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# Blackheath & Bromley Harriers AC

Oct to Dec  
2012

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### 27/12/12

Dina Asher Smith finished her year on a high at the Crystal Palace Indoor Open Meeting. The Blackheath & Bromley athlete, who in July reached the final of World Junior Championships 200 metres in Barcelona, set a new best of 7.47 for the 60 metres. This ranks the 17 year old Newstead Woods schoolgirl 12th in the country this year.

Amongst the Seniors competing Toby Olubi ran 6.92, just four hundredths off the personal best he set earlier in the month. Yehnine Gayle also set a personal best in her first year back in the Sport. She clocked 7.77.

In the Under 17 Mens age group Luca Taylor timed 7.94 and Matthew Witchalls 8.07.

The Club's Christmas 5 Mile Yacht Handicap took place at Hayes with young and not so young taking part. The handicapper carefully assesses form and with the slowest runner starting first and the quickest last the theory is that all should actually cross the line together. Of course, weather conditions and seasonal variations (office party) will ensure that this will never occur.

First to cross the line was youngster William Fuller with Nigel Bulmer second and Will Ruiz third. The fastest time of the day came from Richard Webb with 31.44 with Will Fuller timing 32.54 and Will Ruiz 33.19. Quickest woman was Jane Bradshaw 37.00 followed by Georgina Taylor 39.16 and Jennie Butler 39.42.

This was the 5th of the Bennett Handicap Series of races which take place over the Winter months. With four races left to go Richard Webb leads on 258 points. Mark Watling is second on 239 with Roy Smith third on 235. However, with 60 points available at each of the last four races there is plenty of time for the positions to change.

Andy Tucker was the Club's first finisher at the latest Bromley 5km Parkrun at Norman Park. He was 5th in a time of 20.03 with Oliver Taylor 12th. Chloe Kibblewhite was the first woman from the Club to finish in 59th. Elsewhere Peter Tucker won the event at Frimley Lodge in 17.07 while Glenn Turner was first at Gladstone. James Perry was 10th at Dulwich and Karen Desborough 31st at Orpington.



### 18/12/12

There has been good news from the United States as Alex Bruce Littlewood has been named Southland Conference Student Athlete Of The Year. The Blackheath & Bromley athlete helped McNeese University to their first Conference title in 12 years and he is the first athlete from the school to have ever won this title.

He also earned NCAA All-South Central Region honors in helping guide his University to a fourth place finish.

The Southland Conference awards committee, which consists of one administrator from each of the 10 member universities, votes for the student-athletes of the year. The student-athlete of the year award is presented to one student-athlete who achieves excellence in both academics and athletics. All nominees shall have earned at least a 3.2 GPA on a scale, and demonstrated athletics achievement for at least two years at the nominating institution.

The Club enjoyed some great success at the Kent Masters Championships at Tunbridge Wells with three sets of team gold medals; one set of silvers and four individual medallists.

Graham Coates won the gold medal in the over 60s race and with Rob Brown in sixth place and Chris Pike in 8th, they won the team gold. John Fenwick finished in 13th and was the third over 65 athlete to finish.

Further team success came in the over 50s age group as triathlete Nick Kinsey finished in second place. Roy Smith, who runs with a hip replacement, coped well with the twisting woodland course to place 5th and Mark Watling was 9th. This secured gold

medals in the team race and means that Roy has now won team gold at Senior, over 40 and over 50 level. There was fine strength in depth too as Neil Ayrton closed in 10th, Andy Lawes 16th, Steve Pairman 17th and Mark Ellison 18th.

Helen Godsell also won individual silver in the womens over 55s age group. Placing second and with Annie McDonough 4th and Maz Turner 8th they won team gold also.

Silver medals went to the womens over 35s age group team as Jane Bradshaw finished in third place; Jennie Butler was 6th and Sara Elmquist 11th.

There was good packing in the over 40s age group as Mark Skelly placed 46th, David Beadle was 47th and Clayton Aves 48th but the Club had no one at the sharp end. Together they were 11th in the team race.

The Club's youngsters also enjoyed great success at the Holly Runs at Priory Park in Reigate. Naomi Kingston was the runaway winner of the under 13 girls race. She completed the course in 11.36 and was 45 seconds clear of the runner up in a field of fifty athletes.

Jessica Keene won the under 15 girls race by 10 seconds in 11.32 and there was some fine packing behind her with Niamh Bridson Hubbard in 3rd (11.45) Georgina Taylor 6th (12.19), Shannon Risky 8th (12.25) and Mary Guy 11th (12.45). This ensured they won the team race.

The Seniors, Under 20s and Under 17s all raced together and Clare Parkin was 10th overall and 5th under 20 to finish. Lucy Sidey finished in 22nd and was the 8th under 17.

Peter Tucker won the Bexley 5km park run in a time of 16.34. However, the bulk of the Club's park runners were in action at Norman Park, Bromley where Fintan Parkinson missed out on victory by just four seconds as he finished runner up in 18.07. Jake Potter was 4th and James Perry 9th. First female finisher for the Club was Georgina Piper in 62nd with Chloe Kibblewhite 85th.

Leah Everson was first woman at Orpington and Tom Desborough was runner up overall with his mum Karen 41st. Charlotte Stickings was the first woman to finish in the event at Greenwich as she placed 12th overall. Likewise, Catrin Murphy was the first woman to finish at Dulwich. She was 35th overall. Glen Turner was 10th at St Albans.



#### 11/12/12

Elaine Murty continued her good Winter season at the South Of England Inter Counties Championships at Wood ford. The Blackheath & Bromley athlete finished in 6th place helping Kent to 5th in the team race. Fran Green was 29th and Jane Bradshaw 47th.

In the under 20 womens race Amber Reed was 15th with Amy Mitchell 24th, Krystal Galley 31st and Danielle Critchley 33rd. Kate Curran as 10th in the under 17 womens race.

The under 15 womens race saw Jessica Keene take 22nd place with Georgina Taylor 54th, Shannon Risky 61st and Niamh Bridson Hubbard 77th.

Jake Potter was 9th in the under 13 boys race and he was one of the 4 scorers who won the team race for Kent. Yasmin Austridge was 20th in the girls race and was part of the Kent team who came second.

The indoor track and field season is getting under way and Loughborough student Dan Putnam took the opportunity to compete in his University's Open Meeting. In his first race since injury abruptly ended his Summer season, he timed 6.97 for 60 metres.

Outdoors Gordon Hickey won the over 75s contest at the SECTA Throws Pentathlon at Ewell. He scored 2584 points. Barbara Terry was second in the womens over 65s age group with 3158 points.

Shaun Lightman finished in 9th place in the Surrey Walking Club Christmas Cup at Selsdon. Racing over 5km he timed 29.17 which gave him 3rd place in the Handicap contest. One place higher in the handicap but one lower in the race, Peter Hannell was 10th in 30.19. David Hoben was 21st and 6th in the handicap. Lyn Atterbury had flown in from Poland and although he did not race he donated a number of prizes.

Andy Tucker was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He was 13th in a time of 19.27 with Steve Pairman 16th and Graham Coates 22nd. Joanna Clowes was the first female from the Club in 96th with Karen Desborough 247th.

Elsewhere, Fintan Parkinson was 5th at Dulwich; Charlotte Stickings 9th at Greenwich; David Beadle 6th at Lloyd Park and Glen Turner 16th at Milton Keynes.



#### 4/12/12

Scott Overall's race in the Fukuoka Marathon did not go as well as planned as he finished in 13th place in 2.14.15. The Blackheath & Bromley athlete had passed the half marathon point in 65.24 but a calf injury and a call of nature slowed him in the second half of the race, which was won by Joseph Gitau in 2.06.58.

Nevertheless, his time ranks him third in Britain this year and is well inside the IAAF A qualifying standard for next years World Championships which take place in Moscow.

Luke Smallwood timed a very useful 79.23 for 600 metres at the City Of Manchester indoor meeting at Sports City.

Many of the Club's stars of the future were competing in the Kent Cross Country League at Danson Park and it was a day to celebrate as the Club won the girls overall trophy and the boys finished as runners up. In addition there were top three placings for five of the age groups teams.

For the Senior men this was the third of four races so overall positions have still to be decided. Peter Tucker was first home for the Club in 8th place and with Alex Gibbins 11th, Danny Brewer 18th and Fintan Parkinson 47th they were third in the team contest. They were also second in the 12 to score.

There was no Senior womens races. The fourth and final races for the Senior men and women will take place on the 9th of February at Swanley.

For the younger age groups this was their 4th and final fixture and also included the Club Championships. In the under 20s age group Krystal Galley won the race while in the mens race Tom Greenhill was 7th.

A very competitive under 17 womens team race saw the Club finish in 3rd place despite having three runners in the top 11. Kate Curran was first home in 3rd place with Lucy Sidey in 10th and Anne Myers 11th. They were closely followed by Bethany Frost in 12th, Samantha Leighton 13th, Sonia Woolhouse 15th, Holly Fletcher 16th and Chloe Haffenden 22nd.

Anne was third overall for the season and pleasingly Lucy Sidey 4th, Samantha Leighton 5th, Holly Fletcher 6th and Sonia Woolhouse 9th all made the top 10. The team were 3rd for the season.

Numbers in the Under 17 mens age group have improved significantly this Winter. Six toed the line with Richard Webb the first to finish in a very good 4th place. Will Fuller was 9th with Will Ruiz 26th, Tom Desborough 28th, Jamie Gosnell 39th and Luke Russell 45th. The team were 4th on the day and 5th in the overall contest.

The under 15 girls produced another impressive collection of individual performances which resulted in team victory. Georgina Taylor excelled in finishing in 2nd place with Jessica Keene 3rd, and Niamh Bridson Hubbard 5th. Shannon Risky in 6th and Charlotte Rhule 8th also made the top 10 and they were strongly supported by Mary Guy in 12th, Leah Everson 17th, Elizabeth Ibidunni 19th, Joanna Clowes 20th, Molly Dent 21st, Chloe Kibblewhite 22nd and Jenny Sheasby 36th.

There was more good news as Jessica Keene was the top individual for the season with Shannon Risky 2nd and Mary Guy 5th and they were overall team winners as well.

Bailey Stickings was first home for the boys in 7th place and with Josh Davidson 8th and Niyi Akin-Agunbiade 14th, the team were second. More good performances saw Marco Arcuni in 18th, Arthur Carey 24th, Scott Bulmer 26th and Jack Estment 37th. The team were runners up for the season.

Naomi Kingston was 3rd in the under 13 girls race and was third overall for the season. Yasmin Austridge in 7th (securing 5th place for the season in the process) and Georgina Piper 12th helped to secure second place in the team race. However, for the Winter they are the champions of the age group. Phillipa Messent Watling closed in 32nd and Christine Kichmerova 38th.

It was 3rd also in the boys race for Jake Potter, which gave him second place overall. Dillon Robertson finished in 6th and Oscar Hussey 8th to help the team to second place. Again they enjoyed good support with George Pope 19th, Lewis Stickings 21st, newcomer Barney Sitwell 24th, Harry Keene 36th and Charlie Short 39th. The team were second for the season.

All these performances ensured the girls secured the overall title and the boys second. This was a fine effort by all those involved from the athletes, many of whom competed in all four fixtures, and from the Club managers and helpers such as Paul Austridge, Nigel Stickings, Andy Frankish and Hanna and Dave Cordell.

Having enjoyed a successful League season the youngsters will now be preparing for the Championships which take place in the new year, the first of which are the Kents on the first weekend in January.

Also on the country Chris Woodcock was first over 70 to finish at the Devon Championships which took place at Exeter Arena.

Peter Tucker was back in action the following day at the Swanley Xmas Caper a race which has provided him with rich pickings in past with a turkey on offer to the winner. No bird was available this year but he did collect a hamper as he won by over half a minute in 16.57.

Also on the roads, 1968 Olympian Shaun Lightman finished in 9th place in the Cambridge Harriers Winter League 5k road walk at Bexley. He timed 29.04 after a steady start owing to a slight injury. He passed Peter Hannell around the half way stage and Peter went on the finish 10th in 29.52.

David Beadle was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He placed 7th in 19.15 with Clayton Aves 9th and Oliver Taylor 22nd. First woman to finish was Helen Godsell in 73rd with Jackie Montgomery 124th and Karen Desborough 260th.

Nigel Haffenden and Martin Carey were 13th and 14th respectively in the race at Greenwich while Tony Pontifex was 86th at Whitstable.




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## 27/11/12

Michael Skinner has missed out on selection for this years European Cross Country Championships as he finished in 12th position in the Trials race at Liverpool. The Blackheath & Bromley athlete, who turned 33 last week, was less than 20 seconds off an automatic qualifying place with a time of 30.21, but there are only six places in the team.

Andy Rayner finished in 52nd place in 31.54 while Elaine Murty was 36th in the womens race in 30.20.

Scott Overall travels to Japan this week to race the Fukuoka Marathon this coming weekend. While he is preparing for this important event, he still found the time to support the London Youth Games Cross Country Championships at Parliament Hill

Fields and, pleasingly, he was able to meet a number of fellow Blackheath & Bromley athletes at the podium.

Most of the Club's runners were representing the London Borough Of Bromley and pride of place went to the under 15 girls team who won the team championship. They were led home by Jessica Keene in 2nd place with Niamh Bridson Hubbard in 5th and Georgina Taylor in 10th. Shannon Rickey (13th), Charlotte Rhule (15th) and Mary Guy (20th) also made the top 20.

Both the Bromley Under 17 teams finished with bronze medals. For the boys Will Fuller finished in 9th with Richard Webb 10th and Will Ruiz 26th. Tom Desborough was 54th and Luke Russell 100th. Lucy Sidey was 12th for the girls with Bethany Frost 15th and Samantha Leighton 17th. Holly Fletcher was 22nd and Chloe Haffenden 60th.

Bailey Stickings finished in 18th place for Bexley in the under 15 boys race, followed by Joshua Davidson 33rd, Charlie Davis 38th, Joss Barber 43rd, Jonathan Court 59th, Arthur Carey 119th and Scott Bulmer 132nd.

Jake Potter continued his fine Winter season by finishing third in the under 13 boys race and with Oscar Hussey 24th and Harry Keene in 168th they were 18th in the team race for Bromley.

Another good run from Yasmin Austridge saw her lead the girls team home in 11th place. Tasmin Falshaw in 34th and Georgina Piper in 39th ensured they were 5th in the team race. Good back up came from Roisin Atkins Dykes in 63rd, Safiya Atkins Dykes 66th and Darcy Kirwin in 103rd.

Kev May and Jane Bradshaw are the new Club 10 mile cross country champions. Kev won in a time of 63.19 with Peter Tucker, who went off course while leading, 2nd and youngster Richard Webb in 3rd. Jane won the womens race in 73.58 with Lisa May second and Fran Green third.

The race incorporated the latest in Bennett Cup Handicap, a series of 9 events which take place over the Winter months. Winner on this occasion was Glen Read with young Tom Desborough 2nd and John Fenwick 3rd. After four events Richard Webb leads on 213 points with Andy Tucker 205, Roy Smith 203 and Mark Watling 201. However, with 5 events to go there is still everything to play for and who is to say the eventual winner will not be someone from the chasing pack. The next event in the series is the Christmas 5 Mile Yacht Handicap on the 22nd of December.

Many Club members have participated in the various Parkruns which take place across the UK each weekend. James Poole won the event at Braunstone in 15.03 while Peter Tucker did the same at Bexley recording 16.39. Andy Tucker was the Club's first finisher at Norman Park closing in 6th with James Perry 8th, Marco Arcuri 12th and Clayton Aves in 13th also making the top 20. First woman from the Club was Charlotte Stickings in 49th with Niamh Bridson Hubbard 52nd and Molly Dent 73rd. Twenty Club members completed the course.

Naomi Kingston was 6th at Crystal Palace and the first woman to finish. Mary Guy was 17th. Martin Carey was 18th at Greenwich while Chloe and Nigel Haffenden were 28th and 29th.

Jake Potter was third overall at Orpington with Steve Pairman 5th while Leah Everson was the first woman to finish. Steve Haley was 10th at Riddlesdown.




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## 20/11/12

After the disappointment of the cancellation of the New York Marathon, Scott Overall is now set to race the Fukuoka Marathon in Japan on the 2nd of December. Although this is not one of the big City Marathons, it attracts some of the best runners in the World. This years race will feature top Ethiopian Haile Gebrselassie.

The Blackheath & Bromley athlete could have run the California Marathon but as this course is net downhill any time achieved here would not be acceptable as a qualifying time for a Championship, which is his target. Having all the New York training under his belt, he will just be ticking over for the next couple of weeks.

Race wise it has been a quiet weekend but there was good news from the Brooks Brighton 10km where Elaine Murty ran a new best of 35.33 to finish in 75th place. She was the 5th woman to complete the course.

The Club enjoyed another successful Annual Dinner at the Clubhouse at Hayes. Guest speaker was Gill Freeman, who was Assistant track referee at the London Olympics. She was able to shine a torch on the work that goes on behind the scenes at a global event. Gill very kindly agreed to speak after the original invitee football manager Mick McCarthy had to stand down having accepted the Ipswich Town manager's job. He was there in spirit, however, as he recorded a question and answer session with Club President Steve Hollingdale which was played to those attending the Dinner.

David Hoben travelled to the Midlands to place 6th in the Leicester Yacht 7 mile Handicap Race Walk.

Fintan Parkinson won the latest Bromley 5km Parkrun at Norman Park. His time was 17.46 with Richard Daniel second in 18.05. Adrian Stocks in 14th and Chris Gentle in 15th also made the top 20. First woman from the Club to finish was Carolyn Jones Baldock in 159th.

Elsewhere Dave Beadle was 9th at Lloyd Park; Luka Taylor and Matthew Witchalls were 12th and 13th at Orpington with Karen Desborough 51st; Chris Pike was 15th at Bexley and the Turners, John and Maz were in action at Dulwich.

Bob Minting came up from the West Country to place 18th at Riddlesdown while his sister Helen Godsell was 28th.




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## 13/11/12

Blackheath & Bromley not only enjoyed the racing at the latest Kent League at Nonnington, they also enjoyed the free barbecue.

This could prove to be a popular venue for races.

After the disappointment of not fielding a complete team at the National Cross Country relays the previous weekend, the Club bounced back to win the Senior Womens team race led home by youngster Amber Reed, who achieved her highest ever League position of 5th. Captain Jane Bradshaw finished in 9th and Sara Elmquist secured the team title in 13th. After three races they head the League. Amy Mitchell in 15th and Charlotte Stickings 18th also made the top 20.

The Under 17 women finished in third place with Anna Myers first in 10th place followed by Lucy Sidey in 12th and Bethony Frost 13th. Good packing behind the scoring trio saw Samantha Leighton place 14th, Sonia Woolhouse 16th, Holly Fletcher 17th and Chloe Haffenden 21st. Anna now lies third in the overall League placings and the team is third too.

Will Fuller was first for the men in 11th and with Richard Webb 12th and Will Ruiz 22nd they scored 5th in the team race. Solid back up came from Tom Desborough in 28th and Luke Russell 34th.

Biggest turn out from the Club came in the under 15 girls race with an impressive 12 finishers. Up the front Jessica Keene finished in 2nd place with Niamh Bridson Hubbard 5th and Shannon Risky 7th. Mary Guy in 9th, Leah Everson 13th, Elizabeth Ibidunni 18th and Joanna Clowes 19th all made the top 20 and with Molly Dent, Jenny Sheasby, Chloe Kibblewhite, Natasha Hainsworth and Millie Haffenden also finishing, the Club is showing an enviable strength in depth which will be most useful when the Championship races take place in the new year. Jessica and Shannon are first and third overall for the season and the team top the table.

The boys also did well finishing in 2nd place with Bailey Stickings in 7th, Josh Davidson 9th and Charlie Davies 10th all in the top 10. Arthur Carey was 24th and Scott Bulmer 31st.

Jake Potter continued his good season with second place in the under 13 boys race. Lewis Stickings in 14th and Harry Keene 28th secured 4th in the team race and they are now 2nd overall for the season.

Naomi Kingston finished in 4th place in the girls race and with Yasmin Austridge in 7th and Georgina Piper 12th they won the team race by the narrowest of margins. They actually scored the same number of points as Dartford but because Georgina finished higher than Dartford's third scorer, B&B were victors. They are 2nd overall with one race remaining, and Naomi is third individual overall.

The Kent League did not have a Senior Mens race at Nonnington so they competed elsewhere or not at all. Andy Rayner represented his second claim Club Kent AC at the Surrey League at Richmond Park and finished in 3rd place in a strong field. Super vet Dave Taylor was 17th for Herne Hill Harriers.

End of year Awards continue to be showered, not just on the Club's athletes, but on it's officials as well. Dina Asher Smith and Adam Gemili were named the Kent County Under 20 female and male athletes of the year at the Kent County Awards Evening. To add to the celebrations the tireless Dave Cordell received the Official of the Year award.

Shaun Lightman finished in 19th place at the Enfield 7 Mile race walk in 67.09. David Hoben was 47th in 80.26.

The Club had three winners of Parkruns over the weekend. At the event at Norman Park, Richard Daniel's winning time was 18.13 with Andy Tucker, Adrian Stocks, Steve Pairman, Clayton Aves and Andy Lawes all making the top 20. Adam Atkinson won the event at Brockwell Park in 16.43 while Peter Tucker completed the hat trick of victories at Danson Park in 16.45.

Catrin Murphy was 22nd at Dulwich and the Club were also represented at Orpington and Whitstable.



## 6/11/12

Scott Overall's plans for a fast end of year marathon were dashed by the weather as Hurricane Sandy caused the New York Marathon to be postponed just 36 hours before it was due to take place. It was a frustrating experience for the Blackheath & Bromley athlete who had gone to considerable effort just to get to the event.

To avoid the Hurricane, he had flown to Denver, three hours beyond New York. From there he flew to Chicago and then on to NYC. Having reached his hotel, and had a visit from a drug testing unit, he learned the race was cancelled.

With all this good training under his belt, he may well race a different marathon in the next month.

Meanwhile fellow Olympian, Adam Gemili has received the Jim Coote Memorial Award from the British Athletics Writers Association. The Award, which is presented to the athlete the Writers judge to be the top Junior Male athlete in the country each year, follows Adam's outstanding season in which he won the World Junior 100 metres title; broke the British Junior record for 100; ran the fastest 200 metres by a Briton for five years; and just missed out on a place in the Olympic 100 metres final.

If he thought things would quieten down once the track season was over he was mistaken. He will be joining Pop Idol Gareth Gates to switch on the Christmas Lights at Dartford Town Centre on Saturday the 17th of November.

Dina Asher Smith has not been asked to switch on the Christmas Lights in Orpington yet but the Newstead Woods schoolgirl's outstanding Summer in the sprints has been recognised by the Governing Body of the Sport who have placed her on the UKA Futures Programme. This funding is available to athletes who ultimately have the potential to be successful at the World Championships or Olympics.

An under 17 in 2012, she reached the final of the 200 metres at the World Junior Championships despite competing against athletes up to three years older.

She joins javelin thrower Izzy Jeffs who has already been on the Programme. She is ranked number two in the javelin in the country this year.

Back to the Winter, and the Club fielded teams in a number of age groups at the England Cross Country Union Relays at

Mansfield and recorded some very useful results.

The Senior Men finished 11th in a very competitive race. The opening stage is always a tough leg and so James Poole did well to come home in 23rd place. This was ideal for Michael Skinner as it left him with plenty of athletes in his sights. He stormed through the field moving the Club up to 7th place and his time of 15.29 was the 9th fastest time of the day. Alex Gibbins slipped to 18th before Andy Rayner hauled them back up to 11th on the closing stage.

Unfortunately Elaine Murty was the Club's only runner in the Senior Womens race. She finished in 17th place on the opening leg with 10.40.

Pleasingly the Club completed a team in the Under 17 mens race. The trio of William Fuller, Tom Desborough and Will Ruiz finished in 44th place.

A fine team effort saw the under 15 girls finish in 8th place. The girls times were remarkably consistent. Shannon Rickey brought them home in 26th on the first leg in 7.52 and then Niamh Bridson Hubbard moved through to 11th on leg two. Jessica Keene climbed a further three places on the anchor leg with 7.37.

Leah Everson and Mary Guy ran in a B team but they were missing a third runner.

Fast improving Marco Arcuri was the quickest of the Under 15 boys team. He timed 7.34 on the opening stage while the ever present Scott Bulmer and William Pope completed the trio who finished in 74th.

Both Under 13 teams turned in good team results. The girls were the Club's highest placed team of the day as they closed in 7th place. Naomi Kingston finished in 7th place on the opening stage with 7.49 and Georgina Piper's 8.12 brought her home 8th. Yasmin Austridge edged back up to 7th on the closing leg with 8.01.

Jake Potter ran a fine opening leg for the boys finishing in 3rd place in a time of 7.08. This proved to be the 5th quickest time of the day, out of over 250 runners. George Pope and Joe Smith had good runs too and this helped the team to finish 14th out of 80 teams. Harrison Parker ran well in an incomplete B team. George and Harrison both have another year in this age group.

At the Surrey Walking Club, Alec Potton Addington 7 mile walk, Shaun Lightman finished in 7th place in 1 hour 8 minutes and 27 seconds. Peter Hannell was 11th (1.12.11) and David Hoben 16th (1.19.48).

Richard Daniel was the first Club member to finish in the latest Bromley 5km park run at Norman Park. He was second on 18.18 with Andy Tucker (8th), James Perry (14th) and David Beadle (19th) also making the top 20. First female finisher from the Club was Chloe Haffenden in 127th with Chloe Kibblewhite 128th and Philippa Messent Watling 131st.

Elsewhere Adam Atkinson won the event at Brockwell Park in 16.58; the Stickings family, Bailey, Nigel, Lewis and Charlotte all made the top 15 at Greenwich; and the Club also had representatives at Dulwich, Killerton, Newcastle, and Orpington.



### 30/10/12

Blackheath & Bromley enjoyed a good turn out in most age groups at the latest Kent League fixture at Tonbridge. Most of the teams made the top three and Kate Curran and Jessica Keene won their age groups leading the Club to victory in the process.

Both Senior teams finished in third place. Youngster Amber Reed was first for the Senior Women in 8th with Fran Green 9th and Sarah Belaon 16th completing the scoring three. With Andrea Pickup 19th, Amy Mitchell 21st and Sarah Dowling 24th the Club won the 6 to score race.

Alex Gibbins was 8th in the mens race with Peter Tucker 11th. There was a welcome return to competition from Phil Sesemann who finished 12th and with Ben Cockburn 21st they were third in the team race. Unfortunately they only had 11 finishers and so did not score in the 12 man team contest.

Krystal Galley was 2nd in the under 20 womens race with Emma Rowland in 5th.

Kate Curran won the under 17 womens race and the Club had an impressive 8 finishers. Anna Myers (5th), Lucy Sidey (6th), Bethany Frost (7th), Samantha Leighton (8th) and Holly Fletcher (9th) all made the top 10 while good strength in depth was shown with Sonia Woolhouse in 15th and Millie Haffenden 17th. This meant the Club won the team race and had a B team been allowed to score they would have finished 3rd. Anna Myers is now in third place overall for the season.

The under 17 men did not fare quite so well with only two finishers, Thomas Desborough in 29th and Luke Russell 43rd.

Another strong showing came from the under 15 girls with Jessica Keene winning from Georgina Taylor and Niamh Bridson Hubbard 4th. This gave them an emphatic victory in the team race and with Shannon Risky 5th, Charlotte Rhule 8th and Mary Guy 13th, this trio would have finished 2nd had B teams been allowed to score. Leah Everson, Chloe Kibblewhite, Molly Dent, Jenny Sheasby, Madeleine Payne, Francesca Pickup and Millie Haffenden were the other finishers.

Bailey Stickings was first home for the boys in 4th place and Charlie Davis in 13th and Joshua Davidson 15th ensured the team were second. Again there was a good depth with Marco Arcuri, Jonathan Court, Arthur Carey, Scott Bulmer and Jack Estment all inside the top 40.

The under 13 girls took second place by one point from third placed Dartford. Naomi Kingston finished 3rd and Yasmin Austridge 7th which meant B&B and Dartford both had 10 points with two runners home. It was all down to the third scorer and Georgina Piper got the nod in 13th one place ahead of her Dartford rival with both being given the same time. Tammy Falshaw and Catrin Murphy were both also in the top 20.

Jake Potter led home the under 13 boys in 5th place and with Oscar Hussey 11th and George Pope 16th they were third in the team contest. Good support came from Lewis Stickings, Peter Guy, Harrison Parker and Harry Keene.

Over in the States, Alex Bruce Littlewood was second in the Southwood Cross Country Meeting at Beaumont, Texas. This, and the performances of his team mates, helped McNeese University win the team title.

Shavaun Henry was in action in the latest UK Cross Challenge race at Bristol. The International steeplechaser finished in 15th place.

At the Cambridge Harriers 5km walk at Bexley, Shaun Lightman was 9th overall in 29.25 and was first in the over 65s age group.

Tim Ayres was first Club member to finish the Great South Run at Portsmouth. He was 181st in the 10 mile road race in 64.30 with Richard Hall in 236th. Other finishers included Sue Dowse, Trevor Lewis, Jude Lewis, Tina Harradine and Colin Rowe.

The Club's endurance runners continue to show they are an adventurous breed demonstrating there is more to long distance than just the London Marathon. Following his recent efforts in the 24 hour track race at Tooting, John Turner took part in the Snowdonia Marathon, one of the most testing courses in the country. He finished in 557th place with Dave Leal 911th.

Down on the South coast at Eastbourne, a number of Club members took part in the Beachy Head Marathon a cross country event which finishes over the challenging terrain of the Seven Sisters. First home was Steve Pairman in 122nd with John Fenwick, Stuart Bayley Dainton, Martin Blunden, Mark Skelly, and Glen Read also completing the course.

Pete Rogers, Dick Griffin and Colin Poole took part in the Woolwich Foot Tunnel Marathon. This was staged to celebrate the 100th anniversary of the opening of the Tunnel by Lord Cheylesmore, Chairman of London County Council on 26th of October 1912.

Elaine Murty was the first woman to finish and second overall in the latest Orpington Parkrun. She timed 18.51 for the 5km course. Mick Jones was 7th in the event at Norman Park; while Bob Minting finished 16th at Killerton; Nigel Haffenden was 15th at Greenwich; and Jim Osman was 76th at Swindon.



### 23/10/12

Michael Skinner was the runaway winner of the Blackheath & Bromley mob match against Orion Harriers at Hayes. He won the 7.5 mile cross country race in a time of 45.07 over two and half minutes clear of the field.

His win helped B&B to victory in the match as, scoring 22 a side, the Club won with 378 points to Orion's 746. In addition, the Club won the Veterans race. With scoring 14 a side, they took 154 points to the visitors 315.

To add to the celebrations Jane Bradshaw was the first woman to finish in a time of 57.08. The race also incorporated the Club 7.5 mile championship so Michael and Jane are the new title holders.

Alex Gibbins (47.43) and Jamie Darling (49.13) were second and third in both the Mob Match and the Club Championships. Amber Reed was second in the womens Club Championship race in 59.06 with Rebecca Taylor third in 61.25.

The race also incorporated the latest round of the Bennett Cup Handicap, a series of 9 races which take place throughout the Winter months. Winner on this occasion was Richard Webb with Roy Smith second and Glen Read third.

Richard also leads the Series after three events on 167 points with Nigel Bulmer second (162) and Roy Smith third (160). However, with 6 events to go, there is still everything to play for, especially as a maximum of 60 handicap points are available to the winner of each handicap race.

Elsewhere, Andy Rayner finished in third place in the Surrey League at Roehampton competing for his second claim club Kent AC. Dave Taylor was 13th for Herne Hill.

Shavaun Henry was 82nd in the Cabbage Patch 10 mile road race in a time of 61.57. This improved her previous best for the distance by 2 minutes. She was the 9th woman to finish.

Fintan Parkinson finished in 29th place at the Abingdon Marathon in a time of 2.52.12. Closer to home, Helen Godsell was 220th in the Croydon 10km in 50.22.

Also on the roads Shaun Lightman finished in 5th place in the Surrey Walking Club 4 mile Gazette Cup at Selsdon. He timed 38.23 with David Hoben 20th in 44.32. Both were back in action again at the Steyning 10km where Shaun was 6th in 57.30, his fastest for nearly 10 years, and David 16th in 72.52. Between them in 9th was Peter Hannell in 62.41.

Plenty of Club members took part in the various Parkruns which take place around the country each Saturday morning. At the event at Orpington, Elaine Murty not only won the womens race, she beat all the men as well. She timed 19.12 for the 5km course with youngsters Bailey Stickers and Joshua Davidson finishing second and third. Bailey's dad Nigel was 9th, brother Lewis 13th and mum Charlotte 17th.

James Poole won the event at Braunstone in 15.26 and Jessica Keene was first woman at the event at Lloyd Park in 21.29.

Youngster James Perry was the Club's first finisher at Norman Park placing second in 18.46. Another youngster Marco Arcuri was 7th with Mark Daniel in 12th and Arthur Carey 19th also making the top 20. First female finisher from the Club was Chloe Haffenden in 117th.

Joshua Skyers was 17th at Dulwich.



### 16/10/12

Blackheath & Bromley athletes have been here, there, and everywhere in recent days competing across the UK and the globe on country, road, field and bike.

Olympic marathon runner Scott Overall was the first Briton to finish at the Cardiff Half Marathon. He was 7th in 65.35. This time may appear a little slow from someone who has run four minutes quicker, but that was the plan. Scott was using the race as part of his preparation for the New York Marathon and the target for Cardiff was to run the Half at Marathon pace. His next race will be the Cabbage Patch 10 mile race at Twickenham.

Michael Skinner finished in 4th place in the Perkins Great Eastern Half Marathon at Peterborough. He timed 67.02 for the distance. The previous week Peter Tucker completed the full marathon in Jersey coming home in 3rd place 2.31.11.

In the United States, Alex Bruce Littlewood was 108th in the NCAA Div 1 Pre Nationals cross country in Louisville, Kentucky. He timed 24.33.9.

Richard Hall travelled to Germany for the Munich Marathon where he finished in 3.29.18. Meanwhile Nick Kinsey was competing at the ICAN Half Marathon triathlon at Peguerra in South Mallorca. Due to high winds, the swim was cancelled and replaced with a 10km run. This was followed by a 90km bike ride and then the scheduled 21km run. Nick won the Masters category and was 20th overall.

Fresh from his exploits in Jersey, Peter Tucker could not resist the free chocolate bar, banana and samosa on offer to those finishing the Petts Wood 10km. He did more than just complete the course, he won it in 34.51 with Alex Gibbins 2nd and Ben Cockburn 4th. Justine Eastbury was the first woman from the Club to finish in 92nd with Zoe Wood 128th.

Peter Hamilton was 95th in the Givaudan Ashford 10km in a time of 39.57. The race incorporated the British Masters Championships and Peter was 6th in the over 60s race. It also included the Southern Counties Vets AC Championships in which he was 3rd.

Barbara Terry and Gordon Hickey both finished in second place in their respective age groups at the SECTA Weight Pentathlon at Ewell. Barbara scored 3325 points in the over 65s competition. Gordon chalked up 2505 points in the mens over 75s category.

Fintan Parkinson was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He came 3rd in 17.28 with Richard Daniel 4th, Andy Tucker 6th and Joshua Davidson 10th. First female from the Club to finish was youngster Yasmin Austridge in 105th with 400 hurdler Katrina Cosby in 136th and Chloe Kibblewhite 191st.

Fran Green won the womens race at Dulwich in a time of 19.16 while Jessica Keene was 3rd in the event at Orpington with Rob Brown 8th; Chris Pike was 18th at Bexley; and Chloe and Nigel Haffenden were 28th and 29th at Greenwich.




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## 9/10/12

Adam Gemili has finished as runner up in European Athletics Rising Star poll for 2012. The Blackheath & Bromley athlete was beaten to the title by Pavel Maslak of the Czech Republic who won the European Championships 400 metre title at the age of 21.

Adam's second place came after he won the World Junior 100 metres title in Barcelona in July. He also reached the 100 metres semi final at the Olympics and ran the fastest 200 metres by a Briton for three years.

It is likely to be the first of many end of year awards in which he will feature and was a nice 19th birthday present.

Elaine Murty and Andy Rayner have also had plenty to celebrate this weekend. Elaine was first woman to finish in the Kent Cross Country League at Swanley and led the womens team to victory. Andy finished in 2nd place in the mens race as the Club finished in 3rd. More importantly the couple have just got engaged.

The other members of the winning womens team were Fran Green in 6th and captain Jane Bradshaw. Amber Reed in 13th and Sarah Dowling in 17th also made the top 20 and with Sara Elmquist 23rd they won the 6 to score contest as well. Encouragingly there were another seven finishers.

Alex Gibbins in 10th, Sam Barnes 16th and Danny Brewer 29th completed the scoring mens team. The Club were also 3rd in the 12 to score contest.

A very good turn out in the under 17s age group saw the women finish in third, Anna Myers in 10th, Lucy Sidey 11th and Samantha Leighton 13th being the three scorers. On a number of occasions last year the Club did not have a complete mens team but this year started promisingly with the team finishing 4th led home by Richard Webb in 11th, Will Ruiz 16th and Tom Desborough 31st despite getting a spike through his foot.

Best result and biggest turn out in the younger age groups came in the under 15 girls. With Jessica Keene 3rd, Georgina Taylor 5th and Shannon Riskey 6th they won the team race, but, equally pleasing was to see a further 9 athletes finish. Baily Stickings led the under 15 boys home in 9th place and with Charlie Davis 15th and Joshua Davidson 16th, they were 3rd in the team race.

Both under 13s teams finished in runners up spots. Naomi Kingston was second for the girls with Yasmin Austridge 8th and Georgina Piper 12th. First for the boys was Jake Potter in 3rd place with Dillon Robertson 7th, despite an early fall, and Joe Smith 9th.

With a number of youngsters making their Kent League debuts it was overall an encouraging day. The next fixture takes place at Tonbridge on the 27th of October.

Dan Marks was the Club's first finisher at the latest Bromley 5km Parkrun at Norman Park. He finished in 5th place in a time of 18.28 with Richard Daniel 6th, and Mark Daniel 13th and John Beck 19th also making the top 20.

Colin Norris won the event at Dulwich in a very good time of 15.37, while Steve Cooper was 2nd at Ipswich in 17.48; and Karen Desborough was 50th at Orpington.






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**2/10/12**

There was a disappointing turn out for the Blackheath & Bromley Club 5 Cross Country Championships at West Wickham with only 40 finishers, the lowest this Century. Although the date had to be moved forward from its traditional October slot and this may have affected numbers, it is probably fair to say that the Olympic legacy has not extended to Cross Country.

This is a shame, not only because of the big effort by the Club's volunteer officials to ensure the event took place, but also because the Club 5 is one of the oldest trophies in the World, first having been contested in 1880 and the list of previous winners gives a taste of the richness of the Club's History. Past victors have included in 1884 Walter George, former World Record Holder for the mile, while a more recent winner was Mark Steinle, the fastest Briton over the Marathon this Century.

Not that this years winner was not a distinguished individual. Alex Gibbins has been a stalwart of the Club's cross country, road and track teams for many years and is joint captain of the men's Winter team. The 36 year old won the race in 29.29 from Peter Tucker who timed 30.06. Roy Smith celebrated his 50th birthday a week early by securing third place in 32.47, a good performance from someone who does the majority of his aerobic conditioning on a bike and who regularly triggers airport alarms with his hip replacement.

Winner of the womens race was team captain Jane Bradshaw, who was 13th overall in 36.27 followed by youngsters Amber Reed in 36.44 and Georgina Taylor in 36.50.

Amber and Georgina were 1st and 2nd in the Junior Womens race with Niamh Bridson Hubbard in third with 39.59. Winner of the King-Morrison Trophy for the Junior Mens race was Richard Webb in 33.42 with Bailey Stickings 2nd in 34.22 and Tom Desborough 3rd in 36.09.

The race incorporated the second of the Bennett Cup Handicap races, a series of nine events which take place over the Winter months. Winner was Rebecca Taylor who made a welcome return to racing. Now in her 5th year of studying Medicine she was actually 4th woman overall. Mick Jones was second in the handicap with Rebecca's younger sister Georgina third.

Mick leads the Handicap on 118 points but there are still 7 events to go and he can't afford to be complacent with Scott Bulmer on 113, and Sarah Belaon on 110. In fact seven athletes are already over 100 points meaning that the Handicap Title is again promising to be a keenly contested event.

Fresh from becoming a father Alex Bruce Littlewood finished in 22nd place at the Notre Dame Invitational in the United States. He timed 24.12 and helped McNeese State University to finish in 9th place in the team race.

Kev May finished in 11th place in the Barns Green Half Marathon in a time of 77.58. He was the second over 40 to finish. The Kent Relays took place the previous weekend at Norman Park and, despite the poor weather which meant that the Meeting was abandoned towards the end of the afternoon, there was still plenty of success for the Club in the younger age groups.

Particularly noteworthy was the performance of the under 13 boys quartet of Adefela Lipede, Harry Taylor, James Low and Daniel Ndukwe who won Gold with a PB time of 51.4 sec. This ranks them 3rd club in the country this year and was close to the Club record which has stood since 1993. They won by nearly six seconds.

Similarly impressive were the under 17's women 4 x 100 metres team of Vivien Olatunji, Cheriece Hylton, Shannon Hylton and Dina Asher Smith who won by nearly three seconds in a time of 48.8.

Further victories came from the under 15 girls 3x800 team of Leah Everson, Jessica Keane and Shannon Risky who won by 12 seconds in 7.19.0; and the under 13 boys 3x800 metres team of Dillon Robertson, George Pipe and Jake Potter. They won by nearly half a minute much to the delight of their team manager Paul Austridge who said "It was worth being soaked to the skin seeing the lads ignore the rain and the depleting crowds and race with such great determination. Another great effort".

The under 15 girls 4x100 metre team of Isabella Hilditch, Kate Woodbridge, Megan Beaman Browne and Jamilya Robinson Pascal finished second in 53.6; and there were bronze medals for the under 13 girls 3x800 metre team of Naomi Kingston, Yasmin Austridge and Satiya Atkins-Dyke and the under 17 womens 3x800 trio of Bethany Frost, Samantha Leighton and Holly Fletcher.

Many runners will now know whether they have gained entries for next years London Marathon, but if they think the distance is a long way they need to talk to John Turner. He has just completed his 5th 24 hour track race at Tooting Bec over Saturday the 22nd and Sunday the 23rd of September. Without any specific training he was the first over 60 runner completing a total of 91.25 miles.

Some may think that running round a track for 24 hours might put extra pressure on the left hip but they need not be concerned as half way through the race the athletes do a reverse turn and run the last 12 hours in a clockwise direction.

At the Enfield One Hour walk at Hemel Hemstead Peter Hannell finished in 10th place covering 9,717 metres while David Hoben was 22nd in 8,335.

Andy Tucker was the Club's first finisher in the latest Bromley 5km Parkrun at Norman Park. He finished in 6th place in with Richard Daniel 11th and Steve Pairman 12th. First female from the Club to finish was young Yasmin Austridge who finished in 57th.

Naomi Kingston was winner of the womens race at Crystal Palace. She was 11th overall in 20.14 with Mary Guy 26th.

Steve Cooper was 4th in the event at Ipswich while at Orpington Jessica Keene was the first Club member to finish in 7th .



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