



The Courier

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8462 3115) Unless otherwise attributed, views are those of the Editor.

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From the editor:

Planning permission to develop the club house facilities has at last been granted by local coucillors and now with a new surveyor heading the project team, there awaits various tests and surveys before a specification document can be prepared. A report of progress by Derek Gregory can be read on page 2. Meanwhile the forthcoming winter relays supper has now become an informal buffet and beer festival with a variety of local ales from Kentish breweries. This will take place after the staging of the opening event in the cross country season, the Will Bolton Memorial Relays on the 19th September. Also P.P Les Roberts' book 'From Wits End to John o'Groats' has just been published and a review is featured at the back of this publication. Les will have copies of the book for sale on Wednesday eveings from early September.

A plea for help

Although I'm pleased to say that the Courier has recently been produced on time I cannot guarantee that this will remain so especially as new work commitments may effect my capacity to produce each edition regularly. I would therefore ask that you consider if in any way you can assist with its future production either in information gathering, proof-reading or producing items for publication. After four years as editor I consider this is not a one person operation and if it is possible to keep producing the Courier in the future I will need your assistance.

SOME COMING EVENTS.

- Sept 5. Southern Women's Lge, Harrow
- Sept 6. National Young Athletes final, Birmingham
- Sept 6. SCVAC Inter-club finals, Ashford.
- Sept 9. 1 hour run, Norman Park
- Sept 13. KCAA relays champs, Sutton Vallance.
- Sept 13. National Jun. Athletic Lge final, Derby.
- Sept 19. Euro Junior Clubs champs, Bosnia.
- Sept 19. Will Bolton CC relays **BC1**
- Sept 26/27 SEAA road relays men,women,masters, Aldershot.
- Oct 3. Kent League,Gillingham.
- Oct 10.5m xc champs, Hayes **BC2**
- Oct 17. Nat 4/6 stage road relay, Sutton Park
- Oct 18. National YA road relay Sutton Park.
- Oct 24. Beachy Head Marathon.

SOCIAL

Sept 19. Winter relays supper.

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884

NEXT COURIER: mid to late October 2009

Any contributions and articles from members are always welcome.

HQ Development

The situation regarding HQ development as at August 26th 2009 was as follows:

The EGM in September 2008 agreed that **subject to a) Obtaining Planning Permission and b) Securing adequate funding the ambitious proposal set out in the paper would go ahead as a matter of urgency.**

After a frustrating first attempt at securing Planning Permission in March, Councillors were eventually persuaded to grant Permission at the end of June 2009 – unanimously! Thus the first proviso has been met. That just leaves the additional funding to be secured!

To date 33 grant applications have been submitted, varying from a simple 2-page letter to complex forms with ancillary documentation. Some have already been declined, whilst others have not yet been acknowledged. Major applications in the pipeline include those to London Marathon Trust (for decision December 2009), Sport England and Lord Mayor's Funding/England Athletics. I remain optimistic, rather than confident, that the money will eventually be forthcoming – even though we have only £500 as at today's date. Any Club Member with useful contacts should get in touch with PP Derek Gregory, Project Manager, as a matter of urgency.

Staff changes at Haleys have meant that we now have a new surveyor heading the team on our project – Jon Newton-Syms. Over the next 3 months surveys for asbestos in the Cottage, elevation of existing buildings, ground penetration for buried services, CCTV of existing drainage and a soil investigation report will be carried out, before preparation of a Specification Document to put out for tender. Two Club Members have indicated their wish to be invited to tender, and any others should again get in touch with PP Derek Gregory, Project Manager, sooner rather than later.

There is still a lot to do before the President can lay the foundation stone for the new building!

Derek Gregory



Not the senior BAL reserve team but a host of willing volunteers assisting at the Norman Park meeting on July 4th.

Montell in Berlin

As with last summer Montell Douglas represented Great Britain at a major athletics championship, this time in Berlin for the IAAF World Championships. She was again in the team for the womens' 4 x 100 metre relays this time along with Laura Turner, Emily Freeman and Emma Ania. Qualification for the final was achieved albeit precariously in heat 2 with a third place and with concerns over the smoothness of the handovers described as rusty. However the team made the final and produced a performance which despite the result could give them cause for satisfaction. A "much better performance by the British Quartet" gave them sixth place in a time of 43'16, a seasons best and Montell considered that the handovers were very much better than in the heats. The gold medal was won by Jamaica.

The Courier August 2009. Results

Road.

July 19th Dartford Half Marathon. 2. P. Tucker (1'10.30)- 24. R. Priestley (1'24.22)- 148. Ms K. Pratten (1'40.16)- 598. K. Tyler (2'41.42)

July 8th Regiate Priory Summer 10km. 11. A. Crowder (37'52)- 18. L. Crowder v40 (39'27)

July 12th Cliffe Woods 10km. 2nd M50. C. Keen (37'19)

July 25th Faversham Marathon. J. Turner (3'49.28)- P. Rodgers (3'54)- D. Leal 4'24)

Serpentine last Friday of the month 5km. June 26th 35.G. Coates (19.25). **July 31st** 39.G. Coates (19.25).

Parris Handicap Series

Race 4 July 15th 1. Wilf Orton (38'18/23'33){28 points}- 2. Mark Russell (38'51/19'51){26}- 3. Lisa Ketteringham (38'56/30'11){24}- 4. Chris Pike (39'11/19'56){22}-5. Stephen Holmes (39'23/16'53){21} 1st M -6. Glen Read (39'26/21'11) {20}- 7. John Turner (39'39/21'24) {19}- 8. Dave Beadle (39'41/18'11){18} 3rd M- 9. Anne Cilia (39'42/22'42){17} 3rd F-10. Carolyn Jones-Baldock (39'49/22'19){16} 2nd F-11. Colin McEntee (39'53/21'53){15}-12. Cliff Keen (39'55/17'55){14} 2nd M- 13. Iain Swatton (39'56/21'26){13}-15. Mick Jones (39'57/18'27){11}-14. David Churchus (39'57/34'57){12}-16. Graham Coates(39'59/19'14){10}-17 Andy Lawes (40'01/20'01){9}-18. Bernie Bater(40'18/19'33){8}-19. Clare Parkin (40'23/21'38){7} 1st F- 20. David Carton (40'25 /21'10){6}- 21. Adrian Stocks (40'31 /20'16){5}-22. Tracey Ashenden (40'48 /23'48){4}- 23. Mark Compton (40'51/22'51){3}- 24. Trevor Delahoy (41'07/22'52){2}- 25. Justin Eastbury (41'20/24'20){1}.

Race 5 August 19th 1. Ron Chambers (39'03/34'03){34 points}- 2. Melody Kane (39'22/20'37){32} 3rd F- 3. Dave Leal (39'26/23'26){30}- 4. Pete Rogers (39'30/20'00){28}- 5. Stephen Holmes (39'36/16'36){27} 1st M- 6. Colin McEntee (39'44/21'29){26}-7. Chris Pike (39'46/20'16){25}-8. Mick Jones (39'51/18'21){24}- 9. Mark Compton (39'52 /21'52){23}-10. Paul Hills (39'55/ 22'25){22}-11. Cliff Keen (39'56 /17'41){21} 2nd M- 12. Dave Beadle (40'00 /18'15){20} 3rd M-13. Dick Griffin (40'09 /23'09){19}-14. Adrian Stocks (40'09/ 19'54) {18}-15. Iain Swatton (40'13/21'28){17}-16. Trevor Delahoy (40'13/ 22'13){16}-17. Wilf Orton (40'24 /25'09) {15}-18. Craig Daly (40'26/30'41){14}-19. John E Turner (40'33/21'48){13}-20. Amber Reed (40'34/ 19'49){12} 1st F -21. Sarah Dowling (40'39/19'54){11} 2nd F- 22. Lisa Ketteringham (40'42 /30'57){10} -23. Jessica Jones (40'43 /20'58){9}- 24. Dave Carton (40'45 /21'00){8}-25. Justine Eastbury (40'54 /23'54){7}- 26. Andy Lawes (40'58 /20'43){6}- 27. Dave King (41'02 /22'02){5}-28. Martin Lundie (41'19/33'19) {4}-29. David Churchus (42'20/37'05){3}-30. Bernie Bater (42'22 /21'37){2}- 31. Jason Daly (43'44/22'59){1}

Walking events.

June 17th Business Houses League, Willesden Mens 5 km 5. P.Hannell(SWC) (18'0.8)- 8. D.Hoben (SWC) (19'58.1).

June 23rd Vets AC League Championship 5 miles, Battersea Park 19. D.Hoben (SWC 3rd M55) (59'27)

June 20th Parish Walks 85 miles, Isle of Man D.Hoben (62 miles dnf).

July 7th Bill Collins Memorial 3km, Tonbridge 8. P.Hannell (SWC) (17' 30)- 16. D.Hoben (SWC) (20'12)

July 8th Johnson Bowl (Road Walk), Norman Park 1. Roger Michell SWC (36'10) - 2 Shaun Lightman SWC (37'01) - 3. Micky Harren SWC (38'25)- 4. Peter Hannell SWC (38'41)- 5. Rob Brown (38'45)- 6. P Crane SWC (39'08)- 7. Steve Hollingdale (42'29)- 8 David Hoben SWC(45'41) -9. David Johnson (56'35)

July 11/12th Captain Barclay Bicentenary Walks 50 km Women 3. Sarah Lightman (Leic/SWC) (6:48'38); 50 km Men 3. D.Hoben (SWC) (7:14'28) ;5 Miles Men 20.D.Hoben (SWC) (60'48) ; 3 Miles Men 12. P.Hannell(SWC) (29'38).

August 11th Vets AC 5 Miles, Battersea 6. P.Hannell (SWC) (50'0"); 11.D.Hoben (SWC) (54' 0")

August 12th Surrey Walking Club Open 5 km, Bromley 5. P.Hannell (29'42")-7. S.Hollingdale (33'7")- 8. A.Pickering(33'16")- 9. D.Hoben (33'27"). **3km:** 3.Victoria Munt (20'22").

August 23rd Enfield League 20 km, Lee Valley 9. S.Lightman (SWC) (2:14'21")

Cross Country

July 19th. Beccehamian 10m race, Sparrows Den. 2. Ms J. Bradshaw (1st lady) (1:06'12)- 3. D. Beadle (1:06'27)- 6. S. Pairman (1:08'48)- 14. R. Brown (1:14'10)- 20. W. Orton (1:23'24).

August 9th Sidmouth Festival 10km 38. R. Minting (50'48)

August 15th Race the Train 14m, Tywyn. 92. J. Bradshaw (2nd woman) (1 :43'59)

Track & Field

June 21st. BMAF Weights Pentathlon, Milton Keynes. Hammer-Shot putt-Discus-Javelin-Weights Women 50. 2. B. Simpson H)34.86m/790 points; SP) 8.28m/627; D) 23.49m/475; J) 23.56m/517; W) 10.05m/644 = 3053 pts. **W60.** 2. B.Terry H) 26.92m/736; SP) 8.56m/818; D) 22.76m/581; J) 17.89m/500; W) 10.60m/708= 3343 pts. **M70.** 2. C. Brand H) 30.29m/657; SP) 11.18m/762;D) 32.27m/779; J) 37.83m/829; W)13.11m/848= 3875 pts. **M75.**1.G. Hickey H) 23.81m/657; SP) 9.82m/776; D) 24.45m/657; J) 25.19m/598; W) 10.01m/720= 3339pts.

June 24th BMC Regional races, Eltham. 800m (race 1) 7. D. Boyce (2'00.9) ; (race 2) 4. C. Fraser (2'07.5) ; (race 4) 2. R. Bentley (1'58.5)- 4. R. Davies (2'00.9) ; 1500m 5. F. Kilama u20 (4'09.2)

July 4th Cork City Games, Merdyla, Cork. 3000m 4. S. Overall (8'4.10)- 5. M. Skinner (8'15.62) ; women HJ. 8. P. Hughes (Ireland) (1.70m) ; 100m 6. A. Shand-Whittingham (11.81)

July 4th Centro Deportivo meeting, Madrid. 100m women final 4. M. Douglas (11.75)

July 4th British Athletics League, Div. 2, Norman Park.

A string 100m 2. J. Alaka (10.93) ; 200m 1. J. Alaka (21.89) ; 400m 5. J. Cayenne (48.93) ; 800m 7. R. Bentley (1'56.53) ; 1500m 3. R. Bentley (3'57.88) ; 5000m 4. A. Rayner (15'16.52) ; 100mH 3. M. Elliott (15.40) ; 400mH 1. E. Harrison (53.04) ; 3000ms/c 5. A. Bruce-Littlewood u20 (9'28.25) ; Discus 5. A. Pope (39.77m) ; Hammer 3. A. Jordan U20 (55.55m) ; Hjump 1. L. Ely (1.95m) ; Javelin 1. D. Brand (63.11m) ; Ljump 7. B. Barikor (6.11+2.7m) ; Pvault 1= N. Moore (4.00m) ; Shot 3. D. Brand (13.73m) ; Tjump 4. D. Willis (13.17+0.1m) ; 4x100m relay 5th place (D. Haque, B.Barikor, F. Olowade, D. Bovell, 43.12) ; 4x400m 2nd place (B. Barikor, R. Davies, F. Olowade, J. Cayenne 3'16.96). B string 100m 6. F. Olowade (11.34) ; 200m 3. D. Haque (22.15) ; 400m 4. E. Harrison (49.98) ; 800m 7. D. Ryan (1'58.35) ; 1500m J. Poole (4'00.41) ; 5000m 1. P. Tucker (15'19.74) ; 100mH 2. R. Holt (17.46) ; 400mH 2. B. Parkin (57.56) ; 3000ms/c 1. A. Gibbins (9'49.09) ; Discus 8. R. Al Ameen (19.97m) ; Hammer 2. R. Al Ameen (48.79m) ; Hjump 4. A. Pope (1.75m) ; Javelin 4. A. Pope (49.28m) ; Ljump 7. A. Pope (5.83+1.1m) ; Pvault 1. M. Longhurst u17 (4.00m) ; Shot 4. A. Pope (10.97m) ; Tjump 4. D. Haque (12.02+2.4m)

July 4/5th British Masters AF Championships, Birmingham

W55. 100m 1. H. Godsell (14.11) W60. Shot 3. B. Terry (8.56m) ; Discus 2. B.Terry (23.05m) ; Javelin 2. B. Terry (16.99m) ; Hammer 4. B.Terry (25.88m) ; weight 3. Terry (10.90m) M50. Hjump 2. C. Leon (1.55m) ; Tjump 3. C. Leon (10.57m) ; Javelin 2. S. Langdon (52.63m) M65 3000m walk 1. P. Hannell (17'39.05) M70 Shot 2. C. Brand (10.70m) ; Discus 2. C. Brand (31.15m) ; Javelin 2. C. Brand (36.22) ; Hammer 4. C. Brand (30.34m) M75. Shot 1. G. Hickey (9.49m) ; Javelin 1. G. Hickey (24.31m) ; Hammer 4. G. Hickey (23.96) ; weight 2. G. Hickey (9.62m)

July 5th UK Women's League, Lee Valley.

A string. 100m. 1. V. Cole (12.17) ; 200m 2. V. Cole (25.37) ; 400m 6. K. Crosby (57.18) ; 800m 5. B. Proctor (2.18.35) ; 1500m 2. E. Murty (4'39.81) ; 3000m 5. J. Bradshaw (10'44.5) ; 2000m s/c 2. R. Smith (8'20.0) ; 100m hurdles 4. M. Southwart (16.0) ; Hjump 6= R. Arnheim (1.45m) ; Pvault 3. R. Arnheim (3.50m) ; Ljump 8. M. Southwart (4.85m) ; Tjump 7. E. Martin (10.52m) ; Shot 3. S. Brown (13.22m) ; Discus 2. S. Brown (49.46m) ; Javelin 1. C. Lawrence (41.97m) ; Hammer 4. S. Brown (42.50m) ; 4x100m relay. 2nd place (48.09) B string. 100m. 2. A. Godsell (12.50) ; 200m 4. E. Martin (26.20) ; 400m 5. K. McLellan (59.93) ; 800m 2. A. De Matos (2'22.48) ; 1500m 2. B.Proctor (4'43.06) ; 3000m 3. S. Henry (11'45.3) ; Hjump 3 E. Martin (1.45m) ; Pvault 3. E. Hughes (3.30m) ; Ljump 3. I. Ivy (4.79m) ; Tjump 2. I. Ivy (10.29m) ; Shot 3. E. Hughes (9.99m) ; Discus 2. E. Hughes (26.99m) ; Javelin 4. S. McLennan (21.33m) BBHAC 3rd with 177.5 points

July 10th. Dartford Harriers Open. Mv55 200m (race 1) T. Phillips (25.7)- (race 2) T. Phillips (25.8).

July 11/12th Aviva World trials and national championships, Birmingham.

Womens' 100m. (heat 1) 5. V. Cole (12.65)- (heat 2) 1. M. Douglas (11.61)- (heat 3) 6. A. Godsell (12.24)- (SF1) 1. M. Douglas (11.76)- (F) 3. M. Douglas (11.64) ; 200m (SF1) 5. V. Cole (25.00) ; 400m (heat 4) 7. B. Syrioki (52.81) ; 3000m s/c 12. S. Henry (11'54.83) ; Pvault 11. R. Arnheim (3.60m) ; Javelin 7. C. Lawrence (45.32m). Mens' 100m (heat 2) 3. D. Grant (10.46)- (SF1) 4. D. Grant (10.70) ; 200m (SF1) 2. J. Alaka (21.38)- (F) 6. J. Alaka (21.33) ; 400mH (heat 2) 2. E. Harrison (52.51)- (heat 3) 6. D. Paisley (54.36) ; 5000m 1. S. Overall (13'57.75)- M. Skinner (dnf)

July 11th English Schools Championships, Sheffield.

Sen boys. Tjump 1. Kola Adedoyin (*Surrey*) (15.63m) ; Hammer 1. Andrew Jordon (*Surrey*) (62.87m). Sen. Girls. Ljump 1. Lorraine Ugen (*London*) (5.94m) ; 400m (heat 1) 3. Savanna Echel-Thompson (*Sussex*) (56.67)- F. 3. Savanna Echel-Thompson (55.43) ; Pvault 3. Christiana Moore (*Kent*) (3.20m). Inter boys. 400mH (round 1-ht 1) 1. Ben Parkin (*Surrey*) (55.58)- (ht 3) Ben Hopkins (*Kent*) (55.34)- F. 1. Ben Hopkins (54.32)- 2. Ben Parkin (54.55) ; 400m (round 1) (ht 4) 1. Tom Bensted (*Kent*) (49.77)- SFB 1. Tom Bensted (49.14)- F. Tom Bensted (49.73). Inter girls. Discus 1. Samantha Milner (*Suffolk*) (40.06m) ; Shot 2. Sabine Effanayi (*London*) (12.21m). Jun. Girls. 4x100m relays. 1st place Kent (49.70) (inc. Georgina Middleton, Rhiannon Jones, Dina Asher Smith).

July 11th. Men's Southern League, Division 3, Hastings.

A string. 400mH. 1. J. Clarke (1'03.5) ; 100m 1. D. Haque (11.1) ; 800m 1. A. Gibbons (2'02.8) ; 5000m 1. J. Thorpe (15'53.2) ; 400m 1. A. Blair (51.1) ; 110mH 1. R. Holt (17.3) ; 200m 1. D. Haque (21.8) ; 1500m 1. A. Conway (4'22.2) ; 3000ms/c 1. A. Gibbons (10'10.3) ; 4x100m 1st place (45.8) ; 4x400m 1st place (3'35.0) ; Ljump 2. A. Pope (5.97m) ; Hjump 1. L. Gly (1.90m) ; Pvault 1. N. Moore (3.90m) ; Tjump 2. D. Willis (12.08m) ; Hammer 2. A. pope (39.40m) ; Javelin 1. A. Pope (52.94) ; Shot 1. A. Pope (11.94) ; Discus 1. B. Pope (41.37m) B string. 400mH. 1. R. Holt (1'00.4) ; 100m 2. S. Sultan (11.9) ; 800m 1. R. Daniel (2'07.9) ; 5000m 1. A. Atkinson (17'20.1) ; 400m 1. A. Gibbons (55.2) ; 110mH 1. D. Willis (20.3) ; 200m 1. J. Petter (23.5) ; 1500m 1. J. Thorpe (4'30.6) ; 3000ms/c 1. A.Gibbons (10'10.3) ; Ljump 2. D. McKeown (5.32m) ;

Hjump 1. S. Willis (1.70m) ; Pvault 1. A. Williams (3.90m) ; Tjump 2. C. Ubank (12.01m) ; Hammer 2. T. Ayres (16.74m) ; Javelin 1. M. Von Dobblessteen (50.62) ; Shot 2. M. Von Doblesteen (8.95m) ; Discus 3. Ajrer (14.10m) BBHAC 1st with 133 points

July 13th SCVAC League, Kent Divisions.Erith.

W35. A string. 400m.1. M.Miller (1'04);3000m 1. J.Bradshaw (10'46.6); 2000m walk 4.C. Jones-Baldock (14'44.6); Tjump 4.C.Jones-Baldock (7.22m) B string. 400m 2. S.Rowbotham (1'12.2); 3000m 1.B.Davey (11'42.6).W50. A string. 400m 1.H.Godsell (1'18.0); 3000m 2. A.Cilia (13'44.8) ; 2000m 2. A.Cilia (13'03.4) ; Pvault 2. A. Cilia (1.50m) ; Tjump 4. A. Cilia (6.72m) ; Hammer 1. B. Simpson (31.79m). W60 Hammer 1. B. Terry (21.54m) M35 A string. 400m 6. R. Fox *m50* (1'03.7) ; 3000m 4. R. Hall *m40* (10'35.8) ; Pvault 1. A. Williams (3.75m) ; Tjump 3. C. Leon *m50* (10.25m) ; Hammer 5. R. Hall *m40* (17.28m). B string 400m 3. T. Phillips *m55* (59.9); 3000m 4. M. Ellison (10'46.1).M50 400m 2. C. Leon (59.7) ; 3000m 1. T. Soutar (9'56.7) ; M50 Tjump 2. D. Wallington (8.67m) ; Pvault 1. Hardy (3.00m). M60 3000m 2. P. Hamilton (11'23.2) ; Hammer 2. C. Brand *m70* (25.50m)

July 15th. BMC Gold Standard Races, Watford.Mens' 800m (race B) 5. R. Bentley (1'55.97). Womens' 800m (race A) 3. E. Murty (2'11.75) ; 1500m 6. B. Proctor (4'37.08)

July 15th Watford Open Graded Meeting. 200m (race D) 3. R. Bentley (25.73) ; 1500m (race E) 11. G. Proctor (4'29.63).

July 18th BMC Nike Grand Prix, Solihull.

Women. 800m (race C) 7. E. Murty (*Brunel Uni.*)(2'11.78) ; 3000m 12. B. Proctor (*St Mary's Uni.*) (9'57.42)-17. S. Henry (10'56.71) Men. 1500m (race C) 5. R. Bentley (3'56.61) ; 3000m (race C) 1. A. Rayner (8'25.32)-14. J. Poole (*Loughborough Uni.*) (8'47.91)

July 18th KBC Night of Athletics, Huesden, Belgium. 5000m (race B) 13. S. Overall *GB* (13'36.17)

July 18th. Aragon Grand Prix, Zaragoza.Womens 100m (SF1) 2.M.Douglas *GB* (11.45)- (F) 4. M.Douglas (11.54)

July 18th. Herne Hill Open Meeting, Tooting Bec track. 200m (race A) 2. F. Owolade (21.75) ; 400m (race A) 2. F. Owolade (49.09)

July 18th BAL Cup semi-finals, Robin Park Stadium, Wigan .

Men. 100m 3. D. Bovell (11.03) ; 200m 1. D. Haque (21.80) ; 400m 2. B. Barikor (50.26); 800m 3. D. McKinley (2'00.35) ; 1500m 4. A. Conway (4'11.77) ; 400mH. 1. E. Harrison (56.73) ;Discus 1. A. Pope (37.51m) ; Shot 1. A. Pope (12.84m) ; Hjump 1. L. Ely (1.96m) ; Ljump 2. J. Olasan (6.89m) ; Medley relay 1st place (D. Bovell, D. Haque, B. Barikor, D. Paisley 2'25.06). Women. 100m 1. A. Shand-Whittingham (11.91) ; 1500m 3. J. Bradshaw (5'06.42) ; Discus 1. S. Brown (43.75m) ; Shot 2. S. Brown (13.71m) ; Hjump 2. L. Hawkins (1.60m) ; Ljump 2. L. Hawkins (5.10m)

July 18th SIAB Schools International Track & Field Antrim

Boys 400m hurdles 1. Ben Parkin *England* (54.40)- 2. Ben Hopkins (*England*) (54.86); 400m 8.Thomas Bensted (*England*) (64.11). Girls Shot 2. Sabine Efiannayi (*England*) (11.93m); Discus 2.Samantha Milner (*England*) (39.84m)

July 19th UKA NYAL Leauge Norman Park

U17 men 100m A string. 2 K. Daly (11.4) G3*- B. String.2 E.Zorro (12.3) ; 200m A 2. K. Daly (23.0) G2*- B.2. Pettet (23.6) G4*; 400m A. 1. R. Pocklington (51.2) G1*- B. 1st J. Pettet (53.1) G4*; 800m A. 2. J. Clack (2'03.9) G4*- B. 2. R. Yates (2'13.0); 1500m A. 4. O. Robinson (4'39.9)- B. 4. R. Yates (4'43.9); 3000m A.4. G. Proctor (9'58.7) G4- B. 1. R. Braden (10'52.6); 1500m S/Chase A.3. H. Kurtayanek (5'08.2) G4- B. 3. W. Mercer (5'13.6) G4;100m Hurdles A. 2 B.Hopkins (14.1) G2*; 400m Hurdles A. 1 B. Hopkins (55.9) G1*- B. 2. J. Appiah (65.3) ;High Jump A. 3. B.Parkin (1.65m)- B.2.J. Appiah (1.50m); Long Jump A. 3. K. Daly (5.16m)- B. 3. A. Jolaso (5.02m); Triple Jump A. 1. M. Longhurst (13.03m) G1*-B. 1. T. Jenkins (11.88m) G4; Pvault 1. M. Longhurst (4.32m) G1- B. 2. O. Robinson (2.00m) ; Shot Putt A. 2. E. Zorro (12.29m) G2* -B. 1st M. Takpak (11.50m) G4; Discus A. 4.M.Takpak (31.64m) G4*- B.3 T.Jenkins (23.56m); Hammer A.2 M. Takpak (38.54m) G4*- B.2 T.Jenkins (24.87m); Javelin A.4. J.Pettet (20.08m) ; 4x100m Relay 1st place {A. Jolaso, E. Zorro, K.Daly,R.Pocklington (44.0)}; 4x400m Relay 1st place {M.Longhurst, J. Pettet, B. Parkin, R.Pocklington (3'31.30)}. **U/15 boys** 100m A. 1 Anton Daly (11.80) G2* -B.1 James Allen (12.7) ; 200m A. 4. Joshua Oyedele (24.8) G3-B.2.Reuben Fakoua (24.9) G4; 400m A. 1. Joshua Oyedele (53.7) G1- B.1.Harry Smith (54.30) G1; 800m A. 3. Louis Hopgood (2'15.4) G4 -B.4.Alex Lister (2'18.4) G4; 1500m A. 3. A. Willis (4'41.1)G4-B.3.Tom Greenhill (4'48.8); 80m Hurdles A. 2. Aaron Lloyd (11.9) G1- B. 3. Louis Hopgood (13.2)G4; High Jump A. 2. Reon Gowan-Wade (1.63m) G3- B.2.Anthony Moore (1.50m); Pole Vault A.2. Adam Willis (2.20m)- B. 2. Louis Hopgood (2.00m) ; Long Jump A 1.Reon Gowan-Wade (5.89m)- B. 1. James Allen (5.34m); Shot Putt A. 3. Joshua Ajitoye (10.13m)-B.1.Joe Shonibare (9.21m); Discus A. 3. Joshua Ajoboye (28.32m)- B. 3. Joel Shonibare (22.11m); Javelin A. 3.Liam Cater (35.40m)-B. 2. Reuben Fakoya (24.06m); Hammer A. 3. Joshua Ajiboye (29.09)- B. 3. Joel Shonibare (16.78m) ; 4x100m Relay 2nd place {Bruno Myska-Reder, Reuben Fokoua, Joshua Oyedele, Anton Daly (48.0)} ; 4x400m Relay 4th place {Tom Greenhill, Adam Willis, Harry Smith, Josh Oyedele, (disq)} **U/13 boys** 100m A. 4. Jonathan Holmes (13.6)-B. 3. Joshua Dalsan (13.9); 200m A. 4. Ayo- Adiboye (28.3) -B.2. Joshua Shonibare (28.30); 800m A. 2. Ben Sturrock (2'29.2)-B. 2. Thomas Powell (2'34.4); 1500m A. 3. William Fuller (5'07.8)-B.1. Richard Webb (5'08.8); 75m Hurdles A. 2. Kieran Gowan-Wade (13.2)-B. 2. Lewis Burton-Bell (15.2); High Jump A. 3. Kieran Gowan-Wade (1.30m)-B. 2.Gabriel Evans (1.30m); Long Jump A. 2. Kieran Gowan-Wade (4.24m)- B. 3.George Poyner (4.07m); Shot Putt A. 2. Bobby Cribben (6.62m) - B.1. Ayo Ajiboye (7.72m); 4x100m Relay 2nd place { Ayo Ajiboye, Jon Holmes, Joshua Shonibare, Joshua Dalsan (53.3)} **U17 women**. 100m.A.1.A.Lalemi-Jacobs (12.9)- B. 2.L. Stevens (13.6); 200m 1.A.Lalemi-Jacobs (26.7)- B.1. L. Stevens (27.8) ; 300m A.1. K.Galley (42.3)- B.1.R.Robinson (44.8) ; 800m A. 2. K. Galley (2'22.9)-B. 1. D. Critchley (2'23.5); 1500m A.3. D.Critchley (5'06.9)- B.2.M.Fewster (5'32.7); 3000m A.3. C.Parkin (12'12.0)- B.2. M.Kane (12'18.6); 80mHurdles A.2. S.Duffy (12.6)- B.1. N.Nelson-Roberts (12.8) ; 300mHurdles A. 1. S. Duffy (47.0)- B. 1. N.Nelson-Roberts (48.1) ; 4k Hammer A. 3. S. Hurlock (12.43m) ; 1k Discus A. 1.E.Penny-Duffy (27.47m)-B. 3. G. Cousins (18.87m) ;4k Shot A. 2. E.Penny-Duffy (8.31m)- B. 3.G. Cousins (7.30m) ; 600g Javelin A. 3. E. Penny-Duffy (22.69m)- B. 2. M.Fewster (17.02m) ; Ljump A. 2. L. Stevens (4.86m)- B. 4. S. Hurlock (3.87m) ; Tjump A. 2. S. Hurlock (9.99m)- 4. R. Robinson (8.72m) ; Hjump A. 1. C.Lyston (1.55m) ; Pvault A. 1. A. Huggins (2.90m) ; 4x100m relays 2nd place {A.Lalemi-Jacobs, L. Stevens, C. Lyston, N. Nelson-Roberts (51.60)} ; 4x300m relays 1st place {R. Robinson, S. Hurlock, S.Duffy, K. Galley, (2'59.00)} **U15 girls**. 100m A. 2. Dina Asher Smith (12.3)- B. 1. Rachel Dickens (13.0) ; 200m A. 2. Dina Asher-Smith (25.0)- B. 1. Rachel Dickens (26.2) ; 800m A. 4. Jessica Jones (2'24.2)- B. 1. Holly Fletcher (2'27.1) ; 1500m A. 2. Amber Reed (5'01.0)- B. 3. Hannah Cook (5'28.4) ; 75mHurdles A. 1. Rhiannon Jones (12.4)- B. 1. Rachel Gianni (13.0) ; Ljump A. 2. Jessica Moore (4.78m)- B. 1. Frances Read (4.78m) ; Hjump A. 1. Rhiannon Jones (1.50m)- B. 1. Frances Read (1.50m) ; 1k Discus A. 2. Eleanor Dumper (23.46m)- B.1. Shannon Stride (21.57m) ; 600g Javelin A. 2.Elouise Edwards (21.60m)- B. 3. Robyn Borg (14.89m) ; 3.2k Shot A. 4. Eleanor Dumper (8.19m)- B.3. Monique Walcott (7.36m) ; 4x100m 1st team {Jessica Moore, Dina Asher-Smith, Rachel Dickens, Rhiannon Jones (49.90)} **U13 Girls** 75m A 3. (20.5) -B 3. Tatum Ladega (11.3); 150m A 3. Shannon Hylton (20.5)- B 1. (20.6); 800m A 1. Janae Galley (2'28.0)- B. 1. Sonia Woolhouse

(2'40.1) ;1200m A 1. Georgina Kennedy (4'07.1)- B 1. Charlotte Rhule (4'15.1)- 70m Hurdles A 3. Vivien Olatunji (13.00)- B 3. Anne Hurlock (14.2)-; HighJump A 2. Shannon Clarke (1.35m)- B 1. Alex Wheelwright (1.30m) ; Shot A 1. Ellie Lawrence (9.54m)-B 1. Jemoke Fatma (9.17m); Long Jump A 2. Maya Bruney (4.15m) –B 1. Shannon Cordell (4.11m) ; 4x100m Relay 2nd place { Vivien Olatunji Shannon Hylton, Aine Hurlock, Maya Bruney (55.3)} *Blackheath & Bromley finished 1st with 458 points.*

* AW grades

July 22nd BMC Regional Races, Eltham. 800m (men race A) 9. D. McKinlay (2'04.5) ; 1500m (mixed race B) 7. G. Proctor *u17* (4'34.2)- 10. Ms B. Proctor *u23* (4'40.2)- 12. Will Ruiz *u15* (4'48.3)

July 25th Southern women's league, Milton Keynes.

100m A.string 2.Amara Lalemi-Jacobs *U17*(12.5) - B.3. Lauren Stevens *U17*(13.5) ; 200m A 2. Amy Godsell (25.4)- B.1. Amara Lalemi-Jacobs *U17* (26.1) ; 400m A.2 Amy Godsell (59.9) ; 800m A. 4 Sophia Maslin *U17* (3'00.1)- B. 3. Carolyn Jones-Baldock *W35* (3'05.5) ; 3000m A. 4 Carolyn Jones-Baldock *W35* (12'49.3) - B 2 Sophia Maslin *U17* (12'58.1); 400mH 4 Carolyn Jones-Baldock *W35* (1'25.6) ; High Jump 3 Rachel Arnheim (1.45m); High Jump A. 2. Amy Godsell (1.25m); Pole Vault A.1 Rachel Arnheim (3.70m); Long Jump A. 2 Lauren Stevens (5.13m)- B 3 Seraphine Koutoukil (3.96m) ; Triple Jump A. 1 Lauren Stevens *U17* (9.71m)-B 3 Seraphine Koutoukil (8.07m); Shot Putt A.3 Ellie Duffy-Penny *U17* (8.86m)- B.2. Frances Athawes (8.56m); Discus A.4 Ellie Duffy-Penny *U17* (29.07m)- B 4 Claire Wickham *U20* (19.87m) ; Hammer A. 4 Claire Wickham *U20* (27.51m)- B. 4. Frances Athawes (16.85m); Javelin A.3 Frances Athawes (30.34m)- B. 3 Claire Wickham *U20* (21.91m) ; Senior 4x100m 2nd place Blackheath & Bromley (50.9); Senior 4x400m 3rd place Blackheath & Bromley (4'58.3) Blackheath & Bromley finished 3rd with 61 points

July 26th NJL Southern Premier Div Round:4, Norman Park

Men 100m. A string 2. T.Gilling (11.00)– B.string. 4. M.Walcott (11.20); M 200m A 2. T.Gilling (22.3)- B. 2. R. Pocklington *U17* (22.9); 400m A1 L.Charles (49.9)-B. 2 A. Blair (50.3); 800m A 7. J. Clack *U17* (2'05.1)- B. 5. R. Yates *U17*(2'11.6); 1500m A 7.O. Taylor *U17*(4'26.2)-B. 6 R. Yates *U17*(4'37.4); 3000m A 3 P. Seseman *U17* (9'00.0) -B. 5 C. Ward *U17* (11'48.9); 110mH A 1 M.Walcott (14.4)-B. 2 J.Clarke (17.0); 400mH A 2 B. Hopkins *U17*(54.7)-B. B. Parkin *U17* (57.0); 2000m S/c A 6 W.Mercer *U17*(7'29.8)-B. 4.J.Clarke (8'13.7); Discus A. 5 J.Haylock (30.48m)- B 3 R. Norton (29.18m); Hammer A 4 J.Haylock (51.69m)- B 1 R. Al Ameen (48.24m); High Jump A 8. R.Norton (1.70m)- B 6 J. Powell *U17*(1.65m); Javelin A 2. S Brown (49.92m)-B.3 R. Norton (39.57m); Long Jump A.3 M.Longhurst *U17* (6.86m)- B 5 K.Daly *U17*(5.08m); Pole Vault A 3.S.Brown (4.10m) - B M.Longhurst *U17* (4.10m); Shot A - 3 E. Zorro *U17* (11.55m) –B. 4 R. Al Ameen (10.00m); Triple Jump A 4 T. Jenkins *U17* (12.37m) - B 6 C.Ubank *U17* (11.97); 4x100m Relay 2nd place B&B (T.Gilling, M. Walcott, J.Pettet x 2 (43.2)); 4x400m Relay 1st place B&B (A.Blair, B.Parkin *U17*, R. Pocklington *U17*, L.Charles (3'23.5))

Women 100m A 1. S. Solomon (12.3) - B 4 Kirstie Robinson (13.0); 200m A 3 S.Thompson (25.5) B3 G. Sheppard (26.3); 400m A .1 F. Foster *U17*(56.5) - B 1 I. Ivy (59.5); 800m A.1 K. Galley *U17* (2'21.90)- B 3. De Matos (2'24.18); 1500m A 6 D.Critchley *U17* (5'10.9)- B. 7 R. Robinson (5'23.9); 3000m A .5 M Fewster *U17*(12'19.6) - B.5 C.Parkin *U17* (12'22.3); 100mH A 1 S. Solomon (14.1)- B 1 M. Southwart (15.8); 400mH A. 3 M. Southwart (1.04.2)- B.7 M. Kane *U17* (1'24.1); 1500m S/c A 1 R. Smith (5'44.0)- B.2 M.Kane *U17* (6'36.6); Discus A. 3. E. Penny- Duffy *U17* (38.83)-B.3. C. Wickham (20.47); Hammer A. 6 C.Wickham (27.43)- B. 5. S. Effianayi *U17* (26.69); HJump A. 6. G.Sheppard (1.40m)- B.7 C. Moore (1.30m); Javelin 1 S.McGuire (35.24m); LJump A 2 I.Ivy (5.05m) –B. L. Stevens *U17*(4.76m); Pole Vault A 1 C. Moore (3.45m)-B. 1 A.Huggins *U17* (2.90m); Shot A 1 S. Effenayi *U17* (12.13m) - B.3. E.Penny-Duffy *U17* (8.13m); TJump A 3 I. Ivy (10.65m) –B. 4. S. Hurlock *U17* (9.48m); 4x100m Relay 1st place B&B (M. Southwart, S.Solomon, K. Robinson, G.Sheppard (48.4)); 4x400m Relay 1st place B&B (A. De Matos, K. Galley, F. Foster, S. Echel Thompson (3'54.6))

July 26th Under 13 Inter-Counties, Kingsmeadow.

Boys. 75mH. (race 2). 3. Kieran Gowan-Wade (*Kent*) (12.92); Discus (B string) 6. Bobby Cribben (*Kent*) (20.97m). Girls 800m (A string) 5. Janae Galley (*Kent*) (2'33.41); 1500m (B string) 9. Georgina Kennedy (*Kent*) (5'40.35); 70mH 7. (A string, race 1) 7. Aine Hurlock (*Kent*) (13.91m); Hjump 6. Shannon Clarke (*Kent*) (1.35m); Shot (A string) 4. Ellie Lawrence (*Kent*) (9.30m); Discus (A string) 6. Ellie Lawrence (21.64m); Javelin (A string) 6. Aine Hurlock (20.12m)

July 28th BMC Regional Meeting, Exeter. Mens 1500m (race A) 14. R. Minting (4'47.67)

July 29th BMC Gold Standard, Watford. Womens 1500m (race B) 10. B. Proctor (4'34.46)

August 1st British Athletics League, Div. 2, John Charles Centre, Leeds

A string 100m 1. D.Grant (10.86); 200m 1. F. Owolade (21.89) ; 400m 1. J. Alaka (48.28) ; 800m 3. S. Overall (1'56.67); 1500m 1. S. Overall (3'57.29) ; 5000m 1. A. Rayner (14'42.34) ;100mH 8. R. Holt (18.29) ; 400mH 1. E. Harrison (53.22) ; 3000ms/c 6. A. Gibbons (9'43.86) ; Discus 4. A. Pope (40.50m) ; Hammer 6.A.Pope (29.75m) ; Hjump 3. L. Ely (1.83m) ; Javelin 2. D. Brand (54.65m) ; Ljump 8. A. Pope (5.79m) ; Pvault 3 N. Moore (3.83m) ; Shot 4. D. Brand (12.97m) ; Tjump 6. D. Bovell (11.99m) ; 4x100m relay 3rd place (E. Harrison, D.Bovel, F. Olowade, D.Grant (42.75) ; 4x400m 2nd place (L. Charles, E. Harrison, F. Olowade, J. Alaka (3'96.06). B string 100m 16.J. Alaka (10.94) ; 200m 3.E.Harrison (22.34) ; 400m 5. L. Charles (50.94) ; 800m 3. R. Bentley (1'57.92) ; 1500m 1. R. Bentley (4'01.72) ; 5000m 2. P. Tucker (14'50.81) ; 100mH 3. A. Pope (18.23) ; 400mH 3. R. Holt (59.52) ; 3000ms/c 4. A. Bruce-Littlewood (10'12.36) ; Discus 7. C. Brand (23.28m) ; Hammer 5. R. Holt (15.85m) ; Hjump 2. A. Pope (1.73m) ; Javelin 2. A. Pope (46.61m) ; Ljump 8. R. Holt (4.90m) ; Shot 2. A. Pope (12.06m) ; Tjump 7. F. Olowade (10.47m)

August 1st Men's Southern League, Division 3, Tonbridge

A string. 400mH. 1. J. Powell (1'01.9) ; 100m 3. N.Francis(11.7) ; 800m 2. D. Ryan (2'00.2) ; 5000m 1. J. Thorpe (16'04.3) ; 400m 1. R. Daniel (52.5) ; 110mH 2. I. Holder (21.0) ;200m 2. R. Pocklington (23.8) ; 1500m 1. D. Ryan (4'14.9) ; 3000ms/c 2. D. McKinley (10'36.1) ; 4x100m 1st place (45.5) ;4x400m 1st place (3'37.5) ; Ljump 2. C. Ubank(5.91m) ; Hjump 3. J. Powell (1.60m) ; Pvault 2. A. Hardy (3.00m) ; Tjump 3. C. Ubank (12.03m) ; Hammer 1. J. Haylock (42.14m) ; Javelin 1. M. Den Dobbblestein (50.91) ; Shot 4. D. McKeown (6.37) ; Discus 2. M. Den Dobbblestein (26.86m) B string. 400mH. 1. D. McKinley (1'05.0) ; 100m 2. S. Sultan (12.0) ; 800m 1. R. Daniel (2'01.8) ; 5000m 2. A. Cliff (17'19.1) ; 400m 1. R. Dawes (52.7) ; 110mH 2. D. McKinley (24.8) ;200m 1. J. Pettit (23.4) ; 1500m 1. A. Conway (4'16.1) ; 3000ms/c 2. R. Hall (11'52.1) ; Ljump 3. D. McKeown (5.28m) ; Hjump 1. G. Holder (1.60m) ; Pvault 2. R. Daniel (1.15m) ; Tjump 2. J. Powell (10.57m) ; Hammer 1. M. Takpak (27.68m) ; Javelin 4. J. Pettit (26.15m) ; Shot 3. N. Francis (6.37m) ; Discus 1. G. Holder (25.53m) BBHAC 1st with 115 points

August 2nd UKWAL Div 2 Round 3 Grangemouth Stadium, Glasgow

100m A 2 Anike Shand-Whittingham (11.88)- B. 1. Vickie Cole (12.03); 200m A.1 Anike Shand-Whittingham (24.5) - B 1 Vickie Cole (24.73); 400m A 5 Rebecca Syrocki (57.96)- B. 2 Savannah Echel Thompson (57.19); 800m A 3. Elaine Murty (2'15.05)- B. Bryony Proctor (2'22.11); 1500m A 1 Bryony Proctor (4'40.82); B. Elaine Murty (4'46.93); 2000m s/c A. 4. Rebecca Smith (8'21.33); 100mH A 1. Serita Solomon (14.26)- B. 2 Lorraine Ugen (15.72); 400mH A 6 Carolina Jones-Baldock (1'25.11)- B. 6 Rebecca Smith (1'16.47); Discus Throw A 4.1 Francis Athawes (27.07m)- B. 2 Liz Hughes (25.11m); Hammer Throw A 7. Carolyn Jones(5.30m)- B. 7. Rebecca Syriocki (5.20m); High Jump A 5. Rachel Arnheim (1.50m)- 2 Emily Martin (1.45m)- Long Jump A. 7. Rachel Arnheim (4.33m); Pole Vault A 1. Rachel Arnheim (3.50m)- B. Liz Hughes (3.50m) ; Shot Putt A 2. Liz Hughes (10.33m)- B.3 Frances Athawes (9.13m); Triple Jump A 5. Emily Martin

(10.70+4.2m); 4x100m relay 1st place B&B (Vikki Cole, Serita Solomon, Emily Martin, Anike Shand-Whittngham) (47.67); 4x400M Relay 3rd place B&B (Rebecca Syrocki, Emily Martin, Elaine Murty, Savannah Echel-Thompson) (3'58.07) (*Blackheath & Bromley H&AC finished 6th with 153 points*)

August 2nd KYAL Div 1, Deangate Stadium, Sutton Hoo.

U13 girls. A string 75m.6. Amber Johnson (10.4)- B string 1. Josephine Ray (11.3); 150m. A.1. Leah McDonald (21.1)- B.1. Myna Echill-Lawson (23.3); 600m A. 6. Charlotte Rhule (1'59.1)- B.2. Bekki Keyte (2'00.3); 1000m A.4. Anna Myers (3'38.7)- B.2. Samantha Leighton (3'44.6); 70mH A.2. Oshuwa Obbeta (12.8)- B.1. Shannon Cordell (14.6); 1500m walk A.3. Leah McDonald (8'46.0)- B.3. Shannon Clarke (9'11.1); Hjump A.1. Shannon Clarke (1.41m)- B.1. Oshuwa Obbeta (1.30m); Ljump A.2. Shannon Cordell (3.77m)- B.2. Oshuwa Obbeta (3.29m); Shot A.1. Yemsi Sofalarin (7.61m)-B.1. Aine Hurlock (6.47m); Discus A.1. Yemsi Sofalarin (7.61m)-B.1. Shannon Cordell (13.08m); Javelin A.1. Yemsi Solafarin (12.44m)- B.1. Aine Hurlock (19.42m); 4 x100m relays 1st BBHAC (57.0) **U15 girls.** 100m A.1. Francis Read (13.8)- B.2. Irene McIntosh (13.9); 200m A.1. Georgina Middleton (27.6)- B. 2. Victoria Munt (28.5); 300m A.5. Rachel Dickens (52.0); 800m A.3. Amber Read (2'36.8)- B.2. Ella Self (2'38.3); 1500m A.2. Hope Stenning (5'27.8)- B. 2. Tasha Mountfield (6'09.8); 75mH A.4. Rachel Gionnani (13.4); 1500m walk A. 2. Victoria Munt (7'27.4); Ljump A. 3. Georgina Middleton (4.47m)- B.2. Irene McIntosh (3.93m); Hjump A. 3. Jade Lay (1.25m); Discus A. 1. Shannon Stride (22.48m)- B.1. Irene McIntosh (16.31m); Javelin A.4. Francis Read (15.94m)- B.4. Jade Jay (9.59m); Shot A. 3. Victoria Munt (6.46m)- B.3. Jade Lay (5.45m); 4x100m 1st team (52.90) **U13 boys** 100m A. 2. Alex Scott (14.2)-B. 1. Jonathan Holmes (14.1); 200m A.2. Alex Scott (28.9)-B. 1. Joshua Dalsan (29.6); 800m A. 3. Richard Webb (2'36.1)-B. 2. Sean Sturrock (2'38.3); 1500m A.2. William Fuller (5'20.7)-B. 1. Thomas Powell (5'30.1); 75m Hurdles A. 4. Samuel Willis (15.2)-B. 3. Thomas Desborough (17.2); 1500m walk A.3. Cameron Balfour (8'10.7)- B.2. Thomas Desborough (8'55.1); Long Jump A. 3. Sam Willis (3.99m)- B.2. Joshua Shonibare (3.94m); Shot Putt A.1. Bobby Cribben (8.28m)- B.1. Jon Pairman (6.08m); Discus A.1. Bobby Cribben (19.20m)- B.1. Lewes Burton-Bell (12.99m); Javelin A.4. Jonathan Holmes (20.68m)- B.1. Lewes Burton-Bell (19.20m); 4x100m Relay 1st place (55.8) } **U15 boys** 100m A. 2. Rueben Fakoya (12.50)-B.3. Adam Calderwood (13.0); 200m A. 4. Rueben Fakoya (25.8); 400m A. 2. Harry Smith (54.9)- B. 4. Jake Allen-Wade (1'06.3); 800m 4. Alex Lister (2'26.7)- B. 4. Jake Allen-Wade (2'33.7); 1500m A. 4. Adam Willis (4'58.5)-B.4. Ryan Munnely (5'46.8); 3000m A. 2. William Ruiz (10'40.5); 1500m walk A. 3. William Ruiz (7'46.2)- B.4. Jake Allen-Wade (9'34.0); Long Jump A.6. Adam Willis (4.10m); Shot Putt A.3. Joel Shonibare (9.37m)- 2. Ryan Munnely (8.23m); Discus A. 4. Ryan Munnely (19.20m)- 3. Joel Shonibare (18.59); 4x100m relay 2nd BBHAC (50.5) *Blackheath & Bromley AC finished 3rd with total 322.5 points*

August 4th Tonbridge AC Open Meeting. 1500m (race 1) 2. W. Fuller (5'08.36")- (race 3) 11. W. Ruiz U15) (4'54.88")- (race 4) 2. R. Airey (4'37.34); 300m (race 4) 2. Ms D. Asher-Smith u15 (39.16)- (race 5) 2. R. Davies (36.98); Ljump 6. A. Willis u15 (5.08m)

August 8th Mens 10 in 100 Cup final, Copthall Stadium, Barnett.

100m. 1. D. Grant (10.57); 200m 1. J. Alaka (21.66); 400m 2. F. Olowade (48.72); 800m 6. R. Daniel (1'58.6); 2. S. Overall (4'00.9); 400m H. 1. E. Harrison (53.25); Discus 5. A. Pope (40.30m); Shot 5. A. Pope (12.84m); Ljump 5. E. Harrison (5.57m); Hjump 2. L. Ely (1.90m); medley relay 2nd BBHAC {D. Bovell, D. Haque, B. Barikor, D. Paisley (2'23.2) } *BBHAC 2nd with 77 points*

August 8/9th England Athletics U15/U17 Champs, Bedford.

U15 girls. 100m (heat 2) 3. R. Dickens (12.89)- 4. G. Middleton (12.99)- (heat 3) 1. D. Asher-Smith q (12.29) - Final 1. D. Asher-Smith (12.10); 200m (heat 1) 1. D. Asher-Smith q (24.84)- (heat 2) 3. R. Dickens q (26.06)- Final 2. D. Asher-Smith (24.83)- 7. R. Dickens (26.06). U17 women. Shot 3. S. Effannayi (12.48m) (11.07-

12.48 x 6 puts). U17 men 200m (heat 1) 1. R. Pocklington (22.55)- Final =4. R. Pocklington (22.42); 400mH (heat 1) 1. B. Hopkins (54.80)- Final 1. B. Hopkins (54.45)

August 9th Southern U17 inter-Counties, Chelmsford.

Men. A string. 100m 1. F. Sobudo (*Essex*) (11.10); 400mH 3. D. Paisley (*Surrey*) (53.49). B string 100m 1. D. Grant (*Surrey*)(10.92); 200m 1. F. Olowade (*Kent*) (21.71). Women A string. 100m 2. V. Cole (*Kent*)(12.46); 200m 1.V. Cole (24.81); 800m 3.E. Murty (*Kent*) (2'11.19); 1500m B. Proctor (*Kent*) (4'40.57); 3000m s/chase 2.R. Smith (*Kent*) (13'16.27); 100mH 4. M. Southwart (*Kent*)(15.86); 400mH 3. M. Southwart (1'06.19); Pvault 2. R. Arnheim (*Kent*) (3.57m); Shot 3. S. Brown (*Kent*)(14.00m); Discus 1. S. Brown (44.38m). Bstring. 200m 2. V. Cole (24.81); Pvault 1. E. Hughes (*Kent*) (3.37m); Hammer 4.L.Robichaud (33.77m)

August 12th. Watford Open Meeting. 200m (race B) 1. F. Olowade (21.84); 3000m (race 1) 7. Ms B. Proctor (9'55.87)- 8. G. Proctor U17m (9'58.44)

August 15th. BMC open meeting, Cardiff. 1500m (race D) 4. R. Bentley (3'54.09)

August 15th England Athletics U15/17 championships, Bedford.

U15G 100m (heat 2) 3. Rachel Dickens (12.89)- 4. Georgina Middleton (12.99)- (heat 2) 1. Dina Asher-Smith (12.29)- Final 1. D.Asher-Smith (12.10); 200m (heat 1) 1. D.Asher-Smith (24.84)- (heat 2) 3. R.Dickens (26.01) - Final 2. D. Asher-Smith (24.83)- 7. R.Dickens (25.85). U17G Shot 3. Sabine Effanayi (12.48m) (11.07-12.48m over 6 throws). U17 boys 400m (heat 1) 1. Ben Hopkins (54.80)- Final 1. B.Hopkins (54.45); 200m (heat 1) 1. Ronnie Pocklington (22.55)- Final =4. R. Pocklington (22.42)

August 16th National Junior Athletic League (Match 4), Lee Valley

100m A string 3. T. Gilling (11.00) – B string 6. M. Walcott (11.40) ; 200m A.4. T. Gilling (22.60)- B.4. R. Pocklington (22.80) ; 400m A.4. L. Charles (49.90)- B. 2. A. Blair (50.70) ; 800m A. 3. A Littlewood (2'00.50)- B.4.O. Robinson (2'05.30) ; 1500m A.7th O Taylor (4'32.3)- B.6. C. Fraser (4'35.6) ; 3000m A.7. S. Jackson (10'18.9)- B.5.G. Proctor (10'56 ??); 2000m s/c A.2.A Littlewood (6'21.1)- 3. H. Kurtyanek u17 (7'11.0) ;110mH A.2. M Walcott (14.7)- B. 4. B Hopkins (16.5) ; 400mH A. 3.B Hopkins u17 (59.75)- B.5. J Powell (62.4) ; 4 x 100m 1st place (K.Daly, T Gilling, M Walcott, A. Jolaso) (42.7) ; 4 x 400m 1st place {(L Charles, A Blair, R. Pocklington, J Powell) (3,23'8)} Discus A. 6 J.Haylock (30.06m)- B 5 R. Norton (26.96m); Hammer A 5 J.Haylock (49.95m)- B 2 R. Al Ameen (46.05m); High Jump A 7. R.Norton (1.75m)- B 6 J. Powell U17(1.65m); Javelin A 2. S Brown (49.92m)-B.3 R. Norton (39.57m); Long Jump A.3 M.Longhurst U17 (6.86m)- B 5 K.Daly U17(5.08m); Pole Vault A 3.S.Brown (4.10m) - B M.Longhurst U17 (4.10m); Shot A - 3 E. Zorro U17 (11.55m) –B. 4 R. Al Ameen (10.00m); Triple Jump A 4 T. Jenkins U17 (12.37m) - B 6 C.Ubank U17 (11.97); Women 100m A 1. S. Solomon (12.3) - B 4 Kirstie Robinson (13.0); 200m A 3 S.Thompson (25.5) B3 G. Sheppard (26.3); 400m A .1 S. Echel Thomson (56.5) - B 5 R. Robinson (64.9); 800m A.3 H.Edwards U17 (2'18.1)- B 3. K. Galley U17(2'22.0); 1500m A 7 E. Nolan U17 (5'14.6)- 3000m A .5 C.Parkin (12'11.6) - B.4 S.Maslin U17 (13'24.0); 100mH A 1 S. Solomon (14.1)- B 1 M. Southwart (15.8); 400mH A. 3 M. Southwart (1.04.4)- B.4 S. Maslin U17 (1'27.7); 1500m S/c A 1 R. Smith (5'47.5)- B.1 M.Kane U17 (6'17.2); Discus A. 1. S. Brown (45.81)-B.1. S. Milner (42.74); Hammer A. 3 S. Brown (42.23)- B. 4. S. Milner U17 (29.34); HJump A. 6. C.Lyston U17 (1.50m)- B.6 C. Moore (1.35m); Javelin A.8 C. Wickham (21.02m)- B. 7. E. Penny Duffy (15.79m); LJump A 1 L.Ugen (6.10m) –B.2 L. Stevens U17(4.76m); Pole Vault A 1 C. Moore (3.20m)-B. 1 M.Southwart (2.45m); Shot A 1 S. Brown (14.16m) - B.1. S. Effianayi U17 (12.36m); TJump A 3 L. Stevens U17(10.41m) –B. 3. R. Robinson U17 (9.58m); 4x100m Relay 2nd place B&B (M. Southwart, S.Solomon, F. Foster, L.Ugen (48.0)); 4x400m Relay 1st place B&B (K. Galley, M. Southwart, F. Foster, S. Echel Thompson (3'58.4))

August 19th BBHAC open meeting, Norman Park.

100m (heat 1) 2. Dia Asher-Smith *U15G* (12.46)- 3. E. Martin (12.73)- 4. Amara Lalemi-Jacobs *U17W* (13.23)- 5. Laren Steven *U17W* (13.38)- 6. Lucy Pamment *U17W* (14.85); (heat 2) 1. Rihanna Amoah-Williams *U15G* (13.61)- 2. Rhiannon Jones *U15G* (13.86)-3. H. Godsell *V55* (14.01) 4. Irene Mcintosh *U15G* (14.18)- 5. Oshuwa Ogbeta *U15G* (14.31)- 6. Alana Fajks-Collins *U13G* (15.20); (heat 3) 1. Anton Daly *U15B* (11.95)- 2. James Allen *U15B* (12.89)- 3. Bruno Myszha-Reder *U15B* (13.48)- 4. Lawrence Fanutza-Davis *U15B* (14.64); (heat 4) 1. Kieran Gowan-Wade *U13B* (14.03)- 2. Sam Willis *U13B* (14.47)- 3. Daniel Appiah *U13B* (16.27); (heat 6) 3. Ronnie Pocklington *U17M* (11.49)- 5. Kieran Daly *U17M* (11.62)- 6. Dominic Coelho *U17M* (11.89); (heat 7) 4. Joe Appiah *U17m* (12.53); 5000m 1. D. Marks (18'06.45); Ljump 1. Kieren Gowan-Wade *U13B* (4.47m)- 2. Sam Willis *U13B* (4.37m)- 3. Shannon Cordell *U13G* (4.10m)- 4. Oshuwa Ogbeta *U13G* (3.69m)- 5. James Allen *U15B* (5.38m)- 6. Lawrence Fanutza-Davis *U15B* (4.02m)- 7. Frances Read *U15G* (4.70m)- 8. Amber Bryan-Isaacs (*U15G*) (3.93m)- 8. Irene Mcintosh *U15G* (3.74m)- 9. Rihanna Amoah-Williams *U15G* (3.62m)- 10. Lauren Stevens *U17W* (4.11m); 4x100m relay 1. *U17m* (48.50)- 2. *U15B* (48.60)- 3. *U15G* 52.73)- 4. *U13G* (57.19).

August 19th BMC Regional Races, Eltham. 800m (men race B) 2. R. Bentley (1'55.45); (race C) 4. A. Bruce-Littlewood (1'57.67)- 5. D. Boyce (1'57.81); (race E) 1. M. Airey (1'59.98); 1500m (men race A) 2. A. Rayner (3'54.48); mixed race C) 7. E. Murty (4'31.5)- 12. H. Cook *u15* (5'17.9).

August 22nd IAAF World Championships, Berlin. Womens 4x100m relays. (heat 2) 3. GB. (M. Douglas 2nd leg) (43'34)- Final 6. GB (M. Douglas 2nd leg) (43.16).

August 22nd British Athletics League, Div. 2, Kingston

A string 100m 2.D.Grant (10.74); 200m 2. D. Grant (21.27) ; 400m 3. F. Olowade (49.33) ; 800m 3. R. Bentley (1'55.02); 1500m 3. S. Overall (3'57.39) ; 5000m 1. A. Rayner (14'46.64) ; 100mH 7. R. Holt (17.52) ; 400mH 7. E. Harrison (66.71) ; 3000ms/c 4. A.Bruce-Littlewood (9'37.5) ; Discus 3. A. Pope (42.45m) ; Hammer 1.K.Chester (62.16m) ; Hjump 2. L. Ely (1.90m) ; Javelin 5. A. Pope (50.41m) ; Ljump 7. B.Barikor (6.40m) ; Pvault 5 M. Longhurst (4.00m) ; Shot 4. K. Chester (12.70m) ; Tjump 3. S. Bobb (14.42m) ; 4x100m relay 1st place (E. Harrison, , F. Olowade, D.Grant D.Haque (41.68) ; 4x400m 8th place (D. Haque, A. Wilson, E. Harrison, F. Olowade (DISQ). B string 100m 4. D.Bovell (11.16) ; 200m 1.D.Haque (21.70) ; 400m 4. A. Wilson (49.71) ; 800m 3. S. Overall (1'57.18) ; 1500m 6. J. Poole (4'12.05) ; 5000m 3. P. Tucker (15'28.60) ; 100mH 4. B. Barkor (17.54) ; 400mH 3. B. Parkin (59.46) ; 3000ms/c 6. J. Poole (10'09.6) ; Discus 3. K.Chester (39.22m) ; Hammer 3. A. Jordon (15.85m) ; Hjump 5=. A. Pope (1.70m) ; Javelin 8. C. Brand (31.87m) ; Ljump 7. S. Bobb (5.72m) ; Shot 3. A. Pope (11.95m) ; Tjump 2. M. Longhurst (13.18m)

August 25th BMC Regional Races, Exeter. 800m men (race E) 7. R. Minting (2'11.95)

August 26th BMC Gold Standard Races, Watford. Men 800 (race B) 12. D. Boyce (2'00.52) ; 1500m (raceB) 9. A. Bruce- Littlewood (4'01.16). Women 1500m 12. B. Proctor (4'41.57)

Club Championships, Norman Park.

1 July 2009 3000m 1.Adam Atkinson (9'54.6)- 2. Tim Soutar *M50* (9'58.4)- 3 Gareth Evans (10'13.6)- 4 Cliff Keen *M50* (10'28.8)- 5 David Beadle *M40* (10'39.4)- 6 Robert Brown *M55* (11'13.9) ; 3000m Walk 1 Liam Baldwin *U20M* (14'35.0)- 2. Roger Michell *M60* (15'18.0)- 3. Sandra Brown *F60* (16'47.3)- 4.Ben Parsons *U15B* (17'05.7)- 5. Ian Slatta *M50* (17'10.0)- 6. Micky Harran *M70* (17'18.9)- 7. Peter Hannell *M65* (17'37.6)- 8. Peter Crane *M60* (18'06.3)- 9. Catherine Cotterell *U15G* (18'36.8)- 10.Victoria Munt *U15G* (18'40.3)- 11. Alan Pickering *M60* (19'46.2)- 12. David Hoben *M55* (20'09.3)

Triathlons

July 5th, Austrian Ironman Triathlon, Klagenfurt.

74. N. Kinsey (*Tri UK*) (1st M50) Swim 3.8km (225th/1:00'45); T1(3'22); Bike 180km.(159th /4:55'18); T2 (3'11); Run 42 km(81st/3:23'36) = overall time (9:26'13)

July 5th Steelman Olympic distance Triathlon Dorney Lake Windsor (London & SE Championships)

81. Paul Delicata 1500m swim (2'18.14); 40km bike(33.25/1.11.40/40.43);10km run 21st (30'34)- 118. Roy Priestley 1500m swim (2'31.31) 40km bike (36.18/1.12.44/39.04) ;10km run 23rd (35'39) -289. Neil Ayrton 1500m swim (2'43.49); 40km bike (43.01/1.13.05/43.54);10km run 25th (45'49)- 320.Jim Phelan 1500m swim (2'45.35) ; 40km bike(34.44/1.19.20/47.38);10km run 2nd V60- 357. Kate Pratten 1500m swim (2'48.22); 40km bike (36.25/1.23.47/44.34);10km run 9th F (30'34)

Review: From Wits End to John O'Groats

For anyone with experience of and a liking for cycle tours the challenge of the End to End ride between Land's End and John O'Groats undoubtedly an ambition whether realised or not, and a holy grail amongst cycling devotees. **From Wits End to John O'Groats** traces such a journey made by Les Roberts and friends in the summer of 2008 in aid of **Parkinsons Trust Movers and Shakers**. It describes in descriptive detail the events, incidents of that journey affectionately known as LeJOG as he came to terms with his own suffering from the condition.

In reviewing a book of this type it would be tempting to give it a stiff critical appraisal but that would be missing the point. This is because it is written not by a professional writer or some celebrity aspiring through a ghost writer to literary greatness, but by a genuine enthusiast with the straightforward honesty of one who if battling against limitations, is willing to admit them but has all the confidence of a high achiever who can turn difficulties into challenges.

For those who like reading about cycling Les takes a fresh, unassuming approach to a cycling challenge. Some travel writers, particularly Tim Moore, whose book "French Revolutions" described his own attempt to cycle the route of the 2000 Tour de France, have attained a high critical profile but I found him to be somewhat over ebullient, writing in a style trying to emulate the style of Bill Bryson. Others write of setting unrealistic targets and then spend 200 pages admitting their failure to do so. Not so Les. Without stylisation or bragging of one's exploits he nevertheless admits to an innate tendency to believe in the eventual success of his venture

"Perhaps" he says early on "self delusion is a symptom of PD but I simply reckoned that, as long as my hard wiring (well honed motor skills) was still intact, I should be able to ride myself in and give a reasonable account of myself; a strategy that had always worked in the past".

After an introductory autobiographical chapter containing an account of his running and cycling careers, the narrative goes straight into the journey and is interspersed with extracts from the regular audio-log transcripts produced on the journey relating to his moods and instant impressions, to add depth and atmosphere.

Although there are moments when the reader might be tempted to conclude that the author is mad, foolhardy or irresponsible something more steely emerges. It becomes more apparent that this is a highly engaging read aimed at the lay-man and designed to appeal to those who might initially regard this sort of activity as foolhardy but could be persuaded otherwise. All through the book the author makes it clear that he is aware of the physical cost of such an adventure and does not boast in the glow of taking on tough challenges tougher so to prove some perverse machismo, as a battle-scarred combat soldier would reflect on the grim experience of war and not its glories. This is no jolly breeze or gung-ho fanfare of sporty values but a considered and realistic study of how someone goes about undertaking a challenge and of the satisfaction of enduring and overcoming difficulties.

There is enough incident to make this a compelling read with all the near crashes, changes in weather and gruelling rides but quite often the author pauses to reflect on why he and his companions "*subject themselves to such distress?*" and what it does to them. On passing through a particularly mountainous area in Scotland he concludes that it makes him able to mentally deal with situations and appreciate the buzz of coming through them

“It’s about personal conditioning, parameter setting, proving your limits ..or ‘pushing the envelope’. Even though an activity may appear extreme, masochistic or futile, the experience gained from it may well equip you to recognize and deal with other situations..however irrelevant the experience may at first appear...The release of endorphins ...can give a significant ‘high’ ..in that we are prepared to tolerate the unspeakable in order to obtain our fix”

Sometimes (on homing in on his condition) he reveals how adversity can produce extraordinary performances. *“The perversity of Parkinson’s is such that something that is hard in the commonly held order of things may..prove easier than something deemed mundane..better hiking 20 miles over rough terrain than.....pay at a busy supermarket check-out”*.

This reflective mode produces many observations which are worthy of an accomplished novelist .

Although the author reveals that he has in depth knowledge of medical conditions and cycling technology he doesn’t attempt to blind the reader with science or put them off the subject by finding excuses to complicate the narrative with science and risk turning his work into a textbook Nor is the book written for cycling purists. In fact the human element only comes out even more when confronted with other cyclists of a different persuasion. When the party arrive at John O’Groats they meet two fireman whose equipment looks shockingly primitive, and who have cycled the route on old worn out low specification mountain bikes which show no evidence of receiving any maintenance and are dangerously over- laden with equipment. Instead of being judgmental he shows sympathy rather than disdain. Les admits to admiring their spirit and to being *“humbled by the exploits of fellow travelers”*.

All through the book you sense that the author is not seeking to praise the exploits of famous cyclists but to note and appreciate the actions of ordinary people he’s encountered on the way. At Nairn in Morayshire, he is touched by the gesture of a local postman who donates his last small change to the charity thus sacrificing his day’s cup of tea; at Temple Sowerby by a hotel landlady making available drying and changing facilities and a welcome bonus of a workshop on the premises to allow the party the chance to make welcome repairs; and by the proprietor of the Coach House Inn at High Bentham in North Yorkshire whose tea and coffee provide welcome relief from the cold. All are described in saintly terms as candidates for the Nobel Prize for Humanity and there many are others worthy of praise.

Alright so there are delays and interruptions on the tour. After being side-swiped by a gust of wind he is forced to travel by bus for few miles and tweaks his back relying ever increasingly on medication. Perhaps the account lacks a degree of sensationalism and twists of high drama which a seasoned writer might employ but this might make the stories less believable and besides I like accounts which tell the truth and don’t rely on highs and lows to grab the reader’s attention. The book then is worth reading for its honesty and straightforwardness, especially if like me you prefer cycle tours to be an healthy adventure rather than a form of guilt-driven obsession. Unlike the meanderings of professional writers, this no-frills effort does exactly what it says on the tin and creates a vivid image of human nature harnessed to positive effect.

WHO

“From Wits End to John O’Groats” by Les Roberts. Author House Publications, 2009. 116pp (photos). ISBN 978-143896835-3.

With another Ashes series come to a successful conclusion (for England fans anyway) here are a few choice quotes of a distinctly Australian nature.

He’s not quite got hold of that one. If he had, it would have gone for nine.....Richie Benaud describing a Justin Langer six

Get down to the other end and watch someone else play him.... Geoff Boycott on how to handle Glenn McGrath.

I thought ‘stuff that stiff upper lip business. Let’s see how stiff it is when it’s split’.....Jeff Thompson on England

During a key Ashes test in the early 1950s the future Bishop of Liverpool, the Reverend David Sheppard spilled a crucial catch in the outfield having missed a few others already. As it was off his bowling Freddy Trueman exclaimed “Kid yourself it’s Sunday Rev and keep you hands together”!

In the 1980s Australian captain Greg Chappell caused controversy in a one day match when he directed his brother Trevor to bowl the last ball delivery of the match underarm to prevent New Zealand from winning. As a repost a New Zealand fan attending a later match held up a banner which exclaimed.....”Australians have an under arm problem”