.

On the track there were victories for Keir Lundy in the 800 with a new best of 2.25.0 and for the 4x100 metres team of Robert Suckling, Philip Tenyue, Leo McCallum and Nathan Unwin in 56.6. Caelan Raju set a grade one standard of 13.0 in the 75 metre hurdles but such was the quality of the opposition he had to settle for second place.

The success continued in the under 15s age group where Harry Keene won the 2000 metres walk in a useful 13.05.3 and Harry Taylor, George Robinson, Oscar Bailey and Rhys Unwin won the 4x100 in 50.2.

For the girls Carys Marsden won both the shot and discus contests with throws of 8.87 and 27.05.

The under 13 boys won on the day while the under 15s were third but both were first overall for the season. In the girls age groups the under 13s won and the under 15s were 5th on the day, a clash with the London Youth Games being the main reason for this.

It has been an excellent season for the youngsters with countless personal bests set over the course of the four matches. They deserve great credit as do all who have supported them, parents, coaches, team managers, officials and supporters.

Under 15 boys Edward Adams and Henry James Cowie have qualified for the England School's Pentathlon Finals in September. In the South East regional round Edward came 4th with 2552 points, and Henry-James was the highest placed Year 8 athlete coming 9th with 2358 points.

The youngsters of the past were in action at the latest Kent Masters League match at Ashford, where the womens squad had an outstanding evening winning by a large margin of 17 points.

They only dropped one point in the over 35s track events with Carole Penlington and Andrea Pickup achieving maximum points in the 3000 metres. Carole was also second in the 400 while in the B string Helen Godsell moved down in age group, not only to win, but to break her own Club over 60s record with a time of 72.4.

Jackie Montgomery was elated to find she has been selected to represent the Southern Counties Veterans in the pole vault in an Inter Area match. Already on a high, she equalled her outdoor best of 2.60 to win the vault. She also won the 2000 walk as well as scoring valuable points in the triple jump and hammer.

The success continued in the over 50s with Rosie Ferguson winning the 3000 metres and Helen Godsell won the race in the over 60s age group as well. Not only did she win, it was also a new Club Record of 14.17.6 taking over a minute off the previous record.

Also in the over 60s Barbara Terry won the hammer with a throw of 21.92.

This spectacular set of performances means that there are now three teams on 25 points with B&B heading the table on match points. With only the top two able to qualify for the Area Final it has set up an intriguing last match at Dartford on the 18th of July.

Sadly the men will not qualify as they finished 4th equal at Ashford and are 4th in the table and six and a half points off second place. Ritchie Leccia won the over 35s 3000 metres and Rob Brown was also victorious on the over 60 s race.

Helen Godsell has been systematically revising the Club over 60s records and prior to Ashford she took over four and half minutes off the 10,000 metre record when she timed 52.23.1 in the Club Championships at Norman Park. First woman on the night was Carole Penlington who was second overall on the night in 38.35.9 just three seconds down on champion Dave Beadle.

Steve Pairman was second male with Rob Brown third while Zoe Kingsmell was third woman home.

The Club's achievements and work in the community has been recognised by Waitrose. Each month every branch donates £1,000 between three local good causes. For the month of July Blackheath & Bromley will be one of the chosen charities for the Bromley south branch. At the checkout, shoppers receive a token to be placed in the Charity box of their choice. The more tokens a cause gets, the bigger the donation they receive. If you don't get a token at the checkout - just ask for one!

For all the latest park run results of Club members visit the site at <http://www.parkrun.com/consolidatedclub/?clubNum=181&eventdate=2014-07-05>



1/07/14

Dina Asher Smith has been selected to represent Great Britain at the World Junior Championships in Oregon from the 22nd to 27th of July. The Blackheath & Bromley athlete has been picked to compete in both the 100 and 200 metres events in which she holds the World leads of 11.20 and 22.78.

She has also been chosen along with Cheriece and Shannon Hylton to join a Great Britain party who have been invited to take part in the Mannheim International in Germany. She goes in the 100, Shannon in the 200 and Cheriece in the 400. It is a proud moment for their coach John Blackie. The sisters may still go to the World Championships with the final selections announced on the 8th of July.

Adam Gemili finished in second place in the 200 metres at the British Championships in Birmingham. Second fastest Briton of all time, he was beaten by Birchfield's Danny Talbot as he timed 20.61. The meeting incorporated the Trials for the European Championships which take place in Zurich, Switzerland in August and while he was second in the Trial the selection criteria states that he needs to run under 20.55 this year to be chosen for the Championships. He has until the 13th of July to achieve this. He already has the qualifying time for the 100 metres but so do nine other athletes. The team will be announce on the 15th of July.

It was second also for second claimer Izzy Jeffs in the javelin with a throw of 54.53. Serita Solomon took bronze in the 100 hurdles in 13.22 as did Chioma Matthews in the triple jump with a leap of 13.25.

Shaunagh Brown just missed out on the medals in the shot as she finished 4th in 15.46. It was a similar story in the long jump for Lorraine Ugen with a leap of 6.38.

Montell Douglas was 6th in the 100; Zara Asante 6th in the triple jump; Rachel Dickens 7th in the 200; and Kieran Daly 8th in the 100.

British Trials results

100 w ht4 8. Grace Sheppard 12.32 ht5. 2. Montell Douglas 11.58 sf1. 4. Montell Douglas 11.58. Final 6. Montell Douglas 11.48
 100 m ht1 2. Tremayne Gilling 10.61 ht2 2. Kieran Daly 10.41 ht4 6. Dean Hylton 10.84 ht5 6. Toby Olubi 11.02. SF1 5. Tremayne Gilling 10.48 SF3 4. Kieran Daly 10.31. Final 8 Kieran Daly 10.45
 200 w ht1 4. Rachel Dickens 24.63 Final. 7. Rachel Dickens 24.53.
 200 m ht3. 1. Adam Gemili 20.71 Final 2. Adam Gemili 20.61
 400 m ht4. 3. Dan Putnam 47.97 sf1 7. Dan Putnam 47.57
 800 w ht1 7. Carolyn Plateau 2.06.51
 100 hurdles w ht3 1. Serita Solomon 13.33 Final 3. Serita Solomon 13.22

400H w ht3 4. Megan Southwart 61.87
 400H m ht3. 6. Luke Smallwood 53.16
 3000 steeplechase 9. Alex Bruce Littlewood 9.08.88
 LJ w 4. Lorraine Ugen 6.38
 LJ m 12 Jermaine Olasan 6.86
 TJ w 3. Chioma Matthews 13.25 6. Zara Asante 12.56 10. Kerri Davidson 12.22
 SP w 4. Shaunagh Brown 15.46
 DT w 10. Samantha Milner 42.06
 JT w 2. Izzy Jeffs 54.53
 HT w 10. Shaunagh Brown 56.09

Many of these athletes have reached Senior level via the Club's younger age groups and the next generation enjoyed an exciting victory in the latest UK Youth Development League, Upper Age Group, Premier Division One match at Eton. The Club's under 20 and under 17 team emerged victors by a single point after nearly eight hours of competition.

Obviously every athlete in every event played their part in this but one who did more than most was Vivien Olatunji who won both the A string 100 and 200 metre races in the under 20 age group in times of 12.16 and 25.27.

Further A string wins came from Jessica Keene in the 1500, Isabella Hilditch (400 hurdles), Toyin Orelaja (triple jump), Louis Mascarenhas (discus) and the womens 4x100 metre quartet of Vivien, Isabella, Elizabeth Ibdunni and Annie Davies.

The sprint success continued in the under 17s age group as Jazz Crawford won the 200 metres with further wins for Dele Aladese in the discus, Jamilya Robinson Pascal (long jump) and the womens 4x300 metres team of Shannon Risky, Georgina Taylor, Mary Guy and Leah Everson.

The result leaves the Club in second place with the same number of League points as top club Windsor. The two are five points clear of third places Shaftesbury Barnet and are thus virtually guaranteed in the National Final which takes place the first weekend in September.

Not so successful was the Club's latest match in the Southern Athletics League as the squad finished in 4th place in the fixture at Southampton. This was despite victories on the track for Natalie Jones in the 100 metres and Isabella Hilditch in the 400 hurdles and in the field from Steve Timmins in the Hammer.

This means that after a bright start to the campaign they now lie 7th in the 16 team division one with two matches remaining. They are three points behind the leaders and three points off the bottom, so there is everything to play for.

Highlight of the South East Counties Schools match at Crawley was a new Under 15 girls Club Record in the hammer for Victoria Wiltshire with a throw of 49.52. This leaves her fourth ranked in the country this year and 11th on the all time list.

Further throws success came as Dele Aladese set a new best of 43.63 to win the discus, with wins also for Kelsey Fuss (1500), Bailey Sticking (400 hurdles), Joss Barber (1500 steeplechase), Toyin Orelaja (triple jump) and Eloise Locke (javelin).

Edward Adams finished in 4th place in the English Schools South East Combined events championships at Lee Valley. He scored an impressive 2544 points with performances of 12.00 in the 80 hurdles, 11.25 shot, 5.47 long jump, 1.60 high jump, and 2.28.73 800. Henry James Cowie was 9th with 2358 points with 13.00 (80h), 9.95 (SP) 4.85 (LJ) 1.45 (HJ) and 2.12.12 (800)

The Club's Johnson Bowl race walk took place in Hayes an event which has been staged in some form for some 110 years. It saw Shaun Lightman finish second overall and become Club champion in a time of 38.59. Peter Hannell was 5th in 40.47 and David Hoben 8th in 45.22.

Shaun and Peter were back in action at the Enfield League 5km walk at Copthall finishing in 7th and 12th respectively in times of 29.05.71 and 31.25.77.

