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Blackheath & Bromley Harriers AC

Oct to Dec
2011

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20/12/11

Blackheath & Bromley's athletes produced a hat trick of victories on the roads in Belgium. This triple A rating came at the Gaston Roelants 10km road race which took place in conjunction with the Lotto Cross Cup in Brussels.

Andy Rayner won what was acknowledged to be an under distance 10km race in 28.56 while Elaine Murty took the womens title with 33.15. To add to the celebrations, in the accompanying 5km race Clare Parkin won the womens race in 18.32 with Mel Kane second in 18.46.

Colin Norris was 5th in the 10km with Alex Bruce Littlewood 9th and Ben Cockburn in 12th and Phil Sesemann 13th also making the top 20. Julie Reynolds in 273rd was the third female over 35 to finish. Other finishers were Jamie Darling 23rd, Ian Frith 24th, Dave McKinlay 28th, Steve Cavey 34th, last years winner Jack Swallow 35th, Oliver Taylor 67th, Matt Hill 101st, Richard Hall 121st, Adrian Stocks 176th, Justine Eastbury 424th, Zoe Wood 512th, and Carolyn Jones Baldock 564th. Over one and a half thousand people finished.

It was a weekend of mixed emotions for Ken Daniel as, although buoyed by the receipt of his first Winter fuel allowance which more than paid for his trip, he was unable to race.

While these performances on the road were notable, the best performance of the weekend came from second claim member Pippa Woolven. She was selected to represent the England team in the Under 20 cross country race and more than justified her place. After a steady start in the lead pack she moved away confidently to win the race by a full 24 seconds in 15.27.

Closer to home the Club Christmas 5 Mile Yacht Handicap cross country race took place at West Wickham. With the slowest runner starting first and the quickest last, Neil Roberts was the first athlete to finish with Bernie Bater second and Gareth Evans third.

Quickest time of the day came from under 20 Will Mercer with 32.21 followed by Glen Turner 33.45 and another youngster Will Ruiz 35.08. Fastest woman of the day was Jane Bradshaw in 37.42 with Sarah Belaon second and Maz Turner third.

The race was the latest Bennett Cup Handicap race a series of 9 events which take place over the Winter months. Will Mercer currently leads on 223 points but he is being hotly pursued by a chasing pack of Chris Pike, Steve Pairman and Glen Turner who have 214, 213 and 212 points respectively. With a further four athletes over 200 points there is everything to play for with four races left to go.

Remarkably Glen Turner had earlier won the latest Bromley 5km park run at Norman Park in 16.52. Andy Tucker was 5th with youngster Naomi Kingston next home in 21st.

Elsewhere Helen Godsell was 15th in the Senior Womens race at the Holly Run at Reigate. Jessica Keene was a very good third in the under 13 girls contest.



13/12/11

Blackheath & Bromley's more Senior athletes enjoyed much success at the Kent Masters Cross Country Championships at Tunbridge Wells winning three team golds and one individual title, together with two individual silvers, and one individual and one team bronze.

Jane Bradshaw led the womens over 35 team to victory finishing in second place with Sarah Dowling 6th and Julie Reynolds 11th. Kate Pratten was just behind in 12th. Unfortunately in the mens race it was four to score so with just Roy Priestley in 21st, Mark Skelly 25th and Ian Montgomery 41st the Club did not complete a team.

There was better news for the men in the over 50s race where the team of Alan Camp in 3rd, Nick Kinsey 4th and Mark Watling

11th won gold. Ian Taylor in 13th and Steve Pairman 15th also made the top 20. The womens over 45 team of Rosie Ferguson 6th , Tina Harradine 18th and Judy Lesis picked up bronze team medals.

Most emphatic team victory of the day came from the over 60s men where Paul Ross Davis won the race from Graham Coates with Rob Brown 6th. John Fenwick was 12th.

Helen Godsell and Annie McDonough were 4th and 5th respectively in the womens over 55s race but needed another runner to complete a team.

A number of the Club's athletes were selected to compete in the South Of England Inter Counties Cross Country Championships at Croydon with some pleasing results.

Shavaun Henry was the Club's sole representative in the Senior Womens race finishing in a useful 8th place, but there were four in the under 20 womens contest with Pippa Woolven in 2nd, Danielle Critchley 22nd, Mel Kane 23rd and Michelle Fewster 35th.

Kate Curran was 13th in the under 17 womens race with Amber Reed 30th while Niamh Bridson Hubbard and Will Fuller were 45th and 69th in their respective under 15 age group races.

Most success came in the under 13 girls race where Naomi Kingston in 4th, Jessica Keene 9th and Georgina Taylor 10th helped the Kent team to victory. Charlie Davis was 29th in the boys race with Josh Davidson 63rd.

Indoors Luke Smallwood ran a new best of 22.12 for 200 metres at the meeting at Lee Valley. This took 0.3 of a second off his previous best, a significant improvement. Alloy Wilson timed 22.99. Vivien Olatunji ran 8.28 for the 60 metres and Bethony Frost timed 2.37.19 for 800.

Colin Brand and Gordon Hickey finished 1st and 2nd in the over 75s age group at the SECTA Christmas throws pentathlon at Ewell. Colin got the better of Gordon in the discus, javelin and hammer while Gordon triumphed in the shot and weight.

Andy Rayner won the latest Bromley 5km park run at Norman Park heading a bumper entry of Club members. Elaine Murty was the first woman to finish in 8th place overall and Glen Turner in 2nd and youngster Will Ruiz in 6th also made the top 10.

Andy timed 16.12 for the distance but Russell Bentley was even quicker at the Brockwell Park event timing 15.24 to win the race. Dan Hassett was 5th in the event at Lloyd Park and Chloe Haffenden 35th at Greenwich.

Lyn Atterbury was the Club's first finisher in the Surrey Walking Club 5km Christmas Handicap in 7th place. He was over in the UK from his home in Poland and won the handicap prize. Shaun Lightman finished in 8th place and Peter Hannell in 12th



6/12/11

Scott Overall has been selected to represent Great Britain in the marathon at the London 2012 Olympics. The Blackheath & Bromley athlete achieved the Olympic A standard when finishing 5th in the Berlin Marathon in September in a time of 2.10.55. He has had to wait until the selectors met this week to have his Olympic selection confirmed.

Scott is the first male to be chosen for the GB Athletics team while Paula Radcliffe and Mara Yamauchi have been picked for the women.

More good news came last week with the announcement that coach John Blackie has been named Aviva Development Coach Of The Year at the UKA Awards evening which took place at the Park Plaza Westminster Hotel.

Colin Norris was the Clubs leading athlete in the Senior Mens race at the Kent League at Sparrows Den, West Wickham. He finished in 10th closely followed by Peter Tucker in 11th and Jack Swallow 13th. With Danny Brewer in 19th, under 20 Will Mercer in 34th and Glen Turner 38th the team were third on the day and are still in fourth place for the season. The Club were third in the 12 to score which is where they remain overall.

The men have one race left in February as do the Senior Women who did not compete in this round of races. For the younger age groups, however, this was the last fixture of the season which meant that the overall individual and team results were decided at this match.

Clare Parkin was first in the under 20 womens race and with Chelsea Crowser 4th and Michelle Fewster 5th, they not only won the team race on the day, they also finished champions. To add to the celebrations Michelle Fewster was the overall winner, Chelsea was second and Clare third.

Kate Curran was first home in the under 17 womens race in 6th place while Amber Reed was 8th and Bethony Frost 13th. This meant they finished 3rd on the day but 2nd overall for the season. Amber was second placed individual overall with Bethony 6th and Jessica Jones 7th.

For the men Will Ruiz was 16th and Thomas Greenhill 30th but this was not enough for the Club to feature in the team contest.

Both under 15 teams finished in third place on the day. Niamh Bridson Hubbard led home the girls squad in 6th place with Leah Everson 11th and Charlotte Rhule 12th completing the scoring. Lucy Sidey in 13th and Samantha Leighton 15th also made the top 20. This meant they finished 3rd overall for the season.

Richard Webb was first for the boys in 7th place followed by William Fuller in 8th and Bailey Stickings in 12th. They were 4th overall for the season and Bailey was 6th individual.

Best team performance of the day once again came from the under 13 girls team with Naomi Kingston winning, Jessica Keene coming 2nd and Georgina Taylor 4th. Shannon Risky 10th, Yasmin Austridge 12th, Mary Guy 18th and Georgina Piper 20th all made the top 20 and encouragingly the Club had 14 finishers. It meant the team completed a clean sweep of victories over the season with their best points score and so secured the overall title. In addition Naomi was overall champion with Jessica 2nd,

Shannon 6th and Mary 9th.

Charlie Davis was 4th for the boys team with Niyiakin Agunbiade 6th, Remi Ullah 18th and Will Pope 19th. They were 2nd on the day and 3rd overall for the season. Charlie was 4th placed individual for the year.

Indoors Luke Smallwood produced an impressive time for the 600 metres. Racing at the Indoor Meeting at Manchester he timed 1.19.82.

Further afield Alex Bruce Littlewood competed in the Blue/Gold Scrimmage meeting at Lake Charles. He was third in the 600 in 1.26.20 and 4th in the 2000 metres in 5.40.80.

At the Cambridge Harriers Winter League 5km Walk at Bexley, Shaun Lightman finished in 5th place in 29.55 with Peter Hannell 6th in 30.11.

With no Kent League for the Senior women, Elaine Murty took the opportunity to not only be the first woman at the Bromley 5km Parkrun at Norman Park, but also to be the first Club member to finish. She was third overall. Rob Brown in 23rd, Hannah Barnes 27th and Iain Swatton 52nd were the Clubs other finishers.



29/11/11

Four members of Blackheath & Bromley performed with distinction at the British & Irish Masters' International at Bellahouston Park, Glasgow. On a saturated course and with 70 mile an hour winds, they were all part of their National medal winning squads.

In the over 35s age group Alex Gibbins finished in 3rd place and was part of the England team that won gold medals.

Keith Ewing set the track alight last Summer and he is no mean cross country runner either. He showed this by placing 9th in the over 50s race and again he was part of the winning England squad.

Going into the race Alan Camp had been struggling with a swollen knee but this did not stop him coming 9th in the over 55s event as the England team won gold again.

Finally Paul Ross Davies was 8th in the over 60s race, an effort that saw him pick up a bronze medal with the Welsh team.

Moving down the country Shavaun Henry finished in 59th place in the European Cross Country Trials in Liverpool.

Closer to home the Club travelled to Richmond Park to compete in the Annual Mob Match against Ranelagh Harriers. Heavily outnumbered with 39 runners compared to the hosts 69, the Club were well beaten 1094 points to 1609.

First home for the Club was Glenn Turner in 4th place in 46.22. Just 16 second behind in 6th place was under 20 Will Mercer who had been ill during the week. Kevin May was a further 8 seconds down in 7th place. First home for the women was Sarah Dowling in 42nd place with Julie Reynolds 49th and Kate Pratten 51st.

The race incorporated the latest of the Bennett Cup handicap series of races which take place over the Winter months. First on this occasion was Barry Wetherilt with Kate Pratten second and Andy Tucker third.

After four races Will Mercer leads with 179 points with Steve Pairman and Glen Turner joint second on 173. However, there is still everything to play for as just 18 points separate the remainder of the top 10 and there are still five races to go.

Remarkably Andy Tucker had already raced in the morning at the Bromley 5km park run at Norman Park where he was the Club's first finisher in 5th place. Next were two youngsters Jessica Keene 24th and Nianh Bridson Hubbard 27th with Hannah Barnes 44th.

James Poole won the equivalent event at Braunstone in a very swift 15.08, while Jim Osman was 71st at Swindon.



22/11/11

Shavaun Henry finished as 8th woman in the Brooks Brighton 10km. The Blackheath & Bromley athlete timed 37.47 and was 115th overall.

More success for the womens section came as Fran Green was 7th overall and first female finisher at the latest Bromley 5km park run at Norman Park. She timed 19.22, with Graham Coates 12th, Adrian Stocks 20th and Rob Brown 21st. Sarah Belaon was 45th and Justine Eastbury 49th.

Many of the Club's youngsters competed in the London Youth Games at Parliament Hill Fields and the best individual performance came from Kate Curran in the under 17 womens race. She finished in second place with Amber Reed 8th, Bethany Frost 9th and Emma Rowland 14th. Will Ruiz was 27th in the mens race.

More success came in the Under 15s age group where Charlotte Rhule finished in a fine 3rd place. Also in the top 20 were Niamh Bridson Hubbard in 13th, Leah Louise Everson 18th and Lucy Sidey 19th. William Fuller was 18th and Richard Webb 19th in the boys race.

Naomi Kingston was 4th in the under 13 girls race followed by Jessica Keene in 5th and Georgina Taylor 8th. For the boys Jake Potter was 13th and Charlie Davis 17th.

Mel Kane finished 13th in the latest London Colleges League race at Wimbledon Common.

John Turner was 361st and Peter Rogers 362nd in the Luton Marathon, both timing 4.09.38.

The Club is mourning the loss of Vice President John Copley who has died at the age of 67. He had only recently received his 50 years membership award at the Vice Presidents Supper. An enthusiastic supporter of the Club in all its Athletic, Social and Administrative activities he will be greatly missed.



15/11/11

Blackheath & Bromley's Senior Women consolidated their position in the Kent Cross Country League by winning the latest fixture at Danson Park. Fourth and then second in the previous two races, the win keeps them in second place overall, two points behind leaders Tonbridge with one race remaining for the Club to retain the title they won last year. The final race is at Swanley in February.

Shavaun Henry was the Club's first finisher in second place in 18.38 with Jane Bradshaw 11th and Melody Kane in 13th. Encouragingly Sarah Dowling (16th), Clare Parkin (18th) and Sara Elmqvist (20th) all made the top 20 and, with a further four finishers, the squad are building up nicely for the County Championships after Christmas. Jane and Sarah fill the top two placings in the over 35s age group for the season so far.

While some of the under 20s chose to run in the Senior race, Michelle Fewster opted to compete in her own age group and was rewarded with victory. She is also number one in the overall standings. Greg Proctor was 6th in the Under 20 mens race.

The under 17 women were runners up and they remain second in the League. Amber Reed led home the B&B contingent in 6th place with Bethony Frost 10th, Jessica Jones 12th, and Emma Rowland 13th. Amber is 3rd in the individual standings. Will Ruiz was the Club's only finisher in the mens race closing in 17th.

Charlotte Rhule took 6th place in the under 15 girls race and with Lucy Sidey 13th and Samantha Leighton 18th, just one place ahead of Sonia Woolhouse, the team finished in third place. The boys were 5th in the team race led home by Richard Webb in 8th place, Bailey Stickings 13th and Thomas Desborough 28th.

Yet again the under 13 girls enjoyed victory as Naomi Kingston was first and Jessica Keene second. With Georgina Taylor 6th they won by 18 points and Shannon Risky (11th), Mary Guy (19th) and Yasmin Austridge (20th) all made the top 20. Naomi and Jessica are ranked 1st and 2nd for the season.

Charlie Davis was an excellent 4th place in the boys race, his best ever position, with Josh Davidson just behind in 6th and Jake Potter 12th. Lewis Stickings also made the top 20 and the team finished third which is where they are placed overall for the season.

Further afield Alex Bruce Littlewood finished in 36th place in the NCAA DI South Central Regional Cross Country Championships at Waco, Texas, USA. Closer to home Dave Taylor was 11th in the Surrey League at Ham Lands, while representing his second claim club Herne Hill Harriers. Second claimer Pete Matthews was 19th in the Birmingham League at Leamington Spa with Stephen Cavey 118th. Both were representing Loughborough University.

Some Club members competed in the Kent Fitness League at Swanley and first finisher was Neil Ayrton in 37th. Interestingly, Club over 60s 200 metre record holder Rob Brown (144th) finished ahead of over 60s 3000 metre record holder Ken Daniel (154th). Terry Brightwell isn't a Club over 60's record holder but this didn't stop him finishing 266th.

Glenn Turner was the Clubs first finisher in the latest Bromley Parkrun at Norman Park finishing in 2nd place in 17.19 with Andy Tucker 6th and Adrian Stocks 16th. Interestingly former Club members Chris McCarthy and Tim Nash were 5th and 8th respectively and should rejoin at their earliest possible convenience. Justine Eastbury was the first woman home in 49th.



8/11/11

Blackheath & Bromley's under 13 girls provided the highlight for the Club at the Saucony England Cross Country Association relays at Mansfield. The trio of Naomi Kingston, Jessica Keen and Georgina Taylor finished in the bronze medal position just five seconds behind the runners up.

Naomi finished in 5th place on the opening stage in 7.32 and her time proved to be the 9th fastest time of the day. Jessica moved up to second place on the next stage with 7.41 and although slipping a place on the last stage Georgina Taylor timed a very creditable 7.48 on the third leg.

To finish in third place in a National event was an outstanding achievement against the best teams in their age group in the country. Nearly a hundred teams started the race with 85 finishing.

The Senior Men have finished in the silver medal position for the last two seasons but it wasn't to be this year. With only Andy Rayner from last years A team, and he only making tentative steps back to racing, replicating the last two years considerable achievement was always going to be a huge task. Alex Bruce Littlewood was missing as he is at university in the States. He is in fine form at the moment as demonstrated by his 9th place in the Southland Cross Country Championships at Nacogdoches in Texas. Mike Skinner is currently injured.

Scott Overall was not available after his exploits the previous weekend at the BUPA Great South Run at Portsmouth. Here he showed he is fast recovering from his exploits in the Berlin Marathon as he finished in 7th place in 48.23.

The team at Mansfield finished in 19th place with the fastest being Russell Bentley on the opening stage with 16.23. Andy Rayner ran 17.17, Peter Tucker 17.31 and Colin Norris 17.37.

A "B" team of Jamie Darling (18.19), Jack Swallow (17.41), Ben Harding (18.04) and David McKinley (18.41) finished in 48th place.

Problems arose with the womens team as it was only realised on the day that juniors were not allowed to compete as Seniors. The team of Jane Bradshaw, Elaine Murty and Clare Parkin did not score.

Encouragingly the Club fielded two Junior Mens teams. The A team of Phil Sesemann (9.23), Will Mercer (9.47) and Greg Proctor (9.58) finished in 23rd place, hotly pursued by the B team of Bert Truby (9.33), Rob Yates (9.58) and Ben Cockburn (9.57) who were 26th.

The under 15 girls team of Niamh Bridson Hubbard (8.15), Sonia Woolhouse (8.45) and Leah Everson (8.22) finished 42nd.

The Surrey Walking Club Alec Potton Memorial 7 Mile Race took place at Selsdon. Shaun Lightman was 9th in 1 hour 10 minutes and 48 seconds with Peter Hannell 11th in 1.11.20. Peter was 3rd in the accompanying Handicap race with Shaun 4th.

Kevin May was the Club's first finisher in the latest Bromley 5km park run at Norman Park. He was second in a time of 17.17 with Glen Turner third in 17.37 and Mark Skelly 7th in 18.51. First woman was Lisa Page in 30th (20.39) with Sarah Belaon 41st (21.12) and Justine Eastbury 54th (22.00).



1/11/11

Blackheath & Bromley's womens squad moved up to second place overall in the Kent League after the team finished in second place in last Saturdays race at Somerhill School in Tonbridge. Fourth in the first fixture earlier in the month, they needed a decent result to give themselves a chance of retaining the League title they won last year.

Joint team manager Jane Bradshaw led by example as she was the Club's first finisher in 8th followed by Katie Murray in 10th, and Sarah Dowling 17th .

The men remain in fourth place as they finished in this position for the second race running. Andy Rayner was first home in 8th place with joint team manager David McKinlay 23rd, under 20 Greg Proctor 24th and Alan Camp 35th. They are in second place in the 12 to score contest.

Michelle Fewster and Chelsea Crouser were the only two runners in the under 20 womens race and they finished together in 23.14.

In the under 17s age group Amber Reed finished in 4th place in a time of 19.14 and with Bethany Frost 8th and Jessica Jones 13th the team were second which is where they are placed in the overall standings. Will Ruiz was 18th in the mens race.

Both the under 15 boys and girls teams placed third on the day. Niamh Bridson Hubbard was 6th in her first year in the age group with Leah Everson in 14th and Greta Sharp 17th completing the scoring. William Fuller was 6th for the boys while Bailey Stickings was 10th and Thomas Desborough 27th.

Most successful squad of the day was again the under 13 girls where with Naomi Kingston 2nd Jessica Keene 3rd and Mary Guy 11th they won the team contest for the second match running. The boys were a good third with Josh Davidson 7th place, Charlie Davis 12th and Will Pope 20th.

Andy Tucker was the Club's first finisher at the latest Bromley Parkrun at Norman Park finishing in 4th place in 18.31 with David Beadle 11th and Steve Pairman 12th. First woman was Justine Eastbury in 62nd.

In the Steyning 10km walk Peter Hannell was 8th in 1 hour 3 minutes and 35 seconds while Shaun Lightman was 1.04.46.

Mark Skelly was the Club's first finisher in the Barns Green Half Marathon in 91st place in a time of 88.20. Peter Burford 160th and Kevin May 161st both timed 93.19 while the first woman was Lisa Page in 205th in 95.58 with Julie Reynolds 258th in 98.16.



25-10-11

John Blackie has been named England Athletics Development Coach of The Year for 2011. This follows on from him winning the London Regional Award. The Blackheath & Bromley coaching coordinator runs the Bees Academy which now has more than 400 children attending weekly training sessions. The aim is to introduce youngsters in school years 4 to 7 to a broad spectrum of Athletics events and develop their skills in a fun environment. The Academy also provides the opportunity for youngsters from the age of 16 and above to assist in coaching sessions. As well as running the Academy John coaches many older athletes who have enjoyed huge success from County through to International level. For further information of the Academy visit www.thebeesacademy.com

As recipient of the award John receives two tickets to next years Olympic Games and he will not be the only Club member attending the event. Julie Asher Smith, one of the Club's hard working officials, has been offered a role in the Technology team at the London 2012 Olympics. Over 250,000 applications were received for London 2012 Games Maker positions so her appointment is a notable achievement. She will be part of a team who provide the competition results and the work may include timing events, operating equipment, monitoring results data or operating scoring consoles.

More good news has come from America with the news that Alex Bruce Littlewood has been named Southland conference Athlete Of The Week following his top 6 finish in the Crimson Tide Classic 5 mile cross country at Tuscaloosa, Alabama last week. The Southland area covers university teams across Texas and Louisiana.

Yet more celebrations came with the selection of four Club members for the British and Irish Masters Cross Country International

at Bella Houston Park, Glasgow on the 26th of November. Alex Gibbins, Keith Ewing and Alan Camp have been picked for England while Paul Ross Davies has been selected for Wales.

The highlight of last weekend was the 100th annual mob match between the Club and Orion Harriers at Chingford. With Ranelagh Harries and South London Harriers also fielding teams, plus a number of guests,

nearly 200 runners toed the line for 7.5 miles of cross country. First home for the Club was Jamie Darling in third place with junior Will Mercer 4th and Glen Turner 6th. Eighth placed Peter Tucker had been in second place but he took a wrong turning and lost ground. First woman for the Club was Rosie Ferguson in 81st with Lisa Page 82nd, and Julie Reynolds 93rd.

Unfortunately despite these good efforts it was not enough to secure victory as the hosts won with 1712 points to B&B's 2898. The race featured the latest in the Bennett Cup Handicap series of races, the results of which will appear on the Club website.

Mel Kane who was 100th in the Orion race had been in action the previous Wednesday finishing 11th for Brunel University in the London Colleges League fixture at Parliament Hill.

A small group of Club members ran the Beachy Head Marathon over the Seven Sisters at Eastbourne. This is a multi terrain event so times are not quick. First home was Nick Kinsey in 4th place with Mark Skelly 130th, Mat Newins 131st, Ian Montgomery 195th, Martin Blunden 357th and Colin Poole 418th.

Andy Tucker was the Club's first athlete home in the latest Bromley 5km Parkrun at Norman Park. He finished in 7th place in 18.28 and then competed in the mob match in the afternoon. Youngster Niamh Bridson Hubbard was 25th, Scott Bulmer 60th, Megan Beaman-Browne 127th and Sarah Hayes 222nd.

In the previous weeks race Andy Tucker was 8th with Steve Pairman 10th and youngster Jessica Keene 14th. Jessica's time of 19.39 represented nearly a minutes improvement on her previous best and broke the J14 record for the course by 40 seconds. It was an 82.9% age grade performance.

Track and Field Secretary Mark Purser was 42nd in the latest 5km run at Lloyd Park in 29.40.

Shaun Lightman and Peter Hannell were in action in the first of the Cambridge Harriers Walks League races in Bexley. Over a 5km course Shaun finished in 7th in 29.39 while Peter Hannell was 8th in 30.31.



18/10/11

Blackheath & Bromley's finished in 39th place in the womens National 4 stage Road Relays at Sutton Park. With a mixture of youth and experience they were the first team from Kent to finish.

Joint team manager Jane Bradshaw brought the Club home in 58th on the traditionally tough opening stage with a time 16.40. She was the quickest for the team on the day but as the first leg is always loaded the Club moved up on each leg.

Clare Parkin edged up a place on leg 2 (17.40) and Mel Kane (17.32) moved up another 8 on the penultimate stage. The other Joint Manager Jennie Butler anchored the quartet home with 16.50.

In the mens 6 stage event the Club finished in 50th place. Highlight of the day was the return to action of Scott Overall after his exploits in the Berlin Marathon where he ran an Olympic qualifying time. Understandably he still had the marathon in his legs but he, nevertheless, timed a respectable 17.19 on the second stage moving the team up 31 places after Andy Rayner closed in 56th on the opening stage with 18.49.

Jamie Darling (19.48), Jack Swallow (19.41), Ben Harding (20.11) and Glen Turner (20.33) had solid runs to secure the top 50 spot.

The National Young Athletes relays took place the following day at the same venue. Amber Reed was 29th on the opening leg of the under 17 womens race with 15.39 but sadly the Club had no more runners and the challenge ended there. Similarly Will Ruiz closed in 56th in the mens race with no one to pass on to.

It was better news in the under 15s age group where the girls achieved the Clubs highest placing of the weekend as they finished 19th. Lucy Sidey ran 15.25 on the first stage to close 23rd. Leah Everson slipped to 29th on the second leg with 16.17 before Niamh Bridson Hubbard moved through to 19th on the final stage with 15.21.

The boys team were 36th thanks to the efforts of Josh Dowling (14.44), Thomas Desborough (15.09) and Will Fuller (14.26)

Had he not been at University in America, Alex Bruce Littlewood would no doubt have been in action at Sutton Park Instead he finished in 6th place at the Crimson Classic 5 mile cross country race at Tuscaloosa, Alabama. He timed 25.13.

Also on the International scene Colin Norris ran 2.46.01 in the Amsterdam Marathon. He finished in 173rd place.

The Keilder Marathon received heavy media coverage last week because a runner cheated by catching a bus for part of the race and crossing the line as if he had run the whole race. The real news as far as the Club was concerned was that Glenn Turner finished in 4th place in 2.58.45 a very useful time as this was a cross country marathon.

Steve Pairman was the Club's first finisher at the Petts Wood 10km. He came 28th in 41.27 with Graham Coates 39th (42.28) and Amber Reed 61st (44.14)

Graham was in action again at the Croydon 10km where he was 61st in 41.38. First finisher for the Club, however, was Fintan Parkinson who was 33rd in 39.13. Jack Kew was 67th. First woman for the Club was Rosie Ferguson in 87th with Helen Godsell 194th and Tina Harradine 335th.

The Club's walkers continued their prolific race programme at the Surrey Walking Club Gazette Cup 4 miles race at Selsdon.

Peter Hannell finished in 10th place in 40.57 while Shaun Lightman was 15th in 44.21, both are over 65s.

One very important end of season competition has been missed in recent reports, the Jim Day Memorial pole vault competition. Almost 200 athletes and supporters attended the event at Sutton Arena to remember Club Past President and to take part in a celebration of pole vaulting.

All the hard work of organiser Allan Williams was rewarded with 96 lifetime bests being achieved by 46 athletes.

Of course a number of the Club's athletes took part. Rachel Arnheim won the womens under 23 event with a clearance of 3.63 and second claimer Sam Brown won the mens event with 4.43. Mark Longhurst was runner up in the under 20 mens event with 4.23. Emilie Blackwell was runner up in the under 17 womens event with 3.43. Murray Hilborne cleared 2.93 and Under 15 Helena Coleman cleared 2.33

At the recent SECTA Weights Pentathlon Colin Brand dominated the over 75s contest winning with 3591 points. Gordon Hickey was second with 2770. Barbara Terry was runner up in the womens over 65s contest with 3205 points.



11/10/11

The first Kent League fixture of the season at Swanley saw a mixture of results for Blackheath & Bromley with one win, three second places and a third in the various team races; plus one individual win and a couple more top three placings.

Last season the Senior Women won the League but they have some work to do to retain their title this year as they started with a fourth place. Joint team manager Jane Bradshaw was the Club's first finisher in 10th place with Sarah Dowling 18th and Sara Elmqvist 22nd.

It was a similar story for the men as joint team manager Alex Gibbins led the squad home in 13th and with Danny Brewer 21st, David McKinlay 26th and under 20 Will Mercer 27th, they too finished in 4th. They were one place higher in the 12 to score contest.

Highest placed individual of the day was Greg Proctor who won the Junior Mens race.

The under 17 women came third led by Amber Reed in 7th with Jessica Jones 11th, and Emma Rowland 14th, hotly pursued by Bethany Frost in 15th.

Richard Webb was 6th in the under 15 boys race and with Will Fuller 9th and Bailey Stickings 14th the Club were 2nd in the team race. The girls were third in their race led by Leah Everson in 7th followed by Lucy Sidey in 9th and Charlotte Rhule in 13th.

Most successful team of the day were the under 13 girls where Jessica Keane was 2nd, Naomi Kingston 3rd and Georgina Taylor 4th. This gave them an emphatic victory in the team race and pleasingly there were another six finishers from the Club.

The turn out from the boys was also very good and with Joss Barber 4th, Charlie Davis 9th and Jake Potter 10th they were second in the team race.

Full results of these races can be found via the Club website at www.bandbhac.org.uk

Dave Taylor was in action in the Surrey League at Wimbledon Common. Running for second claim club Herne Hill, the former Southern Cross Country champion, who is now an over 45, finished in 8th place overall.

Steve Pairman was the Club's first finisher in the latest Bromley 5km park run at Norman Park. He finished in 6th place with Rob Brown 22nd and Sarah Hayes 189th. Nigel Haffenden was 8th in the race at Greenwich Park.

On the roads Peter Hannell was in action in the Enfield League 5 mile race walk at Lee Valley. The M65 finished in 21st place in 50 minutes and 8 seconds in a field of 45 starters.



4/10/11

David McKinlay and Jane Bradshaw are the Blackheath & Bromley Club 5 Mile champions for the 2011/2012 season. They secured their titles over the testing course in West Wickham in probably the warmest conditions ever experienced in this event. Times, as a result, were not as quick as normal, and the temperature caused distress to a number of runners.

David's time was 30.49 and he was just four seconds clear of Glen Turner with Jamie Darling third in 31.10. Jane won in 36.12 with Clare Parkin second in 38.27 and Mel Kane third in 38.53.

Both Clare and Mel are Under 20s so they picked up gold and silver in the Junior Five mile Championship. Amber Reed was third in 39.18.

Ben Cockburn won the Junior Mens title with 31.39 just seven seconds ahead of Will Mercer with Will Ruiz third in 34.57.

The race also incorporated the second of the Bennett Handicap races, a 9 race series which takes place over the Winter months. Winner here was Will Fuller with Ben Cockburn second and Will Mercer third. In the overall series six athletes have already scored over 100 points. Ian Montgomery leads with 111 points followed by Richard Daniel on 108, Jamie Darling 105, Will Mercer and Josh Dowling 104, and Glen Turner 102. There is still a long way to go.

A number of the Club missed the 5 because they were racing elsewhere. Alex Bruce Littlewood finished in third place in the McNeese Cowboy Stampede at Lake Charles in the United States. He timed 19.20 for the four mile course.

Peter Tucker celebrated returning to the Club first claim by becoming Kent 10 Mile Road Race Champion winning on a tough course in Sittingbourne. Russell Bentley finished in second place in the Self Transcendence 10km at Battersea Park in a time of 32.50.

Some of the Club's older athletes were competing in the British Masters 10km Championships in Exmouth. Keith Ewing finished in 22nd overall and was the 4th over 50 to finish with the same time as third place. Alan Camp with 35.52 in 32nd was the third over 55. Peter Hamilton was 10th over 60 and Chris Woodcock was 10th over 65.

Keith, Alan and Peter were third in the 45-54 team race despite having an average age of almost 57.

Both Keith and Alan have put themselves in contention for a place in the England team for the Home Countries International which takes place at Glasgow on the 26th of November.

Another Master, Richard Holt, who is better known as a 400 hurdler, guested in the Kingston & Polytechnic 5 mile race and finished in 18th in 41.17.

Jennie Butler was the first woman to finish in the Brockwell Park 5km park run. She was 8th overall in a time of 20.04.

Andy Tucker was the Club's first finisher in the latest Bromley park run at Norman Park. He was 27th in 19.35. Jessica Keene was the first woman from the Club to finish in 42nd in 20.31.

Jim Osman was 77th in the event at Swindon.

The heat also made conditions difficult for walkers. Roger Michell was in action in the National 50km Championships at Northampton racecourse. The course was 50 laps of 1km, this being up and down a 500 metre pathway. Roger finished in 6 hours 10 minutes and in so doing helped Surrey Walking Club to silver medals.

