

# Blackheath & Bromley Courier

June 2020.

President 2020-21. Nic Corry.

Editor. Pat Calnan ([p.calnan@btinternet.com](mailto:p.calnan@btinternet.com))

It's a marathon not a sprint as we move from Lockdown to normality, or is it an ultra marathon not a marathon? Coaches and athletes have been putting in a lot of hard work and it will be interesting to see the results when we do get back to track and field competition. What that will consist of remains to be seen. With all Leagues unable to operate, it looks like the Trophy Meeting is set for a comeback. Then it's Winter... All pictures included in this Courier were taken pre lockdown, and some.

**Presidents News.** Every Wednesday at 8pm on the Club Facebook page. Initial broadcasts were from the Clubhouse but now he is on the road (or track or country). Where will he pop up next?

## **B&B Live on Instagram each Sunday at 6pm.**

These half hour interviews allow us to learn more about our members. You will find out things you never knew. Those featured so far are

27/4/20. Agata Cienciala interviewed by Nic Corry

3/5/20. Baily Stickings interviewed by Nic Corry

10/5/20. Margaret Baldwin interviewed by Nic Corry

17/5/20. Jonathan Ilori interviewed by Paul Byfield

24/5/20. Holly Arnold interviewed by Holly Platt

31/5/20. Zac Nwogwugwu and Myles Xavier interviewing each other.

If you miss the broadcast you can catch up on the Club's youtube channel. Well worth watching.

## **Norman Park track reopens.**

The training venue has reopened but use is restricted and the track has been divided into four training zones. Sessions need to be booked in advance.

<https://nptm.co.uk/track-opening-limited-bookable-sessions-only/>

## **Forthcoming Events**

**Wednesday Nighters Lockdown Challenge** – “To keep us all inspired, motivated and running a Blackheath & Bromley Harriers weekly challenge will be provided. You should aim to SAFELY complete this task before 9 p.m.each Wednesday”. This weeks #WNLC: Inspired by Mark Comptons Wednesday night stations run, this weeks challenge is Station Bagging. Visit railway stations on your run. How many can you visit? Tell us where you've been and your M.P.S. (Miles perStation).

Follow us : @bbharriersac

Facebook: Blackheath & Bromley Harriers Wednesday Night Run Group

**B&B Virtual 5km series.** Depending on entries, there will be a range of 'virtual' prize categories (e.g. age grading, age categories, gender, elevation gain etc) and a race commentary will be produced. Entries close 17:00 7 June

Entry details at <http://bandbhac.org.uk/>

## **Results!!!!!!!!!!!!!!**

### **9-21/5/20**

Open European Masters 5k Virtual Challenge. M70. 4. Rob Brown 22.22.00.

### **17/5/20.**

**B&B Virtual 5km.** 1 Josh Schofield 15.23, 2 Angus Harrington 16.07, 3 Mark Cage 16.25, 4 Ian Firla 17.51, 5 Dan Putnam 18.43, 6 Fintan Parkinson 19.52, 7 Tim Ayres 20.29, 8 Steve Pairman 20.42, 9 Sam Beadle 21.22, 10 Julie Reynolds 21.43, 11

Rob Brown 22.22, 12 Andy Tucker 22.59, 13 Charlotte Bloodworth 24.37, 14 Bob Minting 24.59, 15 Julia Pairman 28.38, 16 Bernard Wilson 29.12, 17 Karen Desborough 32.41. Handicap. 1 Julia Pairman 38.48, 2 Tim Ayres 38.54, 3 Angus Harrington 39.19, 4 Julie Reynolds 39.21, 5 Sam Beadle 39.22, 6 Karen Desborough 39.32, 7 Mark Cage 39.35, 8 Rob Brown 39.44, 9 Andy Tucker 39.51, 10 Ian Firla 39.52, 11 Josh Schofield 39.57, 12 Dan Putnam 39.58, 13 Steve Pairman 40.00, 14 Bernard Wilson 40.33, 15 Bob Minting 40.33, 16 Fintan Parkinson 41.14, 17 Charlotte Bloodworth 41.58.

## Quiz

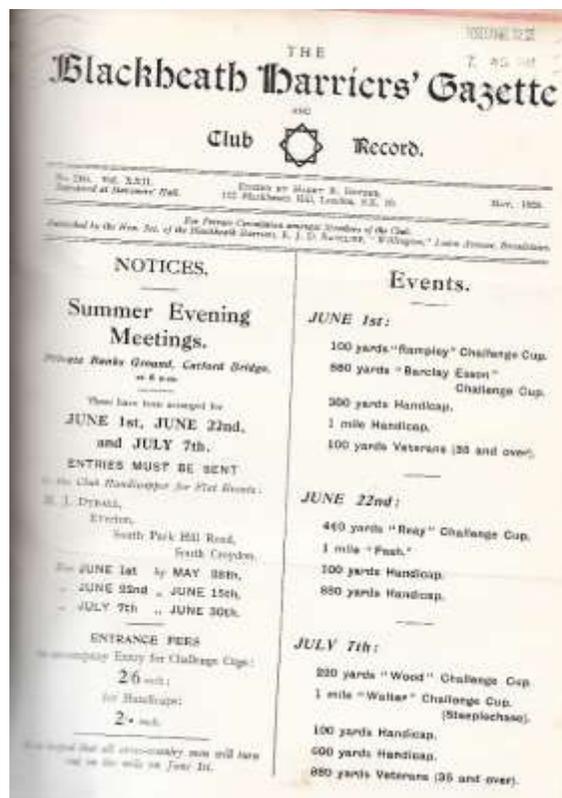
Answers to last months quiz on the European Indoor Championships.

1. The Club had two medallists at the 2015 Championships in Prague. Can you name them and their events? A. Dina Asher Smith – silver in 60 metres. Serita Solomon – bronze in 60 metre hurdles. (Both from Orpington!)
2. The First European Indoor Championships took place in 1970. Which Club member competed? A. Tony Wadhams.
3. Which first claim member competed in the 2019 Championships in Glasgow? A. Jahisha Thomas.
4. Who won bronze in the 200 in 2000? A. Julian Golding
5. Only one male and one female thrower from the Club has competed in these championships. Can you name them? A. Mike Winch and Myrtle Augée.
6. Only one Club member (second claim, previously first claim) has won gold in these Championships, setting a World Best in the process. Can you name them? A. Margaret Beacham – gold in the 1500 in 1971.
7. Which two future Olympians competed at the Championships in 2007. A. Montell Douglas and Scott Overall
8. Two Club members have competed at these Championships on three occasions. Can you name them? A. Graham Gower and Debbi Marti.
9. Which two of the following have competed at these Championships? Phil Sesemann, Joyce Oladapo, Jennifer Stoute, Michael Skinner, Akinola "Lash" Lashore, Mohammed Sillah Freckleton, Liz Hughes, Gillian Stacey. A. Jennifer Stoute and Akinola "Lash" Lashore.

## 100 years ago in May 1920

"Congratulations to our member H. B. S. Rhodes on winning the Stock Exchange Walk – London to Brighton – on May 1<sup>st</sup>. This walk has not been held since 1914 when Rhodes was also a competitor. Rhodes time was 9hrs 37min 52sec. How many of the newspaper men who commented on the time in the Stock Exchange walk knew that the winner was using crutches less than three months since "

"We have to apologise for a meagre Gazette this month, and can only say once more how we do wish members would send items of interest along to swell its pages during these slack times."



75 years ago in May 1945.

"At the Annual General Meeting of the A.A.A. held at the Polytechnic, Regent Street, on April 21, our Past President, H. F. Pash, the senior Life Vice President of the A.A.A., was elected to the Chair in the absence of Lord Burghley... Our President attended the meeting on behalf of Blackheath Harriers, and we understand that considerable reference was made to the proposals for reorganising the management of athletics, on which a pamphlet will be issued to all affiliated bodies in the Country as soon as possible"

# THE Blackheath Harriers' Gazette

AND  
Club  Record.

"Perfer et Obdura"

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## SUMMER, 1945

(76th Season)

### FIXTURES

1945		
May 12	S.C.A.A.A. OPEN HANDICAP MEETING	Victoria Park
.. 26	KENT 20-MILE ROAD RACE	Hayes
June 2	S.C.A.A.A. OPEN HANDICAP MEETING	Tooting Bec
.. 9	KENT JUNIOR CHAMPIONSHIPS	Gillingham
.. 16	S.C.A.A.A. JUNIOR CHAMPIONSHIPS	Chiswick
July 7	S.C.A.A.A. OPEN HANDICAP MEETING	Parliament Hill
.. 28	S.C.A.A.A. OPEN MEETING	Charlton Park
Aug. 10	L.C.C. & A.A.A. HOLIDAYS-AT-HOME MEETING ... ..	Tooting Bec

### HEADQUARTERS WILL BE OPEN

FOR RUNS ON WEDNESDAY EVENINGS  
throughout the Summer, from May 2  
onwards, but there will be no hot water  
and no catering for the inner man.

A Hospital Sports Meeting under the  
auspices of the DARTFORD HARRIERS

will be held on

Saturday, May 19 (3 p.m.)

at

West Central Boys' School  
Sports Ground, Dartford

Open Handicap Races for men include 100, 220,  
880 yds. and 1 mile with a 1 mile Medley Relay and  
a 2 mile Team Race.

## 20-Mile Road Race at Hayes

The Kent County A.A.A. are  
holding this race from the  
Blackheath Harriers Headquarters

on

May 26

at 3 p.m.

Members are urged to come and assist as pointsmen;  
the race will be run in 4 laps so there should be plenty  
of opportunity to watch the progress of the race.

## Junior Championships, Kent A.A.A.

at the

United Services Ground,  
Gillingham, Kent

on

Saturday, June 9 (2.30 p.m.)

EVENTS—100, 220, 440, 880 yds., 1 mile, 880 yds. Relay,  
1 mile Team and Field events.

Open Scratch Races will take place as well.  
Qualifications for the Junior Events are age 16-19 and  
birth or two years residence in Kent.

### GAZETTE

THE next issue of the GAZETTE will appear in  
JUNE

and copy should reach the Hon. Editor before  
MAY 31.

### THE HON. TREASURER

hopes that you will remember him before you empty  
your pockets in Peace Celebrations—Peace or War the  
Club must still go on.

## 50 years ago in May 1970

At the first National League match of the season at Crossford Bridge, Sale, the Club finish 6<sup>th</sup> and last.

Hudson, 6.88. T.J.—1, J. Bullen (Bir), 13.64. Wt.—1, S. Clark (W.G.), 15.26. Dis.—1, M. Cushion (W.G.), 51.90. Jav.—1, M. Wooton (W. & B.), 66.08. Ham.—1, P. Aston (W.G.), 52.02. 3000m. Walk—1, R. Mills (Hf.), 12:29.4.

RESULT—1, Woodford Green A.C., 91; 2, Ilford A.C., 71; 3, Southgate H., 55; 4, Birchfield H., 52; 5, Croydon H., 47; 6, Wolverhampton & Bilston, 38; 7, Belgrave H., 36; 8, Thames Valley H., 31; 9, Blackheath H., 7.

Saturday, 16th May, 1970.

### NATIONAL LEAGUE, DIV. 2, AT CROSSFORD BRIDGE, SALE

As early as 8.00 a.m. four members of the Blackheath party had already arrived at Euston Station, and by the appointed hour of 8.15 a.m. at least thirteen athletes had gathered, with President George Brooks, to catch the 8.30 a.m. train to Manchester. However, British Rail decided otherwise, having changed their timetable on the 4th May and omitted to inform our travel organiser, Peter Hudson. Eventually, after finding a train going generally in the right direction, and a carriage which met with Chris Woodcock's stringent requirements, the team settled down to enjoy the journey. However, due to a fault in one of the carriages, the train arrived more than a little late at Crewe where the team changed for the Manchester train. After changing trains twice more, the team, complete with a local guide, were taken on Safari, down an inconspicuous but well trodden dirt track which wound its way past a gasometer, through brambles, parts of ruined buildings and finally through some bushes on to the track.

Peter Hudson and Mike McFarnell had barely enough time to change and rush to the Hammer and Pole Vault respectively. Regrettably these two stalwarts were called upon to perform in numerous other events during the afternoon in order to fill the yawning gaps left by absent specialists.

However, there was little to cheer about during the afternoon. Our sprinters were outclassed, although managing respectable times with the aid of a strong wind. In the 1500m. Peter Horwood set a good pace but lacked the finishing speed and was overtaken by Douglas and Wardle in the final straight. The 800m. saw the welcome return of David Wright to the track team; he did well to finish fourth, returning 1:52.0 secs. in a fast race won by Cambell (Poly.) in 1:49.4 secs.

Our only victories came in the Javelin, where Mike Turner threw 208' 6" to win the "A" String and John Wright 160' 1" to win the "B" String.

In conclusion it must be said that for a club the size of Blackheath a situation where one athlete has to compete in up to eight events and others in events unfamiliar to them should not arise in competition of National League standard.

100m.—A—1, D. Dear (Sou.), 10.6; 6, P. Frowde, 11.3. B—1, G. Carson (Poly.), 10.8; 5, M. Mahoney, 11.2. 200m.—A—1, D. Dear (Sou.), 21.3; 6, M. Mahoney, 22.6. B—1, G. Carson (Poly.), 22.0; 5, P. Frowde, 22.9. 400m.—A—1, R. Gordon (Ed.), 50.0; 3, M. McFarnell, 51.2. B—1, D. Osborne (Poly.), 51.6; 5, G. Martin, 53.4. 800m.—A—1, C. Cambell (Poly.), 1:49.4; 4, D. Wright, 1:52.0. B—1, R. Barrett (Poly.), 1:55.0; 5, S. McIver, 1:59.1. 1500m.—A—1, C. Douglas (Ed.), 3:52.5; 3, P. Horwood, 3:54.7. B—1, K. Ballantyne (Ed.), 4:02.5. 5000m.—A—1, M. Bradley (Poly.), 14:30.2. B—1, S. Edmonds (Sale), 14:45.4. 3000m. SC—A—1, G. Bryan-Jones (Ed.), 8:54.8; 4, C. Haines, 9:45.4. B—1, C. Leggett (Sale), 9:39.6; 3, G. Botley, 10:11.0. 110H—A—1, R. Fox (Sou.), 15.4; 6, M. McFarnell, 20.2. B—1, R. Parker (Sou.), 15.5; 4, P. Hudson, 18.0. 400m. H—A—1, R. Zentar (Sale), 55.5; 4, M. McFarnell, 58.8. B—1, C. Dean (Sale), 59.0; 5,

C. Woodcock, 70.6. 4 x 100m.—1, Poly., 43.0; 6, B.H., 45.3. 4 x 400m.—1, Poly., 3:20.7. 6, B.H., 3:38.4. H.J.—A—1, J. Watson (Poly.), 5' 10". B—1, R. Fox (Sou.), 5' 8". L.J.—A—1, C. Greenaway (W.G.), 23' 11½"; 2, P. Hudson 23' 4¼". Jav.—1, M. Turner, 208' 6". T.J.—A—1, G. Evans (Sale), 47' 0"; 5, P. Hudson, 40' 10½". B—1, P. Lewis (Poly.), 42' 2¼"; 6, M. McFarnell, 38' 3¼". Wt.—A—1, S. Clark (W.G.), 49' 4". B—1, P. Rees (Sou.), 45' 3¼". Dis.—A—1, M. Cushion (W.G.), 160' 3". B—1, M. Davies (W.G.), 134' 5". Ham.—A—1, C. Black (Ed), 179' 8"; 6, J. Wright, 76' 2¼". B—1, D. Lazarides (W.G.), 169' 4"; 6, P. Hudson, 27½ 1". Jav.—1, M. Turner, 208' 6". B—1, J. Wright, 160' 1".

RESULT—1, Polytechnic H., 247; 2, Sale H., 229; 3, Edinburgh South H., 217; 4, Southampton A.C., 213; 5, Woodford Green A.C., 201; 6, Blackheath H., 155.

Wednesday, 27th May, 1970.

### MATCH v. CHISLEHURST & SIDCUP G.S. AND SOUTH BROMLEY COLLEGE, AT LADYWELL

100m.—1, T. Phillips, 12.3; 4, J. Beveridge, —. 200m.—A—1, T. Phillips, 24.3; B—1, McNab (C.&S.), 25.3; 2, J. Beveridge, 25.4. 800m.—1, G. Martin, 1:58.4; 2, G. Pinkney, 2:2.5. 1500m.—1, M. Goodwin, 4:11.6; 3, K. Rogers, 4:36.4. 4 x 100m.—1, C.&S. 47.5; 2, B.H., 47.5. H.J.—1, Stacey (C.&S.), 5' 2"; 4, R. Broadhurst, 5' 0". L.J.—1, Waller (C.&S.), 18' 10"; 4eq. T. Phillips, 14' 10½". T.J.—1, Waller (C.&S.), 39' 8¼"; 3, B. Reynolds, 33' 6". Wt.—1, Romain (C.&S.), 36' 0½"; 3, C. Woodcock, 30' 2¼"; 5, M. Woodcock, 25' 1¼". Dis.—1, Smith (C.&S), 121' 2". Jav.—1, Smith (C.&S), 128' 4".

RESULT—1, Chislehurst & Sidcup G.S., 101; 2, Blackheath H., 69; 3, South Bromley College, 31.

### 10,000 Metres Championship

(11 entries)—1, A. Mandeville, 31:39.4; 2, R. Hawtin, 31:51.8; 3, I. Wilson, 32:0.1; 4, C. Haines, 32:13.8; 5, P. Shephard, 32:46.8; 6, A. Weeks-Pearson, 33:21.4. Handicap—1, P. Shephard (2:50), 29:56.8; 2, F. Rogers (3:45), 30:14.6; 3, A. Mandeville (0:50), 30:49.4.

Saturday, 6th June, 1970.

### KENT COUNTY CHAMPIONSHIPS, AT CRYSTAL PALACE

Club members could be forgiven for expecting that our members would feature very little in the county championships this year in view of the poor turnouts that we have been experiencing in club matches on the track. As it happened there was much more participation by Blackheath Harriers than had been expected, particularly among the Youths and some very good performances. There is obviously more talent in the club than is generally realised and it is to be hoped we shall now be able to use it to the club's advantage.

The Championship meeting covered events for Boys, Youths, Juniors and Seniors so there was a full day's programme. This went without any obvious hitches and the meeting kept up to time so the various club members who assisted with the judging and marking and with the organisation generally can feel satisfied with their day's work. There were a few other members watching from the stands but it was clear that there were few if any spectators apart from supporters of the competitors and the number of people in the stands was pitifully small especially considering it was a lovely summer's day.

There were several Championship Best Performances including two by our own young members, J. Fenton who won the Youths' 100 metres in 11.5 seconds and

At the first evening meeting at Ladywell, Bob Richardson wins the Club 5000 metres race in 14.25. Immediate Past President Sydney Wooderson is among the timekeepers. "The least said the better, about the lack of enthusiasm and lack of support for the Field Events."

Chris Haines is 8<sup>th</sup> in the Kent "20" in 1.50.00 leading the Club to victory in the team race. Mike Willis and Bob Hawtin complete the scoring.

At the Kent Womens Championships at Crystal Palace, Wigmore Ladies Nicola Klarkowski sets a Championship Best of 12.5 in winning the Junior Girls 100 metres.

At the Southern Championships for women at Crystal Place, Helen Key is second in the Intermediate Girls high jump with a leap of 1.53. Ruth Hardy is third in the Junior Girls 75 hurdles in 12.2.

### **25 years ago in May 1995.**

Blackheath finish in 4<sup>th</sup> place in their first match back in the top flight of the British Athletics League. Julian Golding wins the 200 metres in 21.4 and the Club score maximum points in the 5000 (Dave Taylor and James Harrison) and the 3000 steeplechase (Paddy Brice and John Marks). It is a good start but with the League operating a three up, three down promotion/relegation for the first time, it will still be a tough season.

Mark Steinle breaks the course record timing 30.37 at the Ted Pepper 10km.

Blackheath's youngsters win their opening McDonalds National Young Athletes League match of the season. Nizamul Hoque is track athlete of the match for his 49.8 in the 400. Emeka Udechuku, hampered by a groin strain, wins the shot with a standing throw of 15.44.

At the Kent County Championships there are Senior golds for Lee Newman (shot and discus), Nigel Keogh (400 hurdles), Joice Maduaka (100 and 200) Emma Clapson (400), Uju Efobi (100 hurdles) and Myrtle Augée (shot).

James Harrison takes the £400 first prize at the Puma Trinomic 10km at Crystal Palace with a time of 29.46. It is a blanket finish with Harrison moving from 5<sup>th</sup> to victory in the last 600 metres. Mark Steinle sets a new best of 29.52 in 5<sup>th</sup> and Spencer Newport is 6<sup>th</sup> in 30.02. The race incorporates the London 10km Championships and the Club are first, second and third in the team race! As a warm down Harrison wins the Camberley Half Marathon the next day in 68.00. Phil Hogston wins the Canterbury Half Marathon and Roy Smith the Sevenoaks 7.

Bill Foster wins the 10,000 metres at the Inter Counties Championships in Bedford. Steve Harrison is second in the javelin and there are third places for Lisa Thompson in the 800 and Uju Efobi in the shot.

At the Southern Under 20, Under 17 and Under 15 Championships at Crystal Palace, Blackheath athletes win 13 golds, 8 silver and 7 bronze medals, set three Championship records, two Club records and numerous personal bests. Among these, Emeka Udechuku sets Championship bests in the under 17s shot (18.43) and discus (56.94) and wins the Under 20s discus (52.44); and Leon Connikie sets a championship best in the under 15 boys 400 (51.60). Other golds come from Marvin Bramble (U20 triple jump), John Skeete (U17 100 and 200), Chris Moss (U17M 800), Daniel Plummer (U15 100 and 200), Adrian Cluskey (U15 shot), Steve Holmes (U15 1500) and Dwayne Grant (U15 Long jump).

### **20 years ago in May 2000.**

At the Southern Under 20 Championships at Watford, Dwayne Grant wins both the 100 and 200. Other golds come from Katy Porter in the 100 hurdles and Sandra Alaneme in the under 15s high jump.

At the National Junior Athletics League Medway Division match, Bromley AC win the Ladies match with Blackheath second.

At the Southern Premier Match at Copthall, Dwayne Grant scoops the man of the match award for his 10.6 win in the 100 metres. He also sets a pb of 21.5 in the 200.

Joyce Hepher sets a Championship best of 6.24 as she wins the Senior Ladies long jump at the Kent Championships at Crystal Palace. Other senior wins come from Nicole Bowring in the 400; Liz Hughes in the pole vault; and Michael Champion in the 200.

Joyce Hepher is runner up in the ladies long jump at the Inter Counties Championships at Bedford. Levi Edwards is third in the mens event with a new best of 7.35.

Emeka Udechuku wins the discus at the Loughborough International, having won the shot and discus the day before at the British League match at Wigan.

### **15 years ago in May 2005**

Liz Hughes wins the pole vault at the Inter Counties for the third time.

At the Southern Under 20 Championships at Portsmouth there are javelin wins for Stuart Harvey and Christine Lawrence. Rachel Blackie sets a Club Junior and Senior record in winning the hammer and Daniel Haque is 200 metre champion. In the under 17s there are wins for Danny Doyley (100), Scott Blackwell (400), Serita Solomon (80 hurdles), and Flo Clark (discus). Golds in the under 15s come from Jermaine Alexander (100) and Sarah McGuire (shot).

The Clubs athletes win 50 gold medals at the Kent Championships at Ashford - Sarah McGuire U15G Discus, Allan Williams SM Pole vault, Rachel Blackie SW Hammer, Rachel Blackie U20W Hammer, Jermaine Alexander U15B 100, Serita Solomon U17W 80H, Serita Solomon U17W 100, Leah Forbes Morris U15G Long Jump, Shaunagh Brown U17W Discus, Scott Blackwell U17M 400, Rebecca Syrocki U20W 400, Katrina Cosby U15G 200, Stuart Harvey U20M Javelin, Bella Clayton SW 800, Jo Wood U20W 100H, Vanessa Nakangu U17W 300, Ian Allerton SM 400, Jade Castell Thomas U17W TJ, Andrew Rayner SM 1500, Aston Stockdale U15B 400, Daniel Haque U20M 200, Vicki Cole U20W 100, Richard AlAmeen U17M Hammer, Scott Huggins U17M Pole vault, James Alaka U17M 200, Stephen Cavey U15B 800, Jermaine Alexander U15B 200, Andrew Jordon U15B Hammer, Ed Harrison U20M 400H, Amir Williamson U20M Hammer, Sam Bobb SM TJ, Helen Silvester U15G Javelin, Jessica Matthews U15G HJ, Amy DeMatos U15G 800, Rachel Arnheim U17W Pole vault, Christine Lawrence U20W Javelin, Clare Cooper U20W 200, Bella Clayton SW 400, Katy Benneworth SW Long Jump, Liz Hughes SW Pole vault, Stuart Harvey SM Javelin, Jamie Atkinson SM 800, Daniel Haque U20M 100, Robert Bain U20M 3000 walk, Vanessa Nakangu U17W 200, Rebecca Taylor U17W 800, Hayley Nouch U20W TJ, Sarah Harrison U15G 100, Julia Stacey U15G 3000 walk, Amy DeMatos U15G 1500.



Mark Steinle wins the Ted Pepper 10km. Gemma Viney wins the womens race. Former Club member Kieran Richardson scores two goals on his England football debut.  
**10 years ago in May 2010**

Tremayne Gilling wins the 100 metres at the British Universities Championships in a time of 10.49. Pamela Hughes is the other Club member to strike gold. She is first in the high jump with a leap of 1.78. At the Southern Under 20 Championships at Ashford there are wins in the under 17 womens age group for Rachel Dickens (300) and in the under 15s for Dina Asher Smith (100 and 200).

The Club win 31 gold medals at the Kent Championships at Ashford.

