



**Blackheath
& Bromley**

The Courier

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Unless otherwise attributed, views are those of the Editor.

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From the editor:

Montell mounts bid for Olympic selection.

Montell Douglas (pictured below) has maintained a high and consistent level of performance in her Summer season in her bid for Olympic selection for the Beijing games. Fine form at the British Universities Championships at Bedford saw her win three gold medals, including helping the 4x100 team to victory and clocking an impressive 53.8 split on her leg of the race. Despite sustaining a hamstring injury at those championships she timed 11.44 seconds for the 100 metres at a meeting in Geneva, and has been selected for the Great Britain womens' squad for the Spar European Cup at Annecy, France in the 4x100 metres. She now continues her build up for the Olympic trials next month.



Scott's vaulting ambition clears new heights

Scott Huggins has in recent weeks revised various Pole Vault records and now clears heights described by the President as reaching the ceiling of the club house lounge. At a National league fixture at Cophall he smashed the League Record for the pole vault with a clearance of 5.05 metres a new Scottish Junior and Club Record. In difficult conditions at the CAU Inter Counties Championships at Bedford he retained his pole vault title with a leap of 4.70 in a performance described by Coach Allan Williams as "magnificent, the only one to master the foul conditions"; and at the Loughborough International and representing Scotland, he improved his personal best by 5 centimetres to clear 5.10 metres.

SOME COMING EVENTS

- June 21/22. England U20/U23 Champs, Bedford
- June 22. Nat. Young Athletes League, Reading
- June 25. Club 3000m & club walks champs, Norman Park
- June 27. Kent master's, Erith
- June 28. Southern Men & Womens' League, Norman Park
- June 29. Nat. Junior League, Cambridge
- July 4- 6. British Masters championships, Birmingham
- July 8-13. World Junior Champs, Poland
- July 9. Johnson Bowl Walk, Norman Park
- July 11. Kent Master's League, Erith (6.45pm)
- July 11/12/13. UK Champs & Olympic trials, Birmingham
- July 16. Parris handicap Race 4.
- July 19 British Athletics Lge, Cup semi-final, Eton
- July 20. Nat. Young Athletes League, Eton. *(continued on page 2)*

SOCIAL

July 19 French Night, club HQ

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884

NEXT COURIER: Mid August.

Any contributions and articles from members are always welcome

Age is no hurdle

At times, it can seem a little unfashionable to be an older athlete in this wonderful Club of ours. We have some very promising young athletes, and several who are probably headed for centre stage as seniors. The longevity and burn-out rate of our youngsters has always been a concern, but lest anyone dares to think that opportunities for top class track and field competition begin to wither as athletes approach, say, their mid thirties, let us not forget Masters Athletics. Indeed, let's not just remember it, let's take it very seriously indeed.

As Club Masters captain Tom Phillips was heard to say a little while back to a meeting including representatives of Southern and National League sides, "Ultimately, you're all our feeder squad, so look after yourselves, because we're a force to be reckoned with." And who can argue? Our men's Masters team boasts an unbroken string of victories in the hotly contested Kent Masters League going back almost ten years. And, with just a couple of hiccups, the Club has held the Southern Counties Masters League Final trophy for almost as long. Our Women's Masters Team are busy establishing themselves a similar reputation, and the Teams shared a double victory in the Southern Final last August. It's probably the premier inter-Club Masters fixture in Britain.

Not content with racking up County and regional honours, a number of our Masters athletes have earned recognition nationally and internationally. Bob Minting and his sister, Helen Godsell, have held UK, World and European titles, and records. Pole vaulter Allan Williams, sprinter Tom Phillips, jumper Clem Leon, and middle distance stalwart Peter Hamilton have all been medallists at national, European or World Masters level in recent years, and continue to perform at the highest levels in their respective Masters age groups. Colin Brand, Gordon Hickey and Barbara Terry are each role models of extremely long, active and successful careers as athletes.

The innate modesty of many of the athletes in our Masters squad often means that they don't spend time blowing their own trumpets, and their achievements often seem to read like an after-thought in results and press releases. But now that there's even legislation to persuade us that age is no reason to deny parity, let's be alive to what our Masters are doing. And doing well.

COMING EVENTS (continued)

July 20 Senior Inter-Territory match, Birmingham- July 23 B&b Open track & field meeting- July 23-3 Aug. European Masters Champs- July 25/26 Grand Prix, Crystal Palace- July 30 Club 800m Champs- Aug 2. British Athletics Lge, Cardiff- Aug 2. Southern Men's League, Kingston- Aug 3. UK Womens Athletic League, Wigan- Aug 6. Club 5000m champs- Aug 10. Sr. Inter-Territory Match- Aug 15-24 Olympic games, Beijing.

At the start of the Ted Peppar 10km



We're only just wakin' up. A sleep-deprived Rob Hall contemplates how long he can stay in front on this race and how much the bet will cost him this time.

The Courier June 2008. Results

Road.

Marathons & Half Marathons

April 27th Sorbathane Blackpool Marathon. 28th D. Hilliar (2:53'10)

April 27th SIG Insulations Sheffield Half Marathon. 20th D. Brewer (1:16'29)

May 3rd Luxembourg ING Half Marathon 284th (out of 4142) M. Crisp (1:38'39)

May 11th Halstead & Essex Marathon. 122nd D. King (3:53'15)- 123rd J.E Turner (3:53'16)- 198th P. Rodgers (4:15'18)- 312th C. Poole (4:47'.22)- 351st R. Griffin (4:59'40)- 360th (5:05'15)

May 18th Riga Half Marathon. 120th (out of 1000) M. Crisp (1:34.57)

June 8th Southend Half Marathon. 38th D. Beadle (1:25.39)

Other distances

April 27th Hastings Runners' 5 miles. 271. R. Saiz (43'33)

May 4th Sutton 10km. 182. L. Rackickis (47'18) **May 4th Berlin 10km.** G. Murray (m70) (1:02'14)

May 5th Ted Pepper memorial 10km, Langley Park.

8. R. Smith (1st mv45) (35'50)- 9. T. Soutar (m50) (36'06)- 11. C. Keen (m45) (36'39)- 20. G. Cook (m40) (38'14)- 26. A. Crowder (38'59)- 31. Rob Hall (39'19)- 37. Ms J. Butler (3rd w)(39'57)- 38. L. Crowder (m40) (39'57)- 39. Ms J. Bradshaw (40'01)- 40. P. Mackrell (40'16)- 42. M. Ellison (m45) (40'26)- 54. G. Coates (m55) (41'52)- 55. R. Brown (41'58)- 61. D. Carton (m50) (42'18)- 65. R. Drake (42'36)- 67. C. Frith (m50) (42'56)- 77. T. Delahoy (m55) (44'03)- 83. J. Bailey (m55) (44'46)- 84. A. Riches (44'47)- 95. Ms J. Eastbury (45'34)- 96. J. Fenwick (m55) (45'37)- 98. Ms K. Pratten (45'59)- 102. I. Swatton (m40) (46'15)- 111. C. Jones-Baldock (47'08)- 115. J. Osman (47'26)- 116. Mme A. McDonough (F50) (47'29)- 124. Ms A. Hemsley (48'30)- 126. Ms A. Cilia (f45) (48'40)- 127. I. Montgomery (m40) (48'44)- 140. M. Compton (m50) (50'08)- 154. W. Orton (m45) (54'34)- 166. P. Sheppard (m65) (1:26'27)

May 17th National Masters Road Relay 5km Champs, Sutton Park, Birmingham.

W35. leg 1. 30th J. Butler (18'04)- leg 2. 24th J. Bradshaw (18'22)- leg 3. 29th B. Davey (19'31)- leg 4. 24th C. Jones-Baldock (21'02) 24th = (1:16.59); F45 leg 1. 92nd A. McDonough (22'05)- leg 2. 87th A. Cilia (22'04)- leg 3. 80th H. Symmons (22'43) 80th = (1:06'52); M50 leg 1. 4th T. Soutar (16'28)- leg 2. 4th K. Daniel (17'43)- leg 3. 2nd C. Keen (17'03)- leg 4. 4th C. Griffin (18'08)- leg 5. 4th P. Ross-Davies (18'14)- leg 6. 6th A. Lawes (19'19) 6th = (1:46'55); M60 leg 1. 99th T. Brightwell (23'32)- leg 2. 91st I. Wilson (22'25)- leg 3. 87th M. Gasson (25'12) 87th = (1:11'09)

May 18th Darent Valley 10km. 5th A. Tucker (37'30)- 8th G. Cook (38'10)- 17th S. Pairman (40'36)

May 21st - Roy Parris 5km Handicap. Race 2, West Wickham

1 Mark Ellison (37'43/18'13) {29 points} - 2 Jessica Jones (37'49/21'34) {27}- 3 Andy Tucker (38'00/17'45){25} - 4 Hannah Cook (38'01/23'16) {23}- 5 Andy Lawes (38'21/19'36) {22}- 6. Iain Swatton (38'24/21'24) {21}- 7. Angela Cook (38'27/ 21'57) {20}- 8 Neil Ives (38'27/23'27) {19}- 9. Anne Cilia (38'28/22'28) {18}- 10. Dave Beadle (38'33/18'18) {17} - 11 Melody Kane (38'35/22'20) {16}- 12 Gary Cook (38'42/17'57) {15} - 13 Glen Read (Guest) (38'52/20'52)- 14 John E Turner (38'59/20'59) {13}- 15 Kate Pratten (39'03/20'48) {12} -16 Peter Mackrell (39'16/18'46) {11}- 17 Tim Soutar (39'17/17'32) {10} - 18 Chris Pike (39'29/20'44) {9}- 19 Graham Coates (39'30/19'00) {8}- 20 Wilf Orton (39'30/24'45){7}- 21 Jim Osman (39'34/21'49) {6}- 22 Carolyn Jones-Baldock (39'37/22'07) {5}- 23 Mick Jones (39'48/19'33) {4}- 24 Mark Compton (39'50/22'05) {3} - 25 Mike Cronin (40'51/23'21) {2}- 26 John Fenwick (41'06/22'36) {1}- 27 Mike Peel (DNF)

June 1st Dorking 10 mile road race.

2. J. Atkinson (55'01)- 34. A. Tucker (mv40) (1:03'28)- 48. G. Cook (mv40) (1:03'35)- 58. G. Williams (mv40) (1:04'51)- 60. Ms J. Bradshaw (1:05'06)- 130. M. Russell (mv40) (1:09'26)

June 1st Beckenham AC 10km.

18. D. Beadle (mv40) (38'29)- 21. A. Crowder (38'40)- 31. L. Crowder (39'52)- 96. I. Swatton (mv40) (45'57)- 99. Ms K. Philp (46'14)- 104. Ms K. Jinks (46'44)- 108. Ms J. Eastbury (47'09)- 117. J. Morris ((47'49)- 187. N. Merritt (53'14)- 221. S. Price (55'53).

June 8th Eltham Park 5 miles. 23rd S. Pairman (mv40) (32'32)- 29th A. Lawes (1st mv50) (33'03)

June 12th Crisis Square Mile Run, City of London (3 ¾ miles) W. Orton (29'42).

Walking events

April 15th Veterans AC 5mile road walk , Battersea Park. 3. S. Lightman (44'00)- 8. P. Crane (49'38) (both for Surrey Walking Club)

April 30th VAC and Counties 10000m walk champs, Battersea Park. 5. P. Hannell (SWC) (1:26'.3)

May 26th VAC 5m road walk, Battersea Park. 11. P. Hannell (Surrey Walking Club) (49'57)

Cross Country

February 10th Mersch Trial 23km Luxemburg. 29th (*out of 118*) M. Crisp (2 :14.04)

May 11th Sevenoaks Seven. 2. J. Atkinson (41'00)- 26. G. Cook (46'43)- 34. D. Beadle (47'36)- 39. Ms J. Bradshaw (48'10)- 47. G. Coates (49'20)- 49. S. Pairman (49'43)- 65. M. Russell (51'14)- 75. M. Blunden (51'49)- 87. D. Marks (52'23)- 89. R. Brown (52'37)-132. S. Haley (55'44)- 147. A. Mullock (56'24)- 148. G. Cooper (56'24)- 153. J. Osman (56'54)- 399. Ms A. Jelly (1:03'42)

May 25th Marbehan 10 mile XC, Belgium. 72nd (*out of 258*) M. Crisp (1:06'08)

March 22nd World Masters 5km Cross country champs 2nd Peter Hamilton (30'48) (*GB M60 team won gold medal. P. Hamilton first scorer*) .

Track & Field

March 17-22nd World Masters Indoors, France.

M35 60m heats Matt Richards (7.40) - Sfinal 5th Matt Richards (7.36) **M50** 60m heats Tom Phillips (7.95)- Sfinal 6th T. Phillips (7.96)- "B" heats 1st (7.89)- Final Clem Leon (8.20) 200m heats Tom Phillips (25.55)- Clem Leon (26.62)- Qfinals Tom Phillips (25.88)- Clem Leon (27.44)- Sfinals Tom Phillips (25.66)- Final 6th Tom Phillips (26.22) 400m heats Clem Leon (1'00.02)- Sfinal Clem Leon (59.54) ; HJ 14. Clem Leon (1.51m) ; LJ 8.Clem Leon (4.96m) ; PV 5th Allan Williams (3.80m); 4x200m relay GB won gold (1.38.77), Tom Phillips on leg 3. **M60** 3000m 6th Peter Hamilton (10'54.37) ;

April 20th Kent Young Athletes' League, Sutcliffe Park U13's Girls

75m. "A" string 2. Shannon Hylton (10.8)- "B" string 1. Aine Hurlock (11.3); NS. 1. Jemima Meshe (11.4)- 2. Brianna Barwell (12.0)- 3. Rebecca Houlder (12.4)- Hayley Smith (11.9) ; 150m "A" 1. Dina Asher Smith (19.7)- "B" 1. Cheriece Hylton (21.6); 600m "A" 1. Holly Fletcher (1'51.4)- "B" 1. Janae Galley (1'56.4); 1000m "A" Sonia Woolhouse (3'45.1)-"B" Mollie Miller (4'02.7)- N/S Gemma Leggatt (4'15.4)- Rebecca Houlder (4'43.0)- Katie Purkis (4'25.0); 2000m walk "A" Fern-Butler Korro (16'58.9)- "B" Shannon Cordell (15'07.9) ; 70m Hurdles "A" 1. Amber Bryan-Isaacs (13.0)- "B" 1. Evie Syron-Russell (14.0); High Jump "A" Fern Butler-Korro (1.15m)- "B" Irene McIntosh (1.15m)- N/S Ambere Bryan-Isaacs (1.10m) ; Long Jump "A"

Amber Bryan-Isaacs (3.91m)- “B” Irene McIntosh (4.03m)- N/S Daisy Sheppard (2.54m) ; Shot “A” 3. Hayley Smith (6.81m)- “B” 1. Irene McIntosh (5.90m); Discus A Katie Purkis (7.20m)- B. Gemma Leggatt (8.43m)- N/S Sian Bayley (8.26m) ; 4 x 100m Relays 1st place (Dina Asher-Smith, Shannon Hylton, Cheriece Hylton Aine Hurlock)

April 21st Southern Vets AC League, Kent Divisions, Sutcliffe Park, Eltham

M 35 A string. 200m 5. I. Holder (28.2) ; 1500m 2. K. Ewing (4’35.7) ; 4x100m relays 1st place (C. Leon, I. Holder, D. Wallington, T. Phillips in 51.4) ; Pole vault 2. A. Hardy (2.80m) ; Shot putt 3. R. Horne (8.70m) ; Javelin 3. R. Horne (36.67m). B string. 200m 2. C. Leon (26.6) ; 1500m 1. I. Holder(4’37.2). **M50** 200m 1. T. Phillips (25.4) ; 1500m 1. T. Soutar (4’44.5) ; PV 4. J. Robinson (m65) 1.70m) ; SP 4. G. Hickey (m70) (8.55m) ; Javelin 1. S. Langdon (48’87). **M60** 1500m 1. P. Hamilton (5’07.8) ; SP 1. C. Brand (m70) (9.19m). **W35**. A string. 200m 3. M. Healy (w40) (31.1) ; 1500m A. 2. J. Bradshaw (5’26.9)- B. B. Davey (5’27.4) ; 4x100m relays (C. Nyamusi, A. Cilia, H. Godsell, M. Healy in 59.6) ; PV 3. A. Cilia (1.40m) ; SP 5. A. McSorley (5.68m) ; Javelin 3. A. McSorley (15.86m) B string. 200m 1. C. Nyamusi(30.5) ; 1500m 2. B. Davey (w40) (5’27.4) **W50**. 200m 1. H. Godsell (29.2) ; 1500m 2. A. McDonough (6’13.2) ; PV 1. H. Symmons (1.40m) ; SP 1. B. Terry (8.20m) ; Javelin 3. B. Terry (11.62m) **W60**. 1500m 2. N. Cross (8’37.4) ; SP 3. N. Cross (6.22). BBH team finished 1st with 72 points

April 26th Southern Women’s League (Seniors), match 1, Norman Park.

A string. 100m 4. K. Benneworth (13.6) ; 200m 1. S. Singer (25.7) ; 400m 1. S. Singer (59.1) ; 800m 1. S. Singer (2’26.6) ; 1500m 2. J. Butler (5’07.1) ; 3000m 3. J. Butler (10’49.1) ; 100m hurdles 2. K. Benneworth (19.2) ; 400m hurdles 3. L. Vallens (1’33.6) ; High Jump 1. R. Arnheim (1.50m) ; Pole Vault 1. R. Haywood (2.10m) ; Long Jump 4. K. Benneworth (5.01m) ; Triple Jump 3. E. Godley (10.16m) ; Shot put 4. V. Thomson (9.69m) ; Discus 4. V. Thomson (28.60m) ; Hammer 1. V. Thomson (53.96) ; Javelin 4. V. Thomson (15.96) ; 4x100m 3rd place (53.2) ; 4x400m 3rd place (4’35.8). *B string.* 100m 3. H. Godsell (14.0) ; 200m 5. M. Healy (31.8) ; 400m 1. M. Miller (1’01.7) ; 800m 1. M. Miller (2’27.8) ; 1500m 1. J. Bradshaw (5’21.1) ; 3000m 1. J. Bradshaw (10’51.9) ; 100m hurdles 1. R. Haywood (25.1) ; 400m hurdles 3. R. Haywood (1’17.5) ; High Jump 1. R. Haywood (1.35m) ; Long Jump 3. R. Cook (4.58m) ; Triple Jump 2. K. Benneworth (9.60m) ; Shot put 4. C. Shaw (7.58m) ; Discus 4. L. Vallens (8.88m) ; Javelin 4. L. Vallens (7.67)

April 27th National Junior Athletic League (Southern Premier Division) Barnett Copthall

Men. A string. 100m 4. J. Alexander (11.55) ; 200m 2. D. Putnam (u17) (22.79) ; 400m 4. N. Francis (50.72) ; 800m 4. A. Bruce-Littlewood (1’58.18) ; 1500m 5. P. Sesemann (u17) (4’08.02) ; 3000m 5. S. Cavey (u17) (9’35.87) ; 110m hurdles 5. S. Lloyd (16.14) ; 400mH. 2. M. Threadgold (56.66) ; 2000m s/c 2. A Bruce-Littlewood (6’31.41) ; Discus 4. L. Presnall (39.59m) ; Hammer 1. A. Jordan (u17) (59.90m) ; HJ 2. L. Ely (1.85m) ; Javelin 5. D. Duffin (u17) (42.15m) ; LJ 2. J. Grocock (6.83m) ; PV 1. S. Huggins (5.05m) ; SP 5. L. Presnall (12.09m) ; TJ 4. J. Groockock (13.39m) ; 4x100m relay 3rd place (J. Alaka-N.Francis- J. Alexander-D. Putnam) (44.53) ; 4x400m relay 1st place (L. Charles- N. Francis- S. Cavey- T. Bensted) (3’23.36). *B string.* 100m 2. T. Bensted (11.56) ; 200m 4. J. Alexander (23.7) ; 400m 1. T. Bensted (50.14) ; 800m 4. R. Davies (2’02.15) ; 1500m 6. A. York (u17) (4’29.04) ; 3000m 4. A. Cliff (9’47.57) ; 400mH. 2. L. Charles (58.20) ; 2000m s/c 1. B McCallum (6’38.91) ; Discus 4. R. Alameen (30.28m) ; Hammer 1. R. Alameen (55.49m) ; HJ 2. J. Groockock (1.75m) ; Javelin 5. M. Longhurst (u17) (31.71m) ; LJ 2. M. Longhurst (5.65m) ; PV 1. C. Debolla (u17) (3.05m) ; SP 5. R. Alameen (9.72m) ; TJ 3. M. Longhurst (12.19m)

Women. A string. 100m 3. H. Lucas (12.68) ; 200m 2. H. Lucas (25.79) ; 400m 2. S. Echel-Thompson (58.19) ; 800m 6. D. Critchley (2’19.04) ; 1500m 5. D. Critchley (5’02.5) ; 3000m 2. J. Hamer (u17) (10’54.27) ; 110m hurdles 2. S. Seaton (15.23) ; 400mH. 3. S. McLellan (1’06.79) ; 1500m s/c 3. A De Matos (u17) (5’57.69) ; Discus 1. S. Brown (43.40m) ; Hammer 1. O. Jemiyo (44.36m) ; HJ 1. J. Matthews (u17) (1.65m) ; Javelin 1. S. McGuire (33.63m) ; LJ 2. L. Blackie (5.42m) ; SP 1. S. Brown (13.85m) ; TJ 1. L. Blackie (11.77m) ; 4x100m relay 3rd place (D. Annon- L. Ugen- S. Seaton- H. Lucas) (50.04) ; 4x400m relay 1st place (S. McClellan- K.

Cosby- I. Ivy- S. Echel-Thompson) (4'01.89). *B string.* 100m 5. D. Annon (u17) (13.36) ; 200m 1. L. Ugen (26.42) ; 400m 2. S. McLellan (1'00.89m) ;800m 4. K. Galley (u17) (2'30.50) ; 1500m 7. M. Cane (e (22.44) ; 800m A. 1. A. York (u17) (2'04.23)- 2. J. Halls (u17) (2'19.04) ; 3000m H. Kurtyanek (u17) (9'57.48) ; 400mH A. Richards (58.88) ; Hammer J. Haylock (50.40m) ; 800m women D. Webb (u17) (2'57. 5'30.27) ; 3000m 7. R. Smith (u17) (12'08.24) ; 110m hurdles 2. A. Gnadou (19.70) ; 400mH. 1. A. De Matos (1'06.68) ; 1500m s/c 2. S. Maslin (6'04.84) ; Discus 1. K. Jones (u17) (31.30m) ; Hammer 1. C. Wickham (u17) (20.06m) ; HJ 4. R. Arnheim (1.45m) ; Javelin 1. A. Gnadou (22.00m) ; LJ 2. L. Ugen (5.00m) ; SP 1. A. Gnadou (9.73m) ; TJ 1. L. Forbe-Morris (10.78)*Guests.* 100m B. 1. F.Owolade 11.0). *Comb. BBH teams finished 1st place with 552 points*

May 2nd Southern Counties League, Kent Divisions Deangate Hoo.

Men35 400m A string. 4. M. Watling (1'00.2)- B. String 2. Rob Hall (1'00.3) ; 3000m A. 3. K. Ewing (9'34.6)- B. Rob Hall (10'20.2) ; 2000m walk 1. S. Lightman (11'04.3) ; Hjump 5. Rob Hall (1.25m) ; Tjump 4. M. Watling (9.75m) ; Hammer 5. Rob Hall (18.05m). **Men50.** 400m 1. C. Leon (61.1m) ; 3000m 4. P. Hamilton (10'54.3) ; 2000m walk 1. P. Hannel (11'28.0) ; Hjump 1. C. Leon (1.50m) ; Tjump 2. C. Leon (8.91m) ; Hammer 4. C. Brand (22.04m) **Men 60** **400m** 1. P. Hamilton (1'07.3) ; Tjump 3. J. Robinson (6.29m). **Women35** 400m A. 5. J. Bradshaw (1'21.6)- B. 3. A. McDonough (1'18.2) ; 3000m A. S. J. Bradshaw (11'12.6)- B. 2. J. Eastbury (12'51.0) ; Hjump 5. A. Cilia (.95m) ; Tjump 4. A. Cilia 6.55m) ; Hammer 5. A. Cilia (7.60m) **Women50** 400m 1. H. Godsell (1'09.6) ; 3000m 3. A. McDonough (13'08.3) ; Tjump 1. H. Godsell (7.81m) ; Hammer 1. B. Terry (25.09m) **Women 60** Tjump 3. B. Terry (3.25m) *Mens team finished 1st with 68 points, Women finished 4th with 49 points*

May 3rd Southern Mens League, Track & Field, Division 3South, Match 1 - Crawley.

100m A String 1. F Owalde (11.10)- B String 1. N. Francis (11.70) ; 200m A String 1. F Owalde (22.00)- B String 2. D. McQueen (24.20) ; 400m A String 1. L.Charles (49.00)- B String 1.N.Francis (49.90) ; 800m A String 2. D. McKinley (1'57.6)- B' String 2. R. Daniel (2'02.7) ; 1500m A' String 1.A. Gibbins (4'09.1)- B' String 3. M. Hill (4'31.3) (11.0) ; 5000m A' String 2. A. Ciff (17'01.7)- B' String 2. J.Vintner (17'18.2) ; 110m Hurdles A' String 3.D.Willis (18.40)- B' String 3. I. Holder (1.50) ; 400m Hurdles A' String 1. D. Priestly (56.30)- B' String 1. R. Holt (1'01.00) ; 3000m S/Chase A' String 1. D. McKinney (10'09.5)- B' String 1. A. Gibbins (10'26.7) ; 4 x 100m 1st place (44.20) ; 4 x 400m 1st place (3'26.7) ; Ljump A' String 2. D. Willis (5.77m)- B' String 1. D. McKeown (5.43m) ; Hjump A' String 2. D. Willis (1.70m)- B' String 2. I. Holder (1.50m) ; Pole Vault A' String 4 A. Hardy (2.60m)- B' String 4. J. Robinson (1.50m) ; Tjump A' String 3. F. Owolade (11.38m)- B' String 1. R. Daniel (11.25m) ; Hammer A' String 4. D. Ridge (17.02m)- B' String 3. R. Holt (13.43m) ; Javelin A' String 4. J. Vintner (30.88m)- B' String 3. R. Holt (29.24m) ; Shot A' String 4. J. Vintner (8.38m)- B' String 3. D. Ridge (8.07m) ; Discus A' String 2. D. Ridge (30.99m) -B' String 4. I. Holder (19.11m) *Blackheath & Bromley finished 1st with 103 points*

May 3rd- 5th British Universities Championships, Bedford

Women 200m 6th Heat 1. M. Douglas (Brunel U.) Q (24.00)- SF. 1. M. Douglas Q (23.60)- F. 1. M. Douglas (23.90) ; 3rd heat 4. E. Murty Q (2'19.65)- SF 6. E. Murty (2'15.02) ; Javelin 13. F. Athawes (Birmingham U.) (30.25m). Men 110m hurdles 3rd Heat 3. T. Sadeyi (East London) Q (14.91)- F. 3. T. Sadeyi (14.72) ; 5000m 1st heat 11. A. Conway (St Mary's, London U.) (15'44.84)- 3rd heat 5. J. Poole (Loughborough U.) (15'05.49)- F. 13. J. Poole (15'19.20) ; PV 4. S. Huggins (Brunel U.) (4.90m) ; Ljump qual rd. 2. J. Grocock (Bath U.) Q (7.05m)- F. 4. J. Grocock (7.20m)

May 4th National Young Athletes League, Basildon

A string 100m 2.Grace Sheppard (13.0) ; 200m 2. Daniella Annon (26.7) ; 300m 2. Daniella Annon (42.5) ; 800m 2. Danielle Critchley (2'19.7) ; 1500m 1. Rebecca Smith (5'11.5) ; 3000m 2. Sophia Maslin (11'58.8) ; 80m Hurdles 2. Amy de Matos(14.8) ; 300m Hurdles 2. Amy De Matos (49.4) ; Ljump 1. Jessica Matthews

(5.19m); PoleVault Jessica Nicol Smith ; Hjump 2. Jessica Matthews (1.56m); Triple Jump 1. Jessica Matthews (10.94m); Discus 1. Katherine Jones (30.16m) ; Javelin 1. Jessica Saville (19.03m) ; Shot 1. Sabine Efiannayi (10.73m); Hammer 1. Katherine Jones (24.47m); 4 x 100m Relay 2nd place (Daniella Annon, Rebecca Cook, Kirsty Robinson, Grace Sheppard {51.3}) ; 4 x 300m Relay 2nd place (Amy de Matos, Danielle Critchley, Sophie Gordon, Sian Hurlock, {3'02.0}). *B String.* 100m 2. Kirsty Robinson (13.2) ; 200m 2. Kirsty Robinson (27.0) ; 300m 2. Sian Hurlock (46.1); 800m 2. Sophie Gordon (2'44.3); 1500m 2. Michelle Fewster (5'16.1); 3000m 2. Melody Kane (12'22.2) ; 80m Hurdles 2. Michelle Fewster (16.7) ; 300m Hurdles 1. Michelle Fewster (52.4); Ljump 1. Leah Forbes Morris (4.92m); Hjump Danielle Webb NJ ; Triple Jump 1. Leah Forbes Morris (10.18m) ; Discus 2. Claire Wickham (16.48m) ; Javelin 1. Leah Forbes Morris (16.89m); Shot 1. Katherine Jones (9.81m); Hammer 1. Claire Wickham (22.74m)

May 4th UKA Young Athletes' League, Basildon U13's Girls

75m. "A" string 1. Dina Asher-Smith (10.2)- "B" string 1. Cherice Hylton (10.6); 150m "A" 1. Dina Asher-Smith (20.0)- "B" 1. Shannon Hylton (20.8); 800m "A" 2. Holly Fletcher (2'33.3)- "B" 4. Shannon Cordell (3'07.0); 1200m "A" 4. Louise Davison (4'43.1)-"B" 4. Mollie Miller (4'57.5); 70m Hurdles "A" 1. Amber Bryan-Isaacs (13.0)- "B" 3. Shannon Cordell (16.50); High Jump "A" 2. Amber Bryan-Isaacs (1.25m)- "B" 2. Fern Butler-Korro (1.20m); Long Jump "A"4. Aine Hurlock (3.54m)- "B" 3. Amber Bryan-Isaacs (3.53m); Shot "A" 1. Aleyah Babb-Benjamin (7.53m)- "B" 1. Fern Butler-Korro (5.79m); 4 x 100m Relays 1st place (Shannon Hylton, Dina Asher-Smith, Aine Hurlock, Cherice Hylton {55.0})

May 6th Tonbridge Open Meeting Kent 5000m County Championships, 2nd P. Tucker- 3. J. Atkinson- 5. A. Bruce-Littlewood 600m U11. 2. William Craley (2'04.9) ; 100m U20. 1. Femi Owolade (11.1) ; 1500m U13. 2. Tommy Crawley (4'58.7)

May 10/11th Essex County AAAs champs, Basildon Senior men. 110m hurdles 1. T. Sodeyi (14.60). Junior men 400m F. 5. L. Charles (51.94) ; 400m hurdles 2. L. Charles (58.60)

May 10/11th Hampshire AAAs champs, Mountbatten Centre, Portsmouth. U20 men Ljump. 1. J. Grocock (for team Southampton) (7.10m)

May 10/11th Kent County Athletic Association Champs, Julie Rose Stadium, Ashford.

Senior Men. 100m 1st heat 1. J Alaka (10.69)- 2. D. Bovell (10.95)- 6. A. Pope (11.69)- 2nd heat 2. E. Harrison (11.15) :- F. 1. J. Alaka (10.61)- 2. D. Bovell (10.91)- 5. E. Harrison (11.16) ; 200m 2nd heat 1. J. Alaka (22.07) :- F. 1. J. Alaka (21.54) ; 400m F. 4. A. Pope (52.84) ; 800m 1st heat 3. D. Ryan (2'06.39)- 4. M. Hill (2'06.78)- 5. P. Tucker (2'11.76) ; 1500m F. 2. D. McKinlay (3'59.84)- 7. R. Daniel (4'06.11)- 9. A. Conway (4'08.18)- 11. P. Tucker (4'08.45)- 13. M. Hill (4'19.85) ; 110m hurdles F. 5. A. Pope (16.45) ; PV 1. S. Huggins (4.70m) ; Ljump 8. A. Pope (6.36m) ; Hjump 3. A. Pope (1.85m) ; shot putt 4. A. Pope (11.36) ; Discus 2. A. Pope (43.83m) ; Javelin 1. S. Harvey (68.36m)- 3. A. Pope (49.22m) ***U20 men.*** 100m 1st heat 1. O. Owolade (10.84)- 2nd heat 1. J. Alexander (11.14)- 2. A. Al-Ameen (11.16) :- F. 1. O. Owolade (10.71)- 3. J. Alexander (11.08)- 4. A. AL-Ameen (11.13) ;200m 2nd heat 1. O.Olowade (21.62)- 2. J. Alexander (22.62)- 4. A. Blair (24.05) :- F. 1. O. Olowade (21.85)- 2. J. Alexander (22.29)-8. A. Blair (24.05) ; 400m F. 5. A. Blair (52.06) ;800m F. 5. C. Fraser (2'10.15) ; 1500m F. 2. A. Littlewood (4'05.28) ; 110m hurdles 1. A. Al-Ameen (14.22) ; PV 1. S. Huggins (5.00m)- 2. N. Moore (3.50m) ; Discus 2. L. Presnell (41.75)- 3. D. Ridge (34.45) ; Hammer 1. R. Al-Ameen ***U17 men.*** 100m 1st heat 7. D. Coelho (DNS)- 3rd heat 1. D. Putnam (11.12)- 4. S. Palmer (11.87)- 5. K. Daly (11.92)- 6. P. Okotie (11.96) :- F. 1. D. Putnam (11.00) ; 200m 1st heat 1. D. Putnam (22.10) :- F. 1. D. Putnam (21.82) ; 400m F. 1. D. Putnam (49.57)- 4. B.Parkin (53.34)- 5. S. Cavey (53.87) ; 800m 1st heat 2. S. Cavey (2'12.02) :- F. 1. S. Cavey (1'59.50) ; 1500m F. 1. S. Cavey (4'07.63) ; 100m hurdles F. 1. B. Hopkins (13.79) ; 400m hurdles 2. B. Hopkins (56.9) ; Hammer 1. Jordan (64.79m)- 2. J. Haylock (54.36) ***U15 boys*** 200m 2nd heat 1. J.Pettet (24.52)- 5. A. Willis (28.38) :- F. 1. J. Pettet (23.82) ; 400m 1st heat 4. A. Willis (1'03.66) :- F. 8. A. Willis (DNS) ; 800m 1st heat 3. O. Taylor (2'11.56)- 7. A. Willis

(2'28.64) :- F. O. Taylor (2'12.61) ;1500m 1st heat 7. G. Proctor (4'44.71)- 2nd heat 5. O. Taylor (4'40.50) :- F. 4. O. Taylor (4'26.66) ;Ljump 4. A. Willis (4.73m) ;Javelin 2. J. Pettet (34.28m) **Senior Women** 100m F. 3. Cole (12.79) ;200m F. 1. S. Singer (25.22)- 3. V. Cole (26.30) ;400m 1st heat 2. R. Syrocki (57.69)- 2nd heat 2. S. Singer (58.69)- 3. M. Miller (wv45) (1'01.73)- 4. E. Fisher (1'03.91) :- F. 2. R. Syrocki (56.19)- 3. S. Singer (56.79)- 5. M. Miller (wv45) (1'02.14)- 8. E. Fisher (DNS) ;800m F. 3. E. Fisher (2'23.10) ;PV 1. L. Hughes (3.60m)) ;Shot putt 1. S. Brown (47.79) ;Hammer 1. V. Thomas (51.25m) ;Javelin 1. C. Lawrence (43.49) **U20 women** 100m. F. 1. L. Ugen (12.24) ;400m F. 2. K. Cosby (59.13)- 5. I. Ivy (60.43) ;800m F. 3. S. Crocker (2'34.37) ;400m hurdles 2. S. McLellan (1'06.3) ;Ljump 1. L. Ugen (5.55m)- 2. L. Blackie (5.49m) ;PV 1. E. Godley (3.20m)- 2. C. Moore (3.20m)- 4. R. Arnheim (NHR) ;Shot putt 2. S. Brown (13.65m) ;Javelin 2. S. McGuire (31.09) ;Discus 1. S. Brown (48.43m) ;Hammer 1. O. Jemiyo (45.20) **U17 women** 100m 1st heat 2. K. Robinson (12.99) :- F. 3. K. Robinson (12.98) ;800m 1st heat 7. D. Webb (2'52.2) ;1500m F. 2. D. Critchley (4'44.53)- 6. J. Hamer (5'06.38) ;Ljump 2. J. Matthews (5.45m)- 6. R. Cook (4.48m) ;Hjump 1. J. Matthews (1.70m) ;Tjump 2. J. Matthews (11.26m) ;Discus 1. K. Jones (30.27m) ;Shot putt 1. S. Efiannayi (11.05m)- 2. K. Jones (10.44) **U15 girls** 100m 1st heat 2. R. Dickens (13.50)- 2nd heat 6. E. Sargeant (13.85)- 8. V. Munt (13.96)- 3rd heat 5. L. Lalemi (13.86) :- F. 8. R. Dickens (13.4) ;200m 2nd heat 6. J. Moore (28.22) ;800m 2nd heat 3. R. Robinson (2'37.72) ;1500m F. 3. J. Jones (5'10.34)- 7. H. Cook (5'26.05)- 13. R. Burton (5'44.53)- 14. L. Heria (5'48.86) ;75m hurdles F. 6. R. Jones (13'15) ;Ljump 1. F. Read (4.76m)- 5. J. Moore (4.39m) ;Hjump 2. C. Lyston (1.50m)- 4. F. Read (1.45m)- 7. L. Lalemi (1.40m)- 12. R. Jones (1.25m) ;PV. 1. A. Huggins (2.40m) ;Shot putt 1. K. Davey (9.57m)- 6. L. Lalemi (7.29m)- 10. E. Sargeant (5.29m) ;Discus 1. K. Davey (28.93)- 5. E. Dumper (23.20).

May 10/11th Surrey County Athletic Association champs, Richmond.

Senior men. 100m 1st heat 4. D. Doyley (11.00) ;200m 2nd heat 1. D. Doyley (22.62)- 3rd heat 7. D. Paisley (23.46)- 1st SF. 2. D. Doyley (21.92)- F. 6. D. Doyley (22.37) ;400m F. 6. A. Healy (1'00.78) U20 men. 400m 2nd heat 1. N. Francis (50.36)- F. 1. N. Francis (50.01)

May 14th BMC races, Watford 1500 metres 1. Stephen Cavey (3'55.33) fastest time in the country this year by an under 17 athlete); 3000m Mike Skinner (8'01.89); 800m David McKinlay (1'55.02); 2000 s/chase Alex Bruce-Littlewood (6'08.13).

May 18th UKA National Young Athletes League, Norman Park

U17men. A string. 100m 2. R. Polkington (11.6) ;200m 1. D. Putnam (22.2) ;400m 2. D. Putnam (49.2) ;800m 3. A. York (2'06.00) ;3000m 4. J. Warren (10'25.1) ;400m hurdles 2. B. Hopkins (57.1) ;100m hurdles 1. B. Hopkins (14.2) ;1500m s/chase 1. B.Greenhalgh (4'40.1) ;Hammer 1. A. Jordon (60.98m) ;Discus 2. J. Haylock (32.16m) ;Shot putt 2. E. Ekaneem (13.66m) ;Javelin 7. J. Powell (31.53m) ;PV 2. M. Longhurst (3.00m) ;Hjump 4. J. Powell (1.60m) ;Ljump 2. J. Powell (5.57m) ;Tjump 2. T. Powell (10.51m) ;B string. 100m 3 K. Daly (12.00) ;200m 3. S. Camacho (24.00) ;400m 2. B. Parkin (54.2) ;800m 1. B. Parkin (2'10.7) ;3000m 2. A. Azizi (11'28.8) ;400m hurdles 2. J. Clarke (1'03.8) ;100m hurdles 1. S. Palmer (15.5); 1500m s/chase 1. H. Kurtyanek (5'01.2); Hammer 1. J. Haylock (58.24m) ;Discus 1. A. Jordon (31.26m) ;Shot Putt 1. A. Jordon (9.89m) ;PV 1. I. Ukoko (2.10m) ;Hjump 3. M. Longhurst (1.60m) ;Ljump 1. S. Camacho (5.54m); Tjump 2. J. Clarke (9.76m). 4x 100m relay 1st place. (K. Daly, R.Polkington, D. Coelho, D. Putnam 45.1) ;4x400m relay 1st place (B. Hopkins, B. Parkin, S. Camacho, D Putnam 3'33.6) **U15boys** A string. 100m 1. A. Daly (12.2) ;200m 1. J. Pettet (23.9) ;400m 1. J. Pettet (55.3) ;800m 2. O. Taylor (2'09.9) ;1500m 3. S. Jackson (4'52.2) ;80m hurdles 2. A. Lloyd (12.60) ;Hammer 2. J. Cooper (27.99m) ;Discus 3. C. Tait (20.10m) ;Shot putt 3. C. Tait (9.96m) ;Javelin 8. J. Pettet (34.21m) ;Ljump 3. A. Willis (4.80m) ;Hjump 3. A. Moran (1.40m) ;PV 1. A. Daly (1.80m). B string. 100m 6. A. Lloyd (13.30) ;200m 2. R. Maloney (26.7) ;400m 1. J. Ewing (59.3) ;800m 1. J. Ewing (2'16.5) ;1500m 2. B. Taylor (5'01.7) ;80m hurdles 2. J. Montgomery (15.4) ;Hammer 1. J. Ewing (6.42m) ;Discus 3. S. O'Connor

(17.00m) ; Shot putt 3. C. Turvey (7.13m) ; Javelin 1. C. Turvey (26.58) ; Ljump 6. R. Maloney (4.32m) ; 1x 100m relay 5th place (J. Pettet, A. Daly, R. Maloney, A. Lloyd 49.90) ; 4x400m relay 3rd place (A. Lloyd, A. Daly, J. Montgomery, A. Willis 4'21.0) *U13boys*. A string. 100m 3. J. Holmes (14.3) ; 200m 2. B. Akonde (27.7) ; 800m 4. L. Parkinson (2'51.5) ; 1500m 3. R. Webb (5'24.8) ; 75m hurdles 5. L Hopgood (14.4) ; Shot put 1. J. Shonibare (8.53m) ; Hjump 4. A. Plumridge (1.10m) ; Ljump 3. L. Balding (3.79m) B string. 100m 1 J. Eloitt (14.6) ; 200m 5. D. Chin (31.2) ; 800m 3. J. Kew (2'55.6) ; 1500m 2. S. Syrocki (5'37.3) ; 75m hurdles 2. S. Syrocki (16.9) ; Shot Putt 1. L. Cater (7.02m) ; Hjump 3. M. Hodson (1.10m) ; Ljump 3. M. Hodson (3.74m) ; 4x 100m relay 2nd place (L. Burton Bell, D. Chin, J. Elliott, , B. Akonde 57.1)

U17women. A string. 100m 1. G. Sheppard (12.9) ; 200m 1. D. Annon (25.9) ; 300m 1. D. Annon (43.3) ; 800m 5. J. Saville (2'23.59) ; 1500m 5. A. Regan (5'10.45) ; 3000m 7. R. Smith (12'13.32) ; 300m hurdles 2. D. Annon (43.3) ; 800m 2. D. Critchley (2'19.8) ; 1500m 1. D. Critchley (4'55.5) ; 3000m 1. J. Hamer (10'53.4) ; 80m hurdles 2. N. Nelson-Roberts (12.9) ; 300m hurdles 1. A. De Matos (47.8) ; Hammer 2. C. Wickham (27.76m) ; Discus 2. K. Jones (33.26m) ; Shot put 1. S. Effianayi (11.19m) ; Javelin 3. J. Saville (20.21m) ; PV 1. J. Nicol-Smith (2.70m) ; Hjump 1. J. Matthews (1.60m) ; Ljump 1. J. Matthews (5.08m) ; Tjump 1. J. Matthews (10.66m) B string. 100m 1. K. Robinson (13.00) ; 200m 1. K. Robinson (26.4) ; 300m 2. S. Hurlock (45.5) ; 800m 1. C. Galley (2'26.40) ; 1500m 1. R. Smith (5'01.8) ; 3000m 1. M. Kane (12'20.5) ; 300m hurdles 2. M. Kane (57.5) ; 80m hurdles 2. A. De Matos (14.3) ; Hammer 1. K. Jones (26.68m) ; Discus 2. C. Wickham (20.90m) ; Shot put 1. K. Jones (10.01m) ; Javelin 1. C. Wickam (19.69m) ; Ljump 4. L. Forbes-Morris (4.68m) ; Tjump 1. L. Forbes-Morris (10.11m) ; 4X 100m relay 1st place (K. Robinson, D. Annon, R. Cook, G. Sheppard (50.9)) ; 4x 300m relay 1st place (A. De Matos, J. Saville, S. Gordon, S. Hurlock (3'01.4) *U15girls* A string. 100m 1. A. Lalemi- Jacobs (13.0) ; 200m 4. A. Lalemi-Jacobs (27.2) ; 800m J. Jones (2'30.4) ; 1500m 3. H. Cook (5'23.7) ; 75m hurdles 2. L. Stevens (12.3) ; Discus 1. K. Davey (27.27m) ; Shot put 1. K. Davey (9.15m) ; Javelin 3. R. Jones (22.33m) ; Ljump 1. J. Moore (4.44m) ; Hjump 2. L. Lalemi (1.45m) ; B string. 100m 1. R. Dickens (13.64) ; 200m 4. J. Moore (28.1) ; 800m 4. R. Robinson (2'44.40) ; 1500m 2. E. Self (5'25.4) ; 75m hurdles 1. R. Jones (13.4) ; Discus 1. E. Dumper (24.42m) ; Javelin 1. J.Jones (13.55m)- Shot putt 1. E. Dumper (8.06m) ; Ljump 1. L Stevens (4.42m) ; Hjump 2. F. Read (1.35m) ; 4x 100m relay 3rd place (G. Middleton, A. Lalemi-Jacobs, L. Stevens, C. Colegate (51.8)). *U13girls*. A string 75m 1. D. Asher-Smith (10.1) ; 150m 1. D. Asher-Smith (19.9) ; 800m 2. H. Fletcher (2'32.7) ; 1200m 2. G. Kennedy (4'06.9) ; 70m hurdles 3. A. Bryan-Isaacs (13.5) ; Shot put 3.H. Smith (6.76m) ; Hjump 4. I. McIntosh (1.20m) ; Ljump 4. A. Bryan-Isaacs (3.69m) B string. 75m 2 J. Meshe (11.1) ; 150m 2. A. Hurlock (21.7) ; 800m 1. J. Galley (2'42.7) ; 1200m 2. L. Davison (4'21.7) ; 70m hurdles 1. E. Syron-Russell (14.00) ; Shot Putt 3. S. Cordell (4.58m) ; Hjump 2. A. Bryan-Smith (1.15m) ; Ljump 3. I. McIntosh (3.50m) ; 4x 100m 5th place (I. McIntosh, D. Asher-Smith, A. Hurlock, J. Meshe (55.40).)

BBHC finished 1st with 480 points.

May 18th UKA Young Athletes' League, Norman Park U13's Girls

75m. "A" string 1. Dina Asher-Smith (10.1)- "B" string 2. Jemima Meshe (11.1) ; 150m "A" 1. Dina Asher Smith (19.9)- "B" 2. Aine Hurlock (21.7) ; 800m "A" 2. Holly Fletcher (2'32.7)- "B" 1. Janae Galley (2'42.7) ; 1200m "A" 2. Georgina Kennedy (4'06.9)-"B" 2. Louise Davison (4'21.7) ; 70m Hurdles "A" 3. Amber Bryan-Isaacs (13.5)- "B" 1. Evie Syron-Russell (14.00) ; High Jump "A" 2. Amber Bryan-Isaacs (1.15m)- "B" 4. Irene Mcintosh (1.20m) ; Long Jump "A" 3. Irene Mcintosh (3.50m)- "B" 4. Amber Bryan-Isaacs (3.69m) ; Shot "A" 3. Hayley Smith (6.76m)- "B" 3. Shannon Cordell (4.58m) ; 4 x 100m Relays 1st place (Irene Mcintosh, Dina Asher-Smith, Aine Hurlock, Jemima Meshe {55.4})

May 18th Loughborough International Invitation Meeting

PV. S. Huggins (for Scotland) (5.10m) ; Javelin 5. J. Dodd (45.02m) ; Ljump 6. J. Grocock (6.99m) ; 100m J. Alaka (11.10)- A. Shand-Whittingham (12.18) ; 400m hurdles E. Harrison (55.47) ; U20 110m hurdles 2. A.

Al-Ameen (14.44)- 5. S. Merrill (14.60) ; Discus 4. S. Brown (46.95m) ;R. Syrioki (57.28) ; 400m hurdles C. Cooper (1'02.88) ; 100m hurdles S. Seaton (14.73)

May 19th SVAC Master's League, Kent Division, Norman Park

Men 35. 100m A string. 2. N. Keogh (12.5)- B. String 1. R. Fox (12.8) ; 800m A. 1. J. Thorpe (2'08.6)- B. 2. Rob Hall (2'14.7) ; 4 x 200m relays 1st (N. Keogh, R. Fox, R. Minting, T. Phillips {1'43.5}) ; Ljump 2. Rob Hall (4.93m) ; Discus 4. D. Wallington (20.19m). **Men 50.** 100m 1. T. Phillips (12.7) ; 800m 1. R. Minting (2'17.3) ; Ljump 1. C. Leon (4.55m) ; Discus 1. C. Brand (29.15m) **Men60.** 100m 5. M.Martineau (15.3) ; Discus 2. Hickey (25.49m). BBHAC 1st with 67 points

Womens Division 1. Women 35. 100m A string 4. M. Healey (15.2)- B. string 1. C. Nyumusi (15.3) ; 800m A. 2. M. Miller (2'32.0) ; B. 1. B. Davey (2'46.9) ; 4 x 200m relays 1st B&B (H. Godsell, M. Healey, M. Miller, C. Nyamusi{1'59.8}) ; Ljump 3. C. Jones-Baldock (3.30m) ; Discus 4. A. McSorley (13.63) **Women 50** 100m 1. H. Godsell (3.82m) ; 800m 2. A. McDonough (3 :05.2) ; Ljump 1. H. Godsell (3.82m) ; Discus 1. B.Terry (21.50m) Women 60 100m 3. N. Cross (19.9m) ; Discus 3. N.Cross (12.56m) BBHAC 1st with 64 points

Division 2. Women 35. 100m A string. 2. J. Montgomery (15.5)- B.string 2. A. Cilia (16.4) ; 800m A. 2. J. Bradshaw (2'14.4)- B. 2. T. Ashburton (3'02.1) ; 4 x 200m relays 2nd B & B (J. Montgomery, A. Cilia, J. Bradshaw, T. Ashburton {2'19.6}) ; Ljump 2. A. Cilia (2.95m) ; Discus 3. A. Cilia (11.93m)

Women 50. 100m 3. A. Symonds (19.9m) ; Ljump 3. H. Symonds (2.13m) ; Discus 3. H. Symonds (12.16m) BBHAC 3rd with 46 points.

May 21st Watford Harriers Open Grades meeting 3000m 6th A. Bruce-Littlewood (8' 52.43).

May 24th Surrey CAAVets'champs, Kingsmeadow, Kingston. 200m. 2. Melina Healy (W40) (32.6)

May 24/25th South of England U17/15 Championships, Ashford.

U17men 100m 2nd heat 1. D. Putnam Q (10.98) - 3rd heat 6. D. Coelho (11.56)- SF. 1. D. Putnam Q(10.81)- F. 2. D. Putnam (10.6) ; 200m 2nd heat 1. D. Putnam Q (22.76) - F. 3. D. Putnam (22.03) ; 400m 1st heat 4. B. Parkin Q (52.80)- F. 5. B. Parkin (53.3) ; 800m 1st heat 1. S. Cavey Q (2'00.85)- F. 6. S. Cavey (1'59.77) ; 100m hurdles 1st heat 4. B. Hopkins Q (14.38)- F. 5. B. Hopkins (14.3) ; 400m hurdles F. 5. B. Hopkins (14.3) ; Hammer 1. A. Jordon (64.32m) over 4 throws (57.24 -64.32m)- 3. J. Haylock (55.12m) over 3 throws (45.86 -55.12m). **U17 women.** 100m 1st heat 7. G. Sheppard (13.33)- 2nd heat 3. K. Robinson Q (12.96)- F. 8. K. Robinson (13.03) ; 200m 1st heat 5. K. Robinson (26.7) ; Hjump 5. J. Matthews (1.60m) ; Ljump 2. J. Matthews (5.41m) over 5 jumps (4.85 -5.41m)- R. Cook (n.j x 3) ; Shot putt 4. K. Jones (10.31m) Over 6 putts (9.85 -10.31m) : Discus 4. K. Jones (31.64m) over 3 throws (28.74 -31.64m). **U 15 boys.** 1500m 1st heat 8. G. Proctor (4'39.09) **U15 girls.** 1500m 2nd heat 12. H. Cook (5'28.74)- PV. 1. A. Huggins (2.50m) over 4 vaults (2.30 -2.60m) ; Tjump 2. F. Read (9.78m) over 6 jumps (9.20- 9.78m) ; Shot putt 3. K. Davey (10.37m) over 6 putts (9.50 -10.37m); Discus 5. K. Davey (30.12m) over 5 throws (24.89 -30.12m)

May 25th - National Junior Athletic League, Southern Premier Division - Hillingdon

Men 100 metres "A" string 3. F. Olowade (10.9) - "B" string 7 N. Francis (11.7) ; 200 metres "A" 2 F. Olowade (21.5) - "B" 2. L. Charles (22.4); 400 metres "A" 2. L. Charles (49.8)- "B"1 N. Francis (51.0) ; 800 metres "A" 6. A. Bruce-Littlewood (1'58.5) (*league record*) - "B" 2 B. McCullam (2'02.2) ; 1500 metres "A" 7. B.Greenhalgh (4'18.6)- "B"3 A. York (4'23.4); 3000 metres "A" 6. A. Cliff (9.36.6)- "B"5 H. Kurtyanek (9'44.9); 2000 metres S/C "A"2 A. Bruce Littlewood (6'22.5) - "B" 1 B. McCullum (6'36.2) ; 110 metres hurdles (3' 3") "A" A. Al-Ameen (14.3)- "B" 4. A. Davies-Phillips (16.1); 400 metres hurdles (3') "A" 2 A. Davies-Phillips (55.6)- "B"1 M. Threadgold (57.3) :High Jump "A" 3. L. Ely (1.85,1.70,1.80,1.85, **1.90m**) - "B"5. J. Powell (1.60, 1.50, 1.55, 1.60, **1.65m**) ; Long Jump "A"5 A. Davies-Phillips (**6.02m**, 6.02, 5.84 – elim)- "B"5 J. Powell (5.59, nj, **5.59m** – elim) ; Triple Jump "A"7 T. Powell (**11.38m**, 10.93, 11.38, 11.26m elim)- "B"6 L. Ely (11.11,10.78, 10.59, **11.11m**, elim) ; Shot Putt "A"3 E. Ekenham (13.47, 13.47, 13.31, nt,

13.03, 12.53, 12.36m) - "B" 5 T. Mitchell (10.14, 9.19, 9.81, 10.14m elim); Discus "A" 6. D. Ridge (29.90m)- "B" 4 T. Mitchell (28.97m); Hammer "A" 3. R. Al-Ameen (53.62, 45.92, nj, 52.24, 51.42, nj, 53.62m)- "B" 2. M. Takpak (26.51, nj, 25.26, 26.51, nj, nj); Javelin "A" 7. J. Powell (32.81, 31.54, 27.59, 32.81m- elim)- "B" 7. T. Powell (21.15, 18.33, nt, 21.15- elim) ; 4 x 100 metres relay 1st (N. Francis, A. Al-Ameen, F. Olowade, A. Davies-Phillips {43.8}) ; 4 x 400 metres relay 3rd (N. Francis, A. York, M. Threadgold, L. Charles {3'31.4}).

Women 100 metres "A" 6 L. Ugen (12.6)- "B" 4. D. Annon (13.0) ; 200 metres "A" 5. L. Ugen (25.7)- "B" 1 M. Ihere (25.1); 400 metres "A" 1. S. Echel-Thompson (57.9)- "B" 2. I. Ivy (1'00.1); 800 metres "A" 6. K. Murray (2'28.1)- "B" 3. J. Saville (2'37.5); 1500 metres "A" 4. D. Critchley (4'53.2)- "B" 5. M. Kane (5'34.7); 3000 metres "A" 3. J. Hamer (10'44.6)- "B" 6. A. Mitchell (11'49.9); 1500 metres S/C "A" 3. R. Smith (5'46.4) - "B" 2. A. De Matos (5'51.8); 100 metres hurdles "A" 5. S. McClellan (16.4)- "B" 6. A-S Gnadou (20.9); 400 metres hurdles "A" 2. S. McClellan (1'06.0)- "B" 1. K. Cosby (1'07.0) ; High Jump "A" 3. R. Arnheim (1.50, 1.30, 1.35, 1.40, 1.45, 1.50, **1.55m**)- "B" 3 E. Godley (1.45, 1.30, 1.35, 1.40 1.45, **1.50m**) ; Pole Vault "A" 1. R. Arnheim (3.20, 2.90, 3.05, 3.20, **3.35m**) "B" 1 E. Godley (2.75 2.75xxo 2.90xxx) ; Long Jump "A" 1 L. Blackie (5.55 5.53 5.37 nj nj 5.55 nj)- "B" 2. L. Forbes-Morris (4.91 4.64 nj 4.65 4.67 4.91 nj); Triple Jump "A" 2. L. Blackie (**11.29m**, nj, 11.29, 11.29, 11.13, 11.22) - "B" 3 L. Forbes-Morris (10.07, **10.07m- elim**) ; Shot Putt "A" 2. A-S Gnadou (**11.09m**, 10.20, nt, 10.46, 11.07, 10.77)- "B" 1 S. Effiannayi (**11.08m**, 11.00, 11.02, 10.71, 10.35, 10.88, 11.08) ; Discus Throw "A" 6 O. Jemiyo (**20.63m** nt 20.63 ret'd)- "B" 5 C. Wickham (**20.05m** 19.33 18.60 20.05 elim) ; Hammer Throw "A" 2 O. Jemiyo (**42.79m**, 42.79, nt, nt, nt, 40.90, 41.98)- "B" 4 C. Wickham (**27.59m** , 26.70, 27.59, 26.19- *elim*) ; Javelin Throw "A" 2 A-S. Gnadou (**32.10m**, 26.88, 32.10, 27.71, 30.18)- "B" 2 S. McGuire (**31.35m**, 29.67, 31.35, 30.08, 29.41) ; 4 x 100 metres relay 1st (D. Annon, M. Ihere, K. Cosby, L. Ugen {49.1}) ; 4 x 400 metres relay 1st (J. Saville, I. Ivy, M. Ihere, S. Echel-Thompson {4.03.4})

Mens team 1st 517 points- Womens team 1st 1069 points

Non scorers : 100 metres 1st Race 1. K. Adedoyin (11.5) ; 800 metres 1st Race 1. C. Fraser (2.16.5)- 2. J. Halls (2.18.0) ; 3000 metres 1st Race 3. R. Barden (10.41.2) ; 400 metres hurdles (3') 1st Race 1 A. Richards (60.0) ; Long Jump Event 1 1 J. Olason (6.58m)- 2. K. Adedoyan (NJ)

May 31st Atletica Geneva George Caillat Memorial meeting, Geneva 100m women. 3. M. Douglas (11.44)

May 31st British Milers Club Grand Prix, Sports City, Manchester. 5000m race A. 7. M. Skinner (14'08.39) ; 1500m race D. 12. A. Bruce-Littlewood (4'04.44)- race E. 12. D. Ryan (4'06.26).

May 31st/June 1st. England Athletics Combined Champs, Alexander Stadium, Birmingham

Senior men. 100m 2nd race 3. A. Pope (11.33) ; 400m 2nd race 2. A. Pope (51.11) ; 110m hurdles 2nd race 6. A. Pope (19.20) ; Ljump (pool B) 9. A. Pope (6.46m) over 3 jumps (5.90-6.46m) ; Shot putt (pool B) 9. A. Pope (12.57m) over 3 putts (12.53-12.97m) ; Discus pool A. A. Pope (3xn/t)

June 1st UKA Young Athletes' League, Havering U13's Girls

75m. "A" string 1. Dina Asher-Smith (10.2)- "B" string 1. Shannon Hylton (10.4); 150m "A" 1. Dina Asher Smith (20.1)- "B" 1. Cherice Hylton (21.5); 800m "A" 1. Holly Fletcher (2'33.1)- "B" 1. Janae Galley (2'44.7); 1200m "A" 4. Georgina Kennedy (4'09.6)-"B" 1. Sonia Woolhouse (4'34.1); 70m Hurdles "A" 3. Aine Hurlock (14.4)- "B" 2. Shannon Cordell (15.30); High Jump "A" 2. Shannon Hylton (1.10m)- "B" 3. Shannon Cordell (1.10m); Long Jump "A" 1. Dina Asher- Smith (4.09)- "B" 1. Holly Fletcher (3.68m); Shot "A" 2. Aleyah Babb-Benjamin (7.22m)- "B" 3. Shannon Cordell (4.85m); 4 x 100m Relays 1st place (Shannon Hylton, Dina Asher-Smith, Aine Hurlock, Cheriece Hylton {55.4})

June 1st Bedford International Games, Bedford Athletics Stadium

Women 100m 1st race 3. A. Shand-Whittingham (11.92) ; 200m 2. A. Shand-Whittingham (24.38). 4x100m realy. GB 1st (A. Shand-Whittingham ran on 1st leg) ; Discus 3. S. Brown (49.34m) (over 6 throws 44.42-49.34m) ; Shot putt 3. S. Brown (14.27m) (over 7 putts (13.28-14.27m) ; Javelin 5. C. Lawrence (45.86m) (over 6 throws 43.27-45.86m). **Men** 100m (*Ambulent disability*) 7. J. Harding (13.36); 100m 1st race 1. F. Sobodu

(10.62)- 4. J. Alaka (10.92)- 3rd race 7. D. Bovell (11.09)- 4th race 4. J. Babour (10.83)- 200m 2nd race 2. J. Alaka (21.35)- 3rd race 4. D. Doyley (22.04) ; 110m hurdles 2nd race 2. A. Al-Ameen (U20)(14.08) ; 400m hurdles 2. E. Harrison (53.49); 4x100m relays GB 1st (40.3) (O. Sobodu ran 1st leg, J. Alaka ran.); Javelin 7. S. Harvey (66.95m) (over 7 throws 64.01-66.95m) ; PV 2. S. Huggins (5.05m) (over 6 vaults 4.75-5.20m); Ljump 11. J. Grocock (for team Southampton (6.71m) (over 4 jumps).

June 7th British Athletics League, Div 2, Round 1, Tilsley Park, Abingdon.

A string. 100m 1. F. Sobodu (10.8) wind-0.1m/s) ; 200m 1. J. Alaka (21.6) (wind +0.3m/s); 400m 5. L. Charles (49.2) ; 800m 3. M. Skinner (1'54.4) ; 1500m 1. M. Skinner (3'49.7) ; 5000m 4. A. Raynor (14'57.9) ; 110m hurdles 1. A. Al Ameen (15.0) (-1.0m/s); 400m hurdles 2. E. Harrison (52.8) ; 3000m s/c 5. A. Bruce-Littlewood (9'44.4) ; Discus 8. N.Gasson (17.85m) ; Hammer 8. S. Holmes (7.60m) ; Hjump jt 4. L. Ely (1.85m) ; Javelin 1. S. Harvey (63.42m) ; Ljump 8. L. Ely (4.89m) ; PVault 1. S. Huggins (5.00m) ; Shot 7. D. Bovell (9.66m) ; Tjump 5. D. Bovell (12.32m) ; 4x100m relay 2nd B&B. (D. Bovell, T.Sodeyi, J. Alaka, F. Sobodu{42.8}) ; 4x400m relay 5th B&B (D. Paisley, J. Alaka, D. Ryan, D. McKinlay {3'25.7})

B string. 100m 1. J. Alaka (10.9) (wind -1.8m/s) ; 200m 1. F. Olowade (22.0) (wind-1.8m/s) ; 400m 5. E. Harrison (49.4) ; 800m 3. D. McKinlay (1'56.3) ; 1500m 4. D. Ryan (4'05.6) ; 5000m 3. P. Tucker (15'01.5) ; 110m hurdles 1. T. Sodeyi (15.1) (wind -0.6m/s); 400m hurdles 1. D. Paisley (55.4) ; 3000m s/c 3. A. Gibbins (9'49.0) ; Discus 6. P.Calnan (8.19m) ; Hammer 8. P. Calnan (3.75m) ; Javelin 8. D. McKinlay (22.14m) ; Ljump 8. P. Calnan (2.14); Shot 8. S. Huggins (5.44m); Tjump 5. L. Ely (9.50m) *B&B 3rd with 297 points*

June 7th Southern Men's League, match 2 Battersea Park.

100m A 2 D.McQueen (11.6) - B 4 G. Holder (12.4); 200m A 1 D. Haque (21.7) - B 3 D. McQueen (24.3) ; 400m A 1 S. Cavey (52.4) - B 2 A.York (54.4) ; 800m A 3 A.York (2'06.3) - B 3 C. Hogg (2'19.4) ; 1500 A 2 A. Conway (4'12.9)- B 1 M. Hill (4'22.7);5000m A 1 J. Thorpe (15'58.2)- B 2 A Cliff (16'30.9); 110m Hurdles A 2 R. Holt (17.1)- B 2. I.Holder (21.1); 400mHurdles A 1 R. Holt (59.6) - B 1 A. Healy (60.4); 3000s/c A 4 T. Ayres (13'06.3)- B 3 C. Hogg (12'27.6); 4x100 3rd B&B (47.8);4x400 2nd B&B (3'37.5); Hjump A 3 G.Holder (1.60m)- B 3 I.Holder (1.45m); PVault A 1.A. Hardy (2.80m); Ljump A 3.D. McKeown (5.39m)- B 3 T. Ayres (4.69m); Tjump A 2 A. Healy (12.15m)- B 2 D. McQueen (11.47m) ; Shot A 3 D. Ridge (8.45m)- B 3 T. Ayres (7.29m); Discus A 2 D. Ridge (32.84m)- B 3 I. Holder (18.01m); Hammer A 3 T. Ayres (17.83m)- B 2 D. Ridge (16.52m); Javelin A 4 C. Hogg (22.86m)- B 3 T.Ayres (21.25m) *B&B finished 2nd with 93 points*

June 8th Kent Young Athletes' League, U13s Girls, Canterbury

75m. "A" string 1. Dina Asher-Smith (9.9)- "B" string 1. Cherice Hylton (10.7); 150m "A" 1. Dina Asher Smith (19.6)- "B" 1. Shannon Hylton (20.2); N/S1. Holly Fletcher (21.1)- 3. Evie Syron-Russell(23.3)- 1. Aine Hurlock (22.2) ; 600m "A" 1. Holly Fletcher (1'46.4)- "B" 1. Janae Galley (1'54.9); 1000m "A" 1. Georgina Kennedy (3'18.5)-"B" 2. Sonia Woolhouse (3'40.6); 70m Hurdles "A"1. Amber Bryan-Isaacs (12.7)- "B" 2. Evie Syron-Russell (13.5)- N/S 3. Shannon Cordell (15.2) ; Hjump"A" 5. Amber Bryan-Isaacs (1.17m)- "B" 5. Aleyah Babb- Benjamin (1.02m); Ljump "A"4. Amber Bryan-Isaacs (3.29)- "B" 4. Holly Fletcher (3.72m); Shot "A" 4. Aleyah Babb-Benjamin (6.01m)- "B" 1. Olivia Alexander (4.7m)- N/S. Shannon Cordell (4.96m); 2000m walk "A" Shannon Cordell (16'03)- "B" Fern Butler-Korro (16'11.06); Discus "A"5. Sian Bayley (9.77m)- "B"5. Shannon Cordell (6.76m); Javelin "A" 2. Ellie Lawrence (15.27m)-"B" 1. Aine Hurlock (15.12m); 4x100m Relays 1st B&B (S.Hylton, D.Asher-Smith, A. Hurlock, C. Hylton {54.4})

June 8th UK Womens' Athletic League, Div 3, Round 1, Ridlins Wood, Stevenage

A string. 100m 2. A. Shand-Whittingham (11.7) (wind +4.8 m/s); 200m 7. K. Cosby (26.3) (wind +2.7 m/s); 400m 2. S. Echel-Thompson (58.1); 800m 5. E. Murty (2'18.9) ; 1500m 2. B. Proctor (4'52.4) ; 3000m 1. B. Proctor (10'08.5) ; 100m hurdles 5. S. McLellan (16.2) (wind +3.8m/s) ; 400m hurdles 2. S. McLellan (1'04.6) ; Hjump 4. R. Arnheim (1.50m) ; Pole Vault 1. R. Arnheim (3.20m) ; Ljump 5. E. Martin (5.32m) ;

Tjump 5. L. Blackie (11.90m) ; Shot put 1. S. Brown (13.73m) ; Discus 1. S. Brown (44.25m) ; Hammer 3. B. Jemiyo (42.14) ; Javelin 1. C. Lawrence (43.02) ; 4x100m 5th place (K. Benneworth, L. Blackie, K. Cosby, E. Martin {49.6}) ; 4x400m 5th place (A-S Gnadou, S. Echel-Thomson, K. Cosby, S. McLellan {4'07.6}).
B string. 100m (wind +3.2 m/s) 6. K. Benneworth (13.0) ; 400m 3. I. Ivy (59.8) ; 800m 3. J. Butler (2'24.7) ; 1500m 1. J. Butler (4'56.0); 3000m 1. S. Budd (10'47.4); 100m hurdles 3. K. Benneworth (17.6) (wind +2.4m/s); 400m hurdles 1. K. Cosby (1'06.1); Hjump jt.2. E. Godley (1.45m); Ljump 5. L.Blackie (5.26m); Tjump 4. K. Benneworth (10.10m); Pole Vault 1. E. Godley (3.00m); Shot put 2. A-S Gnadou (11.03m) ; Discus 6. A-S Gnadou (20.56m); Javelin 1. A-S Gnadou (33.26m) ; Hammer 6. S. Brown (21.77m)
B&B finished 1st with 204 points

Club Championship meetings, Norman Park.

May 14th. 10,000m championships, Norman Park. 1. J. Thorpe (34'11.2)- 2. A. Tucker (v40) (36'45.8)- 3. D. Hilliar (37'26.2)- 4. D. Beadle (v40) (39'01.7)- 5. P. Mackrell (39'56.2)- 6. S. Pairman (v45) (39'59)- 7. G. Coates (v55) (40'38.5)- 8. A. Lawes (v50) (41'19.1)- 9. S. Littlewood (v55) (41'23.7)- 10. R. Brown (v55) (41'30.3)- 11. A. Azizi (u20) (42'44.3)- 12. J. Bailey (v55) (43'34.8)- 13. C. Pike (v55) (45'34.1)- 14. M. Compton (v50) (46'49.8).

June 4th. U13 girls. 150m 1st heat 1. D. Asher-Sith (20.2)- 2. H. Fletcher (21.4)- 3. I. McIntosh (21.9)- 4. S. Clarke (24.5)- 2nd heat 1. A.Hurlock (22.5)- 2. E. Lawrence (24.4)- 3. B. Barwell (24.5) 3rd heat 1. G. Kennedy (21.9)-2. S. Cordell (23.4)- 3. R. Houlder (24.5) ; **Hjump** 1. D. Asher-Smith (1.30m)- 2. I. McIntosh (1.25m)- 3. H. Fletcher (1.20m)- 4. S. Clarke (1.15m)- 5. A. Hurlock (1.15m)- 6. E. Lawrence (1.10m)- 7. S. Cordell (1.10m)- 8. B. Barwell (1.05m)- 9. R. Houlder (1.05m)- 10. G. Kennedy (1.05m) ; **Javelin** 1. E. Lawrence (19.04m)- 2. G. Kennedy (16.47m)- 3. A. Hurlcok (15.85m)- 4. D. Asher-Smith (14.76m)- 5. I. McIntosh (13.28m)- 6. R. Houlder (11.38m)- 7. H. Fletcher (1.05m)- 8. S. Clarke (9.28m)- 10. B. Barwell (5.60m)- 11. S. Cordell (3.96m) **U13 boys. 150m** 1st heat 1. J. Holmes (22.10)- 2. J. Colegate (22.50)- 3. J. Pairman (23.5)- 4. L. Cater (24.4)- 5. A. Flagg (26.2)- 2nd heat 1. E. Balding (23.6)- 2. J. Clark (24.5)- 3. A. Punnett (24.5)- 4. M. Millard (25.0)- 5. M. Essam (25.5)- 3rd heat 1. L. Burton-Bell (23.1)- 2. M. Hodson 23.4)- 3. A. Plumridge (23.8)- 4. J. Shonibare (24.4) ; **Hjump** 1. M. Hodson (1.15m)- 2. L. Carter (1.10m)- 3. J. Pairman (1.10m)- 4. L. Burton-Bell (1.10m)- 5. J. Shonibare (1.10m)- 6. J.Holmes(1.05m)- 7. J. Clarke (1.05m)- 8. A. Punnett (1.05m) ; **Javelin** 1. L. Carter (30.87m)- 2. J. Pairman (22.06m)- 3. L. Burton Bell (17.83m)- 4. J. Colegate (16.55m)- 5. A. Punnett (16.12m)- 6. E. Balding (15.99m)- 7. M. Essam (14.08m)- 7. A. Flagg (13.76m)- 8. A. Plumridge (13.62m)- 9. M. Millard (11.28m)- 10. J. Shonibare (10.92m)- 11. J. Holmes (10.57m)- 12. M. Hodson (7.41m)- 13. J. Clark (7.32m) **U15 girls. 200m** 1st heat 1. A. Jacobs (27.3)- 2. J. Moore (28.9)- 3. E. Sargeant (30.2)- 4. R. Giannini (31.4)- 5. E. Edwards (32.3)- 2nd heat 1. C. Lystono (28.8)- 2. V. Munt (29.0)- 3. F. Read (29.5)- 4. G. Middleton (35.0)- 3rd heat 1. A. Williams (30.3)- 2.A. Lawrence (31.9)- 3. R. Knight (32.4)- 4. M. Olatunji (33.5)- Final 1. A. Jacobs (26.9)- 2. J. Moore (28.4)- 3. V. Munt (28.9)- 4. C. Lyston (29.3)- 5. A. Williams (29.5) **U15 boys/U17 men 200m** 1. R. Pocklington (U17m) (23.4)- 2. B. Hopkins (U17m) (23.6)- 3. J. Pettet (24.3)- 4. A. Willis (28.0) ; **U17men 400m hurdles** J. Clarke (63.1) **U20 men 2000m s/c** A. Bruce Littlewood (6'06.4) **m50 200m** 1. T. Phillips (25.8)- 2. C. Leon (27.1)- 3. R. Brown (29.8)- 4. A. Lawes (32.8) **Open. Men's mile.** 1. O. Taylor (u15B) (4'55.8)- 2. R. Hall (4'58.7)- 3. T. Soutar (m50) (5'02.6)- 4. S. Jackson (u15B) (5'09.8)- 5. J. Ewing (U15B) (5'13.1)- 6. J. Halls (u17M) (5'15.1)- 7. A. Azizi (U17M) 5'28.8)- 8. P. Hamilton (m60) (5'29.0)- 9. R. Brown (m50) (5'40.2)- 10. A. Lawes (m50) (5'53.0) - 11. W. Orton (m40) (7'31.2) **Women's mile** 1. J. Bradshaw (w35) (5'43.6)- 2. A. Reed (U15G) (5'52.9)- 3. M. Fewster (U17W) (6'16.8)- 4. M. Kane (U17W) (5'55.1) ; **Hammer** 1. J. Haylock (U17M) (57.74m)- 2. B. Jemiyo (U20W) (43.17)- 3. C. Wickham (U17W) (28.83m)- 4. G. Hickey (m70) (16.86)- 5. V. Munt (U15G) (16.54m)- 6. E. Edwards (U15G) (15.12m)- 7. A. McSorley (W35) (7.08m)- 8. A. Jordon (U17M) n/t ; **Tjump** 1. A. Jordon (U17M) (11.23m)- 2. C. Leon (M50) (8.95m)- 3. F. Read (U15G) (9.64m)- 4. M. Olatunji (U15G) (8.37m)- 5. C. Lyston (U15G) (8.23m)- 6. J. Moore (U15G) (8.06m)

More Colemanballs

At the risk of offending the 'be nice to David Coleman lobby group' here is further evidence of his 'inimitable style which has influenced many imitators'.

He just can't believe what's not happening to him. David Coleman

Linford Christie has a habit of pulling it out when it matters most- David Coleman

One of the great unknown champions, because very little is known about him. – David Coleman.

Is there something that sticks out that makes you an exceptional pole vaulter ?- Adrian Chiles.

Don't talk about Michael Johnson's style. Look , if that guy could run with his fingers up his bum he could still run the 400 in 42 seconds. – Roger Black

He is accelerating all the time. That last lap was run in 64 seconds and the one before in 62.- David Coleman

Plainly no way has yet been found to stop long-jump commentaries sounding like naughty stories after lights- out in the dorm- Ooooooh ! it's enormous. It was this long ! -Russell Davies

A fascinating dual between three men.... David Coleman

When 1988 Olympic 100 metres gold medallist Ben Johnson's life ban was lifted after only two years Rocky Mountain News columnist Mike Littwin was moved to remark 'Johnson must still be the fastest human in the world. He served a lifetime sentence in two years'.

Commenting on the ruling to strip Russian shot putter Korzhanenko of her Olympic gold medal Gavin McDonald said ' This is a double disaster, because the last thing anyone wants to see is Irena Korzhanenko stripped.'

When I run marathons my goal isn't to win or to place, or even to finish it under a certain time. It's to catch that cute guy with the nice butt in the little shorts running in front of me. - Anne Dantsuka

And there's no 'I love you' message because Steve Ovett has married the girl - David Coleman

If you make one mistake, it can result in a vasectomy.- Steeplechaser Mark Rowland.

Paula Radcliffe was universally considered to be Britain's best female hope for athletic gold at the 2004 Athens Olympiad, but the games were to prove a heartbreaking experience for her, especially in the womens' marathon for which she was the overwhelming favourite. Despite her form leading into the event, zealous preparation, an ice vest and leading early in the race, Radcliffe was forced to drop out after 22 miles, provoking scenes of personal distress and mixed reactions nationwide. Amongst the cynics was tv presenter Jonathan Ross. From the comfort of his lounge he felt he could not be bothered to watch any more of the pathos. Said he :

' I thought, 'you lazy cow'! I was going to turn off but the remote control was on the coffee table on the other side of the room'