



The Courier

VOL 25 . No10 August 2008. PRESIDENT 2008/9 Tim Soutar. HON SEC:- Duncan Flagg
EDITOR:- Wilf. Orton, 9 Jenson Way, Fox Hill, London SE19 2UP (0208-771-1128) (email
wilfred.orton@hmcourts- service.gsi.gov.uk or wilf.orton2@btinternet.com
Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way, Hayes, Kent BR2 7EY
(Tel 020 8462 3115)
Unless otherwise attributed, views are those of the Editor.

Contents: Page 1. Articles. Page 3. Results, Road. Page 4. Cross-Country, Triathlon, Track & Field,. Page 14. cricket balls & leg-overs.

From the editor:



Montell's Olympic venture- (i). Qualification July 11/18th

Montell Douglas has joined the ranks of Heatherns past and present who have attained Olympian status. At the Aviva National championships and Olympic trials in Birmingham on July 12th she finished second to Jeannette Kwakye (in a time of 11.35 just outside the qualifying standard of 11.30secs) but gained selection for the 4x100m relay squad on the strength of this performance. Then on the following Friday, at Loughborough in the LEAP International Meeting she raised her game to clock 10.95 seconds in her heat. Although the 2.6 metre p/s following wind was over the limit for record purposes, she followed this by winning the event in 11.05 secs and the 2.0 p/s wind was the maximum allowable limit. It gained her selection for an individual place in the 100 metres and broke the long-standing British record of 11.10 seconds, set by Kathy Cook in 1981. To crown a triumphant week Montell graduated in Sports Science from Brunel University, from which coincidentally Kathy was herself a graduate in the 1980s. Montell paid tribute to her coach Ayo Faola whose vision encouraged her to achieve Olympic selection. "We have worked so hard After the heat, he said I just have to do the same again for the final and I did." On reflecting on her achievement she recalled "My mum said to me 'fly like a bird' and my physio said to me 'run like the wind' .

SOME COMING EVENTS

Aug 23. Club Champs, Norman Park)
Aug 24. SEAA U15/U20
Intercounty match, Cophall
Aug 25, VAC champs, Kingston
Aug 29-Sept. 7 European Masters Games, Malmo
Aug 30. Southern Women's league, Bedford.
Aug 30/31. Sydney Wooderson Mile H'cap/J. Day Pvault (N.P)
Aug 31. U20 Int-territory. Match, Abingdon
Aug 31. Norwich Union Grand Prix, Gateshead
Sept 3. Parris H'cap (6), Hayes
Sept 6. BAL Cup final, Bedford
Sept 7. NYAL final, Manchester
Sept 7. SCVAC inter-club Finals Ashford
Sept 10. 1 hour run, 7pm (N. Park)
Sept 14. KCAA relays, Eltham (cont.....page 13)

SOCIAL

Sept 20. Winter Relays supper

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884
Recent winners (July 9th)
Derek Gregory, Ben Wilson, Hugh Morton

NEXT COURIER: Mid

October

Any contributions and articles from members are always welcome

(ii) *Montell at the Olympics-100 metres.*



Montell opened her Olympic experience in the first round heats of the 100metres on the morning of August 16th with a useful performance. Although admittedly nervous she appeared comfortable as she moved to the next round. Using the 'Butler start' with the blocks placed close together, she qualified in second place with a time of 11.36 seconds, maintaining an upright stance assisted by a strong driving action from the arms. Job done and keeping relaxed she moved to the second round to meet Sherine Simpson of Jamaica. This time however despite an almost identical time (11.38) she paced fourth and so did not progress further. The decks would be clear now for the relays.

(iii) *Anticipation and disappointment- The relays*

It could have been a famous triumph, marking the rise of a new generation of British sprinters on the world stage, but at the final of the Women's 4x100 metre relays tragedy was to strike in cruel fashion. The sprint relay team seemed poised to make its mark in the best way especially after an impressive race in the semi-final as Montell returned to the track for event of her initial selection. Running second leg from Jeannette Kwakye, and passing onto Emily Freeman., she helped provide the impetus to see the team qualify comfortably for the final in second place behind Belgium. Already looking an impressive medal hope, the teams chances were enhanced by a dramatic falter from the U.S team who were eliminated from the event when Lauren Williams amazingly dropped the baton from Toni Edwards.

Before the final itself the team were described in *The Independent* as '*the ones to deliver the fifth British medal in athletics which would match the target set by U.K sport..*' and '*the best chance (to win a medal) since the 1980s*'and, they were ready. But in the final it was to go frustratingly wrong for the British girls. Initially a strong first leg from Jeannette Kwakye was followed by Montell's equally impressive second leg and the British team were in a medal winning position. But at the second handover Montell slowing down approached Emily Freeman who accelerated before the baton was exchanged. A further attempt at exchange was made but proved unsuccessful, whilst the British girls appeared to be distracted by the Jamaicans running into their lane. The result was that the British girls were unable to complete the handover and were consequently unable to finish the event.

'We messed up' commented Montell afterwards '*I called for her (Emily Freeman's) hand and our timing was out. I was off balance trying to put the baton in her hand.. and when I put it in I knew it wasn't going to get there...she ran away from me'... I looked down at the floor..and shouted 'stop Emily, stop'. I could see the end of the box . I thought 'don't run out of the box' but by then it was too late and we couldn't get it in.*

It had all happened so fast. '*It was one of those things...*' reflected Jeanette Kwakye, and Michael Johnson suggested '*in this situation you are more fatigued.. Montell ran a phenomenal backstraight but was decelerating*'.

An appeal was lodged against the alleged blocking of the lane by the Jamaicans. The grounds for it might well have been used by performance director Dave Collins as an explanation for what had gone wrong but it was not upheld and there was no re-run.

Montell might well be disappointed with her performances here but perhaps this should be a reflection of the high standards she has attained this year and of her enhanced hopes and aspirations for the future.





The Courier August 2008. Results

Road.

Marathons & Half Marathons

June 15th Comrades Marathon, Durban, South Africa

Darryl Hillier (8:21') - Pete Rogers (10: 48') - John Turner (11:10') - Dave Leal (11:14').

July 24th Centenary Marathon for 1908 Olympics. 25th D. King (4'57.42) - =37th D. Lewis (5'30.30) - R. Griffin (5'30.30) - 58th C. Poole (6'19.43).

July 20th Dartford Half marathon

1. P. Tucker (1:12'36)- 25. G. Cook (mv40) (1:24'15)- 120. K. Duff-Penny (mv40) (1:37'01)- 234. L. Rackickis (1:45'06)

August 17th Burnham Beeches Half Marathon

1. P. Tucker (1:10.01)- 154. M. Russell (m40) (1:32.59)

Other distances

June 15th "He runs/She runs". Bluewater 10km.

4. P. Tucker (32'06)- 6. J. Atkinson (32'57)- 24. A. York (36'29/36'25*)- 42. Ms J. Bradshaw (38'41)- 267. G. Cooper (46'52/46'00*)- 319. C. Fulford-Brown (47'59/47'51*)- 479. D. Harker (50'25/50'22*) * chip time

June 22nd Maidstone Harriers Weald of Kent 10miles.

14th G. Williams (mv40) (1:06'07)- 189th R. Saiz (mv70) (1:36'38)

July 6th Bawl Water 15 miles. 14. A. Tucker (1:29'41)- 28. G. Turner (1:32'33) - 38. G. Cook (1:33'49)- 49. G. Williams (1:35'54)

July 9th Reigate Priory AC Summer 10km. 8. J. Vintner (37'44) - 166. C. Fulford-Brown (v50) 50'56)

July 13th Cliffe Woods 10km, Rochester.

20. N. Ayrton (5th mv40) (38'59)- 21. L. Crowder (6th mv40) (30'02) - 30. M. Ellison (Mv40) (40'17) - 92. J. Fenwick (Mv60) (45'36)- 102. L. Rakickis (46'05) - 111. G. Cooper (46'16) - 442. K. Tyler (mv40) (1: 22.59)

July 16th London Pride run 10km. 14. C. Ward (36.43)

Roy Parris Shield 5km Handicap series

Clock time/net time

Race 2, June 18th West Wickham 1. Jane Bradshaw (38'13/18'28) {30 points}- 2. Julia Reynolds (38'20/20'05) {28}- 3. Gareth Evans (38'25/19'10) {26}- 4. Andy Lawes (38'31/19'31) {24}- 5. Iain Swatton (38'34/21'19) {23}- 6. Nick Gasson (38'25/16'50 (22)- 7. David Carton (38'39/20/09) {21}- 8 Peter Mackrell (38'40/18'10) {20}-9. Dave Beadle (38'47/18'02) {19}-10. Anne Cilia (38'49/22'49) {18}- 11. Andy Tucker (38'53/17'53){17}- 12. Steve Pairman (39'11/19'11) {16}- 13 Mark Compton (39'19/21'49) {15}- 14. Clare Ludwig (39'26/20.55) {14}- 15 Chris Pike (39'25/20'55) {13}-16 Mike Cronin (39'30/22'00) {12}- 17. Mike Salmon (39'36/20'51) {11}-18. Andy Riches (39'36/20'51)-19.Hannah Garcia (39'54/22'54)- 20 Mick Jones (40'09/19'54) {8}- 21. Hannah Cook (40'09/23'54) {7}- 22. Mike Gasson (40'10/23'55) {6}- 23. Rob Hall (40'22/19'07) {5}-24. Wilf Orton (40'46/25'16){4}- 25. Bernie Bater (40'54/21'24){3}- 26. Martin Lundie (41'49/33'34){2}- 27. Lynn McIntyre (42'08/33'53){1}.

Race 3, July 16th 1. John Fenwick (38'09/21'24) {28}- 2. Andy Lawes (38'22/19'22) {26}- 3. Iain Swatton (38'36/21'21) {24}- 4. Gary Cook (38'38/17'53) {22}- 5. Mike Martineau (38'53/24'53) {21}- 6. Dave Beadle (38'57/18'12) {20}- 7. Dave Carton (39'01/20'16) {19}- 8. Wilf Orton (39'03/25'03) {18}- 9. Mark Ellison (39'05/18'35) {17}- 10. Andy Tucker (39'07/17'52) {16}- 11. Clare Ludwig (39'11/21'56) {15}- 12. Gareth Evans (39'17/18'47) {14}- 13. Steve Pairman (39'23/19'23) {13}- 14. Peter Mackrell (39'27/18'57) {12}- 15. Bernie Bater (39'38/20'38) {11}- 16. Jenny Butler (39'42/ 18'57) {10}- 17. Glen Read (39'42/21'12) {9}- 18. Hannah Cook (39'48/24'03) {8}- 19. John Turner (39'50/21'50) {7} - 20. Mike Cronin (39'51/22.21) {6}- 21. Mark Compton (40'16/23.01) {5}- 22. Stephen Holmes (40'21/19'36) {4}- 23. Mike Gasson (40'23/24'38) {3}- 24. Darryl Hilliar (40'29/18'44) {2}- 25. Dave Leal (41'55/24'55) {1}.

Walking events

June 24th VAC 5 Mile walking champs & open race 15. Chelsea O'Rawe-Hobbs (*Jnr/Castle Point*) (46'38)
July 9th Johnson Bowl (4 mile Road Walk), Norman Park 1. Roger Michell (32'42)- 2. Shaun Lightman (38'17)- 3. Peter Hannell-(38'59)- 4. Rob Brown (40'33)- 5. David Hoben (45'06)- David Johnson (DNF)
July 29th VAC 5 Mile Road Race Walk 7. S. Lightman (*SWC*) (47'34)-11. P.Hannell(*SWC*) (50'02)
August 12th VAC 5M non champs Walk, Battersea Park 4. S. Lightman (*SWC*) (45'38)- 10. P. Hannell (*SWC*) (49'39)

Cross Country

June 22nd Orpington 10km, Darrick Wood School.

1. Peter Tucker (34'02)- 6. Nick Gasson (36'25)- 8. Roy Smith (MV40)(37'37)- 10. Andy Tucker (MV40)(38'33)-17. Gary Cook (MV40) (39'57)- 26. David Beadle (MV40)(41'07)- 30. Mark Skelly (MV40)(41'38)- 34. Rob Drake (42'10)- 39. Steven Pairman (MV40)(42'28)- 42. Andrew Lawes (MV50)(42'45)- 43. Nick Bunclark (*for Petts Wood Runners*)(43'10)- 46. Simon Gasson (43'16)- 63. David Carton (MV50)(44'46)- 83. Martin Blunden (46'24)- 84. Robert Brown (MV50)(46'27)- 94. Iain Swatton (MV40)(47'07)- 101. Adrian Stocks (47'25)- 104. Christopher Pike (MV50)(47'42)- 106. John Fenwick (MV60)(47'46)- 167. Danielle Harker (50'44)- 200. Mike Gasson (MV60)(52'21)- 259. Colin Illingworth (MV40)(56'14)- 281.Wilf Orton (MV40)(57'52) **412 finishers**

Triathlons

August 3rd Antwerp half-Ironman Triathlon *Swim 1.9k, bike 90k, Run 21k*

118. Kev May{29:51 2:49/ 2:24:09 1:40/ 1:33:51= 4:32:22}- 280. Deniz Mehmed {33:41 3:23/ 2:31:52 3:23/ 1:36:42= 4:49:03}- 569. Richard Hall{36:30 3:31/ 2:52:13 3:49/ 1:42:31=5:18:36}- 627. Jim Phelan (34:09 4:21/2:53:30 2:57/1:50:55=5:25:53)- 651.Kate Pratten{36:50 3:18/ 3:03:30 3:54/ 1:41:10 = 5:28:43} - 652. Pete Burford{43:24 4:39/ 2:49:55 2:23 /1:49:43= 5:29:06}.

Track & Field

June 9th SVAC Master's Leauge, Kent Divisions, Julie Rose Stadium, Ashford

Men 35. 200m A string. 2. T. Phillips (25.8)- B. String 1. R. Fox (25.7); 1500m A.3. Rob Hall (4'38.4)- B. 6. K. Ewing (dns) ; 4 x 100m relays 3rd B&B (R. Fox, T. Phillips. C. Leon, Rob Hall) {4'05.5} ; Hjump 3. C. Mitchinson (1.50m); Shot 5. Rob Hall (7.37m); Javelin 2. C. Mitchinson (31.67m) **Men 50.** 200m 2. C. Leon (26.9) ; 1500m 1. K. Daniel (4'43.0) ; Hjump 1. C. Leon (1.50m) ; Shot 3. C. Brand (8.50m); Javelin 1. S. Langdon (46.82m) **Men60.** 200m 4. M.Martineau (32.1) ; Hjump 1. J. Robinson (1.29m) ; Javelin 1. C. Brand

(35.46m) BBHAC 1st **Womens Division 1. Women 35.** 200m A string 1. C. Nyumusi (30.9)- B. J. Montgomery (31.6) ; 1500m A. 1. J. Butler (5'03.5) ; B. 1. C. Jones-Baldock (5'41.5) ; 4 x 10m relays 1st B&B (J. Montgomery, J. Butler, C. Jones-Baldock, H. Godsell, {4'50.0}) ; Hjump 3. C. Nyumusi (1.30m) ; Shot 2. A. McSorley (17.23m) ; Javelin 2. A. McSorley (17.23m) **Women 50** 200m 1. H. Godsell (28.8) ; 1500m 3. H. Symmons (6'57.0) ; Hjump 3. H. Symmons (1.05m) ; Shot 1. B. Terry (8.71m) ; Javelin 1. N. Cross (12.06m) Women 60 Hjump 2. B. Terry (0.85m) ; Javelin 1. B. Terry (19.44m) BBHAC 1st with 61 points
Division 2. Women 35. 200m A string. 2. A. Cilia (33.5) ; 1500m A. 4. A. Cilia (6'22.7) Hjump 3. A. Cilia (1.05m) ; shot 4. A. Cilia (4.99m) ; Non-scoring Javelin H. Symmons (11.94m) BBHAC 4th with 20 points.

June 14/15th SEAA U20/Senior Championships, Crystal Palace

Senior Men. 100m 7th heat 4. D. Bovell (11.15)- 9th heat 2. J. Barbour Q(10.73) - 4th SF 4. J. Barbour (10.70); 800m 1st heat 5. D. Ryan (1'56.62)- 3rd heat 3. D. McKinley Q (1'56.50)- 2nd SF 4. D. McKinley Q (1'55.92) - F. 8. D. McKinley (1'55.96); 1500m 2nd heat 5. A. Gibbins Q (4'02.79)- F. A. Gibbins (dns); 5000m 14. A. Conway (15'33.86); 400m hurdles 1st heat 6. A. Healey (59.61)- 3rd heat 5. R. Holt (58.67)- 4th heat 2. E. Harrison Q (55.04)- 5. D. Paisley Q (56.22)- 1st SF 3. E. Harrison Q (53.80)- 2nd SF 6. D. Paisley (55.88)- F. 5. E. Harrison (53.26); Pvault 1. S. Huggins (5.00m); Javelin 3. S. Harvey (67.26m) (63.82-67.26m over 6 jumps).

Senior Women 100m. 1st heat 1. A. Shand-Whittingham Q (12.00)- F. 3. A. Shand-Whittingham (12.00); 200m 1st heat 1. M. Douglas Q (23.84)- F. 1. M. Douglas (23.65); 400m 1st heat M. Miller (dnf)- 2nd heat 5. R. Syrocki (56.71); 800m 2nd heat 5. E. Murty Q (2'15.20)- F. 7. E. Murty (2'15.72); 1500m 3. B. Proctor (4'35.67); 2000m s/c 1. S. Henry (7'23.51); Pvault 1. E. Hughes (3.60m) (3.30-3.60m over 4 vaults); Tjump 6. S. Alamene (12.16m) (11.97-12.16m over 3 jumps); Shot 3. S. Brown (13.82m) (13.20-13.82m over 5 putts); Discus 1. S. Brown (48.95m) (44.53-48.95m over 6 throws); Hammer 7. V. Thomas (52.50m) (46.61-52.50m over 3 throws); Javelin 3. C. Lawrence (46.39m) (41.93-46.39m over 5 throws)

U20 Men. 1st heat 1. J. Alaka Q (11.04)- 2nd heat 1. O. Sobudu Q (10.74)- 4th heat 1. F. Olowade Q (10.97)- 2. D. Putnam Q (11.03)- 5th heat 5. J. Alexander (11.47)- 1st SF 1. J. Alaka Q (10.46)- 2. O. Sobudu Q (10.48)- 2nd SF 3. F. Olowade Q (10.47) - 4. D. Putnam Q (10.88)- F. 1. J. Alaka (10.56)- 6. D. Putnam (11.09)- 7. F. Olowade (11.17)- T. Olowade (dns); 200m 1st heat 1. J. Alaka Q (21.88)- 2nd heat 5. J. Alexander Q (23.20)- 3rd heat 1. F. Olowade Q (22.51)- 1st SF 1. J. Alaka Q (21.74)- 2nd SF 1. F. Olowade Q (22.02) - F. 2. J. Alaka (21.48)- 3. F. Olowade (21.83); 400m 3rd heat 4. T. Bensted (50.74) - 5. A. Blair (51.75); 110m hurdles 2nd heat 1. A. Al-Ameen Q (14.17)- F. 1. A. Al-Ameen (13.91); 2000m s/c 4. A. Bruce-Littlewood (6'05.35); Pvault 1. S. Huggins (4.85m)- 5. N. Moore (nhr); Discus 6. D. Ridge (33.65m) (31.7-33.65m over 3 throws); Hammer 2. R. Al-Ameen (55.23m) (50.73-55.23m over 5 throws).

U20 Women. 200m 3rd heat 4. L. Ugen Q (25.85)- F. 8. L. Ugen (26.22); 400m hurdles 1st heat 3. S. McLellan Q (1'06.15)- 2nd heat 3. K. Cosby Q (1'06.61)- F. 5. K. Cosby (1'03.77)- 7. S. McLellan (1'05.54); Pvault 3. E. Godley (3.40m)- 4. R. Arnheim (3.30m)- 5. C. Moore (3.30m); Ljump 1. L. Ugen (5.47m); Tjump 2. L. Blackie (11.99m); Shot 1. S. Brown (13.80m); Discus 1. S. Brown (49.69m); Hammer 2. O. Jemiyo (45.44m); Javelin 5. S. McGuire (32.69m). **U17 Women.** 3000m 5. J. Hamer (10'51.49)

June 15th SW Vets T&F Champs, Exeter Arena

5000m 1. Peter Hamilton (1st M60) (18'16.0)** - 3. John Perratt (1st M70) (20'14.9)*- 5. Chris Woodcock (1st M65) (20'57.5); 800m 3 Bob Minting (1st M55) (approx 2'10)

**championship record & B&B M60 record * championship record

June 15th BMAF Weight Pentathlon, Milton Keynes

a) Hammer, b) Shot, c) Discus, d) Javelin, e) Weight Throw M70 1. Colin Brand a)33.32/ b)10.71/ c)35.63/ d)36.33/ e)12.08 (3900 points) – 5. Gordon Hickey a)20.88/ b)10.21/c)26.22/d)25.28/e)10.13 (2828 points) W60 2. Barbara Terry a)26.15/b)8.81/c)20.72/d)15.61/e)10.39 (3190 points)

June 15th BMC Nike elite meeting, Woodside Stadium Watford. 1500m (race B). 12. M. Skinner (3'46.72)

June 18th BMC Gold Standard Races (South)Woodside Stadium, Watford

800m (race B) 5. Alex Bruce-Littlewood (1'58.98); 1500 (race B) 5. Alexander Gibbins (4'04.17)

June 21/22 Spar European Cup, Annecy, France. GB women 4x100m. Montell Douglas ran 2nd leg (42.95)

June 21/22 Norwich Union England Athletics U23/U20 Champs, Bedford International Stadium

Men 100m. 3rd heat 1. J. Alaka (u20) (10.87)- 2nd heat 3. F. Sobodu (11.02)- 2nd SF. 4. J. Alaka (10.61)- SF. 4. J. Alaka (10.86)- F. 1. J. Alaka (10.52)- F. Sobodu (dns); 200m 2nd heat 1. J. Alaka (22.00)- 3rd heat 2 F. Olowade (u20) (21.98)- 1st SF 4. F. Olowade (22.06)- 2nd SF 2. J. Alaka (21.95)- F. 5. F. Olowade (22.06)- J. Alaka (dns) ; 110m hurdles A. Al-Ameen (u20) 3rd heat 2nd (13.88)- F. 3rd (13.86) ; Pvault 1st . S. Huggins (u20) (4.95) ; Javelin 2nd S. Harvey (u23) (71.60m) (65.63-71.60 over 8 throws). Women 100m 2nd heat 1. A. Shand Whittingham (u20) (11.90)- F. 4. A. Shand-Whittingham (11.93) ; Discus U20 1st S. Brown (48.00m) (45.37- 48.00m over 7 throws)- U23 4th S. Brown (48.02m) (42.83-48.02m over 6 throws) ; Shot u20 2. S. Brown (13.40m) (12.53-13.40m over 8 putts).

June 22nd UKA Young Athlete's League, U13's Girls' Reading

75m "A" 2. Dina Asher-Smith (10.3)- "B" 1. Cheriece Hylton(10.5); 150m "A" 2. Dina Asher-Smith (19.8)- "B" 1. Shannon Hylton (20.2) ; 800m "A" 2. Holly Fletcher(2'30.5)- "B" 1. Janae Galley (2'34.9); 1200m "A" 1. Fern Butler-Korro (4'07.8) - "B" 4. Shannon Cordell (5'05.1) ; 70m Hurdles "A" 3. Amber Bryan-Isaacs (13.4)- "B" 4. Evie Syron-Russell (13.4); High Jump "A" 4. Amber Bryan-Isaacs (1.15m)- "B" 2. Fern Butler-Korro (1.15m) ; Long Jump "A" 4. Amber Bryan-Isaacs (3.83m)- "B" 3. Holly Fletcher (3.66m) ; Shot "A" 3. Ellie Lawrence (5.33m)- "B" 4. Fern Butler-Korro (5.34m) ; 4 x 100m Relay 1st B&B (Shannon Hylton, Dina Asher-Smith, Aine Hurlock, Cheriece Hylton {54.1})

June 27th Southern Counties Vets AC, Kent Divisions, Erith Stadium.

Division 1. M35. A string. 100m 1. N. Keogh (m40) (12.6) ; 800m 1. J. Thorpe (2'10.1) ; Medley relays 1. B&B (D. Wallington, T. Phillips, C. Leon, R. Minting {4'04.2}) ; Ljump 3. R. Home (m40) (5.11m) ; Discus 4. R. Hall (20.61). B. String. 100m 2. R. Home (13.3) ; 2. Rob Hall (2'14.1) M50 100m 1. T. Phillips (12.6) ; 1. R. Minting (2'20.4) ; Ljump 2. C. Leon (4.65m) ; Discus 2. C. Brand (m70) (28.71m) M60 800m 5. M. Martineau (3'29.2) ; Ljump 2. M. Martineau (3.82m) W35 A string. 4. M. Healy (w40) (15.0) ; 800m 2. J. Butler (2'24.1) ; medley relays 2nd B&B (M. Healy, C. Nyamusi, H. Godsell, J. Butler {4'43.1}) ; Ljump 2. C. Nyamusi (3.54m) ; Discus 4. A. McSorley (w40) (14.44m) ; B string 100m 2. C. Nyamusi (w40) (15.2) ; 800m 1. J. Bradshaw (2'42.1) W50. 100m 1. H. Godsell (14.2) ; 800m 2. H. Godsell (2'58.3) ; Ljump 3. H. Symmons (2.36m) ; Discus 3. B. Terry (w60)(17.88m) W60 Ljump 3. B. Terry (1.24m) *Division 2.* W35. 100m 2. A. Cilia (w45) (16.6) ; Ljump 2. C. Jones-Baldock (3.00m) ; Discus 3. A. Cilia (10.73m) *Non scorers.* M50 800m K. Daniel (2'23.7) ; Ljump D. Wallington (4.49m) ; W35 Ljump A. Cilia (2.75m).

June 28th - Southern League - Div 3S - Norman Park

100m A.1 D. Haque (11.1)- B.1 M. Fletcher (11.7); 200m A 1. D. Haque (21.8) - B.3 R Holt (25.3); 400m A. 1 I. Allerton (52.1) -B.1 S. Cavey (51.6); 800m A. 1 M. Airey (1'59.6)- B.1 M. Hill (2'05.6); 1500m A. 1 A. Rayner (3'59.9)- B. 1 A. Conway (4'10.6); 5000m A. 1 A Rayner (15'47.2)- B. 1 J Thorpe (15'59.8); 110m Hurdles A 1 T Sodeyi (14.7)- B. 1 R Holt (17.3); 400m Hurdles A 2 D.Wills (1'02.3)- B. 2 R Davies (1'17.3); 3000m S/C A . 2 R.A Hall (11'06.5)- B. 1 R Daniel (11'50.4); Discus A 1 D. Ridge (32.04m)- B. 4 N. Gasson (16.54m); Hammer A 3 D. Ridge (20.76m)- B. 3 T Ayers (18.64m); Hjump A 3 D. Wills (1.70m) -B. 2 D. Haque (1.60m); Javelin A 3 A. Atkinson (36.12m)- B. 3 R. Holt (29.33m); LJump A 2 D. Wills (5.82m) - B. 4 T. Ayers (4.48m); Pole Vault A -1 A. Williams (3.60m)- B. 1 A. Hardy (2.80m) ; Shot Putt A. 2 A Atkinson (9.43m) -B. 1 D.Ridge (8.66m); TJump A 2 D. Willis (12.08m) - B. 4 R. Daniel (10.74m); 4x100M Relay 1 B&B (46.3); 4x400M Relay 1 B&B (3'35.7) 1 Blackheath & Bromley H&AC 116 4

June 28th Southern Women's League, Division 1, Norman Park

A string. 100m 2. S. Singer (12.7) ; 200m 1. G. Sheppard (26.2) ; 400m 3. S. Singer (57.2) ; 800m 2. E. Murty (2'17.9) ; 1500m 2. E. Murty (4'50.3) ; 3000m 2. J. Bradshaw (11'03.9) ; 100m hurdles 3. S. Allerton (20.5) ; 400m hurdles 1. C. Cooper (1'00.3) ; Hjump 3. L. Weighill (1.45m) ; Ljump 4. S. Allerton (4.12m) ; Tjump 3. S. Allerton (8.83m) ; Shot 2. S. Efiannayi (11.69m) ; Discus 2. K. Jones (30.84m) ; Javelin 1. F. Athawes (34.85m) ; Hammer 1. V. Thomas (54.33m) ; 4x100m relay 2nd B&B (50.0) ; 4x400m 1st B&B (4'02.4). B string 100m 2. G. Sheppard (12.8) ; 200m 3. L. Vallins (28.6) ; 400m 3. M. Miller (1'01.7) ; 800m 2. C. Jones-Baldock (3'06.6) ; 1500m 2. J. Butler (4'52.7) ; 3000m 2. C. Jones-Baldock (13'42.7) ; 400m hurdles 2.

L Vallens (1'22.9) ; Hjump 4. S. Allerton (1.25m) ; Ljump 4. S. Singer (3.61m) ; Shot 2. C. Wickham (7.92m) ; Javelin 3. K. Jones (16.39m).

June 29th Cambridge National Junior League Match 3

(Men) 100m A string. 5. S Merrill (10.90)- B string 6. N Francis (11.3); 200m A. 4. D Putnam (22.4)- B. 3.T Benstead (23.0); 400m A. 1 D Putnam (50.6)- B. 2.T Benstead (51.3); 800m A. 3. S Cavey (1'58.6)- B. 7. J Clack (2'07.9); 1500m A. 4. A Littlewood (4'15.9)- B. 5. S Cavey (4'41.1); 3000m A. 4. S Hunt (9'06.7)- B. 4. A Cliff (9'45.9); 2000m s/c A. 2. A Littlewood (6'35.7)- B. 3. H. Kurtyanek (7'00.5) ; 110m Hurdles A. 1. S Merrill (14.0); 400m Hurdles A. 2. M Threadgold (58.2)- B. 1. A Richards (1'01.0) 4 x 100m 2nd B&B (S. Merrill, T Benstead, N. Francis, D Putnam (43.7); 4 x 400m 4th B&B (N Francis, A Richards B Parkin, M Threadgold 3'31.0); Discus A. 3. L Presnell (39.47m)- B. 3. D Ridge 34.76m); Shot 3. A. E Ekinem (13.38m)- B. 4. L Presnell (11.39m); Hammer A. 2. R Alameen (50.97m)- Javelin A. 6. J Powell (33.02m)- B. 4. M Longhurst (32.23m); LJump A. 8. M Longhurst (5.77m)- B. 8. J Jacob (5.25m); HJump A. 6. J Powell (1.70m)- B. 6. B Parkin (1.65m); TJump A. 4. K Adedoyin (13.61m)- B. 5. J Jacob (11.60m); Pvault A. =4 M Longhurst (3.05m) **(Women)** 100m A. 3. H Lucas (12.4)- B. 4. M Ihere (12.5); 200m A. 1. S E-Thompson (25.4)- B. 2. D Annon (25.9); 400m A. 2. S E-Thompson (58.4)- B. 1. M Ihere (57.6); 800m A. 4. D Critchley (2'15.9) - B. 4. S McLellan (2'32.7); 1500m A. 8. M Kane (5'32.7)- B. 4. M Fewster (5'42.9); 3000m A. 3. J Hamer (10'55.2)- B. 1.K Murray (11'34.2); 1500m s/c A. 3. R Smith (6'04.5)- B. 2. S Maslin (6'13.0); 100m Hurdles A. 4. A-S Gnadou (17.1) ; 400m Hurdles A. 1. K Cosby (1'06.7)- B. 1. K Murray (1'07.20); 4x100m 2nd B&B (D Annon, M Ihere, K Cosby, H Lucas {50.0}); 4x400m B&B 2nd (I Ivy, K Cosby, J Saville, S E-Thompson {4'03.9}) ; Discus A. 1. S Brown (48.48m)- B. 4. A-S Gnadou (16.84m); Shot A. 1. S Brown (13.07m)- B.1. S Efiannayi (11.31m); Hammer A. 2. O Jemiyo (42.80m)- B. 4. S Brown (24.76m); Javelin A. 2. S McGuire (31.53m)- B. 1. A-S Gnadou (30.46m); Long Jump A. 4. J Mathews (5.24m)- B. 2. I Ivy (5.17m); High Jump A. 1. J Mathews (1.65m)- B. 2. R Arnheim (1.50m); Triple Jump A. 1. L Blackie (12.01m)- B. 2. I Ivy (10.88m); Pole Vault A. 1. R Arnheim (3.50m)- B. 1. E Godley (3.20m) *Blackheath & Bromley finished 2nd with 527.5 points*

June 26th Exeter Festival 5* Exeter Quay 27th C Woodcock (1st M65/M60) (29'16)

July 5th BAL National Men. Match 2, Kingston.

A string. 100m 1. J. Barbour (10.80) ;200m 4. J. Barbour (22.31); 400m 3. E. Harrison (50.60) ; 800m 3. D. McKinley (1'56.25) ;1500m. 1. S. Overall (3'48.34)- 3. M.Skinner (3'50.62) ;5000m 1. A. Rayner (15'04.28)- 5. P. Tucker (15'19.06) ; 3000m s/c 4. A. Bruce-Littlewood (9'34.2)- 7. A. Gibbins (9'40.4) ; 110m hurdles 1. T.Sodeyi (14.54) ; 400m hurdles 1. E. Harrison (54.23) ; Ljump 8. J. Barbour (6.15m) ; Hjump 7. M Purser (1.70m) ; Tjump 7. M. Purser (11.92m) ; Pvault 7. A. Hardy (3.00m) ; Hammer 6. R. Al-Ameen (43.74m) ; Shot 7. M. Elliott (10.54m) ; Discus 6. D. Ridge (33.02m) ; javelin 8. M. Elliott (38.45m) *(actual distance 4.33 miles); 4x100m relay 2nd B&B (D. Bovell, M. Elliott, T.Sodeyi, J. Barker{43.17}) ; 4x400m relay 4th B&B (I.Allerton, D. Paisley, B. Barikor, N. Francis 3'28.55}). **B string.** 100m 1. D. Bovell (10.92) ; 200m 5. D. Bovell (22.96) ; 400m 4. N. Francis (51.83) ; 800m 3. D. Ryan (1'59.64) ; 100m hurdles 1. M. Elliott (15.45) ; 400m hurdles 1. D. Paisley (56.31) ; Ljump 7. D. Willis (5.75m) ; Hjump 7. D. Willis (1.30m) ; Tjump 7. D. Willis (9.54m) ; Hammer 7. D. Huggins (15.78m) ; Shot 7. D. Bovell (9.54m) ; Discus 7. R. Al-Ameen (21.42m) ; Javelin 8. M. Purser (25.97m).

July 5th/6th British Masters Championships, Birmingham

M35 400m 7. Richard Holt (57.19) ; 1500m 3. Jon Thorpe (4'13.87) ; 400m hurdles 1. Richard Holt (59.28) ; **W35** 1500m 2. Jennie Butler (4'53.50) ; **M40** 400m 2. Nigel Keogh (54.03) ; **W40** 200m 5. Mel Healey (31.8) ; **M45** 5000m 1. Bill Foster (15'59.13) ; **M50** 100m heats Tom Phillips (12.63)- Clem Leon (13.30)- F. 6. Tom Phillips (12.98) ; 200m A Final 6. Tom Phillips (26.53) - B Final 4. Clem Leon (27.12) ; 400m B Final 3.Clem Leon (1'00.49) ; 3000m S/chase 1. Tim Soutar (11'20.08) ; LJump 5. Clem Leon (4.86m) ; TJ 4. Clem Leon (10.54m) ; HJump 5.Clem Leon (1.45m) ; Javelin 2. Steve Langdon (50.15m)* ; **W50** 100m 3.Helen Godsell (13.85) ; 200m 2. Helen Godsell (28.8) ; 400m 2. Helen Godsell (1'07.05) ; **M55** 100m B Final 4. Dennis

Wallington (14.11) ; LJump 4. Dennis Wallington (4.52m) ; Pvault 1.Allan Williams (3.51m) ; **M60** 1500m 2.Peter Hamilton (5'01.77) ; **W60** Shot 2. Barbara Terry (8.66m) ; Discus 1. Barbara Terry (21.75m) ; Javelin 2. Barbara Terry (17.79m) ; Hammer 3. Barbara Terry (26.19m) ; Weight throw 2. Barbara Terry (11.28m) ; **M70** Shot 2.Gordon Hickey (10.10m) ; Discus 1. Colin Brand (33.25m)- 3. Gordon Hickey (28.26m)- Javelin 1. Colin Brand (38.69)- 4. Gordon Hickey (27.53m) ; Hammer 4. Gordon Hickey (24.21m) ; Weight throw 4. Gordon Hickey (11.65m). *Club M50 record ** Club M60 record

July 8th to 13th IAFF World Junior Championships, Bydgoszcz, Poland

Men. 100m Heat 8. 5. J. Alaka (10.75)- heat 9. 3. F. Olowade (Nigeria) (10.89) ; 200m Heat 7 3. F. Olowade (Nigeria) (21.80) ; 110m hurdles Heat 2. 3. A. Alameen (14.00)- SF. 8. A. Alameen (14.14) ; Pvault Heat 3. 8. S. Huggins (4.90m) ; 4x100m relays Heat 1. 1st GB (incl. J. Alaka & F. Sobudu (39.84))- F. 5th GB (39.89) (all runners competing for Great Britain & NI unless otherwise indicated)

July 11th Kent Veteran's League, Erith.

Division 1. M35. A string. 400m 3. R. Fox (59.1) ; 3000m 1. J. Thorpe (9'16.1) ; Tjump 2. R. Home (10.34m) ; Hammer 5. Rob Hall (15.27m). B string. 400m 3. R. Hall (59.9) ; 3000m 2. K. Ewing (9'59.3). **M50.** 400m 1. C. Leon (1'01.1) ; 3000m 5. K. Daniel (10'55.9) ; Tjump 2. C. Leon (9.63m) ; Hammer 4. C. Leon (12.27m). **M60** 3000m 1. P. Hamilton (10'59.9) ; Hammer 6. M. Martineau (5.85m). Team finished 2nd with 49.5 points **W35.** A string 400m 3. J. Montgomery (1'11.3) ; 3000m 2. J. Butler (10'45.2) ; 2000m walk 1. A. Cilia (13'35.9) ; Tjump 1. C. Nyamusi (9.29m) ; Hammer 1. J. Montgomery (15.49m). B string 400m 2. B. Davey (1'13.1) ; 3000m 1. J. Bradshaw (10'57.4). **W50** 400m 1. H. Godsell (1'11.3) ; 3000m 4. H. Symmons (14'23.3) ; 2000m walk 5. B. Terry (17'18.2) ; Tjump 4. H. Symmons (5.33m) ; Hammer 2. B. Terry (24.80m). **W60** 3000m 3. N. Cross (18'31.0) ; Hammer 3. N. Cross (14.85m). *Division 2. W35.* Tjump A. McSorley (nj). Non-scorers. W35 3000m B. Davey (11'47.7) ; W50 Tjump A. Cilia (6.71m)

July 11th/12th AVIVA National Champs, (inc. British Olympic Trials), Birmingham

Women 100m (heat 1) 1. M. Douglas (11.34)- 1st SF 2. Montell Douglas (11.38)- F. 2. Montell Douglas (11.35) ; 5000m walk 4. C. O'Rawe Hobbs (27'08.03) ; 3000m s/c 7. S. Henry (11'17.26) ; Javelin 4. C. Lawrence (45.78m) ; Hammer 7. V. Thomas (54.15m) ; Tjump 9. S. Alaneme (12.31m) . Men 100m (heat 2). 5. D. Bovell (10.89)- (heat 7) 2. D. Grant (10.61)- 3. J. Barbour (10.67)- 1st SF 7. J. Barbour (10.74)- 3rd SF 6. D. Grant (10.62) ; 5000m 2. S. Overall (13'53.14)- 4. M. Skinner (13'58.65).

July 11/12th English Schools Championships, Gateshead

Sen. Boys 110m hurdles (heat 1) 1. Simon Merrill (*Avon*) (14.04)- F. 1. Simon Merrill (14.11) ; 2000m s/c 4. Alex Bruce Littlewood (*Kent*) (6.03.52) ; Ljump 5. Jermaine Olasan (*London*) (6.70m) ; 400m hurdles.(heat 1) 2. Antoni Davis-Phillips (*Kent*) (55.04)- F. 5. Antoni Davis-Phillips (53.73) **Int. boys** Hammer 1. Andrew Jordon (*Surrey*) (65.28m) . 1500 metres (heat 3) 1. Stephen Cavey (*Kent*)(4'05.89)- F. 1. Stephen Cavey (4'01.88). 400 metres (ht 4) 1. Dan Putnam (*Kent*) (49.98)- (ht 2) 2. Tom Bensted (*Kent*) (49.86)- SF 2. Tom Bensted (49.95)- 3. Dan Putnam (50.00)- F. 2. Tom Bensted (49.32)- 3. Dan Putnam (49.41) ; Shot 5. Eddie Ekanem (*Kent*) (14.75m); 400m hurdles (ht2) 2. Ben Hopkins (*Kent*) (56.34)- F. 5. Ben Hopkins (56.67) **Jun.Boys** 400m (ht 3) 3. Jon Pettet (*Kent*) (52.66)- F. 4. Jon Pettet (52.60). **Sen. Girls** 200m ((Ht 1) 1. Harriet Lucas (*Norfolk*) (24.93)- F. 3. Harriet Lucas (25.49); 400m (ht 1) 1. Mary Iheke (*Surrey*) (56.96)- 2. Savannah Echel Thompson (*Sussex*) (57.09)- F. 2. Mary Iheke (56.31)- 5 Savannah Echel Thompson (57.06); Tjump 4. Lauren Blackie (*Kent*) (11.70m) ; Pvault 4. Rachel Arnheim (*Kent*) (3.50m) **Int. Girls** Shot 5. Sabine Efiannayi (*London*) (10.41m) **Jun Girls** Shot 6. Kelly Davey (*Kent*) (9.93m)

July 12th Southern Mens' League, Division 3 South, Ladywell

100m A string 3. Neil Francis (11.5)- B string 1. Matt Fletcher (11.4) ; 200m A. 1. Dan Haque (22.0)- B. 2 Alex Blair (23.4); 400m A 1 Neil Francis (50.4)- B. 1 Alex Blair (51.5); 800m A. 1. Martin Airey (2'00.5)- B 2. Andrew York (2'04.2); 1500m A 2 Andrew Conway (4'10.2)- B. 1. Jon Thorpe (4'11.1); 5000m A. 3. Alastair Cliff (16'19.8); 110m hurdles A 1. Richard Holt (17.3)- B. 1. Dale Willis (18.6); 400mHurdles A. 1. Richard Holt (59.3)- B. 1 Ashley Healy (1'02.3); 3000m S/c A. 2 Richard Daniel (10'47.5)- B.1. Richard Hall (10'56.0); Discus A 4. Tim Ayres (17.60m); Hammer A 4 Dan Ridge (20.86m) - B. 3. Tim Ayers (18.15m);

High Jump A. 3. Dale Willis (1.65m); Javelin A. 4. Adam Atkinson (30.22m)- B. 3. Richard Holt (24.67m); Long Jump A 3. Dale Willis (5.99m)- B 3. Dan McKeown (5.21m); Pole Vault A. 1. Nick Moore (3.70m)- B 3. Tim Ayres (1.10m); Shot Putt A 4. Adam Atkinson (8.86m)- B. 3 Dan Ridge (8.32m); Triple Jump A 2. Dale Willis (12.64m)- B 3. Ashley Healy (10.88m); 4x100m Relay 1st B&B (1 Dan Haque- 2 Matt Fletcher- 3 Dan McKeown- 4 Neil Francis {44.5}); 4x400m Relay 1st B&B (1 Richard Holt- 2 Ashley Healy- 3 Neil Francis- 4 Alex Blair {3'30.5}) 2 *Blackheath & Bromley H&AC 95 3*

July 12th BMC, Birmingham University. 5000m (race A). 10. J. Poole (*Loughborough U.*) (14'57.5)

July 13th UKA Young Athlete's League, U13's Girls' Deangate

75m "A" 2. Shannon Hylton (10.3)- "B" 1. Holly Fletcher (10.7)- N/S 2. Jemima Meshe (11.1)- 5. Rebecca Houlder (12.00) ; 150m "A" 1. Dina Asher-Smith (19.7)- "B" 1. Cheriece Hylton (21.0) ; 600m "A" 4. Issy Jackson(2'02.3)- "B" 3. Shannon Cordell (2'06.0); 1000m "A" 1. Holly Fletcher (3'19.1)- "B" 3. Sonia Woodhouse (3'36.3) ; 70m Hurdles "A" 2. Amber Bryan-Isaacs (13.8)- "B" 4. Shannon Cordell (15.4); 2000m walk A. Sian Bayley (16'13.00)- B. Fern Butler-Korro (16'54.6) ; High Jump A 1. Mabel Chambers "B" 4. Amber Bryan-Isaacs (1.15m); Long Jump "A" 1. Dina Asher-Smith (4.24m)- "B" 1. Shannon Cordell (3.36m); Shot "A" 4. Ellie Lawrence (6.06m)- "B" 1. Fern Butler-Korro (5.75m) ; Discus A. 4. Sian Bayley (11.43m)- B. Fern Butler-Korro (10.17m) ; Javelin A. 1. Ellie Lawrence (22.73m)- B. 1. Aine Hurlock (16.84m) ; Relay 1st B&B A. (Cheriece Hylton, Dina Asher-Smith, Aine Hurlock, Shannon Hylton {55.1})- N/S 2nd (Sian Bayley, Holly Fletcher, Amber Bryan-Isaacs, Jemima Meshe)

July 16th Meeting de Liege, Naimette -Xhovemont, Belgium. 3000m 9. S. Overall (7'53.30)

July 17th Loughborough EAP meeting, Loughborough University.

Men 400m hurdles race 2. 4. Ed Harrison (53.30). Women 100m heat 2. 1. Montell Douglas (10.95) +2.6 m/sec wind - F. 1. Montell Douglas (11.05). +2.0 m/sec wind

July 19th British Athletics league Semi Finals, Eton TVAC

Men. 100m 1. J. Barbour (10.62) ; 200m 2. D. Haque (21.46) ; 400m 3. E. Harrison (49.99) ; 1500m 1. S. Overall (3'57.57) ; 110m hurdles 1. A. Al-Ameen (14.5) ; 3000m s/c 3. A. Bruce-Littlewood (9'45.99) ; Hammer 7. D. Huggins (15.76m) ; Javelin 7. D. Huggins (20.14m) ; Ljump 6. J. Barbour (4.75m) ; Pvault 1. S. Huggins (4.90m) ; Medley relay 3rd B&B (A. Al-Ameen, D. Haque, N. Francis, E. Harrison {2'25.19}) mens team finished 2nd with 73 points) *Women.* 100m 2. C. Cooper (12.430) ; 200m 4. S. Singer (25.85) ; 400m 2. R. Syrocki (56.46) ; 1500m 3. B. Proctor (4'40.97) ; 3000m 2. J. Butler (10'47.02) ; 100m hurdles 2. S. McLellan (16.84) ; Hammer 3. L. Robinchaud (35.43m) ; Javelin 3. S. McLellan (20.74m) ; Ljump 1. L. Ugen (5.66m) ; Pvault 1. C. Moore (3.20m) ; Relay medley 2nd B&B (C. Cooper, S. Singer, L. Ugen, R. Syrocki {2'45.65}). Womens team finished 2nd with 83 points.

July 20th Birmingham Games, Alexander Stadium 3000m 3. S. Henry (10'24.58)

July 20th National Young Athletes League, Southern Premier, Eton.

(record grades shown, *AW standard)

U17 men. A string. 100m. 2. Matt. Fletcher (11.3) G2* ; 200m 2. Dan Putnam (22.2) G1* ; 400m 1. Dan Putnam (50.1) G1* ; 800m 1. Andrew York (2'04.3) G3* ; 1500m 2. Ben Greenhalgh (4'19.4) G3* ; 3000m 3. James Clack (10'42.3) ; 400m hurdles 1. Ben Hopkins (56.8) G1* ; 100m hurdles 1. Ben Hopkins (14.1) G2* ; 1500m s/chase 1. Ben Greenhalgh (4'47.9) G3* ; U17m Hammer 1. Jake Haylock (55.00m) G1 ; Discus 3. Jake Haylock (31.91m) G3 ; Shot 2. Mehmet Takpak (11.00m) G4 ; Javelin 3. James Powell (32.36m) G4 ; Pvault 2. Mark Longhurst (3.30m) G3* ; Hjump 3. Ben Parkin (1.65m) G4 ; Ljump 3. Stephen Camacho (5.55m) G3 ; Tjump 2. Mark Longhurst (11.82m) G3. **B string.** 100m 1. Ronnie Polkington (11.4) G2* ; 200m 2. Ronnie Polkington (22.7) G1* ; 400m 1. Ben Parkin (51.9) G2* ; 800m 1. James Clack (2'07.7) G4* ; 1500m 1. Andrew York (4'29.5) G4* ; 400m hurdles 1. Joshua Clarke (1'02.8) G4 ; 100m Hurdles 1. Joshua Clarke (14.4) G3* ; 1500m s/chase 1. Hector Kurtayeneck (4'57.4) G4* ; hammer 1. Mehmet Takpak (30.10m) G4 ; Discus 2. Mehmet Takpak (28.00m) G4 ; Shot 3. Mark Longhurst (10.22m) G4 ; Javelin 2. Jake Haylock (30.52) ; Pvault 2. Joshua Clarke (2.00m) ; Hjump 2. James Powell (1.60m) G4 ; Ljump 3. Abs Jolaoso (5.52m) G4 ; Tjump 6. Jack Jacobs (11.76m) G3.

U15 boys. A string. 100m. 3. Courtney Eubank (12.3) G3* ; 200m 3. Jon Pettet (23.7) G1* ; 400m 1. Jon Pettet (53.2) G1* ; 800m 2. Oliver Taylor (2'10.8) G2* ; 1500m 3. Gregory Proctor (4'44.3) G4 ; 80m hurdles 3. Dean Colley (13.0) G3* ; hammer 2. Paul Ashby (29.51m) G3 ; Discus 4. Richard Cartwright (23.01) G4 ; Shot 4. Joe Appiah (8.18m) ; Javelin 2. Jon Pettet (31.76m) G4 ; Ljump 1. Courtney Eubank (5.11m) G3 ; Hjump 2. Paul Ashby (1.60m) G3 ; Pvault 2. Anton Daly (1.70m). B string. 100m. 2. Anton Daly (12.7) G4* ; 200m 3. Oliver Lane (25.8) G2* ; 400m 3. Joseph Ewing (1'05.2) G4* ; 800m 3. Sam Jackson (2'19.7) G4 ; 1500m 3. Will Mercer (4'50.7) G4 ; 80m hurdles 2. Rob Laidlow (13.7) G4 ; hammer 2. Brad Haylock (14.74m); Discus 3. Brad Haylock (16.61m); Shot 3. Brad Haylock (7.17m) ; Javelin 4. Joe Appiah (10.21m); Ljump 2. Adam Willis (4.95m); Hjump 2. Courtney Eubank (1.35m)

U13 boys. A string 100m. 1. Ben Akonde (13.4) G2* ; 200m 2. Ben Akonde (28.2) G3 ; 800m 3. Richard Webb (2'45.7); 1500m 2. Tommy Crawley (5'04.6) G3* ; 75m hurdles 1. Louis Hopgood (13.9) G2 ; Shot 1. Niyaz Chowdhury (9.24m) G1* ; Ljump 1. Reon Gowan Wade (4.42m) G2*; Hjump 1. Reon Gowan Wade (1.50m) G1*B string. 100m. 1. Reon Gowan Wade (13.5) G2* ; 200m 2. Jon Holmes (30.5) G4 ; 800m 3. Darian Neavin (2'51.3); 1500m 2. Louis Parkinson (5'30.5); 75m hurdles 1. Niyaz Chowdhury (14.1) G3 ; Shot 1. Joel Shonibare (7.60m) G3 ; Ljump 1. Darian Neavin (4.07m) G4; Hjump 1. Darina Neavin (1.30m) G3

U17 women A string. 100m. 3. Grace Sheppard (12.9) G3* ; 200m 3. Daniella Annon (26.7) G3* ; 300m 3. Amy De Matos (44.1) G4* ; 800m 2. Krystal Galley (2'24.7) G3* ; 1500m 2. Rebecca Smith (5'13.8) G4 ; 3000m 2. Michelle Fewster (12'31.2); 80m hurdles 3. Nenisha Nelson-Roberts (13.4) G4; 300m hurdles 1. Amy De Matos (47.1) G2*; Hammer 2. Lucie Robishaud (34.90m) G2*; Discus 1. Katherine Jones (30.08m) G2* ; Shot 1. Sabine Efiannayi (11.55m) G1 ; Javelin 3. Claire Wickham (19.10m); Hjump 1. Jessica Matthews (1.66m) G1* ; Ljump 1. Jessica Matthews (5.03m) G2* ; Tjump 1. Jessica Matthews (10.52m) G2*

B string 100m. 2. Daniella Annon (13.3) G4 ; 200m 2. Grace Sheppard (26.9) G3* ; 300m 2. Sophie Gordon (47.5); 800m 1. Amy De Matos (2'25.1) G3; 1500m 2. Melody Kane (5'38.1); 80m hurdles 3. Melody Kane (18.2); 300m hurdles 1. Nenisha Nelson-Roberts (49.7) G4*; Hammer 2. Claire Wickham (28.75m) G3*; Discus 1. Lucie Robishaud (26.86m) G2 ; Shot 1. Katherine Jones (10.00m) G2* ; Javelin 3. Leanne Weighill (18.03m); Hjump 1. Leanne Weighill (1.45m) G4 ; Ljump 1. Leah Forbes-Morris (4.81m) G3* ; Tjump 1. Sian Hurlock (9.55m) G4*

U15 girls A string 100m 2. Amara Lalemi- Jacobs (12.8) G1* ; 200m 1. A. Lalemi-Jacobs (26.2) G1* ; 800m 2. Ella Self (2'35.5) G4 ; 1500m 2. Amber Read (5'12.9) G3 ; 75m hurdles 1. Lauren Stevens (12.4) G2* ; Ljump 2. Frances Read (4.43m) G4 ; Hjump 1. Christine Lyston (1.58m) G2* ; Discus 4. Ellie Duffy-Penny (17.97m) G4 ; Javelin 2. Ellie Duffy-Penny (18.28m) G4 ; Shot 4. Ellie Duffy-Penny (6.95m) G4 . B string. 100m 3. Rachel Dickens (13.5) G3 ; 200m 1. Lauren Stevens (27.1) G2* ; 800m 2. Rachel Robinson (2'40.7) ; 1500m 2. Hannah Cook (5'32.2) G4 ; 75m hurdles 2. Rhiannon Jones (13.2) G4 ; Ljump 1. Jessica Moore (4.38m) G4 ; Hjump 1. Laura Lalemi (1.45m) G3* ; Discus 2. Christine Lyston (15.86m) G4 ; Javelin 2. Rhiannon Jones (11.51m) ; Shot 3. Lara Lalemi (6.84m) G4.

U13 girls' A string. 75m 2. Dina Asher-Smith (10.2) G1* ; 150m 1. Dina Asher-Smith (19.5) G1* ; 800m 1. Holly Fletcher (2'29.2) G1* ; 1200m 2. Georgina Kennedy (4'02.9) G1* ; 70m Hurdles 3. Amber Bryan-Isaacs (13.7) G3; HJump 4. Mabel Chambers (1.20m) G4; LJump 3. Amber Bryan-Isaacs (3.82m) G4; Shot 3. Aleyah Babb-Benjamin (6.98m) G3. B string 75m 3. Cheriece Hylton(10.7) G2* ; 150m 1. Shannon Hylton (20.7) G2* ; 800m 1. Janae Galley (2'35.5) G2* ; 2. Sonia Woodhouse (4'33.1) G4; 70m Hurdles 3. Shannon Cordell (15.3); HJump 3. Shannon Cordell (1.05m); LJump 2. Aine Hurlock (3.71m) G4; Shot 3. Ellie Lawrence (5.45m).

Relays. U17mens 4x100m. 1st B&B (Ronnie Polkington, Dominic Coelho, Matthew Fletcher, Dan Putnam {43.8}) ; 4x400m. 1st B&B (Joshua Clarke, Stephen Camacho, Ben Parkin, Dan Putnam {3'45.7}) ; U15boys 4x100m . 3rd B&B (Courtney Eubank, Anton Daly, Dean Colley, Joe Appiah {50.8}) ; 4x400m. 1st B&B (Jon Pettet, Oliver Lane, Oliver Taylor, Joseph Ewing {3'48.7}) ; U13boys 4x100m 1st B&B (Reon Gowan Wade, Darian Neavin, Jon Holmes, Benjamin Akonde{55.0}) ; U17women 4x100m 1st B&B (Daniella Annon, Rebecca Cook, Jessica Matthews, Grace Sheppard{50.5}) ; 4x300m 2nd B&B (Sophie Gordon, Ninisha Nelson Roberts, Amy de Matos, Sian Hurlock{3'00.9}) ; U15girls 4x100m 1st B&B (Charlotte Colegate, Lauren

Stevens, Amara Lalemi-Jacobs, Rachel Dickens{51.3} ; 4x100m 2nd B&B (Shannon Hylton, Dina Asher Smith, Aine Hurlock, Holly Fletcher{54.9}) *Blackheath & Bromley finished 2nd with 475 points*

July 23rd Police Sport Champs, Hillingdon.

Men. 100m (heat 2). 2. M. Elliott (*Met Police*) (11.5)- F. 5. M. Elliott (11.3); 5000m. 2. P. Tucker (*Met Police*) (15'22.3). Women 200m 2. B. Clayton (*Met Police*)(27.6) ; 400m 1. B. Clayton (60.7)

July 23rd VAC, Kingsmeadow with Rosenheim league 100m (race 2) 5 M. Martineau (16.1)

July 25/26th Aviva London Grand Prix, Crystal Palace Stadium.Gt. Britain women. 100m (heat 1) 6. M. Douglas (11.27); 4x100m 3rd GB (blue) (M. Douglas ran 2nd leg) (43.09) ; Shot 3. S. Brown (47.68m); Javelin 8. C. Lawrence (41.47m). Men 3000m 9. S. Overall (7'48.92)

July 23rd BMS Regional race. Sutcliffe Park, Eltham. 800m (race C). 9. C. Fraser (2'07.96) - 800m (mixed) 5. Ms. S. Crocker (2'36.8)

July 23-August 3rd European Veterans Athletic Champs, Ljubljana, Slovenia. W50. 100m SF. 1. H. Godsell (*GB & NI*) (13.83)- F. 2. H. Godsell (13.57) ; 200m heat3. 3. H. Godsell (28.11)- F. 6. H. Godsell (28.20) ; 4x100m relays 1st GB (H. Godsell 4th leg) (51.50). M50 100m heat3. 2. T. Phillips (*GB & NI*) (12.48)- SF. 4. T. Phillips (12.61)- F. 8. T. Phillips (12.93) ; 200m heat2 2. T. Phillips (25.60)- SF. 4. T. Phillips (24.99)- F. 8. T. Phillips (25.38).

July 27th U13 Southern Inter Counties Champs, Kingston Girls. A string 100m. (race 2) 2. Dina Asher-Smith (13.02) ; 200m (race 2) 2. Dina Asher-Smith (26.45) ; 800m 7. Holly Fletcher (2'33.88). B string. 1500m 4. Georgina Kennedy (5'21.89). Boys A string. Javelin 3. Liam Cater (34.41m) ; Discus 16. Joel Shonibare (8.74m) ; Ljump 2. Reon Gowan Wade (4.68m) ; Shot 7. Joel Shonibare (8.74m). B string. 100m 3. Ben Akande (13.98) ; 200m 5. Ben Akande (30.04) ; Discus 10. Liam Cater (15.92). (*All athletes represented Kent*)

July 27th Match 4 - TVAC Mens' National Junior Athletic League, Eton

100m 'A' String 1st.J Alaka (10.66)- 'B' String.1st O Sobodu (10.96); 200m A.1st J Alaka (21.38)- A.5th N Francis (23.17); 400m A. 3rd T Benstead (50.28)- B.1st L Charles (50.24); 800m A. 5th S Cavey (1'56.16)- B. 4th B McCallum (2'02.95); 1500m A. 8th A York (4'25.14)- B.7th A Cliff (4'49.48) ;3000m A.6th A Cliff (9'40.94)- B. 3rd C Ward (9'43.83); 2000m s/c A. 6th B McCallum (6'43.42)- B. 6th C. Ward (7'53.56); 110mHurdles A.1st A Al-Ameen (13.97)- B. 3rd A Davis-Phillips (16.37); 400mHurdles A. 3rd A Davis-Phillips (56.01)- B. 4th. J Clarke (61.85); 4x100m relay 1st B&B (O Sobodu, N Francis, A Al-Ameen, J Alaka {42.03}); 4x 400m relay 2nd B&B (L Charles, N Francis, A Blair, T Benstead {3'23.07}); Discus A. 5th L Presnell (39.95m)- B. 6th D Ridge (32.22m); Shot A. 5th E Ekinem (13.77m)- B. 4th L Presnell (12.06m); Hammer A. 2nd A Jordan (57.07m)- B.1st J Haylock (50.94m); Javelin A. 8th M Longhurst (30.02m)- 7th B. J Powell (24.15m); Long Jump A. 1st J Grocock (6.64m)- B. 7th K Adedoyin (5.54m); High Jump A. 4th J Grocock (1.90m)- B. 5th J Powell (1.65m); Triple Jump A. 3rd K Adedoyin (14.00m)- B. 2nd M Longhurst (12.59m); Pole Vault A. 1st S Huggins (5.00m)- B.1st N Moore (3.70m).

Non scorers (Women) 400mHurdles K. Murray (64.50); 800m D Webb (2'47.38); PVault E.Godley (3.20m) *Blackheath & Bromley finished 2nd 518 points*

July 30th BMC Woodside Stadium, Watford.

1500m race B 16. S. Cavey (4'09.58) 1500m women 13. B. Proctor (4'35.01)- 18. E. Murty (4'43.38)

August 2nd BAL National. Swansea

A string. 100m 4= J. Barbour (11.12) ; 200m 2. J. Alaka (21.54) ; 400m 6. E. Harrison (49.87) ; 800m 5. M. Skinner (1'54.65) ; 1500m 3. M. Skinner (3'56.33) ; 5000m 6. A. Rayner (15'18.82) ; 3000 S/C 4. A. Bruce-Littlewood (9'31.32) ; 110m hurdles 1. A. Al-Ameen (15.10) ; 400m hurdles 1. E. Harrison (53.41) ; 4x100m relays 4th B&B (L. Charles, D. Bovell, J. Alaka, J. Barbour) (43.00) ; 4x400m 7th B&B (L. Charles, E. Harrison, N. Francis, D. Paisley) (3'28.33) ; Hjump 6. L. Ely (1.85m) ; Pole vault 6. N. Moore (3.60m); Ljump 7. D. Willis (6.03m) ; Tjump 5. D. Willis (12.46m) ; Shot 6. A. Pope (11.46m) ; Discus 4. A. Pope (44.76m) ; Hammer 6. A. Pope (34.73m) ; Javelin 1. S. Harvey (65.80m)

B string. 100m 3. F. Sobodu (11.29) ; 200m 2. D. Haque (22.28) ; 400m 5.N. Francis (50.70) ; 800m 4. D. Ryan (1'59.16) ; 1500m 1. A. Rayner (3'56.33) ; 500m 5. P.Tucker (15'55.45) ; 3000 S/C 6. R. Daniel

(11'02.79) ; 110m hurdles 6. D. Willis (19.04) ; 400m hurdles 1. D. Paisley (55.70) ; Hjump 7. D. Willis (1.60m) ; Ljump 8. J. Barbour (5.63m) ; Tjump 4. D. Bovell (12.25m) ; Shot 8. D. Bovell (8.75m) ; Discus 8. D.Huggins (14.02m) ; Hammer 8. D. Huggins (13.47m) ; Javelin 2. A. Pope (46.01m) *B&B 5th with 259 points*

August 2nd - Southern League - Div 3S - Kingston

100m A. 2 M. Fletcher (11.4)- B.3. S.Comacho (12.1); 200m A 4. D.McKeown (24.7)- B.3 R Holt (25.1); 400m A. 4 R. Davies (53.7); 800m A. 2 C. Hogg (2'04.1)- B.4 R. Bently (2'44.8); 1500m A. 1 R. Bentley (4'22.1); 5000m A. 1 A Conway (16'00.0)- B. 3 L.Hogg (15'59.8); 110m Hurdles A 1 R Holt (19.4)- B. 1 C Hogg (22.3); 400m Hurdles A 1 R.Holt (59.1)- B.1 C Hogg (1'14.2); Discus A 2 D. Ridge (31.06m)- B.3 R. Holt (20.88m); Hammer A. 4 R. Holt (13.29m)- B. 4 C Hogg (6.72m); Hjump A 4.C. Hogg (1.40m) -B. 4 R. Davies (1.30m); Javelin A 2 R. Holt (30.52m)- B. 2 D. Ridge (25.35m); LJump A 3 D. McKeown (5.45m) - B. 3 C.Hogg (4.18m); Pole Vault A -2. A.Williams (3.40m)- B. 2 A. Hardy (2.60m) ; Shot Putt A. 4 D Ridge (8.64m); TJump A 2. S.Camacho (11.38m); 4x100M Relay 1 B&B (45.9); 4x400M Relay 3 B&B (3'51.9) *Blackheath & Bromley finished 4th with 75 points*

August 3rd - UK Women's League - Wigan

100m A. string 4th Lorraine Ugen (12.28)- B.string 3rd Emily Martin(12.69); 200m A 5th Savannah Echel-Thomson (25.86)- B 6th Katy Benneworth (27.40); 400m A 2nd Savannah Echel-Thomson (56.83)- B 3rd Elaine Murty (60.43) ;800m A 5th Elaine Murty (2'16.43)- B 2nd Bryony Proctor (2.16.26) ;1500m A 3rd Bryony Proctor (4'38.01)- B 2nd Siobhan Budd (4'51.75);3000m A 1st Siobhan Budd (10'23.73) B 4th Rachel Arnheim (14'53.37) ;400mH 2nd A Sarah McLellan (65.57)- B 3rd Katy Benneworth (72.12) ;100mH 4th A Sarah McLennan (15.96)- B 4th Katy Benneworth (18.61); Hammer A 1st -Vicki Thomas (52.17m)- B 1st Banke Jemiyo (43.37m);Discus A 1st Shaunagh Brown (44.43m)- B 1st Vicki Thomas (29.66m) ;Javelin A 3rd Frances Athawes (34.18m)- B 5th Sarah McLellan (22.16m); Shot A 1st Shaunagh Brown (12.60m)- B 3rd Liz Hughes (10.22m); LJump A 1st Lorraine Ugen (5.78m)- B 3rd Emily Martin (5.18m); TJump 5th A Lauren Blackie (11.22m); HJump A 4th Lauren Blackie (1.50m)- B 6th Rachel Arnheim (1.40m); PVault A 1st Rachel Arnheim(3.40m)- B 1st Liz Hughes (3.00m) ;4x100m relays 5th B&B (E. Martin, L. Blackie, S.Singer, L. Ugen (50.23)) ; 4x400m relays 3rd B&B (S. McLennan, E. Murty, B. Proctor, S. Echel-Thompson (4.03.05)) *Blackheath & Bromley finished 1st with 208 points and have now been promoted to Division 2.*

Aug 6th VAC meeting, St Mary's College Strawberry Hill *Mike Martineau won the Duncan McClean Over 60 Cup. His results were* 100m (Race 4) 1st .(15.3); 200m (race 2) 3rd (32.0); 400m 3rd. (32.0)

August 9th. BMC Nike Grand Final, Eton. Men 800m (race G) 6. D. Ryan (1'58.51) ; 1500m (race F) 5. A. Bruce-Littlewood (4'03.89) ; 5000m (race B) 3. A. Rayner (14'39.00). Womens 800m (race D) 4. E. Murty (2'16.41) ; 1500m (race C) 2. B. Proctor (4'38.39)

August 9/10th Norwich Union England U15&17 Champs, Birmingham Alexander Stadium.

U17men. 100m. (Heat 3). 3. Ronnie Pocklington (11.46)- SF. 4. R. Pocklington (11.46) ; 400m hurdles (heat 1). 5. Ben Hopkins (58.44) ; 400m (heat 2). 2. Tom Benstead (49.35)- (heat 3). 2. Dan Putnam (48.87)- F. 4. Dan Putnam (48.81)- 5. Tom Bensted (49.08); 800m (heat 2). 2. Stephen Cavey (1'58.24)- F. 8. S.Cavey (2'03.19); Hammer 1. Andrew Jordan (61.09m)- 4. Jake Haylock (59.68m); **U15boys** 400m heat 1. Jon Pettet (52.28) -F. 6. Jon Pettet (53.59); **U17women** shot 3. Sabine Efiannayi (11.62m); **U15girls** Pvault 4= Anna Huggins (2.80m) ; Discus 9. Kelly Davey (26.01m) ; Shot 6. Kelly Davey (10.55m).

August 10th U23 Home International meeting, Derby. Pvault 2. S. Huggins (Scotland) (4.70m) ; Javelin 2. S. Harvey (South) (61.58m) women Javelin 2. C. Lawrence (38.31)

August 10th UKA Young Athlete's League, U13's Girls' Erith

75m "A"1. Dina Asher-Smith (10.5)- "B" 1. Holly Fletcher (10.7); 150m "A" 1. Dina Asher-Smith (20.1)- "B" 1. Aine Hurlock (22.7)- N/S 1. Lily Crawley (22.8)- 2. Aleyah Babb-Benjamin (23.2); 600m "A" 1. Janae Galley (1'52.9)- "B" 3. Louise Davidson (2'04.4)- N/S Ellie Lawrence (2'06.5); 1000m "A" 2. Holly Fletcher (3'23.0)- "B" 2. Sonia Woodhouse (3'44.36); 70m Hurdles "A" 3. Amber Bryan-Isaacs (13.3)- "B" 1. Aine Hurlock (13.8); 2000m walk A. Shannon Cordell (14'37.6)- High Jump A 2. Amber Bryan-Isaacs (3.23m)- "B" 3. Louise Davidson (1.20m); Long Jump "A" 3. Amber Bryan-Isaacs (3.96m)- "B" 4. Shannon Cordell

(3.37m); Shot "A" 2. Aleyah Babb- Benjamin (7.83m)- "B" 1. Hayley Smith (7.27m)- N/S Ellie Lawrence (6.9m) ; Discus A. 2. Aleyah Babb- Benjamin (17.76m)- B. 1. Shannon Cordell (10.92m); Javelin A. 1. Ellie Lawrence (18.2m)- B. 1. Aine Hurlock (12.85m) ; Relay 1st B&B A.(Amber Bryan-Isaacs, Dina Asher-Smith, Holly Fletcher, Aine Hurlock, {56.6})

Club Championship meetings, Norman Park.

June 25th 3000m Walk 1. Tom Bosworth (U20M) (14'21.4)- 2. Steve Crane (14'46.5)- 3. Liam Baldwin (U17M) (15'27.7)- 4. Ian Statter (M50) (17'23.9)- 6. Peter Hannell (M65) (17'30.6)- 7. Peter Crane (M60) (17'57.1)- 8. Alan Pickering (M55) (19'14.5)- 9. Ben Parsons (U15B) (20'24.4)- 10. David Holborn (M55) (20'34.6)- 11. Bernard Inber (M60) (22'48.1) ; **2000m Walk** Victoria Munt (U15G) (12'51) ; **1600m Walk** AS ? (U13B) (10'49) ; **3000m** 1. Danny Brewer (9'38.5)- 2. Tim Soutar (M50) (9'48.2)- 3. Cliff Keen (M50) (10'18.0)- 4. Andy Tucker (M40) (10'24.2)- 5. Mark Ellison (M45) (10'37.5)- 6. Siobhan Budd (10'37.9) - 7. David Beadle (M40) (10'45.0) - 8. Andrew Lawes (M50) (11'07.9) - 9. Amber Read (U15G) (11'12.7) - 10. Robert Brown (M55) (11'31.1).

30 July Club 800m Ladies 1. Katrina Cosby (U20W) (2'29.0)-2. Holly Fletcher (U13G) (2'31.9)- 3. Jane Bradshaw (W35) (2'34.8)-4. Amber Reed (U15G) (2'35.6)- 5. Rachel Robinson (U15G) (2'36.4)-6. Chelsea Crouser (U17W) (2'37.4)-6. Abi Rutter (U17W) (2'51.5)- 7. Sonia Woolhouse (U13G) (2'53.9)- 8. Amelia Gibbons (U15G) (2'54.1)- 8. Shannon Cordell (U13G) (3'24.6) ; **Men** 1. Alex Gibbins (2'00.1)- 2. Keith Ewing (M45) (2'11.6)- 3. Peter MacKrell (2'23.7)- 4. Ken Daniel (M55) (2'25.1)- 5. Tim Soutar (M50) (2'30.5)- 6. Robert Brown (M55) (2'32.3)- 7. Andrew Lawes (M50) (2'41.8)

August 6 5,000m 1. Alex Gibbins (15'41.7)-2. Alex Littlewood (U20M) (16'17.9)-3. Abdi Madar (16'45.5)-4. Hector Kurtyanek (U17M) (17'25.0)- 6. Tim Soutar (M50) (17'37.6)-7. Jane Bradshaw (W35) (18'27.7)- 8. Andy Tucker (M40) (18'41.5) -9. Peter MacKrell (19'03.0)-10. Graham Coates (M55) (19'09.5)-11. Andrew Lawes (M50)(19'46.9)-12. Stuart Littlewood (M55) (19'52.9)- 13. Rob Brown (M55) (20'24.5)- 14. John Fenwick (M60) (21'42.6)- 15. Mark Compton (M50) (21'48.5)

August 16th. Olympic Games, National Stadium, Beijing. Womens' 100m. Round 1-heat 7. 2. M. Douglas (GB) (11.36) Q -Round 2.-heat 2 4. M. Douglas (11.38) ; 4x100m relays round 1-heat 2. 2nd GB.{43.02}(M. Douglas 2nd leg)Q.- F. GB (dnf)



Some coming events..(Cont)

Sept 14. Nat Junior Ath Lge final, Derby- Sept 20. Euro Jr clubs champs, Mitrovica- Sept 20/21. KCAA Comb Ev. U13 & masters, Erith- Sept 20. Will Bolton relays, Sparrows Den (B)- Sept 27. SEAA 6 -stage road relays- Oct 4. Kent League, Tumbidge Wells- Oct 11. Club 5 champs (B)- Oct 18. Nat. 6/4- Stage road relays, Sutton Park

Cricketballs and leg-overs (or holding the batsman's willy)

After last two issues' take on athletic howlers, and with the cricket season at its zenith here are a few examples of cricketing quips and one-liners from the team that brought you 'he just couldn't get his leg-over' and other such gems.

As I look around the ground I can see about 30 girls all wearing Dutch caps.....Jonathan Agnew commentating at a Holland world cup match

It is rather suitable for umpires to dress like dentists, since one of their tasks is to draw stumps.....John Arlott

He approaches the wicket like Groucho Marx chasing a pretty waitress.....John Arlott

Leaving out Dennis Lillee against England would be as unthinkable as the huns dropping Atilla.....Australian tv commentator in 1982.

We owe some gratitude to Gatting and Lamb, who breathed some life into a corpse which had nearly expired..... Trevor Bailey

It's a catch he would have caught 99 times out of 1,000.....Henry Blofeld.

He could have caught that between the cheeks of his backside.....Geoff Boycott

After their 60 overs, West Indies have scored 244 for7, all out.....Frank Bough.

It's hard work making batting look effortless.....David Gower

I can't bat, I can't bowl and can't field these days. I've every chance of playing for England...Ray East

On being granted the Freedom of Preston for services to cricket her most recent famous son Andy Flintoff remarked.... 'It means I can drive a flock of sheep through the town centre, drink for free in no less than 64 pubs and get a lift home with the police when I become inebriated. What more do you want'.

Welcome to Leicester where the Captain Ray Illingworth has just relieved himself at the Pavilion End..... Brian Johnston

Commentating on an England New Zealand test in 1973 Brian Johnston tried to think of a polite way of describing how New Zealander Glen Turner was hit in the box area by the penultimate ball of the over. Listeners were served this instead... 'Turner looks a bit shaky and unsteady, but I think he 's going to bat on.....with one ball left'.

Geoffrey Boycott is the only fellow I've met who fell in love with himself at a young age and has remained faithful ever since.....Dennis Lillee.

When once asked to sign a woman's cleavage David Lloyd recalled 'she was a lovely mature lady and quite ample. In fact, Mutthiah Muralitharan would have had plenty of room to sign his name'.