



**Blackheath
& Bromley**

The Courier

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Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way, Hayes, Kent (Tel 020
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Unless otherwise attributed, views are those of the Editor.

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From the editor:

Congratulations

Are extended to two club members. Firstly to David Carton for winning the Parris handicap shield over the six events, winning narrowly over Jason Daly by two points. Secondly to Daryl Hilliar whose fine run of form secured first places at the Dunstable 20 (September 17th) and the Thanet quicksand 15 (October 1st). Daryl also had high placings at Croydon 10km and the Kingston 16, this consistency perhaps heralding a golden era for our latest treasure.

Belgium International road races.

Con Griffin is organizing a coach trip to Belgium for the International cross country road races in Brussels. There is opportunity to run in the race itself and also in a 5k and 10k road race. The cost will be approximately 115 pounds. A deposit of 50 pounds is required by early November to secure a place on the trip.

SOME COMING EVENTS.

November 4th Ranelagh Harriers combined anniversary mob match Petersham.

November 18th Kent league 3. Euro CC trials, Anson Park

November 25. Sth. of Thames 5

December 3rd Club 10 mile champs, Hayes

December 9th Kent masters/clubmans, Swanley.

December 16th Kent League womens/YA.

Sth of Thames Champs, Brockwell Park

December 23rd Christmas yacht handicaps, Hayes.

SOCIAL

Nov 17th Club dinner

Dec 3rd Club 10 roast lunch

Dec 16th Christmas dinner (black tie)

200 CLUB

Organizer: Roger Counter
Tel 020 8776 0884

NEXT COURIER: Mid December or by Christmas
Any contributions and articles from members are always welcome.

Correction.

My apologies are extended to the memory of Roy Savery a previous Bennett Cup winner in the 1970s. In my previous edition of the Courier I incorrectly stated that Peter Stenning was the only person to have won the Bennett Cup twice. It has in fact been won twice by two people, Peter Stenning in 1950 and 1958, and Roy Savery in 1975 and 1979. Perhaps this feat can be repeated again sometime but not if the handicapper has his way !

Another appeal

Again I would repeat my request for any help with producing the courier. It has now become crucial that I can get help with this. It can be more than one person can deal with to produce six editions a year to a high standard and new pressures of work, as well as indifferent health have caused me to consider how I can keep up with this commitment in the future. If anyone feels that they can give me assistance, don't hesitate to get in touch either by phone, email or speaking to me at the club on Wednesdays.

The Courier October 2006. Results

Road.

Marathons

September 3rd. Moray Marathon.

38. D. King (3:32.22)- 85. R. Griffin (4:28.58)

September 3rd Kent Coastal Marathon, Cliftonville Margate. 40. P. Rogers (3:52.04)- 74. R. Bennett (4:21.22)- 75. D. Lewis (4:21.24)

September 24th Real Berlin Marathon. W. Orton (3:50.00)

Half marathons

September 3rd Kent Coastal Half Marathon. Cliftonville, Margate. 7. D. Hilliar (1 :23.30)- 15. A. Tucker (1 :29.21)- 30. M. Blunden (1 :33.49)- 99. K. Pratten (sen.lady) (1 :46.40)- 100. D. Mehmed (1 :46.40)- 117. F. Green (senior lady) (1 :49.26)- 163. R. Lloyd (senior lady) (1 :56.21)- 195. A. Jelly (lady vet 45) (2 : 01.21).

September 17th. New Forest Half Marathon. 54. B. Davey (1:34.12)

October 1st. BUPA Great North Run, Newcastle to South Shields. S. Coombes (1 :46.00)

Other distances

28th April Serpentine end of month 5k, , 1st O/55 P. Hamilton (18.04)

8th June Assembly League, Victoria Park 1st O/55 P. Hamilton (20.14)

18th June South West Vets champs, Exeter,5000m 1st P. Hamilton (18.08.5)

28th July Veterans A.C. 5 mile road champs, Battersea 2nd O/55 P. Hamilton (30.04)

August 28th - Yeovilton - SWVets 5k Road Champs 1 Daniel Moore V40 (Bristol & West) (16:01)- 22 Chris Woodcock 3rd V60 (20:00)

September 3rd Moray 10km. 122. G. Murray (1:3.58)

September 3rd. Tynedale 10 miles. 160. C. McEntee (1 :14 .52)
September 17th. Dunstable Road Runners 20 mile challenge. 1st. D. Hilliar (2 :22.23) - 19. N. Barber (mv45) (2 :48.31)- 21. M. Salmon (Mv55) (2 :49.15) (2nd in age category)
September 17th. Louis Buckie, Banffshire 10km. G. Murray (1 :5.31)
October 1st. Baxter's Riverness 10km, Inverness. G. Murray (1 :12.29)
October 1st. Wimbledon 10. 1st. M. Steinle (49.54)- 30th J. Viney (70.12)
October 1st. Serpentine 5km. 1st over 50. A Camp (17.03)
October 1st. Thanet Road Runners Quicksand 15 miles. 1. D. Hilliar (1:38.44)- 14. A. Tucker (v40) (1:53.50)- 45. T. Brightwell (v50) (2 :10.33).
October 7th Ashford 10km. 1. J. Atkinson (31.35)
October 7th. Nike London 10km. 5. A. Gibbins (33.25)
October 8th Kingston Breakfast Run 16 miles. 9th D. Hilliar (1 :38.27)
October 15th Brighton South Downs 'jog shop 20'. 33. M Salmon (m50) (2 :49.28)
October 22nd. Croydon 10km road race. 14. D. Hilliar (35.56)- 39. A. Tucker (v40) (38.02)- 42. G.Cook (v40) (38.23)- 46. C. Aves (v40) (38.49)- 48. K. May (39.00)- 52. G. Coates (v50) (39.11)- 72. P. Burford (v50) (40.14)- 134. M. Newins (44.07)-204. C. Jones-Baldock (sl) (46.49)- 247. R. Lloyd (sl) (48.28)

Walking events

August 28th National 100 miles Walking Championship:

National 100 miles: 2.(1st Woman) Sandra Brown (19:28.38)- 13.Chris Flint (31 : 38.6)

VAC 3km Championships: 1.(1st M60) P.Hannell (16.35.1)

October 7th. Surrey Walking Club. 4 mile stride. 9. N. Simmons (40.30)- S. Lightman (40.54)

October 7th Leicester Open 10km walk. S. Lightman (70.04)

Enfield 10km. N. Simmons (65.32)

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

Event 6. September 6th

1. Will Pook (32:18/22:03)- 2. Jason Daly (32:49/18:49)- 3. Sophie Cowper (33:09/19:54) (1st F) -4.David Carton (33:11/19:41)- 5. John Copley (33:13/22:58)- 6. Darryl Hilliar (33:15/17:15) (1st M) -7. Barry Wetherilt (33:18/20:03)- 8.Steve Gardner (33:19/25.19) -9. Chris Pike (33:20/20:05)- 10. Mick Jones (33:24/17:54) (2nd M) -11. Mark Compton (33:30/21:00)-12. Steve Pairman (33:32/18:32) (3rd M) -13. Graham Coates (33:35/18:35) -14. Colin McEntee (33:39/20:39) -15. Gary Cook (33:43/18:58) -16. Andy Tucker (33:46/18:46) -17. Rhiannon Lloyd (33:49/24:04) (3rd F) -18. Mike Cronin (34:00/21:15)-19. Ian Taylor (34:12/19:12) -20. Clare Ludwig (34:17/22:17) (2nd F) -21. Jim Bailey(34:37/20:52)-22. Tom Sutton (35:09/20:09)-23. Ron Chambers (39:04/34:04)-24. Roy Watkins (39:17/39:17)- 25.Bernie Bater DNF

Leading Final Standings - 2006 Parris Handicap (Places and points)

1. David Carton (117)- 2. Jason Daly (115)- 3. Mick Jones (99)- 4. Barry Wetherilt (93)- 5. Clare Ludwig (80)- 6. Bernie Bater (76)- 7. Rhiannon Lloyd (72)- 8 Steve Pairman (64)- 9. John Leeson (62)- 10. Chris Pike (61)- 11 Craig Daly (60)- 12 Mark Compton (56)- 13. Kate Jones (53)- 14. Paul Ollendorff (50)- 15. Wilf Orton (50)- 16. Alex Littlewood (49)- 17. Graham Coates (49)- 18. Sophie Cowper (49)- 19. Stuart Littlewood (48)- 20. Bryony Proctor (43).

Cross Country

October 7th. Kent League. County Athletics Cross Country League, Capstone Park, Chatham.

Senior Men. 6. A. Gibbins (31.28)- 13. J. Thorpe (32.38)- 16. D. McKinlay (32.58)- 27. M. Airey (34.07)- 29. A. Camp (34.23)- 33. N. Ayrton (35.10)- 48. R. Smith (36.11)- 50. N. Humphreys (36.14)- 58. M. Ellison (37.01)- 91. B. McShane (39.04)- 100. R. Hall (40.01)- 104. R. Brown (40.15)- 113. C. Pike (41.08).

Blackheath & Bromley Harriers AC finished 5th with 575 points

U13girls. 7. H. Cook (9.32)- 17. K. Leonard (10.22). U15 girls. 3. D. Critchley (10.33)- 5. M. Fewster (10.50)- 10. R. Smith (11.16)- 11. S. Gordon (11.19)-16. S. Maslin (11.00)- 22. A. Mitchell (12.03)- 24. E. Hook (12.14)- 37. J. Liner (13.27). Team finished 2nd with 18 points .U17 women. 1. A. Smith (14.55)- 10. C. Chambers (17.56)- 14. L. Smith (18.30). Team finished 2nd with 25 points.

Senior women. 1. J. Butler (18.41)- 5. B. Proctor (19.29)- 6. B. Clayton ((19.41)- 10. C. Lodwig (21.19)- 16. E. Fisher (21.43)- 17. C. Jones-Baldock (21.55)- 20. K. Pratten (22.08)- 28. K. O'Mahoney (22.34)- 38. A. Cilia (v) (22.38)- 40. T. Emery (23.51)- 42. J. Eastbury (23.59)- 43. N. Airey (24.06)

October 22nd The ERRA National Relays at Sutton Park, Birmingham

GIRLS U15 A leg 3 Amy De Matos (15.03)- U15 A leg 1 Danielle Critchley (15.09)- U15 B leg 1 Sophie Gordon (15.58)- U15 A leg 2 Rebecca Smith (16.01)- U15 B leg 3 Jessica Saville (16.28) U13 leg 1 Georgina Chew (16.50)- U15 B leg 2 Emma Hook (17.52)- U13 leg 2 Nancy Carney-Holland (18.06)- U13 leg 3 Hannah Cook (19.07). *Team Positions U15 A Girls 16th (Highest for the club) 13 Girls 41st U15 B Girls 45th*

BOYS U17 leg 1. 117. Alex Bruce-Littlewood (12:23)- 124. leg 3. Cameron Ward (13.26)- U15 leg 3. 134. Stephen Cavey (13.31)- leg 1. 138. Philip Sesseman (13.36)- leg 3. 231. Hector Kurteyanek (14.15)- U17. leg 2. 243 Samuel Simpson (14.22)- U15. 248. James Clack (14.24)- U15. 273. Ross Braden (14.40)- U15. 280. Julian Ayisi (14.46)- U13. 401 leg 3. George Gregory (15:17)- U13. 450 leg 1. Greg Proctor (16.20)- U13. 460. Thomas Scott (16.43). *Team Positions; Under 17 Men 25th Under 15 Boys A 26th Under 15 Boys B 38th Under 13 Boys 32nd*

Bennett Cup Events

September 16th. Will Bolton Memorial Cross Country relays

Mens Team Result 6 X 4km

1st men's team BBHAC A (James Poole 13:12- Alex Gibbens 13:08- Jamie Atkinson 12:35- Joe Mills 12:52- Dave McKinley 13:42- Peter Tucker 13:32) *Team Time 1:19:0*

2nd Tonbridge AC *Team Time 1:21:20*

3rd BBHAC B (Dan Ryan 14:10 - Jon Thorpe 13:19- Nick Gasson 13:53- Martin Airey 13:35- Alex Littlewood 13:48- Dave Griffin 14:33) *Team Time 1:23:18*

Womens Team Result 4 X 4km

1st South London Harriers *Team Time 1:06:39*

2nd BBHAC WA (Jennie Butler 15:37- Bella Clayton 16:41- Kate Pratten 17:45- Fran Green 16:37) *Team Time 1:06:40*

3rd BBHAC Girls A (Michelle Fewster 17:03- Hannah Garcia 18:32- Danielle Critchley 16:31- Rebecca Smith 16:51) *Team Time 1:08:57*

Lap 1

1. James Poole *BBHAC A* (13:12) -6. Dan Ryan *BBHAC B* (14:10)-7. Alistair Cliff *BBHAC F* (14:10) -8. Daryl Hilliar *BBHAC C* (14:15) -11. Cameron Ward *BBHAC U17 boys* (14:48) -13. Mark Ellison *BBHAC H* (14:58) -15. Steve Holmes *BBHAC G* (15:09)-16. Richard Hall *BBHAC K* (15:10) -19. Jennie Butler *BBHAC WA* (15:37)-22. Hector Kurtganek *BBHAC Boys A* (16:08) -23. David Beadle *BBHAC L* (16:10) -25. Simon Lloyd *BBHAC J* (16:50)-26. Chris Pike *BBHAC E* (16:54) -29. Michelle Fewster *BBHAC Girls A* (17:03) -31. Mike Cronin *BBHAC D* (17:13) -35. Emma Hook *BBHAC Girls B* (17:57)- 36. Angela cook *BBHAC WC* (18:00-38. Claire Lodwig *BBHAC WB* (18:12) -45. Amy Mitchell *BBHAC Girls C* (19:18) - 49. Kayleigh Lennard *BBHAC girls D* (20:51)

Lap 2

1. Alex Gibbens *BBHAC A* (13:08) -4. Jon Thorpe *BBHAC B* (13:19) -7. Steve Cavey *BBHAC U17 boys* (14:45) -8. Richard Daniel *BBHAC G* (14:26) -9. Terry Hawkey *BBHAC K* (14:40) -10. Michael Jones *BBHAC D* (15:15)- 12. Dave Ellison *BBHAC H* (15:19) 20. Bernie Bater *BBHAC E* (15:32) 10. Paul Sutherland *BBHAC F* (15:44)- 13. Andy Tucker *BBHAC C* (16:14)-18. Bella Clayton *BBHAC WA* (16:41) — 24. Will Andrew *BBHAC Boys A* (17:28)- 27. Colin McEntee *BBHAC J* (17:26)-31. Jonathon Halls *BBHAC L* (19:22)- 32. Hannah Garcia *BBHAC A Girls* (18:32)-33. Sophie Gordon *BBHAC Girls B* (17:57) -35. Sophia Maslin *BBHAC Girls C* (17:16) -41. Rhiannon Lloyd *BBHAC WB* (19:51)-46. Jessica Jones *BBHAC girls D* (20:10)- 47. Clare Pallen *BBHAC WC* (24:20).

Lap 3

1. Jamie Atkinson *BBHAC A* (12:35) -4. Nick Gasson *BBHAC B* (13:53)- 7. Richard Davies *BBHAC G* (14:30) -8. Steve Hough *BBHAC K* (14:56)- 9. Robert Evans *BBHAC U17 boys* (16:28)- 12. G. Williams *BBHAC C* (16:12) -13. D Ko *BBHAC F* (16:53) -18. G Cook *BBHAC E* (16:02) -21. Will Slack *BBHAC D* (16:58) -22. Kate Pratten *BBHAC WA* (17:45) -36. Karyn O'Mahoney *BBHAC WB* (17:35)-4. Caroline Morten *BBHAC WC* (20:03)-19. Philip Sesemann *BBHAC Boys A* (15:19) -30. Danielle Critchley *BBHAC Girls A* (16:31) -33. Jes Saville *BBHAC Girls B* (18:33)-37. Hannah Cook *BBHAC Girls C* (19:39) - 43. Paul Mitchell *BBHAC girls D* (18:48)-14. Stuart Littlewood *BBHAC H* (16:34) -32. Drew Grace *BBHAC J* (19:30)-35. Trevor Delahoy *BBHAC L* (19:21)

Lap 4

1. Joe Mills *BBHAC A* (12:52)-4. Martin Airey *BBHAC B* (13:35)- 6. Eamon Predergast *BBHAC K* (13:55)- 8. Chris Daniel *BBHAC G* (16:34) -10. Roy Smith *BBHAC H* (14:53)-13. G. Cooper *BBHAC F* (17:35)-14. Tom Andrew *BBHAC Boys A* (15:41) -16. Graham Coates *BBHAC D* (15:32) -19. Mark Compton *BBHAC E* (17:50)- 20. Mike Gasson *BBHAC C* (19:49) -23. Fran Green *BBHAC WA* (16:37) -24. Rebecca Smith *BBHAC Girls A* (16:51)- 32. Ian Swatton *BBHAC J* (19:43)- 34. Carolyn Jones-Baldock *BBHAC WB* (18:45) -36. Jenny Linker *BBHAC Girls B* (20:59) -37. Viv Mitchell *BBHAC Girls D* (17:12) -38. Nancy Carney-Holland *BBHAC Girls C* (21:30) -41. Craig Daly *BBHAC L* (23:52)- 44. Anne Cilia *BBHAC WC* (20:18).

Lap 5

1. Dave McKinley BBHAC A (13:42)-4. Alex Littlewood BBHAC B (13:48) –7. Jason Daly BBHAC K (16:21) –8. Alan Camp BBHAC H (13:58)-10. Dan Marks BBHAC G (16:06) –13. Ian Taylor BBHAC D (15:33) –14. Robert Cliff BBHAC F (16:48)-16. Tom Sutton BBHAC E (16:15) –18. Nick Barber BBHAC C (16:36) –22. Tony Pontifex BBHAC J (19:07) –24. John Robinson BBHAC L – (20:10).

Lap 6

1. Peter Tucker BBHAC A (13:32)- 3. Dave Griffin BBHAC B (14:33) –8. Ken Daniel BBHAC H (15:00) – 10. Neal Humphreys BBHAC G (15:27) –12. Joe Clare BBHAC K (21:57)-15. Jim Bailey BBHAC F (17:19) -16. Wilf Orton BBHAC D (18:10)-17. Steve Pairman BBHAC C (15:41)-18. Rob Brown BBHAC E (16:26) - - 22. Jim Mullett BBHAC J (19:13)-23. David Carton BBHAC L (17:26)



October 14th . Club 5 mile championships. 1. J. Atkinson (28.37)- 2. A. Gibbins (29.05)- 3. A. Littlewood (30.42)- 4. J. Thorpe (31.15)- 5. D. Hilliar (31.30)- 6. E. Prendergast (31.34)- 7. S. Holmes (31.37)- 8. D. McKinlay (32.04)- 9. A. Cliffe (32.19)- 10. H. Humphries (32.22)- 11. N. Kinsey (32.35)-12. S. Hough (32.56)- 13. J. Butler (L) (33.10)- 14. M. Watling (33.11)- 15. M. Ellison (33.39)- 16. R. Hall (33.44)- 17. S. Cavey (33.47)- 18. K. Daniel (33.59)- 19. R. Smith ((34.03)- 20. C. Hogg (34.07)- 21. S. Pairman (34.11)- 22. G. Cook (34.12)- 23. A. Tucker (34.30)- 24. H. Kutayenek (34.43)- 25. G. Willaims (34.43)- 26. B. Bater (34.46)- 27. B. McShane (34.48)- 28. G. Coates (35.18)- 29. D. Ellison (35.25)- 30. M. Jones (35.50)- 31. R. Drake (35.39)- 32. D. Beadle (35.46)- 33. P. Burford (35.59)- 34. W. Pook (36.16)- 35. B. Clayton (36.22)- 36. A. Atkinson (36.30)- 37. C. Pike (36.38)- 38. T. Sutton (36.49)- 39. D. Ko (36.55)- 40. J. Phelan (36.57)- 41. V. Mitchell (37.09)- 42. B. Cliffe (37.14)- 43. M. Blunden (37.31)- 44. L. Simon (37.54)- 45. M. Fewster (L) (38.1)- 46. D. Carton (38.07)- 47. M. Cronin (38.11)- 48. J. Bailey (38.16)- 49. B. Wetherilt (38.58)- 50. W. Slack (39.03)- 51. G. Cooper (39.32)- 52. C. Ludwig (L) (39.38)- 53. K. Pratten (L) (39.45)- 54. W. Orton (39.49)- 55. A. McDonough (L) (40.03)- 56. M. Compton (40.04)- 57. S. Tolson (40.11)- 58. E. Fisher (L) (40.26)- 59. B. Fisher (40.42)- 60. S. Maslin (40.53)- 61. B. Power (40.57)- 62. T. Delahoy (40.58)- 63. S. Eccles (41.00)- 64. A. Cook (L) (41.04)- 65. A. Grace ((41.08)- 66. A. Pontifex (41.54)- 67. P. Mitchell (42.11)- 68. B. O’Gorman (42.48)- 69. T. Emery (43.02)- 70. J. Copley (43.24)- 71. A. Cilia (L) (43.40)- 72. J. Mullett (43.54)- 73. M. Gasson (44.02)- 74. P. Ollendorf (44.08)- 75. C. Rowe (44.13)- 76. A. Edwards (44.49)- 77. R. Lloyd (45.03)- 78. S. Gascoigne (45.54)- 79. J. Robinson (45.54)- 80. J. Clare (47.28)- 81. A. Jelly (L) (48.50)- 82. N. Cross L) (56.06)- 83. R. Chambers (1 :03.02).

Bennet Cup handicap (best positions and points)

1. B. Mcshane (22.03) 60)- 2. R. Drake (22.19) (59)- 3. M. Blunden (22.51) (58)- 4. J. Phelan (23.37)(57)- 5. M. Watling (23.51)(56)- 6. A. Edwards (24.19)(55)- 7. S. Holmes (24.22)(54)- 8. N. Humphreys (24.32)(53)- 9.

A. Grace (24.53)(52)-10. S. Eccles (24.55)(51)- 11. E. Fisher (24.56)(50)- 12. T. Delahoy (24.58)(49)- 13. A. Cilia (25.00)(48)- 14. A. Tucker (25.05)(47)- 15. A. Jelly (25.05)(46)- 16. T. Emery (25.07)(45)- 17. J. Butler (25.10)(44)- 18. A. McDonough (25.13)(43)- 19. H. Kuteyanek (25.16)(42)- 20. C. Pike (25.18)(41)- 21. B. Wetherlit (25.18)(40)- 22. G. Cook (25.22)(39)- 23. B. Fisher (25.22)(38)- 24. G. Williams (25.23)(37)- 25. S. Pairman (25.26)(36)- 26. A. Atkinson (25.30)(35)- 27. C. Ludwig (25.33)(34)- 28. C. Rowe (25.33)(33)- 29. D. Ko (25.35)(32)- 30. D. Carton (25.37)(31).

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

August 12th Southern Women's League Div 1 Sutton Arena

Seniors 100m A. 5 K. Welch (14.9)-B 5 H Godsell (14.3) : **200m** A 5 S Bye (30.6). 4 H Godsell (29.9) : **400m** A 5 R Chadwick (67.2)- B. NR : **800m** A3 K O'Mahoney (2:28.7)- B NR : **1500m** A 2 J Butler (5:01.7) B 5 A. Cilia (6:38.5) : **3000m** A 2 J Butle (10:53.4)- B NR : **100m Hurdles** A & B NR : **400m Hurdles** A 5 K Welc (79.7)- B NR : **4x100m** 5th team (56.8) : **4x400m** NR : **High Jump** A & B NJ : **Pole Vault** A 5 A Cilia (1.70m) : B NJ : **Long Jump** A 5 K Welch (4.53)B 4 A Cilia (3.25) : **Triple Jump** A & B NJ : **Shot Put** A 2 S Brown (11.13)- B 5 S Bye (6.88) : **Discus** A 1 S Brown (42.44) B 3 S Bye(18.97) : **Javelin** A 4 S Bye (25.34)-B 5 A Cilia (11.20) : **Hammer** A 1 R Blackie (53.33) B 3 S Brown (24.49).

U15s 100m A1 D Annon (13.4)-B5 R Channon (14.7) : **200m** A3 N George (29.8)-B NR : **800m** A 2 L Price (2:45.8)- B NR : **1500m** A. 3 J Linker(5:53.3)- BNR : **75m Hurdles** A & B NR : **4x100m** 2nd team (54.0) : **High Jump** A 5 L Forbes-Morris (1.20m)- B 5 R Channon (1.15m) : **Long Jump** A 2 L Forbes-Morris (4.92m) – B 5 D Annon (3.82m) : **Shot Putt** A 2 N George (8.40m)-B 1 C Orunta (8.01m) : **Discus** A 2 N George (21.60)- B. 1 C Orunta (18.58) : **Javelin** A 5 R Channo (9.40)- B 4 C Orunta (8.94) *Blackheath & Bromley finished 5th with 96 points*

September 2nd Southern Women's Track & Field League, Ashford.

Seniors .100m A. 5. S. Budd (17.2)- B. 5. C. Jones-Baldock (18.2): 200m 5. A. K. O'Mahoney (31.4)- B.5. J. Butler (33.3): 400m A. K. O'Mahoney (68.1)- B. 5. J. Butler (66.9): 800m A. 3. K. O'Mahoney (2:37.9)- B. 3. F. Green (2:31.9): 1500m A. 1. B. Proctor (4:59.5)- B. 2. K. Pratten (6:04.7): 300m A. 1. S. Budd (10:47.5)- B. 1. J. Butler (10:52.9): 100m hurdles A. 2. J. Wood (19.5): 400m hurdles A.5. C. Jones-Baldock (91.3): HJ A.5. J. Wood (1.20m)- B. 4. K. O'Mahoney (1.20m): PV. A. 5. E. Hughes (1.10m)- B. 4. A. Cilia (1.10m)- LJ. A. 3. J. Thomas (5.28m)- B.5. B. Proctor (2.55m): TJ. A. 3. J. Thomas (11.05m)- B.4. K. O'Mahoney (8.20m): SP. A. 3. E. Hughes (10.21m)- B. 1. V. Thomas (9.92m): Discus A. 5. E. Hughes (30.31m)- B. 4. V. Thomas (27.19m): Javelin A. 5. S. Bye (21.82m)- B. 3. E. Hughes (21.70m): Hammer A. 1. V. Thomas (53.05m): 400 x 100m relay 5th team (56.9): 400 m x 400m relay 5th team (4:50.1).

U15. 200m A. 5. E. Hook (32.2)- B. 5. L. Price (34.9): 800m A. L Price (2:45.7)- B. E. Hook (2:50.2): 1500m A. 4. J. Linker (6:28.8): HJ A. 5. E. Hook (1.25m): LJ A. 5. J. Linker (3.32m)- B. 3. L. Price (2.93m): SP A. 5. J. Linker (5.29m).

September 3rd - YAL Final – Birmingham

U13. High Jump A. 2. Christine Lyston (1.38) – B. 7. Hannah Cook (1.15) : 150m A.7. Letitia Noel (21.32)- B.2. Christine Lyston (21.46): 800m A.6. Georgina Chew (2:40.00)- B. 4. Nancy Carney Holland (2:41.93): Shot A. 1. Kelly Davey (8.55)- B. 3. Mollie Norris (7.16): 70m Hurdles A. 1. Sian Duffy (11.9)- B. 6. Kelly Davey (13.6): Long Jump A. 8. Letitia Noel (3.96)- B. 3. Jessica Moore (3.76) : 1200m A. 7. Hannah Cook (4:41.03)- B. 4. Jessica Jones (4:38.2): 75m A. 5. Christine Lyston (10.68)- B. 2. Amara Jacobs (10.78) : 4 x

100m Relay 2nd (Sian Duffy, Amara Jacobs, Christine Lyston, Letitia Noel) (54.60) : *U13 Total Points 83 Match Position 2nd*

U15. Long Jump A. 1. Jessica Matthews (5.01m)- B. 1. Leah Forbes Morris (5.00m): 200m A. 5. Grace Sheppard (27.18)- B. 1. Daniella Annon (26.83) : 800m A. 6. Jessica Saville (2.27.02)- B. 6. Sophie Gordon (2.36.47) : High Jump A. 1. Jessica Matthews (1.70)- B. 1. Nenisha Nelson-Roberts (1.50) : Discus A. 2. Estelle Patten (24.10)- B. 1. Katherine Jones (23.58): 75m Hurdles A. 7. Jessica Saville (13.4)- B. 6. Nenisha Nelson-Roberts (13.0): Javelin A. 1. Helen Silvester (31.14)- B. 4. Nicole George (16.70): 100m A. 2. Daniella Annon (12.92)- B. 3. Grace Sheppard (13.18): Shot A. 1. Katherine Jones (9.45m)- B. 3. Estelle Patten (7.87): 1500m A. 5. Michelle Fewster (5.15.40)- B. 4. Rebecca Smith (5.31.90): 4 x 100m Relay 4th (Sian Hurlock, Katie Vistuer, Jazmyne Raikes, Rebecca Cook) (51.65) *U15 Total Points 124*

U17. Hammer A. 2. Banke Jemiyo (34.31m)- B. 3. Shaunagh Brown (23.18m) : 300m Hurdles A. 2. Sarah McLellan (46.11)- B. 3. Rebecca Haywood (50.18) : Long Jump A. 2. Isabel Ivy (5.31m)- B. 1. Lauren Blackie (5.22): 200m A. 4. Serita Solomon (25.49) : B. 3. Isabel Ivy (26.51): 800m A. 5. Sarah McLellan (2.25.79)- B. 1. Katrina Cosby (2.28.28): Pole Vault A. 2. Rachel Arnheim (3.20m)- B. 1. Emily Godley (2.90m): High Jump A. 2. Rachel Arnheim (1.53m)- B. 1. Jessica Harding (1.45m): Discus A. 1. Shaunagh Brown (43.98m)- B. 6. Sarah McGuire (20.93m): 3000m A. 1. Amy Smith (10.32.02)- B. 1. Hannah Garcia (12.31.24) : 80m Hurdles A. 7. Sarah McLellan (12.8) – B. 6. Rebecca Haywood (13.2): 300m A. 7. Katrina Cosby (42.4)- B. 7. Jessica Harding (45.73): Javelin A. 2. Sarah McGuire (29.98m)- B. 8. Chloe Shaw (15.25m): 100m A. 4. Serita Solomon (12.39)- B. 4. Lauren Blackie (13.02): Shot A. 1. Shaunagh Brown (12.12m)- B. 1. Sarah McGuire (9.70m): 1500m A. 2. Amy Smith (5.00.33)- B. 3. Catherine Chambers (5.23.17) : Triple Jump A. 1. Isabel Ivy (11.23m)- B. Lauren Blackie (NJ): 4 x 100m Relay 5th team (Sarah Harrison, Katrina Cosby, Emily Godley, Serita Solomon (50.9)) : 4 x 300m Relay 4th team (Sarah McLellan, Jessica Harding, Isabel Ivy, Katrina Cosby (2.55.39)) : *U17 Total Points 194 Match Position 1st : Girls Team Total Points 405 Match Position 1st : Combined Team Total Points 787 Match Position 2nd*

September 10th National Junior final - Derby

100m A. 5. D. Doyley (10.90)- B. 4. J Thomas-Lindor (11.20) :200m A. 4. D Doyley (21.55)- B. 3.J Thomas-Lindor (22.33): 400m A. 7. Alex Babb (51.16)-B. 3. S Blackwell (50.72) : 800m A. 4. J Poole (1.55:7)- B. 5. R Daniel (2.03:91): 1500m A. 6. J Poole (4.12:38)- B. 6. R Davies (4.31:46) : 3000m A. 6. D Brewer (9.34:35)- B. 6. A Cliff (9.44:51) : 2000m s/c A. 3. A Littlewood (6.28:14)- B.3. S. Simpson (7.01:37) :110mH A. 3. A Alameen (14.83)- B. 1. S Hemmings (15.60): 400mH A. 7. A Healy (59.93)- B. 3. M Shoker (63.36): 4 x 100m relay 4th team (J Thomas-Lindor, S Blackwell, A Alameen, D Doyley 43.24): 4 x 400m 2nd team (A. Babb, A Alameen, D Doyley, S Blackwell (3.20:70)) : Discus A. 3. Al Williamson (42.86m)- B.3. Am Williamson (32.75) : Shot A. 6. Al Williamson (11.84)- B.3. S Blackwell (10.61) : Hammer A.1. Am Williamson (65.59m)- B.1. Al Williamson (60.35m) : Javelin A. 1. S Harvey (61.25m)- B.2. Am Williamson (32.47m) : Long Jump A. 1. J. Thomas-Lindor (7.08m)- B. 1. J Odametey (6.85m) : High Jump A. 3. S Hemmings (2.00m) B. 4. M Morrison (1.70m) : Triple Jump A. 5. M Morrison (12.38m)- B. 3. J Odametey (12.01m): Pole Vault A. 1. S Huggins (4.60m)- B. 5. A Stockdale (2.60m). *Blackheath & Bromley 269 points*

September 10th - National Junior Athletic League Final – Derby WOMEN 100m A. 2. Anike Shand-Whittingham (11.96)- B. 3. Amy Godsell (12.46) : 200m A. 4. Amy Godsell (25.29) – B. 1. Anike Shand-Whittingham (25.14) : 400m A. 6. Sarah McLellan (60.7)- B. 1. Katrina Cosby (58.95) : 800m A. 5. Rebecca Taylor (2.26.07)- B. 5. Ella Fisher (2.28.59) : 1500m A. 1. Bryony Proctor (4.47.61)- B. 2. Rebecca Taylor (5.13.72) : 3000m A. 1. Amy Smith (10.27.39)- B. 2. Sarah Coombs (11.38.72) : 1500ms/c A. 4. Catherine Chambers (5.49.63) : 100MH A. 2. Serita Solmon (14.14) Club record- B. 3. Jo Wood (17.59) : 400mH A. 1.

Katie Murray (62.95)- B.1. Sarah Mclellan (66.84) : 4 x 100m 2nd team (Emily Martin, Serita Solomon, Amy Godsell, Anike Shand-whittingham (47.44)) : 4 x 400m 6th team (Vanessa Nakangu, Katie Murray, Sarah Mclellan, Katrina Cosby (4.02.43)) : Discus A. 4. Flo Clark (37.10m)- B. 3. Rachel Blackie (27.42m) : Shot A. 4. Victoria Thomas (10.21m)- B.2. Flo Clark (9.52m) : Hammer A. 1. Victoria Thomas (53.35m)- B. 1. Rachel Blackie (50.11m) : Javelin A. 1. Jade Dodd (43.64m) – B. 6. Emily Godley (21.03m) : Long Jump A. 4. Emily Martin (5.46m)- B. 2. Isobel Ivy (5.40m) : High Jump A. 3. Anne Smith (1.55m)- B. 3. Emily Martin (1.45m) : Triple Jump A. 5. Lauren Blackie (11.30m)- B.2. Jade Castell (11.03m) : Pole Vault A. 4. Emily Godley (3.20m)- B.1. Rebecca Haywood (2.30m) *BLACKHEATH & BROMLEY finished 1st with 502 points.*

16/17th September. Kent Masters'. Erith. 100m. m50 1. T. Phillips (12.6)- 2. C. Leon (13.4) : m70 3. J. Day (17.1) : 200m m50 1. T. Phillips (25.4)- m60 2. M. Martineau (28.6) : shot m70 1. G. Hickey (11.33m)- 2. C. Brand (10.88m)- 3. J. Day (8.44m) : hammer m70 2. C. brand (32.59)-3. G. Hickey (31.95) : 1500m m50 1. K. Daniel (4.44.1) : HJ m70 1. J. Day (1.20m) : pv 1. J. Day (2.40m) : hurdles 1. J. Day (17.7) : 800m 4. P. Hamilton (2.24.5) women. W60 Hammer 1. B. Jerry (25.93)- javelin 1. B. Jerry (19.54)- discus. 1. B. Jerry : shot 1. B. Jerry



August 26th Veterans AC Championships at Kingston. over 40's 800m 1. Paul Sutherland (2.07.2): Over 50's HJ 1. Clem Leon (1.50m), (Also 1st in long jump and triple jump)3rd in 100m and 5th in 200m).: over 55's 1500m 1. Ken Daniel (4.44.9)- 3. P. Hamilton: 800m 3. P. Hamilton.: over 70s PV. 1. J. Day (2.50m): HJ 1. J. Day (1.18m): SP. 3. J. Day: over 50s ladies shot 1. B. Simpson: discus 1. B. Simpson: Hammer 1. B. Simpson

August 26th Vancouver Trophy Meeting, Parliament Hill. 800m 1. Martin Airey: 100m 1. Duayne Bovell: 100m hurdles ladies 1. Serita Solomon: shot putt 2. Alex Pope (11.84): discus 2. A. Pope (39.83): Javelin 2. Stuart Harvey (57.89).

Triathlons

September 10th. Sevenoaks Triathlon.

2. A. Draper 400m swim (7.10): 27 km cycle ride (44.20): 8km run (30.22) total 1:21.52
29.D. Hilliar 400m swim (6.26): 27 km cycle ride (53.38): 8km run (30.22) total 1:30.36



Tsaritsa of the rostrum. A victorious smile from the B & H team at the European club championships in Moscow

