

Blackheath & Bromley Courier

March 2016.

President 2015-16. Dave Cordell.

Editor. Pat Calnan (p.calnan@btinternet.com)



Editorial.

Congratulations to Dina Asher Smith and Serita Solomon who have been selected to represent Great Britain at the World Indoor Championships at Portland. Good luck to them and our athletes who compete in the European Masters later in the month in Italy.

The Club has enjoyed a very successful National Cross Country Championships at Castle Donington particularly in the younger age groups. What is striking looking back five years ago when the Nationals were at Alton Towers is that the Club did not complete teams in any of the under 17, under 15 and Under 13 age groups. The progress has been dramatic. These things don't just happen, a lot of work from a lot of people has gone in to turn this around.

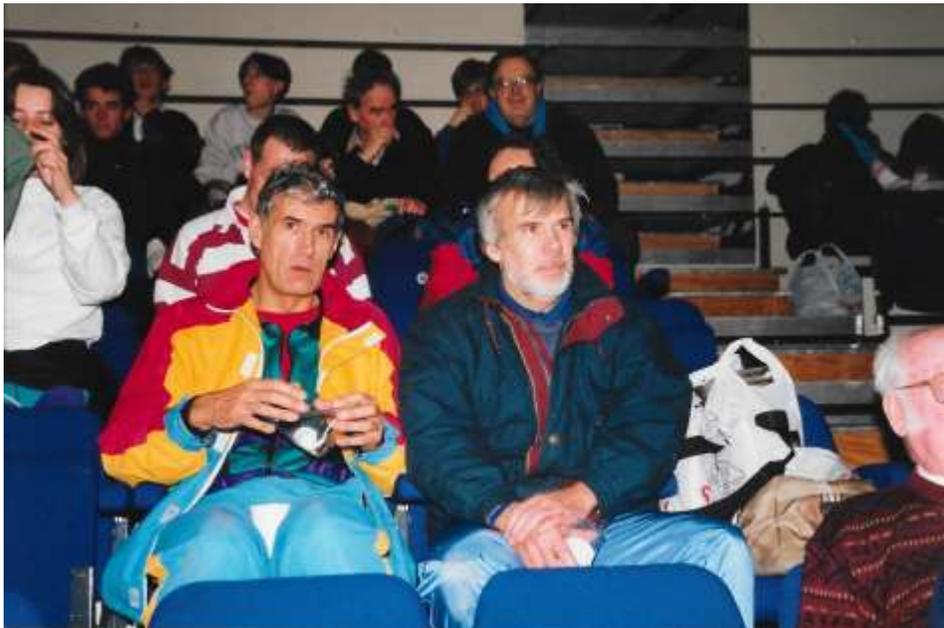
Conversely, five years ago our Senior women finished in 8th place. Now for the 4th year in a row we have not completed a team. Like our results in the Mob Matches, these things don't just not happen.

With a multitude of competition opportunities it can be difficult to plan a racing schedule. Fortunately some very useful advice is close at hand on our website. It is an article entitled "The Runners Year" written by Ian Wilson, a Club Past President; former Great Britain Cross Country team manager; coach to the first over 65 woman in the world to run under 6 minutes for the mile; and, himself, a more than useful runner in his time.

As we move to the Summer perhaps some focus can be added to our athletes competition programme. Write down the Championships and the Clubs League dates and you have the framework for a season.

Changes to UKA rules mean that from the 1st of April all athletes in team competition will be required to be EA registered, previously they were "expected" to be. One who won't be registering, however, is Geoff Geere who recently wrote to Membership Secretary Rob Brown to advise that "Owing to my age, 88, I no longer run seriously, except for orienteering where one gets lots of opportunities/excuses to stop and get ones breath back. Currently I am the British Orienteering M85 champion, but as you may imagine there is not much competition in this age group!"

Sadly we have had to say farewell to two well known members who have passed away. Past President Alan Ball lived some distance from Hayes but followed the Club's activities with great interest. He was buried wearing his Club tie. Many Wednesday nighters will remember Bill Graham. He was a photographer by trade and took many pictures at meetings in the 80s and 90s, one of which was used in the last Courier. So here's the man behind the lens. Rest In Peace.



March

- 5th. English Schools Cross Country Championships, Nottingham
- 12th. CAU Inter County Cross Country Championships, Birmingham.
- 12th. Bromley Primary Schools Cross Country, Crystal Palace.
- 12-13th. BMAF Championships, Lee Valley
- 12-13th. EA U17/U15 Combined Events, Sheffield
- 17-20th. World Indoor Championships, Portland, USA
- 19th. Closing 5 Handicap, Hayes
- 19th. SIAB Schools International and Home Countries International, Falkirk
- 19-20th. Kent Indoor Championships, Lee Valley
- 20th SEAA 12 and 6 stage road relays, Cyclopark, Gravesend
- 28th. Tonbridge Open Meeting
- 29th- 3rd April. European Masters Indoor Championships, Ancona, Italy.

April

- 2nd. Alpha Beta Trophy, Lee Valley
- 2nd. BMAF 10km Championships, Olympic Park
- 6th. Parris Handicap, Hayes
- 10th. Hercules Wimbledon Young Athletes Open, Wimbledon Park
- 16th. Southern Athletics League, Norman Park.
- 17th. B&B Development Day, Norman Park
- 20th. West & North West Kent Schools, Norman Park
- 23rd. Youth Development League, U15/U13, Reading
- 24th London Marathon & Mini Marathon
- 29th. Kent Masters League, Sutcliffe Park
- 30th – 2nd May. BUCS Championships, Bedford

On the Social side.

March 19th Club photo (2pm but be there earlier) and AGM (6.30 buffet food)

It only happens every four years so be there! Alan and Brenda Brent are hoping to be attending and they are into their 90s.

Who will be the new President?



April 27th. London Marathon Supper. Names in the diary at the Club or contact Dick Griffin.

Results

3/2/16

PSD Bank Meeting, Dusseldorf, Germany. Women. 60m Hurdles. 3. Serita Solomon 8.05. Ht1. 3. Serita Solomon 8.14.

BMC Open, Lee Valley. Women. 800. A. 3. Katy Ann McDonald 2.08.68.

Inter Varsity Meeting, Lee Valley. Men. 400 n/s. 1. Dan Putnam 48.67. 60m Hurdles. 1. Mark Cryer 8.48. Long Jump. 2. Mark Cryer 7.02. Women. Shot. A. 2. Samantha Milner 11.35.

London Schools Championships, Wormwood Scrubs. Senior Boys. 12. Bertie Harrington 23.10. Senior and Intermediate Girls. 36. Naomi Kingston 15.26. Junior Girls A. 1. Sophie Hoare 11.49, 2. Yasmin Marghini 11.59, 13. Lia Radus 12.54. B. 2. Maayan Radus 12.12, 8. Holly Trott 12.56.

5-6/2/16

Meyo Invitational, South Bend. Women. 60m Hurdles. SF2. 4. Jahisha Thomas 8.62. Ht6. 2. Jahisha Thomas 8.51.

6/2/16

Karlsruhe Indoor Meeting. 60. 3. Dina Asher Smith 7.11. Ht2. 2. Dina Asher Smith 7.14.

Meeting d'athletisme de Mondeville, France. Women. 60m Hurdles. 1. Serita Solomon 8.07.

BUCS Cross Country Championships, Gloucester. Men. A Race. 12. Graham Rush (Gloucester) 32.07, 41. Phil Sesemann (Leeds) 33.08, 92. James Habergham (Leeds Metropolitan) 34.39, 124. Richard Webb (Cardiff) 35.46, 201. Tom Desborough (Brighton) 38.07. B Race. 6. Will Fuller (Loughborough) 24.54.

South East Inter County Schools, Bexhill. Senior Boys. 32. Joss Barber 22.08. Inter boys. 18. Lewis Mills 18.57, 26. Angus Harrington 19.12, 32. Oscar Hussey 19.19. Junior Boys. 3. Rowan Fuss 12.52. Inter Girls. 35. Amy Leach 15.24, 39. Genevieve Allan 15.29, 44. Carlotta Weitel 15.37, 87. Stephanie Taylor 16.55. Minor Girls. 3. Morgan Squibb 11.23, 24. Rosanna Allan 11.57, 25. Jessica Neal 11.58, 62. Niamh Milo 12.33.

Parkruns. Bromley. 6. Sam Agnew 18.56, 18. Steve Pairman 19.42, 65. Chris Swinfen 22.00, 83. James Neylon 22.24, 92. Iain Swatton 22.42, 101. Andy Tucker 22.58, 196. Nigel Bulmer 25.27, 207. Gareth Griffin 25.47, 216. Austin Adams 25.54, 235. John Fenwick 26.16, 322. John Butler 28.12, 334. Claire Springett 28.23, 351. Bernard Wilson 28.47, 484. Glen Read 40.40.

Bexley. 47. Chris Pike 23.38, 243. Andrew Kingsmell 33.59.

Newcastle. 123. Peter Hamilton 22.38.

Bath Skyline. 82. Chloe Haffenden 28.27.

Crystal Palace. 5. Joseph Georgiadis 18.20, 6. Charlie Davis 18.25, 7. Callum Myatt 18.28, 9. Coleman Corry 18.49, 11. Charlie Andrews 19.00, 12. George Pope 19.16, 13. Jessica Keene 19.20 (first woman), 15. Samuel Reardon 19.39, 16. Kelsey Fuss 19.40, 17. Harry Keene 19.44, 18. Frankie Scrivener 19.44, 19. Cameron Swatton 19:49, 22. Jake Leng 19.54, 25. Max Gregson 20.14, 26. Thomas Penlington 20.15, 27. Ethan Kitteridge 20.21, 30. Charles Winton 20.28, 32. Yasmin Austridge 20.40, 35. Matthew Smith 20.53, 37. Daniella Harper 21.00, 39. Grace Scopes 21.08, 42. Lily Tappenden 21.22, 46. Matthew Urquhart-Proctor 21.29, 48. Emily Davis 21.31, 56. Gracie Horton 21.53, 63. Alice Prentice 22.38, 65. Barnaby Corry 22.39, 66. Nicholas Paddington 22.40, 76. Tammy Falshaw 22.53, 80. Olivia Berry 22.59, 85. Nigel Woo 23.16, 88. Heidi Forsyth 23.26, 117. Zoe Austridge 24.43, 123. Nicolas Corry 25.09, 129. Claire Austridge 25.16, 136. Mick Keene 25.33.

Killerton. 7. Bob Minting 24.05.

Dulwich. 27. Kelsi Cornish 19.11, 34. Richard Byford 19.34.

Orpington. 1. Ben Cockburn 18.26, 15. Leah Everson 23.20, 85. Karen Desborough 36.46.

Hastings. 51. Stephen Hollingdale 25.58.

7/2/16

Club 10 Mile Cross Country Championships, Hayes. 1. Fintan Parkinson 1.04.08, 2. Ross Braden 1.05.33, 3. Dan Kennedy 1.08.06, 4. Luca Ercolani 1.08.15, 5. Roger Beswick 1.08.24, 6. Alex Gibbins 1.09.24, 7. Chris Tuck 1.09.26, 8. Andy Rayner 1.13.25, 9. David Beadle 1.14.19, 10. Steve Pairman 1.15.33, 11. Clayton Aves 1.16.22, 12. Alexis Tobin 1.19.41, 13. Nic Corry 1.20.28, 15. Nigel Haffenden 1.20.56, 16. Sarah Belaon 1.21.13, 17. Steven Evendon 1.21.43, 18. Andy Tucker 1.24.43, 19. Mark Ellison 1.24.59, 20. Rob Brown 1.25.05, 21. Barry Wetherilt 1.26.07, 22. Glen Read 1.26.08, 23. Dave Leal 1.26.52, 24. Chris Pike 1.27.24, 25. Mike Simms 1.28.58, 26. Will Slack 1.29.15, 27. Jason Short 1.31.57, 28. John Turner 1.35.40, 29. William Brindley 1.36.37, 30. Nigel Bulmer 1.36.51, 31. Anne Cilia 1.37.28, 32. Neil Roberts 1.43.49. Scott Bulmer DNF.

Bennett Cup Handicap. 1. Nigel Haffenden, 2. Will Slack, 3. Anne Cilia. **After 7 events.** 1. Sarah Belaon 321, 2. Steve Pairman 320, Chris Pike 307, 4. Nic Corry 306, 5. David Beadle 304, 6. Rob Brown 282, 7. Chris Tuck 279, 8. David Leal 276, 9. Mike Simms 271, 10. Barry Wetherilt 267.

Chichester 10km. 3. Scott Overall 29.43, 152. Clare Elms 37.44, 1135. Andy Kingsmell 57.27, 1321. Zoe Kingsmell 61.22.

Vault London, Carshalton. Pool A. 1. Ethan Kitteridge 2.23. P.B. 3. Jackie Montgomery 2.63, 6. Eleanor Barrett 2.53. P.E. 7=. Shaye Emmett 3.53, 10. Christina Moore 3.43.

Welsh Athletics International, Cardiff. Senior Women. Shot. 4. Divine Oladipo 13.41. Under 20W. 1500. 1. Katy Ann McDonald 4.35.21.

Windsor Open Meeting. 60m. Round 1. Heat 20. 4. Isabella Hilditch 7.93. Ht22. 4. Yimika Adewakun 8.06. RD2. Ht14. 2. Yimika Adewakun 8.03.

9/2/16

Eaubonne, France. 60 Hurdles. 5. Serita Solomon 8.07. Ht4. 1. Serita Solomon 8.12.

10/2/16.

Newham Open Series. Round 1. Race 1. 1. Adam Gemili 6.65. Round 2. Race 1. 1. Adam Gemili 6.60. Women. Round 1. Race 1. 4. Montell Douglas 7.46. Round 2. Race 1. 3. Montell Douglas 7.43. Race 2. 4. Yimika Adewakun 8.00.

12/2/16.

Birmingham, USA. Long Jump. 6. Oliver Newport 6.94.

Fastrack National Invite, Staten Island. Triple Jump. Men. 3. Stefan Amokwandoh 14.59. Women. 6. Kerri Davidson 11.71. Long Jump. 1. Kerri Davidson 5.35.

12-13/2/16.

Ames, USA. 60 Hurdles. 5. Jahisha Thomas. Ht2. 2. Jahisha Thomas 8.52.

13/2/16.

England Athletics U20, U17, and U15 Championships, Sheffield. U20 Men. 400. SF1. 4. Ocean Schwartz 50.61. Ht2. 1. Elliot Holland 49.77, Ht4. 2. Ocean Schwartz 50.80. U20W. 60M. 3. Molly Scott 7.52. SF1. 7. Imogen Levy 8.00. SF2. 5. Parris Johnson 7.83. Ht3. 3. Parris Johnson 7.88, 4. Imogen Levy 7.97. Ht4. 2. Molly Scott 7.63. 800. 2. Katy-Ann McDonald 4.38.78. 60H. 5. Isabella Hilditch 8.83, 6. Anastasia Davies 8.83. Ht1. 3. Isabella Hilditch 8.82, 4. Anastasia Davies 8.86. Triple Jump. 6. Anastasia Davies 11.42. Shot. 2. Divine Oladipo 13.46. U17W. 60M. SF2. 8. Olivia Richer 8.03. SF3. 5. Magda Cienciala 7.95. Ht3. 4. Olivia Richer 7.95. Ht7. 2. Magda Cienciala 7.91. 60H. 1. Holly Mills 8.67. SF3. 1. Holly Mills 8.66. Ht5. 1. Holly Mills 8.87. Long Jump. 1. Holly Mills 6.22. Triple Jump. 5. Karina Harris 11.18. Pole Vault. 3. Shaye Emmett 3.50.

Kent League, Foots Cray Meadows. Senior Men. 7. Danny Brewer 32.37, 8. Ross Braden 32.38, 15. Alex Gibbins 34.07, 17. Peter Tucker 34.24, 19. Dan Kennedy 34.28, 43. Chris Tuck 37.04, 65. Richard Byford 39.02, 82. Steve Pairman 40.50, 98. Andy Lawes 43.08. Team (4 to score) 2nd. Overall season 2nd. Senior Women. 1. Niamh Bridson Hubbard 18.14, 2. Carole Penlington 19.12, 7. Sarah Belaon 20.18, 16. Mel Kane 21.36, 21. Jenny Neal 22.05, 26. Sara Elmqvist 22.45, 29. Jessica Jones 23.20. Team (3 to score) 1st. Overall season 1st. (6 to score) 1st. Overall 1st.

Surrey League, Wimbledon Common. 26. Dave Taylor 28.38. (1st over 50 for the season).

Birmingham League, Division One, Wolverhampton. 1. Graham Rush (Cheltenham) 29.31, 5. Will Fuller 30.17 (1st U20).

Alton Sports Hampshire Mens League, Basingstoke. 2. Alex Bruce Littlewood 32.59.

Brunel Speed Series. 60m. Round A. Race 2. 3. Tobi Olubi 6.99. 60 Hurdles. Round A. Race 1. 2. Reece Young 8.29. Round B. Race 1. 3. Reece Young 8.35.

Lee Valley U15/U13 Open. 800. 1. Robert Suckling 2.14.46.

Parkruns. Bromley. 1. Sam Agnew 17.49, 4. Luca Ercolani 18.13, 10. Clayton Aves 19.06, 11. Amy Leach 19.06, 21. Stuart Cullum 19.56, 24. Andy Tucker 20.00, 38. Steve Evenden 20.48, 58. Chris Swinfen 21.48, 70. Jamie Muir 22.19, 71. Iain Swatton 22.21, 76. James Neylon 22.30, 104. Scott Bulmer 23.22, 110. Nigel Bulmer 23.31, 115. Mike Simms 23.39, 148. Andrew Pino 24.39, 156. Austin Adams 24.55, 269. Zoe Austridge 28.01, 271. Claire Austridge 28.02, 295. Gareth Griffin 28.38, 471. John Bugler 48.23.

Bexley. 131. Zoe Kingsmell 29.56, 162. Andrew Kingsmell 31.58.

Greenwich. 32. Barry Wetherilt 22.58,

Bath Skyline. 70. Chloe Haffenden 27.18.

Royal Tunbridge Wells. 2. Jessica Keene 20.57, 38. Mick Keene 28.20.

Crystal Palace. 1. Marco Arcuri 17.05, 2. Angus Harrington 17.13, 3. Lewis Mills 17.44, 6. Len Crowder 18.26, 8. James Crawley 18.43, 9. Charlie Andrews 18.52, 12. Morgan Squibb 19.01 (first woman), 13. Robert Perry 19.03, 15. Peter Guy 19.18, 17. Jessica Neal 19.35, 19. Bertie Harrington 19.42, 24. Carlotta Weitzel 20.35, 27. Joanna Clowes 20.43, 26. Thomas Penlington 20.43, 29. Keir Lundy 20.51, 32. Eddie Sellar 20.59, 34. Charles Winton 20.59, 35. Max Gregson 21.08, 37. Ethan Kitteridge 21.15, 38. Niamh Milmo 21.21, 39. Stephanie Taylor 21.23, 55. Matthew Smith 22.03, 57. Abigail Leeves 22.10, 62. Glen Read 22.19, 68. Mary Guy 22.51, 74. Heidi Forsyth 23.14, 84. Els Housley 23.44, 103. Luigi Arcuri 24.36, 119. Andrew Clowes 25.35.

Orpington. 3. Harry Keene 20.48, 93. Karen Desborough 36.04.

Peckham Rye. 48. Peter Rogers 23.49.

Exeter Riverside. 19. Bob Minting 22.09.

14/2/16

BAF Pentathlon incorporating South Of England Championships, Lee Valley. M60. 60. 1. Tom Phillips 8.31. 200. 3. Tom Phillips 28.58. Pole Vault. 1. Allan Williams 3.40. Pentathlon. M60. 2. Clem Leon 3307 (60H 10.67, Long Jump 4.28, Shot 7.86, High Jump 1.40, 1000m 3.26.58). W60. 60. 1. Helen Godsell 8.87. 200. 1. Helen Godsell 30.01.

17/2/16

Lee Valley Middle Distance Open. 1500. Race 7. 6. Anna Myers 5.16.47.

19/2/16.

BUCS Indoor Championships, Sheffield. Men 400. Ht6. 6. Tom Desborough (Brighton) 58.16. 800. SF1. 4. James Habbergham (Leeds Metropolitan) 1.56.31. Ht4. 6. Tom Desborough 2.14.28. Ht7. 3. James Habbergham 1.58.12. 3000. 2. Phil Sesemann (Leeds) 8.11.63. SF1. 2. Phil Sesemann 8.23.28. 60 hurdles. 4. Reece Young (Brunel) 8.39. H2. 1. Reece Young 8.36. Long Jump. 3. Mark Cryer (Brunel) 7.17. Qualifying Pool A. 2. Mark Cryer 7.14. Qualifying Pool C. 7. Rob Hammond (Brighton) 6.19. Triple Jump. 4. Rob Sutherland (Kings) 14.91. Qualifying Pool A. 2. Rob Sutherland 14.50. Shot. 2. Matt Blandford (Exeter) 15.05. Qualifying Pool B. 1. Matt Blandford 14.68. Women. 60. SF3. 4. Vivien Olatunji (Middlesex) 7.82. 5. Imogen Levy (Brighton) 7.91. HT10. 2=. Vivien Olatunji & Imogen Levy 7.88. 400. 5. Rachel Dickens (Reading) 56.12. SF1. 2. Rachel Dickens 55.34. Ht2. 1. Rachel Dickens 57.17. Triple Jump. Qualifying Pool B. 8. Imogen Levy 10.62.

20/2/16.

Glasgow Indoor Grand Prix. Men. 60. 4. Adam Gemili 6.62. Ht2. 5. Adam Gemili 6.65. Women. 60. 6. Dina Asher Smith 7.25. Ht2. 1. Dina Asher Smith 7.17. 60 hurdles. 7. Serita Solomon 8.23.

Ranelagh Mob Match, Petersham. 9. Dan Kennedy 47.38, 12. Jon Vintner 48.09, 19. Nick Kinsey 49.21, 20. Chris Tuck 49.23, 24. Richard Byford 51.19, 27. David Beadle 52.28, 29. Alex Loftus 53.17, 36. Steve Pairman 54.23, 38. Sarah Belaon 54.40 (First woman), 45. Andy Lawes 55.45, 48. Alexis Tobin 56.02, 51. Mark Ellison 56.25, 54. Rob Brown 57.11, 55. Nic Corry 57.19, 56. Andy Tucker 57.25, 61. Nick Barber 58.47, 65. Iain Swatton 59.23, 66. Adrian Stocks 59.23, 67. Chris Pike 59.26, 69. Simon Lloyd 59.51, 72. David Leal 60.14, 76. Mike Simms 61.34, 79. Barry Wetherilt 62.21, 82. John Turner 63.43, 83. James Neylon 64.03, 84. Nigel Bulmer 64.47, 88. Jim Phelan 68.09, 89. Anne Cilia 68.23, 101. Maz Turner 82.30. **Team.** 1. Ranelagh 421. 2. Blackheath & Bromley 1310. **Harry Sheer Trophy (1st over 50).** Nick Kinsey. Bennett Handicap. 1. Iain Swatton, 2. Nick Barber, 3. Richard Byford. **Bennett Cup after 8 events.** 1. Steve Pairman 372, 2. Sarah Belaon 363, 3. Chris Pike 345, 4. Nic Corry 341, 5. David Beadle 340, 6. Rob Brown 331, 7. Chris Tuck 319, 8. David Leal 317, 9. Mike Simms 308, 10. Barry Wetherilt 300.

Alex Wilson Invitational, South Bend, IN. USA. 60 Hurdles. 2. Jahisha Thomas 8.46. Ht1. 1. Jahisha Thomas 8.50. Long Jump. 1. Jahisha Thomas 5.78.

Parkruns. Bromley. 3. Luca Ercolani 18.29, 8. Samuel Reardon 19.25, 9. Jessica Neal 19.45 (first woman), 54. Matthew Pond 22.03, 73. Jason Short 22.49, 76. Chris Swinfen 22.50, 99. Jessica Sellar 23.21, 107. Tim Ward 23.39, 127. Luigi Arcuri 24.05, 203. Claire Austridge 26.19, 211. Stephen Hollingdale 26.34, 307. Bernard Wilson 29.18.

Greenwich. 4. Niamh Bridson Hubbard 18.53 (first woman).

Bath Skyline. 99. Chloe Haffenden 27.35.

Royal Tunbridge Wells. 9. Daniella Harper 23.42 (first woman).

Crystal Palace. 4. James Crawley 18.22, 5. Charlie Andrews 18.31, 8. Peter Guy 19.06, 9. Jessica Keene 19.08 (first woman), 12. Robert Perry 19.24, 15. Amy Leach 19.50, 19. Amanda Taylor 20.15, 24. Thomas Penlington 20.28, 25. Eddie Sellar 20.29, 26. Carlotta Weitzel 20.33, 28. Max Gregson 20.43. 38. Joanna Clowes 21.25, 42. Niamh Milmo 21.30, 58. Nigel Wood 22.46, 71. Chloe Kibblewhite 23.25, 80. Olivia Berry 23.51, 94. Mary Guy 24.40, 134. Mick Keene 26.24, 149. John Fenwick 27.15, 165. John Butler 28.18, 201. Luke Brett 31.32.

Orpington. 1. Harry Keene 20.47, 82. Karen Desborough 36.06.

Peckham Rye. 63. James Morris 24.50.

Tewkesbury. 9. Andy Kingsmill 27.37, 15. Zoe Kingsmill 29.41.

20-21/2/16

Surrey Indoor Championships, Carshalton. Senior Men. Triple Jump. 1. Jonathan Ilori 15.60. Under 20 Men. 60. 3. Ocean Schwartz 7.15. Ht2. 3. Ocean Schwartz 7.2. Senior Women. Long Jump. 1. Emily Martin 5.48, 2. Sarah Abrams 5.18. U17 Women. 60. 2. Charmont Webster Tape 7.66. Sf2. 1. Charmont Webster Tape 7.79. Ht4. 1. Charmont Webster Tape 7.74.

Sussex Indoor Championships, Carshalton. Senior Men. Long Jump. 1. Tom French 7.05. Triple Jump. 1. Patrick Apantaku 12.07. U17M. Triple Jump. 1. Max Dowling 11.15.

21/2/16.

SCVAC, Lee Valley. M40. 800. 2. Richard Holt 2.21.60. M60. 60. 1. Tom Phillips 8.34, 3. Clem Leon 8.45. 200. 1. Tom Phillips 28.13, 2. Clem Leon 28.44. 400. 1. Clem Leon 62.27. High Jump. 3. Clem Leon 1.40. Long Jump. 3. Clem Leon 3.88. Triple

Jump. 1. Clem Leon 9.82. M65. 800.3. Peter Hamilton 2.50.26. 1500. 2. Peter Hamilton 5.52.40. W50. Pole Vault. 1. Jackie Montgomery 2.60. W60. 60. 1. Helen Godsell 8.96. 200. 1. Helen Godsell 30.01.

Tunbridge Wells Half Marathon. 51. Carole Penlington 85.42, 214. Jenny Neal 94.57, 753. Mike Simms 1 hr. 51.56, 1401. Colin Monks 2.13.50.

24/2/16

Newham Open Series. 60m. Round 1. Race 15. 1. Toby Olubi 7.01, 3. Adeyinka Adeniran 7.29. Rd2. R1. 2. Toby Olubi 6.93. R7. 3. Adeyinka Adeniran 7.31.

26/2/16

Big Ten Conference Indoor Championships, Geneva, OH, USA. Women. 60 Hurdles. Ht1. 4. Jahisha Thomas 8.63. Long Jump. 4. Jahisha Thomas 6.10.

27/2/16.

National Cross Country Championships, Donington Park. Senior Men. 22. Graham Rush (Cheltenham) 44.08, 204. Danny Brewer 48.47, 216. Ross Braden 49.00, 286. Alex Gibbins 50.07, 293. Georges Vacharopoulos 50.17, 335. Dan Kennedy 50.52, 348. Peter Tucker 51.03, 504. Jon Vintner 53.39, 618. Chris Tuck 55.17, 865. Richard Byford 58.24, 1480. Nic Corry 69.22. Team 22nd. **Senior Women.** 119. Amber Reed 35.55, 237. Jane Bradshaw 39.15. **Junior Men.** 6. Will Fuller 37.02, 84. Richard Webb 42.35. **Junior Women.** 6. Niamh Bridson Hubbard 22.29, 78. Leah Everson 26.48, 81. Samantha Leighton 27.03. Team 5th. **Under 17 Men.** 63. Marco Arcuri 21.34, 84. Lewis Mills 21.58, 118. James Crawley 22.44, 125. Oscar Hussey 22.52, 177. Charlie Davis 23.38. Team 10th. **Under 17 Women.** 20. Kelsey Fuss 21.18, 27. Jessica Keene 21.34, 30. Yasmin Austridge 21.37, 38. Amy Leach 21.48, 91. Carlotta Weitzel 23.03, 135. Joanna Clowes 24.17, 184. Naomi Kingston 26.11, Team 2nd. **Under 15 Boys.** 61. Angus Harrington 17.56, 80. Henry James Cowie 18.10, 106. Callum Myatt 18.24, 155. Joseph Georgiadis 18.50, 157. Charles Andrews 18.51, 164. Michael Eagling 18.54, 239. Coleman Corry 19.50, 249. George Pope 19.57, 328. Ben Gardiner 21.34, Keir Lundy DNF. Team 12th. **Under 15 Girls.** 18. Sophie Hoare 17.22, 34. Yasmin Marghini 17.36, 36. Lia Radus 17.39, 45. Kelsi Cornish 17.49. 60. Millie Smith 18.04, 154. Grace Scopes 19.14, 183. Stephanie Taylor 19.36, 195. Lily Tappenden 19.41, 225. Isabella Bridge 20.08, 247. Claudia Pickup 20.28, 274. Zoe Austridge 20.52. Team 4th. **Under 13 Boys.** 2. Rowan Fuss 12.28, 58. Samuel Reardon 13.55, 93. Thomas Penlington 14.14, 112. Justin Stover 14.25, 127. Edward Sellar 14.32, 203. Jake Leng 15.04. 351. Ethan Kitteridge 16.18, 394. Barnaby Corry 17.33. Team 8th. **Under 13 Girls.** 2. Morgan Squibb 13.57, 19. Ellie Dolby 14.30, 26. Maayan Radus 14.38, 30. Jessica Neal 14.43, 35. Daniela Harper 14.51, 167. Niamh Milmo 15.57, 186. Abigail Leves 16.03, 215. Emily Davis 16.16, 342. Olivia Berry 17.18. Team 1st. **Lee Valley Minithon. Under 13 Boys.** 60m. 2. Jacob Byfield 8.3. 60H. 2. Jacob Byfield 10.3. Long Jump. 3. Jacob Byfield 4.10. **Parkruns. Bromley.** 2. Luca Ercolani 18.06, 10. Carole Penlington 18.50 (first woman), 20. Max Gregson 19.38, 25. Andy Tucker 19.57, 32. Stuart Cullum 20.26, 34. Sarah Belaon 20.29, 36. Steve Pairman 20.31, 62. Iain Swatton 21.36, 68. Chris Swinfen 21.46, 73. Chloe Kibblewhite 21.58, 103. Jessica Sellar 22.51, 108. Matthew Smith 22.58, 117. Mike Simms 23.18, 136. Nigel Bulmer 23.58, 175. Austin Adams 24.58, 186. Scott Bulmer 25.18, 308. Bernard Wilson 28.44. **Bexley.** 97. Andy Kingsmell 27.56, 215. Zoe Kingsmell 39.16.

Greenwich. 5. Alan Camp 19.08, 11. Ritchie Leccia 19.57, 43. Barry Wetherilt 22.58.

Braunstone. 1. Ian Frith 17.04.

Bath Skyline. 79. Chloe Haffenden 26.03.

Crystal Palace. 28. Bob Minting 21.56, 39. Glen Read 22.57, 113. John Fenwick 26.53, 174. Luke Brett 30.46.

Orpington. 3. Harry Keene 20.22, 103. Karen Desborough 35.15.

Tonbridge. 43. Mark Ellison 22.53, 122. Anne Cilia 25.51.

27-28/2/16

British Athletics Championships, Sheffield. Men. 60m. Ht1. Toby Olubi DQ. 400. Ht1. Dan Putnam 49.68. 3000. 6. Phil Sesemann 8.08.99. Long Jump. 10. Tom French 7.05. Triple Jump. 5. Jonathan Ilori 15.54. Women. 60m. 2. Dina Asher Smith 7.15. SF2. 1. Dina Asher Smith 7.16. Ht1. 1. Dina Asher Smith 7.34. Ht2. 6. Anna Short 8.01. 400. Ht3. 3. Rachel Dickens 55.46. 60m Hurdles. 2. Serita Solomon 8.05. Ht3. 1. Serita Solomon 8.07. High Jump. 7. Deborah Martin 1.73. Shot. 2. Divine Oladipo 13.95.

28/2/16

EAMA Inter Area, Lee Valley. M50. Pole Vault. 1. Allan Williams 3.20. M60. 60. 1. Tom Phillips 8.25. 200. 2. Tom Phillips 27.85. 400. 1. Clem Leon 61.93. Long Jump. 2. Clem Leon 4.11. Shot. 3. Clem Leon 8.32. W35. Pole Vault. 2. Jackie Montgomery 2.50. W60. 400. 2. Helen Godsell 74.07.

Ivy League, Heptagonal Championships, Ithaca. Triple Jump. Men. 8. Stefan Amokwandoh 15.02. Women. 3. Kerri Davidson 12.22.

Vitality Brighton Half Marathon. 462. Damian Hayes 1.31.46.

Roding Half Marathon. 38. David Beadle 1.27.06, 66. Steve Pairman 1.30.56.

25 years ago February 1991.

A busy month for Debbi Marti. She wins the high jump at the WAAA Indoor Championships at Cosford with a personal best of 1.94 to equal the nine year old British Indoor Record. She is then second in the Dairy Crest Indoor Invitation meeting again at Cosford. She clears 1.89. Then she competes at the Six Nations meeting at Bercy, Paris where she is 5th with 1.84. Andy Geddes is third in the 3000 metres at the AAAs Indoor Championships at Cosford with a time of 7.58.15. He then represents Great Britain in a triangular International against Italy and Yugoslavia in Turin, Italy where he is second in the 3000 in 8.13.49, one hundredth of a second behind fellow Briton Paul Taylor.

The Senior Men are 7th in the National Cross Country Championships at Luton. Race winner Richard Nerurkar of Bingley is guest of honour at the National Supper. Jonathan Murray is 10th in the Youths race.

20 years ago February 1996.

Tim Dickinson wins the British Students Cross Country Championships at Wigmore Park, Luton, helping Loughborough to team gold. This secures selection for the British team for the World University Cross Country Championships.

Marvin Bramble wins the triple jump at the AAA's Indoor Under 20 Championships in Birmingham with a leap of 15.04. This secures selection for a forthcoming International against France and Italy in Paris. Also chosen are Emeka Udechuku who was 2nd in the shot and Mark Findlay who is picked for the sprints squad. In the under 17s there are silvers for Adrian Cluskey (shot) and Peter Francis (triple jump). In the under 15s Dwayne Grant is third in the long jump.

Matthew Hill (U13s), Abdi Madar (U15s), Chris Moss (U17s), and John Marks (U20s) make it a clean sweep of victories in the final Kent Young Athletes League match at Sparrows Den.

Blackheath win ten gold medals at the Kent Indoor Championships at Crystal Palace.

The Club win the Centenary Mob Match against South London Harriers making it 43 victories each. 100 Club members start with scoring 83 a side.

Past President George Brooks dies. He had held numerous offices over the years. In 1987 he received a Bromley Sports Council Award for his "exceptional services to Athletics during a period in excess of 50 years. His work has made him almost indispensable to the Club and he is one of the rocks upon which Blackheath Harriers has been built, enabling it to reach such a status that it is an essential element of Sport in Bromley Borough and also highly respected throughout the Country".

15 years ago February 2001

Michael Skinner captains England at the Home Countries International match in Cardiff and he wins the 1500. Also in the team are Katy Porter who sets a pb in the 60 metre hurdles and Sam Singer who is part of England Junior team who set a Welsh All Comers record in the medley relay.

Dwayne Grant and Sam Singer are selected to represent a Great Britain under 20 team in a match against France, German and Italy.

At the National Under 20 Championships there are bronze medals for Dwayne Grant in the 60 metres and Katy Porter in the 60 metre hurdles. Fabian Collymore wins silver in the under 17 mens 60 metres.

Michael Skinner wins the 3000 metres at the British Universities Championships.

Bob Minting wins the M50 200 and 400 metre titles at the British Masters Championships. His sister Helen Godsell wins the W45 60 and 200 metres. Other wins come from Peter Hannell (M50 3000 walk), Jim Day (M65 Pole vault) and Nanette Cross (W60 60m and triple jump).

10 years ago February 2006

Scott Overall breaks the Club 3000 metre record with 7.56.58.

Montell Douglas wins gold in the 60 metres at the British Universities Championships. She is also third in the 200 as is Katy Benneworth in the long jump.

Scott Huggins wins the Under 20 mens pole vault at the Scottish Indoor Championships.

21 athletes from the Club receive grants from the Ron Pickering Memorial Fund.

The Senior Men win the Kent League for the first time. The League has been in existence for over 40 years.

At the Southern Counties Vets AC Championships there are wins in the pole vault for Allan Williams (M50s) and Jim Day (M70s).

5 years ago February 2011

Michael Skinner finishes in 2nd place in the Senior Mens race at the National Cross Country Championships at Alton Towers? Both the senior men and women finish in 8th place in the team race as do the under 20 Women. However, the Club do not complete teams in the other 7 age groups.

Shaunagh Brown wins the silver medal in the shot at the European Indoor Trials.

Serita Solomon and Jermain Olasan win gold medals at the British Universities Indoor Championships in the 60 metre hurdles and long jump respectively.

There are plenty of medals for the Clubs athletes at the England Athletics Under 20 Championships. In the under 20 mens triple jump Joe Lawrence wins gold and Jonathan Ilori bronze. Sarah Abrams takes bronze in the long jump.

Dina Asher Smith wins the under 17 womens 60 and 200 metre titles while Rachel Dickens takes silver in the 300 and Anton Daly bronze in the mens 60 metres.

In the under 15s Maya Brunej is second in the 200 and third in the 60.

At the British Masters Indoor Championships, Allan Williams wins the over 55s pole vault with Clem Leon third in the high and triple jump. Ken Daniel wins the over 60s 800 and is third in the 1500, while there are silvers for Peter Hamilton (3000) and Peter Hannell (3000 walk).

Allan Williams breaks the M55s British Record for the pole vault twice in a day finishing with 3.91. This is the 33rd time he has broken a British Record.

Quiz Of The Year, Answers

Section B &

1. Which Club member became a double European champion and a World Record Holder?

Helen Godsell

2. "Always run through the line". Who offered this advice after the AJC Peachtree Road Race?

Scott Overall

3. Which Club Member coached the first over 65 woman in the world to run under 6 minutes for the mile?

Ian Wilson

4. Who set six different Club Records in a day?

Barbara Terry

5. Who broke a World Record that had stood for 31 years?

Dave Heath

6. Who burst on to the race walking scene with 10th place in the Johnson Bowl?

Dave Cordell

7. Who represented England in a) Brussels b) Samoa, c) Antrim?

a). Will Fuller b) Divine Oladipo c) Alex Bruce Littlewood

8. Who made her boxing debut in August?

Shaunagh Brown

9. Which three athletes broke Club records in 30 minutes at the Sainsburys Birmingham Grand Prix?

Adam Gemili, Serita Solomon, Dina Asher Smith

10. What team medals did the Club win at the National Cross Country Championships?

Under 15 Girls and Under 13 Boys

11. Who won medals in Eskilstuna?

Shannon and Cherice Hylton

12. Who won medals in Prague?

Dina Asher Smith and Serita Solomon

13. Who represented England Schools in a) Dublin b) Grangemouth?

a) Jessica Keene and Henry James Cowie b) Yasmin Austridge, Jessica Keene, Charmont Webster Tape, Divine Oladipo and Holly Mills. Molly Scott represented Ireland.

14. Who led the Bennett Cup after 8 events before the Closing 5?

Will Slack.

15. Who was the Clubs first (first claim) finisher in the Senior Womens race at the National Cross Country Championships?

Cathy Messent

16. Who won the Dartford Half Marathon?

Peter Tucker

17. "Hips held high and level and shoulders relaxed". Whose advice on buggy running was quoted in the Daily Telegraph?

Jane Bradshaw

18. Which Club member appeared in the BBC Programme "Britain's Greatest Generation" which highlighted the courage of servicemen and women during the Second World War.

Fergus Ankorn

19. Which former member was announced Sports Journalist of the year at the Press Awards.

Matt Lawton (Daily Mail).

20. Which husband and wife lost Club records this year and what events?

Mark and Gemma Steinle. Under 20 mens 3000 metres. Under 13 girls 1500 metres.



Q20. Mark and Gemma Q19. Matt Lawton Junior National 1989

Section B.

These were Club records at the start of the Summer but what are they now and who holds them?

- 1). 4.54.8. – Under 13 Girls 1500. Ellie Dolby. 4.51.46
- 2). 10.90 – Under 15 Girls Triple Jump. Karina Harris. 11.30.
- 3). 3.40 – Under 17 womens pole vault. Shaye Emmett. 3.70.
- 4). 28.04 – U13 Boys discus, Michael Burfoot. 31.57
- 5). 4.03 – W50 Long Jump. Jackie Montgomery. 4.12.
- 6). 10.04 – Senior Mens 100. Adam Gemili. 9.97.
- 7). 40.68 – M40 Hammer. Steve Timmins. 45.18.
- 8). 11.05 – Senior Womens 100. Dina Asher Smith. 10.99.
- 9). 13.07 – M60 100. Tom Phillips. 12.80.
- 10). 5.01.4 – Under 17 Womens 1500m steeplechase. Yasmin Austridge. 4.54.82.

Can you identify the athlete by their seasons bests?

- 11). 1.10, 8.07.17, 8.83, 14.11.09, 2.69. Phil Sesemann
- 12). 15.1, 25.90, 2.13.79, 28.4, 18.68 Rowan Fuss
- 13). 27.0, 11.58, 44.19, 64.88, 18.99 Isabella Hilditch
- 14). 4.40, 15.06, 3.25.08, 12.74, 1.44 Akeilya Robinson Pascal
- 15). 51.16, 6.99, 3.71, 39.25, 15.24. Mark Cryer.



Archive Picture Quiz.

1. Five important Club members have come to support the British League team, but which one is the President? Peter Stenning. The others left to right are George Brooks, Don Hopgood, IPP Derek Gregory and Ian Smith.
2. Which one never was a President? Don Hopgood.
3. There are four former Club record holders in the picture. Name them and the events at which they held records. Alan Guilder 5000 metres (red tracksuit), Bill Foster Marathon (red shoulders), Jerry Barton 3000 metres (back to camera - sorry), Paul Byfield Under 17 mens 4x400 (at front with glasses).
4. What is the venue, (which is no longer used for League matches)? Haringey
5. Name the Olympic medallist who is also in the picture. Daley Thompson (top left)



1991 Richard Nerurkar picks up some training tips from Barry Saddler



“What can we say. No change over time. Our favourite Ken still helping the Dolly Birds and not wearing his GB jacket.”

“It’s Carry On Ken”

“You’ll need four pins, the wind’s strong today”. “I TOLD you not to have the fish soup”