



Founded in 1869

# Blackheath & Bromley Harriers AC

Oct to Dec  
2006

Home

Up

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## Press Releases for October, November & December 2006

- 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 2006

[31/10/06](#)[24/10/06](#)[17/10/06](#)[10/10/06](#)[3/10/06](#)

### November 2006

[28/11/06](#)[21/11/06](#)[7/11/06](#)

### December 2006

[27/12/06](#)[19/12/06](#)[12/12/06](#)[5/12/06](#)


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### 27/12/06

Sydney Wooderson, Blackheath & Bromley's greatest athlete and one of Britain's best ever middle distance runners has died at the age of 92.

In his career he was World Record holder for the mile, three quarters mile, half mile and 800 metres. The only Briton to have held the World 800 record since Wooderson is Sebastian Coe. He was AAA's mile champion from 1935 to 1939 and three mile champion in 1946 in a British Record.

He is one of the few runners who has successfully moved up from 1500 metres to the 5000 winning the European title in the former in 1938 and in the latter in 1946. He also won silver in the mile at the Empire Games in 1934. Having retired from the track he won the National Cross Country title in 1948.

But for the Second World War he could have been Olympic Champion in 1940 and 1944. An injury in 1936 meant he did not progress beyond the heats. His achievements after the War are even more remarkable in that they came after some had said that he would never run again after a bout of rheumatic fever.

He was coached by the 1920 Olympic 800 and 1500 metre champion Albert Hill, and was an inspiration for the next generation of great British middle distance runners including Sir Roger Bannister, the first man to break the four minute mile.

He was twice Blackheath Harriers President and in 2000 was awarded the MBE "for services to Athletics and to Blackheath Harriers".

Blackheath & Bromley's Senior Women were just pipped for the Kent League title in the final match of the year at Tunbridge Wells. They finished second on the day to tie with Medway and Maidstone on League points for the season but miss out on the winners trophy on match points.

Jennie Butler won her third race of the season but missed the overall individual title because she had to miss a race through illness. Fran Green improved on her previous best position in the League to finish in 4th place with Bella Clayton 9th and 5th overall for the year. Annie McDonough, who was 29th on the day finished as 2nd best veteran for the season.

There was again an impressive turn out from the squad and with all of them steadily improving the Club should feature prominently in the Championship races in the New Year.

The Junior men finished first on the day, led home by Andrew Conway in 2nd place and Jonathan Vintner third. Richard Davies, Adam Atkinson and new boy Sam Hunt also all finished in the top ten and the team were second for the season. Alistair Cliff was 10th in the under 17's race.

The Under 15 girls were third on the day, just two points behind the winners, led home by Danielle Critchley in 2nd place with Krystal Galley 6th and Georgina Naessens in 9th. This meant that the squad finished as winners overall for the season with Danielle Critchley the top individual. Andrew York was 4th in the boys race with Hector Kurtyanek 6th.

Numbers were a little thin on the ground in the early races because of traffic congestion and this meant only Holly Starling finished in the under 13 girls race. For the boys Robert Yates placed 12th with Anthony Moore 22nd and Tom Scott 24th to secure third place and third place for the season.

The under 17 rankings for the 2006 track and field season have recently been announced with a number of the Club's athletes prominent with three top of their events. Shaunagh Brown heads the women's discus by over two metres with a throw of 46.01 and is also runner up in the shot putt. Serita Solomon is quickest over the 100 hurdles with 14.14 and Chelsea O'Rawe Hobbs leads the 3000 walk list with 14.45.82 while Holly Williams is 5th in the same event.

James Alaka is third in both the 100 and 200 metres with times of 10.73 and 21.68 and another English Schools International, Richard AlAmeen is 4th in the Hammer with 60.89 a Club Record. Joe Stockton is 8th in the same event with 55.56. Banke Jemiyo is 14th in the women's event.

Lauren Blackie recovered from injury to place 6th in triple jump with Isobel Ivy 9th with 11.34. Both are coached by John Blackie as is Rachel Arnheim who is 7th equal in the pole vault with 3.40, closely followed by 12th placed Emily Godley with 3.25.

Amy Smith's time of 10.09.16 places her 14th in the 3000 metres and would probably have gone quicker had she had more competition in her races. Others to feature in the list include AlexBruce Littlewood (19th in the 1500 steeplechase); Catherine Chambers (10th in the 1500 steeplechase) and Sarah McLellan (12th in the 300 hurdles)



## 19/12/06

Michael Skinner finished his racing for the year by defeating European Cross Country champion Mo Farah in the Lotto Cross Cup in Brussels. The Blackheath & Bromley athlete had a steady start and was around 40th after the first of the 7 lap course. Farah started with the leaders but then began to slip back through the field while Skinner began to edge upwards. On the penultimate lap Skinner moved past and went on to finish 16th overall in the highest standard race this side of Christmas.

He was cheered on all the way by a group of Club members who had travelled over to spectate and take part in the supporting races. Shavaun Henry placed 39th in the Senior Women's race and Bryony Proctor justified her selection for the South Of England team by finishing an excellent 13th in the Junior Women's race.

There was another good run from Alex Bruce Littlewood in the under 17 men's race where he finished in 8th place while Michelle Fewster was a fine 6th in her age group. Danny Brewer, Stephen Cavey, Tom Andrew, Philip Sesemann, Oliver Taylor, Jessica Saville, Sophie Gordon, Sophia Maslin and Georgina Chew all had useful runs in their respective races.

Club President Ken Daniel was first over 55 in the accompanying 5km road race.

A number of Club members were in action in the recent South Of England Inter County Championships at Parliament Hill. Jennie Butler and Shavaun Henry helped the Kent team to 3rd place in the Senior Women's race finishing in 15th and 16th places overall.

James Poole continued his good run of form by placing 6th in the under 23 and under 20 race with Danny Brewer 28th while Bryony Proctor was 8th in the women's race. Amy Smith had another good run to finish in 2nd place in the under 17 women's race and Alex Bruce Littlewood was pleased to place 11th in a high class men's race. Michelle Fewster took 13th in the under 15 girls contest.

Closer to home Peter Tucker took the first prize of a turkey in the Christmas Caper at Swanley. He timed 22.25 for the 4.2 mile course and Amy Smith was in action in the women's race placing 3rd despite being an under 17.



## 12/12/06

Michael Skinner was part of the Great Britain Senior Men's team that finished 4th in the European Cross Country Championships at San Giorgio su Legnano in Italy. The Blackheath & Bromley athlete was the 4th scorer for the British Team placing 29th overall in 28.54.

Despite his useful placing Skinner was a little bit disappointed with his run feeling that the uneven course disrupted his natural rhythm. He was also a little disappointed that the team finished outside the medals. He will now aim to make the British team for the World Championships in March.

In America Scott Overall has been named 2006 Horizon League Cross Country athlete of the year by the Leagues nine cross country coaches. He won the Horizon League individual title and was 9th in the Pre National Meet, runner up in the NCAA Great Lakes Regional and was 35th in the NCAA Division One Championship, the first Briton to finish. He was also Horizon League Outdoor track athlete of the year as well.

One Significant result which has been missed in recent weeks came in the British & Irish Masters Cross Country International in November. Representing England, Dave Taylor edged to victory in the over 40's race to win an exciting contest by four seconds from Leeds City's Darran Bilton.

Taylor had taken an early lead before Bilton caught up and went past. Taylor got back on his rivals shoulder with 1000 metres to go before striding clear for victory in the home straight. Taylor's next goal is the European Masters Indoors Championships in Helsinki in March.

Alan Camp finished in 8th place in the over 50's race.

The Club's Under 20 women have already secured a place in an International competition for 2007. As the top Junior Women's team in the country they will represent Great Britain in the A Final of the European Champion Clubs Cup which take place in the Czech Republic next September. This year the team excelled themselves by placing 3rd in the A final in Moscow, an outstanding performance against some teams who were in effect Regional Squads of their countries.

With the joint junior men and women's team being National Champions it comes as no surprise that a number of the Club's athletes feature in the National Under 20 rankings that have recently been published.

Despite missing part of the season with a stress fracture caused by a growth spurt, Stuart Harvey still placed second in the javelin rankings with a throw of 64.36. It is second also for Victoria Thomas with a throw of 56.78 in the Hammer closely followed by

training partner Rachel Blackie with 56.74. Second claim member Jade Dodd also places third in the javelin with a throw of 45.33.

Scott Huggins was another to place highly despite an injury disrupted season. The talented pole vaulter missed the first half of the season after missing the landing bed in his first competition of the year. He bounced back to equal the Club Record with a clearance of 4.70 to place 4th highest in the country.

Alistair Williamson rank 7th in the Hammer with the 6kg implement with 61.07 and is 6th using the heavier 7.26kg senior implement with 52.37.

Three second claimers feature in the jumps with Jeremy Odametey 4th in the triple with 14.89; Southern Champion James Thomas Lindor 7th in the long (7.17) and Simon Hemmings 10th in the high.

Other field eventers to feature are Florence Clark (discus), Jade Castell Thomas (triple jump), Emily Martin (long jump) and Marcus Williams (shot)

Highest placed track athlete is Danny Doyley who is 7th in the men's 200 with 21.35 just one place above Daniel Haque with 21.40. Danny is also 10th in the 400 and 11th in the 100.

Also placed 8th are Anike Shand Whittingham in the 100 with 11.96 and Clare Cooper 61.90 in the 400 hurdles. Alex AlAmeen is 9th in the 110 hurdles with 14.48, and Amy Godsell and Rebecca Syrocki are 10th in the 200 and 400 metres respectively. Amy is also 18th in the 100 with Katie Murray 11th in the 400 hurdles.

The Club enjoyed more success at the Kent Veterans Championships at Swanley with two sets of team gold, two sets of bronze and an individual win.

Best individual performance of the day came from Alan Camp who won the over 50s race by 40 seconds. He timed 35.07 for the 9500 course and it was team mate Tim Soutar who took second place. With Graham Coates in 13th place they won the team race.

It was gold to for the women's over 35's team who were led home by Bridget Davey in 5th place with Miranda Porritt 9th and Lisa Page 10th. Further down the field two athletes dipped their toes in the competitive waters for the first time in a long while. Perhaps better known as Rebecca and Oliver's mum, Amanda Taylor, who once placed in the top 10 in the English Schools Cross Country Championships, finished in 15th place. In 21st place was former English Schools 800 metre champion Claire Robinson.

Amanda's husband, Ian, was part of the Club's over 40's team who won bronze medals. He was 25th with the team led home by former Portsmouth footballer Neil Ayrton in 5th with Mark Watling 16th and Mick Jones 32nd.

The women's over 45's team also picked up bronze medals with Annie McDonough winning individual bronze. Anne Cilia in 10th and Alison Jelly 15th completed the scoring. This was the first time the Club has finished in this race



## 5/12/06

There was disappointment for Blackheath & Bromley's Mark Steinle in the Singapore Marathon. Britain's top marathon runner of this Century was invited to compete for Great Britain at short notice and with six months of on off running behind him Steinle felt he would be able to put up a half decent showing.

However, the high temperatures and humidity took their toll. By 20km he was starting to suffer from heat stroke and he was reduced to walking for parts of the second half of the race in between bouts of vomiting.

He eventually finished in 3 hours 16 minutes and only did so because he was representing Great Britain in the Standard Chartered Greatest Race On Earth, a four race series of marathons around the Globe.

In a change from routine the Club decided to move its 10 mile Championship to a Sunday morning and despite the atrocious early morning conditions it was rewarded with an increase in the number of starters. Jamie Atkinson continued his dominance of Club races this year outkicking training partner Peter Tucker for victory. John Thorpe finished in 3rd.

Jennie Butler was a runaway victor of the Women's race finishing 10th overall in 1.09.32 with Rebecca Taylor 2nd and Viv Mitchell 3rd.

The race incorporated the 3rd of the Bennett Handicap series and it was a clean sweep for the women with Anne Cilia first followed by Rhiannon Lloyd and Kate Pratten.



## 28/11/06

It was mission accomplished for Michael Skinner at the trials for the British team for European Cross Country Championships in Liverpool. The Blackheath & Bromley athlete finished in second place to secure automatic selection for the GB team that travel to the Championships at San Giorgio su Legnano in Italy in two weeks time.

Under the guidance of coach Conrad Milton, Skinner upped his weekly mileage this Winter in his bid to qualify for the team and he was not far off actually winning the Trial race as he went on the shoulder of Wells City's long time leader Frank Tickner in the home straight. However Tickner was just able to hold off Skinner's late challenge.

Out in the States one Skinner's training partners was also in top form in the NCAA Division One Championships at Indiana State University. Scott Overall was the first of a number of Britain's top middle distance winners to finish in 36th place timing 31.41.6 for the 10000 metre course. Scott was 4th ranked in Britain over 5000 metres last year and to put his run in perspective he defeated

Andrew Lemoncello, Britain's quickest 10000 runner on the track in 2006 who finished in 43rd just seven seconds behind. (Scott's thoughts on the benefits of the US Collegiate system can be read on the letters page of the current edition of Athletics Weekly).

Down in Bristol, Shavaun Henry placed a useful 12th in the Senior Women's race at the British Milers Club Short Course Races. She timed 15.02 for the 4km course.

Closer to home one of the Club's emerging stars was in winning form at the latest round of the London Colleges League at Wimbledon. Running for St Mary's College, Bryony Proctor enjoyed a runaway victory in the Women's race crossing the line in 18.08 nearly 40 seconds clear of the runner up. She is currently second in the standings after three races.

A number of the Club's athletes took the opportunity to run as guests or second claim members in the latest round of the Kent Fitness League at Meopham. First to finish was Eamonn Prendergast in 7th place with veteran Neil Ayrton in 8th. There were two significant results further down the field where Under 17 Amy Smith had an excellent run to get the better of Jennie Butler who won the opening two races in the Kent League this year. They placed 21st and 22nd. There was more drama further down the field as Junior Team Manager Brendan McShane had the audacity to outkick President Ken Daniel in the home straight.

The Club were flattered to be subject of the Athletics Weekly Editorial this week ([here...](#)). Having visited the Club as a guest at the Annual Dinner, Editor Jason Henderson declared he had "rarely felt closer to the sport than at the Blackheath & Bromley dinner. Clubs such as this - and many others - need even more support. For if they dwindle and die so too will the sport". Fortunately the Club shows no sign of fading away at present and with athletes such as Skinner, who has progressed from a 10 year old to a full Senior International, it continues to thrive providing for a membership that ranges from under 11's to those in their 90s. New members of all standards and all ages are always welcome.



## 21/11/06

Jamie Atkinson continued his good form over the country at the 3rd Kent Cross Country League race of the season at Danson Park. The Blackheath & Bromley Harrier finished runner up in a field of over 180 finishers, the second fixture in a row where he has taken second place.

There was good packing behind with Peter Tucker in 7th and Alex Gibbins 9th with Jon Thorpe completing the scoring in 19th place to help the team to second place on the day in the 4 to score contest.

Martin Airey finished a useful 25th closely followed by Eamonn Prendergast (30th), Neal Humphreys (31st) and veteran Neil Ayrton (34th). Steve Hough (67th), Ian Taylor (71st), Matt Hill (72nd) and Mark Ellison (77th) completed the team in the 12 to score contest in which they finished in the runner up spot again.

With one match remaining the Club are 4th in the 4 to score contest and so are unlikely to retain the title they won for the first time last year. In the 12 to score they are 3rd.

The Senior Women also finished in second place after winning the first two fixtures. Jennie Butler, the winner of the first two races had to skip the fixture because of a cold and in her absence the Club's first finisher was Fran Green who had one of her best races as a Senior to come a best ever 6th in a large field.

Bella Clayton (11th) Viv Mitchell (17th), Ella Fisher (18th) and Lisa Page (20th) were all in the top 20.

Jonathan Vintner was first home for the under 20 men in 7th with Richard Daniel 8th and Richard Davies 9th and the team were second.

Alex Bruce Littlewood continued his good Winter season to place second in the under 17 men's race with Alistair Cliff 12th. It was runner up position also for Rebecca Taylor in the women's race, her first cross country of the Winter. Sarah McLellan finished 7th.

The only team victory of the day came from the under 15 girls with Danielle Critchley second, Michelle Fewster third and Krystal Galley seventh. This means they remain unbeaten this season and with Sophie Gordon 8th, Jessica Saville 9th and Sophia Maslin 10th the Club had six runners in the top 10.

Stephen Cavey was 4th in the boys race and with Andrew York 6th and Philip Sesemann 8th the team were second.

Perhaps the most pleasing aspect of the day was the return to competition of Robert Yates in the under 13s age group after a long period out injured. He finished in 11th place and help the team to 4th place with Anthony Moore 26th and Greg Proctor 27th.

Georgina Chew led the girls home in 8th place with Hannah Cook 9th, Kayleigh Leonard 23rd and Holly Starling 24th. The team finished 4th.

Michael Skinner travels to Liverpool this weekend for the Trials for the British team for the European Cross Country Championships which take place in Italy in December.

The Club's Annual Dinner was held last Friday with main guest being Jason Henderson, the current editor of Athletics Weekly. Pictures from the event can be viewed [here...](#)



## 7/11/06

Michael Skinner ran the 4th fastest time of the day at the National Cross Country relays at Mansfield to help the Blackheath & Bromley men's team finish in 16th place out of well over 120 teams. His time of 14.45.90 over the 5km course was just three seconds slower than Andy Vernon of Stockport's quickest time and will make him one of the contenders for a place in the Great Britain team for the European Championships in December.

Skinner's run moved the Club up from 19th to second on leg two of the four stage event following another good opening run from Jamie Atkinson whose 15.23.85 on this traditionally high quality lead leg represented a significant improvement on his time from last year.

Alex Gibbins actually moved the team into the lead for a fleeting few moments on the third leg but was then swallowed by the chasing pack. He clocked a very respectable 16.16.65 leaving Peter Tucker to bring the squad home in 16th on the final stage with 16.41.60

The Senior Women finished in their highest ever position in this race closing in 23rd from the 82 finishing teams. Shavaun Henry's 11.10.40 brought the team in 40th on the opening stage before Fran Green (11.40.25) edged up to 36th. Jennie Butler moved steadily through the field on the closing leg to time 10.50.70.

The Club were able to complete two Junior Men's teams. Best run here came from James Poole who was 8th on the opening stage. Danny Brewer and Andrew Conway completed the A team which eventually finished in 29th. The B team of Jonathan Vintner, Richard Daniel and Richard Davies was 46th.

The Club were unable to field a complete junior women's team but Bryony Proctor ran a good first leg to time 8.58.95.

Fastest for the Under 17 men was Alex Bruce-Littlewood who timed 9.47.15 on the second leg. With solid runs from Sam Simpson and Cameron Ward the team were 29th overall.

Highest placed team of the day were the under 15 girls. Amy DeMatos brought them in 4th on the opening stage with a time of 7.12.55. Sophie Gordon slipped back a little on the second stage but, nevertheless, clocked a very useful 7.48.55 before Danielle Critchley edged the team up to 10th on the closing stage with 7.28.0. The B team of Rebecca Smith, Sophia Maslin and Jessica Saville were 26th.

The Club also finished two teams in the boys race with the A team of Andrew York, Hector Kurtyanek and Philip Sesemann 36th and the B trio of Julian Ayisi, Ross Braden and Will Andrew 69th.

For the under 13s Georgie Gregory, Tom Scott and Greg Proctor had solid runs to finish in 31st place.

Out in the States two of Blackheath & Bromley's top athletes were in fine form in the Horizon League Cross Country Championships at Indianapolis. Running for Butler University, Scott Overall won the race and with Andy Rayner in 8th place they helped their team finish first.

Overall, one of Britain's fastest runners over 5000 metres last year, was quickly to the front and held on comfortably to win in 24.53.70 over the 8km course to win by nearly 5 seconds. Equally pleasing was the return to racing of Rayner who has missed most of the year with injury. He timed 26.09.35.

Closer to home the Club took part in a mass Mob Match at Petersham to celebrate the 125th Anniversary of Ranelagh Harriers. There was, however, a disappointing turn out from the Club with only 21 members toeing the line. The team result was therefore a predictable last from the 5 competing teams. First man home for the Club was Neal Humphries in 31st with Annie McDonough first woman in 183rd.




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### 31/10/06

Michael Skinner had to settle for 5th place in the opening race of this years UK Cross Challenge at Senneleys Park, Birmingham. Winner for the last two years at this event, the Blackheath & Bromley athlete has upped his training this Winter and felt tired from the start. Nevertheless, 5th place was not a bad effort and his main aim is the Trials for the European Championships in Liverpool at the end of next month.

Oxford University student Eve Bugler placed a useful 52nd in the women's race while in the men's under 20 race James Poole had a good run to finish in 12th place.

Jennie Butler maintained a 100 per cent record in the Kent League this Winter as she won the second race of the series at Somershill Park, Tonbridge. Bryony Proctor had her usual fast start and was an early leader before Jennie took control. Bryony finished in 4th and with Bella Clayton in 7th the Club again won the team race. Fran Green also had a good run in 10th place. Jamie Atkinson was the Club's first finisher in the Senior Men's race in second place on the testing course. This helped the team to 4th place on the day. Peter Tucker (11th), David McKinlay (24th) and Neal Humphreys (45th) completed the scoring.

Jonathan Vintner was the first home for the Junior Men in 4th place which puts him third in the League for the season. In the under 17's age group there was another good run from Alex Bruce Littlewood as he placed 2nd again and was 4th in the combined under 17 and under 20 race. With Alistair Cliff 10th and Sam Simpson 15th the team placed second. Catherine Chambers was the Club's sole representative in the women's race finishing in 9th.

Most successful of the Club's youngsters were the under 15 girls who enjoyed a comfortable team victory. Danielle Critchley won the race by 21 seconds from team mate Michelle Fewster and with Sophie Gordon 5th they won the team race by 11 points. In fact if B teams were allowed to score the trio of Jessica Saville (7th), Rebecca Smith (8th) and new girl Krystal Gallery (12th) would have finished as third team. There was also a promising debut for Georgina Naessens in 14th place with Amy Mitchell just behind in 16th.

The boys finished in 2nd place led home by Stephen Cavey in 4th and fast improving Philip Sesemann in 6th. Andrew York made a good debut for the Club in 8th place ably supported by Hector Kurtyanek in 10th.

Hannah Cook led home the under 13 girls in 9th place and with Georgina Chew 11th and Nancy Carney 16th the team finished in third. Kayleigh Leonard (24th) and Holly Starling (25th) provided good back up in thier first races for the Club.

George Gregory was first for the boys in 10th place. Greg Proctor in 30th and Samuel Jackson 39th, on his Club debut, helped



the team to 5th place.

If the course at Tonbridge was tough then the terrain at the Beachy Head Marathon can only be described as extreme. A large group from the Club tackled the 26 mile multi terrain course which finishes over the Seven Sisters in Eastbourne.

First home for the Club was the inform Daryl Hilliar who placed 10th in 3 hours 21 minutes. Andy Tucker was 35th in 3.42 and Clayton Aves 45th in 3.45. Kate Pratten was the Club's first female finisher in 120th overall in 4.06 with Justine Eastbury 477th and Alison Jelly 567th



## 24/10/06

Mark Steinle continued his return to race fitness by running Blackheath & Bromley's fastest leg at the Nike ERRA National 6 stage road relays at Sutton Park, Sutton Coldfield. The 31 year old timed 17.50 on the 4th stage of the event to help the team to 17th position out of the 73 teams that finished.

Jamie Atkinson ran a good opening leg of 18.07 to bring the team in 21st. Joe Mills 18.36 maintained this position on the second stage and although James Poole slipped to 26th on leg three, his time of 18.53 was a promising effort from the teenager.

Steinle's run catapulted the team up to 15th before Alex Gibbins (19.13) and Peter Tucker (18.58) secured 17th spot.

When Scott Overall and Andrew Rayner return from their studies in the States the team will undoubtedly feature much higher in this competition.

In the Women's 4 stage event the Club took 31st place out of the 78 teams that finished and were the leading Kent team to close. Jennie Butler was the quickest of the Club's quartet timing 15.44 on a very competitive opening stage. She came 35th and Bryony Proctor moved the Club up to 28th on the next stage with a very useful 16.08.

Shavaun Henry got the team up to 25th on leg three with 16.21 and Fran Green brought the squad home in 31st. The B team of Clare Lodwig, Kate Pratten, Gemma Viney and Kirsty Philp were 62nd.

The Nike Young Athletes Relays took place at the same venue the following day and while the Club did not feature at the sharp end the squads gained valuable experience of competing in a National competition.

Best run of the day came in the Under 17 men's race where Alex Bruce-Littlewood came in 6th on the opening leg. Considering he closed in 7th on the first stage in the Southern a month ago this represented a significant breakthrough. He clocked 12.23. Team mates Sam Simpson and Cameron Ward battled in the winds and rain to ensure the team came finished in 25th.

Highest placed team of the day were the under 15 girls. Danielle Critchley came 19th on the opening leg before Rebecca Smith edged the team up to 17th on leg two. Amy DeMatos brought the team home in 16th. The B team of Sophie Gordon, Emma Hook and Jessica Saville finished in 45th.

Phillip Sesemann ran a useful opening leg for the under 15 boys for 21st place. Julian Ayisi slipped a little on the second stage before Stephen Cavey brought the team up to 26th on the final stage. The B team of James Clack, Ross Braden and Hector Kurtyanek finished in 38th.

In the Under 13 age group the boys team of Greg Proctor, debutant Tom Scott and George Gregory finished 32nd in the boys race while the girls squad of Georgina Chew, Nancy Carney and Hannah Cook were 41st.

The Club have just heard the sad news of the death of Past President Terry Sullivan. He died at the age of 72 after a long illness. Further details will be placed on the Club website when known.

Good news for the Club this week is that Norman Park track has been reopened having been shut since the start of June to allow it to be widened to 8 lanes. This very necessary work has caused great disruption over the Summer months and it is expected that a return to normality will be a great boost to the Club and it's activities.

One of the Club's leading masters was in action in the Gillingham Hilly 7.5 mile race. Chris Woodcock placed 70th overall from 182 finishers in the wet and hilly conditions and won the over 60's race by 4 minutes in 54.08.



## 17/10/06

Michael Skinner was in fine form in the Cabbage Patch 10 mile road race at Wimbledon. This was the Blackheath & Bromley athlete's first race over the distance and he was pleased with his time of 49.46 for 6th place in a strong field. Despite this being a significant increase in his normal race distance he enjoyed the event and the result will give him confidence as he prepares for the first UK Cross Challenge in Birmingham in two weeks time His coach Conrad Milton was at the Clubhouse the same day to host a cross country day which ran smoothly with a discussion on planning training and some practical work at nearby Sparrows Den.

Jamie Atkinson continued his winning ways retaining the Blackheath & Bromley Club 5 mile title at Hayes. His winning margin was not as great as at the previous weekend's Ashford 10km but the 22 year old still led from start to finish to time 28.37, nearly half a minute clear of runner up Alex Gibbins. Third place went to one of the Club's most promising youngsters. Alex Bruce-Littlewood timed 30.42 for not only a bronze medal but also a gold and a trophy for winning the Junior Men's race. Alistair Cliff took the runner up spot with Stephen Cavey third. Jennie Butler was the runaway winner of the women's race placing 13th overall from the 83 starters. Bella Clayton took second place with Viv Mitchell third. The junior Women's race was won by 13 year old Michelle Fewster with Brunel university student Ella Fisher second and another 13 year old Sophia Maslin third.

The race incorporated the second of the nine Bennett Cup Handicap races and produced a win for Junior Men's track and field

manager Brendan McShane with Rob Drake second and Martin Blunden third. (Brendan thanks the opposition "for running so slowly") Leader of the series is now Bella Clayton with 78 points with Chris Pike second on 70 and Tony Pontifex third with 68. Nine other athletes have scored 60 points or more so the contest is still wide open.

Danny Brewer and Amy Smith both began their Kent Young Athletes League seasons with victories at Capstone Park. Danny took the Junior Men's race by nine seconds in 14.58 and with Jonathan Vintner 5th and Adam Atkinson 10th led the Blackheath & Bromley team to victory. Amy enjoyed an emphatic win in the under 17 women's race finishing over 80 seconds clear of the runner up in 14.55. With Catherine Chambers 10th and Amy's sister Lauren 14th the team placed second.

It was second also for the under 17 men led home by Alex Bruce-Littlewood in second place with with Alistair Cliff 11th and Cameron Ward 16th. Likewise in the under 15s age group where Danielle Critchley had an excellent run in her first year in the age group to finish third with Michell Fewster 5th and Rebecca Smith 10th. Stephen Cavey was first home for the boys in 5th place with Hector Kurtyanek 13th and Ross Braden 15th. There was a worryingly low turn out in the under 13's age groups but the quality was there with Hannah Cook finishing in 7th place in the girls race. The Club is keen to attract new members. For further details contact Peter Ward on 01689 853100.

Meanwhile Dave Taylor was in action at Brockwell Park for his second claim Club Herne Hill. The 42 year old finished in 2nd place beaten only by Great Britain International steeplechaser Jermaine Mays.



### 10/10/06

Despite going off course at one point Jennie Butler still secured victory in the opening Kent Women's Cross Country League fixture of the season at Capstone Park. The Blackheath & Bromley school teacher was quickly to the fore with team mate Bryony Proctor and the two opened a gap on the chasing pack. However, a wrong turning threw the race wide open again as the duo found themselves back down the field.

Jennie worked her way back through the leaders to re-establish first place and was then able to kick away in the closing stages. Bryony who is still a junior was unable to get back to her previous place but, nevertheless, finished in a fine 6th position in her first appearance in the Senior age group. Bella Clayton closed in 8th position and Clare Ludwig had one of her best ever races to place 10th. This excellent packing ensured the Club won the team race.

Best placed in the men's race was Alex Gibbins who finished in a very useful 6th position. With Jon Thorpe 13th, Dave Mckinlay 16th and Martin Airey 27th the team finished 4th. Alan Camp, who is aged 50, placed 29th while another veteran Neil Ayrtton finished strongly in 33rd. The Club also came 3rd in the 12 to score contest.

Full results from the younger age group races have not yet been received but these did include a excellent win for Amy Smith in the Under 17 women's race and a breakthrough second place for Alex Bruce-Littlewood in the men's race in the same age group.

Club members have also enjoyed success on the roads. Jamie Atkinson enjoyed a runaway victory in the Ashford 10km He took the title in 31.35 nearly a minute ahead of the runner up. Just a day after his exploits in the Kent League Alex Gibbins was back in action in the Nike London 10km. In a field of thousands he finished in 5th place in 33.25. Also doing back to back racing was Alex Bruce-Littlewood. After second place in the Kent League on Saturday he took the runner up spot again on Sunday in the Tatsfield 5. Club President Ken Daniel finished in 5th place having moved through the field after a steady start.

Three of the Club's veteran throwers picked up medals at the British Masters Weights Decathlon Championships at Milton Keynes. As well as more traditional events such as the shot and discus, the ten throws include the brick, club and the sling ball. Beatrice Simpson struck gold in the women's over 50's age group with 4193 points while Barbara Terry was second in the over 60's age group with 4004 points. It was second place also for Gordon Hickey in the men's over 70's competition.

Conrad Milton coach to a number of top runners including Hayley Yelling, Michael Skinner and Scott Overall will be holding a coaching day at the Clubhouse this Sunday at 10.30. All are welcome.

The Club is keen to hear from any youngsters who are interested in cross country. For further details contact Peter Ward on 01689 853100.



### 3/10/06

Mark Steinle was a runaway winner of the Wimbledon 10 Mile Road race. Steinle, who is Briatin's fastest marathon this century, finished in 49.54 nearly five minutes clear of the runner up. He is now set to compete for the Club in the National Six Stage Road Relay later this month. His girlfriend Gemma Viney finished in 30th place overall in 70.20 and was the 7th woman to finish.

Sarah Coombs was one of the youngest competitors in the Great North Run. The 17 year old schoolgirl finished in a time of one hour forty six minutes.

Alan Camp was the fastest over 50 athlete at the Serpentine last Friday of the month 5km timing 17.03 for the distance.

The Cross country season gets underway in earnest with the first Kent League match of the Winter at Capstone Park. The Club is keen to recruit new runners particularly in the younger age groups from the age of 11. For further details please contact Peter Ward on 01689 853100.



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