From the editor:

The great escape
Blackheath & Bromley's senior men managed to avoid relegation and stay in British League Division One in their last League fixture at Sheffield. Lying in 7th place in the 8 team Division (the bottom two due to go down) they needed to beat rivals Bedford by one place to avoid the drop. However, they finished in third place on the day and were not far off winning the match while Bedford struggled and finished last. The contribution of Scott Overall was outstanding, winning both the 1500 and 5000 metre races with times of 3.53.2 and 14.33.0. Dwayne Grant won the A string 100 metres in 10.5 with Jonathan Barbour making it maximum points in the B string, and the relay team won the 4x100 relay by a whole second in 40.6. Stuart Harvey returned to League action after injury and won the javelin with 62.93 while Mensah Elliott, another on the comeback trail, took the 110 hurdles in 14.9. However, the Southern League Division two team were third in their match at Chelmsford and will be relegated while due to a lack of athletes the Club did not contest the Division three match at Uxbridge.

Club 2006 CLUB CHAMPIONSHIPS NORMAN PARK Saturday 30th September
This year, despite what it says in the fixture list, these championships are to be an end of season reunion following a summer when we have been scattered all over south London. The meeting will also be the Norman Park re-opening meeting. We hope that you will all want to be part of this double celebration To reflect the end of season atmosphere and to allow for the small but real risk that the track construction just might not be finished, entries will be on the day rather than in advance. The provisional timetable below is subject to adjustment.

TRACK 1.15pm. 75m hurdles(U13B/U15G) : 1.25pm 70m hurdles(U13G) :80m hurdles U15B/U17W) :
1.35pm 75m races for U11’s 1.45100m hurdles(U17M/U20W 110m hurdles (U20M/SM) :
2.00pm 75m (U13G) 100m :2.25pm1500m :3.00pm 300m (U17W) 400m.
FIELD 1.00pm Shot, Pole vault : 1.45pm Long Jump (U13 B&G) : 2.15pm Discus, High Jump .Ball : 3.00pm Javelin throw for U11’s : 2.45pm Long Jump (U15 & older)
Long jump for U11’s.
Raise funds for Blackheath & Bromley Harriers AC when you shop online

Blackheath & Bromley Harriers AC has teamed up with easyfundraising.org.uk who provide a great service where you can raise funds for us simply from shopping online. Use as of the 150 retailer links provided on the easyfundraising.org.uk website when you shop and each time a commission is donated back to the club, completely free of charge, many of the UK’s best known retailers are participating.

Using the site

1. to start you need to Register with easyfundraising.org.uk. Registration is completely FREE and you will receive an email confirming your registration has been successful. When you register you simply select Blackheath & Bromley Harriers AC from the drop down list.
2. Next, login using your username/password. This is how the system recognises who you are and which cause will benefit when you make purchases.
3. Finally, after you have logged in simply select the retailer you wish to use and make your purchase directly with them.

The donations from your purchases will be clearly displayed in your online account (which you can access when you login). Most retailers confirm donations within minutes of placing your order, but please note that some retailers can take up to 30 days to notify easyfundraising.

That’s all you need to do! (apart from remembering to return the fundraising website next time you shop online).

Will you need to pay anything extra?
No. You pay the same prices, exactly as if you visited each retailer’s website directly. Using the service will not cost you a penny more than you would pay normally.

How much can you raise?
Up to 15% of every purchase is donated depending on which retailer you select and what you buy. To see how much will be raised click “donation” located next to each retailer.

Are you dealing with the retailer or with easy fundraising?
You still deal directly with each retailer. Easyfundraising simply record your visit to their website and reward Blackheath & Bromley Harriers AC if you make any purchases.

Editing the Courier
Anyone who saw my plea for help in the last edition and would be interested in joining a small editorial team please let me know, as I think that three people working together could turn this into an even better publication.

And finally
The winter cross-country handicap championship for the Bennett Cup kicks off on the 16th of September with the traditional opening event, the Will Bolton memorial cross country relays. Yours truly will be commencing his defence of the Bennett Cup, hoping for great things again this coming season. History suggests that no one defending the trophy will win it again the following year but you never know! The only runner in club history to win it more than once was Peter Stenning in 1950 and 1958 (jointly with P.G Bond). Maybe history will repeat itself (gloat, gloat).
The Courier August 2006. Results

Road.

Half marathons

Other distances
July 2nd Bewl Water 15m. Wadhurst. 23rd A. Tucker (m40) (1:41.34)- 102. T. Brightwell (m50) (2:00.17)- 144. R. Strong (v50) (2:08.30)- 212. Ms A. Jelly (fv50) (2:21.03).

July 9th Portsay Aberdeenshire 10k. G. Murray (m70) (64.01)


July 23rd Julie Button Memorial 10km. Elmbridge. 204th W. Orton (44.31). (winner S. Major (SLH) 32.05)


Roy Parris Memorial Handicap Series. (net time given in italics)


Cross Country

July 23rd, Fairlands Valley Marathon. D. King (4:00.58)- B. Smith (4.00.58) (Dave King’s 100th Marathon)

**Fell**

June 15th. Walsh two lads fell 5 mile. Horwich, Nr Bolton. 67th. N. Barber (41.53)

**Track and field (A and B indicate A and B string)**

**June 19th. SEAA champs at Crystal Palace**


**U17 Women.** 400m heats 4. V. Nakangu (58.54): DT (1) 2 nd S. Brown (42.62).


8th with 206 points

June 18th - Kent Young Athletes League - Bexley

June 25th - Young Athletes Junior League Southern premier, Battersea Park.


U17 GIRLS Total Points 102Match Position 1st GIRLS' TEAM Match Position 1st COMBINED BOYS/GIRLS' TEAM Total Points 446 Match Position 2nd

July 16th - National Junior Athletic League - Ware
(13.97m) - B. 6. D. Willis (11.42m): Pole Vault A. 1. S. Huggins (4.40m) - B. 6. S. Hemmings (2.00m) Blackheath & Bromley finished 4th with 427.5 points

Women. 100m A. 6th Lauren Blackie (12.8)- B. 6th Sarah Harrison (13.2): 200m A. 3rd Kara Graham (25.2) - B. 8th Sarah Harrison (27.3): 400m A. 2nd Rebecca Syrocki (57.6) - B. 3rd Katrina Crosby (61.5): 800m A. 6th Rebecca Taylor (22.86): B. 4th Ella Fisher (22.81): 1500m A. 3rd Bryony Proctor (4.47.1/ PB) - B. 6th Rebecca Taylor (5.52.9): 3000m A. 6th Sarah Coombs (12.09): B. 3rd Laura Kastoryano (13.40.7): 1500m s/c 3rd Catherine Chambers (6.19.3): 100MH A. 8th Jo Wood (8.17.9) - B. 3rd Leanne Critchley (18.1): 400mH 1st A. Sarah Harrison (66.1) - B. 5th Jo Wood (77.8): 4 x 100m relay 3rd (Lauren Blackie, Sarah Harrison, Rebecca Syrocki, Kara Graham) (350.2): 4 x 400m relay 3rd (Sarah McLellan, Ella Fisher, Katrina Crosby, Rebecca Syrocki) (4.08.9): Discus A. 8th Chloe Shaw (18.97m): B. 8th Katrina Crosby (11.46m): Shot A. 8th Leanne Critchley (6.59m) - B. 7th Sarah Harrison (6.41): Hammer A. 8th Rebecca Taylor (11.90m) - B. 6th Jo Wood (8.93m): Javelin A. 4th Emily Godley (17.97m) - B. 7th Chloe Shaw (12.34m): B. 7th Lauren Blackie (4.98m) - B. 5th Jade Castell (4.86m): High Jump A. 2nd Anna Smith (1.55m) - B. 2nd Jessica Harding (1.40m): Triple Jump A. 6th Jade Castell (10.68m) - B. 5th Rachel Arnheim (9.79m): Pole Vault A. 1st Rachel Arnheim (3.30m) - B. 1st Emily Godley (3.20m).

July 16th National Junior League Match 3 - Stevenage

100m A. 2nd D Doyley (10.7) - B. 5th M Crooks (11.9): 200m A. 6th S. Blackwell (22.8) - B. 6th M Crooks (24.00): 400m A. 4th A Babb (51.00) - B. 3rd A. Stockdale (53.3): 800m A. 7th R. Daniel (2.151): B. 5th D. D Angelo (2.09.5): 1500m A. 7th D. Brewer (4.19.5): B. 6th C. Ward (4.40.2): 3000m A. 7th J. Vintner (9.41.2): B. 6th B. Szczepanski (11.26.0): 2000m s/c A. 3rd A. Littlewood (6.31.0): B. 3rd S. Simpson (7.28.0): 110mH A. 1st A. Alameen (14.6) - B. 2nd S. Hemmings (15.4): 400mH A. 6th J. Summersby (60.60) - B. 3rd A. Healy (60.20): 4 x 100m 2nd (A. Stockdale, S. Blackwell A Alameen, D Doyley)(43.4): 4 x 400m 1st (S. Blackwell, D. D Angelo, A. Babb, D Doyley(3.24.5): Discus A. 2nd Al Williamson (43.37m) - 4th A. Alameen (27.36m): Shot A. 5th Al Williamson (11.92m) - B. 4th S. Blackwell (10.11m): Hammer A. 1st Al Williamson (49.64) - B. 7th D. D Angelo (6.38?): Javelin A. 8th D. Willis (15.21m) - B. 7th R. D Angelo (11.58m): Long Jump A. 8th D. Willis (5.71m): B. 6th J. Odamey (5.49m): High Jump A. 1st S. Hemmings (2.00m) - B. 5th D. Willis (1.70m): Triple Jump A. 2nd J. Odamey (13.97m) - B. 6th D. Willis (11.42m): Pole Vault A. 1st S. Huggins (4.40m) - B. 6th S. Hemmings (2.00m) Blackheath & Bromley A string team. 3rd. 269 points. B. string team. 4th 427.5 points.

July 22nd - Southern League - Div 2 Portsmouth


July 29th Norwich Union Grand Prix.


hurdles 2. K. Murray (1.03.28): Discus 1. S. Brown (44.23m): Hammer 3. B. Simpson (29.09m): HJ 3(joint) S. Alaneme
(55.40): 4x400m relay. 3rd S. Brown (11.88m): TJ 7. S. Allerton (8.79m): 4x100m relay. 3rd A. Jacobs, S. McLellan, J. Butler, K. Murray

Blackheath & Bromley finished 2nd with 224.5 points.

19th to 30th July. European Masters Championships, Poznan, Poland

British League (senior men)- Sheffield
Blackheath & Bromley finished 3rd with 352 points.

Southern League - Div 2 Chelmsford
Blackheath & Bromley finished 3rd with 352 points.

AAA’s Under 17 and Under 15 Championships, Birmingham U17 women. Discus. 1st Shaunagh Brown (44.95): 5km walk 1st Chelsea O’Rawe Hobbs (26.44.55): PV 1. Rachel Arnhem (3.20m)- Emily Godley (3.10m): 100m 3rd James Akala (10.73): 200m 2nd James Alaka (21.68): U15 boys 400m 2nd Dan Putnam (51.22): 800m 3rd Stephen Cavey (2.03.38): 1500m s/c 5th Alex Bruce Littlewood (4.37.79): Hammer 1st Andrew Jordon (56.20).
August 6th - Kent Young Athletes League - Sutcliffe Park


August 12th. BMC Grand Prix Final, Manchester: 1500m. 3. M. Skinner (4.05.29).


August 12th. Southern Women's League - Sutton Arena

Smith(1.50m)-B. 4. Jessica Harding (1.35m): Triple Jump A. 4. Jade Castell(11.07m)-B. 1. Lauren 
Blackie(10.85m)- Pole Vault A. 2. Emily Godley(3.15m)- B. 1.Rebecca Haywood (2.45m). Blackheath & 
Bromley finished 1st with 510 points

**Triathlons**

August 6th. London Triathlon. (1500m swim, 40km cycle, 10km run.
D. Mehmed (2:33.13)- K. May (2:33.16)- R. Hall (2:41.46)

![Triathlons](image.jpg)

19th British Masters Open Road Relay Championships 2006 held at Sutton Park - B&B win the over 50's Championship.