



# The Courier

VOL 25 . No.5 Oct 2007. PRESIDENT 2007/8 Les Roberts. HON SEC:- Duncan Flagg  
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8462 3115)Unless otherwise attributed, views are those of the Editor.

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From the editor:

### *Young athletes are National Champions again*

After finishing runners up last year the club's Young athletes were duly crowned National track and field Champions for 2007. In the Final in Birmingham they led from start to finish in a keenly competitive match to win by 36.5 points from last years champions Enfield & Haringey, making this the third time of the last four years since the competition became a joint boys and girls competition. Of particular note was the performance of Aaron Lloyd who won the male track athlete of the match award in winning in the 75 metre hurdles in 12.1.seconds. Katrina Cosby set the tone, storming to victory in the A string 300 hurdles in her second quickest ever time . This pace was sustained right to the end with Dan Putnam, who has had a magnificent season and earlier won the 400 metres, storming round the final leg of the under 17 mens 4x400 to cross the line first. In between a team competition with every athlete's individual performance contributing made it such a memorable day for the Club. Such performances included Andrew Jordan and Jake Haylock in the hammer, Phil Sesemann who in winning dominated the Frank Starkie Memorial Under 15 boys 1500 metres race and double golds in fled events from Sarah McGuire and Helen Silvester (under 17 javelin) and Kelly Davey in the under 15s shot and discus. Undoubtedly the contributing factors in this triumph included the reopening of Norman Park 8 lane track, the flourishing Bees Academy run by John Blackie, the dedicated work of the Clubs coaches and team managers, and the support of sponsors including the Jack Petchy Foundation

### SOME COMING EVENTS.

Nov 3. ECCA Relays Mansfield  
Nov 11. Club 10 miles Champs.  
(10.30am)  
Nov 17. Kent League (Sen  
women/YA. Danson Park  
Nov 17. South of Thames 5,  
Petersham  
Nov 17. European CC Trials  
Dec 8. Kent Masters/Clubmans  
Sparrows Den.  
Dec15. Kent League (Sen  
Men/YA) (4) Somerhill Park  
Dec 15. South of the Thames  
Champs, Epsom.  
Dec 22. Christmas Yacht  
Handicap, Hayes  
Dec 26. Fancy dress Paperchase  
Dec 29. Orion Mob Match,  
Chingford.

### SOCIAL

Nov 11<sup>th</sup>. Club roast lunch  
Nov 16<sup>th</sup> Club Dinner (black tie)  
Nov 30<sup>th</sup> Celebration Dinner for  
Masters' teams  
Dec 15<sup>th</sup> Christmas Dinner  
(Black Tie)  
Dec 19<sup>th</sup> Wednesday Nighters'  
Christmas Supper (Jeans &  
Fancy Tie)

### 200 CLUB

Organizer: Roger Counter  
Tel 020 8776 0884

NEXT COURIER: December  
2007

Any contributions and articles  
from members are always  
welcome.

### ***Anne Cilia wins the Parris Shield.***

This year's Parris Shield produced a tight finish with Anne Cilia emerging as the winner by a margin of six points over Rhiannon Lloyd (190 points to 184) with Andy Lawes taking third place some sixteen points behind them. Again the races were well attended with over 60 different athletes taking part, and attendances ranging from 35 in August to 45 in May, an average of nearly 40 for each race.

Winners of the individual events were in chronological order Mike Salmon, Anne Cilia, Gary Cook, Josh Leeson, Teresa Nightingale, and Sally Spence. Winners were once again presented with a bottle of wine (or some equivalent prize) and the practice of wearing the winner's yellow T-shirt was continued albeit somewhat more intermittently as successive winners expressed reluctance to receive the garment unwashed.

The winning margin between the top finishers were consistently tight, the largest being only 26 seconds by Teresa Nightingale over Roy Watkins whilst the May race produced a dead heat between Anne Cilia and Mike Gasson, both clocking 32 minutes and 24 seconds each. The fastest net times were recorded by Roger Beswick for the men with a 16'55, and a 16'58, and for the ladies Rosie Ferguson in the last event, securing a time of 19'15.

The handicappers aimed for all runners to finish within a tight window but the best that was achieved was 3 minutes and 24 seconds between the arrival of the first and of the last finishers in the July event. *WHO*

## **The Courier October 2007. Results**

### ***Road***

#### **Marathons and Half Marathons**

**September 2<sup>nd</sup>. Kent Coastal Marathon** 92. P.Rodgers (mv40) (4:05'23)- 100. S. Fletcher (mv40) (4:11'36)- 120. J.E Turner (mv50) (4:23'23)

**September 2<sup>nd</sup>. Kent Coastal Half Marathon** 3<sup>rd</sup> D. Hilliar (1:26'15)- 11<sup>th</sup> D. Mehmed (mv40) (1:32'55)- 12<sup>th</sup> J. Saunders (1:32'59)- 14<sup>th</sup> M. Russell (1:33'59)- 29<sup>th</sup> Ms F. Green (1:37'18)- 56<sup>th</sup> Mme A. McDonough (wv40) (1:42'06)- 62<sup>nd</sup> Ms C. Jones-Baldock (1:43'01)- 71<sup>st</sup> C. Pike (mv40) (1:44'06)

**September 15<sup>th</sup> World Masters Champs Marathon, Riccione (Italy)** 14. Ms B. Davey (wv40) (3:21'37)

**September 16<sup>th</sup> New Forest Marathon.** 247. S. Fletcher (mv40) (4:06'39)

**October 28<sup>th</sup> Barnes Green Half Marathon.** 48. G. Cook (1:24'24)- 102. P. Tucker (1:29'41)- 283. J.E. Turner (1:40'39)- 331. D. Leal (1:42'39)- 567. C. Fulford-Brown (1:52'40) – 653. E. Muriska (1:56'24).

#### **Other distances**

**August 26th Speyside Way 10 miles, Ballinloch-Abelour** G. Murray (m70) (1:53.22)

**August 27th SWVAC 5k Yeovilton** 11.Peter Hamilton (4th M55) (18'30)- 21.Chris Woodcock (3rd M60) (21'36)

**September 2nd. Moray Marathons 10km Elgin** G. Murray (m70) (1:05'31)

**September 16th. Buckie "Louis" 10km** G. Murray (m70) (1:02'43)

**September 29th Southern Road Relays** Blackheath & Bromley Harriers - A Team 9th place -  
(J. Atkinson {18'12}- J. Poole {18'38}- A. Bruce- Littlewood {20'01}- P. Tucker {18'53}- S. Newport {19'30}-  
A. Conway {20'20} (1:55'34))

**October 7th River Ness 10km, Inverness** G. Murray (m70) (1:03'59)

**October 7th Ashford Givaudan 10km.** 398.R. Saiz (53'53)

**October 14th Twickenham Cabbage Patch 10miles.** 539. J. Osman (1:18'06)

**October 16th SW Vets 10k Road Championship, Portland Bill** 8 Chris Woodcock (3rd M60) (45' 02)

### **Parris Handicap Series**

**Race 6. September 5th** 1 Sally Spence (34'35 /24'50) {46 points}-2 Tom Leeson (34'49/27'34) {44} -3 Ron Chambers (35'08/32'08) {42}-4 Martin Lundie (35'18/29'18) {40}- 5 Julia Hilleard (35'25/25'40){39}- 6 Jamie Saunders (35'49/17'49) {38}- 7 Teresa Nightingale (35'51/26'21) {37} - 8 Andy Lawes (35'55/ 19'40) {36}- 9 Sophie Cowper 2nd F (35'56/19'26) {35} -10 John Leeson (36'01/23'31) {34} -11 Veronica Marnell (36'07/30'37){33}-12 Clare Lodwig (36'08/21'08){32}-13 Anne Cilia (36'19/ 23'04) {31}-14 Terry Brightwell (36'21/22'21) {29}-15 Rhiannon Lloyd (36'21/23'36){30}-16 Jim Bailey (36'22/20'22) {28}-17 Dave Carton (36'25/20'25){27}-18 Gary Cook (36'28/18'13){26}-19 Dave Beadle (36'31/18'31){25}-20 Chris Pike (36'32/20'32) {24}-21 Mike Cronin (36'33/21'18){23} -22 Jason Daly (36'41/19'26){22}-23 Steve Pairman (36'45/19'15) {21}- 24 Andy Tucker (36'46/19'01){20}-25 Graham Coates (36'47/18'47){19}- 26 Esther Barrett (36'48/24'33){18}-27 Richard Worthington (36'55/20'10){17}-29 Dave Ellison (36'56/18'41) {15}-28 David Churchus (36'56/31'11){16}-30 Paul Hills (36'58/21'43){14}-31 Pete Rogers (36'59/20'14) {13}-32 Mike Peel (37'04/24'34){12}-33 Mike Salmon (37'10/20'40){11}-34 Sarah Fletcher (37'14/27'29) {10}-35 Tom Corbett (37'23/ 21'23){9}-36 Rosie Ferguson (37'30/19'15){8}- 37 Nanette Cross (37'56/28'56){7}-38 Steve Gardner (38'06/26'36) {6}-39 Di Beacom (38'24){5}- 40 Ellie Harker (39'05/25'05) {4} -41 Roy Watkins (39'59) {3}-42 Gerald Sterling (43'46/27'01) {2} - 43 Adam Corbett (43'52/29'52){1}

**Fastest men:** 1. J. Saunders- 2. G. Cook- 3. D. Beadle. **Fastest women.** 1. R. Ferguson- 2. S. Cowper- 3. C. Lodwig.

### **2007 Parris Handicap, Final Standings**

1. Anne Cilia (4/ 48/ 38/ 37/ 32/ 31 -190 points) - 2. Rhiannon Lloyd (33/ 44/ 20/ 33/ 24/ 30-184) -3. Andy Lawes (19/ 30/ 33/ 31/ 19/ 36/-168) - 4. Gary Cook (36/ 40/ 26/ 28/ 26- 156) -5. Clare Lodwig (15/ 21/ 24/ 29/ 27/ 32- 148) -6. Mike Salmon (41/ 23/ 34/ 22/12/11-143)-7. David Churchus (1/39/31/34/14/16-135) -8. Sophie Cowper (32/27/16/21/35- 131) -9. Jason Daly (23/ 40/32/1/4/22-122) -10. Mike Cronin (10/34/19/21/ 10/23- 117) -11. Chris Pike (27/25/23/11/24-110) -11. Jamie Saunders (9/38/25/38-110) -13. Mike Gasson (35/ 46/27- 108)- 14. Roger Beswick (33/27/30/16-106) -15. Martin Lundie (1/21/12/30/40-104) -16. Teresa Nightingale (28/38/37-103) -17. Julia Hilleard (32/31/39-102) -18. David Carton (22/ 17/11/22/ 27- 99)- 19. Carolyn Jones-Baldock (39/38/18-95) - 20 Pete Rogers (24/ 26/28/13- 91)-21 Barry Wetherilt (28/31/26-85) - 22. Adam Atkinson (37/36/2/7-82) -23. Mike Peel (29/10/11/18/12-80)-24. Gary Williams (14/13/24/26-77) -25 Will Pook (34/42-76)- 26 Dave Leal (7/15/ 29/23-74) -27. John Leeson (40/34-74)- 28 Graham Coates (24/18/ 9/19- 70)- 28 Richard Penfold (35/35-70) -30 Andy Tucker (3/7/19/20/20- 69)- 31. Tara Emery (37/29/2-68) -32 Justine Eastbury (30/20/15-65) -33. Anna Gear (20/16/8/20-64) -33 Paul Hills (16/11/23/14- 64)- 35. Jane Bradshaw (19/25/17-61) -36 Roy Watkins (2/3/15/36/3- 59) -36 Tammy French (25/34- 59) -38 Iain Swatton (26/32-58) -39 Steve Pairman (9/10/15/21- 55) -40. Keith Duffy-Penny (28/12/14-54)- 40 Veronica Marnell (4/ 17/33- 54) -42. Esther Barrett (29/18- 47) -43. Jim Bailey (10/8/28- 46) -43. Sally Spence (46 46)- 45 Katie Jinks (31/14-45)- 45. Terry Brightwell (5/5/ 6/29- 45)- 47. Dave Ellison (11/18/15- 44) - 47 Josh Leeson (44- 44)- 47 Rosie Ferguson (36/8- 44)- 47. Tom Leeson (44-44) - 47 Dick Griffin (42-42)- 51 Ron Chambers (42- 42)

## **Cross Country**

### **October 6<sup>th</sup> Kent County Cross Country League, Sparrows Den, Hayes.**

Senior men 10,000m. 12. A. Bruce-Littlewood (34'37)- 18. A. Conway (35'17)- 19. A. Camp (35'27)- 26. R. Beswick (36'38)- 28. N.Gasson (36'46)- 39. J. Vinter (38'02)- 44. N. Ayrton (38'37)- 54. K. Daniel (39'41)- 59. M. Ellison (40'10)- 71.G.Coates (41'07)- 79. A. Lawes (42'08)- 90. R. A Hall (42'53)- 100. R. Brown (44'20)- 116. N. Barber (46'60)- 132. M. Gasson (53'28). *Team finished 3<sup>rd</sup> with 13 points.* Senior women 5000m. 2. B. Proctor (19'52)- 8. R. Ferguson (w40) (21'40)- 18. C. Jones-Baldock (23'47)- 23. E. Fisher (23'59)- 25. Mrs A. Cook (w45) (24'06)- 35. K. Pratten (24'53)- 38. A. McDonough (w50) (25'10)- 44. H. Godsell (w50) (25'57)- 45. A.Cilia (w45)(25'59)- 55. E. Harker (26'57). *Team finished 3<sup>rd</sup> with 9 match points.* U17 women 4000m 7. R. Smith (14'36). U15 girls 3000m 4. M. Fewster (11'40)- 6. D. Critchley (11'53)- 12. A. Mitchell (12'40)- 21. R.Robinson (14'26). *Team finished 2<sup>nd</sup> with 5 points* U13 girls 2500m 4. J. Jones (10'46)- 8. H. Cook (11'17)- 12.L. Heria (11'32)- 13. H. Fletcher (11'50)- 18.K.Leonard (12'02)- 23. H. Stenning (12'42) *Team finished 3<sup>rd</sup> with 4 points.* Junior men 5000m 5. A. Cliffe (18'59) U15 boys 4000m 5. H. Kurtyanek (13'58)- 10. W. Mercer (14'25)- 13. J. Clack (14'35)- 15. R. Braden (14'46)- 22. S. Jackson (15'02)- 32. G. Proctor (16'26). *Team finished 2<sup>nd</sup> with 5 match points.* U13 boys. 7. A. Willis (11'34)

### **October 27<sup>th</sup> Kent League, Capstone Park, Chatham.**

Senior men 10,000m. 6. A.Gibbons (32'10)- 11. A. Bruce-Littlewood (32'52)- 19. D.McKinlay (34'13)- 31. S. Hough (35'28)- 45. J. Vinter (36'36)- 87. I. Taylor (40'33)- 94. R. Brown (41'20)- 102. T. Sutton (42'48). *Team finished 3<sup>rd</sup> with 67 points.* Senior women 5000m. 14. E.Fisher (22'11) - 18. C. Jones-Baldock (22'48) - U17 women 4000m 9. R. Smith (16'58). U15 girls 3000m 3. Michelle Fewster (12'45)- 6. Sophia.Maslin (12'57)- 8. Danielle Critchley (13'03)- 23. Melody Kane (15'18) *Team finished 1<sup>st</sup> with 17 points* U13 girls 2500m 8. Hannah Cook (11'56)- 11. Lauren Heria (12'07)- 17. KayleighLeonard (12'59)- 18. Holly Fletcher (13'10)- 19. Hope Stenning (13'10) *Team finished 2<sup>nd</sup> with 36 points.* Junior men 5000m 4. R.Daniel (18'08)- 5. A. Cliffe (18'08) U17men 5000m 12. C. Ward (18'47) U15 boys 4000m 6. Hector Kurtyanek (18'00)- 7. Oliver Taylor (18'01)- 9. Will Mercer (18'02)- 20. Ross Braden (19'27)- 22. Sam Jackson (19'36)- 24. Greg Proctor (19'57)- 27. Joseph Ewing (20'20)- 35. Jonathan Halls (21'41) *Team finished 2<sup>nd</sup> with 22 points.* U13 boys. 6. AdamWillis (12'31)- 18. Anthony Moore (13'40)- 19. Tom Scott (13'42) *Team finished 5<sup>th</sup> with 43 points.*

## **Bennett Cup events**

### **September 22nd Will Bolton Memorial Cross-Country Relays Sparrows Den**

1.M. Skinner (12'48)- 2 J.Atkinson (12'49)- 3 P. Tucker (13'01)- 4. A. Gibbins (14'11)- 5. A. Littlewood (13'18)- 6. D. McKinlay (13'28) – 7. P. Sessemann (13'52)- 8. M. Hill (14'17)- 9. A. Cliff (14'21)- 10 R. Daniel (14'25)- 11. N. Gasson (14'31)- 12. R. Beswick (14'35)-13. J. Vintner (14'35)-14.M. Airey (14'38)-15. S. Cooper (14'40)-16. S. Cavey (14'44)-17. A. Rayner (14'55)-18. J. Godsell (15'01)-19 H. Kurteyanek (15'03)- 20. J. Saunders (15'07)-21. K. Daniel (15'19) – 22. A. York (15'21)- 23. N. Ayrton (15'24)-24. C.Griffin (15'29)- 25. J. Beck (15'31)- 26. G. Cook (15'37)- 27. W. Mercer (15'40)- 28. R.A Hall (15'44)- 30. G.Coates (15'58)- 31. M. Ellison (16'05)-32. D. Beadle (16'07)- 33. G. Williams (16'22)- 34. S. Pairman (16'26)- 35. A. Lawes (16'33) – 36. R. Ferguson (16'35)- 37 R. Brown (16'40) – 38. M. Jones (16'41)- 39 R. Yates (16'58)- 40.D. Ko (17'00)- 41. G. Proctor (17'04)- 42. R.Smith (17'07)- 43. S. Maslin

(17'12)-44. A. De Matos (17'12)- 45. S. Jackson (17'23)- 46. J. Halls (17'28)- 47. C. Pike (17'28)-48. W. Slack (17'29)- 49. D. Carton (17'31)- 50. M. Salmon (17'33)- 51 M. Fewster (17'36)- 52. J. Phelan (17'36)- 53. P. Hills (17'44)- 54. S. Littlewood (Guest) (17'44)- 55. C. Ludwig (17'49)- 56. K. Pratten (17'50)- 57. J. Bailey (17'51)-58. J. Jones (17'51) -59. J. Saville (17'56)-60 N. Barber (17'59)-61 A. Mitchell (18'01)-62. A. Cook (18'04)-63 M. Cronin(18'04)-64 E. Fisher (18'10)-65. C. Jones-Baldock (18'11)-66 A. Riches (18'21)-67 V. Mitchell (18'24)- 68 N. Webb (18'26)- 69 A.McDonough (18'29)- 70. J.Fenwick (18'29)- 71. M.Compton (18'30)- 72. Ms. K. Jinks (18'38)- 73 Ms.G.Chew (19'07)- 74 A. Cilia (19'17)- 75. J. Leeson (19'20)- I. Swatton (19'22)- 77 S. Gordon (19'27)- 78 E. Harker (19'35)- 79 H. Cook (19'48)- 80 J. Copley (19'49)- 81 T. Delahoy (20'02)- 82 H. Fletcher (20'11)- 83 K. Leonard (20'15)- 84 M. Kane (20'20)- 85 A. Grace (20'26)- 86 J. Clare (20'30)- 87 S. Singer (20'40)- 88 J. Robinson (21'16)- 89 N. Ives (23'09)- 90 S. Fletcher (23'43)-91 J. Leeson (25'40)- 92 T. Leeson (27'35)

**October 13<sup>th</sup> Club 5 mile cross country championship, Hayes**

1 J. Atkinson (28'07) {22nd/39 pts}-2 A. Gibbins (29'35) {27th/34}-3 A. Bruce-Littlewood (29'55) {23rd/38} - 4 D. McKinlay (30'59) {33rd/28} -5 R. Beswick\* (31'20)- 6 A. Cliff\* (31'26) -7 R. Daniel (31'42) {21st/40} -8 R.Griffin\* (31'46)- 9 N.Gasson (31'48) {42nd/19}- 10 M. Watling\* (33'38) -11 G. Cook (33'51) {25th/36} -12 H. Kurteyanek (34'03){41st/ 20} -13 A.Tucker\* (34'04) -14. J. Saunders (34'11) {51st/10} -15 M. Ellison\* (34:11) -16 C. Griffin (34'17){28th/33}-17. K. Daniel (34'25) {39th/ 22} -18. D. Beadle\* (34'46) -19 G. Williams\* (35'13)- 20 G.Coates (35'31){34th/27}- 21 R.Braden (35'59){45th/16}-22 R.A. Hall (36'12){50th/11}-23 Ms J. Bradshaw\* (36'43) -24 A. Lawes (37'00) {38th/23} -25 J. Ewing (37'21) {35th/26} - 26 C. Pike\* (37'30) -27 Ms V. Mitchell\* -28 D. Ko (38'15) {56th/5}-29 R. Brown (38'17) {52nd/ 9} -30 P. Hills\* (38'43) - 31 N. Barber (38'48) {32nd/29}- 32 J. Bailey (38'59) {31st/30} -33 M. Cronin (39'01) {24th/ 37}-34 Ms C. Ludwig (39'18) {30th/31}-35 Ms C. Jones-Baldock\* (39'39) -36 W. Slack (39'42) {47th/14} - 37 Mrs A. Cook (40'14) {37th/24}-38 Ms R. Smith (40'40){60th/1} -39 Ms M. Fewster (40'40){58th/3} - 40 Ms A. McDonough (40'42) {29th/32} -41 Ms A. Mitchell (40'43) {46th/15} -42 A. Riches (41'16) {44th/17} - 43 T. Delahoy\* (41'28) -44. Ms K. Pratten (41'32) {57th/4}-45 Ms J. Eastbury\* (41'40) -46 J. Halls (41'57) {62nd/1}- 47 J. Fenwick (42'08) {53rd/ 8}-48 P. Mitchell\* (42'21) -49 M. Compton (42:21) {54th/7}- 50 Ms A. Cilia (42'59) {40th/21} -51 .G. Cooper (43'10) {61st/1} -52 A. Grace\* (43'12) -53 Ms E. Harker (44'17) {49th/12} -54. A. Edwards\* (44'19) -55 P. Lovell\* (44'23) -56 M. Gasson (45'00) {48th/13} -57 C. Rowe (46'17) {26th/35} -58 J. Clare (46'47) {55th/ 6} - 59 A. Pontifex (47'15) {59th/ 2} -60. J.Copley (47'23) {64th/1} -61 Ms M. Kane (49'18) {66th/1} -62 A. Jelly\* (50'11) -63 N.Ives (50'43) {65th/1} -64 D. Churchus (56'59) 43rd/18} - 65 P. Long (57'38) {36th/25} -66 R. Chambers (1:02'50) {63rd/1}

**Leading handicap positions** 1. Ms J. Eastbury (22'30){60 points}- 2. P. Lovell (23'18){59}- 3. A. Edwards (23'44) {58}- 4. A. Tucker (24'34) {57}- 5. T. Delahoy (24'38) {56}- 6. R. Griffin (24'41) {55}- 7. C. Pike (25'00) {54}- 8. M. Watling (25'03) {53}- 9. Ms J. Bradshaw (25'03){52}- 10. G. Williams (25'03) {51}- 11. D. Beadle (25'06) {50}- 12. M. Ellison (25'06) {49}- 13. Ms A. Jelly (25'26) {48}- 14. A. Grace (25'27) {47}- 15. Ms V. Mitchell (25'31) {46}- 16. A. Cliff (25'36) {45}- 17. P. Hills (25'38) {44}- 18. Ms C. Jones-Baldock (25'39) {43}- 19. R. Beswick (25'40) {42}- 20. P. Mitchell (25'41) {41}

*Bennet Cup Leaders after 2 events*

1 D. Beadle (98) - 2 P. Hills (96) -3 R. Daniel (90) - 4 A. Bruce- Littlewood (85) -5 Mme A. McDonough (83) -6=C. Griffin (79) -6=. C. Pike (79) -8= H. Kurteyanek (76) -8=Ms C. Ludwig (76) -10 Ms E. Harper (72).



## **Track & Field**

### **August 18th British Athletics League Men's Cup Final, Bedford International Stadium.**

100m 6. D. Bovell (11.12) ; 200m 4. J. Alaka (22.37) ; 400m 7. E. Harrison (50.70) ; 800m 4. D. McKinlay (1'57.16);1500m 8. D.Ryan (4'15.48) ; 3000m s/chase 4. D.McKinlay (10'01.99) ; Hammer 6.A.Williamson (58.39m); Discus 6. A. Pope (44.53m) ; Tjump 8. S.Bobb (13.73m); PV 2. S.Huggins (4.60m) ; 1200m medley relay (400m, 2x200m, 400m) 6th place (2'25.58). *team finished 6th with 39 points*

Womens' final. 100m. 2. A. Shand-Whittingham (11.87) ; 200m 8. S. McLellan (27.66) ; 400m 7. V. Nakangu (56.98) ; 800m 7. J. Saville (2'29.39) ; 3000m 8. J. Butler (11'28.33) ; 100m hurdles 7. S. McLellan (17.4) ; Hammer 5. R. Blackie (52.32m) ; Discus 8. R. Blackie (27.53m) ; Tjump 8. L. Blackie (10.71m) ; PV 4. E. Hughes (3.20m) ; 1200m medley relay (400m, 2x200m, 400m) 7th place (3'02.45). *team finished 7th with 31 points*

### **September 2<sup>nd</sup> UKA National Young Athletes League, Alexander Stadium Birmingham**

U17men. A string. 100m 4. J. Alexander (11.41) ; 200m 3. D. Putnam (22.36) ; 400m 1. D. Putnam (50.02) ; 800m 5. C. Ward (2'04.83) ; 1500m 2. C. Ward (4'19.51) ; 3000m 3. S. Cavey (9'47.13) ; 400m hurdles 3. S. Lloyd (1'02.42) ; 100m hurdles 8. J. Clarke (15.06) ; 1500m s/chase 2. B. Greenhalgh (4'57.33) ; Hammer 3. A. Jordon (60.25m) ; Discus 2. D. Ridge (34.43m) ; Shot put 2. E. Ekaneem (15.04m) ; Javelin 7. J. Warren (35.55m) ; PV 7. A. Stockdale (2.50m) ; Hjump 8. G. Holder (1.55m) ; Ljump 5. M. Morrison (6.15m) ; Tjump 2. M. Morrison (13.98m) ; B string. 100m 3 L. Charles (11.25) ; 200m 2. J. Alexander (23.25) ; 400m 5. A. Stockdale (53.16) ; 800m 6. A. Blair (2'14.21) ; 1500m 3. A. York (4'34.21) ; 3000m 1. J. Warren (9'59.58) ; 400m hurdles 3. J. Clarke (1'04.82) ; 100m hurdles 3. S. Lloyd (14.42) ; 1500m s/chase 7. L. Hammond (DQ) ; Hammer 1. J. Haylock (54.95m) ; Discus 1. T. Mitchell (32.93m) ; Shot Putt 3. A. Jordon (10.04m) ; Javelin 6. J. Haylock (29.88m) ; PV 5. J. Clarke (2.30m) ; Hjump 7. S. Cavey (1.40m) ; Ljump 2. S. Palmer (5.55m) ; Tjump 6. J. Ayisi (10.90m). 4x 100m relay 2<sup>nd</sup> place. (J. Alexander, M.Morrison, D. Putnam, L. Charles 43.83) ; 4x400m relay 1st place (A. Stockdale, L. Charles, A. Blair, D. Putnam 3'25.80)

U15boys A string. 100m 1. T. Bensted (11.46) ; 200m 2. T. Bensted (23.36) ; 400m 1. T. Bensted (51.34) ; 800m 6. J. Clack (2'13.52) ; 1500m 1. P. Sessemann (4'21.33) ; 80m hurdles 1. B. Hopkins (12.00) ; Hammer 1. M. Takpak (38.91m) ; Discus 4. M. Takpak (31.98m) ; Shot putt 4. M. Longhurst (11.83m) ; Javelin 8. J. Cooper (24.92m) ; Ljump 4. M. Longhurst (5.63m) ; Hjump 5. J. Price (1.55m) ; PV 1. C. Debola (3.11m). B string. 100m 4. D. Coblho (12.40) ; 200m 7. K. Daly (25.81) ; 400m 2. B. Parkin (54.56) ; 800m 4. O. Taylor (2'18.29) ; 1500m 1. H. Kurtyanek (4'42.78) ; 80m hurdles 2. S. Camacho (12.26) ; Hammer 6. J. Cooper (26.48m) ; Discus 7. J. Price (18.13m) ; Shot putt 1. M. Takpak (11.39m) ; Ljump 2. M. Camacho (5.19m) ; Hjump 3. B. Parkin (1.50m) ; 1x 100m relay 6th place (B. Parkin, K. Daly, D. Cohelo, S. Camacho 43.30) ; 4x400m relay 7th place DQ)

U13boys. A string. 100m 2. A. Daly (12.72) ; 200m 3. A. Daly (25.73) ; 800m 5. C. Britton (2'24.29) ; 1500m 7. A. Lister (5'12.29) ; 75m hurdles 1. A Lloyd (12.11) ; Shot put 6. B. Haylock (7.45m) ; Hjump 3. A. Lloyd (1.40m) ; Ljump 6. A. Willis (4.42m) B string. 100m 1 J. Pinnock (13.22) ; 200m 5. R. Maloney (27.45) ; 800m 6. A. Willis (2'30.01) ; 1500m 5. B. Taylor (5'14.69) ; 75m hurdles 4. A. Daly (12.97) ; Shot Putt 4. S. O'Connor (6.73m) ; Hjump 1. J. Pinnock (1.35m) ; Ljump 1. E. Otoyoy (4.41m) ; 4x 100m relay 1st place (J. Pinnock, R. Maloney, A. Lloyd, A. Daly 51.49)

U17women. A string. 100m 3. D. Annon (12.49) ; 200m 5. I. Ivy (26.79) ; 300m 1. D. Annon (41.33) ; 800m 5. J. Saville (2'23.59) ; 1500m 5. A. Regan (5'10.45) ; 3000m 7. R. Smith (12'13.32) ; 300m hurdles 1. K. Cosby (45.14) ; 80m hurdles 6. K. Cosby (12.41) ; Hammer 1. O. Jemiyo (43.20m) ; Discus 2. K. Jones (33.45m) ; Shot put 3. S. Mcguire (10.08m) ; Javelin 1. S. Mcguire (30.41m) ; PV 5. R. Brawn (2.10m) ; Hjump 2. J. Matthews (1.65m) ; Ljump 5. I. Ivy (5.04m) ; Tjump 2. I. Ivy (10.71m)

B string. 100m 4. G. Sheppard (12.85) ; 200m 4. G. Sheppard (26.50) ; 300m 1. J. Harding (44.61) ; 800m 1. A. De Matos (2'26.90) ; 1500m 6. J. Saville (5'33.82) ; 3000m 6. H. Garcia (12'30.55) ; 300m hurdles 2. A. De Matos (49.28) ; 80m hurdles 7. V. Huell (13.42) ; Hammer 3. C. Wickham (23.48m) ; Discus 6. S. Mcguire (18.54m) ; Shot put 1. K. Jones (9.83m) ; Javelin 1. H. Silvester (28.55m) ; Hjump 4. G. Sheppard (1.50m) ; Ljump 4. L. Forbes-Morris (4.43m) ; Tjump 2. J. Matthews (10.18m) ; 4X 100m relay 4th place (D. Annon, G. Sheppard, K. Vistuer, R. Cook (51.10)) ; 4x 300m relay 8th place DQ

*U15girls* A string. 100m 5. L. Noel (13.01) ; 200m 5. N. Nelson-Roberts (26.97) ; 800m 3. D. Critchley (2'20.47) ; 1500m 4. M. Fewster (4'59.78) ; 75m hurdles N. Nelson-Roberts (12.08) ; Hammer 1. M. Takpak (38.91m) ; Discus 1. K. Davey (25.08m) ; Shot putt 1. K. Davey (10.47m) ; Javelin 8. L. Noel (16.83m) ; Ljump 4. L. Stevens (4.50m) ; Hjump 4. N. Nelson-Roberts (1.35m) ; B string. 100m 3. J. Raikes (13.04) ; 200m 2. J. Raikes (26.77) ; 800m 2. K. Galley (2'26.40) ; 1500m 3. S. Maslin (5'12.85) ; 75m hurdles 1. L. Stevens (12.46) ; Discus 7. C. Lyston (15.43m) ; Javelin 6. G. Chew (12.97m)- Shot putt 1. L. Noel (9.61m) ; Ljump 6. S. Hurlock (4.17m) ; Hjump 3. C. Lyston (1.40m) ; 4x 100m relay 5th place (N. Nelson-Roberts, A. Jacobs (52.13))

*U13girls*. A string. 75m D. Asher-Smith (10.43) ; 150m 2. D. Asher-Smith (20.63) ; 800m 6. H. Fletcher (2'38.05) ; 1200m 3. J. Jones (4'08.09) ; 70m hurdles 3 R. Jones (12.45) ; Shot put 5. E. Dumper (7.47m) ; Hjump 3. F. Read (1.40m) ; Ljump 4. G. Middleton (4.12m) B string. 75m 4 E. Sargeant (10.64) ; 150m 3. C. Colegate (20.94) ; 800m 4. N. Carney-Holland (2'41.46) ; 1200m 3. H. Cook (4'28.90) ; 70m hurdles 3. R. Gianini (13.47) ; Shot Putt 3. E. Sargeant (6.79m) ; Hjump 1. L. Lalemi (1.40m) ; Ljump 2. J. Moore (4.07m) ; 4x 100m 6th place (E. Sargeant, D. Asher-Smith, L. Pariola Birch, G. Middleton (57.30).)

BBHC finished 1st in 813 ½ points.

### **September 9th KCAA Track Relay Champs, Norman Park.**

**4 x 100m U13 boys** final. 1st BBHAC team 1 (Eddie Otoy, Raphael Maloney, Adam Lloyd, Anton Daly) (52.5). *U13 girls* 1st heat 1st BBHAC team 1 (Eliza Sargaent, Dina Asher-Smith, Jessica Moore, Georgina Middleton) (55.2)- 2<sup>nd</sup> BBHAC team 2 (Lara Lalemi, Charlotte Colegate, Lauren Pariola Birch, Rachel Giannini) (55.9)- 5th BBHAC team 5 (Ayoni Williams, Eleanor Dumper, Charlotte Hughes Broughton, Emily Mills) (1'01.3)- 2<sup>nd</sup> heat 3rd BBHAC team 4 (Amber Bryant Isaac, Sian Bayley, Hayley Smith, Jocelyn Grant) (1'02.7)- BBHAC team 3 Disqualified- Final. 1st BBHAC team 1 (as before) (55.7)- 2<sup>nd</sup> BBHAC team 2 (as before) (56.2)- 6th BBHAC team 5 (as before) (1'01.7)- 7th BBHAC team 4 (as before) (1'02.8). *U15 boys* 1st heat 2<sup>nd</sup> BBHAC team 1 (Kieren Daly, Jonathan Pettet, Dominic Coelho, Pharjeon Okotie) (48.4)- Final 3rd BBHAC team 1 (Kieren Daly, Jonathan Pettet, Pharjeon Okotie, Tom Benstead (47.6) *U15 girls* 1st heat 2<sup>nd</sup> BBHAC team 1 (Amara Lalemi-Jacobs, Christinie Lysion, Emma Howard, Sian Hurlock) (53.7)- Final 6<sup>th</sup> BBHAC team 1 (as before) (53.8) **3 x 800m U13 boys** Final 2<sup>nd</sup> BBHAC team 1 (Alex Lister, Adam Willis, Kristian Britton) (7'41.5) *U13 girls* 1st BBHAC team 1 (Holly Fletcher, Nancy Carney-Holland, Jessica Jones) (8'13.6)- 3rd BBHAC team 2 (Hannah Cook, Ella Self, Hope Stenning (8'46.1)- Final 1st BBHAC team 1 (as before) (7'51.2)- 5th BBHAC team 2 (as Before) (8'48.7) *U15 girls* 1st heat 2<sup>nd</sup> BBHAC team 2 (Sophie Gorden, Amy Mitchell, Sophia Maslin) (8'15.1)- 3rd BBHAC team 3 (Georgia Chew, Melody Kane, Clare Parkin (8'35.3)- 2<sup>nd</sup> heat 1st BBHAC team 1 (Danielle Critchley, Krsyal Gallery, Michelle Fewster) (8'05.4)- Final 2<sup>nd</sup> BBHAC team 1 (as before) (7'25.9)- 5th BBHAC team 2 (as before) (8'03.9)- 8th BBHAC team 3 (as before) (8'40.3). **4 x 400m U15 boys** 1st heat. 1st BBHAC team 1 (James Clack, Steve Comacho, Ben Parkin, Tom Bensted) (3'42.4). **4 x 200m U15 girls** Final BBHAC team 1 disqualified.

### **September 23rd Jim Day Memorial Pole Vault Competition, Norman Park**

U13 Girls 2. Siobhan Parr (2.01m) ; U15 Girls 4. Jessica Nicole-Smith (2.91m) -5. Anna Huggins (2.11m); U20Women 2. Rachel Arnheim (3.41m); U15 Boys 1.Charlee Bebolla (3.01m); 2. Mark Longhurst (3.01m)

### **September 12<sup>th</sup> One Hour Track Run, Norman Park**

1. Andy Tucker (15,840m/9.84miles)- 2. M. Speed (15,347m/9.54)- 3. David Beadle (14,855m/9.23)- 4.Graham

Coates (14,797m/9.19)- 5. Jim Bailey (13,800m/8.58)- 6. Peter Rogers (13,737m/8.54)- 7. John E Turner (13,450m/8.36)- 8. Steve Fletcher (12,936m/8.04)- 9. Terry Brightwell (12,692m/7.89)- 10. John Leeson (11,932m/7.41)- 11. Tom Leeson (7,740m/4.81).

### **September 15/16<sup>th</sup> KCAA Championships Finals, Erith Stadium.**

**Veterans/Masters.** Men 40. 100m 1. R. Fox (12.8); 200m 2. R. Fox (26.2); Javelin 1. D. Brand (57.11m). Men 50 1500m 2. P. Hamilton (5'07.3). Men 70. Shot. 1. G. Hickey (10.43m); Discus 1. G. Hickey (27.93); 2. G. Hickey (25.53m); Javelin 1. C. Brand (38.87m)- 2. G. Hickey (29.91m). Women 35. 1500m 1. J. Bradshaw (5'30.7). Women 60. Shot. 1. B.Terry (8.97m); Discus 1. B. Terry (23.49m); Hammer 1. B. Terry (25.17m); Javelin 1. B. Terry (20.42m) **Under 13 champs.** Boys. 100m 2<sup>nd</sup> heat. 1. A. Daly (13.0)- 3. JR Otoyoy (14.1); Ljump 1. Adam. Willis (4.85m)- 2. Eddie. Otoyoy (4.71m); 200m 1<sup>st</sup> heat 1. Adam Willis (29.0)- 2. Andrew Bryant (29.4)- 2<sup>nd</sup> heat 2. Anton Daly (29.3)- F. 1. A. Bryant (26.3)- 2. A. Daly (13.0); 800m 8. A. Moore (2'34.7); LJ 1. A. Willis (4.85m)- 2. E Otoyoy (4.71m); DT 4. S. O'Connor (20.79m); 200m 1<sup>st</sup> heat 1. A. Willis (29.0)-2 A. Bryant (29.4)- 2<sup>nd</sup> heat 2. A. Daly (29.3)- F. 1. A. Bryant (26.3)-2. A. Daly (26.8)-4. A. Willis (29.7); 1500m Anthony Moore (5'32.1); 75mH 1. A lloyd (12.4m);HJ 4. A. Willis (1.35m); Javelin 4. S. O'Connor (28.33m)- 5. Liam Carter (26.25m)- Antony Moore (16.57m) Girls 150m 1<sup>st</sup> heat 2. Charlotte. Colegate (21.1)- 2<sup>nd</sup> heat 2. Eliza. Sargeant (21.9)- F. 2. D. Asher- Smith (20.8)- 5. C.Colegate (21.3)-6. J. Moore (21.8); 1200m 3. Jessica. Jones (4'06) - 7. Hannah Cook (4'24.5); 70m hurdles 1<sup>st</sup> heat 1. Rhiannon Jones (12.7)- 5. Lauren Heria (15.3); F. 3. R. Jones (12.7)- 6. R. Giannini (13.8)- 8. F.Read (17.1); Shot 10. E.Sargeant (5.29m)75m 1<sup>st</sup> heat 2. 1. Lalemi (10.8);800m 1<sup>st</sup> heat 3. J. Jones ((2'42.0)- 2<sup>nd</sup> heat 1. H. Fletcher (2'40.3)- F. 2. J. Jones (2'32.5)- 3. H. Fletcher (2'33.5).; 75m 1<sup>st</sup> heat 2. L. Lalemi (10.8)- 2<sup>nd</sup> heat 2. E. Sargeant (10.8)-4<sup>th</sup> heat 1. D. Asher-Smith (10.7)-F. 3. E. Sargeant (10.9)-8. L. Lalemi (11.5); LJ. 3. F. Read (4'31m)- 4. J. Moore (4'17m)- 7. E. Sargeant (3.91m)-10. D. Asher-Smith (3.60m);HJ 1. F. Read (1.40m)-9. L. Lalemi (1.25m); DT 5. E. Dumper (17.62m).



Early leaders in action in the club 5 mile championships