



Founded in 1869

Blackheath & Bromley Harriers AC

Oct to Dec
2003

Home

Up

Last updated 30 December 2003

Press Releases for October, November & December 2003

- If you want to find the latest results try [Results!](#)
- If you are after older results and gossip please go to the [Courier](#) pages.

October 2003

[28/10/03](#)

[21/10/03](#)

[14/10/03](#)

[7/10/03](#)

November 2003

[25/11/03](#)

[18/11/03](#)

[11/11/03](#)

[4/11/03](#)

December 2003

[30/12/03](#)

[23/12/03](#)

[16/12/03](#)

[9/12/03](#)

[2/12/03](#)

30 December 2003

There was another good turn out for the Club's annual Boxing Day paperchase at Hayes with many of those taking part in fancy dress.

The rankings for Senior athletes for the 2003 season have recently been published with Club Members featuring prominently.

Top of the marathon and half marathon rankings is Mark Steinle. He timed 2.15.41 for the full distance and 62.55 for the half. He needs to dip under 2.15 to gain the Olympic A standard to qualify for the Games in Athens, a target he is well capable of achieving as his best is 2.09.17, the 8th fastest time by a Briton (to put this in perspective his best is quicker than marathon legends Hugh Jones, Mike Gratton, and Eamonn Martin).

A number of others will be looking for selection for Greece. In the sprints there are Julian Golding and Dwayne Grant who are 4th and 6th fastest in the 200 metres as well as former European Under 23 100 metre champion Jonathan Barbour who, despite struggling with injury, is still placed 12th in the highly competitive 100 metres.

In the hurdles Mohammed Sillah Freckleton and Mensah Elliott are placed 6th and 10th while in the field Liz Hughes is 5th in the pole vault with 4 metres despite battling with injury.

Other top 10 ranked athletes are Sandra Alaneme who is 8th in the triple jump with 12.55, a UK age 17 best; Mark Awanah who is 10th in the long jump; and Michael Skinner who is 4th in the 1000 metres and 19th in the mile.



23 December 2003

Mark Steinle celebrated Christmas early with a runaway victory in the Hogs Back Road Race at Godalming in Surrey. The 29 year old Blackheath and Bromley athlete led from start to finish and his time of 40.01 for the 8.1 mile race was a new course record.

The British Marathon number one has only been running around 80 miles at week recently but aims to be upping this while away training in South Africa. He flew out two days after the race and will stay out there for eight weeks. This will give him the training background to help him achieve the Olympic qualifying time for next years Games in Athens.

Former Commonwealth Games 4th placer in the marathon, Dave Taylor showed that he is set to make a major impression on the veterans scene next month when he finished 2nd in the latest Surrey League cross country race at Reigate. Running for his 2nd claim club Herne Hill the 39 year old was only beaten by Olympic 1500 metre runner Andrew Graffin timing 26.21 on the 5 mile course.

Two of the Clubs top veterans were in fine form at the SECTA Christmas throws Pentathlon. Throwing the shot, discus, javelin, hammer and heavy weight Colin Brand won the over 65's competition and Gordon Hickey the over 70's.

A group with ages ranging from 13 to 85 year old Alan Brent were in action in the Club's annual Maryon Wilson Swimming Race which this year took place at West Wickham baths. Over two lengths or 66 metres Nick Bunclark was again the fastest in the field recording a swift 39.2 seconds for victory. Darryl Hilliar took 2nd with 47.9 with 13 year old Anna-Louise Barrett 3rd in her debut in the event with 53.0.

Brian Smith got the better of the handicapper to win the handicap competition with Anna Louise Barrett 2nd and another youngster, Catherine Thomas, third.

Some of those who swam were in action again the following day in the Club's Christmas Yacht Handicap race over a new course at Hayes.

First home was Clare Pallen who finished some way clear of Tony Pontifex with sports journalist Andy Edwards in third.

Fastest of the afternoon was Andrew Rayner who jogged round in 29.01 with Steve Smythe 2nd in 29.29 and Dave Ellison 3rd in 29.37.

Joint fastest in the women's race were Angela Cook and Kate Pratten who both ran 35.30 with 14 year old Rebecca Taylor 3rd in 35.58 having set off 10 seconds behind her father Ian and stayed with him until the finish.

She was in action again the following day in the Holly Run races at Reigate where she finished in 4th place. Hannah Ware was 3rd in the under 13 girls race with Rebecca's younger brother Oliver 13th in the under 11s race. Andy Lawes was 8th veteran and 28th overall in the Senior Men's race.

Meanwhile a number of athletes travelled to Belgium to run in the latest meeting in the Belgian Cross Cup series. Highlight of the day was the close fought battle between World Marathon record holder Paul Tergat and European Cross Country Champion Sergiy Libid, but the Club's interest lay in the support races. Much money had passed hands in predicting the finishing order of the Club's runners in the Gaston Roelants 10km and it was old warhorse Ken Daniel who caused an upset.

Fuelled on a diet of sprouts, beans and Belgian beer, the 53 year old made many younger runner's eyes water as he blasted through the field to finish first over 50 athlete and lead the Club's runners home. David Griffin just pipped fellow junior Chris Daniel with Roy Smith 4th and Con Griffin 5th. It was not a day for Jamie Atkinson to remember. Nicely positioned early on in the Junior Men's cross country race, he placed his foot awkwardly and was taken to hospital with a suspected broken ankle. Fortunately the x-rays showed no break but he will still have his foot in plaster until New Years Eve.

Club members of all ages and abilities will be out in force on Boxing Day for the annual paperchase around Hayes Common. Starting at 11 - two hares will lay a trail that will be followed by a collections of "hounds" many in fancy dress. The bar will be open from 12.



16 December 2003

Talented Junior Robert Bain continued his promising Winter form beating all the Seniors by over two minutes at the Christmas Cup 5km walk at Monks Hill. The Blackheath and Bromley athlete, who was featured in an article in Athletics Weekly this week, timed 25.17 and would have gone quicker had he been pushed.

Trailing in his wake were fellow Club members Peter Hannell in 4th, Shaun Lightman 6th and Nolan Simmons 8th.

Julia Stacey returned to racing and winning form as she took the under 15's 2.5km race in 15.47 with Jessica Bain second in 16.26.

Peter Tucker missed out on a hat trick of victories at the Swanley Christmas Caper when he finished in third place. This meant that instead of taking home a turkey which he has claimed as the first placed prize for the last two years, he had to settle for a Christmas cake.

Training partner Paul Cavallo finished in 6th while others in action included veteran Terry Brightwell and sprinter Abi Jacobs who impressed over the last 100 metres.

Indoors

The Indoor Championships are fast approaching and a number of Club members began their racing preparations at the Windsor Open Meeting at Eton. Welsh International Fabian Collymore dipped under 7 seconds in his first race of the year, his 6.98 clocking being the second fastest of the day.

Duayne Bovell was 3rd fastest under 20 athlete with 7.2 with Lloyd Francis clocking 7.31.

Fastest in the both the Under 15 girls 60 metres flat and 60 metres hurdles was Serita Solomon with times of 8.21 and 9.41. New girl Vanessa Nakangu was 3rd fastest of the day in the 60 metres with 8.43.

Rankings

A number of members appear in the under 13 boys track and field for the 2003 season. Highest placed is St Olaves schoolboy Aston Stockdale who is 4th fastest in the country over the 400 metres with a time of 60.5. Michael Thorpe also makes the 400 metre list in 11th with 63.0 and is the same position in the 800 metres with 2.19.7.

In the field events the Club has two athletes in the javelin rankings. James Sellick is 11th with 33.21 with Jo Nicoll 16th with 31.73

On the roads Mark Steinle is the fastest half marathoner in the country with his 62.55 achieved at the Great North Run. He is also fastest male over the full Marathon distance with the 2.15.41 achieved at Chicago.

After three rounds of the Reebok Cross Challenge Michael Skinner lies in joint second place.



9 December 2003

Blackheath & Bromley Harriers AC athletes were out in force for the Kent County at the South Of England Inter Counties match at Stowe School. Best placed was Andrew Rayner who finished 3rd in the Men's Under 23 race timing 32.48 for the 10km course. Together with Peter Tucker in 16th he helped Kent to runners up spot in the team race.

Eve Bugler was 16th in the under 20 women's race and was part of the winning Kent team. For the Under 17s Ella Fisher was 27th in the women's race with James Poole 57th in the men's race.

Strongest Club presence came in the under 15 girls race where Rebecca Taylor was 12th, Katy Murray 26th and Sarah McLennan 28th and Kent finished in 3rd place. Danny Brewer was 33rd for the boys while in the girls under 15's age group Amy Smith was 20th and Rebecca Smith closed in 55th.

[Kent Veterans & Clubman's races, Swanley](#)

The Club enjoyed both individual and team success at the Kent Veterans & Clubman' races at Parkwood School in Swanley. Mike Cronin was the over 60's champion and also helped the over 50's to 3rd place in the team race with Ken Daniel in 5th, Rob Brown 15th and Chris Pike 18th.

Neil Ayrton had an outstanding run in the over 40's race finishing in 2nd. Scoring places were completed by Ian Taylor in 23rd, Mark Ellison 24th and Mark Compton 43rd.

Darryl Hilliar was 9th in the Clubmans race but the Club did not finish a team.

[Walking](#)

Three of the Club's walkers were in action at Blackheath. Competing in the 9km handicap race Robert Bain was given the largest handicap setting off 21.45 minutes after the first group. After a slight problem at the 4km point where he started to choke, he eventually crossed the line in 8th place which gave him the fastest time of 45.08 a personal best for the distance. His sister Jessica was first in the 2km race with Holly Williams winning the 4km. Their strength and technique impressed the experienced walkers spectating.

[Sportshall](#)

A group of youngsters from the Club were in action at the latest Kent Sportshall meeting. Rachel Blackie won the under 17 women's event and set a new shot record in the process. There was an encouraging team result for the under 11 girls who were 7th out of 40 teams but most results were not available on the day.

[Rankings](#)

More athletes from the Club feature in the recently published under 13 girls track and field rankings. Highest placed is Katrina Cosby who is 9th in the long jump with 4.64. She is also equal 17th in the 75 metres with 10.3. Amarah Taitt is 20th in the shot with a putt of 8.53.

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2 December 2003

Blackheath & Bromley Harriers AC enjoyed another successful Day at the latest Kent Men's Women's and Young Athletes League fixture at Danson Park. Despite the wet and windy conditions the Club won four team races and had two individual winners.

Most successful age group was the under 13's. Michael Thorpe's brave front running nearly paid dividends in the boys race but he was overhauled in the latter stages and had to settle for second. However, this was compensated for in the team race as the fast improving Stephen Cavey finished in 6th and ever consistent Robert Evans placed 9th to secure victory.

It was a similar story in the girls race as Amy Smith was also overtaken in the later stages having lead all the way. Danielle Barley had an excellent run in 9th while Danielle Critchley, having only just turned 11, made an outstanding debut to finish in 10th. Impressively Katie Gibbs was 11th, Hannah Garcia 12th and the Club had another 9 finishers.

Rebecca Taylor led the under 15 girls team to victory. She just prevailed in a close finish and with Katie Murray 3rd and Sarah McClennan 7th the Club comfortably won the team race. As with the under 13's there was more strong back up from another 6 athletes led by Sarah Coombs in 9th.

Danny Brewer was first home for the boys with good back up from Sam Simpson while Stephen Leach and Tom Beech ran well in the under 17s but the Club didn't finish a team.

The under 17 girls team were a good 2nd with Ella Fisher 4th, Bryony Proctor 7th and Caroline McQuillan 19th. There was a clean sweep for the under 20 men with a 1, 2, 3 for Terry Hawkey, Chris Daniel and Dan Ryan.

Diane Ballard made her debut for the Club in the Senior Women's race and was first home in 15th while Kate Pratten, Angela Cook and Clare Ludwig packed well in 17th, 18th and 21st to help the team finish 4th.

Martin Airey made a rare appearance in the Kent League to show his track training is going well. He was 6th in the Senior Men's race just ahead of Peter Tucker, Eamonn Prendergast and John Morland to help the team finish third in the 4 to score. Unfortunately a calf injury forced Graham Coates out of the race in the opening mile and so the Club didn't feature in the 12 to score competition.

Elsewhere Gemma Viney was 7th for St Mary's in the latest London Colleges Cross Country League race at Wimbledon Common.

The 2003 track and field rankings for the under 15 boys have just been published. Highest placed is Alex Al Ameen who is ranked 2nd in the Pentathlon with 2960 points. His 11.61 second Club Record breaking time in the 80 metre hurdles ranks him 7th in the country and he is also equal 13th in the high jump with 1.75. His brother Richard is 17th in the Hammer. On the track AAA's bronze medallist Scott Blackwell is 8th in the 400 with 52.6 and also lies 17th in the 200 metres with 23.5. James Alaka is 19th in the 400.

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25 November 2003

Mike Winch is the new Vice President of UK Athletics. The 55 year old Blackheath & Bromley Harriers AC member was elected in a postal vote that was open to all Clubs affiliated to UK Athletics defeating three other candidates, Tanni Grey-Thompson, Peter Matthews and Eric Shirley. Winch, who is also a Vice President of the Club, has said that his "main focus at all levels will be to enhance the status and resources of the club and coaching structures within Athletics".

He is a former Commonwealth Games silver medallist, a level 4 coach who has coached 30 Senior and Junior athletes, and Secretary of the Athletics Coaches Association of the UK.

Michael Skinner's hopes of gaining a place in the Great Britain team for the European Cross Country Championships were scuppered when he went down with injury the week before the trial race which was incorporated into the Reebok Cross Challenge race at Liverpool last Saturday.

Unable to train for most of the previous week his running lacked its normal fluency and he decided to cut his losses when in 15th position and pull out of the race. He will now concentrate on clearing up his injury problems and getting some decent training under his belt.

One man who did finish at Liverpool was Andrew Rayner. He continues to improve and finished in 48th place in a very strong field.

Another of the Club's top distance runners Dave Taylor was in outstanding form in the Wolverton 5. Taylor turns 40 in January but age proved no barrier to him as he finished 2nd in 23.54 just 8 seconds behind former top International Keith Cullen in his comeback race.

Over 40 Club members braved the torrential rain in the annual mob match against Orion Harriers at Epping Forest but they were heavily outnumbered by the host Club and beaten in the 38 to score competition.

First home for the Club was Peter Tucker in 2nd overall with John Morland, shortly to be emigrating to Australia in 3rd, and Alex Gibbins in 7th. They picked up the medals in the Club 7 and a half mile championship which was incorporated into this event. Kate Pratten led the women home in 72nd place with Anne Cilia 99th and Clare Lodwig 102nd.

More of the Club's youngsters appear in the National Track And Field Rankings as the under 15 girls lists have just been released. Highest placed is Flo Clark. The English Schools bronze medallist is 7th in the discus with 32.39 with team mate Shaunagh Brown just behind in 9th with 31.91. Elsewhere in the field Lauren Blackie is 13th in the pole vault with 2.30; Jade Castell Thomas 17th in the long jump with 5.21 and Katie Murray 18th in the high jump with 1.60.

On the track best ranked is Nina Akif with a wind assisted 11.64 which placed her 10th in the 75 metre hurdles. Rebecca Taylor is placed 14th and 25th in the 800 and 1500 in times of 2.16.90 and 4.50.0; and AAA's indoor 60 metres bronze medallist Amy Gibbs is 16th in the 100 metres with 12.55 despite being injured for most of the Summer.

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18 November 2003

[Cross Country/Road](#)

Athletes from Blackheath & Bromley Harriers AC were out in force for the second of the Kent League fixtures of the season at Tunbridge Wells with a number of team and individuals successes.

Particularly noteworthy were both the quality and numbers in the under 13 and under 15 girls age groups. Amy Smith was 2nd in the under 13's race and with Rebecca Smith in 4th and Katie Gibbs 8th they won the team race. Just as pleasing was the strength in depth of the squad with promising runs from Danielle Bowles 13th, Amy DeMatos 14th, Maeve Kenny 16th, Emma Horne 21st, Grace Power 22nd, Jenny Linker 24th, Rebecca Cook 25th and Rose Power 27th.

It was another 2nd place and a team victory in the under 15's age group with Rebecca Taylor taking the runners up spot and Katie Murray 3rd. Sarah McLellan took 7th to secure the team win with Sarah Coombs 9th, Venessa Evans 15th, Lauren Smith 16th, Claire McNamara 21st and Louise Smith 27th.

There was a runner up spot also for Eve Bugler in the under 20s race while Bryony Proctor was 10th in the under 17s with Caroline McQuillan in the 20's. The Club didn't complete teams in these two age groups but they did in the Seniors where with Hannah Leach 7th, Kate Pratten 20th and Clare Lodwig 23rd they finished an excellent 3rd.

Joe Mills was first home for the Senior Men in 9th and with Peter Tucker 12th, Terry Hawkey 16th and Alex Gibbins 18th the team were 4th. They were 2nd in the 12 to score which included two fathers, Ian Taylor and Gary Cook, who had been supporting their daughters earlier.

James Poole repeated his third place from the first match in the under 17's race from last month and with Tom Beech 9th and Stephen Leach in 10th the team were 2nd. Danny Brewer led home the under 15s in 3rd place and with Sam Simpson 13th, Robert D'Angelo 22nd and James Summersby 27th they were 5th in the team race.

Stephen Cavey continues to improve in the under 13's age group finishing in 11th ahead of Robert Evans, 14th, Oliver Robinson 21st and Cameron Ward 23rd.

Missing from the Kent League were four athletes who were in action in the latest of the Reebok Cross Challenge races at Margate.

Andrew Rayner finished a useful 16th in the Senior Men's race representing the South Of England against athletes from France, Ireland and the Combined Services. Jamie Atkinson was 14th in the under 20's race, with Ella Fisher 55th for the under 17 girls and Michael Thorpe an excellent 7th for the under 13 boys.

Last week Rayner won his second London Colleges League race of the season at Kingston. The Brunel University captain finished 4 seconds clear. In the women's race Gemma Viney finished 5th for St Mary's. Jamie Atkinson was also in action finishing 3rd in the Kent Fitness League for his 2nd claim Club Sevenoaks with Neil Ayrton 12th.

On the roads Robert Bain travelled to Nuneaton to take part in the UKA Norwich Union Star Track One Minute Race. He finished 2nd with 259 metres 14 behind Nick Ball of Steyning who set a new World Record of 272 metres. Bill Clapham was first over 70 in Crystal Palace Canter 5km and down in the West Country Chris Woodcock was 26th overall and first over 60 runner in the Children In Need Colyton 10km. His time beat the current over 65's National 10km track champion, John Perratt, by over a minute and a half.

Rankings

More Club Members appear in the 2003 rankings for the under 17 boys. AAA's champion Stuart Harvey is 2nd in the javelin with a throw of 61.50 while English Schools International Amir Williamson lies 3rd in the hammer with 60.58. Both distances are Club Records and Harvey still has one more year in the age group. Williamson is 8th in the discus with 45.42 and his brother Alistair Tawanaee is 14th in the Hammer with 51.39. Alex Worley is 16th in the 400 hurdles with 56.8

Club Dinner

The Club annual Dinner took place last Friday with members of all ages in attendance. Among those present were Olympians Myrtle Augée, Julian Golding and Tawanda Chiwira plus most of the youngsters who won medals in National Championships over the last year. Pictures from the [Dinner](#) are now on the Club website.

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This weekend Michael Skinner and Andrew Rayner travel to Liverpool for the Great Britain Trials for the European Cross Country Championships which take place at Edinburgh next month. Skinner is one of those in contention for one of the three automatic places in the team but will be against some of the top runners in the country

22nd Nov. Reebok Cross Challenge incorporating the GB Trials race for the European Cross Country Championships
22nd Nov. Orion Mob Match, Chingford
29th Nov Kent Men's Women's and Young Athletes League, Danson Park
6th Dec Kent Masters and Clubman's Championships, Swanley



11 November 2003

Cross Country/Road

It was an afternoon of mixed emotions for Blackheath & Bromley Harriers AC at the National Cross Country Relays at Mansfield. Michael Skinner had another outstanding run moving up from 20th to 5th on leg two of the 4 stage race. His time of 14.39 was just outside the previous course record which was broken on the day by two other athletes. He was the third fastest runner of the day against some of the top athletes in the country. Andrew Rayner had another good run on the opening stage timing 15.36 but after Skinner's outstanding run the Club's Challenge halted as they ran out of runners! What had looked like a useful team the day before had disintegrated due to illness, injury and work commitments.

There was a similarly poor showing at the South Of The Thames Junior Race at Coulsdon where John Taylor finished in 56th and Graham Coates 68th which meant again the Club did not finish a team.

It was left to the Club's Under 13 Boys to give an example of fine individual and team running. They travelled to the Phoenix Cross Country Races at Brighton to record an emphatic victory and see Michael Thorpe win the 1800 metre race in 6.41, a new course record by 5 seconds. His reward was £20 of Sports Vouchers. Edward Martin was 5th in 7.04, Stephen Cavey 7th in 7.29 and Cameron Ward 9th in 7.46.

There was a combined under 15's and under 17's race with Tom Beech 9th, Richard Daniel 22nd, Sam Simpson 24th and Doran Morgan 25th, but the age group race positions are not yet available.

Finally Ken Daniel set a new over 50's course record by a second on the four lap course.

New member Ciaran Osborn has just returned from running the New York Marathon finishing 240th out of a field of 34,703 in 2.53.17.

Sportshall

There was another enthusiastic turn out for the second of the Kent Sportshall series at Tunbridge Wells with a number of high points for the Club. Aston Stockdale was the overall winner in the under 13 boys competition while Lauren Blackie was 4th for the

under 15 girls. The under 13 girls team finished in 2nd place and the Club closed three teams in the under 11's competition in 7th, 14th and 18th positions.

[Track And Field Rankings](#)

The National under 17 Women's track and field rankings have just been published and contain a number of the Club's athletes. Highest place is Harriet Robinson who is 2nd in the 80 metre hurdles with 11.25 with Clare Cooper 7th in 11.50. Both ran the 100 hurdles once at the end of the year and were rewarded with 5th and 6th in the rankings. Cooper was also 9th in the 300 hurdles in 44.8 in her only race over the distance and she still has another year in the age group.

Also with another year is Victoria Thomas who is 6th in the Hammer with her Club Record breaking throw of 40.71. She is also 30th in the shot while Rachel Blackie is 15th in the Hammer with 35.44 and 26th in the discus with 33.69. Clare Silvester is 24th in the javelin with 34.98 and Layla Hawkins 15th in the Heptathlon with 4071 points.

On the track Ella Fisher is 20th in the 800 with 2.13.78.

[Recent deaths](#)

The Club is sad to report the deaths of three of its older members who have amounted nearly 200 years of membership of the Club between them. John Furniss who joined in 1933 was one of the runners in the handicap race in 1938 in which Past President Sydney Wooderson brought the World Half Mile record back to Britain for the first time in 50 years also annexing the 800 metre record in the process.

Furniss was set off 8 yards ahead of Wooderson and the Club Gazette records "To Furniss fell the honour of the initial pace making, for he had been one of our most consistent runners and was good for a 56 second quarter which was estimated to get Sydney round the first lap in about 54." In fact he went faster than expected and the opening lap was covered in 52.6. Wooderson went on to clock 1.49.2 for the half mile and 1.48.4 for the 800, (faster than anyone in the Club in 2003)

Sydney was unable to attend the Memorial Service for Furniss but his younger brother Stanley, aged 88, who also ran in the 1938 race was there, albeit in a wheelchair having recently suffered a heart attack.

Furniss was himself a talented athlete and after the 2nd World War placed 8th in the AAA's steeplechase final.

Leslie Cornish joined in 1931 and was a former Southern champion over the sprint hurdles.

Dennis Bentley who died suddenly at the age of 73 had been a Club member since 1952 and would regularly support the Club's youngsters at the Parkwood Cross Country League near his home at Canterbury.

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15th Nov. Kent Men's Women's and Young Athletes League, Tunbridge Wells

16th Nov. SEAA International, Margate

22nd Nov. Orion Mob Match, Chingford

29th Nov Kent Men's Women's and Young Athletes League, Danson Park

6th Dec Kent Masters and Clubman's Championships, Swanley



4 November 2003

[Reebok Cross Challenge, Senneleys Park, Birmingham](#)

Michael Skinner leads the 2003-4 Reebok Cross Challenge after the 2nd of the 6 race series at Senneleys Park, Birmingham. Runner up in the first race at Falkirk in October, the Blackheath & Bromley Harriers AC athlete finished 8th overall in Birmingham and 5th Briton which leaves him top of the overall rankings.

Skinner went with the leaders at the start before starting to feel the early fast pace. He slipped back to 10th before rallying to finish in 8th place timing 33.41 for the 10km course ahead of a number of the country's top distance runners.

The next race in the series takes place at Liverpool in three weeks time and serves as the trial race for the Great Britain team for the European Championships.

Andrew Rayner led by example at the London Colleges Cross Country League race at Parliament Hill. The Brunel University captain held on to win by 2 seconds on the 5 mile course in 26.10. Andrew Moreton representing Surrey University finished in 20th place in 29.20.

The Club's athletes were out in force for the Bromley Veterans cross country race at Sparrows Den filling the leading 4 positions. John Morland, a veteran, won the event 5 mile race in 31.50 ahead of Seniors Eamonn Prendergast (32.11) and Paul Cavallo (32.38) with another veteran Neil Ayrton in fourth.

First woman home for the Club was Kate Pratten who was 16th in the race and 2nd woman overall. She was followed by Clare Ludwig in 26th and Anne Cilia 30th.

[On the roads](#)

Robert Bain showed he is making a smooth transition to Junior and Senior race walking finishing 3rd overall in the Mark Easton Addington Vase race at Monks Hill. The 7 mile distance was the furthest he has raced and should put him in line for an International vest. He missed out on a Junior International in Austria over 10km recently as he had not competed over 10km before, but now, with a useful time of 57 minutes recorded, he will be aiming for a place in the British Under 20s team for the Race Walking World Cup in Naumberg, Germany next May.

Winner at Monks Hill was Mark Easton, who the race was named after as he has won it 22 times! Bain had a battle for 2nd place with Tim Watts, Editor of Race Walking Record, just missing out when the stronger and more experienced Watts got away up up the final testing hill.

The Club has a number of talented young walkers and train under coach Peter Selby from 6pm at Norman Park track most Thursdays. Newcomers are very welcome.

Running wise a number of Club members have been in action in local road races in the last couple of weeks. Peter Tucker and Joe Mills took 3rd and 4th places in the Wilmington 10km despite being misdirected. Tucker timed 33.42 with Mills two seconds behind.

First man home at the Croydon 10km was Andy Lawes in 26th in 39.05 with Gary Cook 28th in 39.17 and Dave Carton 3rd in 43.12. Carolyn Jones Baldock was the first woman from the Club to finish in 162nd place in 47.17

[Under 20 rankings 2003](#)

A number of the Club's athletes feature in the end of year rankings for the under 20 age group. Highest placed for the women is Sandra Alaneme who set an age 17 best of 12.55 for the triple jump. She is placed 3rd in the event against athletes two years her senior.

Montell Douglas also has two years remaining in the age group. The AAA's indoor 60 metre champion has spent most of the Summer struggling with injury and had she had even half a season of competition she would undoubtedly have gone quicker than the 11.98 which ranked her 14th in the 100 metres.

Another with two years left in the age group is Christine Lawrence who is placed 17th in the javelin with a throw of 40.22 the same position as English Schools silver medallist Katy Benneworth is in the long jump with her leap of 5.73.

First year under 17 Victoria Thomas places 18th in the Hammer with 40.71 and another first year under 17 features in the men's rankings. Stuart Harvey is 13th in the javelin with his throw of 55.42.

Amir Williamson, another under 17, places 15th in the 6kg Hammer with 50.14 and Fabian Collymore is 16th in the 200 with 21.87. Highest placed are two new members. Former Croydon Harrier Bernard Yeboah is 5th in the long jump with 7.41 while ex Guildford And Godalming athlete Michael Whitehouse is 7th in the high jump having made substantial improvement in the Summer under coach Shirley Poole to clear 2.05.

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[Forthcomng Events](#)

8th Nov. ECCA Cross Country Relays, Mansfield
 8th Nov. South Of The Thames Junior, Coulsdon
 9th Nov. Kent County Sportshall Competition, Tunbridge Wells
 15th Nov. Kent Men's Women's and Young Athletes League, Tunbridge Wells
 16th Nov. SEAA International, Margate
 22nd Nov. Orion Mob Match, Chingford
 29th Nov Kent Men's Women's and Young Athletes League, Danson Park



28 October 2003

[Nike Men's 6 stage and Women's 4 stage relay, Sutton Coldfield](#)

A delayed flight cost the Blackheath & Bromley Harriers AC men's team dearly in the Nike National 6 Stage Road Relays at Sutton Coldfield. The team had moved into 8th place after 4 legs but International Dave Heath was unable to get to the venue in time as his business flight was delayed from France. The team eventually finished in 26th.

Andrew Rayner put the team in 27th on an ultra competitive opening stage just 46 seconds down on the leaders timing 18.04 before 45 year old Bill Foster (19.13) slipped to 37th on the second stage.

Michael Skinner continued his run of good form as his time of 17.21 was the fastest on leg three moving the team up 20 places to 17th. It was also the 7th equal fastest time of the day. From there Mark Steinle catapulted the team into the top 10 with a 17.32 clocking that left the Club in 8th place.

Junior Jamie Atkinson slipped to 10th on leg 5 with 19.20 before late replacement 53 year old warhorse Ken Daniel (21.48) dropped to 26th place. Had Heath's flight been on time the Club would have finished in the top 10.

The women's team finished in 52nd place in the 4 stage event and while this was slightly down on the previous couple of years it demonstrated the increasing depth of talent at the Club. Hannah Leach brought the Club in 47th on the opening stage in 16.30, significantly quicker than last year. She had also travelled from France for the race, but by train.

It was heartening to see Brunel University student Gemma Viney in action following three years of injury problems. However, she struggled with a chest complaint on the 2nd leg and slipped to 54th with 17.55. The remaining two legs were from athletes who started as more recreational runners on the Wednesday evening Clubnights before graduating to become vital members of the Club's Senior teams. Kate Pratten had a useful third leg bringing the team in 55th in 18.39 before Clare Lodwig completed proceedings in 52nd in 18.31.

[Great show by prep girls - Bromley High School Cross Country races](#)

In a fitting tribute to Tony James, a long time servant to Bromley AC, Blackheath and Bromley Harriers AC staged a girl's cross-country competition at Bromley High School for years 4, 5 and 6.

Nine schools sent 200 girls to take part in the competition which was set on a demanding course. Girls from Year 4 started the action with a fine display of running. Hannah Kallend from St David's College was first home with Alice Gallop from Bromley High second and Carla Madden from Alleyns School taking the bronze medal.

The main event of the day followed where the combined teams from Years 5 and 6 competed for the Tony James Trophy.

Hannah Edwards from Alleyns lead the field and was outright winner and assisted her school Alleyns taking the trophy this year. James Allen Prep School took send team prize with their lead runner Fola Evans-Akinebola finishing third. Fola who won the year 4 race last year is now a member of Blackheath and Bromley Harriers AC. Last years winners Colfe's took third place and Caroline Ford, their first girl home was second in the individual race. Bromley High were edged into fourth place.

[KCAA Sportshall competition, Swanley](#)

A number of the Club's youngsters were in action in the first of the Winters Kent Sportshall competitions at Swanley. On a noisy and exciting days sport, the Club fielded 4 under 11's teams with one of the teams of Emma Armstrong, Sian Hurlock, Georgie Gregory and Sam Jeal performing so well that they won bronze medals.

Aston Stockdale won the under13 boys event, an outstanding individual performance.

[Beach Head Marathon](#)

A number of Club members took part in the Beach Head Marathon a 26 mile cross country race around the Seven Sisters. First home for the Club was Terry Brightwell in 28th 3.36 with Dave Ellison 30th in 3.37 and Chris Pike 112th in 4.08. First woman for the Club was Terri Shotton in 6.40 with Shirley Poole closing in 6.48.

Pictures from the race and results can be viewed on the Club website at www.bandbhac.org.uk The site has been named website of the week by the website www.athletics-results.co.uk which describes it as "an impressive site - up to date and well designed" It now contains 418 pages and over 900,000 words.



21 October 2003

[Reebok Falkirk Cross Challenge, Callendar Park, Falkirk](#)

Michael Skinner opened his cross country season in fine style as he finished 2nd in the first of the Reebok Cross Challenge races at Callendar Park in Falkirk. The Blackheath & Bromley Harriers AC athlete was beaten by Trafford's Peter Riley but trailing in his wake in 5th was Spencer Barden who represented Great Britain at the European Cross Country Championships last year.

A place in the British team for this years Championships is Skinner's aim and if he continues in this form he may well achieve his goal at the Trials race which takes place on the 22nd of November, the day after his 24th birthday.

[Kent Men's, Women's and Young Athletes League, Capstone Park](#)

A former Kent Under 13's cross country champion, Skinner would no doubt have been pleased with many of the performances at the opening fixture of the Kent Men's, Women's and Young Athletes League at Capstone Park.

Pride of place went to the under 13 girls age group where Amy Smith won the race and with Rebecca Smith in 4th and Katy Gibbs 8th a team victory was ensured. Michael Thorpe was 2nd in the Boys race helping the team to 2nd with the help of Edward Martin, Cameron Ward and Robert Evans.

Katy Murray continued her fine start to the Winter season taking 2nd place in the under 15 girls race and helping secure team victory with the support of Rebecca Taylor in 4th, Sarah McLennan 7th and Sarah Coombs 8th. The boys were 4th with Jonathan Vintner 11th, Sam Simpson 13th and Robert D'Angelo 30th.

James Poole burst onto the Kent League scene with an excellent 3rd place in the under 17 boys race and with Tom Beech 9th and Stephen Leach 10th the team took a welcome 2nd place. Illness prevented the girls from completing a team but there were, nevertheless, useful runs from Bryony Proctor in 10th and Caroline McQuillan in 12th. Eve Bugler had an encouraging win in the Junior Women's race but no Club finished a team.

Jonathan Murray, another who has progressed from the under 13's age group, led the Senior Men home in 5th place. Backed by Joe Mills, returning to fitness in 12th place, Anthony Draper 15th and Jamie Atkinson 16th the team finished in 2nd place.

First in for the women was Kate Pratten in 16th with the promising Angela Cook in 20th and Clare Ludwig 21st while Carolyn Jones Baldock who missed the start by three minutes worked her way through to 39th. The team finished 6th.

[Sarah Olney](#)

Sarah Olney has been a valuable member of the Club's Young Athletes Team all Summer and she came into her own at the recent National Championships for athletes with a Moderate Learning Disability. She retained her javelin title throwing over 20 metres an improvement of over 8 metres on last year. She also won the shot putt title.

Her reward is an England International vest and an invitation to a training weekend in Rugby.

The club welcomes new members of all ages and abilities for cross country, road, track and field. For further details about the Club visit the website at www.bandbhac.org.uk

This weekend Michael Skinner leads the Senior Men's challenge at the Nike National 6 stage road relay at Sutton Coldfield in a team that also includes Internationals Spencer Newport and Dave Heath. The women will be in action in the 4 stage event and will be looking to continue their improvement at National level.

Sat 25th October. Nike National 6 Stage Road Relays for men and 4 stage for women.

Sat 25th October. Beachy Head Marathon, Eastbourne

Sat 25th October. British Masters Cross Country Relays, Millfield School.

Sat Nov 1st. Bromley Vets Cross Country Races, Sparrows Den

Sat Nov 8th. ECCA Cross Country Relays, Mansfield
 Sat Nov 8th. South Of The Thames Junior Cross Country race, Coulsdon.



14 October 2003

Chicago Marathon

Mark Steinle finished in 16th place in a field of thousands at the La Salle Bank Chicago Marathon. Unfortunately for the Blackheath & Bromley Harriers AC athlete his time of 2.15.41 was outside the Olympic qualifying time of 2.12 and so he will have to have another attempt at the distance if he wants to qualify for Athens next year.

At the half marathon point the 28 year old had looked like he would obtain the required standard. He went through 13.1 miles in 63.39 which was just over half a minute slower than his finishing time at the Great North Run. At this point he was just behind the leaders but he suffered in the 2nd part of the race in particular in the last 6 miles.

Club 5 Mile Championships

Andrew Rayner took the Club 5 Mile Cross Country race winning on a bone hard but testing course at Hayes. The fine weather attracted a good turn out of 72 runners for a race that was first contested in 1880 and is widely believed to be the oldest cross country race in the world.

Rayner was possibly the favourite to win and did so by a minute but there were some surprises behind. Jonathan Murray, in his first race for months took 2nd with Peter Tucker just holding off veteran John Morland for 3rd. First junior was Terry Hawkey with David Griffin getting the better of Chris Daniel to take 2nd place.

Kate Pratten showed a good return of form to win the women's race with Diane Ballard 2nd and Angela Cook in 3rd.

This was also the 2nd of the 9 Bennett Cup handicap races and 76 year old Club Treasurer Peter Long caught the handicapper out to win.

24 Hour track race, Tooting

Ultra distance runner John Turner took part in one of the ultimate endurance races when he ran in the 24 hour track race at Tooting Bec track. The race went from 12 noon on the Saturday through to 12 on the Sunday and 29 athletes completed the event.

One of the main points of interest occurs each 4 hours when in order to prevent injuries and reduce the boredom the athletes turn around and run the other way! Turner finished in 22nd place overall with a distance of 123.043 kilometres which works out at 76 mile, 801 yards, nearly three marathons. He had warmed up for Tooting by running the London to Brighton race the previous weekend a mere 54 miles, 198 yards. He finished the race comfortably and even jogged back down the course to cheer on team mate Bernie Bater who was delighted to complete the course having been forced to drop out last year.

Club members also stepped in to help with the marshalling of the race at two vital junctions thus saving the 53rd race from possible cancellation.

Dulwich 10km

A number of Club members were in action in the Dulwich 10km with pride of place going to Russell Bentley who finished in 2nd place in 32.22. Len Crowder was 10th in 35.42 with Alex Gibbins 24th and Trevor Llewelyn, Head of Geography at Dulwich College, 45th in 38.47.

Kate Pratten was in action for the 2nd day in a row. Having won the women's Club 5 title the day before she finished in 164th place in 45.47.

John "Kipper" Herring

The Club are sad to announce the death from cancer of Vice President John "Kipper" Herring at the age of 68. Herring was one of the top runners in the country in the 1960's and represented Great Britain in the 5,000 metres at the 1964 Olympic Games in Tokyo. His Club record of 13.51.4 for 5,000 metres survived from 1964 through to 1987 and is faster than any Club member ran in 2003! He was assistant director of the Crystal Palace Sports Centre from 1970 to 1987 and worked for the London Marathon organisation for many years before moving to Sudbury in Suffolk. He had been a Club member for over 50 years.

Coming Up

Sat 18th October. Kent Men's, Women's and Young Athletes League. Capstone Park

Sat 25th October. National 6 Stage Road Relays for men and 4 stage for women.

Sat 25th October. Beachy Head Marathon, Eastbourne

Sat 25th October. British Masters Cross Country Relays, Millfield School.

Sat Nov 1st. Bromley Vets Cross Country Races, Sparrows Den

Sat Nov 8th. ECCA Cross Country Relays, Mansfield

Sat Nov 8th. South Of The Thames Junior Cross Country race, Coulsdon



7 October 2003

Walks

Four members of Blackheath & Bromley Harriers AC represented the South Of England in the Inter Area walks match at the Moorways Stadium in Derby. Best performance came from Robert Bain who was just a second outside his personal best in the Under 17's 5km race as he won in 25.06.9. He didn't have things all his own way as he was put under pressure from Hayden representing the Midlands. However, with two and a half laps to go Bain made his move and pulled away to give himself a nine second victory by the finish.

Holly Williams finished in 5th place in the under 15 girls 3km race in 19.39.5 the first Southern representative home. It was first home for the South too for Julia Stacey in the under 13 girls 2km race as she finished 5th in 12.04.1 with Jessica Bain just behind in 6th place in 12.16.0. Robert Bain was back in action again last weekend at Dartford in the Southern Area Challenge, a one hour race. This was his first race in the under 20 age group and he celebrated by winning the under 23 event as well. He walked exactly 11km an excellent performance.

Sister Jessica was also in action finishing 2nd in the 15 minute race. In the under 15's race Holly Williams led from the start to the end of the quarter of an hour.

[National 10km Championship, Bourton On The Water](#)

Spencer Newport returned to racing in the National 10km road race championships at Bourton On The Water. In a high class field he finished in 24th place in 30.56. He will now be preparing himself for the Nike National 6 stage road relays at the end of the month.

[Veterans' weights pentathlon](#)

Gordon Hickey celebrated his 70th birthday in the best possible style as he travelled to Burton On Trent to win the British Veterans' Weights Pentathlon with a new National record. The Pentathlon is the shot, discus, javelin, hammer and heavy weight and the former British Record holder for the over 60's shot never looked challenged.

It was a triple celebration for the Club with Colin Brand winning the men's over 65's competition just outside his own National record and Beatrice Simpson the women's over 45's again in a new National record.

Most of the Club's athletes are about to start back training knowing the key to the personal bests of next Summer is in the hard work they do over the Winter months.

The Club caters for all ages and abilities across the full range of disciplines from track and field, walking, road and cross country. All this is supported by an Active Social Programme. Those over 11 interested in track and field should visit Norman Park on a Tuesday or Thursday evening from 6.30 and ask for Heather Williamson. Under 11s should attend on a Wednesday. Road and cross country enthusiasts should visit the Clubhouse at 56 Bourne Way, Hayes again from 6.30.

[Forthcoming events](#)

Sat 11th Oct Club 5 Mile Championships, Hayes. Start 2.30. register at Clubhouse from 1.30

Sat 18th Oct Kent Men's League and Kent Women's and Young Athletes League, Capstone Park

Sat 25th Oct National Men's 6 Stage and Women's 4 Stage road relays, Sutton Coldfield

Beach Head Marathon, Eastbourne

British Masters Cross Country Relays, Millfield School

