



Blackheath & Bromley Courier

November 2016.

President 2016-17. Bill Foster.

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

Editorial.

The summer results will appear in separate monthly Couriers in time, but, in order to keep more up to date, the current editions will hopefully come out on time.

Sadly there are some more deaths to report.

Jack Braughton passed away on the 30th October. Jack represented Great Britain in the 5000 metres at the 1948 Olympics. To compete there he had to take a half day off work, caught the number 12 bus to Wembley Stadium, ran the heats of the 5000 where he was 8th and did not qualify, then caught the bus home to be back in time for tea. He was a Club Vice President, a Director of Norman Park Track Management and BHHQ, a trail layer, and general supporter of the Club and its activities.



Jack Braughton wearing his Olympic blazer at a Young Athletes Awards Presentation in 2007. Alongside are Margaret Baldwin (Olympics 1972), Aston Stockdale, Sarah McLellan, Mike Skinner (World Cross Country Championships) and Dwayne Grant (Olympics 2004)

Brian Todd passed away in Oregon, USA in August this year. He was a distance runner who, as well as organising the Gold Run each New Years Day, officiated in Summer and Winter, and served on the Club Committee.

Malcolm Westall, who also died this Summer, was not a Club member but gave years of service as a timekeeper at our fixtures. He is a fine example of how the Club depends not just on our membership, but also on a wider family to successfully conduct its affairs.

Congratulations.

Niamh Bridson Hubbard and Will Fuller have been selected to represent the English Cross Country Association at the Atapuerca IAAF Permit meeting at Burgos, Spain on the 13th of November.



The England Athletics Awards took place on the 15th of October and two of our members were recognised. Dina Asher Smith was the Ron Pickering Memorial Fund Under 23 Athlete of the Year. Mike Davies received his award for his Services to Athletics. He was delighted with his presentation and he would be equally pleased if members would read and act on his appeal below.

Volunteering for officiating and coaching

With the track and field season now behind us, we are into the planning and preparation for summer 2017. Part of the preparation is trying to keep up with our requirement for match officials and coaches. To assist this, most of the courses for new officials and coaches are held in the winter months and many are already up on the England Athletics website.

Although we do better than most clubs we always need to recruit new judges, timekeepers and starters to maintain a team of officials to adequately staff the forty track and field fixtures a year, home and away, for which we have to supply officials. Whether you want to get more involved in track and field, support the club and sport or just follow your children's competitions, you would find a welcome from athletes and officials and a more satisfying and enjoyable way of doing athletics than spectating. No previous experience required.

We do have coaches for all events but never enough to cater for all athletes and occasions. If you have a passion for athletics you may well have thought about helping others in the sport, whether or not you are still a competitive athlete. If so, talk about it with another coach and then take the next step – do the Coaching Assistant course.

The club needs and values its officials and coaches and, to back this up, will pay course fees for those who will judge and coach for the club. Interested? Contact Mike Davies, at mj.davies4@ntlworld.com

Forthcoming fixtures.

November. 5th. National Cross Country Relays, Mansfield. 12th. Kent Cross Country League (except Senior Women), Hayes. 20th. Club 10 Mile Cross Country Championships, Hayes (10.30). 26th. Kent Cross Country League, Danson Park. **December.** 3rd. Kent Masters Championships, Dartford. 18th Christmas 5 Mile Yacht Handicap, Hayes (10.30). 26th Fancy Dress Paperchase, Hayes. (11.00).

On the Social side.

November. 25th Club Dinner (sold out). Special guest is Jack Buckner current CEO of British Triathlon and former European 5000 metre champion. To go on the waiting list contact Steve Hollingdale hollingdale.s@ntlworld.com

December. 11th. Christmas Lunch (12.30). Contact Dick Griffin rgriffin556@gmail.com

21st Wednesday Nighters Christmas Dinner (Jeans and Fancy tie). Tickets £15 contact Gerry Alger galger@hotmail.co.uk

26th. Paperchase, Bar Open Middy.



Results

1/10/16

Parkruns. Bushy Park. 193. Julie Reynolds 21.51. **Banstead Woods.** 3. Jessica Keene 18.41 (first woman), 80. Mick Keene 26.09. **Bromley.** 4. Luca Ercolani 17.37, 5. Robert Suckling 17.37, 13. Cameron Swatton 18.30, 14. Clayton Aves 18.32, 16. Millie Smith 18.38 (first woman), 19. Matthew Pond 19.01, 28. Matthew Smith 19.24, 30. Damian Hayes 19.31, 35. Stuart Cullum 19.48, 37. Paul Kerekyarto 19.54, 42. Keir Lundy 20.05, 62. Steve Pairman 21.00, 68. Iain Swatton 21.12, 107. Austin Adams 22.11, 122. James Neylon 22.36, 130. Nigel Bulmer 22.47, 139. Jobey Mitchell 22.53, 143. Scott Bulmer 22.58, 158.

Jamie Muir 23.17, 160. Isabelle Mitchell 23.19, 186. Angela Powell 23.57, 189. Mark Compton 24.03, 247. Sally Smith 25.08, 303. Leszek Malynicz 26.22, 329. Julia Pairman 26.59, 414. Abigail Smith 29.08, 425. Bernard Wilson 29.16, 451. Adrian Perry 30.04. **Greenwich.** 16. Clare Elms 19.47 (first woman), 37. Barry Wetherilt 22.23. **Newcastle.** 29. Peter Brooks 19.23. **Crystal Palace.** 52. John Fenwick 23.05. **Lloyd Park.** 81. John Butler 26.59. **Killerton.** 28. Bob Minting 21.38. **Dulwich.** 1. Scott Overall 14.37. **Hilly Fields.** 69. James Unwin 23.05. **Orpington.** 12. Harry Keene 21.27, 134. Karen Desborough 33.34. **Fulham Palace.** 103. Holly Trott 22.30. **Bognor Regis.** 49. Helen Godsell 26.18. **Tewkesbury.** 9. Paul Ross-Davies 21.44. **Paarl.** 47. Zoe Kingsmell 29.22, 78. Andrew Kingsmell 33.35.

2/10/16

Tonbridge Half Marathon. 5. Andy Rayner 77.21, 17. Chris Tuck 84.17, 33. Tony Crowder 86.36, 107. Steve Pairman 93.08, 148. Mike Simms 96.40, 195. Adrian Perry 99.29, 229. Mark Ellison 101.31, 277. Damian Hayes 104.03.

MBNA Chester Marathon. 136. Carole Penlington 3.07.06 (3.07.03 chip)

5/10/16

Leeds Varsity Match. Men. 800. James Habergham 2.03.8. High Jump. 4. James Habergham 1.20. Women. Long Jump. 1. Anna Short 5.17.

8/10/16

England Athletics Relays. Senior Men. 43. B&B. Phil Sesemann 17.28 (6), Will Fuller 18.16 (9), Peter Tucker 20.20 (35), Dan Kennedy 19.30 (40), Andy Rayner 19.18 (39), Will Ruiz 20.03 (43). **Senior Women.** 16. B&B. Niamh Bridson Hubbard 15.10 (17), Amber Reed 16.54 (31), Elaine Rayner 15.41 (23), Jess Keene 15.35 (16). **Under 17 Men.** 26. B&B. Callum Myatt 13.05 (37), Oscar Hussey 13.11 (29), Charles Andrews 13.17 (26). B. Incomplete. Lewis Mills 13.04. **Under 17 Women.** 7. B&B. Millie Smith 14.23 (8), Carlotta Weitzel 15.01 (10), Amy Leach 14.43 (7). B. Incomplete. Shantae Taylor 16.13 (36), Grace Scope 15.33 (29). **Under 15 Boys.** 4. B&B Joseph Georgiadis 12.49 (8) 10th fastest of day, Oscar Heaneybrufal 13.19 (5), Peter Guy 13.01 (4). 24. B&B B. Cameron Swatton 14.36 (49), Benjamin Gardiner 13.48 (32), Robert Suckling 13.52 (24). C. Incomplete. Keir Lundy 14.19 (46), Jake Leng 14.47 (40). **Under 15 Girls.** 2. B&B. Lia Radus 14.23 (11), Morgan Squibb 14.39 (4), Sophie Hoare 13.52 (2) 3rd fastest of the day. 16. B&B B. Lily Tappenden 15.39 (44), Amy Miller 14.32 (14), Zoe White 15.11 (16). 53. B&B C. Isabelle Bridge 16.41 (63), Gracie Horton 17.18 (62), Emily Davies 16.55 (53). D Incomplete. Niamh Milmo 16.27 (59). **Under 13 boys.** 6. B&B. Samuel Reardon 13.40 (8), Ben Campbell 14.33 (9), Tom Brash 13.48 (6). 21. B&B B. Thomas Penlington 14.34 (32), Max Gregson 14.53 (24), Matthew Smith 15.10 (21). 45. B&B C. Alex Sibley 15.11 (44), N Paddington 17.06 (51), Callum Carlton 15.26 (45). **Under 13 Girls.** 6. B&B Danielle Harper 15.34 (21), Maayan Radus 15.23 (11), Ellie Dolby 14.30 (6) 6th fastest of the day. 32. Amarisa Sibley 16.01 (34), Ella Smith 17.10 (39), Olivia Berry 16.02 (32). **England Masters Inter Area Match, Wimbledon Common.** Women and M65+. 1. Clare Elms 27.44, 10. Rob Brown 31.35, 12. Peter Hamilton 32.05.

Parkruns. Bushy park 116. Julie Reynolds 21.06. **Bromley.** 3. Luca Ercolani 18.02, 7. Clayton Aves 18.33, 28. Damian Hayes 19.44, 51. Rod Harrington 20.37, 54. Mike Simms 20.46, 92. Steve Pairman 21.50, 101. Andy Tucker 21.59, 107. Ian Montgomery 22.14, 116. Austin Adams 22.31, 126. Iain Swatton 22.42, 172. Jobey Mitchell 23.50, 179. Scott Bulmer 24.00, 231. Nigel Bulmer 25.09, 274. Isabelle Mitchell 25.55, 417. Adrian Perry 29.35. **Bexley.** 34. Chris Pike 22.55, 223. Zoe Kingsmell 32.28. **Greenwich.** 35. Barry Wetherilt 22.23. **Newcastle.** 38. Bertie Harrington 19.16, 46. Peter Brooks 19.24. **Bath Skyline.** 109. Chloe Haffenden 24.46. **Nonsuch.** 174. Helen Godsell 25:07. **Crystal Palace.** 1. Chris Tuck 18.44, 53. John Fenwick 22.57, 185 128 Luke Brett 31.48. **Lloyd park.** 13. Andy Lawes 23.41, 61. John Butler 26.07. **Killerton.** 89. Bob Minting 26.01. **Delta.** 5. Luke Russell 20.06. **Dulwich.** 23. Richard Byford 19.24. **Hilly Fields.** 62. James Unwin 23.24. **Orpington.** 15. Harry Keene 22.18, 138. Karen Desborough 33:35. **Tonbridge.** 125. Anne Cilia 25.57, Rising Sun. 66. Luke Russell 24.24.

9/10/16

Bank Of America Chicago Marathon. 13. Scott Overall 2.18.21.

Petts Wood 10km. 7. Peter Tucker 37.13, 16. Jessica Keene 38.48 gun time (38.49 chip time), 44. Robert Perry 42.32 (42.32), 56. Steve Pairman 42.51 (43:17), 73. Mike Simms 43.22 (44.36), 76. Steve Evenden 44.27 (44.56), 77. Paul Kerekgyarto 44.30 (44.58), 102. Iain Swatton 45.50 (46.21), 109. Stuart Cullum 45.43 (46.57), 121. Adrian Perry 46.09 (47.28), 136. Jenny Tomei 46.50 (48.06), 139. Christopher Pike 46.50 (48.08), 141. Marc Knowles 47.01 (48.15), 145. Robert Brown 47.15 (48.31), 158. Barry Wetherilt 47.45 (49.04), 194. Richard Griffin 48.53 (50.12), 212. Austin Adams 49.44 (51.03), 223. Nigel Bulmer 50.02 (51.21), 240. Scott Bulmer 50.45 (52.04), 368. Neil Roberts 54.46 (57.10), 371. Mick Keene 53.57 (57.14), 427. John Leeson 59.25 (59.25), 433. Andrew Kingsmell 56.14 (59.40), 498. Karen Perry 59.42 (62.02), 627. Zoe Kingsmell 63.36 (67.02).

Croydon 10km. 242. Isabelle Harrington 54.04 (53.37 chip).

15/10/16.

Kent League, Wilmington. Senior Men. 16. Dan Kennedy 34.36, 19. Danny Brewer 35.13, 28. Marco Arcuri 35.48, 33. Gareth Evans 36.07, 35. Chris Tuck 36.14, 40. Jon Vintner 36.48, 41. Tom Desborough 36.56, 47. Fintan Parkinson 37.28, 56. James Crawley 38.01, 114. Richard Daniel 40.59, 119. Richard Byford 41.18, 133. Steve Pairman 42.02, 150. Andy Lawes 43.22, 209. Scott Bulmer 51.03. Team. 4 to score, 3rd. 12 to score, 3rd. Senior Women. 4. Jessica Keene 19.57, 8. Kelsey Fuss 20.54, 18. Sarah Belaon 21.37, 20 Jenny Neal 21.51, 21. Lorna Clowes 21.54, 39. Jane Bradshaw 22.59, 40. Sara Elmqvist 23.05, 45. Jenny Tomei 23.31, 47. Danielle Critchley 23.45, 86. Donelle Yapp 26.20. Team. 3 to score, 4th. 6 to score, 1st. Under 20 Men. -. Under 20 Women. -. Under 17 Men. 8. Michael Eagling 17.55, 13. Lewis Mills 18.18, 16. Oscar Hussey 18.35, 19. Callum Myatt 18.43, 31. Charlie Andrews 19.43, 38. Lewis Warren 20.37, 51. Chris Swinfen 24.43. Team. 2nd. Under 17 Women. 5. Madalina Samolia 12.52, 6. Millie Smith 13.11, 8. Grace Scopes 13.19, 9. Amy Leach 13.20, 12. Carlotta Weitzel 13.34, 14. Genevieve Allan 14.00, 15. Jessica Sellar 14.17, 20. Stephanie Taylor 15.08. Team. 1st. Under 15 Boys. 9. Peter Guy 13.41, 13. Rowan Fuss 13.58, 14. Joseph Georgiadis 14.05, 20. Ben Gardiner 14.16, 22. Oscar Heaney-Brufal 14.21, 27. Keir Lundy 14.48, 29. Cameron Swatton 14.50, 37. Justin Strover 15.05, 49. Jake Leng 15.30, 52. Matthew Pond 15.46, 55. Luke Simpson 16.10, 62. Leo Braden 16.47, 64. Seb Large 16.55, 72. Ethan Kitteridge 17.39, 77. Charles Winton 18.19. Team. 36th. Under 15 Girls. 1. Yasmin Marghini 11.26, 2. Morgan Squibb 11.33, 3. Tola Pearse 11.35, 13. Zoe White 12.58, 15. Lily Tappenden 13.02, 18. Rosanna Allan 13.11, 23. Emily Davis 13.41, 24. Niamh Milmo 13.44, 26. Abigail Leeves 13.50, Isobel Bridge 14.04. Team. 1st. Under 13 Boys. 3. Tom Brash 11.31, 8. Luca Thurlow 11.51, 9. Ben Campbell 11.53, 11. Edward Sellar 12.00, 12. Max Gregson 12.02, 14. Thomas Penlington 12.09, 19. Matthew Smith 12.24, 24. Oliver Robertson 12.44, 31. Callum Carlton 12.55, 32. William Andrews 12.56, 36. Alex Sibley 13.04, 40. Jake Anthony 13.14, 42. Adam Parkinson 13.16, 46. Oles Chabian 13.19, 52. Nicholas Paddington 13.25, 53. Josh Buddle-Smith 13.26. Team. 2nd. Under 13 Girls. 1. Naomi Toft 9.25, 2. Anwen Thomas 9.26, 4. Ellie Dolby 9.44, 8. Daniella Harper 10.01, 9. Amarisa Sibley 10.02, 10. Lily Meers 10.05, 12. Olivia Berry 10.17, 14. Amelia Middleton 10.22, 21. Ella Smith 10.34, 27. Kelsey Pullin 10.47, 31. Heidi Forsyth 11.00, 38. Hannah Clark 11.23, 62. Amelie Willars 12.32. Team. 1st.
Surrey Mens League Division 1. 2. Phil Sesemann 28.32 (Kent).
Surrey Womens League. 9. Clare Elms 23.35.

Parkruns. Bromley. 4. Luca Ercolani 17.38, 5. Clayton Aves 18.21, 9. David Beadle 18.50, 16. Robert Perry 19.15, 36. Stuart Cullum 19.58, 38. Mike Simms 20.00, 44. Steve Pairman 20.21, 55. Adrian Perry 20.38, 64. Adrian Stocks 20.50, 68. Iain Swatton 20.56, 76. Glen Read 21.07, 84. Ian Montgomery 21.15, 90. Nigel Haffenden 21.26, 116. Andy Tucker 21.59, 119. Sally Haffenden 22.05, 122. Austin Adams 22.14, 138. James Neylon 22.38, 169. Jobey Mitchell 23.24, 240. Jamie White 24.47, 242. John Butler 24.49, 259. Izabelle Mitchell 25.09, 368. Julia Pairman 27.35. **Bexley.** 23. Chris Pike 22.09. **Bath Skyline.** 87. Chloe Haffenden 24.41. **Cambridge.** 104. James Perry 22.55. **Crystal Palace.** 53. John Fenwick 23.25. **Lloyd park.** 14. Amy Miller 20.45 (first woman). **Orpington.** 12. Harry Keene 21.15, 17. Nick Barber 22.07, 67. Mick Keene 27.03, 135. Karen Desborough 33.47. **Fulham Palace.** 122. Holly Sutton Trott 23.14. **Parke.** 16. Bob Minting 22.47.

16/10/16

Cabbage Patch 10 Miles, Twickenham. 3. Scott Overall 50.25.

22/10/16

South Of England Cross Country Relays. 15. Blackheath & Bromley A 61.31. (Dan Kennedy 14.47, Alex Gibbins 15.08, Peter Tucker 15.27, Fintan Parkinson 16.09). B incomplete (Richard Byford 17.32, Jon Vintner 16.00).

University of Manchester Relays. Leg One. Phil Sesemann (Leeds Uni) 8.26 (equal 2nd fastest of the day), James Harbeigham (Leeds Beckett University) 8.32. Leg Two. Will Ruiz (Birmingham Uni) 9.21. Leg Four. Phil Sesemann 8.51. Leg Five. Will Ruiz 9.35.

Cambridge University v RAF v Eastern Counties, Nowton Park. Women. 1. Niamh Bridson Hubbard 21.55, 10. Kate Curran 23.51.

Parkruns. Bushy park. 114. Julie Reynolds 20.44. **Bromley.** 1. Charlie Davis 16.43, 2. Callum Myatt 16.59, 3. Charlie Andrews 17.21, 17. Millie Smith 18.52 (first woman), 29. Oliver Robertson 19.26, 31. Damian Hayes 19.30, 32. Steve Pairman 19.35, 34. Stuart Cullum 19.45, 38. Mike Simms 19.48, 39. Jennifer Neal 19.51, 70. Glen Read 20.46, 83. Niamh Milmo 21.20, 94. Abigail Leeves 21.29, 98. Ian Montgomery 21.33, 104. James Unwin 21.45, 141. Scott Bulmer 22.36, 142. Austin Adams 22.37, 148. James Neylon 22.45, 169. Izabelle Mitchell 23.12, 185. Jobey Mitchell 23.31, 204. Nigel Bulmer 23.56, 228. Joshua Smith 24.33, 244. John Butler 24.55, 275. Sally Smith 25.26, 308. Leszek Malynicz 26.12, 382. Julia Pairman 28.02, 512. Abigail Smith 32.36. **Bexley.** 300. Zoe Kingsmell 37.20. **Hackney Marshes.** 17. David Beadle 19.22.

Greenwich. 1. Ritchie Leccia 18.37. **Bath Skyline.** 87. Chloe Haffenden 23.50. **Crystal Palace.** 5. Rowan Fuss 18.26, 13. Kelsey Fuss 20.03 (first woman), 51. John Fenwick 23.06. **Bournemouth.** 55. Peter Hamilton 22.06. **Lloyd park.** 16. Amy Miller 20.46 (first woman), 23. Andy Lawes 21.36. **Killerton.** 32. Bob Minting 21.43. **Dulwich.** 191. James Morris 29.11. **Orpington.** 2. Joshua Davidson 18.43, 15. Harry Keene 21.48, 16. Nick Barber 21.50, 23. Gracie Horton 22.51, 48. Dave Leal 25.18, 121. Karen Desborough 33.44. **Scunthorpe.** 123. Jamie Muir 24.52. **Tonbridge.** 171. Anne Cilia 26.37. **Peckham Rye.** 65. Peter

Rogers 24.20, 151. Maz Turner 36.12. **Penrose**. 33. Adrian Perry 21.12, 60. Robert Perry 22.55. **Lullingstone**. 26. Mick Keene 27.49. **Sittingbourne**. 2. Anwen Thomas 19.31.

23/10/16

Club Five Mile Cross Country Championships, Hayes. 1. Joss Barber (27 h/cap) 28.31, 2. Peter Tucker (32) 28.58, 3. Gareth Evans (30) 29.07, 4. Oscar Hussy (13) 29.15, 5. Luca Ercolani (8) 29.19, 6. Robert Suckling (4) 29.58, 7. Paul Sharpe (1) 30.04, 8. Bryan Donnelly (14) 30.20, 9. Fintan Parkinson (49) 30.31, 10. Cameron Swatton (2) 31.02, 11. Jessica Keene (L) (15) 31.05, 12. Elaine Rayner (L) (26) 31.06, 13. Tim Nash (44) 31.28, 14. Clayton Aves (42) 32.26, 15. Tim Ayres (33) 32.39, 16. David Beadle (34) 33.10, 17. Richard Byford (31) 33.11, 18. Steve Pairman (11) 33.31, 19. Duncan Hussey (Guest) 34.11, 20. Mike Simms (17) 34.19, 21. Jennie Butler (L) (35) 34.29, 22. Steve Evenden (29) 34.30, 23. Mick Jones (41) 34.31, 24. Andy Lawes (22) 34.33, 25. Oliver Robertson (25) 34.34, 26. Jennifer Neal (L) (18) 34.36, 27. Sarah Bealaon (L) (46) 34.41, 28. Marcus Elwes (Guest) 34.50, 29. Andy Tucker (7) 35.05, 30. Nigel Haffenden (19) 35.11, 31. Thomas Penlington (20) 35.13, 32. Carole Penlington (L) (39) 35.14, 33. Adrian Stocks (24) 35.21, 34. Iain Swatton (6) 36.01, 35. Glen Read (9) 36.09, 36. Chris Pike (12) 36.23, 37. Rob Brown (38) 36.36, 38. Nick Barber (37) 36.44, 39. Barry Wetherilt (21) 36.50, 40. Jason Short (28) 37.09, 41. Nic Corry (48) 37.33, 42. Ian Taylor (23) 37.35, 43. David Leal (47) 37.41, 44. Nigel Bulmer (16) 37.48, 45. Austin Adams (5) 38.31, 46. Scott Bulmer (10) 38.33, 47. Sally Haffenden (L) (3) 38.35, 48. Paul Austridge (36) 38.39, 49. John Fenwick (40) 39.16, 50. Will Slack (43) 39.42, 51. Donelle Yapp (L) (45) 40.14.

Great South Run, Portsmouth. 6. Scott Overall 49.07, 8313. Pongo Waring 1.37.57, 8863. Zoe Kingsmell 1.39.26, 13446. Andy Kingsmell 1.58.10.

29/10/16.

Kent Cross Country League, Tonbridge. Senior Men. 8. Andy Rayner 34.13, 11. Alex Gibbins 34.49, 12. Richard Webb 34.54, 20. Charlie Davis 36.15, 31. Jon Vintner 37.31, 37. Tom Desborough 37.53, 39. Chris Tuck 38.08, 67. James Crawley 40.24, 80. Richard Daniel 41.26, 100. Graham Hollingdale 42.32, 108. Richard Byford 42.58, 126. Andy Lawes 44.21, 154. Rod Harrington 46.36, 159. Nic Corry 47.08, 170. Nigel Bulmer 49.45, 182. Scott Bulmer 51.14. Team (4 to score) 2nd. (12 to score) 3rd. **Senior Women**. 1. Jess Keene 18.41, 2. Elaine Rayner 19.02, 6. Carole Penlington 19.55, 17. Sarah Belaon 21.04, 19. Kelsey Fuss 21.12, 23. Jennie Butler 21.24, 36. Sara Elmqvist 22.21, 40. Sam Leighton 22.40, 41. Jane Bradshaw 22.43, 42. Joanna Clowes 22.50, 45. Jenny Tomei 23.21, 54. Donelle Yapp 24.13. Team (3 to score) 1st. (6 to score) 1st. **Under 20 men**. -. **Under 20 Women**. -. **U17 Men**. 4. Lewis Mills 17.23, 13. Callum Myatt 18.11, 15. Oscar Hussey 18.20, 22. Charles Andrews 18.49, 35. Coleman Corry 20.36, 43. Chris Swinfen 24.03. Team. 2nd. **Under 17 Women**. 3. Millie Smith 16.50, Grace Scopes 17.19, 8. Yasmin Austridge 17.24, 12. Amy Leach 17.55. Team 1st. **Under 15 Boys**. 6. Rowan Fuss 14.35, 17. Peter Guy 15.11, 23. Ben Gardiner 15.48, 24. Robert Suckling 15.56, 26. Cameron Swatton 16.08, 37. Keir Lundy 16.33, 38. Justin Strover 16.38, 47. Luke Simpson 17.36, 53. Charles Winton 18.12, 59. Seb Large 18.51, 61. Ethan Kitteridge 19.03, 63. Jake Leng 19.19. Team 4th. **Under 15 Girls**. 1. Lia Radus 10.52, 5. Morgan Squibb 11.29, 7. Amy Miller 11.46, 14. Zoe White 12.17, 16. Lily Tappenden 12.21, 19. Niamh Milmo 12.33, 23. Isabelle Bridge 12.44, 25. Emily Davis 12.45, 27. Abigail Leeves 12.52. Team. 1st. **Under 13 Boys**. 4. Samuel Reardon 10.47, 6. Tom Brash 10.57, 12. Ben Campbell 11.16, 16. Thomas Penlington 11.23, 20. Max Gregson 11.28, 22. Matthew Smith 11.32, 28. Jamie Sears 11.49. 31. Oliver Robertson 11.58, 36. William Andrews 12.10, 39. Jake Anthony 12.14, 42. Adam Parkinson 12.19, 49. Barnaby Corry 12.33, 53. Oles Chaban 12.59, 58. Nicholas Paddington 13.09. Team. 2nd. **Under 13 Girls**. 1. Ellie Dolby 9.13, 4. Daniella Harper 9.40, 6. Lily Meers 9.46, 9. Mayaan Radus 9.58, 16. Amelia Middleton 10.08, 17. Amarisa Sibley 10.15, 18. Olivia Berry 10.18, 20. Ella Smith 10.22, 24. Heidi Forsyth 10.31, 29. Kelsey Pullin 10.42, 39. Hannah Clark 11.11, 41. Isabel Conway 11.17, 57. Amelie Willars 11.52. Team. 1st.

Parkruns. Bushy park. 103. Julie Reynolds 20.36. **Wimbledon Common**. 35. Tola Pearse 20.46 (first woman). **Bromley**. 10. Clayton Aves 18.16, 15. David Beadle 18.48, 29. Stuart Cullum 19.36, 33. Damian Hayes 19.47, 36. Mike Simms 19.50, 59. Iain Swatton 20.52, 61. Andy Tucker 20.59, 77. Sam Agnew 21.30, 90. Gracie Horton 21.49, 100. Jason Short 22.09, 109. Austin Adams 22.24, 122. Izabelle Mitchell 22.42, 143. Jobey Mitchell 23.09, 199. Charlotte Faries 24.34, 204. Holly Fletcher 24.42, 208. Jamie White 24.51, 270. Joshua Smith 26.06, 376. Gareth Griffin 28:26, 411. Leszek Malynicz 29.32, 481. Abigail Smith 32.19. **Greenwich**. 3. Ritchie Leccia 18.36. **Tamar Trails**. 18. Bob Minting 22.01. **Newcastle**. 34. Bertie Harrington 18.54. **Brockwell park**. 202. Zoe Kingsmell 29.36. **Bath Skyline**. 71. Chloe Haffenden 23.13. **Crystal Palace**. 57. John Fenwick 23.21, 70. Nigel Wood 23.42. **Roosevelt Island DC**. 8. Joseph Georgiadis 21.22. **Dulwich**. 127. James Morris 25.43. **Orpington**. 8. Harry Keene 21.09, 11. Nick Barber 22.01, 32. Dave Leal 23.47, 63. Mick Keene 26.06, 138. Karen Desborough 34.03. **St Anne's**. 29. Robert Perry 20.51, 40. Adrian Perry 21.17, **Fulham Palace**. 124. Holly Trott 23.08. **Peckham Rye**. 92. Peter Rogers 27.09, 93. John Turner 27.09, 126. Maz Turner 31.38, **Woking**. 135. Zoe Wood 26.34. **Lullingstone**. 7. James Unwin 23.36.

30/10/16

Frankfurt Marathon. 4015. Steve Evenden 3.44.20 (3.40.12 chip).

31/10/16

World Masters Championships, Perth, Australia. Pole Vault. M60. 1. Allan Williams 3.30.

25 years ago in 1991

Gary Arthey is the Athletics Weekly Road Runner Of The Month.

The Stacey twins dominate the womens race at the Brooks Forbanks 10km. Gillian wins in a time of 34.32 with Julie second in 34.51.

Dave Taylor wins the Club 5 Cross Country Championship.

Alan Guilder wins the Worksop Half Marathon

The Intermediate Girls rankings for 1991 show Ujo Efobi top of the discus with 40.48, third in the shot and fifth in the long jump. Shani Anderson tops the triple jump list with 11.41.

At the Herne Hill Young Athletes League at Brockwell Park there is a one –two in the colts age group for Andrew Blackwell and Michael Skinner.

Graham Botley is introduced as the New President by outgoing President Tony Weeks Pearson.



President Graham Botley with Heather Hassall and two future Presidents.

20 years ago in 1996

Bill Foster finishes 19th in the Beijing Marathon in 2.18.55.

BEIJING MARATHON

One of the most enjoyable aspects of running is the chance to travel and meet so many different people throughout the country and sometimes even abroad. In June 96 I received a phone call from Gordon Surtees to ask if I would like to run for Great Britain in China, in the Beijing marathon. The race would be in October and conditions are normally good, with a strong field. Also an opportunity to see the Great Wall, Forbidden City, Tianamen Square etc. The chance of a lifetime I thought!

I insisted on travelling out well before the race and went from Heathrow on Saturday 6th October 8 days before the race. There is an 8 hour time difference between the United Kingdom and Beijing and this would mean the race would begin at 1.00 am United Kingdom time, so I knew that I would need a few days to adjust to the time change!

We stayed in the "Friendship Hotel", a very impressive hotel which was 30 minutes taxi ride from the city centre. I was pleased the rooms had CNN, which kept me up to date with world events, and the food was excellent with a wide choice of chinese and western food. Two nights before the race we were treated to a welcoming chinese banquet, rather different to the usual pasta party. This was an amazing event, although I was a little nervous about what we might be eating so close to the race, but it turned out to be a really good evening.

The event was sponsored by Daiei, a Japanese firm that is opening stores in China. I asked one of the Japanese runners what Daiei was and after a long pause, as his English was not too good, he said "Marks and Spencers" of Japan! The sponsors had put a lot of money into the event and there were 29 invited international runners from 24 different countries, all having run 2.15 or better. With the Chinese runners as well, there was no shortage of competition! Eleven women from around the world were also invited, so the overall group was about 60 people including team managers. Everyone was very friendly towards each other and although I was the only English person, there were plenty of people to talk to!

One lunchtime I looked up and saw Ken Pike helping himself to food, quite a shock! Well he did have long shaggy hair and a big red nose, but I soon realised it wasn't Ken as he wasn't talking at anybody or anything - Ken would have been telling the vegetables the 100 metre split times he would be aiming for in the marathon. Ken Pike turned out to be Nick Loue from South Africa, who talked me into visiting the Mao mausoleum, to see Mao's body in a glass coffin - he died in 1976. Nick was a fun runner aiming for 3 1/2 hours and was rather surprised to find out it was an 'elite' marathon - if he did not get to half way in 1 hour 25

mins he would have to get on the sweep up bus! When the time came, he refused telling the bus to "go away". After the bus overtook him he had to run the second half on his own on open roads with no blue line to follow. I was impressed when he still managed his 3 1/2 hours, even though the stadium was empty when he arrived!

Beijing is better than London for achieving this as you can run in the cycle lanes. 70% of Beijing's 11 million people travel around by bike - rush hour is quite an event each morning and evening! There still seems to be a lot of traffic, but this is largely public transport and company owned cars. Hardly anyone owns their own car. I was impressed by the cyclists, the average chinese seems very fit and most of them have already been to the park at dawn for an hour's exercises, in groups performing Tai Chi, Aerobics, mock sword fights etc.

We started and finished the race in the workers stadium. I got up at 5.30 am for a breakfast of toast and jam. I was amazed to see the Japanese athletes have a very big breakfast of spaghetti bolognaise (but they didn't seem to run very well!), whilst the Africans piled into the rice which seemed more sensible to me.

The Workers Stadium had 60,000 spectators who would be watching the start and finish with a women's football match in between. China won a silver medal at the Olympics in womens football. This was the stadium where Wang Junxia ('x' is pronounced 'sh' in Chinese) ran 29.31 for 10,000m, 3.51 for 1500m, 8.12 and 8.06 for 3000m all in one week!

Race day was 'relatively' cool, which I was pleased about as some days it was very warm. I set off steadily, feeling rather sluggish for the first 5K in 15 mins 59 seconds, about 100 yards behind the leading group of 25 people. I soon started to feel better and passed 10k in 31.40, in Tiananmen square. The route consisted of many long straight roads, it was a good course and almost completely flat. After passing halfway in 67 minutes I started to overtake a few people who had worked too hard in the early stages. However, as I tired in the closing miles I noticed that even though I was overtaking other African, European and Japanese athletes, the Chinese runners were overtaking me! In the end I finished 19th in 2 hours 18 minutes and 55 seconds, with 8 Chinese ahead of me. The race was won by Nelson Dvcreva from Kenya in 2 hours 10 minutes - he pulled away from Huruk, Mekonnen and Gajung in the closing stages. Overall I was happy with my run as I was ahead of quite a lot of people who had run some fast times, but I had trained very hard for this race so was slightly disappointed with my time. But I am not complaining - it was one of the most enjoyable races

and trips I have ever been on.

The day after the race we were taken to see the Great Wall: an incredible sight. Climbing the wall with stiff legs was hard work and it was very steep in places. The Chinese children were amused to see a European and some African people hobbling down the steps, sometimes backwards to make it easier on the quads!

The banquet after the race was a great event, with no expense spared and a 12 course meal. I still do not know all that I was eating but I tried everything and had a great time. The Chinese organisers and people were very friendly and it certainly turned out to be a trip of a lifetime.

Bill Foster



The Blackheath team of Phil Hogston, Roy Smith, Simon Baines, Dave Taylor, Mark Steinle and Spencer Newport finish in 8th place in the National 6 stage road relay at Sutton Park.

Blackheath have a clean sweep of team victories in the Kent League at Sparrows Den with individual wins for Michael Skinner (U17M) and Matt Hill (U15B).

Roy Smith wins the Dulwich 10km and Jon Morland the Forbanks 10km.

15 years ago in 2001

A team of Mike Skinner, Joe Mills, Roy Smith, Dan Ayrton, Tim Dickinson and Bill Foster finishes 8th in the National 6 stage relays at Sutton Park.

Mike Skinner and Jennie Butler win the men and womens races at the Kent League at Tunbridge Wells. Ella Fisher wins the under 15s and Rebecca Taylor the under 13s races.

Tim Dickinson finishes 7th in the Reebok Cross Challenge in Liverpool.

Roy Smith wins the Club 5 just days after an operation to remove tissue growth from the top of his hamstring. Jennie Butler wins the womens race. Andy Rayner is the first Junior to finish.

Mark Steinle has to withdraw from the Great Britain team for the World Half Marathon Championships in Bristol.

10 years ago in 2006

Mike Skinner is 6th in the opening UK Cross Challenge at Senneleys Park, Birmingham. He also times 49.46 at the Cabbage Patch 10 mile road race. His coach Conrad Milton visits the Club to take a cross country coaching day.

Jennie Butler wins the Senior Womens race in the first two Kent League matches of the season at Tonbridge and Capstone Park.

Jamie Atkinson wins the Ashford 10km.

Norman Park track is reopened having been shut since the start of June to allow it to be extended to eight lanes.

At the British Masters Weight Decathlon, there is gold for Beatrice Simpson and silvers for Barbara Terry and Gordon Hickey.

5 years ago in 2011.

John Blackie is named England Athletics Development Coach of the Year. He also wins the London Regional Award.

Four Club members are selected to compete in the British and Irish Masters International. Alex Gibbins, Keith Ewing and Alan Camp are picked for England, and Paul Ross Davies for Wales.

The 100th annual mob match against Orion Harriers takes place at Hayes.

Below. Jack Braughton with Sydney Wooderson at Sydney's 80th birthday celebrations at the Clubhouse (now the Sydney Wooderson centre). The picture above them is of another Olympian John Herring winning the Southern Three Miles in 1962 ahead of Mel Batty.

