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# Blackheath & Bromley Harriers AC

Jul to Sep  
2016

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### SEAAA Road Relays at Bedford

#### Two great team silver medals

On Sunday 25<sup>th</sup> September the club were out in force with a teams representing every age group.

The under 13 girls team finished with a brilliant 2<sup>nd</sup> place with Daniella Harper bringing the team home on leg 1 in 14<sup>th</sup> place with a 10.49 split, followed by Maayan Radus running 10.46 and moving to the team up to 7<sup>th</sup> with Ellie Dolby anchoring the team up to 2<sup>nd</sup> with 10.25 for one of the fastest legs of the day.

Likewise the under 15 ladies team finished an outstanding 2<sup>nd</sup> place with Amy Miller running 10.21 for 12<sup>th</sup> on leg 1, Morgan Squibb running 9.49 and moving the team up to third and Lia Radus running an impressive 9.34 to bag the team silver medals.

The ladies under 17 team finished a credible 11<sup>th</sup> place with Millie Smith opening in 10.05 for 8<sup>th</sup> spot which was maintained by Amy Leach with a 10.19 leg and finished by Stephanie Taylor with 11.36.

The senior ladies team were right in the mix with Jess Keene and Niamh Bridson Hubbard running 15.53 and 16.02 respectively to put the team in third position after two legs, Sarah Belaon ran an 18.47 which saw the team slip slightly before Carole Penlington ran a superb 17.13 leg to bring the team back up to a great 7<sup>th</sup> place finish.

The under 13 boys began in great style and were 2<sup>nd</sup> after the opening two legs with great runs by Sam Reardon in 9.36 and Tom Brash 9.52, Max Gregson 10.25 and Ben Campbell 10.18 both ran solidly to bring the team home again well inside the top 10 in 6<sup>th</sup> place.

The under 15 boys went even better with a great 4<sup>th</sup> place finish with Joseph Georgiadis 8.56, Robert Suckling 9.43, Ben Gardner 9.22 and Peter Guy 9.19 all running well.

The under 17 boys went well finishing in 14<sup>th</sup> place with Callum Myatt 17.21, Oscar Hussey 15.42, Charlie Andrews 16.32 and Coleman Corry 17.14 all top individual efforts for a very respectable placing.

The senior men qualified for the national finals in two weeks time with a 14<sup>th</sup> place finish, Phil Sesseman opened in 4<sup>th</sup> place in 17.31 only for Will Fuller to clock 17.45 and briefly put BBHAC into the lead. With other clubs loading the middle part of the race with their top runners we were not able to maintain our position and Danny Brewer 20.00, Dan Kennedy 19.49, Peter Tucker 19.54 and Andy Rayner 19.12 brought the team home for a well earned 14<sup>th</sup> place and a place in the finals.

Nick Brooks



19/09/16

### A great day in the history of the Club in the Junior European Clubs Final

The Junior Blackheath & Bromley Women's team representing Team GB finished 2<sup>nd</sup> behind the Turkish club Fenerbahce in Spain, our best ever performance. We were so close to being European Champions! A magnificent team effort.

Of the 19 events BBHAC finished with 7 golds, 4 silver and a bronze in amassing 106.5 points just behind Istanbul's Fenerbahce team with 114.5. Having finished third in 2015 and second this year, lets hope that elusive win can be achieved next year when BBHAC represents GB again.

So the ladies all performed brilliantly with 5 new personal bests being set. Charmont Webster-Tape ran 11.84 to win the 100m and Maya Bruney clocked 24.04 to win by a healthy margin, a pb but slightly wind assisted. Katy Ann McDonald continued her fine form winning the 800m in 2.09.71, Jess Keene as last time won the 3000m in 9.45.00, while Isabella Hilditch won the 100m hurdles in 14.55, and the ladies team won the 4 x 100m relay in 46.80.

Other great efforts on the track came from Niamh Bridson Hubbard who took second in the 1500m, the team also finished second in the 4 x 400m relay. Yasmin Austridge ran 2 personal bests in finishing 4th in the 400m hurdles in 63.98, and also ran 11.28.53 for third place in the rarely contested 3000 metre steeplechase.

To the field events and following on from Holly Mills winning the long jump in 5.83m, Annie Davies took silver in the triple jump with a leap of 11.85m and Victoria Wiltshire took second in the hammer with 47.03 and also set a pb in the shot. Carys Marsden also set a pb in the javelin.

Other valuable points were picked up by Megan Walsh in the 400m, Jamiyla Robinson-Pascal in the high jump, Pippa Croft in the pole vault, and by Carys and Victoria who both doubled up in the field events.

Elsewhere the previous week Scott Overall ran in the Great North Run half marathon in Newcastle and finished a commendable 9th in 64.39 and was the fourth British athlete to finish.

*Nick Brooks*



**12/09/16**

### **Adam Gemili breaks 20 seconds for 200m again in Diamond League**

In the Diamond League finals in Brussels Adam Gemili broke the 20 second barrier again in the 200m and in so doing set a new pb and BBHAC club record of 19.97. It was the same time as the winner, and more frustratingly he finished ahead of the French runner Lamaitre who tantalisingly beat him to Olympic bronze in Rio.

Adam still ranks third on the UK all time ranking list behind John Regis's 19.87 which is now well within his grasp.

Closer to home the annual Will Bolton Relays took place at Sparrows Den where BBHAC played host to many local teams. The club itself had many athletes on display both young and old. The mens A team finished 4th behind three teams from Tonbridge, with Phil Sesemann coming in first on leg one with a time of 13.10, and then followed up by Andrew Rayner (13.59), Peter Tucker (14.13) and Danny Brewer (14.33). These gave the runners 4th, 17th, 22nd and 25th fastest legs on the day.

The B team finished a credible 8th place with fine runs from Chris Tuck, Tom Desborough, Dan Kennedy and Dave McKinlay, while other club teams finished 12th, 22nd, 24th, 32nd.

The ladies A team were dominant in the ladies race winning by a margin of over 2 minutes from Tonbridge. Niam Bridson Hubbard ran an opening leg of 14.50 which was second fastest on the day, and this was backed up by Kelsey Fuss (17.01), Elaine Rayner (15.16) and Jess Keene (15.19). BBHSC's second ladies team finished 4th with Amy leach, Grace Scopes and Stephanie Taylor.

In the junior races the under 15 boys finished 2nd, 3rd, 9th and 10th while the under 13 boys fielded teams which finished 3rd, 6th, 7th and 8th. The young ladies teams competed with even greater success as the under 13 girls took 1st and 2nd teams and the under 15 girls 2nd and 5th placed teams.

Next weekend in pain the BBHAC under 20 ladies team will represent the UK in the European Clubs event in Spain looking to go better than third place last year. This is a one competitor per event match against the top club sides across Europe. The team has already won the UK YDL and so has qualified for the same fixture again next year wherever that may be.

Nothing else now on the fixture card until 25th September for SEAA road relays for all age groups in Bedford.

*Nick Brooks*



**5/09/16**

### **Youth Development League – BBHAC Excel yet Again to Win National final, and good Diamond league runs for Adam and Dina**

The BBHAC youngsters were in action again at the weekend with the YDL Finals held at Bedford with the under 17s and 20s competing on Sunday and the under 13s and 15s on Saturday.

In the senior match on Sunday BBHAC won the title convincingly amassing 950 points, with Team Edinburgh second on 839 and Shaftesbury third on 768.5. The team posted 24 A string wins, 6 silver medals and 12 bronze, and in the B string evens witnessed 18 wins, 11 seconds and 6 third place finishes. To top off such a magnificent team performance the ladies team won their match event and have been selected to represent the UK in the European club events meeting in September 2017, while the men finished second but combined to win overall.

Man of the match performance came from James Whiteaker who threw a league record in the javelin with a throw of 72.41 winning by over 18 metres. Elsewhere in the under 20 mens events there were great wins for James Habergam in the 1500m and Bailey Stickings in the 400m hurdles. A string wins were harder to come by in the under 17 mens events but William Adedeye won the 100 hurdles and there were B string wins for Nathan Sureshkumar (discus), Angus Harrington (javelin), Edward Adams (long jump) and Ben Edozie (triple jump).

To the under 20 ladies team and there were many notable victories with Charmont Webster Tape and Viv Olatunji winning both legs of the 100m, while Maya Brunej and Parris Johnson did the same in the 200m. Niamh Bridson Hubbard won the 800 and 3000 A strings with Jess Keene winning the B string, the A string steeplechase, and the B string 1500m while Katy Ann McDonald won the 1500 A string. Annie Davies and Isabella Hilditch won both the sprint hurdles races, while Carlotta Weitzel won the B string steeplechase and Jamiyla Robinson Pascal won the B string long jump.

For the under 17 ladies events Immanuela Aliu and Magda Cienciala both won the 100 and 200m A and B strings, while Holly Mills and Olivia Richer won both 300m races giving Blackheath a clean sweep of the sprints. Katy Ann Mvcdonald ran again and won the 800m, Holly Mills also competed again and won the 80 metre hurdles and long jump A strings. Yasmin Austridge and Millie Smith took both strings in the steeplechase, while in the field Victoria Wiltshire won the hammer, Eloise Locke won the javelin, and Emma James won the B string shot. In the pit Karrina Harris and Nicole Farmer won both triple jumps and back on the track Catrina Murphy won the B string 300 metre hurdles.

To end the day on a high the under 17 ladies won the 4X100 relay and the under 20s won both the 4X100 and 4X400m relays.

The previous day the under 13 and 15 teams were in action and they finished a highly commendable third on 601.5 points but only just behind winners Southampton on 612 points and Team Edinburgh on 608.5 points.

Myles Xavier and Nana Okwesa won both the long jump events while there were B string wins for Henry Whichello (100m), Robert Suckling (800m), Rico Cottell (sprint hurdles) and Tom Mills in the javelin. In the under 13 boys match Jacob Byfield completed a great A string double by winning the long jump and hurdles with Robert Murray winning the shot, and in the B string events there were wins for Sam Reardon (200m), Thomas Penlington (800m) and Oliver Robertson in the long jump.

On to the ladies events and wins were extremely hard to come by as shown in the tight scoring, however Lia Radus and Morgan Squibb ran superbly to win both legs of the under 15 1500m race, and Kareena Galley won the B string shot. In the under 13 age group Akeiyla Robinson-Pascal won the A string high jump and in doing so set a new pb and a new under 13 club record with a leap of 1.54m, Amarissa Sibley won the B string 1500m and Olivia English the B string 70m hurdles.

Last Friday Loughborough played host to the Sainsburys UK Schools Games and BBHAC had 5 athletes in action each of whom performed admirably. Holly Mills won the long jump with a leap of 6.00m, Yasmin Austridge won the steeplechase with 5.05.50, there were runner up spots for Immanuela Aliu in the 200m and Eloise Locke in the javelin, and Victoria Wiltshire threw near to her pb for 5th place in the javelin.

Late last week at the Diamond League in Zurich Adam Gemili ran his season best in the 100m in 10.11 for 5th place, while Dina Asher smith continued her fine form running 22.38 in the 200m for 4th place.

*Nick Brooks*



**30/08/16**

### **National Under 15 & 17 Champs**

A good number of club athletes participated in the English Athletic Champs at Bedford coming away with 6 medals, 2 gold and 4 silver.

Katy Ann McDonald continued her fine form winning the under 17 800m in 2.05.07 just missing her pb, and Holly Mills leapt to 5.99m to win the under 17 ladies long jump. Charmont Webster-Tape finished second in the under 17 ladies 100m in 11.87 and Eloise Locke took silver in the javelin with a throw of 43.20m and also took ninth place in the shot put.

Pedro Gleadall threw the javelin out to 58.09 for a massive new pb and a new under 15 club record beating the former record by more than 4 metres and adding 7 metres to his previous best. He also jumped 3.41 in the pole vault for 5<sup>th</sup> place and another club under 15 record. William Adedeye took second in the under 17 mens long jump with 6.96m and also 4<sup>th</sup> in the shot with 14.75m, Ben Sutton leapt 6.66m for a new pb and 4<sup>th</sup> in the long jump.

Other great final performances included Robert Suckling 7<sup>th</sup> in the under 15 mens 800m, Henry-James Cowie 6<sup>th</sup> in the under 17 mens 1500m steeplechase with a pb of 4.36.15, while Pedro Gleadall took 4<sup>th</sup> in the high jump with 1.80m the same height as second, and Rico Cottell came 8<sup>th</sup> with 1.72m.

Lia Radus ran a 4.42.18 for a new pb in qualifying for the 1500m final in the under 15 girls and ran superbly for 4<sup>th</sup> in the final. Karrina Harris leapt 11.04m for 6<sup>th</sup> in the under 17 ladies triple jump while Victoria Wiltshire threw 47.96m for 9<sup>th</sup> in the under 17 ladies hammer, with James Lancaster throwing his hammer out to 57.09m for 6<sup>th</sup> in the under 17 mens event.

Dina Asher Smith is already back from Rio and continued her fine form by winning the 100m in 11.28 at the Kamila Skolimowska Memorial event in Warsaw at the weekend.

Elsewhere Toby Olubi won both the 100m and 200m in 10.87w and 22.49 at the London Inter Club Challenge match.

Next weekend in Bedford the finals of the National Youth Development League takes place for all our junior age groups where our expectations run high.

*Nick Brooks*



**22/08/16**

## Olympic medal and Southern League 2E Winners

The Olympics in Rio saw two BBHAC athletes in action with Dina Asher Smith taking a fantastic 5<sup>th</sup> place in the 200m in a season best of 22.31 and a great effort for the 20 year old. In the mens 200 final and up against Usain Bolt, 22 year old Adam Gemili ran superbly in finishing 4<sup>th</sup> and only 3/1000s of a second from the bronze medal and beating some great athletes. These two outstanding performances exceeded all expectations and although they may not have won individual medals with age on their side Tokyo 2020 will be the next target.

Adam anchored the GB team to 6<sup>th</sup> place in the final of the 4x100m relay again behind Bolt's Jamaica team, and Dina ran the tight third leg to ensure that GB came home with a bronze medal and new UK record in the womens 4x100m relay.

The men and womens team were in action at Norman Park in the final league match of the season where victory would have won the league and secured promotion. Not only did the team achieve that but they won emphatically by scoring 262 points to second place Phoenix's 192.5 points with both sides gaining promotion to League 1 for next season. It was great to see so many of our athletes in action and in many cases taking on several events. At the time of writing no individual results are available.

At a representative international match in Manchester the club had 5 athletes in action with Katy Ann McDonald the pick of the athletes when winning the 800m in a new club under 17 record of 2.05.03. Divine Oladipo took third place in both the shot and the discus, Joe Fuggle 6<sup>th</sup> in the 400m hurdles, Holly Mills 2<sup>nd</sup> in the long jump and Jonathan Ilori 6<sup>th</sup> in the triple jump.

A junior SEAAA Inter Counties match at Oxford saw 9 club athletes representing their counties with the highlight being a win for Lia Radus in the under ladies 1500m, Bailey Stickings finished second in the mens under 20 400m hurdles, while in the under 15s mens events Robert Suckling finished 4<sup>th</sup> in the 800m, Caelan Raju 3<sup>rd</sup> in the sprint hurdles, Rico Cottell 3<sup>rd</sup> in the high jump, Pedro Gleadall 3<sup>rd</sup> in the pole vault and the javelin with a mighty throw of 51.14m, Myles Xavier 4<sup>th</sup> in the long jump, Michael Burfoot 7<sup>th</sup> in the shot, while daisy Dowling took 7<sup>th</sup> in thr laides under 15 javelin.

The final BBHAC Open Meeting saw many athletes from many clubs chasing down new personal and season bests. The many BBHAC athletes competing managed 44 new pbs and 4 seasons best between them with the top performances coming from Reon Gowan-Wade with a 7.01m long jump and a welcome return to the sport, a 49.21 400m and new by Adrien Coulibaly, Michael Damoah running 11.52 in the 100m also for a new pb, likewise Rico Cottell with his 23.96 in the 200m, and 13 year old Morgan Squibb running great new 800m pb with 2.20.13 and teenager James Lancaster throwing a new pb of 41.90 in the under 17 discus.

Midweek at the BMC and Cambridge H Open Meeting there were three great new pbs for Kelsi Cornish in the 800m with 2.17.63, while just behind her Ellie Dolby set a new under 13 800 record with 2.20.20 beating a 14 year old mark having had a near miss at this same record two days earlier, and Oscar Hussey lowered his best 800m to 2.04.71. Angus Harrington also ran well with a 1.59.65 performance but unfortunately just missed out on his pb.

*Nick Brooks*



**15/08/16**

### Southern Under 15s and 17s Championships at Ashford.

These championships saw almost 20 young BBHAC athletes on show as they continue their build up to the YDL Finals next month, with eleven top 3 finishes including two gold, four silver and five bronze medals, plus a host of finalists.

In the under 17 ladies events Eloise Locke continued her winning ways by winning both the shot putt (12.99m) and javelin (41.85m) for a fantastic double, Karrina Harris jumped 11.29m for second in the triple jump with Victoria Wiltshire achieving 3<sup>rd</sup> in the hammer with 50.02m. In the under 15 ladies Hannah Macaulay took second in the shot putt (12.20m) and for good measure finished 4<sup>th</sup> in the discus, while Daisy Dowling threw the javelin 33.81m for a well deserved second place.

In the mens under 17 age group James Lancaster threw the hammer out to 57.59m for third, and in the under 15 boys events Robert Suckling took 3<sup>rd</sup> in the 800, a busy Pedro Gleadall took 2<sup>nd</sup> in the pole vault (3.30m), and 4<sup>th</sup> in both the high jump and javelin throw, and looks like a decathlete in the making. Meanwhile Michael Burfoot took two great bronze medals in the shot (12.92m) and the discus (39.27m).

Other finalists included Yasmin Austridge and Kelsi Cornish claiming 4<sup>th</sup> spot in the 800m and 1500m respectively in the under 17 ladies, Kate Purser claimed 7<sup>th</sup> place in the 300m hurdles. In the under 15 ladies 1500m Morgan Squibb ran a fantastic 4.45.69 for 5<sup>th</sup> and Zoe Austridge jumped 2.40m for 8<sup>th</sup> in the pole vault.

In the under 15 boys events Caelan Raju ran 12.20m in the 80m hurdles for 7<sup>th</sup> place, and in the under 17 mens events George Pope took 7<sup>th</sup> in the pole vault with 3.40m and Oscar Hussey finished 8<sup>th</sup> in the 800m.

Next up the Southern League mens and womens match at Bromley's Norman Park on Saturday 20<sup>th</sup> August where promotion is very much within reach.

*Nick Brooks*



**8/08/16**

### Final League Action for both men and womens teams

So the final UK Womens League Division 1 league match in Manchester for the ladies team. To say the team was 'injury ravaged'

hardly covers it, but BBHAC ladies team covered all but one of the events (including a high jump from our physio, Grace) and, with every one getting stuck in, we made sure of the 3rd place we needed to secure the league title. On the day the team finished third on 189 points behind Cardiff and Woodford but did enough to ensure the league title was won and promotion back to the top flight was achieved. A final 625 points tally ahead of Woodford gained these two sides promotion where BBHAC will be up against the likes of Shaftesbury, Birchfield, and Liverpool next season

Highlights from the day were A string wins for Montell Douglas (100) and Divine Oladipo (shot and discus) and B strings Niamh Bridson Hubbard (1500), Clare Elms (3000) and Sarah McLellan (400H). 2nd places in A for Kelly Grant (1500) and Niamh (3000) and B for Iessie Hilditch (200m) and Annie Davies (100H). Valuable 3rds from, A, Maya Bruney (200), Kelly Grant (800), Becky McLinden (400H) and Annie Davies(TJ) and B for Modupe Shokunbi (100), Krystal Galley (400) and Anna Barnett (discus) and 4x400 (Krystal, Sarah, Yimika Adewakun and Niamh). Athletes of the match - track: Niamh Bridson Hubbard - Field: Divine Oladipo.

Big congratulations to the ladies team for winning the league title and gaining more silverware, let's hope one of our other team members can bring us something back from Rio too!!

And to the final British Athletics League Division 1 match for the mens team at a sun drenched Basingstoke arena. Like the ladies team the side was very depleted due to injury and athletes being unavailable and despite finishing 7<sup>th</sup> the scoring was very close and although it meant that BBHAC never really challenged on the day for promotion, relegation was also a long way off. To end the season in third place is a great achievement behind Thames Valley and Southampton who were both promoted to what is a tough premiership.

On the track Toby Olubi ran brilliantly for 3<sup>rd</sup> in the A string 100m and 4<sup>th</sup> in the 200m, while Luke Smallwood made a welcome return to the team for his first run of the season and secured 3<sup>rd</sup> place in the A string 400m with a club leading performance of 48.54, and for good measure ran in both relays. Teenager Will Fuller ran well in a slow but competitive B string 800m for 3<sup>rd</sup> and chased hard for third in the A string 3000m later on. Jack Messenger easily won the 400m hurdles B string.

To the field events with Jonathan Ilori and Robert Sutherland winning both the triple jump events, Jonathan then taking second in the A string long jump and also running a leg in the sprint relay, while Mark Cryer leapt well to win the B string long jump. Alex Pope and Steve Timmins again kept the club afloat in the throwing events picking up useful points as they both competed in the hammer, shot and discus, while Alex also threw the javelin. To cap things off it was great to see pole vaulter Scott Huggins in a club vest as he finished second in the A string pole vault with a jump of 4.80m, the same height as the winner.

*Nick Brooks*



**1/08/16**

At the CAU Inter Counties event at Bedford, BBHAC had several athletes on display representing their respective counties in both track and field events. There were some outstanding sprinting events including the fastest by a Briton this year over 100m with 9.96 for Joel Fearon of Birchfield.

On the track there was a bronze medal for Montell Douglas in the 100m in 11.55, and teenager Katy Ann McDonald ran well for 5<sup>th</sup> place in the 800m and only just behind her pb in 2.06.76. Kelly Grant took 12<sup>th</sup> in the 1500m final while in the men's track events Joe Fuggle finished 8<sup>th</sup> in the 400m hurdles.

In the field events there was a fantastic third place and new personal best for Matthew Blandford with 55.68m in the discus, Mark Cryer finished 12<sup>th</sup> in the long jump and Christina Moore 11<sup>th</sup> in the ladies' pole vault.

Meanwhile Hendon played host to the London Inter Club Challenge where Ishmael Smith John ran 2 new pbs in the 100m and 200m with 11.12 and 22.27 (windy), while teenager Kyron Morgan ran a new pb in the 100m with 11.97. 14 years old Elise Swatton jumped 2.20m for new pb in the pole vault while at the other end of the spectrum 73 year old former Olympian Shaun Lightman competed in the 10,000m walk with a new seasons best of 31.37.45 for 10th place.

Finally, there was an under 13 inter county match at Kingston where BBHAC had a handful of athletes on display. The pick of the day was Jacob Byfield winning the 75m hurdles in a new pb of 12.17, backed up with third place in the long jump with yet another pb of 5.05m. Robert Murray was only just pipped in the shot and threw 10.72m, while Akeiyla Robinson Pascal took third in the girls' long jump with 4.80m and Samuel Reardon threw 31.53 for a new pb in the javelin securing himself 5<sup>th</sup> place.

Next weekend sees the mens senior team in action on Saturday at the final BAL League Division 1 match at Basingstoke where they could mathematically win promotion or be relegated, but currently sitting in 3<sup>rd</sup> place of the 8 teams. On Sunday the ladies team are in action in Manchester in their final national league match where they hope to win promotion back to the elite and top league. They too currently sit third of eight but only a point behind the top 2 with only 2 teams promoted.

*Nick Brooks*



**25/07/16**

### **Busy week for BBHAC athletes**

Many BBHAC athletes were on display this week across Europe and some outstanding performances were delivered as athletes start approaching their peak fitness and performance levels.



At the IAAF Diamond League held at the London Anniversary Games Adam Gemili came up against Usain Bolt and although he was unable to beat Bolt on the night he finished a fantastic third in the 200m in 20.07 for a seasons best. The following day Adam ran the second leg in the GB 4X100 relay which they won in 37.78 for a world leading performance meaning that an Olympic medal is a strong possibility if they can stay fit and get the baton round.

In the 100m Dina Asher Smith ran a seasons best in the 100m in 11.07 in qualifying and then ran 11.09 for 4<sup>th</sup> in the final into a headwind which meant a real attack on her 10.99 pb will have to wait for another day. Dina also ran in the ladies 4X100m relay where the team set a new British record of 41.81 and they too have a shot at an Olympic medal.

James Whiteaker was representing GB&NI in the World under 20 Champs in Bydgoszcz in Poland where he launched the javelin out to 72.51m and automatic qualification for the final and in so doing setting a new club under 20 record. In the final James was unable to repeat his heroics and had to settle for 13<sup>th</sup> in 65.39m but a great effort to make a world final.

At the BMC event in Oxford 19-year-old Will Fuller set a new under 20 club record in the 5000m with a run of 14.23.02 clipping three hundredths off Mark Steinle's record which has stood since 1993. Next up must be Julian Spooner's 1500m record which is even older and stands from 1979 ! His 5000m performance ranks Will 4<sup>th</sup> in this age group in the UK.

Elsewhere 13-year-old Morgan Squibb finished 2nd in the Under 15 European Biathlon Championships in Setubal, Portugal at the weekend. Having qualified sixth in her heat to qualify for the final the following day in the event which consists of an 800m run (on road), then transition into the sea for a 100m swim followed by a further transition and another 800m run (on road). In the final she finished second six seconds behind the winner also from GB, and the podium was completed by a third GB runner so GB won the team gold. As a result she is likely to be selected for the World Championships which take place in Florida, USA in October. Morgan has a further year in the same age-group.

The previous week it is also reported that Holly Mills who is a higher claim athlete with BBHAC won the European Youth (under 18s) long jump with a leap of 6.12m which is way short of her best but it was into a 2.5m headwind and earned her a much deserved gold medal on count back.

Finally, the UK Youth Development League saw our men and women from the under 17 and under 20 age groups in action at Eton where they combined to win the match and secure a place in the YDL final in Bedford on September 4<sup>th</sup>. BBHAC won comfortably with 780 points from Windsor on 628.5 and Reading on 624.5.

Altogether the club athletes won 50 of the A and B string events, with the under 17 ladies winning 19 events, the under 20 ladies 12 events, the under 17 men 10 events and the under 20 men 5 events, plus the whole team won 4 of the 8 relays.

Notable performances in the under 17 ladies were a double for Kelsi Cornish in the A string 1500/3000m, Holly Mills winning both A string hurdles races and Kate Purser both B strings, Eloise Locke winning both the shot and javelin. Charmont Webster-Tape won the A string 100m, Immanuela Aliu the 200m, Megan Walsh the 300m, Yasmin Austridge the 800m, Karrina Harris the triple jump and Antonia Alapafuja the high jump.

In the under 20 ladies' events there were good wins for Katy Ann McDonald in the 1500m, Maya Bruney in the 200m, Annie Davies in the triple jump, Isabella Hilditch in the sprint hurdles and as usual a shot and discus double by Divine Oladipo.

For the under 17 men Edward Adams had a busy afternoon winning the B string sprint hurdles, and the B string 400m hurdles, he also won the B string javelin. In the A string hurdles there were wins for William Adeyeye (100m) and Henry-James Cowie (400m), James Lancaster won the hammer and Elliott Thorne won the long jump. In the under 20 men's event Shamar Thomas-Campbell won the 100m, Joss Barber the steeplechase, Dele Aledese the discus and Elliott Thorne the triple jump.

*Nick Brooks*



**11/07/16**

Busy week for many BBHAC athletes

At the European Athletics Championships held in Amsterdam BBHAC had three athletes representing GB & NI.

Dina Asher Smith ran superbly getting out fast from the blocks and never seriously challenged to win the 200m metres and her first major senior title. The time of 22.37 was a seasons best and sets her up well for Rio next month. Dina also ran the second leg of the 4x100 relay where the team finished second to a Dafne Schippers inspired Dutch team.

Adam Gemili was also on the men's team and clearly saving himself for the individual events in Rio, however he ran the second leg for the victorious national team winning the 4x100m relay from France. Serita Solomon was also representing the nation in the 100m hurdles but failed to get past the qualifying rounds despite running close to a seasons best. Well done to all three BBHAC athletes.

Many of the club's young athletes were competing at the English Schools Championships which were held at Gateshead again. This is pretty much as seen as the Olympics for teenagers and is a where many international athletes begin their track and field careers. Again it proved to be a highly successful weekend for the Club's athletes with five individual golds, five silver, three bronze medals.

In the Senior age group Niamh Bridson Hubbard won the 3000 metres in 9.43.10 with Jessica Keene 5th while second claim members Jacob Veerapen won the senior triple jump with a leap of 14.74m and Elliott Thorne the long jump with 6.77m, Joe Fuggle won the 400m hurdles from our own Bailey Stickings clocking 53.72 to 53.93.

Another second claim member Charmont Webster-Tape won silver in the senior 100m in 12.08 having won the intermediate crown last year, with Immanuela Aliu third and Magda Cienciala 6th while Jazz Crawford took 2nd in the 200m just as she did last year with a fine run of 24.98, and James Whiteaker continued his fine form with a runner spot in the javelin with a throw of 68.17m, and Sophie Dowson leapt 3.70m for second in the senior pole vault.

Divine Oladipo was a class apart in the winning the senior discus with a throw of 43.77m having won the shot last year, while Annie Davies took bronze in the senior girls triple jump and Katie Ann McDonald just as last year won bronze in the inter 800m.

Other notable performances came from Shamar Thomas Campbell with a 10.75 clocking and new pb in qualifying for the 100m, Dele Aladese 4th in the senior discus, Ben Sutton took 6th in the inter long jump, Adeniyke Adeniran 8th in the inter 200m. James Lancaster 7th in the inter boys hammer, and William Adeyeye 9th in the shot put.

Among the senior ladies Jamilya Robinson-Pascal finished 8th in the long jump and Isabella Hilditch 7th in the 100m hurdles, while in the intermediate age group Yasmin Austridge was unable to repeat her win of last year in the 1500m steeplechase but ran well for 4th, Eloise Locke took 4th in the shot put and Victoria Wiltshire 8th in the hammer. Rounding off in the junior age group there was a fine performance by Ellie Barrett for 8th in the pole vault.

The senior second team were on duty at the Sweatshop Southern League Division 2 match at Croydon Arena where they won comfortably in the men's and women's match from Croydon and Ipswich. This sets up an intriguing battle at the final match at Bromley on August 20th when three of the league's top 4 sides compete against each other. A solid team effort keeps BBHAC atop of the league with promotion clearly in their own hands. A mixture of youth and experience and the willingness to take part in multi events especially non specialist events was the order of the day with Christina Moore (hurdles, high jump, discus, pole vault etc.) and Gareth Evans (3000m and steeplechase) performing above the call of duty and Toby Olubi busy in both sprints and both relays. Solid wins by Carole Penlington in the 5000m and both ladies relay teams were other highlights of the day while also seeing a fine javelin display from Ipswich's UK javelin champion who threw in excess of 71m.

*Nick Brooks*



**4/07/16**

### **League Match Success for both men and women's teams**

On Saturday BBHAC hosted the men's National League Division 1 Match at Norman Park and despite brilliant sunshine and several downpours this did not dampen the team spirit as the team went onto claim 2<sup>nd</sup> place behind Thames Valley scoring 302 points to TVH's 355. Blackheath are now third in the league while TVH secured promotion to the top flight while a great team effort at the last match followed by a Southampton collapse could see BBHAC gain an unlikely promotion.

On the track Phil Sesemann ran superbly in both the 800m and 1500m controlling both races from the front to win in 1.52.93 and 3.54.72, while teenagers James Habbergham and Will Fuller both won the B string 800 and 1500m races comfortably. Kieran Daly returned to club action and won the 100m in 10.54 with Toby Olubi 2nd in the B string, and teenager Ocean Schwartz ran brilliantly in lane 8 to set a new pb of 48.67 on the 400m B string event, while Dan Putnam returned to action in the A string event although not quite back to best form, while Shamar Thomas-Campbell ran a near pb with 22.19 in the 200m.

In the field events Jonathan Ilori took 2<sup>nd</sup> place in both the triple jump and long jump and Robert Sutherland won the B string triple jump. Lewis Church set a new pb in the javelin with a throw of 48.29m for 5<sup>th</sup> place, while Steve Timmins competed in three field events and Alex Pope in 4 events, Alex winning the B string shot and 2<sup>nd</sup> in the B string hammer, while Steve threw 46.34m in the hammer and is now confident of breaking the 50m barrier. Mark Cryer showed us his decathlon skills by competing in both hurdles events where he set a new pb in the 400m event, and also competed in the long jump and the 4x400 relay.

The final league match is at Basingstoke on August 6<sup>th</sup>.

At Lee Valley on Sunday the ladies senior team competed in the UK Womens Athletic League Division 1 match and after finishing a very close second in the first match went on to win this match with room to spare. BBHAC amassed 220.5 points with Bristol 2<sup>nd</sup> on 213 points, despite not a fielding any athletes in the sprint hurdles or the steeplechase events. BBHAC now tops the league by one match point.

On the track teenager Niamh Bridson Hubbard continued her fine form and won the A string 1500m in a great new pb of 4.23.55 pulling her up to 5<sup>th</sup> in the UK rankings, while Clare Elms ran brilliantly for 2<sup>nd</sup> in the 3000m and set a new club V50 record of 10.10.77 taking almost 7 seconds of her own record. The ladies also won the 4x100m relay with a time of 46.96. Rachel Dickens ran a solid 24.68 for 2<sup>nd</sup> in the 200m, and Viv Olatunji ran well for 2<sup>nd</sup> in both the B string 100m and 200m events.

Even more success in the field events where Divine Oladipo (13.95m) and Shaunagh Brown (13.42m) won both the A and B string shot, Shaunagh won the A string discus with 48.06m while Divine won the B string with 46.60m and both ladies competed in the hammer for good measure taking 3<sup>rd</sup> and 2<sup>nd</sup> respectively. To round off the field event success Chioma Matthews won the A string triple jump with a leap of 12.93m and Zara Asante won the B string with a jump of 12.35m.

The final league match in on August 7<sup>th</sup> in Manchester.

So all in all a highly successful weekend for the BBHAC athletic teams.

*Nick Brooks*

