



Founded in 1869

Blackheath & Bromley Harriers AC

Oct to Dec
2004

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21 December 2004

Blackheath and Bromley's walkers had a successful day despite the bitterly cold weather at the Cambridge Harriers Winter League races at Bexley. Junior International Robert Bain surprised himself in the 10km race as not only did he finish in 2nd place but he also set a personal best for the distance. A fast start saw Bain, Aldershot's Nick Silvester and Belgrave's Andrew Goudie in close contention but they then spread out with Goudie leading Bain 2nd and Silvester 3rd.

With about 3km to go Silvester drew level with Bain and the two battled together for the next couple of kilometres before the B&B youngster pulled away to take the runner up spot. His time of 48.51 means he needs to improve by less than 2 minutes to gain selection for the Great Britain team for the European Cup of race walking in Hungary, something he feels is achievable given that he has had the recent lay off from training.

Second claim members Peter Hannell and Shaun Lightman finished in 8th and 9th places. There was more success in the under 15 girls 2.5km race with Chelsea O'Rawe Hobbs winning in 13.53 with Julia Stacey second in 14.42.

A thriving training group meets each Thursday at Norman Park at 6pm under coach Peter Selby. Those interested in taking up the Sport are very welcome to attend.

Indoors Tyrone Swaray showed that he is sharpening up for the forthcoming championships as he timed 6.89 for the 60 metres at the Indoor Meeting in Loughborough.

On the country Graham Coates was the Club's only representative at the South Of The Thames Senior Championships at Wimbledon Common.



14 December 2004

Andrew Rayner of Blackheath & Bromley completed a busy couple of weeks of racing as he led Kent to victory in the under 23 race at the South Of England Inter County cross country meeting at Stowe. He finished in 3rd position while Jamie Atkinson was also part of the winning team placing 19th.

The previous weekend Rayner had finished in 13th place in 24.26 in the Portsmouth 5 mile road race while in the week building up to this the Brunel University student was runner up in the London Colleges Cross County League race at Hackney Marshes.

Atkinson has also been in road action recently placing 14th in the Nike 10km in 32.10 just two places behind Russell Bentley who ran 31.46.

Also at Stowe, Jennie Butler was 18th in a very good standard Senior Women's race with Shavaun Henry 56th and 18th in the under 23 competition that was incorporated in the main race.

Katie Murray continued her good Winter form with 13th place in the under 17 women's race while James Poole was 48th in the men's contest.

Biggest representation from the Club came in the under 15 girls race. Rebecca Taylor was first home in 5th place with Amy Smith just 6 seconds behind in 7th. Hannah Garcia was 41st with fast improving Catherine Chambers in 49th.

All four of the girls are coached by Andy Frankish, who had seven athletes selected for the meeting, the most he's ever had in

over 25 years of coaching. Rebecca Smith was 51st in the under 13 girls race despite recent injury problems.

Meanwhile many of the Club's older runners were in action in the Kent Veterans Championships at Tunbridge Wells. Most successful team was the men's over 40's squad. Roy Smith won the individual bronze medal and with Alan Camp 5th, Neil Ayrton 11th and Con Griffin 29th they picked up silver team medals. Trevor Simmons was 31st.

With Ken Daniel struggling with a buttock injury it was left to Graham Coates in 14th to lead home the over 50's team with Daniel 16th, Jim Phelan 21st and Rob Brown 26th. They were 4th in the team race.

Most successful individual of the day was Mike Cronin who won the over 60's race. However, the Club did not have enough athletes to finish a team. Bridget Davey made her debut in these championships finishing 4th in the women's over 35's race with Anne Cilia 15th. Annie McDonald was 4th and Helen Godsell 8th in the over 45's race.

Amazingly Anne Cilia was in action just a short time afterwards in the Club's Christmas 5 mile yacht handicap at Hayes.

The race sees the slowest in the field setting off first and the quickest last with the first over the line at the close the winner. Handicapper Chris Haines called upon a lifetime's experience as a Professor of Mathematics to ensure a close finish with Angela Cook hanging on to win by 10 seconds from John Turner with Ron Chambers hot on his heels in third.

The race attracted a wide range of standards and ages from 15 year old Alistair Cliff up to 77 year old Club Treasurer Peter Long.

Fastest man of the day was Mark Ellison with 32.57 with Darryl Hilliar second (33.02) and Peter Burford third (34.06). Quickest woman was Kate Pratten with 38.09 with Angela Cook second (38.37) and Clare Ludwig third (39.53).

The Club's young walkers have been enjoying more success on the roads recently. Holly Williams finished in 2nd place in her first ever 5km in the Christmas Cup Meeting at Monk Hill with a very promising time of 31.02.

In the men's race second claim members Peter Hannell and Shaun Lightman finished in 5th and 6th places.

Meanwhile at the Enfield League meeting, Chelsea O'Rawe-Hobbs won the under 13's one mile race in 8.18.

The rankings for the under 13 boys age group for the 2004 track and field season have just been published with Stephen Cavey topping the 800 metres with a time of 2.13.5. So impressed were Athletics Weekly that the latest issue of the magazine features an interview with him. He is also 6th in the 200 with 25.52 one place behind Elliott Cox who timed 25.35. Elliott is also 6th in the 100 metres with 12.40.

Daniel Duffin had an excellent Summer in the throws and he is third ranked in the country in the javelin with 40.84, a distance which broke the Club Record.

All three were at the Clubhouse last Saturday evening as the Club paid tribute to many of the youngsters who helped the Club become Young Athletes champions of the United Kingdom this Summer.

While the League recognises winners of each individual event at the National Final, the members of the winning team do not all receive a medal to acknowledge them as National Champions.

This is something the Club is rectifying by presenting a medal to all the Club's athletes who competed in the Final at Birmingham and also to all who competed in any of the five Area League matches that qualified the team for the Final.

Just to qualify for a place in the Final was a major achievement as it became clear over the course of the season that at least the four strongest teams in the country all came from the South Of England, but only two could qualify for the final. In one match the Club only won by two points meaning that all those who performed made an important contribution to victory.

On hand to present the medals were two of the Club's senior record holders. Great Britain International Liz Hughes was second in the pole vault at the AAA's Championships and Olympic Trials earlier this year, the Club's most successful athlete of that particular weekend. Tawanda Chiwira has competed at two Olympic Games and two Commonwealth Games for Zimbabwe. He broke the Club 400 metre record a couple of years ago, a record that had stood since 1958. Pressure of space meant that only medals for under 13s and under 15s could be presented with the remainder to be distributed in the coming weeks.



7 December 2004

Dave Taylor continued his extraordinary first year as a veteran when he finished 5th in the Portsmouth 5 mile road race, one of the biggest and highest standard road races of the Winter. The Blackheath & Bromley man timed 23.53 one of the fastest in the country this year.

Outdoors Tim Dickinson had a useful run at the latest of the Reebok Cross Challenge Series in Liverpool. Like Taylor he is a former Southern Cross Country Champion and he finished in 10th place, a performance which bodes well for the Senior Men's squad as they prepare for the Southern and National Championships in the new year.

Indoors a number of athletes from the Club were in action at the Open Meeting at Eton with some encouraging performances that bode well for the rest of the Winter season.

Highlight of the day was a new Club Under 17 women's pole vault record from Rachel Arnheim. She added 10 centimetres to her previous best with a clearance of 2.90.

Training partner Lauren Blackie had to miss the vault because of a wrist injury but she did clear 1.50 in the high jump as well as setting a new best of 8.24 for the 60 metres.

Under 15 Aston Stockdale cleared 2.50 in the vault and he too ran a 60 metre best of 7.84.

Winner of the 60 metres was Tyrone Swaray although his 7.03 was a little off his best in his first race since February. Behind him there was a new best for Daniel Haque of 7.05 in second place, While David Torku got 3rd in the final with 7.25 just outside the 7.23 best he set in the heat.

The under 13 girls rankings for the 2004 track and field have just been published with many of the Club's athletes featuring.

On the track Rebecca Cook, who spent much of last Winter running cross country, is equal 8th placed in the 75 metres with 10.1. Jessica Saville is 20th on the 600 metre list with 1.48.9 and Amy DeMatos features in both the 1200 and 1500 in 8th and 13th places with times of 3.54.3 and 5.00.87.

In the field events Jessica Matthews is equal 8th in the high jump with 1.48 while Nenisha Nelson- Roberts is equal 15th despite only being in the first year in the age group . To have one athlete ranked in an event is good, to have two impressive, but to have three is remarkable. This is the case in the discus with Estelle Patten 13th (21.92), Emma Brown 17th (21.44) and Katherine Jones 20th (21.07) Highest ranked of all, however, is Helen Silvester who places 7th in the javelin with 26.74 and given her performances already with the under 15 implement she should be well placed when she moves up an age group next year.



30 November 2004

Blackheath & Bromley had six individual winners at the latest round of Kent League races at Danson Park. In addition they had three team victories which is promising with the County Championships just six weeks away.

Roy Smith was first home for the Club in the Senior Men's race in 12th place and was the first veteran to finish. For the women Jennie Butler was third and with Miranda Pockitt 11th and Fran Green 13th the team finished in third place.

In the under 20's age group there were wins for Chris Daniel in the Men's race and Ella Fisher in the women's. Cameron Bennett was runner up in the men's race with Rachel Chadwick 4th in the women's.

Katy Murray took the under 17 women's title and with Bryony Proctor 6th and Debbie Shearing 7th they won the team race as well. The men ran well to finish second led home by James Poole in 5th place. The next three athletes had possibly their best ever runs for the Club with Danny Brewer 6th, Richard Daniel 13th and Jonathan Vintner 16th.

Men's team Manager Tony D'Angelo was equally impressed with Sam Simpson who was 9th in the under 15 boys race. Behind him Alex Littlewood was 14th despite a mad dash to get to the start line after traffic problems.

The girls dominated this age group with five finishers in the top eight. Amy Smith won the race from Newstead Woods schoolmate Rebecca Taylor. Impressively Catherine Chambers and Laura Kastoryano finished 4th and 5th with Hannah Garcia 8th.

The Club had both age group winners again in the under 13's with Stephen Cavey first in the boys race and Amy DeMatos leading the girls home. The boys secured the 2nd team place with Joe Harding 12th and Andrew William 21st. The girls went one better with Danielle Critchley placing 4th and Lucy Price 14th.

Members of the Club have been in action in other Leagues recently. Former Southern Cross Country champion Tim Dickinson, who now lives in the Wirral, guested in the latest of the Liverpool and District League races and won the Senior Men's competition by well over a minute.

Rory Byrne competed for his 2nd claim club Herne Hill Harriers and finished 30th in the Surrey League at Wimbledon Common.

Student Eve Bugler was 9th for Keble College in the Oxford University College Cuppers Races. As a first year she also competed for Oxford in the Varsity Freshers track and field match at Cambridge finishing 2nd in the 800 metres in 2.25.2.

Rankings

The under 15 boys track and field rankings have just been published and contain the outstanding performances of James Alaka and Joe Stockton.

Alaka tops the 100 metres with 11.14 the 6th fastest ever in this country in this age group. He is also second in the 200 with 22.54 and 11th in the 400 with 52.89.

Stockton heads the hammer rankings with 59.36 nearly two metres further than the second ranked athlete with Richard Al Ameen 4th with 53.94. Stockton is also 18th in the discus with 36.66.

Coaching

The Club has been making changes to its coaching programme recently and now offers a session at Norman Park for 9 and 10 year old boys and girls at Norman Park on Monday evenings from 6pm to 7pm. The aim is to give an introduction to the various track and field disciplines in a fun environment. All are welcome.



23 November 2004

Michael Skinner just missed out on selection for the Great Britain team for the European Cross Country Championships. The 25 year old Blackheath & Bromley athlete finished 6th in the Trial race at Parliament Hill which was incorporated into the latest of the Reebok Cross Series that takes place around Britain over the Winter months.

It was a very strong field with only the top three gaining automatic selection. The remaining three places were at the discretion of the selectors. Missing from Saturdays race were regular GB Internationals Chris Thompson (Aldershot) and Karl Keska (Birchfield) and they got the nod over 5th placed Glynn Tromans (Coventry) and Skinner.

Although he did not get picked, Skinner ran a good race over the 10km course which consisted of 2 loops of 2km followed by another two laps of 3km. A lead group of around a dozen athletes formed early on with Skinner tucked in nicely, well positioned to cover any breaks.

Gradually the group began to reduce in numbers and towards the end of the third lap the race really got underway as Windsor's Mo Farah surged clear. The field strung out with Skinner in 4th, just behind Olympian Keith Cullen. However in the later stages the Coventry duo of Matt Lole and Tromans passed by. With a time of 30.31 there was just 11 seconds separating Skinner from third placed Cullen.

Also in the race was Andrew Rayner. He had a fine run to place 37th and had earlier had the satisfaction of seeing his girlfriend Lizzie Hall of Herts Phoenix qualify for the GB junior team.

Jamie Atkinson finished in 89th and will soon be reaping the benefit of this uninterrupted period of training and racing.

In the supporting races the best performance by the Club's athletes came from Amy De Matos. She was an excellent 7th in the under 13 girls race. Katie Gibbs was 75th in the under 15 girls, Debbie Shearing 49th and Louise Smith 50th in the under 17 women's; and Shavaun Henry, representing Birmingham University, 28th in the under 20 women's.

More of the girls were in action in an 8 match Inter Counties match up at Coventry. Best performance here came from Amy Smith who was 2nd in the under 15s race. Hannah Garcia also ran well to place 19th. Lauren Smith placed in the 30s Further success came in the under 13's race with Danielle Critchley finishing in 4th place.

Skipping the Reebok meeting and turning down the opportunity to represent England in the Home Countries Masters International, 40 year old Dave Taylor travelled to the South coast to totally demolish the field in the Brighton 10km road race. He won in 30.12, one minute 41 seconds ahead of 2nd place, another remarkable performance. His achievements recently have been recognised by Masters Athletics Monthly magazine who feature an in depth article on him in it's December issue out this week. Visit the website at www.mastersathletics.co.uk

Also on the roads, but in a different discipline, there was a win for Chelsea O'Rawe-Hobbs in the under 13 girls one mile walk race which took place alongside the Enfield 7 race.

Joe Godsell is better know as a 400 and 800 metre runner but he recently set a best of 37.20 in the Epsom 10km to finish 8th overall, a very creditable performance as he was wearing a Batman outfit at the time!

One of the Club's promising Junior Cross Country runners put in a useful performance while competing for his University. David McKinlay finished in 3rd place for the University Of East Anglia in the latest East Anglian League match at Colchester.

At home at Hayes the first Mob Match of the season took place against Orion Harriers. The value of these contests is that everybody scores in the competition. The age of the Club's athletes ranged from 15 to 65 and the two Club's scored 48 a side.

Unfortunately for B & B, home advantage did not help and the visitors from Chingford achieved a narrow victory. The race incorporated the Club 7 and a half mile championships and winner of this and in the match against Orion was Anthony Draper. He timed 47.33 with Alex Gibbins second and Ciaran Osbourne third.

Jennie Butler was a comfortable winner of the Women's Championship with Kate Pratten second and Annie McDonough third. The race also featured the latest of the Bennett Cup Handicap contests and winner here was Alison Jelly, with Mike Wade second and Martin Blunden third.

The previous evening the annual Maryon Wilson Swimming Race took place at West Wickham baths and again there a large range of entrants for this race over two lengths of the pool.

First again was Nick Bunclark with Simon White 2nd and Darryl Hilliar third. Winner of the handicap competition was Bill Clapham who at the age of 73 improved 8 seconds on last year. Second was Mike Martineau with David Johnson third.

Rankings

The publishing of the under 15 girls rankings is a reminder of just how successful the Club was in 2004. Of course as a team the Young Athletes were unsurpassed and became National Champions. The rankings show just how good they are as individuals.

Shaunagh Brown is number one in the discus with her throw of 37.19. This is over a metre clear of second place. She is also 10th in the shot putt with 11.01.

Also top of an event is Lauren Blackie. She heads the triple jump with her leap of 10.64 from the indoor season. This is the first time the event has been ranked and Lauren is number one on the all time list. She is also 8th in the pole vault with 2.60 and 20th in the long jump with 5.26, an event in which she is the South Of England champion.

Serita Solomon's time of 11.21 in the 75 metre hurdles is the equal fastest in the country this year the same as that of Ashley Helsby of Liverpool. These were both achieved at the English Schools final with Helsby given the gold medal. Serita also has the equal fastest hand timed 100 in the country with 12.4.

Rebecca Taylor is 4th ranked at 800 metres with her 2.12.5 just ahead of former World Champion Liz McColgan's daughter Eilish. In another year Rebecca could have been higher but this was only the second time in 26 years that 5 girls have bettered 2.13. Rebecca is also 14th in the 1500.

Best event for the Club is the pole vault where, as well as Lauren Blackie, Rachel Arnheim and Emily Godly are joint 6th, both having cleared 2.80 to set both Club under 15 and under 17 records.

The other athlete ranked is Amarah Taitt who emigrated towards the end of the season. She is 22nd in the discus with 28.80.

Coaching

The Club has been making changes to it's coaching programme and is now able to offer sessions for 9 and 10 year olds at Norman park track between 6 and 7pm on a Monday evening. The aim is to provide an introduction to the various track and field disciplines in a fun environment. New athletes are always very welcome and just need to turn up on the night.



16 November 2004

Cross Country/Road racing

Michael Skinner travels to Parliament Hill this weekend for the Great Britain Trials for the European Cross Country Championships which are incorporated in the latest of the Reebok Cross Challenge races. The Blackheath & Bromley athlete will be looking to celebrate his 25th birthday a day early by winning a place in the British team.

Certainly he is in the form to achieve this. He won the first of the Reebok series up in Falkirk at the start of October beating two of last years British team. Then at the National Cross Country Relays he timed the second fastest leg of the day ahead of many of his rivals this Saturday.

One of his Cross Country relay team mates, Russell Bentley travelled to Bristol to take part in the British Milers Club 4km Cross Country races. The meeting again attracted some of the best runners in the country and the 23 year old finished 8th in 12.22. In the women's race Bella Clayton was 20th in 16.08.

There was a good turn out of Senior Women from the Club at the Margate International races. Jennie Butler was the first home for the Club over the 5.5km course finishing in 13th place in 20.25. Miranda Porritt was 19th with 21.13 and Fran Green 27th in 22.30. With Kate Pratten 29th Annie McDonough 35th, Anne Cilia 51st and Alison Jelly 59th they featured highly in the various team competitions.

They were 5th overall in the team race behind an England team and also one from the Eastern Counties. Annie, Anne and Alison came 3rd in the over 40's team race and Miranda, Annie and Anne were 4th over 35's team. Veteran Roy Smith was 34th in the men's race.

Many of the Club's youngsters travelled to Brighton to take part in the Phoenix Road races, although some did not make the start line because of problems on the motorway.

Best result of the day came in the under 13's age group where Stephen Cavey won the race in 6.40 just one second outside the course record of Clubmate Michael Thorpe. William Andrew was a good 5th in 7.36.

Thorpe was in action in the under 15's where he was 8th. First home though on his debut for the Club was Alex Littlewood. He finished in 6th place and with Sam Simpson in 9th the Club had three in the top 10.

James Poole was 6th in a very competitive under 17's race with Richard Daniel 11th and Richard Davies 12th.

A number of Club members competed in the Stevenage Marathon with David Lewis the first home in 89th place in 3.49.42. He was followed by Dave King (99th), Ray Bennett (105th), Dick Griffin (123rd), Brian Smith (124th) and Colin Poole (181st)

Rankings

The track and field rankings for the under 17 men has recently been published with athletes from the Club featuring in many events.

Highest placed is Stuart Harvey who lies 3rd in the javelin with 64.69. Elsewhere in the field events Alistair Tawanaee is 6th in the Hammer with 58.53 and 12th in the discus with 44.38 and Scottish International Scott Huggins and Adam Berry are both 20th equal in the pole vault having cleared 3.60.

On the track English Schools International Daniel Haque places 10th in the 200 with 22.22 and 15th in the 100 metres with 11.09. Dominic Parsons is 12th in the 400 with 49.89. This was run indoors early in the year and had he not spent most of the Summer injured he would surely have gone faster.

The Club is in the process of making changes to its coaching programme. The first is that there is now training at Norman Park on Monday evenings between 6 and 7 for 9 and 10 year olds. The aim of these sessions is to give youngsters a broad introduction to the various track and field events in a fun environment. Anyone wishing to attend just needs to turn up at the track at 6pm and report to John Blackie.



9 November 2004

Blackheath & Bromley's Senior Men gave further warning that they are re-emerging as one of the very strongest running squads in the country when they finished 5th in the ECCA National Cross Country Relays at Mansfield out of 150 teams.

What was just as pleasing as gaining 5th place was that this was a young team with an average age of 23 and three of the quartet were in the under 17 squads that won the National Cross Country Championships in the late 1990s. In fact the three of them Michael Skinner, Andrew Rayner and Russell Bentley are all former pupils of Langley Park School for Boys. Skinner and Bentley are both now teaching assistants while fourth member of the quartet Barry Stephenson is also a teacher having moved into the area after finishing his degree at Loughborough.

On a highly competitive opening stage Bentley was soon to the front of the lead group before the pack began to split. He eventually finished in 16th place but his time of 15.39 meant the Club were just half a minute down on the leaders.

It was ideally set up for Michael Skinner. He tore through the field moving the Club into a 10 second lead by the end of his leg. His time of 14.42 proved to be the 2nd fastest of the day and shows he will be challenging for a place in the Great Britain team at the European Cross Country Trials in a couple of weeks time.

Stephenson ran a good leg three (16.05) but slipped back to 5th place. Andrew Rayner made a brave effort to get the team into the medals and got up to third at one point on the last stage. However, He was then passed by two others and went back to 5th

with a time of 15.58.

Team Manager Nick Gasson was delighted with the teams performance and with the current strength in depth of the squad is looking forward to the County, Southern and National Cross Country Championships in the new Year and the 12 stage road relays in the Spring.

The women's team were not at full strength but still finished 49th out of the 75 teams that finished.

Kate Pratten brought them in 67th on the opening stage with 12.56 before Miranda Porritt sliced through the field to reach 53rd with a time of 12.05. Clare Lodwig surprised herself on the final stage by moving the team up another 4 places and timing 13.09.

Dave Taylor did not compete at Mansfield but he was in outstanding form on the roads. The 40 year old won the Barns Green Half Marathon by nearly three and a half minutes with a time of 66.45.

Under 20 Shavaun Henry was 20th in the Junior race at the recent Birmingham Cross Challenge race and when she is down from Birmingham University for the County Championships in January the team should be looking for medals as Ella Fisher and Rachel Chadwick showed good form by finishing 2nd and 4th in the latest Kent League fixture at Capstone Park.

All the younger girls teams gained top three placings. Katie Murray was 6th in the under 17 girls race leading team team mates Debbie Shearing and Sarah Coombs to third place.

Rebecca Taylor made it two wins out of two in the under 15 girls race and with Hannah Garcia in 3rd and Katherine Chambers 7th the team finished first. There was also a good run from Katie Gibbs in 10th place.

It was first also for the under 13s led home by Amy DeMatos in 3rd with Rebecca Smith 5th and Danielle Critchley 7th. Encouragingly there was considerable strength in depth with Lucy Price 17th, Georgina Cheu 18th, Lisa Cockerall 21st and Clare Parkin 26th.

The boys teams suffered with the clashes with football and rugby. Danny Brewer was a useful 6th in the under 17 men's race while the under 13's team of Oliver Robinson, Andrew William and James Reeves finished in 3rd place.

Race Walking

The Club's race walkers have enjoyed a successful couple of weeks. Robert Bain took part in the Open race at Blackheath Park mainly for training purposes but the talented Junior went on to win the race by five and a half minutes. He recorded 45.05 for the 9km course.

There was a win also for Holly Williams in the Gazette Cup races at Monks Hill. Competing in the under 15's race over a distance of 2.5km she timed 15.28 for victory.

Three of the Club's second claim members were in action in the Senior Men's race with Shaun Lightman 3rd Peter Hannell 6th and Nolan Simmons 8th.

Rankings

The track and field rankings for under 17 women has recently been published with athletes from the Club featuring in many events. Highest placed is English Schools champion Rachel Blackie who is 2nd in the hammer with a distance of 48.06. Breathing down her neck in 3rd is AAA's bronze medallist Victoria Thomas with 47.26.

Also in the field events, English schools International Jade Castell Thomas is 8th in the triple jump with 11.29 despite being in the younger year of the age group. Also with another year left as an under 17 is Flo Clark who is 11th in the discus with 36.29.

Best placing on the track is Clare Cooper who is 4th ranked over the 100 hurdles with 15.27. She is also 9th in the 80 hurdles with 11.71. Amy Godsell features in three events. She is 11th in the 200 (25.14), 14th in the 300 (40.42) and her 12.1 is the second fastest hand timed 100 metres, although there are others who have gone quicker using electric timing. Rebecca Syrocki is 11th in the 400 metres with 58.32 and Leanne Critchley 15th in the 300 hurdles with 45.3.



2 November 2004

Kent Men's and Women's League, Capstone Park

Andrew Rayner took time to travel back from University to lead Blackheath & Bromley's Senior Men to a good 2nd place in the second Kent Men's League match of the season at Capstone Park. The Brunel student finished in 2nd place overall and while the team position was the same as the opening fixture at Hayes, it was achieved with a much lower points score.

Joe Mills finished in 7th place with John Thorpe 13th and Roy Smith 19th. Both this and the Senior Women's race were affected by a lack of marshalls on the course and some flags being moved by members of the public. This almost certainly cost Jennie Butler a place in the race and she had to settle for 3rd. Bella Clayton was 11th and captain Kate Pratten 28th as the team finished in 4th.

Results from the younger age group races are not yet available but will be soon on the Club website.

Three of the Club's athletes were in action in the latest of the Reebok Cross Country series in Birmingham. On a very sticky course Jamie Atkinson finished in 71st place. Sisters Eve and Kate Bugler were both in action in the women's race representing Oxford University finishing in 68th and 85th places respectively.

Atkinson also finished 3rd in the Croydon 10km the previous week.

Rankings

The men's under 20 rankings for the track and field season have just been published with a number of athletes from the Club figuring prominently. Highest placed is Amir Williamson whose 61.77 puts him 2nd on the Hammer rankings for the 6kg implement. He is also 2nd using the Senior 7.25 weight. His brother Alistair Tawanaee lies 16th in the 6kg rankings despite still

being an under 17.

Like Williamson, Michael Whitehouse had a successful Summer with the highlight being his first selection for Great Britain. His best for the year was 2.10 a height that places him third in the country.

Bobby Lockwood's year was disrupted with injury but he still threw 51.79 in the discus which puts him 4th best. He is also 10th in the shot putt with 15.73.

Stuart Harvey is 7th in the javelin with his 58.84, quite an achievement as he is also an under 17 athlete and this is with a heavier implement. It was a promising year for the Club in the pole vault. Junior team captain Tom Robinson is equal 11th with 4.30 while multi eventer Alex Pope is 16th equal with 4.20.

A couple of second claim members also make the rankings. Tunde Balogun is 14th in the 100 metres with 10.80 and Mark Covington 10th in the Hammer with 53.04. On new member also makes the list. English Schools 400 hurdles champion Edward Harrison who has recently joined the Club from Medway And Maidstone is 3rd in his specialist event with 52.61 and also highly placed in the sprint hurdles with his 14.6.

Annual Club Dinner

The Club's annual dinner took place at Hayes with special guest Frank Dick, former chief coach of British Athletics. His rousing address will no doubt have given inspiration to a number of the Club's younger up and coming stars who attended the meal.

The evening also offered the opportunity for the Mayor of Bromley Councillor Anne Manning to make a presentation to Tawanda Chiwira. He received the Lindsay Salver which is awarded to the Senior track and field athlete who has contributed most both in performance and example over the season. A double Olympian, he has competed in events from 100 to 400 plus relays and not missed a match all Summer.

Also presented to the Club was a message from Sir Roger Bannister which has been framed congratulating the Clubs athletes who raised funds for the Parkinson Appeal at this years London Marathon.



26 October 2004

Blackheath & Bromley's men's Winter season started in earnest as they finished in a useful 7th place out of 65 teams in the National 6 Stage Road Relays at Sutton Coldfield. This result indicates that the team will be a major force in Cross Country and Road Championships in the coming months. Former Southern Cross Country Spencer Newport ran a steady opening leg. The first stage is always a very competitive stage and although he finished in 34th position his time of 18.20 meant that the Club were less than a minute down on the leaders.

Brunel University student Andrew Rayner cut through the field on the second stage to move the team up to 19th place with 18.00. The progress continued on leg three as the in form Michael Skinner ran the teams fastest leg of the day. His 17.28 was one of the fastest legs of the day but he was still slightly disappointed with his time.

Super veteran Dave Taylor was next up. The 40 year old has been in outstanding form recently and took the team up to 5th place with a 17.37 clocking.

Barry Stephenson slipped slightly to 7th on the 5th stage with 18.27. Another former Southern Cross Country champion Tim Dickinson rounded off proceedings with 18.04. He held onto 7th from a fast finishing Leeds Team.

Over 90 teams toed the line in the women's 4 stage event. Jennie Butler opened for the Club and closed in 30th place. Her time of 15.41 was just shy of her best for the course which was quite an achievement considering recent injury problems.

Gemma Viney was not happy with her run on the second leg where she timed 18.14 but she had not been well during the week. Fran Green continued her promising return to racing with 17.21 on leg three just two seconds quicker than Bella Clayton on the final stage. She brought the team home in 40th place.

Encouraged by their performances the squads will be back in action at the National Cross Country Relay Championships at Mansfield in two weeks time.

The Club's walkers showed excellent early season form at the Cambridge Harriers Winter League meeting in Bexley. Robert Bain, still an under 20, produced a new personal best in the tough hilly 5km race with a time of 23.31. The only person to beat him was Darryl Stone of Steyning and this was no disgrace as Stone was 4th in the 20km in the 1998 Commonwealth Games. Second claim member Peter Hannell was 9th overall and was the first over 60 to finish.

Closest race of the day was the under 13 girls 2.5km race where the top two positions were both Blackheath & Bromley athletes and both achieved personal bests. A "sprint" finish saw Holly Williams take the title by just one second in 15.01 from Chelsea O'Rawe-Hobbs after the two had been neck and neck for the rest of the two lap course.

The under 20 rankings for the track and field season have just been published with a number of athletes from the Club figuring prominently. Montell Douglas had a season disrupted by injury but she was still ranked number three in the country in the 200 metres with her indoor time of 24.00. She was also 4th in the 100 metres with 11.84 and still has another year left in the age group.

Amy Godsell's 12.1 also features on the 100 metre list despite being an under 17. In the sprint hurdles Harriet Robinson placed 12th with 14.41. Best placed in the field events is Rachel Blackie who despite being an under 17 is placed 7th in the Hammer with her English Schools winning throw of 48.06. Team mate and fellow under 17, Vickie Thomas is just one place behind with 47.26. Also eighth placed is Sandra Alaneme in the triple jump with a leap of 12.04. Christine Lawrence is 15th in the javelin with 40.69.



19 October 2004

Blackheath & Bromley Harriers AC's athletics success across the age groups and development initiatives at grass roots level have been recognised by Sportswear manufacture Nike (UK) who have renewed their Sponsorship of the Club.

The new contract lasts until the end of 2007 and is a huge boost to the Club. Only one other Club in the country, Birchfield Harriers in the Midlands, have support from Nike.

The Club currently has over 20 Senior and Junior Internationals and as well as their individual successes the Club's teams from Young Athletes through to Senior level and beyond are all competing at National level.

John Thorpe, who only took up running this year after playing football, won what is possibly the oldest cross country race in the world when he took the Blackheath & Bromley Harriers AC Club 5 Mile cross country title at Hayes. The race was first contested in 1880.

The 34 year old is making rapid improvement in his new Sport and hung on for victory over the testing and over distance course with captain Nick Gasson just two seconds behind. Half a minute behind Eamonn Prendergast picked up the bronze medal just 10 seconds ahead of Ciaran Osbourne. In 5th place and first home in the Junior race was the fast improving Chris Daniel.

The women's race saw a comfortable win from Jennie Butler and her time of 34.39 gave her 15th place overall. Team captain Kate Pratten picked up the silver with Angela Cook 3rd.

First veteran home was Roy Smith with Alan Camp 2nd and another former footballer Neil Ayrton in 3rd.

The race featured a good cross section of the Club from 15 year old Alastair Cliff through to 73 year old David Churchus, and it was pleasing to see a number of athletes such as Club President Margaret Baldwin and newer members like Neil Ives competing in the race for the first time.

As always the race incorporated the Bennett handicap competition and on this occasion it was the younger element who came out on top with first place going to Alastair Cliff, who crossed the line with his father Bob, Chris Daniel 2nd and Nick Gasson 3rd.

Club members have featured in a number of races recently with some significant performances. Former Southern Cross Country Champion Tim Dickinson won the Congleton Half Marathon by almost a minute, 59 seconds to be precise, when he finished in 71.45.

Closer to home Jamie Atkinson triumphed in the Tatsfield 5 mile road race winning in 26.41 with Peter Tucker third in 28.56. Russell Bentley set a new best when he finished 3rd in the Dulwich 10km with 31.08 with Tony Crowder 17th (37.09), Gary Cook 45th (40.11) and Richard Barrett 90th (42.48)

The Kingston Festival of Running features races over three distances and the Club had representatives in all three. Most successful was Nick Kinsey who won the over 45's section of the 16 mile race with a time of 97.31. David Lewis timed 3.46.28 and Nigel Webb 3.47.15 in the marathon while Chris Hogg clocked 53.02 in the 8.2 mile race.

Three members travelled to Wales for the Cardiff Marathon. First home was David King with 3.40.12 followed by Brian Smith (3.44.58) and Colin Poole (4.05.47).

The marathoners were back in action again at Abingdon where David Lewis finished in 3.54.50, Colin Poole 4.12.11 and Bernard Else 4.44.17.

Clare Lodwig was 3rd in the Sevenoaks 5km at Knole Park and Annie McDonough ran 72.21 in the Cabbage patch 10 mile race.

All these distances are but a sprint for John Turner who has just completed his 16th successive annual London to Brighton race, just over double the marathon distance. He finished the 54 mile course in 9 hours 19 minutes and 52 seconds.



12 October 2004

The first major cross country fixture of the season in the UK took place up in Scotland with the opening race of the Reebok Cross Challenge series in Falkirk, and Blackheath and Bromley's Michael Skinner won the Senior Men's event in some style.

The 24 year old teaching assistant was content to stay in the pack for the first part of the race but broke away in the last lap to win by 8 seconds from last years National Cross Country runner up Billy Farquharson of Mansfield. Also trailing in his wake were Chris Davies of Telford, who ran the fastest time at the Midland Road Relays two weeks ago and Rob Birchall of Notts, who has represented Great Britain at two World Cross Country Championships.

Now with just six weeks to go before the Trial Race for the British team for the European Cross Country Championships, Skinner is looking a serious contender for a place in the squad. Highlight of his Summer was finishing 3rd in the 1500 at the Olympic Trials but now having taken the scalps of some of Britain's top specialist cross country runners he looks set to make as big an impression over the Winter as well. On the roads Dave Taylor was in outstanding form at the Great South Run at Portsmouth. He finished in 14th place overall and his time of 49.14 is the fourth fastest ever by a British male over 40. Despite the strong winds on the South coast it is the fastest by a British over 40 for seven years and the fastest time run in this country since 1991.

Although in the Masters age group he was the 5th fastest Briton on the day even beating John Mayock who represented Great Britain at the Olympics over 5000 metres.

There was more good news for the Club with Russell Bentley winning the Dulwich 10km. He has struggled with injury this Summer but showed he is rounding into form by clocking a new best of 31.08. Skinner joined the Club as a 10 year old and has run for all the Club's age group teams. He would therefore have been delighted to see such a healthy turn out of athletes of all ages at the opening Kent League fixture hosted by the Club at Sparrows Den.

First for the Senior Men was Welsh International Joe Mills who finished in a useful 9th place after a stop-start period of training because of injury. Former England Junior International Jamie Atkinson ran well for 12th but perhaps the best performance came from John Thorpe who has only just started training with the Club after playing football. He finished in 19th place and would probably have finished higher but for a stitch. Captain Nick Gasson completed the scoring in 30th place.

There was a particularly impressive turn out from the Senior Women with a record 11 starters from the Club. Jennie Butler led the team home in 4th place while there was a rare appearance on the country from 800 metre specialist Bella Clayton who finished in 11th.

Miranda Pockitt, who recently joined the Club from Sevenoaks AC closed in 13th and there was a welcome return to action for Fran Green after a long absence through injury. She finished in 18th. With Ella Fisher second and Rachel Chadwick 6th in the Junior Women's race there will soon be good athletes joining them.

James Poole continued his good start to the Winter season with 3rd in the under 17 men's race and with Danny Brewer 7th and Richard Davies 8th the team finished 2nd. Katie Murray was first home for a promising women's team in 6th place.

Best team performance of the day came from the under 15 girls squad where Rebecca Taylor held off training partner Amy Smith for victory. With Hannah Garcia in 4th they won the team race with some ease. Behind them Jessica Bain had one of her best ever races on the country as she finished in 7th place.

It was first also for the under 13 girls team with Rebecca Smith in 3rd, Danielle Critchley 4th and Jessica Saville 8th. Oliver Robinson was 12th in the boys race helping a promising young squad to 3rd place.

The Summer season has just about ended now but there have still been some significant results. Robert Bain and Holly Williams represented the South Of England in the Inter Area walks match at Worcester.

Still an under 20 Robert finished 3rd overall in the 10km race in 50.46.6. He was the first Junior home. Holly finished 4th in the under 15 girls 3km race in 17.45.7. The duo helped the South to finish second in the team competition.

Club members picked up three medals at the British Masters Weights Pentathlon at Cophthall. There was a gold for Colin Brand in the over 65s age group with a total of 3759 points for his performances in the shot, discus, javelin, hammer and heavy weight. Gordon Hickey picked up silver in the over 70's category and it was silver too for Beatrice Simpson in the women's over 45's category with 3297 points.

Back on the track Max Richardson finished his season on a high with a personal best of 2.01.26 for 800 metres at the Watford Open Meeting which means he has set personal bests at all distances from 60 metres to 800 this year.

Blackheath & Bromley's coaching programme was given a significant boost recently with 19 athletes and parents completing the UKA Level One Coaching course at Norman Park Track.

Former Commonwealth Sprint hurdles champion Judy Vernon took the course and those attending included double Olympic 400 metre runner Tawanda Chiwira, and English Schools Hammer champions Rachel Blackie and Amir Williamson. Over the last year up to 300 athletes have been training on Tuesday and Thursday nights at the track putting a huge pressure on the existing coaching staff. In addition over 100 under 11s have been attending the Wednesday night sessions again stretching the existing coaching structure. Similarly at Ladywell track the high numbers on Mondays and Wednesdays meant a waiting list had been set up.

The new coaches will be able to support and expand the existing structure and allow the Club to plan new coaching initiatives in the local area. This should allow the Club to build on its success of this Summer which included a win in the first combined boys and girls UKA National Young Athletes Final.

As well as the increase in the number of coaches there is hope that the track will be increased to 8 lanes and a second throws area added. Members of Bromley Council recently visited the facility on a Tuesday evening to meet representatives of Norman Park Management and the Club.



5 October 2004

[Southern Veterans Final, Battersea](#)

Blackheath & Bromley are the top male over 40's club in the South Of England having recently won the Area Final at Battersea retaining the title they won last year.

The prospects of a win seemed slim at the start of the meeting with a number of the Club's best athletes unavailable. However a mixture of talent and what manager John Turner described as "fantastic team spirit" provided the backbone for victory.

In a team of stars Turner picked out two individuals in particular for praise. Mike Cronin took part in four events in the over 60's age group while new over 40 Alan Fairbairn won both the shot and discus after coming in at short notice.

The quad was boosted by the presence of Bob Minting and Chris Woodcock who had travelled up from the west country to compete and from Denis Wallington who made the trek down from Suffolk.

Things could not have started much better on the track with the Club's sprinters reeling of a string of victories to give the Club a clear lead. However, the gap then closed until mid afternoon the Club pulled away again to eventually win with 343 points from second placed Barnet on 301

[Club Championships](#)

There was an excellent afternoon's competition at the recent Club Championships at Norman Park. Athletes from all age groups from under 11s to over 70s took part ensuring a true family atmosphere and an environment for some exciting performances.

In the Senior age group Andrew Rayner finished a season much reduced through injury with a 3.56.7 win in the 1500 metres.

Jack Wilkie made his debut over the 400 metres and promptly broke through the 50 second barrier with a 49.9 clocking.

Even faster was Max Richardson in the under 20s age group. His 49.7 was a new personal best, his first time under 50 seconds and a just reward for the hard training put in over the year. Bella Clayton timed a good 58.0 in the Senior Women's race.

In the under 17's age group Daniel Haque had a busy but successful afternoon with wins in the 100 (11.1), high jump (1.70) and long jump (6.01). Runner up in both the 100 and long jump was training partner David Torku with promising performances of 11.5 and 5.83.

As expected Stuart Harvey won the javelin his distance being 58.52 with Alistair Tawanaee winning the shot and discus.

For the women there was a double win for Amy Godsell in the 100 and 300 Highlight in the under 15's age group came in the women's pole vault where Rachel Arnheim cleared 2.75 and Lauren Blackie went over 2.50 for second. Serita Solomon won the 100 as expected but also took the high jump title with a leap of 1.46. Also in the field under 13 Helen Silvester competed above her age group and won the javelin title with a throw of 25.05. There were clear wins in both the boys and girls 1500 metre races from Rebecca Taylor and Michael Thorpe.

There was a very good turn out in the under 13's age group where Stephen Cavey picked up three golds in the 100, 1500 and long jump. His feat was almost emulated by Andrew Jordon who won both the 75 hurdles and discus but who had to settle for silver in the shot putt behind Danny Duffin whose outstanding throw of 38.58 won the javelin.

For the girls Daniella Annon won a very competitive 75 metres final from Jessica Matthews who took gold in the high jump with 1.40 and the long jump with 4.03 against a field of 12 other competitors.

[Pole Vaulting](#)

Many of the Club's pole vaulters finished the season on a high as they competed as guests at the Ashford and Invicta East Kent Club Championships at Canterbury.

Highlight of the day was Rachel Arnheim and Emily Godley both breaking the under 15 girls and under 17 women's pole vault records as they cleared 2.80 metres.

The exciting aspect of the day was to see so many of the Club's athletes setting personal bests. Coach Simon Tolson, who is the wrong side of 35, led by example as he set a new best of 4.01. As well as coaching Emily Godley he also has under 17 vaulters Scott Huggins and Adam Berry under his wing. Both cleared 3.60 a new best for Adam.

There was a new best too in this age group for Rachel King who went over 2.50 for the first time. She is coached by John Blackie whose daughter Lauren, the Southern long jump champion, went over 2.60 for a new best in the under 15s age group. Promisingly for the future Rebecca Haywood cleared 2.20 in her first competition. Aston Stockdale was close to his best with 2.50 in the boys.

The event is really taking off at the Club at the moment with athletes over 4 metres in the junior, senior and over 40's men's age groups along with National Silver medallist Liz Hughes in the Senior Women's.

A recent introductory session to the event saw 24 athletes in attendance with virtually all expressing the desire to attend further sessions.

The Club caters for under 11's on Wednesday evenings from 6pm or 6.30. Over 11's up to Senior and Over 40's level train on Tuesdays and Thursdays from 6 pm. However the Club is set to be introducing new coaching initiatives and innovations in the very near future.

