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# Blackheath & Bromley Harriers AC

Oct to Dec  
2007

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#### 18/12/07

Andrew Rayner continued his successful return to competition by finishing 4th in the Senior Mens' race at the Kent League at Somerhill Park. The Blackheath & Bromley athlete's position in a strong field will give him confidence as he prepares for the County Championships at the start of the New Year.

There was a fine run also from Alex Bruce Littlewood who seems to improve with every race. A first year under 20 he placed 12th overall. With David McKinlay in 23rd and Martin Airey the Club finished 4th in the 4 to score contest and are third overall so far for the season.

Jamie Saunders had his best ever run for the Club in finishing in 44th with promise of more to come. Nick Barber was the Club's only other finisher in 103rd place and so there was no place achieved in the 12 to score.

Full details of the younger age group races have not yet been received

A number of Blackheath & Bromley athletes were in action at the London Championships and Southern Inter Counties Cross Country Championships which took place in atrocious conditions at Parliament Hill Fields. Best performance came from James Poole. He defied the wind, rain and cold to finish in 5th place overall in the Senior Mens' race. He timed 33.32 for the six mile course and was the third under 23 to finish.

Alex Bruce Littlewood had another good run placing 24th overall and was the 7th under 20 to finish. In the under 15s age group Hector Kurtyanek placed 18th, a promising performance. Danielle Critchley was 36th and Michelle Fewster 61st in the girls race.

In the under 13s age group Jessica Jones was 46th in the girls race and Adam Willis 68th in the boys.

Daniel Haque has had a useful start to the indoor season. Injured for much of the Summer, he finished second in the South East Students Sports Association Championships at Lee Valley. The Imperial College student timed 6.9 and 7.1 to win his heat and semi final before running 6.9 again to take the runner up spot in the final.

The Under 15 boys rankings for the 2007 track and field season have recently been published and a number of the Club's athletes feature. Pride of place goes to Phil Sesemann who is the quickest 3000 metre runner in the country. His 9.19.25 is nearly two seconds quicker than the second ranked athlete.

Tom Bensted enjoyed an outstanding Summer winning both the English Schools and England Athletics National titles at 400 metres. The John Powell coached athlete's 50.96 was the second quickest in the country and he is also ranked 5th in the 100 metres in 11.46 and 14th in the 200 with 23.36.

Matt Fletcher's 11.6 for the 100 also features in the lists and despite an season plagued by injury he is 6th ranked in the long jump with 6.27.

Ben Hopkins had a successful year and he is the 4th fastest 80 metre hurdler in the country with 11.50.

Two athletes feature in the pole vault lists despite only being in their first years in the age group. Charlee Debolla is 10th equal with a clearance of 3 metres 11 centimetres. Mark Longhurst is 15th with 3.01 and he is also 17th in the triple jump with 12.12.

Highest ranked girl is Jessica Nicol Smith who is fourth equal in the pole vault with a clearance of 3 metres. Kelly Davey is 17th in the shot with a putt of 10.58.



**11/12/07**

Blackheath & Bromley athlete Michael Skinner achieved his top 20 finish goal at the 14th European Cross Country Championships in Toro, Northern Spain this weekend. (Sunday 9 September)

Skinner, 28, finished 17th in the top class field in 32.31minutes. He was the third counter for the four-strong British team, with the squad just missing out on the bronze by six points. The Championships were featured in full in the BBC Sunday Grandstand show with Skinner prominent in the main bunch until the closing stages.

Speaking from Spain after the race Skinner said: "I was pleased with how I ran but it was gutting to miss out on the team medal. Coming here I really wanted to make the top 20. But now, having run, I wish I had come a bit higher up. The wind got stronger and stronger and that meant everyone was bunching. The course was very flat and conditions pretty good apart from a strong wind. Looking ahead, I will probably be heading to Belfast for the International Cross-Country race in early January and then to the Great Edinburgh International Cross Country race on January 12th."

There will be no time for seasonal excesses with Skinner training even on Christmas Day. The dedicated former 1500m specialist has been stepping up in distance and is aiming for a place in the UK team for the Beijing Olympics next year at 5000m. Skinner added: "My winter training is going really well and I am looking forward to getting on the track later next year and running well going through to the Olympic trials. I have been running since I was 10 and have had huge family support to get this far and to go to the Olympics would be amazing and a fitting thank you for all my supporters. I am still getting used to the longer distance and cross-country helps make the transition."

Skinner combines an arduous training schedule with working full-time for the Richmond Schools Sport Partnership - helping the athletes of the future but this year has been helped with some local sponsorship £7,500 from MB Allen and Co - solicitors in West Wickham and Addiscombe.

Skinner, who receives no Lottery funding, added: "The money really makes a difference. Transport costs getting around the country to compete alone cost nearly £2k a year and I spend £200 just on sports drinks! My running shoes - for track and then cross country will also cost hundreds. And after I have been putting in the miles on the track and working hard at the gym a massage and sports physio sessions are crucial to my recovery times. These medical costs come in at around £1,500 a year!

"I think sometimes people think that runners just pull on their trainers and go for it but to compete at the highest level is a massive drain and the MB Allen sponsorship means I can concentrate on running and not on the bills! It is a 24/7 lifestyle with everything I do focused on my running."

MB Allen senior partner Nigel Leonard said: "Michael's mother Pauline works at our West Wickham offices and we are so pleased with his progress and delighted to be able to help him achieve his Olympic dreams."

One of Skinner's training partners Scott Overall was the winner of the Victory 5 mile road race in Portsmouth last weekend. Strong winds prevented fast times but he still timed 24.43 to beat Highgates Ben Noad by six seconds with one of Britain's fastest 1500 metre runners Michael East in third.

Not only was he the individual winner but he was also part of a B & B squad that won team gold scoring 43 points well clear of Winchester (64) and Southampton Running Club (90). Andrew Rayner returned to racing to place 12th in 26.06 and two former Southern Cross Country Champions Dave Taylor and Spencer Newport placed 14th and 16th in 26.47 and 27.04. Taylor and Newport were first and second in the over 40s race. David McKinlay also had a useful run in 21st place in 27.21.

Another former Southern Cross Country champion was in winning form at the Elan Valley 10 mile road race at Rhayader. Tim Dickinson proved too strong for the opposition winning by over a minute in 57.44.

Andrew Rayner was back in action at the Swanley Christmas Caper. He won the race in 22.07 beating previous champion Peter Tucker in to third place so depriving him of the race prize of a Christmas Turkey. There was some consolation for Tucker as he won a Christmas Cake which he preferred to the second place prize of a chicken which went to Dartford's Sam Coombs. Nick Gasson finished in 8th.

Clare Ludwig was the first woman from the Club to finish in 67th place with Abigail Jacobs 187th and Jo Kift 438th.

The Club enjoyed great success at the Kent Veterans Championships at Sparrows Den, West Wickham. Despite horrendous conditions they won medals in all five age group races with pride of place going to the over 45 women and over 50 men who struck gold.

Angela Cook picked up a bronze in the over 45s race with Annie McDonough 10th and Past President Anne Cilia 13th and good backing from Amanda Taylor in 18th. For the over 50 men Tim Soutar had to settle for second spot after leading most of the way with Cross Country Secretary Con Griffin picking up a well earned bronze. Ken Daniel completed the scoring team in 6th place. There was plenty of back up here with Graham Coates 15th, Peter Hamilton 17th, Rob Brown 21st, Andrew Lawes 22nd, Chris Pike 28th and Jim Bailey 31st.

There were silver medals for the over 60s team with Mike Cronin in 8th place, John Fenwick 9th and Irish International John Robinson 14th. They were backed by Drew Grace in 15th and Colin Rowe 18th.

The over 35 women just missed out on silver medals by two points with Rosie Ferguson 5th, Jane Bradshaw 6th and Bridget Davey 11th. Miranda Porritt was 14th, Tara Emery 21st and Justine Eastbury 22nd.

It was third place also for the over 40 men for Roger Beswick 6th, Gary Cook 17th, Andy Tucker 24th and Mark Ellison 28th with Mark Russell 32nd.

With thanks to Trevor Frecknall and Emma Johns for their help in compiling this report.



**4/12/07**

The indoor track and field season is underway and a number of Blackheath & Bromley athletes were in action at the Data Connection Open Meeting at the Lee Valley Athletics Centre. Isobel Ivy won the best female athlete award for finishing first in the long jump with a leap of 5.18. There were good 200 runs from Daniella Annon who timed 26.76 and for Helen Godsell whose 28.8 was an impressive performance for an over 50 athlete. Katrina Cosby ran a very useful 60.39 for the 400 metres.

For the men Dan Putnam looked strong in winning the 200 metres in 22.80 with Neil Francis third in 23.9. Ben Hopkins timed 54.19 in the 400 metres.

On the roads five Club members took part in the Luton Marathon. First home was Dave King in 175th place in 3.38.32 with Pete Rogers 235th (3.48.41), Dave Leal 236th (3.49.23), John Turner 255th (3.52.23) and Colin Poole 483rd (4.40.46).

Lauren Blackie is the latest Club Member to receive a Jack Petchey Foundation Award. Each month a Club member aged between 11 and 25 receives a framed certificate and a cheque for £200 to be spent on a Club project of the recipient's choice. As well as being a talented, Nationally ranked athlete, Lauren also puts her time back into the Sport as one of the regular coaches with the Bees Academy, the Club's coaching scheme for school years 4 to 7.

The Under 17 track and field rankings for the 2007 Summer season have recently been issued with a number of athletes from Blackheath & Bromley featuring prominently. Andrew Jordon heads the mens' hammer rankings despite being in the first year of the two year age group. His distance of 67.54 is over four metres further than anyone else in the country has thrown. Training partner Jake Haylock, another first year in the age group, is 10th with 54.95. Elsewhere in the field events English Schools International Marcus Morrison is placed 5th in the triple jump with 14.24 and Eddie Ekanem is 14th in the shot with a putt of 15.04.

Best track athlete is Dan Putnam who features in both the 400 and 200. Another first year in the age group he is 6th in the 400 with 49.04 and 17th in the 200 with 22.56.

Stephen Cavey is 7th in the 800 with a time of 1.54.64 while Jermaine Alexander's 10.8 for the 100 would have featured highly in the lists had it been recorded using electronic timing. Highest ranked women are Chelsea O Rawe Hobbs and Katrina Cosby. Chelsea, an English Schools International, is 2nd in the 3000 metre walk with 15.23.46. Katrina is the 2nd fastest in the 400 hurdles with 64.38 and 4th quickest in the country over the 300 hurdles with 44.52.

Team captain Isobel Ivy is 7th in the triple jump with 11.30 with Jessica Matthews 19th with 11.06. Jessica is also 17th in the high jump with 1.65 a good effort considering she was injured for much of the season.

Banke Jemiyo is placed 8th in the hammer with 43.20 and Katherine Jones 11th in the shot with 11.03. Notably Jessica Nicol Smith's clearance of 3 metres in the pole vault places her 13th despite the fact that she is an under 15.

New member Harriet Lucas who has joined the Club from the City Of Norwich is 10th in the 200 metres with 24.89 and 20th in the 100 with 12.37. Two athletes feature in the 1500 steeplechase. Amy DeMatos is 13th with 5.42.37 and Rebecca Smith 20th with 5.57.4.

It was not just the youngsters who enjoyed a successful Summer. Both the Club's mens' and womens' teams won the Southern Veterans League Final in August after both becoming Kent League Champions. Many of those who took part attended a Celebration Dinner at the Clubhouse last Friday together with a number of guests. [Celebration Dinner](#) for Masters photos.

**27/11/07**

It was mission accomplished for Michael Skinner at the European Cross Country Trials in Liverpool. The Blackheath & Bromley athlete, who celebrated his 28th birthday last week, finished in 3rd place just five seconds down on winner Peter Reilly from Leigh Harriers over the muddy 9.8km course.

Skinner timed 30.23 and his third place means he has gained one of the three automatic places in the Great Britain team for the Championships which take place in Toro in Spain on the 8th of December.

He is becoming quite a regular in the British team. Earlier this year he was Britain's second finisher at the World Cross Country Championships in Kenya and he will be aiming to help the British team to medals in Spain.

Scott Overall did not fare so well at Liverpool finding the mud hard going and he finished outside the top 10 in 13th place. James Poole finished in 68th place.

In the womens race Shavaun Henry finished in 52nd place while Alex Bruce Littlewood was 31st in the under 20s race.

Many of the Club's athletes were in action at the recent Kent League races at Danson Park. There was no Senior Mens race but there was an excellent turn out from the women with Jane Bradshaw having her best ever race finishing in 7th place. With Rosie Ferguson 9th and Ella Fisher 13th the Club placed second in the team race which means they are third overall for the season.

Other finishers from the Club were Clare Lodwig (16th), Carolina Jones Baldock (33rd), Annie McDonough (39th), Elle Harker (45th), Anne Cilia (48th), Tara Emery (49th), Justine Eastbury (50th) and Amanda McSorley making her Club debut in 74th.

Alex Bruce Littlewood enjoyed a comfortable victory in the Under 20 mens race. He timed 16.07 for the 5km course to win by 39 seconds with Alistair Cliff 7th. Alistair is 4th overall individual for the season.

It was 7th also for Stephen Cavey in the under 17 mens race with Ben Greenhalgh 11th while Rebecca Smith placed 8th in the womens race.

Both the under 15 teams finished in 2nd place. Phil Sesemann was 2nd in the boys race with Hector Kurtyanek 10th and Will Mercer 11th. There was good strength in depth here with Sam Jackson 16th, Ross Braden 17th, Greg Proctor 29th and Jonathan Halls 45th.

It was 2nd place also for Danielle Critchley in the girls race with Michelle Fewster 4th and Sophia Maslin 11th. Again there was a good turn out with Krystal Galley 13th, Mel Kane 21st, Sophie Gordon 26th and Danielle Webb 33rd.

Adam Willis continued his good season by finishing 4th in the under 13s race with Adam Owens 24th. Jessica Jones was first home in the girls race in 6th place and with Hannah Cook 11th and Holly Fletcher 12th they finished third in the team race. Kayleigh Leonard was 16th with Hope Stenning 21st.

Fresh from his success in Liverpool, Skinner was back down at the Clubhouse on Sunday afternoon for an Awards Ceremony for the Club's Young Athletes. He joined three of the Club's Olympians to help present Awards.

Jack Braughton was in the Great Britain team in the 5000 metres the last time the Olympics took place in London in 1948. To compete at Wembley he had to take a half day off work and catch the number 12 bus to the stadium! Twenty four years later Margaret Baldwin ran in the 800 metres at the 1972 Munich Olympics. More recently Club 100 metre record holder Dwayne Grant was at the 2004 Athens Olympics as part of the 4x100 squad.

The Club's Young Athletes were crowned National Champions in 2007 and each member of the squad received a special medal from the Club. It was also an opportunity to present Excellence, Colours and Merit awards for the season plus certificates for those who contributed to the Club winning the Kent Young Athletes League.

Finally Jack Petchey Foundation medallions were presented to Aston Stockdale and Sarah McLellan. Each month the clubs selects one young person, in the 11 to 25 age group to receive an Achievement Award. The month's winner receives a club certificate and a cheque (payable to the club) for £200 to be spent on a club project of the recipient's choice. Aston was the Award winner for September and Sarah for July.

Latest winner of an Award for October is Alex Bruce Littlewood. Despite only being a first year junior he has made a big contribution to the Club's Senior teams, running in both the Area and National Road Relay teams.

Pictures from the Awards afternoon and further Club news can be found on the Club website [here...](#)



#### 20/11/07

Michael Skinner and Scott Overall travel to Liverpool this weekend for the trial race for the Great Britain team for the European Cross Country Championships. The Blackheath & Bromley duo should figure prominently but it will not be easy to be selected for the Championships which take place in Toro, Spain on the 8th of December.

Only the first three home are guaranteed selection with the remaining three places being based on current form. Skinner finished fourth in the first UKA Cross Challenge race of the Winter, two weeks ago while Overall flew in from the States last week where he has been living and training recently.

A small group of Club members were in action at the Brighton 10km last weekend with Peter Tucker first home in 10th place in 32.48. The strong winds militated against fast times so Nick Gasson's 34.02 was particularly pleasing after injury problems. He placed 23rd overall just one place and five seconds clear of Jon Thorpe, with Con Griffin 104th, Trevor Simmons 307th and Jim Bailey 463rd.

Chris Woodcock had a useful run at the Colyton 10km, a race that was reduced in distance due to the poor weather. He finished 68th in 36.29 and was the first over 65 to finish and the second over 60.

The Club's Annual Dinner was a successful event with David Bedford, Director of the London Marathon as the guest speaker. Pictures from the evening can be viewed at <http://www.bandbhac.org.uk/club%20dinner%202007.html>



#### 13/11/07

Blackheath & Bromley's Michael Skinner continued his build up for the European Cross Country Trials in two weeks time with a fourth place in the Gateshead International Races. The meeting was the first of the UKA Challenge races, a series of four contests which take place between November and March. Skinner timed 27.47 for the 8.7km course. He described his performance as "ok", a "solid run but shows there is still some work to do". Club mate Shavaun Henry had a good run in the Senior Womens race as she placed 21st in a time of 28.58.

Closer to home there was a good turn out for the Club 10 mile cross country championship at Hayes. After a two minutes silence to recognise Remembrance Day an eventful race got underway with a bolting horse, a runaway dog and some runners going astray.

Loughborough University student James Poole was home for the weekend and he enjoyed a comfortable win on the testing course which includes over a dozen stiles. He timed an impressive 58.15 to win by 50 seconds from Alex Gibbins. Alex would probably have been closer but as the group were heading up Boundary Woods they were chased by a small dog which he picked up and returned it to his owner. This gave an advantage to Andy Rayner and Peter Tucker who then contrived to go off course and let Alex back in the race. Andy eventually got the advantage to take third place.

First woman home was Rosie Ferguson who placed 21st overall with Fran Green, still recovering from her exploits in the Dublin Marathon, in 2nd and Jane Bradshaw 3rd.

Surprise winner of the Handicap race was Justine Eastbury, the surprise being that she won the last Handicap race as well, an extremely rare occurrence but a deserved reward for another good run. Mike Gasson took second place with Kevin May third.

A number of the Club's youngsters were in action at the Preston Park Races at Brighton. Best placed athlete of the day was Phil

Sesemann. He won the under 15 boys race in 12.10, just 10 seconds outside the record for the course. The race was actually combined with the under 17s race where he was 2nd overall. Cameron Ward finished a good 4th in the under 17 mens race with 12.24 while Rebecca Smith was 5th in the womens race.

As well as Sesemann there was a good turn out in the under 15s with Will Mercer 12th, Sam Jackson 15th, Ross Braden 17th and Greg Proctor 20th. Michelle Fewster was first home for the girls with a fine third place backed up by Melody Kane 18th and Rachel Robinson 21st. Bradley Taylor picked up a medal in the under 13 boys race as he finished third with Adam Willis fourth. It was 4th also for Jessica Jones in the girls race with Holly Fletcher 9th and Kayleigh Leonard 13th.

The National rankings for the under 20 age group have recently been published, and, with the Club being National Champions in this age group, a number of its athletes figure prominently. Of the first claim members the highest placed are Shaunagh Brown and Chelsea O Rawe Hobbs who are ranked second in the discus and the 5km walk. Shaunagh represented Britain in the World Youth Championships earlier this year and her distance of 51.18 was both a Club Junior and Senior Record.

Chelsea, an English Schools International and still an under 17 timed 27.20.96 for 5km on the track and is also second ranked for this distance on the road, as well as being 4th on the road. The Club has a number of top class sprinters at present and this was reflected in the list. European Junior 4x100 gold medallist Anike Shand Whittingham is third in the 100 metres with 11.60 and silver medallists in the men's GB team James Alaka and Funmi Sobodu are placed 5th and 7th with 10.51 and 10.58. James is also 9th in the 200 and Anike 10th.

Danny Dooley whose season was disrupted with injury still placed 4th in the 200 thanks to the sparkling 21.22 which he ran indoors. Promisingly for the coming season new member Harriet Lucas, an under 17 this year who has joined the club from the City Of Norwich, has a hand timed 24.7 which would have placed her in the top 20 had it been electrically timed.

In the hurdles, Serita Solomon's 14.2 hand timed effort would have ranked her 5th had it been recorded electronically and she would undoubtedly been a lot quicker had she not been injured. Alex Alameen is 5th over the Senior heighthurdles and 8th over the under 20 height, just one place behind second claimer Simon Merrill.

Elsewhere on the track Bryony Proctor is 9th in the 5000 metres; Alex Bruce Littlewood 16th in the 2000 steeplechase and Vanessa Nakangu and Sarah McLellan 20th in the 400 and 400 hurdles respectively.

Back in the field Scottish Junior Record Holder Scott Huggins ranks 4th in the mens pole vault with 4.81 while training partners Emily Godley (3.51) and Rachel Arnheim (3.45) are placed 7th and 12th in the womens' lists.

Other first claimers to feature are Flo Clark (9th discus), Liam Presnell (18th discus), Richard Alameen (10th Hammer), Lauren Blackie (12th triple jump), Marcus Morrison (15th triple jump, despite being an under 17), and Banke Jemiyo (20th Hammer).

Second claimers feature even more prominently with Jade Dodd (javelin) and Jay Thomas (shot) topping the lists. Kola Adedoyin and Jeremy Odamey are third and fourth in the triple jump and new recruit James Grocock is 5th in the long jump. Marcus Williams is 8th in the shot and Simon Hemmings 10th in the high jump.



## 6/11/07

Michael Skinner and Phil Sesemann were Blackheath & Bromley's star performers at the National Cross Country Relays at Mansfield with each of them running one of the quickest times in their respective races.

Skinner catapulted the Senior Men's team up the field from 60th to 13th on the second stage of the race. In doing so he flew past Telford's Chris Davies who ran the fastest leg at the National Road Relays two weeks ago. His time of 14.33 proved to be the second quickest of the day and will give him great confidence as he prepares for the trials for the European Cross Country Championships in Liverpool on the 24th of November.

Sesemann ran a perfectly paced race in the under 15 boys age group. He tucked himself in with the lead group on the opening leg and covered any gaps that developed. Heading to the finish he opened up and sprinted across the line in first place. His time of 6.12 proved to be the third quickest of the day, an excellent effort from the quickest 3000 metre runner in the country this year.

Skinner's efforts helped the Senior Mens to finish in 17th place on the day. Loughborough student James Poole had another good run timing 15.30 on leg three and there were solid performances from Peter Tucker 16.22 and Alex Gibbins 16.20 which meant they were the first Kent Club to finish. Unfortunately Shavaun Henry was the Club's only Senior Woman in action. She finished in 21st on the opening stage with 10.31.

It was a similar story in the under 20s age group with Bryony Proctor finishing 6th on the opening stage with a class 8.42. The Men's team of Alex Bruce Littlewood, Richard Daniel and Danny Brewer finished in 22nd place in what was a very strong field. Alex's time of 9.12 saw him finish in 14th place on the opening leg. Like the Seniors they were the first Kent Club to finish.

The under 17 men finished in 29th place. Best performance here came from Ben Greenhalgh who timed a very promising 9.55 on the second stage, a good run off limited training. Stephen Cavey (9.53) and Cameron Ward (10.07) showed that the Club has a useful squad in this age group.

After Phil Sesemann's outstanding start the Club were always going to drop back especially when second leg runner Will Mercer was rushed to hospital just before the race. Ross Braden was promoted from the B team and timed a useful 7.16 before Hector Kurtyanek anchored the team home in 19th with 6.53. B team runners Sam Jackson and Greg Proctor timed 7.08 and 7.30 but the best news of the weekend was Will being released from hospital on the Sunday morning.

Michelle Fewster was the quickest for the under 15 girls team. She finished in 16th place on the opening stage with 7.23. Mel Kane (8.15) and Sophia Maslin (7.45) helped the team to 25th place.

Adam Willis and Tom Scott were the Club's only runners in the under 13 age group, timing 7.31 and 8.12, promising efforts.



The previous week at the Kent League at Capstone Park the previous week Ella Fisher was the Club's first woman home in 14th place with Carolyn Jones Baldock 18th but with only two finishers the Club did not score in the team race. It was a similar story in the under 20 and under 17 age groups. Richard Daniel and Alistair Cliff placed 4th and 5th in the under 20 mens race with Cameron Ward 12th in the under 17's race while Rebecca Smith was 9th for the women.

Most successful team of the day were the under 15 girls. Here Michelle Fewster finished in 3rd place and with Sophia Maslin in 6th and Danielle Critchley 8th the trio won the team race. There was some strength in depth here too with Mel Kane 23rd and Rachel Robinson 26th. The boys finished in 2nd in this age group led home by Hector Kurtyanek in 6th with Oliver Taylor 7th and Will Mercer 9th. There was a good turn out here with Ross Braden 20th, Sam Jackson 22nd, Greg Proctor 24th, Joseph Ewing 27th and Jonathan Halls 35th. The under 13 girls finished in second place with Hannah Cook first home for the Club in 8th place. Lauren Heria in 11th and Kayleigh Leonard 17th completed the scoring with Holly Fletcher 18th and Hope Stenning 19th.

Adam Willis continued his good Winter by placing 6th in the boys race and with Anthony Moore 18th and Tom Scott 19th the team finished in 5th.

The SECTA throws competition at Ashford saw a new British Record for Barbara Terry. It came in the rarely contested 56lb shot contest. In the over 60s competition she threw 2.90 metres. Gordon Hickey won the Greek discus with 19 metres.



### 30/10/07

Blackheath & Bromley's Senior men and women both had to settle for positions just outside the top 30 in the National Road Relays at Sutton Park. The men placed 32nd with the women 34th but there was an excellent 9th place for the under 15 boys.

First year Junior Alex Bruce Littlewood ran a very useful 19.03 on the opening stage for the Senior Men but such was the quality of the field that he came in 62nd. This set Michael Skinner up nicely on leg two as he stormed through the field to move up to 31st. Veteran Bill Foster got a late call up and timed 20.29 to close 49th. Loughborough University student James Poole swept back up the field to 36th with 18.04 and Andrew Conway maintained the momentum edging up to 35th with 19.38. Alex Gibbins anchored the team home in 32nd with 18.53.

Shavaun Henry finished in 47th on the opening stage for the womens team with 15.59, a reasonable performance as she was struggling with a cold. St Marys student Bryony Proctor swept up the field on the second stage with 15.25 to finish 31st. Carolyn Jones Baldock slipped a little to 38th on leg three with 18.23 before Fran Green closed proceedings with 16.30 to finish 34th.

Hector Kurtyanek gave the under 15 boys a good start with a solid 13.35. Phil Sesemann was the Club's quickest of the day with an excellent 12.43 which saw him move up from 27th to 7th. Oliver Taylor had a good run with 13.43 closing in 9th on the last stage. This was a big improvement on last year when the team finished 26th.

Adam Willis made a good debut in these relays bringing the under 13s home in 21st on the opening stage. Tom Scott timed 16.52 on the second stage before Anthony Moore clocked 15.32 on leg three to bring the team in 32nd. Encouragingly the Club were able to field a B team in this race with Will Mercer just 30 seconds behind the A team on the opening stage. Greg Proctor, was the most improved athlete on last years times and Jonathan Hall brought the team in 47th on the last leg.

Unfortunately the under 17 men and women could not complete teams. Stephen Cavey brought the team home in 34th on the opening leg. Cameron Ward moved up five places on the second stage but here the team challenge ended. Rebecca Smith was the sole representative in the womens race closing in 36th place.

Michelle Fewster came in 20th on the first leg of the under 15 girls race but Melody Kane was forced to retire on the second stage.

The same weekend Jamie Atkinson made his marathon debut in Amsterdam. He finished in 45th place overall in a huge field of more than 25000 runners. His time was 2.33.23 but he would have been quicker had he not suffered over the last 5km. Up until then he had been producing consistent 5km splits and had been on target for a sub 2.30 clocking. He will now assess his training as he prepares to make his London Marathon debut next April.

Michael Skinner followed his leg at Sutton Coldfield by winning the Lexus Croydon 10km. He finished nearly two minutes clear of the runner up in 30.51. Gary Cook finished in 24th place and Chris Gentle 39th which meant they won the team race.

There was more success in the womens race with Rosie Ferguson 2nd and Jane Bradshaw third. They were the first two over 35s to finish.

Peter Tucker was a comfortable winner of the Amida 10km.

Many of the Clubs athletes were in action again at the second Kent League match of the season at Capstone Park. Alex Gibbins was first home in the Senior Mens race in 6th place overall. Junior Alex Bruce Littlewood closed in 11th with Dave McKinlay 19th and Steve Hough 31st. This gave the Club third place again in the team competition which also leaves them third overall with two matches to go.

They are also third overall in the 12 to score contest despite not finishing the required number of athletes at Capstone Park. Those who did finish were Jon Vintner in 45th, Ian Taylor 87th, Rob Brown 94th and Tom Sutton 102nd.

Some of the Clubs more adventurous athletes were in action in the Beachy Head Marathon. Run over the full marathon distance and taking in the Seven Sisters this multi terrain course is not for the faint hearted.

First home for the Club was Darryl Hilliar in 29th place overall in a time of 3.34.00, closely followed by Andy Tucker in 35th with Clayton Aves 93rd.

Annie McDonough was the first woman from the Club to finish in 159th in a time of 4.13.00 with Justine Eastbury 233rd and Kate Pratten 365th.




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**16/10/07**

Bryony Proctor was Blackheath & Bromley's top performer at the opening round of the Kent Women's and Young Athletes League at Sparrows Den, Hayes. Still a Junior, the St Mary's student finished in 2nd place overall. Veteran Rosie Ferguson was an excellent 8th with Carolyn Jones Baldock completing the scoring with another good run in 18th place. This meant the Club finished a useful third in the team race.

There was good back up with Ella Fisher 23rd, Angela Cook 25th, Captain Kate Pratten 35th, Annie McDonough 38th, Helen Godsell 44th, Anne Cilia 45th and Elle Harker 55th.

Sadly the Club were not able to complete teams in a number of the younger age groups. Alistair Cliff was 5th in the Under 20 men's race, but there were no finishers at all in either the under 17 men's and women's races.

There was a far better turn out from the under 15 boys squad with Hector Kurtyanek first home in 5th place. With Will Mercer 10th and James Clack 13th they finished second in the team race and they were well supported by Ross Braden (15th), Sam Jackson (22nd) and Greg Proctor (32nd). It was second also for the girls, led home by Michelle Fewster in 4th and Danielle Critchley 6th. Amy Mitchell completed the scoring in 12th place with Rachel Robinson 21st.

The Under 13 girls finished 3rd in a very close team contest. Jessica Jones was first home in 4th place with Hannah Cook in 8th and Laura Heria 12th. This gave them 24 points just four points behind winners Ashford. Promisingly there was strength in depth here with Holly Fletcher 13th, Kayleigh Leonard 18th and Hope Stenning 23rd.

Adam Willis had a good run in the boys event finishing in 7th place with Anthony Moore 19th.

The Club 5 mile cross country title went to Jamie Atkinson who was the class act in a field which covered a broad cross section of the Club ranging from teenagers to athletes in their 80's. Atkinson's victory never looked in doubt as he took an early lead and he eventually prevailed by nearly a minute and a half in 28.07.

Second place went to Alex Gibbins in 29.35 with Junior Alex Bruce Littlewood in third with 29.55. Jane Bradshaw won the womens' race finishing in 23rd place overall in a time of 36.43 with Viv Mitchell second in 37.36 and Clare Lodwig taking third with 39.39.

As well as finishing third overall, Alex Bruce Littlewood was of course the first Junior home with Alistair Cliff second and Richard Daniel in third.

Rebecca Smith and Michelle Fewster both finished in 40.40 in the Junior Womens' race with Rebecca just getting the verdict. Amy Mitchell was just behind in third in 40.43.

The race incorporated the second of the nine Bennett Cup series of Handicap Races. Winner here was Justine Eastbury in 22.30 with Peter Lovell second in 23.18 and Andy Edwards third in 23.44. Leader overall after two events is Dave Beadle on 98 points with Paul Hills second on 96 and Richard Daniel third on 90.




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**9/10/07**

Both Jamie Atkinson and Shavaun Henry had good runs in their respective categories in the Chichester 10km which incorporated the UKA and the South Of England Championships. The Blackheath & Bromley athletes both finished in 30th places.

In the men's race Jamie timed a very useful 30.43 to build on his recent run of good form. Shavaun timed an excellent 37.11 in the women's race. Peter Tucker had another good run clocking 32.06 in the men's race to finish 52nd.

Without many leading runners the Club were never likely to win the first Kent Men's League match of the season at Sparrows Den, Hayes. Third place in both the 4 and 12 to score was, therefore, a reasonable result.

Junior Alex Bruce Littlewood led the Club home in 12th place timing 34.37 for the course of approximately 10000 metres. Andrew Conway (18th) over 50 Alan Camp (19th) and Richard Daniel (23rd) completed the scoring in the 4 to score. There was a good run from Roger Beswick in 26th place and team captain Nick Gasson closed in 28th.

Jonathan Vintner (39), Neil Ayrtton (44), Ken Daniel (54), Mark Ellison (59) Graham Coates (61) and Andy Lawes (79) completed the scoring in the 12 to score.

Full women's and young athletes results are not yet available.

Club members of all ages turned out in force recently for the Will Bolton Memorial Fund raising dinner. Will died in a car crash two and a half years ago and the Fund set up in his memory aims to raise funds to offer support to the Clubs up and coming athletes.

The organising Committee of Nick Gasson, Paul Patten, Anne Cilia, Kate Pratten, Mike Martineau and Brendan McShane did the Club and Will proud and the evening raised over £10,000.

Prizes in the auction on the evening included a signed England football shirt, and signed Manchester United kit, plus autographed Great Britain kit from the Club's leading athlete in 2007, Montell Douglas which raised £125.

The Club is enjoying great success in the younger age groups at present. They are National Junior and Young Athletes Champions and monies raised at the Dinner will help provide valuable support to the athletes as they progress to Senior level. Not all go on to achieve success in Athletics, for example, one of its former members Andrew Sheridan was part of the England team that defeated Australia in the rugby World Cup.

One of the Club's current Young Athletes Damien Benn, has been invited by Mencap Sport for a trial with the England National Athletics squad at the English Institute Of Sport in Sheffield. The squad is for talented athletes from across the country from which athletes are nominated for GB and International competitions. Damien, a pupil at the Glebe School has been chosen for his ability in the high jump.



## 2/10/07

Blackheath & Bromley's Senior Men comfortably qualified for the Nike National 6 Stage road relay as they finished in 9th place in the Southern Relay at Aldershot. They were not the highest of the Club's teams of the weekend, however, as the under 15 boys and girls teams finished in 6th place in their respective races.

Jamie Atkinson got the men off to a fine start as he came in second on the opening stage timing 18.12 for the 6km course. He was the 9th quickest overall on the day. James Poole ran well on leg two but he slipped to 5th. The Loughborough University student timed a very useful 18.38. Alex Bruce Littlewood made his debut in the event and clocked 20.01 to close in 9th. In form Peter Tucker took over next and moved the Club up to 6th place with 18.53 before handing to Spencer Newport. Now a veteran, he showed that he can still mix it with the Seniors, and, although he slipped a place he ran a solid 19.30. Andrew Conway was called in late to the team and he ensured the Club qualified for the National final as the top Kent Club, coming home 9th in 20.20.

Phil Sesemann had an outstanding run for the under 15 boys team. Phil is the fastest in the country over 3000 metres on the track this year and stormed home in the lead on the opening stage with a time 9.35. This proved to be the second quickest of the day making him the Club's best runner over the under 13s and under 15s age group in recent years.

Although Oliver Taylor slipped a place on the second stage his 10.23 was, nevertheless, a good effort. Will Mercer came in third on leg three with 10.46. Despite a solid run on the final stage, Hector Kurtyanek slipped to 6th with 10.28. This was a fine team performance with the quartet just over half a minute off a medal place.

It was 6th place too for the Under 15 girls team with Sophia Maslin getting the trio off to a lightning start with an 11.28 clocking. This brought the team in 13th on the opening stage. Danielle Critchley ran a second quicker on the second stage and moved the team up 9 places to 4th. Michelle Fewster slipped to 6th on the final stage with a useful 11.41 so the team finished less than half a minute outside the medals.

Bryony Proctor had another good run in the Senior Womens race. She came in 7th on the opening stage in a time of 13.36 which was the 16th quickest of the day overall. Ella Fisher (16.27), Rosie Ferguson (14.50) and Clare Lodwig (16.21) completed the quartet as the team finished in 21st and like the men were the first Kent team to finish.

The under 17 men finished in a useful 19th place. Cameron Ward ran a useful opening stage, despite suffering with a cold. He was the quickest from the Club on the day timing 13.09 and coming in 22nd. Andrew York (13.38) edged up two places on the second stage before Julian Ayisi (14.07) moved up to 19th, a position Stephen Cavey (13.41) maintained on the anchor leg.

The over 50s team looked to be in contention for a medal after good legs from Peter Hamilton (22.59) and Tim Soutar (21.18). However on leg three Con Griffin took a wrong turning and lost well over ten minutes of running time. Alan Camp edged back up a few places on the last leg with a time of 21.31 as the team finished 17th.

Unfortunately the under 13 boys did not have a complete team but there were promising performances from Anthony Moore (12.18) and Tom Scott (12.36).

Many of the Club's top vaulters attended a special competition at Norman Park in memory of Past President Jim Day who died earlier this year. Jim was passionate about his Sport and vaulting in particular, and he would have been proud of the enthusiasm and commitment of the organisers and athletes who took part.

Former Olympian Allan Williams was the driving force behind the event with the assistance of the rest of his Polestar training group. The event saw athletes from all over the South attending with the aim of ending their seasons with personal bests. Many did just that including Rosa Williams who cleared 3.11 to move to 2nd in the UK rankings.

Mark Longhurst was the only Club Member to set a new best. The under 15 cleared 3.01 the same as Charlee Debolla.

Fresh from her success at the European Champions Club Cup in the Czech Republic, Rachel Arnheim cleared 3.41 in the under 20s age group.

In the under 15 girls contest there were clearances of 2.91 and 2.11 for Jessica Nicol Smith and Anna Huggins. Siobhan Parr went over 2.01 in the under 13 age group.

It was pleasing to see Scottish Junior Record holder Scott Huggins helping out by officiating at the event, just three days after attempting to vault over a double decker bus in a promotional event for the London 2012 Olympics!

Many pictures from this event can be viewed on the Club website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk)

Out in the States Scott Overall is settling into a new training environment with the Team Indiana Elite Distance Training Group. The mission of Team Indiana Elite "is to provide a group training environment and key living, training, and support resources for committed, elite distance runners, with a goal of helping athletes make national teams and achieve international success".

His most recent race was a 5km at the Irish Fest Run and Walk. He won in a time of 14.29. Training partner when he is in England, Michael Skinner was in action in the 3000 metres road race with preceded the Great North Run on Tyneside. He finished in 18th place in a high quality field.

Alex Bruce Littlewood won the Puma Urban Escape 10km trail race at Epping Forest. In a field of over 200 finishers he was around a minute clear at halfway. However the lead bike disappeared from view here and he got lost. He rejoined the field and managed to work his way back to the front although he didn't actually know he'd won!





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