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# Blackheath & Bromley Harriers AC

Oct to Dec  
2018

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#### Kent Masters Cross Country and Round Up

The **Kent Masters XC Champs** at Dartford saw over 20 club athletes competing across the various age group categories picking up 4 individual medals and a team bronze.

In the mens 40 category Alex Gibbins stormed to victory with Gareth Evans 10th, Luca Ercolani 16th and Jason Meers 53rd for 4th team place by backed up by Steve Evenden in 56th and Steve Hough in 61st. In the mens V50 category the team finished 6th with Len Crowder 20th, Nigel Haffenden 25th and Steve Pairman 55th, while in the V60s the club won a team bronze medal with Con Griffin 5th, Luigi Arcuri 19th, Rob Brown 24th with Andy Lawes 26th, while Jim Phelan (6th) and John Fenwick (9th) competed in the V70 event.

In the W35 category Carole Penlington ran well brilliantly for the bronze medal but unfortunately was our only competitor, while in the W45 race second claimer Clare Elms won gold with Jennie Butler 2nd, Sally Haffenden 12th and Zoe Kingsmill 36th combining for 4th place team, and Maz Turner was our only athlete in the W65 race and ran strongly for third place.

At the annual **Oxford versus Cambridge XC** race on Wimbledon Common it was good to see Niamh Bridson Hubbard running again and taking third for Cambridge, while teenager Rico Cotel clocked 7.21 in the 60m at an open meeting at Lee Valley, noting Belgrave's Dwain Chambers who is now over 40 still running 6.70 over 60m as well.

Good luck to all BBHAC athletes who have all been selected to represent Kent in next weekends **Inter Counties** Match in Oxford. Whether this is their first Kent vest, or one of many, or selected as reserve, this is still a fantastic achievement in the strong county of Kent and reward for their hard work through the winter.

U13 boys

Alex Middleton, Arthur Starvis, Jamie Sears, Josh Healy (reserve)

U13 girls

Megan Slattery, Carys Firth, Francesca Middleton, Cara Gould, Gabriella Martin

U15 boys

Tom Brash, Sam Reardon, Matt Smith (reserve)

U15 girls

Hannah Clark, Ellie Dolby, Olivia Berry, Daniella Harper, Amelia Middleton, Heidi Forsyth (reserve), Ella Deighton (reserve)

U17 girls

Morgan Squibb, Jess Neal, Ellie Osmond, Zoe White, Bethany Panton

U17 boys

Oliver Bright, Peter Guy, Ben Gardiner, Cameron Swatton (reserve)

U20 Women

Millie Smith

And last but not least Dina Asher Smith on Monday night won the BT Sport Action Woman of the Year Award.

Nick Brooks



21/11/18

#### Cross Country Round Up

The **London Championships** took place at Parliament Hill with the club fielding 5 finishers, Alex Gibbins first home in 33<sup>rd</sup> followed by Danny Brewer in 77<sup>th</sup>, Dan Kennedy 81<sup>st</sup>, Graham Hollingdale 236<sup>th</sup> and Steve Hough 261<sup>st</sup>.

At the same venue the club had many athletes running for their respective boroughs with the majority of club athletes representing Bromley but not exclusively. Bromley did win the overall match across all the age groups from under 13, under 15, under 17.

The under 13 boys helped Bromley finish third with Jamie Sears 17th, Alex Middleton 19th and Arthur Starvis 20th, while the under 13 girls went one place better with a team silver with Tallulah Ndakanwu finishing 7th, Gabriella Martin 9th and Francesca Middleton 18th.

The under 15 boys finished 2nd with another great run by Tom Brash who took the individual silver medal with Pablo Seema Rocca 8th and Sam Reardon 11th, while the under 15 girls led home by Ellie Dolby in 3rd won the team race for Bromley with Olivia Berry 9th and Daniella 10th. Lara Mannes running for her borough was a magnificent 2nd and Annie Thomas 11th, followed by Heidi Forsyth in 16th and Hannah Clark in 25th

In the under 17 mens race the BBHAC runners all represented Bromley and came 2nd in the team race with Peter Guy 6th, Ben Gardiner 15th and Joseph Georgiadis 29th, and Morgan Squibb led the team to a team victory in the under 17 ladies race when finishing 3rd, with Jess Neal 5, Zoe White 6th and Ellie Osmond 10th.

The annual **Mob Match versus Orion** was held at West Wickham and with a good turnout by both teams Orion won the match scoring 30 a side 822 to 1010 points. There were 69 finishers with Peter Tucker 3rd and the winner of the club 7.5-mile club champs Gareth Evans 4th, Luca Ercolani 6th, Tom Desborough 7th, Joss Barber 9th, Neil Ayrton 17th, Fintan Parkinson 18th and Chris Tuck 19th. Even getting our athletes out for training runs is better than fielding no athletes and this was much appreciated. Our first lady home was Jane Bradshaw who was second lady finisher and winner of the ladies 7.5-mile club champs.

After three events in the Bennet handicap Steve Evenden and Tom Desborough are tied on 150 points with youngster Bailey Marks only just behind on 146 points in third.

At the **British and Irish Masters XC** event in Swansea Steve Smythe was 2nd M60 vet in the open race while Clare Elms was third in the W50 category and 29th overall over the 6km course in the main race.

Three B&B walkers competed in the **Surrey Walking Club Christmas Cup** with Isabelle Bridge (U20) 2nd in the 5km in 29m 0s, Abigail Smith (U15) 5th in the overall race 1st U15 in the 5km. Her first attempt at racing 5km, Katie Brash (U15) 1st in mixed 3km in 17m 08s. This was her first 3km race.

*Nick Brooks*



**14/11/18**

### **Kent League at Danson Park**

With almost 50 club athletes in action at round three 3 of the Kent League held at Danson Park, the different age group teams had different levels of success.

For the first time in a while we were able to field a ladies team with Jess Keene finishing 6th, Carole Penlington 10th, Millie Smith 12th, Jenny Butler 26th and Lorna Clowes 33rd, giving Jess and Millie 1st and 2nd in the under 20 age group race.

The under 17 ladies packed 4 in the top 20 to lead the league with Ellie Osmond 2nd, Jess Neal 6th, Bethany Panton 8th and Emily Davis 19th, while the under 15 girls are also first in the league after 3 events fielding 12 athletes of which 5 made the top ten with Hannah Clark 2nd, Ellie Dolby 4th, Olivia Berry 5th, Daniella Harper 6th and Amelia Middleton 8th. The under 13 girls fielded 6 athletes and hold third place in the league with Carys Firth 7th, Sofia Plum-Maher 22nd and Olivia Magee-Brown 27th.

With no senior mens race at the event, the club had Callum Myatt take 2nd in the under 20 mens race with Theo Wood 9th, while Joseph Georgiadis led the under 17 mens team to 3rd overall in the league so far with Henry Fisher 13th, Cameron Swatton 15th and Justin Stover 22nd, while the under 15 boys led home by Tom Brash in an excellent 4th place followed by Matthew Smith in 16th and Will Andrews in 17th to maintain 2nd place overall. The under 13 boys hold onto 4th place with three boys making the top 20 on the day with Arthur Starvis 11th, Jamie Sears 15th and Joshua Healey 19th.

Elsewhere in Spain at an international event in Burgos, the Atapuerca event had Will Fuller representing England in the mens senior race and he ran brilliantly for 33rd place and third Englishman home in the 9km race across flat but fast fields, against top class world opposition.

*Nick Brooks*



**24/10/18**

### **Southern Cross Country Relays and 5 Mile Club Champs**

Another great day for the young athletes of BBHAC with team win for the under 15 girls and the under 17 ladies teams, and a great bronze for the under 20 ladies team and the Southern XC relays at Wormwood Scrubs.

The under 15 girls team won in 21.38 after legs by Naomi Toft (7.09), Anwen Thomas (7.28) and Zakia Mossi (7.01) which was the fastest leg of the day. Just to underline our strength in depth in this age group the B team of Kate Price, Imogen Hadley and Olivia Berry were 5th with the C team 7th, and the D team 21st. The under 17 ladies team finished first as well with runs by Morgan Squibb (8.09) and third fastest leg of the day, Sophie Hoare (8.20) and Ava White (8.14) with the B team 6th and the C team 14th.

The ladies under 20 team of Iyana Santos (8.11), Madalina Samoila (9.20) and Millie Smith (8.42) took bronze with a combined time of 26.13, while the under 13 girls team of India Blakely, Francesca Middleton and Megan Slattery took 7th place with the B

team in 9th.

There were no junior mens or boys teams in action nor a ladies senior team, but the men did finish 24th with Alex Gibbins, Tom Desborough, Dan Marks and Tim Ayres.

Elsewhere at the club the annual [5 mile XC Champs](#) were held with wins for 17 year old Callum Myatt in 28.47 in the mens race and Jane Bradshaw winning the ladies race in 36.50.

*Nick Brooks*




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**10/10/18**

**The national road relays were held in Birmingham this weekend and the club had many athletes and teams performing. Also Budapest marathon and Petts Wood 10km.**

In the mens 6 stage road race the team ran solidly for 24<sup>th</sup> place with Charlie Davis running 18.19, Ross Braden 18.38, Will Fuller 17.42, Richard Webb 19.19, Alex Bruce Littlewood 18.46 and Ben Cockburn 19.36. The senior ladies were unable to complete a team but when they retired they were in 50<sup>th</sup> place thanks to legs by Millie Smith, Jane Bradshaw and Mel Kane.

In the under 17 ladies team race BBHAC finished a credible 5<sup>th</sup> place in 43.48 and only 69 seconds down on the winners with runs by Zoe White, Amy Miller and Morgan Squibb. The B team pushed them hard early on and finished 17<sup>th</sup> with Jess Neal, Emily Davis and Ellie Osmond. The mens under 17s team finished 35<sup>th</sup> with Joseph Giorgiades, Cameron Swatton and Henry Fisher, while the under 15 boys finished a very impressive 6<sup>th</sup> with Sam Reardon, Tom Brash and Frederick Georgiou all running superbly with the B team in 30<sup>th</sup> spot. The under 15 girls with Ellie Dolby, Hannah Clark and Daniella Harper ran well for 14<sup>th</sup> with the B team 58<sup>th</sup>.

Arthur Starvis, Joshua Healy and Jamie Sears brought the under 13 boys team home in 22<sup>nd</sup> place with the under 13 girls of Olivia Magee Brown, Carys Firth and Megan Slattery finishing 24<sup>th</sup>.

Elsewhere John Turner continued his long distance running when he completed the Budapest marathon which is a relative sprint for him in 4 hours 28 mins. It was hot and on a new route which John described as more hilly and boring.

There was also a big club turnout in the Petts Wood 10km event,

3	Robert Donohue	244	35:35:00
9	Luca Ercolani	265	38:21:00
17	Carole Penlington	689	40:55:00
36	Steve Evenden	274	42:39:00
83	Timothy Ayres	37	46:09:00
85	Adrian Stocks	851	46:13:00
88	Robert Brown	106	46:17:00
102	Luigi Arcuri	31	47:08:00
133	James Unwin	904	48:41:00
152	Austin Adams	19	49:20:00
158	Chris Pike	700	49:32:00
326	Zoe Kingsmill	488	55:00:00
355	Neil Roberts	750	55:49:00
368	Andrew Kingsmill	487	56:10:00
468	Anne Cilia	160	59:08:00
775	Wendy Leach	513	1:25:20

*Nick Brooks*




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**3/10/18**

**Cheltenham Half Marathon and England Masters**

With the track season now well over it is the turn of our longer distance runners to grab the spotlight for at least a few months.

At the Cheltenham half-marathon a team of 4 runners from the club participated with three of them establishing new pbs. First home was Ross Braden with his new pb of 72.50, followed by Chris Tuck on 17th place with 76.32. Tom Desborough claimed 37th spot with a pb of 81.45 and Richard Byford also ran a pb with 90.19 for 138th place. The race had 1556 finishers so a great performance by all 4 runners.

At the England Masters Inter Area XC match at Bury St Edmunds, Clare Elms finished 10th in the ladies race in 22.42 and first lady in the V50 category and only a little over a minute behind the overall winner.

*Nick Brooks*



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