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# Blackheath & Bromley Harriers AC

Oct to Dec  
2009

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### 29/12/09

The Senior track and field rankings for 2009 for the top 50 in each discipline have recently been published in Athletics Weekly magazine and a number of athletes from Blackheath & Bromley feature.

Montell Douglas did not have her best of seasons but still ranks 6th in the 100 metres and 8th in the 200. Also featuring in the top 10 in two events is Shaunagh Brown. Although an under 20 she is 7th in the discus with a distance of 50.81 and 8th in the shot with a putt of 14.51.

Another under 20 to feature highly is Lorraine Ugen. She is 7th in the long jump with her leap of 6.29. In the javelin Christine Lawrence is 9th with 48.13.

Highest placed male athlete is Scott Overall who is 6th in the 5000 metres with 13.34.29 while under 20 Kola Adedoyin is 8th in the triple jump with 15.63. Dwayne Grant is 9th in the 200 with 20.93.

Others to feature in the mens listings are 100 metres, Dwayne Grant (16th 10.37); James Alaka (30th 10.49); Funmi Sobodu (40th 10.65); 200 metres, James Alaka (22nd 21.19); 400 metres, new member Luke Smallwood, who has joined from Medway & Maidstone (49th 47.99) 1500, Michael Skinner (49th 3.45.36); 3000 metres, Scott Overall ( 11th 8.04.10) Michael Skinner (31st 8.15.62); 5000 metres, Michael Skinner (43rd 14.15.85); 10,000 metres, Peter Tucker (46th 31.56.9); 3000 steeplechase, under 20 Alex Bruce Littlewood (32nd 9.23.49); 400 hurdles, Ed Harrison (22nd 52.51) and Derek Paisley (31st 53.27); Pole Vault, Scott Huggins, who missed most of the outdoor season with injury (11th 5.01) Triple Jump, Sam Bobb (43rd 14.43); Hammer, Karim Chester (13th 63.46) and under 20 Andrew Jordon (36th 55.55) Javelin, veteran Daryl Brand (31st 63.11); Decathlon, Bomene Barikor (31st 5770 points).

Others to feature in the womens events are 100 metres, Anike Shand Whittingham (26th 11.77) and Vicky Cole (35th 11.91); 200 metres Vicky Cole (40th 24.39) and Anike Shand Whittingham (41st 24.41); 400 metres, Montell Douglas (26th 54.95), under 20 Savannah Echel Thompson (39th 55.43) and Rebecca Syrocki (49th 55.8); 3000 steeplechase, Shavaun Henry (18th 11.54.83) and under 20 Rebecca Smith (23rd 13.16.27); 100 hurdles, under 20s Serita Solomon (16th 13.89) and Sandra Seaton (38th 14.56); 400 hurdles, under 20s Katrina Cosby (34th 62.57) and Megan Southwart (48th 63.90); high jump, Pamela Hughes (11th equal 1.80); pole vault, Rachel Arnheim (17th equal 3.75), Liz Hughes (29th equal 3.60) and under 20 Christina Moore (43rd 3.45); Lauren Blackie, triple jump (34th 11.90); Shot, Under 17 Sabine Efiannayi (35th 12.48); discus, another under 17 Samantha Milner, (22nd 43.19); Hammer, Rachel Blackie, in her only competition of the year (23rd 50.27) and Shaunagh Brown (38th 46.78); Heptathlon, Katie Murray (37th 4151 points).

What the lists show is that the Club have talent spread across the various disciplines, which was one of the reasons why both Senior Mens and Womens teams were promoted in the National Leagues in 2009. The women are now in the Premier Division of the UK Womens League for the first time ever, while the men are in division one of the British Athletics League. The women will be looking to maintain their place in the top flight while the men attempt to gain promotion.



### 22/12/09

Members of Blackheath & Bromley were in festive mood as they competed in the traditional 5 mile Christmas Yacht Handicap at West Wickham. The normal course had to be adapted because of the recent snow and numbers were down because of transport problems, but it was, nevertheless, a successful event.

The yacht handicap means that the slowest person starts first with the quickest last and, in theory, if the handicapper has done a perfect job, all runners would finish together. It was perhaps Rafa Benitez "perfect" as first home was Dick Griffin, who fooled everyone and showed the benefit of shedding a few pounds pre Christmas, by finishing in 33.29 nearly three minutes clear of Mark Ellison. Gareth Evans took third.

Fastest net time of the day came from Gareth Evans in 37.06 followed by Mark Ellison 39.14 and Steve Pairman 39.49. Quickest woman was Sarah Dowling with 44.19 followed by Kate Pratten 46.15 and Rebecca Taylor, on her return from Cambridge University, with 48.44. This was the fourth of the nine race Bennett Cup series which takes place over the Winter months. John Leeson is still out front on 198 points a huge 30 points clear of Steve Pairman and Anne Cilia. A further five athletes have more than 150 points so there is everything still to play for.

Two unexpected competitors in the Handicap Race were Justine Eastbury and Carolyn Jones Baldock. They took part after the Clubs group trip to Brussels for the Cross Cup had to be abandoned because of the problems with Eurostar trains at present. This was a big disappointment for everyone but particularly for some of the Clubs youngsters whose parents had paid for the trip as part of their Christmas present.

Another to salvage something from the weekend was Alex Bruce Littlewood who ran in the South Of The Thames Championships at Wimbledon finishing in 13th place.

Every cloud has a silver lining and the cancellation meant Con Giffins cat didn't spend two days out in the snow; Nick Gasson was able to get his Christmas turkey; and everybody benefitted from Ken Daniel staying off the Belgian fish soup.

Elsewhere Greg Proctor finished 9th in the under 17 mens race at the Holly Run in Reigate with Rob Yates 24th.

David Beadle was third in the latest 5km Parkrun at Norman Park finishing in 20.48.




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## 15/12/09

Michael Skinner finished in his highest ever position at the European Cross Country Championships in Dublin. This was the fifth year in a row that the Blackheath & Bromley athlete has represented Great Britain in this event and he celebrated by finishing in 13th place against the best runners in Europe. His efforts on the extremely muddy course helped the Great Britain team to finish in second place.

Alex Bruce Littlewood showed that he is recovering well from illness as he finished 8th in the latest round of the Surrey Cross Country League running for his second claim club Hercules Wimbledon.

He was the first under 20 athlete to finish and coming at the end of his highest ever mileage week, he was understandably pleased with his performance. He races in Brussels this weekend along with a large Club contingent.

The Club's older athletes enjoyed a successful afternoon at the Kent Veterans Cross Country Championships at Tunbridge Wells picking up medals in all five age group races. Highlight came in the mens over 50s race where Alan Camp was an runaway winner. He timed 31.55 over the difficult 9500 metre course to win by over a minute from team mate Nick Kinsey. With Paul Ross Davies in 5th place they scored an emphatic victory in the team race, 32 points clear of runners up Kent AC.

The team positions were reversed in the over 40s race. Here the Club were led home by Roy Smith who placed 10th despite having to stop twice to tie his shoe laces. Mark Ellison took 22nd and Brendan McShane 23rd with Mick Jones completing the scoring in 28th place to ensure silver medals.

Peter Hamilton picked up the bronze medal in the over 60s race and with Jim Phelan 5th and John Fenwick 18th the Club were third in the team race.

Jennie Butler just missed out on a medal in the womens over 35s race but her fourth place, Sarah Dowling's 8th and Carolyn Jones Baldock's 11th ensured the Club won silver medals in the team race.

Anne Cilia spearheaded the Club's challenge in the over 45's race leading the team home in 9th place. With Annie McDonough 12th and Jackie Montgomery 18th they won team silver medals.

Also outdoors Karim Chester threw the Senior Hammer 61.00 at the Dacorum Invitational throws meeting. In the latest ParkRun 5km at Norman Park Dave Beadle finished in second place in 18.36 with James Selway 8th in 20.42.

There were more medals for the Club's athletes at the Kent County Sportshall Championships at Tonbridge. In the under 13 girls age group Alex Wainwright won gold medals in the vertical jump, the standing long jump and the speed bounce. Aine Hurlock claimed a full set of medals with gold in the two lap race, silver in the standing triple jump, and bronze in the standing long jump. Samantha Leighton set a new Championship record of 82.4 as she won the 6 lap race. Emma Waugh won bronze in the four lap race. For the boys Bruno Myszkka-Redar struck gold in the four lap race.

Holly Fletcher was another to set a championship record as she ran 78.0 in the 6 lap race and she added a bronze in the Speed Bounce.

The Under 13s National track and field rankings have recently appeared in Athletics Weekly magazine and the Club's athletes are prominent in the girls throws. Ellie Lawrence is ranked 10th in the shot with a putt of 9.78 with Jumoke Fatna 14th with 9.58. Also 10th ranked is Yemisi Sofolarin in the javelin with her throw of 26.87. Yemisi and Ellie are also 13th and 14th in the discus with 25.07 and 25.00. Shannon Clarke is equal 20th in the high jump with her clearance of 1.45 while on the track Shannon Hylton is 11th in the 150 metres having timed 19.9.

A large number of the Club's athletes had their first competitions of the Winter in the Metaswitch Indoor Open Meeting at Lee Valley. Most successful athlete was under 13 Maya Bruney who won all three of her races. She won two 60 metre heats in 8.45 and 8.43 and followed with a comprehensive victory in the 200 metres in 28.27 and also won the long jump with a leap of 4.34.

The previous weekend she ran 8.36 and 8.40 at the Windsor open meeting.

Under 17 Rhiannon Jones won both her 60 metre hurdle races with Rachel Giannini fifth, this being their first races in the new age group.

Elsewhere on the track in the 200 Rachel Dickens was second in her race in 25.84 while other performances were Amara Lalemi Jacobs (27.14), Lauren Stevens (28.10), Charlotte Colegate (27.67), James Allen (25.59), and Georgina Middleton (26.56).

Chelsea Crouser had a good start in the under 20 age group timing 61.73 for 400. Rachel Robinson ran 66.59, Jonathan Pettet 53.03 and Joshua Oyedele 56.76.

Back in the field Mark Longhurst was second in the triple jump with 12.59 with Tom Jenkins 6th in 11.72. In the long jump James Allen leapt 5.49 and Lauren Stevens 4.88. Meanwhile up at Sheffield Hannah Biddiss ran 44.32 for 300 metres.

This weekend as well as the South Of The Thames Cross Country Championships at Wimbeldon, it is also the Christmas Yacht Handicap at Hayes which incorporates the latest in the Bennett Cup Handicap series. In addition a large group of runners will be competing in the various age group races at the Brussels Cross Country meeting.

The Club is always looking for new members of all ages and abilities in all events. Further details on Club and all its activities can be found on the website at [www.bandbhac.org.uk/membership.html](http://www.bandbhac.org.uk/membership.html) An email to [enquires@bandbhac.org.uk](mailto:enquires@bandbhac.org.uk) can be passed on to those responsible for a particular area of interest.



## 8/12/09

Michael Skinner heads to Dublin this weekend to represent Great Britain at the European Cross Country Championships. The Blackheath & Bromley athlete won the Trial race in Liverpool two weekends ago to book his place in the team. This will be the fifth year in a row that Skinner has run in the Europeans and he will be looking to help Britain to equal or improve on the bronze medals won last year.

Controversially he will not be joined by two other members of last years squad. Clubmate Scott Overall who was the 5th eligible Briton to finish at the Trials and Belgrave's Phil Wicks who was 4th, were left as first and second reserves with places in the 6 man team awarded to three athletes who did not compete in the Trials. There can be no doubt that Britain's number one middle distance runner Mo Farah should have been included, but the selections of Andrew Lemoncello and Chris Thompson has raised eyebrows as neither of them have been racing on the country recently.

In fact both Overall and Wicks have run quicker in head to heads with Thompson on the roads in recent weeks. At the BUPA Great South Run Overall was 4th in 48.00 with a personal best for 10 miles. Wicks timed 48.38 and Thompson clocked 49.10. At the National 6 stage road relays Overall ran 17.03, Wicks 17.09 and Thompson 17.15.

Overall travelled to Switzerland last weekend where he finished in 7th place in the Escalade Race in Geneva. He timed 21.12 for the 7.2km course and was the first non European to finish in a race won by Kenya's Titus Mbishei.

Closer to home many Club members were in action at the latest, and for the younger age groups final, round of the Kent Cross Country League at Danson Park.

The Senior Women were not scheduled to compete at this event but the Senior Men were but didn't. First home in the Senior race was under 20 Alex Bruce Littlewood. He had another good run finishing in 5th place. Alan Camp, an over 50, had an exceptional run coming home in 21st position. Two more masters Ian Taylor and Graham Coates completed the scoring in 90th and 92nd place which gave the Club 9th in the team race.

Jen Hamer finished in second place in the under 20 womens race and Amy DeMatos secured the overall title for the season as she closed in 6th. Emily Nolan led home the Under 17 womens team with a 6th place. Supported by Mel Kane in 9th and Krystal Galley in 11th they finished in second place in the team contest and second overall for the season. For the men Sam Jackson was first home in 10th with Greg Proctor 12th, Will Mercer, struggling with a knee problem 16th and George Vacharopoulos 20th. Like the women they were second on the day and second overall for the season.

Best individual performance of the day came from Amber Reed who won the under 15 girls race by 12 seconds giving her the runner up spot for the season. With Hope Stenning 12th, Ella Self 16th and Holly Fletcher 17th the team were second on the day just edging out third place Invicta East Kent by a point. The result also gave the Club another second place overall for the season. First home for the boys team was Thomas Greenhill in 17th with Adam Willis 21st and Jake Wade 37th. Thomas finished 8th overall for the season.

Young Georgina Taylor had another good run in the under 13 girls race as she was second in the under 13 girls race. Samantha Leighton was 8th which left her fourth overall in the League for the season, an excellent achievement. Lucy Sidey was 12th and 8th overall; Janae Galley 13th and Emma Myers 18th. The girls were second on the day and second for the season.

First for the boys was William Fuller in 12th and with Richard Webb 16th and Thomas Desborough 24th the team were 3rd on the day.

So medals for four of the teams for the season and the athletes are all now preparing for the County Championships at the start of the New Year.

On the road, a number of the Club's runners were able to take home a variety of seasonal produce as they dominated the leading places at the Swanley Christmas Caper 4.2 mile race.

Andy Rayner won the race in 21.38 from Peter Tucker who is now running first claim for the Met Police. Together they have won the race for the last five years.

Dave McKinlay was 5th in 23.53 and Dan Ryan 8th in 25.00 before Elaine Murty came in 9th, the first woman to finish in a fine

25.10. Tony Crowder was 10th in 25.38.

In this weeks 5km Park Run at Norman Park, Steve Pairman was 4th in 20.21 with Rob Brown 5th, youngster James Selway 6th and David Carton 9th.

At the Luton Marathon Dick Griffin comfortably broke the four hour barrier finishing 301st in 3.59.50 while Gerald Sterling was 373rd in 4.19.58.

Wilf Orton was 188th in the latest of the Mornington Chasers Regents Park 10km races.



## 1/12/09

It was mission accomplished for Michael Skinner at the European Cross Country Trials in Liverpool. The Blackheath & Bromley athlete won the Senior Mens race to book his place in the Great Britain team which competes in Dublin in two weeks time. This will be the fifth year in a row he has competed in Europeans.

Team mate Scott Overall was the fifth GB Senior to finish in 8th place but he will have to wait on the selectors to see if he is part of the GB team.

Andy Rayner and Elaine Murty's afternoons ended in complete frustration as their spike bags, vest and numbers were stolen while they were warming up. They were unable to compete. Alex Bruce Littlewood finished in 26th place in the under 20 mens race, his preparations for the Trials having been hampered recently with illness. Greg Proctor was 72nd in the under 17 mens race.

There was a small turn out of the Club's athletes in the South Of The Thames Junior Championships at Sparrows Den. With no Senior Men competing the Club were represented by a mixture of youngsters and Masters. First home for the Club was Will Mercer who gave a good account of himself to place 42nd overall and pick up the bronze medal for being the third fastest under 20 of the day. Rob Yates recovered from turning his ankle last week to finish 54th and another youngster Andrew Booth was 76th. Veteran Andy Lawes completed the scoring in 103rd to help the team to 13th overall with Ian Swatton 132nd and Wilf Orton 185th.

A number of the Clubs athletes appear in the National under 15 track and field rankings for 2009 which have recently been published in Athletics Weekly magazine. Leading the way for the girls is Dina Asher Smith who heads the 300 metres lists with 39.16, which, as well as being a Club Record for this age group, is also the record for the under 17 women as well. Dina also broke the Club records for the 100, 150 and 200 metres in 2009 and her times of 12.10 and 24.83 saw her rank second in the National lists with still another year to go in the age group. Unfortunately Dina is currently on crutches having broken a bone in her foot while playing hockey.

Also ranked second is Frances Read in the triple jump with a leap of 10.59 with Jessica Moore 17th with 9.66. Rachel Dickens is 12th in the 300 metres with 42.2 and 14th in the 200 with 25.66.

Anton Daly had a very good year and his is 11th in the boys 200 with 23.34 and 13th in the 100 with 11.43. Aaron Lloyd was forced to miss most of the season but he still ranked 18th in the 80 metre hurdles with 11.89.

In the field Reon Gowan Wade leapt 6.04 to place 14th in the long jump in his first year in the age group.

Katrina Cosby is the Jack Petchey Foundation Achievement Award Winner for November. Like many of the winners Katrina is not only a talented athlete she is also another who is putting her experience in Athletics to good use by helping coach some of the Club's up and coming stars.



## 24/11/09

Mike Skinner celebrated his 30th birthday last weekend and will be looking to put the icing on the cake when he runs in the Trials for the Great Britain team for the European Cross Country Championships this Saturday in Liverpool. Should the Blackheath & Bromley athlete make the team, it will be the 5th year in a row he has competed for Britain in the Europeans. The Championships take place in Dublin two weeks after the Trials.

Scott Overall will also be challenging for a place in the team after running in the Europeans with Mike in Brussels last year. After a string of fine recent performances he also has a good chance of gaining a place on the team.

The Club were beaten in the first mob mach of the Winter against Orion at Chingford despite providing the winner in Alex Gibbins who finished over two minutes clear of the runner up. He timed 47.06 for the 7.5 mile course. Roy Smith was the only other B&B athlete to finish in the top 10 in 6th place and he is 47 and has an artificial hip. Third home was Paul Ross Davies in 11th.

First woman to finish for the Club was Sarah Dowling in 42nd with Carolyn Jones Baldock 60th and Annie McDonough 81st.

The race incorporated the third of the nine race Bennett Cup handicap series which takes place over the Winter months. First on this occasion was Andy Riches with Mike Wade second and Roy Smith third.

Handicapper Professor Chris Haines will no doubt have noticed that after three races Jon Leeson has a clear lead with 151 points. Second is Adrian Stocks on 125 and Anne Cilia on 120 and a further nine athletes have over 110 or points.

Will Mercer and Sam Jackson represented Surrey Schools at the Inter Counties Meeting in Stoke on Trent on Saturday. In the Intermediate Boys race Sam was 10th finisher and Will was 16th helping Surrey to victory in the team race.

Some of the Club's track and field athletes are dipping their toes in the competitive waters by taking part in the various indoor open meeting which are taking place throughout the country. At the open meeting at Sheffield, Richard Davies, who is studying at Leeds University, timed a useful 1.22.83 to finish 2nd in the 600 metres. Welsh International Fabian Collymore won his heats of 60 and 150 metres in 7.05 and 16.34 and new girl Hannah Biddiss, who has joined the Club from Medway & Maidstone ran 8.49 and 20.04, also for the 60 and 150 metres.

With the Club being National Young Athletes League Champions for the fourth time in six years, it is not surprising that a number of its athletes should feature prominently in the Under 17 track and field rankings for Summer 2009 which have recently featured in Athletics Weekly magazine.

Ben Hopkins in number one in the country for the 400 hurdles with his time of 54.32 and training partner Ben Parkin is just behind in third with his 54.40. In fact the top four athletes are all called Ben! Ben Hopkins is also 15th in the 100 hurdles with 13.8. Samantha Milner, who has competed for the Club in the Junior League as a second claim member, tops the discus rankings with her 43.19.

Multi talented Mark Longhurst is second in the pole vault with his Club Record breaking clearance of 4.41. Sensationally under 15 Dina Asher Smith is second in the 300 metres with her time of 39.16 and second claimer Frederica Foster is third with 39.41. Dina is also 7th in the 200 (24.83) and 8th in the 100 (12.10) while Frederica is 19th in the 200 (25.05). Sabine Efiannayi lies 5th in the shot with her putt of 12.48 and Samantha Milner is 13th with 11.24.

Ainsley Campbell, who has recently joined the Club from Windsor Slough Eton & Hounslow, is ranked 6th in the 400 metres with 48.88 with Tom Bensted 10th with 49.14. Anna Huggins places 16th in the pole vault with her clearance of 3.10 the same ranking as Chelsea Crouser in the 1500 steeplechase with 5.54.34..

Ronnie Pocklington is 17th in the 200 metres (22.30) and promising new member Harry Rogers, who has recently joined the Club from Croydon, is 18th in the high jump with a leap of 1.90.

Jessica Matthews is the winner of the Jack Petchey Achievement Award for October. Jessica is the current South of England Indoor Champion in the under 20's high jump and has been an important member of the Club's various age group teams for a number of years. Unfortunately she has had more than her fair share of injuries but nevertheless she has continued with her Sport and is already putting her something back in by helping with coaching some of the Club's youngest members.

The Club is always looking for new members of all ages and abilities in all events. Further details on Club and all its activities can be found on the website at [www.bandbhac.org.uk](http://www.bandbhac.org.uk) A mail to [enquires@bandbhac.org.uk](mailto:enquires@bandbhac.org.uk) can be passed on to those responsible for a particular area of interest.




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**17/11/09**

Michael Skinner showed that his preparations for the European Cross Country Trials are progressing well with a win at the Gateshead International Meeting last Saturday. The Blackheath & Bromley athlete won the 9km event in 28.14 just four seconds clear of Tsegei Tewelde from Eritrea. The Great Britain Trials for the Europeans take place in two weeks time in Liverpool where Skinner, who turns 30 next week, will hoping to book his place in the team which competes in Dublin in December.

He represented Great Britain last year when the European Championships were held in Brussels as did team mate Scott Overall and Scott showed that he will be challenging for selection in Ireland too by finishing third at Gateshead. Andy Rayner finished in 19th while in the womens event over 8km Elaine Murty placed 28th.

Closer to home all age groups except the Senior Men were competing in the latest Kent League fixture at Swanley. There were, it has to be said, a mixed set of results, but, nevertheless, some good individual performances not least from Under 20 Jen Hamer who ran in the Senior Womens race and finished in third place overall. Fresh from warm weather training, Carolyn Jones Baldock came 18th but there were no more competitors from the Club which meant the Club did not finish a team.

Rebecca Smith was second in the under 20 womens race with Emily Nolan 4th in the under 17s and Melody Kane 9th.

There was a very competitive race between Will Mercer and Sam Jackson in the under 17 mens event which ended in a mad sprint for the line with Will winning the battle to finish in 13th place and Sam in 14th. Both recorded to same time. Georges Vacharopoulos made a big improvement from the last fixture at Somerhill School to finish in 16th place, a jump of 11 places.

Amber Reed missed out on victory in the under 15 girls race by just two seconds. After a 7th place in the first match she has improved to third and now 2nd so perhaps it will be victory in the final match. With Holly Fletcher 14th and Hannah Cook 17th the Club were 2nd in the team race.

The U15 Boys saw Tom Greenhill finish in 13th place, his highest finish ever. Jake Wade completed the course in 32nd place.

The under 13 girls team were boosted by a number of the Clubs sprinters and jumpers. Samantha Leighton was first home in fourth place and with Charlotte Rhule in 8th and Janae Galley 10th the Club were 2nd in the team race. There was fine back from Lucy Sidey 12th, Holly Walman 16th, Maya Bruney 28th, Aine Hurlock 30th, Shannon Clarke 32nd and Shannon Cordell 33rd.

In the U13 Boys race Tom Desborough worked hard to finish in 16th place and was rewarded with his highest ever placing. Jon Pairman made his debut for the club in 20th place. So with one race left to go the Club are in second place in the under 13 girls, under 15 girls, under 17 women and the under 17 men.

One of the reasons why the Club was not at full strength in the Kent League was that a number of youngsters were competing in the Lord Mayors Show One Mile race. In the 15 to 17 year olds race Krystal Galley was 11th and Danielle Critchley 20th while for the boys Hector Kurtyanek was 64th.

The 13 and 14 year races saw Will Ruiz place 34th and Anthony Moore 54th. For the girls Hope Stenning was 14th and Jessica Jones 23rd.



Best placed finisher of the day was Georgina Kennedy who was 2nd in the 11 and 12 year olds race, an excellent performance.

The Parkrun series continues to prove an attraction to the Club athletes. These are weekly 5km races which take place throughout the country. Two weeks ago at Norman Park, Andy Tucker finished in 5th place with Rob Brown 10th, Iain Swatton 17th, James Selway 19th and Mike Martineau 40th. At the race at Bushy Park, Rhiannon Lloyd was 205th. Last Saturday Dave Beadle was second in the race at Norman Park.

On the roads Colin Poole finished in 182nd in the Cornwall Marathon. The more adventurous athletes were competing at the Hellrunner at Longmoor Camp. No words can do this event justice. The pictures on the [website](#) say it all.

The Club Annual Dinner took place last Friday evening. The event was a sell out with Ian Stewart, Head Of Endurance at UKA, the principal guest.




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### 10/11/09

Two members of Blackheath & Bromley have been selected to race for England in the Gateshead International Cross Country races on the 14th of November. Mike Skinner and Scott Overall secured their selections after some impressive performances on the road and country so far this Winter.

Scott ran the third fastest time at the National 6 Stage Road Relays last month and followed this with fourth place in the BUPA Great South Run in a field of over 20,000. Mike ran the fastest time at the National Cross Country Relays last weekend, with Scott the second quickest. Their efforts helped the Club achieve second place, their best result for years.

Many of the Club's future Senior Internationals feature in the National Under 20 rankings lists which have appeared in the last two weeks in Athletics Weekly magazine. The Club is enjoying huge success in the younger age groups but unfortunately the price of success is more expense and this is causing the Club some difficulty.

Shaunagh Brown is the number one in the country in both the shot and the discus. The outgoing Junior Womens captain was way ahead on the lists with distances of 14.51 and 50.81. Lorraine Ugen made a big breakthrough this year going over 6 metres for the first time in the long jump and finishing with a best of 6.29, the second best in the country.

Also ranked second is Serita Solomon in the 100 hurdles, a remarkable achievement after spending two of her three years injured having snapped both her achilles tendons. Her best for the year was 13.89 which is both a Club Junior and Senior record.

Also second ranked is Kola Adedoyin in the triple jump. He has also had more than his fair share of injuries and finished the season back on crutches. However, prior to this he leapt 15.63, just 7 centimetres off the Club Junior record, to qualify to represent Great Britain at the European Junior Championships. Andrew Jordon is third ranked in the Hammer with a throw of 63.41.

Other first and second claim Club members to figure in the top tens include Funmi Sobodu (100 metres 5th), Alex Bruce Littlewood (2000 steeplechase 5th), Samantha Milner (discus 6th), Savannah Echel Thompson (400 6th), Rebecca Smith (3000 steeplechase 6th), Katrina Cosby (400 hurdles 8th), Sandra Seaton (100 hurdles 10th), and Richard AlAmeen (Hammer 10th).

This individual success has enabled the Club to be the top Junior womens team in the country for the last five years, a remarkable achievement. However, the reward for all the hard work and expense in achieving this is much more of the same.

As National champions the Club has represented the UK in the European Champions Club Cup for Juniors for the last four years with matches in Moscow, the Czech Republic, Serbia and Bosnia. Next years venue has yet to be confirmed but favourite at the moment is Istanbul. Competing at such fixtures is not cheap both in terms of the amount of unpaid work contributed by volunteers and the huge actual expense which this entails.

The Governing Body does make a contribution to the event but the Club is still awaiting the £1800 promised for 2009, a 40% reduction on the £3000 amount for 2008. This comes at a time when costs are increasing. For example, new Airline legislation has meant that the Club had to transport the poles for the vault by courier.

What this has meant is that for two of the last three years the Club has had to fall back on reserves to represent the UK, thus, compromising it's ability to fund the activities which helped achieve the success in the first place.

Paul Byfield, Head Of Active Athletics at Blackheath & Bromley Harriers says "It would be disastrous for athletics clubs in this country if lack of funding precluded competition at this level, especially as these are stepping stones to senior competition. With the Olympic Games coming to London in 2012 it is vital that our athletes compete in events like this" Julian Golding, the Commonwealth Games 1998 200 metre champion gained his first taste of International competition when he ran for the mens team in the ECCCJ at Albi, France in 1992; and Senior Mens' Club Captain Michael Skinner has highlighted the importance of this competition in his development into a Great Britain International.




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### 3/11/09

Blackheath & Bromley's Senior men enjoyed their best result for some years when they finished second in the National Cross Country Relays at Mansfield. To add to the celebrations Michael Skinner and Scott Overall ran the first and second fastest times of the day while there was a good performance from the Senior women, a fine run from Alex Bruce Littlewood in the under 20s race and more good efforts in the younger age groups.

There was a late call up for Alex Gibbins, who ran the ultra competitive first leg. He closed in 44th on the 5km course in a useful 16.21, but significantly the Club were just 80 seconds down on the leaders with firepower to come.

From here Skinner tore through the field moving up to 9th place. His 14.47 was the fastest time of the day. He handed to Andy Rayner, who arguably had the best run of the day, as, not only did he hold off the challenges of Internationals Phil Nicholls (Tipton) and Andy Vernon (Aldershot), he moved the team up to 7th place with a time of 15.28.45.

Things were nicely lined up for Overall and he didn't disappoint. Amid great encouragement from the Club supporters, he moved the team up to 2nd. His time of 14.58.30 was the second quickest of the day but it was not enough to overhaul a strong Bedford & County team who retained the title they ran last year. 151 teams finished.

Both Michael and Scott will now prepare for the European Cross Country Trials race, which takes place in Liverpool at the end of the month, where they aim to qualify for the Great Britain that competes in Dublin in December.

Joining them on Merseyside will be Alex Bruce Littlewood who is targeting a place in the GB Junior team. He did his cause no harm as he was the first athlete home in the under 20 mens race on the opening leg at Mansfield. Unfortunately the Club didn't have any further runners. However, his time of 9.00 was the fourth quickest of the day overall and he was pleased to take some scalps.

The Senior Women also had a good result as the trio of Elaine Murty, Bryony Proctor and Jennie Butler finished in 17th place. Elaine was the quickest of the three as she finished 22nd on the opening stage in 10.49.40. Bryony moved through to 17th with 10.58.60 with Jennie anchoring the team home in 11.45.20, a useful run considering she has spent most of the year injured.

Jen Hamer closed in 22nd on the opening leg of the under 20 womens race with a time of 9.29.80 but the Club's challenge ended here.

One of the most pleasing aspects of the Senior teams' silver medals was the fact that three of the quartet have been competing for the Club from a very early age. In fact Michael Skinner has been a Club member for 19 years and hasn't yet turned 30, (November 21st if you want to send him a card!) It was, therefore, a worry that the Club were only able to complete a team in one of the six youngsters age groups.

The Under 17 men performed admirably with the A team of Phil Sesemann, Sam Jackson and Will Mercer placing 18th, a fine result against some of the best in the country. Phil's time of 9.24.25 on the opening stage was the 8th fastest of the day as he brought the team in 6th. Encouragingly a B team was also in action with Greg Proctor, Robert Yates and Andrew Booth finishing 51st.

Adevekan Lipede was undaunted at making his Club debut for the under 15s and performed well, but was the only athlete. Sean Sturrock and Thomas Desborough flew the flag for the Club in the under 13s race. Unfortunately there were no girls teams in action. All four members of the Senior team will be visiting the Clubhouse in Hayes this Wednesday evening.



## 27/10/09

Scott Overall had an outstanding run in the BUPA Great South Run at over 10 miles at Portsmouth. Competing in a field of over 20,000 runners, the Blackheath & Bromley athlete finished in 4th place in a time of 48.00 minutes. The only other Briton to beat him was former European Cross Country champion Mo Farah who is the Country's top 5000 metre runner. Scott was not the only athlete to figure prominently. Mike Skinner finished in 18th place in 49.55, Andy Rayner was 25th (52.22), Alex Gibbins 37th (54.00) and Richard Hall 94th (64.39).

With the most of the cream of the Club's middle distance runners on the South coast it was inevitable that the Club would not be as prominent as it would like at the Kent League at Tonbridge. However, that said, the turn out in the Senior Mens race was still not good. First home was under 20 Alex Bruce Littlewood. He did the reverse journey to the others travelling up from University in Portsmouth to finish in a very good 6th place. Ian Frith closed in 26th with Martin Airey 46th and Brendan McShane finishing in his highest ever League position of 62nd. Mark Ellison was 73rd, Graham Coates 89th, Adrian Stocks 116th.

First home for the Club in the womens race, and also in 6th place, was another under 20 athlete, Jen Hamer. With Viv Mitchell 29th and Carolyn Jones Baldock 37th the team finished 7th. Amy DeMatos was third in the under 20 womens race.

There was a very good turn out of athletes in the under 17 age group. Amy Mitchell had another good run to place 6th with Danielle Critchley 8th, Krystal Galley 14th and Clare Parkin 15th. They were second in the team race.

Phil Sesemann was the first man to finish in 11th place with Will Mercer close behind in 13th and Sam Jackson completing the scoring for the team in 15th. Good packing saw Greg Proctor close 17th, Rob Yates 21st, Hector Kurtyanek 22nd, Ross Braden 23rd and Georges Vacharopoulos 28th.

In the under 15 girls age group the squad were led home by Amber Reed in 3rd place with Jessica Jones 11th, Hope Stenning 17th, Isabel Jackson 18th, and Holly Fletcher 21st. Adam Willis was first for the boys in 18th with Thomas Greenhill 21st and Jake Wade 24th.

Georgina Taylor continued the promising start to her cross country career by finishing 4th in the under 13 girls race. Encouragingly she was joined in the top 10 by Charlotte Rhule in 6th and Samantha Leighton in 8th which helped the team to second place with good back up from Lucy Sidey in 15th and Bekkie Keyte in 16th. Thomas Desborough was 22nd in the boys race. Charlotte Rhule and Maya Bruney finished first and second in the recent Croydon Schools Cross Country races.

While a five mile cross country race may seem far enough for most, a number of the Clubs athletes preferred something a bit more challenging. They travelled to the coast to run the Beachy Head Marathon a testing multi terrain course that is definitely not for those seeking fast times. First to finish for the Club was Andy Tucker who was 47th overall in 3 hours 53 minutes followed by Dave King in 174th and Sarah Dowling 195th.

The current edition of Athletics Weekly features a two page interview with one of the Club's Vice Presidents Dr Costas Karageorghis. Costas is a Sports Psychologist with particular interest in the role of music in motivating athletes and improving performance. In his interview he reveals what music Kelly Holmes listened to before winning double Olympic gold on the track,

and what one of his former students, Olympic rower James Cracknell played to psyche him up for special events.




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## 20/10/09

Following her win in the 100 metres, Helen Godsell picked up her second gold medal at the World Masters Games in Sydney, Australia. The Blackheath & Bromley athlete won the 200 metres in a time of 29.15, slower than she had run in qualifying because of the wind, but a long way clear of the opposition.

Allan Williams picked up silver in the over 55s pole vault with a clearance of 3.55 which meant that, along with Daryl Brand who won the javelin, all three Club members who competed came away with medals.

Scott Overall was the equal third fastest individual of the day at the National 6 Stage Road Relay at Sutton Coldfield as Blackheath & Bromley's Senior Men finished in a useful 14th place with the women closing in 26th.

The mens team ran faster than last year when they finished in the top 10 but the standard was much higher this year.

On the highly competitive opening leg Alex Bruce Littlewood brought the team home in 44th place. He set up Andy Rayner who cut through the field moving up 15 places with a time of 17.56.

Alex Gibbins picked off another two teams with an 18.39 clocking before Mike Skinner swept up another 10 places with a very useful 17.23.

He passed to Scott Overall whose 17.03 took the team up another five places before James Poole ran 18.30 to bring the team home in 14th.

The womens team finished in 26th place in the 4 stage event from over 70 finishers. Bryony Proctor ran the opening leg coming home in 25th place in 15.21 before Elaine Murty moved the Club into 19th place, its highest position of the day. She timed 15.38. Jen Hamer ran 16.41 on the third stage to close 22nd and Jane Bradshaw (16.33) brought the team home 26th on the last stage.

Both Scott and Jen were in action again the following day in road races closer to home. Scott finished second in the Cabbage Patch 10 at Twickenham in 50.05 just two seconds down on Newham's Moumin Geele, who ran the same time as Scott the previous day.

Jen was the first woman to finish in the Croydon 10km in a time of 38.36 and she was not the only Club member to enjoy success as Cliff Keen was the first over 50 to finish in a time of 37.01.

One result from last week was Andy Rayner's win in the Henley Half Marathon. He timed 71.12.

Closer to home James Selway finished 6th in the weekly Bromley 5km park run at Norman Park. He timed 21.26 with Ian Swatton just behind in 8th. Niamh Bridson Hubbard was first woman from the Club to finish in 11th with Past President Mike Martineau 22nd.




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## 13/10/09

There has been some great early news from the World Masters Games in Sydney, Australia with two members of Blackheath & Bromley becoming World Champions.

Helen Godsell took the womens over 55s title in the 100 metres with a time of 13.78 having dominated the qualifying rounds.

In the field British record holder Daryl Brand won the Mens over 45 javelin with a throw of 57.17. With Helen still to compete in the 200 and Allan Williams in the over 55s pole vault there could be more medals on the way.

Alex Bruce Littlewood and Jen Hamer both came away from the Blackheath & Bromley Club 5 mile cross country championships with two titles as, not only did they win the Junior races, they won the Senior races as well.

Alex, a student at Portsmouth University, won the overall race in 28.15 nearly half a minute clear of Alex Gibbins with another youngster Phil Sesemann in third. So Bruce Littlewood and Sesemann were first and second in the Junior race with Robert Yates third. Dave Beadle was the first veteran to finish in 6th place.

Jen was the first woman to finish in 8th place overall, with Jane Bradshaw 2nd and another youngster Amber Reed third. Jen and Amber were first and second in the Junior race with Melody Kane in third. Jane was also the first veteran woman to finish.

The race incorporated the second of the nine race Bennett Cup competition which takes place throughout the Winter months. Winner on this occasion was Wilf Orton with Steve Haley in second and Alex Gibbins third. After two events there are joint leaders in the contest with youngster Ross Braden and, not so young, John Leeson both locked on 102 points. The next event in the series is the Orion Mob Match on the 21st of November so there is plenty of time for athletes to do some training to fool handicapper Professor Chris Haines.

The Club were celebrating this weekend with the news that its greatest ever athlete Sydney Wooderson has been inducted into the England Athletics Hall Of Fame. The former Club Past President, who passed away in 2006, was a former World Record Holder for the mile, 800 metres and 880 yards. He also won the European 5000 metres title and the National Cross Country Championships.

Twelve others were also inducted at the Awards ceremony at Aston Villa on Saturday. Other inductees were Harold Abrahams, Malcolm Arnold, Steve Backley, Lord Burghley, Steve Cram, Jonathan Edwards, Ron Pickering, Ann Packer, Mary Rand, Alf



Shrubb, Noel Thatcher and Dorothy Tyler. Further details of the recipients can be found at [www.englandathletics.org](http://www.englandathletics.org)

Latest receipt of a Jack Petchey Foundation Achievement Award is one of the Club's youngest members Ellie Lawrence. Ellie broke the Club under 13 record for the shot putt this Summer with a distance of 9.78 beating the previous best of International Shaunagh Brown by over 20 centimetres. Ellie is a regular member of the Club's young athletes team.

Jen Hamer was back in action again the day after the "5" finishing 35th overall in the Ashford 10km in 38.32, the third woman to finish.

Alex Gibbins also raced two days in a row as he placed 3rd in the Dulwich 10km in 33.46. Fran Green was the first woman from the Club to finish in 65th place in 44.24.

More Club Fivers were in action at the Petts Wood 10km with Dan Marks 2nd in 36.11 followed by Ross Braden 31st and Chris Pike 60th. First woman from the Club was Annie McDonough in 182nd. A number of other runners have been in competing in the various 5km park runs which take place across the country each week. Mike Skinner won the Bushy Park event in a very useful 15.02. Closer to home at Norman Park, youngster James Selway was 4th in 20.45 with Mike Peel 24th. Chris Hogg was 41st in the race at Wimbeldon Common in 21.51.

The domestic track and field season is really over now but in one of the final events of the Summer Richard Davies won the 400 metres at the Leeds Varsity match. Competing for Leeds university he timed 52.4 in what he described as a very slow easy race. Still he won and scored important points for the team.

This weekend the Club travel to the Midlands for the National Road Relays which take place on Saturday and Sunday. The Senior Men have a very useful team in an action in the 6 stage event with Alex Bruce Littlewood, Alex Gibbins, Scott Overall, James Poole, Andy Rayner, and Mike Skinner set to compete. The Senior Women will also be in action on the Saturday with the youngsters races on Sunday.




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## 6/10/09

Alex Bruce Littlewood finished in his highest ever position in a Senior Mens Kent League race when he placed second in the opening fixture of the season at Capstone Park. The Blackheath & Bromley athlete is still an under 20 but he opted to run against his elders as this would give him better competition and the Club did not have a team in his own age group race. Alex Gibbins closed in 9th and with Jean-Phillipe Delon 27th and Richard Daniel 50th the Club were third in the team race.

Brendan McShane was the Club's only other finisher in 83rd place which meant the Club came no where near finishing a team in the 12 to score race.

Siobhan Budd was over from France and was first home for the Club in the Senior Womens race finishing in 4th place. With Jennie Butler 9th and Carolyn Jones Baldock 17th the Club were third in the team race. There was good back up with Viv Mitchell 27th and new girl Sara Elmquist 31st.

Jen Hamer and Amy DeMatos were first and second in the under 20 womens race but no Club finished a team in this age group. Both the under 17 teams finished second. Emily Nolan was fourth in the womens race and encouragingly there were four further finishers with Amy Mitchell having a very good run for 7th, Melody Kane 10th, Michelle Fewster 12th and Clare Parkin 15th.

Sam Jackson was seventh in the mens race and again there was good support with Rob Yates 10th, Hector Kurtyanek 11th, Will Mercer 14th, Greg Proctor 17th and Ross Braden 29th.

Saffron Salih won the under 15 girls race by two seconds to help the team to silver in the team race with Amber Reed 7th, Hannah Cook 12th, Jessica Jones 13th, Hope Stenning 14th, Isabel Jackson 15th, and Holly Fletcher 16th. Tom Greenhill was the Club's only finisher in the boys race in 14th.

In the under 13s age group Georgina Taylor made a very promising debut for the Club as she came second. Again the team came second with some good runs from Samantha Leighton 7th, Lucy Sidey 12th and Holly Walman 14th. William Fuller made his debut in the League and was first home for the Club in the boys race and with Richard Webb 17th and Tom Desborough 23rd the team came 4th.

This weekend sees one of the oldest races in the world take place at Hayes as the Club holds its annual 5 Mile Cross Country Race. The first contest took place in 1880. This years event as usual will incorporate the latest round of the Bennett Cup Handicap series which takes place throughout the Winter season. The race gets under way at 2.30 with registration at the Clubhouse from 1pm.

