



Founded in 1869

# Blackheath & Bromley Harriers AC

Oct to Dec  
2015

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## Press Releases for October, November & December 2015

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### October 2015

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15/12/15

The BBHAC report for the week is the [SEAA inter counties match](#) which had a lot of BBHAC athletes participating

Big thanks to Paul Austridge for his input.

*Nick Brooks*




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24/11/15

BBBHAC versus Orion Mob Match

BBHAC were comprehensively outnumbered in this annual mob match held in Chingford on a very cold afternoon over the 7.5 mile course.

With Orion fielding 68 athletes and BBHAC only 22 in the 19 a side scoring match, it was never going to be easy to win the team race against such odds. However Fintan Parkinson finished in a highly respectable 4th place, while 16 year old Jessica Keene ran an outstanding race to finish in 17th place and to be the first woman home, with Richard Byford three places behind and the only other BBHAC athlete to finish in the top 20.

These three athletes take the prizes in the BBHAC 7.5 miles championship which is held in conjunction with this race, with Sarah Belaon our second lady home in 44th place.

On the handicap Steve Pairman held on to win by three seconds from young Jessica, with Mike Simms only 10 seconds further back for third, leaving Ian Taylor leading the Bennett Cup standings after three events on 158 points with only 29 points covering the top ten, so all still to run for !

If BBHAC are to seriously compete in these mob matches they will need a bigger turnout of athletes across all age groups and abilities as the days when a grand slam of winning mob matches was achieved seems to be a distant memory.

*Nick Brooks*




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17/11/15

There is no race report this weekend as there were no club events, however we have summarised the news from the weekend.

### Atapuerca International Cross Country, Burgos, Spain

Junior Women 4000m – 2nd Niamh on her England debut 75 finished

### London Youth Games, Parliament Hill

U13 Girls - 2 Jess N, 3.Morgan, 5. Ellie, 34, Daniella, 38 Holly, 42 Niamh M, 57 Ella, 61 Abbie, 67 Emily. 190 finished. Bromley 1st

U13 Boys – 17 Sam, 26 Justin, 34 Thomas, 44 Eddie, 67 Ethan, 100 Nicholas, 125 Brandon, 126 Charles, 151 Barnaby 185 finished Bromley 6th

U15 Girls – 3 Yasmine M, 9 Millie, 13 Madalina, 17 Stephannie, 18 Grace, 39 Lily, 48 Hannah, 57 Isabelle, 65 Zoe, 67 Claudia, 100 Lauren 181 finished Bromley 2nd

U15 Boys – 18 Robert, 21 Callum, 33 Keir, 41 Ben, 44 Charlie, 55 George, 69 Cameron, 73 Lewis W, 95 Lewis S, 145 Leo 154 finished Bromley 4th.

U17 Women – 3 Katy-Ann, 5 Jess K, 6 Yasmin, 7 Amy, 8 Kelsey, 10 George, 16 Joanna, 27 Mary, 28 Chloe, 50 Shannon 107 finished Bromley 1st

U17 Men – 5 Joss, 7 Marco, 14 Lewis, 26 James, 29 Frankie, 31 Oscar, 68 Harry 124 finished Bromley 2nd

### English Schools Regional Final, Bexley, Kent

Junior Girls 9 Rosanna

Junior Boys 1 Rowan

Inter Girls 7 Sophie, 39 Lydia 53 Abbie

Inter Boys 5 Joseph 14 Michael 15 Coleman 19 Angus

Kent has announced its selections for the SEAA Inter-Counties at Biggleswade on 12th December. Congratulations to the 18 athletes selected and the further 9 as reserves as follows.

U13 Girls Ellie, Jess N, Morgan Reserve – Daniella

U13 Boys Rowan, Sam Reserve – Justin

U15 Girls Millie, Kelsi, Stephanie Reserve – Grace

U15 Boys Joseph Reserve – Callum

U17 Girls Jess K, Yasmin, Amy, Kelsey Reserves – Georgina, Joanna, Chloe

U17 Boys Marco Reserve – Lewis

U20 Women Niamh, Sam Reserve – Charlotte

Senior Woman Carol Penlington, Amber Reed

There are no Senior or U20 Mens races.

*Paul*




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### 10/11/15

BBHAC's Dina Asher-Smith was named young sportswoman of the year for 2015 on Friday night with heptathlete Jessica Ennis-Hill winning the senior award. A great recognition for Dina becoming the first British woman to break eleven seconds for the 100m and finally breaking Kathy Cook's long standing 200m record in China at the World Championships.

On the country this weekend BBHAC were in action hosting the Kent League at Sparrows Den, and the U13 girls couldn't have given us a better start with a clean sweep, 1, 2, 3. Ellie Dolby made in three wins in three, Morgan Squibb finished strongly for her best ever Kent league result in 2nd and Jess Neal put in another great run finishing 3rd. Rosanna Allan was a strong 7th, Daniella Harper 14th and Niamh Milmo 20th. Great strength in depth saw Ella Smith 21st, Abbie Leeves 26th, Emily Davis 28th and Heidi Forsyth 32nd, Olivia Berry was 34th and Daisy Bates 50th. With one match to go the U13 girls are looking likely to retain their Kent title.

Rowan Fuss comfortably led the U13 boys home as he also made it 3 wins in 3 while Sam Reardon had his highest finish to date with a fantastic 4th and Justin Strover ran well in 13th. Thomas Penlington continues to run well and finished 17th, Alex Sibley in 22nd, Jake Leng in 23rd. Eddie Sellar 30th and Ethan Kitteridge in 31st, Charles Winton was 36th and Nicholas Paddington completed the BB contingent in 40th.

Stephanie Taylor had a great run bringing the BB U15 girls home in a best ever KL finish of 5th. Grace Scopes also had a great run mixing with the leading pack and crossing the line in 7th with Imogen Meers 14th. A strong run saw Hanna O'Flynn finish 17th and Lily Tappenden 19th, Isabelle Bridge was 26th just in front of Gracie Horton in 27th with Claudia Pickup 31st and closing the team in 32nd was Zoe Austridge.

Great packing from the thirteen boys who started the U15s had Michael Eagling in 11th, Joe Georgiadis in 12th, Callum Myatt in 14th and Robert Suckling 17th. A few places behind, the boys packed out again with Charlie Andrews in 21st, Keir Lundy in 23rd and Cameron Swatton in 24th. Ben Gardiner was 33rd, Lewis Warren 40th and Lewis Stickings 43rd. Matthew Pond, Seb Large smiling all the way around finished 54th .

Like the U13 girls, the U17 girls have dominated the Kent league all winter and yesterday was no different as BB took 5 of the top 6 positions. This is a fantastic set of results when you consider the top spot was taken by current International and English schools XC champion Sabrina Sinha from Cambridge Harriers. Not to be out done our own English Schools Champions were 2nd

and 3rd with Jess Keene and Yasmin Austridge respectively. Amy Leach was a fantastic 4th, Kelsey Fuss a great 5th and Jenny Allan, on her 1st run for the club this winter a fine 7th. Joanna Clowes back running well again was 10th with Chloe Kibblewhite 13th and Mary Guy 14th. A brilliant set of results and should prove good enough for the U17 girls to retain their Kent title.

Charlotte Rhule ran well to finish 3rd in the U20 race.

Kent U17 boys are amongst the strongest in the country and so Joss Barbers 4th place in his first Kent League outing this winter was a fantastic result with Marco Arcuri 8th, Lewis Mills 13th backed up by a 21st placing for Oscar Hussey, James Crawley 26th, Charlie Davis 31st and Frankie Scrivener 33rd.

Bertie Harrington was our only BB in the U20 mens race and did well finishing 10th.

In the senior mens race BBHAC fielded 14 athletes finishing 3rd in the 4 man team event and 4th in the 12 to score event. First man home was Andy Rayner in 18th place, followed by Dan Kennedy 24th, Georges Vacharopoulos 30th and Fintan Parkinson 34th.

The next fixture is the London youth games at Parliament Hill and the next club fixture is the final Kent league race at Danson Park on 28th November.

*Nick Brooks/Paul Austridge*



### 3/11/15

Blackheath & Bromley enjoyed yet another an outstanding day at the National Cross Country relays in Berry Hill Park in Mansfield finishing second in two of the age groups as well as providing some of the fastest legs of the day.

11.00am sharp and the first race was off. What we lacked in numbers in the U20 girls age group, we certainly made up for with quality as Niamh Bridson Hubbard stormed around the 2.5k course crossing the line in a fantastic 3rd position and in doing so earning herself an England call up. Niamh will now represent England in Burgos, Spain on 15th November, a brilliant achievement. This performance proves how important it is to run, whether in a complete team or not, as selectors look at individual performances.

No scoring team for the U20 women meant all eyes were on the two U17 girls team up next. Jess Keene, A team and Yasmin Austridge, B team both had strong runs bringing the teams home in 3rd and 7th respectively on the first leg (having run the 4th and 8th fastest times of the day). Jess passed to Kelsey Fuss who powered to the front, handing over to last years gold medallist Katy Ann McDonald in the lead. Katy would surely have held onto first had she not been up against International Niamh Brown from Aldershot who ran the fastest individual time of the day, and just managed to pull passed BB, leaving us with a still superb team silver. Meanwhile back in the second team Carlotta Weitzel had a great run handing to Amy Leach in 8th place. Amy ran a determined leg clawing one place back, finishing in a commendable 7th place and the first B team to finish.

Next up were our Uni boys (U20) and considering they are probably concentrating more on their new campus surroundings to socialise than to train, their collective team position of 20th was excellent. Will Fuller (Loughborough) handed over in 5th, running the 7th fastest time of the day, Richard Webb (Cardiff) had a strong run and holding 8th handing over to Thomas Desborough (Brighton) who ran his quickest ever leg in Mansfield on the tough last leg.

A full U17 men's team then took to the course and Joss Barber had a great first leg in finishing 11th in fantastic company (running the 14th fastest leg of the day). Marco Arcuri and James Crawley both had strong runs combining to finish the same as the U20's in 20th place.

The U13 girls have already had a very successful season winning National Road Relay silver in Birmingham and they matched this over the cross country course winning silver again. A fantastic lead off leg saw Jess Neal finish 4th (6th fastest leg of the day) handing over to Morgan Squibb who worked hard on her leg and gained one position handing over in 3rd. Ellie Dolby took up the challenge on the final leg and despite gaining one place and running the 5th fastest leg, the team had to settle for a fantastic silver.

The B team of Ella Smith on 1, Abbie Leeves on 2 and Niamh Milmo on the final leg combined well to finish 38th team. Showing our strength in depth Olivia Berry led the in complete C team off on leg 1.

Two solid teams ran in the U15 girls race and Millie Smith got the A team off to a good start in 20th, Grace Scopes picked up 5 places handing over to Yasmine Marghini in 15th. Yasmine clawed a few places back to finish in a great 11th place. The B team of Lily Tappenden, Madalina Samoila back from injury and Issy Bridge collectively finished 32nd in the most competitive age group.

The U15 boys also had two complete teams and the A team of Joseph Georgiadis, Callum Myatt and Coleman Corry finished well in 29th place and the B team of Cameron Swatton, Charlie Andrews and Billy Keen finished 63rd.

BBHAC U13 boys won the National title last year and our current boys, mostly first years, did well to finish 21st and 60th in the team competition but are looking strong for next year in the same age group. Sam Reardon led the team off in superb form (running the 10th fastest time of the day) handing over to Thomas Penlington who ran well passing to Alex Sibley, running in his first National, on the last leg.

The ever improving Ethan Kitteridge had a strong run leading the B team off, passing to National debutant Nicholas Paddington, who handed over to Barnaby Corry bringing the team home.

The senior men finished in 9th place of the 91 teams. Led off by Alex Gibbins, he handed to Alex Bruce Littlewood who cut through the field to finish 31st in 15.48, Phil Sesemann moved the team up to 14th with 15.24 with Scott Overall running 15.32 to bring it home in 9th and less than 2 minutes behind the winners.

The senior ladies represented by Elaine Rayner, Carole Penlington and Jane Bradshaw finished 38th of the 102 teams for a solid

team performance.

The next Kent league fixture is our home fixture at Sparrows Den on November 7th and also incorporates our Club Championship, medals for 1st, 2nd and 3rd BB in each race.

*Nick Brooks/Paul Austridge*



**27/10/15**

### **BBHAC build on great Kent League start at Tonbridge**

At Tonbridge the Club enjoyed another excellent set of results at the second Kent League fixture of the season under mild and damp conditions. They were the first team in three of the eight age group races and there were three individual winners. The tremendous team spirit and mutual support given by the athletes is already making this into a great winter season.

The senior men were the third team scoring 6 athletes and second in the race scoring 12 athletes, with the women finishing second in the 3 to score event but only 4 points behind Paddock Wood, but winning the 6 scoring event.

Niamh Bridson-Hubbard ran superbly by going one better than last time to win the ladies race in 18.36 backed up by Elaine Rayner (19.20) in 2<sup>nd</sup> to improve by two places on the previous time and Sarah Belaon in 19th place with 21.54. The team were well backed up with Sara Elmqvist in 23<sup>rd</sup>, Lorna Clowes in 27<sup>th</sup>, Samantha Leighton in 28th and Jessica Jones in 35<sup>th</sup> enabling the team to win the 6 scoring team event by a massive 86 points as a bonus. Alex Bruce-Littlewood's return to form gave him 4<sup>th</sup> place in the senior men's race followed Danny Brewer in 20<sup>th</sup> followed by Alex Gibbons in 24th, Gareth Evans 36<sup>th</sup>, Fintan Parkinson 38<sup>th</sup>, Thomas Desborough 40<sup>th</sup>, Dan Kennedy 44<sup>th</sup>, Jonathan Vintner 50<sup>th</sup>, Colin Norris 57<sup>th</sup>, Chris Tuck 74<sup>th</sup>, Richard Byford 106<sup>th</sup> and Steve Pairman 113<sup>th</sup> rounding out the scoring team. and. 6 other athletes finished to enable us to show a great strength in depth again.

There was an outstanding team performance in the under 17 womens race as Jessica Keene was 3<sup>rd</sup> again, Kelsey Fuss 4<sup>th</sup> and Yasmin Austridge 5<sup>th</sup>, enabling them to win the team race with 12 points and well backed up with Amy Leach 6<sup>th</sup>, Georgina Taylor in 10th, and Chloe Kibblewhite 14th.

The under 17 men saw the team finish in third place led home by Marco Arcuri who was 5<sup>th</sup> in 17.53, Lewis Mills 8<sup>th</sup> and James Crawley 19<sup>th</sup> completing the scoring team with Frankie Scrivener, Oscar Hussey and Harry Keene chasing them home.

The under 15 boys team were third team, led home by Joseph Georgiadis in 4<sup>th</sup>, Callum Myatt 14<sup>th</sup> and Charlie Andrews 15<sup>th</sup>. Over the next two minutes BBHAC managed to finish another 7 runners so again great packing by the athletes making the scoring positions that much more competitive as although third in the team race they had 33 points, the same as second placed Invicta.

In the under 15s age group the girls enjoyed second place but only one point behind winners Medway courtesy of Mille Smith in 2nd, Kelsie Cornish in 5<sup>th</sup>, Grace Scopes in 7<sup>th</sup>. Strength in depth was again on show in this age group as Lily Tappenden finished 16<sup>th</sup>, Imogen Meers 25<sup>th</sup>, Isabelle Bridge 26<sup>th</sup>, and Zoe Austridge 31st.

More good results came in the under 13 boys race as Rowan Fuss won again by a massive 56 seconds margin to lead the team home to second. He was backed up by Sam Reardon in 5<sup>th</sup>, Jake Leng in 16<sup>th</sup>, Thomas Penlington in 22nd, Alex Sibley 23rd, Ethan Kitteridge in 28<sup>th</sup>, Nicholas Paddington 40<sup>th</sup>, Barnaby Corry in 48<sup>th</sup> and Charles Winton 51<sup>st</sup>.

Team wise most impressive of the day yet again were the under 13 girls who came in 1<sup>st</sup>, 4<sup>th</sup> and 5<sup>th</sup> to win the team event with Ellie Dolby winning the race in 9.38 backed up by Jessica Neal in 4<sup>th</sup> with 9.55 and Morgan Squibb in 5<sup>th</sup> in 9.56 to add to their previous success two weeks earlier. Again the team was well backed up with 7 more athletes enabling us to finish 8 athletes in the top 30.

The next races take place at Danson Park on November 28<sup>th</sup>.

Elsewhere BBHAC had a strong representation at the Beachy Head marathon.

Pos	Bib	Firstname	Lastname	Gender	Pos	Chip Time	Gun Time
38	560	Luca	Ercolani	M	34	3:35:54.40	3:35:57.60
43	1372	Carole	Penlington	F	5	3:38:55.80	3:38:59.70
85	496	Bryan	Donnelly	M	70	3:50:44.40	3:50:48.10
120	52	Clayton	Aves	M	100	3:58:25.00	3:58:28.60
142	1812	Alexis	Tobin	M	118	4:02:41.15	4:03:47.40
247	121	Stuart	Bayley-Dainton	M	206	4:19:15.40	4:19:50.35
266	1476	Glen	Read	M	220	4:21:13.90	4:21:53.70
338	1284	Jennifer	Neal	F	60	4:30:03.60	4:30:21.25
568	1643	William	Slack	M	446	4:55:23.50	4:56:19.60
919	1201	Deniz	Mehmed	M	660	0	5:41:01.65

And finally at the BMAF National XC relays the BBHAC over 65s ran superbly at Long Eaton Derby to take 2nd place. Led off by Peter Hamilton (12.50), then Rob Brown (12.58) and anchored by Bob Minting (12.24) the club finished 15 seconds down on Rotherham for a great result in a national event.

*Nick Brooks*




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**20/10/15**

### **5 Mile Cross Country Championship at Hayes**

Thirty six runners completed the championship on Sunday on a nice mild morning with good underfoot conditions.

Fintan Parkinson won the race in a new course record of 29.13, with an outstanding run by 16 year old Marco Arcuri for second in 31.20, followed in third with another brilliant performance by 14 year old Coleman Corry in 31.40.

First lady to finish was 16 year old Jessica Keene in 7th place with 33.55, followed in 24th place by Sarah Belaon in 38.26 and youngster Yasmin Austridge the third lady finishing in 26th place with 39.30.

On the handicap the first three to finish were Ian Taylor, Mick Jones and Iain Swatton but with a handicap spread of 5.52 it would suggest not everybody ran to their potential as ideally a short time period should cover the entire field, still it is early in the season.

Next week sees BBHAC return to action in the Kent League at Tonbridge.

*Nick Brooks*




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**13/10/15**

### **Great start to the Kent League season for BBHAC at Swanley**

At Swanley the Club enjoyed an excellent set of results at the opening Kent League fixture of the season just as we did last year. They were the first team in three of the eight age group races and had two individual winners. No doubt some of this success was due to the tremendous team spirit and mutual support given by the athletes. If the season continues in this manner it will be another great Winter.

The Senior men were the second team scoring 6 athletes but won the race scoring 12 athletes and the women finished first in both the 3 and 6 scoring event. Niamh Bridson Hubbard ran superbly to finish 2<sup>nd</sup> backed up by Elaine Rayner in 4<sup>th</sup> and Carol Penlington in 6<sup>th</sup> in the womens race and she was the first veteran. The team were well backed up with Sophie Kelleher in 12<sup>th</sup>, Sara Elmqvist in 21<sup>st</sup>, Danielle Crithchley in 31<sup>st</sup> and Jessica Jones in 33<sup>rd</sup>. Danny Brewer was our first man in 12<sup>th</sup> followed by Alex Gibbons in 17<sup>th</sup>, Ross Braden in 25<sup>th</sup>, Gareth Evans 28<sup>th</sup>, Dan Kennedy 36<sup>th</sup> and Thomas Desborough 51<sup>st</sup>. 10 other athletes finished to enable us to win the 12 man event.

A low turn out in the under 20s races saw Charlotte Rhule finish 3<sup>rd</sup> while Bertie Harrington was 7<sup>th</sup> in the mens race .

There was more fine packing in the under 17 womens race as Jessica Keene was 3<sup>rd</sup>, Yasmin Austridge 4<sup>th</sup>, Amy Leach 5<sup>th</sup> and Kelsey Fuss 6<sup>th</sup>. The team were first while Georgina Taylor in 8<sup>th</sup>, Joanna Clowes 12<sup>th</sup>, Shannon Riskey 19<sup>th</sup>, and Chloe Kibblewhite 20<sup>th</sup> all made the top 20.

The under 15 boys team were second, led home by Joseph Giorgiadis in 4<sup>th</sup>, Michael Eagling 17<sup>th</sup> and Callum Myatt 18<sup>th</sup>. Over the next two minutes BBHAC managed to finish another 11 runners so again great packing by the athletes making the scoring positions that much more competitive.

In the under 15s age group the girls enjoyed second place courtesy of Mille Smith in 2<sup>nd</sup>, Kelsie Cornish in 6<sup>th</sup>, Stephanie Taylor in 9<sup>th</sup> and Gracie Scopes in 11<sup>th</sup>. Emphasising the strength in depth the Club has in this age group Lily Tappenden finished 16<sup>th</sup>, Alice Prentice 25<sup>th</sup>, Isabelle Bridge 29<sup>th</sup>, Claudia Pickup 31<sup>st</sup> and Zoe Austridge 33<sup>rd</sup>.

More good results came in the under 13 boys race as Rowan Fuss won by 34 seconds to lead the team home to second. He was backed up by Sam Reardon in 7<sup>th</sup>, Thomas Penlington in 14<sup>th</sup>, Alex Sibley 26<sup>th</sup>, Charles Winton 37<sup>th</sup>, Ethan Kitteridge in 46<sup>th</sup> and Barnaby Corry in 47<sup>th</sup>.

Teamwise most impressive of the day were the under 13 girls who came in 1<sup>st</sup>, 5<sup>th</sup> and 7<sup>th</sup> to win the team event with Ellie Dolby winning the race backed up by Jessica Neal in 5<sup>th</sup> and Morgan Squibb in 7<sup>th</sup> to prove their run the previous week at the National Road Relays was no fluke. Again the team was well backed up with 7 more athletes enabling us to finish 9 in the top 30.

The next races take place at Tonbridge in two weeks time.

*Nick Brooks*




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**6/10/15**

### **National Road Relay Finals - 2<sup>nd</sup> place for under 13 Girls and 3<sup>rd</sup> for the under 15 Girls teams**

The relay season continued with BBHAC travelling to Sutton Coldfield in Birmingham over the weekend for the National Road Relays with over 40 athletes competing for the club.

The under 13 girls team were magnificent with Jessica Neal running a 15:04 leg to set us on the way with Morgan Squibb 15:28

and Ellie Dolby running 14:36 for the fourth fastest leg of the day bringing the team home in 2<sup>nd</sup> place and only 20 seconds down on the winners Wreake & Soar Valley AC. The B team of Emily Davis, Daniella Harper and Niamh Milmo closed in a respectable 35<sup>th</sup> position out of the 59 teams finishing.

The under 15 girls were also outstanding finishing 3<sup>rd</sup> out of the 59 teams with Yasmin Marghini 14:02, Sophie Hoare 14.32 and Mille Smith 14:47, with the team having led the race after leg one. The B team of Stephanie Taylor, Gracie Horton and Grace Scopes ran solidly for 36<sup>th</sup> position, while the C team of Alice Prentice, Claudia Pickup and Lily Tappenden were not far behind in 48<sup>th</sup> place.

The under 17 ladies team only just missed out on the bronze medals by 11 seconds with Amy Leach running 14:47, followed by Katy Ann McDonald running 13:43 for the second fastest leg of the day and bringing the team up 18 places into 2<sup>nd</sup>, with Kelsey Fuss closing the team in 4<sup>th</sup> in 14:22 for an outstanding team performance among the 37 finishing teams. Carlotta Wetzel and Shannon Risky ran for the B team but without a third athlete were unable to complete the race.

The under 13 boys race saw BBHAC finish in 30<sup>th</sup> place with Sam Reardon 14:08, Alex Sibley 15:41 and Barnaby Corry running 17:43.

The under 15 boys saw BBHAC field three teams, the A team of Coleman Corry, Joseph Georgiadis and Henry Cowie finishing a commendable 11<sup>th</sup>, the B team of Cameron Swatton, Callum Myatt and Keir Lundy finishing 45<sup>th</sup> closely followed by the C team of Benjamin Gardner, Leo Braden and Lewis Warren in 48<sup>th</sup>.

The under 17s were unable to complete a team but Marco Arcuri and Charlie Davis started the race.

The senior mens team who had performed well to reach the final were off to a great start with Alex Bruce-Littlewood completing the first leg in 18<sup>th</sup> place in a time of 17:59 but only 42 seconds down on the leaders. William Fuller 18:14 and only a minute down on the leaders ran a strong leg followed by Andy Rayner with a leg of 21:44, Danner Brewer with 19:44, Richard Webb 19:39 and Tom Desborough bringing the team home to finish in 44<sup>th</sup> place overall, a very respectable team performance of the 69 finishing teams considering BBHAC had slipped back in the 50s at one stage only to rally at the end. Local rivals Tonbridge AC ensured that the trophy came to Kent as they won the team relay from Derby AC by a narrow 5 second margin.

The senior ladies team began well with Elaine Rayner bring BBHAC back on the first leg in 15:31 for 23<sup>rd</sup> place and handing over to Amber Reed who ran strongly with 16:23 and holding onto 24<sup>th</sup> place. Unfortunately on this day BBHAC were unable to field another two athletes to complete the 4 leg race and although both athletes ran outstandingly our race ended prematurely at this stage.

*Nick Brooks*

