



# The Courier

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Results , news & views of Blackheath & Bromley Harriers AC: 56 Bourne Way, Hayes, Kent BR2 7EY  
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Unless otherwise attributed, views are those of the Editor.

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From the editor:

### *PC Tucker's aspirations are well Met this year.*

Whilst many club members' attentions were no doubt focused on Olympian activities in Beijing this summer, the achievements of other prominent athletes might in all the excitement and triumph, have easily have been overlooked. Nevertheless readers will have been aware of the continued impressive



performances and form of such athletes especially on the road, and in particular those of Peter Tucker, at club, police and international level.

Having distinguished himself at the London Marathon, as first heathern home in a time of 2 hours 23'12, Peter was selected to run for England in the Scotiabank Toronto Waterfront Marathon in Canada.

Leading up to this he won both the Burnham Beeches Half Marathon in August and the Dorney Lake Windsor 10km in September. Whilst the times in these might have indicated a 2 hours 18 marathon, the Scotiabank race was run in a high quality field and in the unpredictable world of marathon running, he finished 24<sup>th</sup> with 2 hours 30'35, no doubt invaluable international experience. Recently again he has had high finish placings in Kent, at

Whitstable in the Police 10 mile race, and at Ashford

where his second place in the 10km there was his fourth County silver medal this year, adding to those claimed in the 5000 metres, 10 mile and 20 mile races. But if he has himself expressed disappointment with the time of 32'24 for that 10km, it would still reflect the high standards he has set himself, and which have been attained by hard work and the coaching of Gordon Cooper. We can no doubt look forward to greater things to come from one of the Met's finest. *WHO.*

### *Changes to Courier email contact*

Due to the age and condition of my home computer I have been unable to receive mail on my home email address. Anyone wishing to send me results, or items for inclusion should meanwhile use my work address which remains as above. I will of course advise readers of my new address once a new computer has been installed.

### SOME COMING EVENTS

Oct 26. Beachy Head Marathon  
Nov 1. ECCA relays, Mansfield  
Nov 9. Kent League, Knole Park  
Nov 15 South of Thames 5, Lloyd Park  
Nov 29. UK Cross country trials & European trials, Liverpool  
Nov 30. Club 10 mile champs  
Dec 6. Kent League, Swanley  
Dec 13. Kent Masters/Clubmans  
Dec 14. European X/C Champs, Gastons Roelants 5k/10km.  
Dec 20. Xmas Yacht Ha'cap, Hayes  
Dec 20. South of Thames Champs, Wimbledon

### SOCIAL

Nov 15. Alan Brent's 90<sup>th</sup> birthday celebration  
Nov 21. Club dinner  
Nov 30. Club 10 roast lunch  
Dec 17. Formal Christmas dinner

### 200 CLUB

Organizer: Roger Counter  
Tel 020 8776 0884

NEXT COURIER: Mid December

Any contributions and articles from members are always welcome

### ***Attention all Club Members***

After three extremely successful years at the helm as our Masters Team manager, which has included two wins in a row at the highly prized SCVAC Master League Final, PP Mike Martineau has announced his wish to put the job in younger hands from next summer. We are therefore seeking a new Team Manager. Responsibilities for enabling our fantastic Masters squad (see articles in the forthcoming Gazette) are shared between the Team Manager, and Tom Phillips, Masters Team Captain. Tom says: "I am sad that I won't be working with Mike again in 2009. He is responsible for so much of the success we've had at Kent League and in the SCVAC Finals these last few years. More than that, because our best Masters athletes rely on good competitions like that as the backbone of their season. We'd not have achieved as much as we have without his efforts." Anyone who is interested in taking the job over from Mike should contact him, on 01959 575046, or at [m.martineau@btinternet.com](mailto:m.martineau@btinternet.com)

*Tom Phillips*



### ***Hurdle-let strides.***

(Katie Murray in the 400m hurdles)

A scene from last month's European Championship Clubs Cup for Juniors which took place in Mitrovica, Serbia where the junior women competed in the A final. In a high quality field the Blackheath team finished seventh out of the eight teams at this level. A good start saw them in third place after five events, and with successes in the field where five of them won medals, two silver and three bronze. On the track however it was a tougher time with fourth places being the best performances that could be managed. Due to one bizarre oversight by officials Amy De Matos, in the 3000m steeplechase found herself running an additional lap to the standard distance, so no athletes in this event were given times. Although the ladies now have to wait to see which final of this championship they will compete in next year, they have earned the right to represent Britain by being the best team at the National Junior League final at Derby earlier last month. Here victory came at a steady pace. Early success in the field was followed by valuable point scoring in both strings on the track, and then, in a tight contest, a late surge thanks to performances from leading ladies as Shaunagh Brown and Lauren Blackie ensured that a successful defence of the National Junior tile was achieved.

### ***Coming soon.... As if running on air***

Readers and club members may be interested to know of a recently published book by David Colquhoun entitled "*As if running on air*". Launched recently at the National Library of New Zealand by Mr Colquhoun, who is curator of manuscripts at the Alexander Turnbull Library there, its subject matter concerns the journals and diaries of New Zealand runner Jack Lovelock, one of the great rivals of Sydney Wooderson, and is an edition of those records that he kept throughout his running career in England. The book explores how Wooderson (as the only man who managed to beat Lovelock more often than he lost to him) was a key factor that shaped the way Lovelock prepared for his greatest race – the Olympic 1500 metres of 1936, where he both won gold and broke the world record. Unless done elsewhere I hope to be featuring a review of this book in the next courier or in the new year.

*WHO*

## The Courier October 2008. Results

### Road.

#### Marathons & Half Marathons

**September 7<sup>th</sup> Fosters Kent Coastal Marathon.** 5. C. Keen (M50)(3:07'36)- 164. P. Rogers (M45) (4:42'21);

**Half Marathon** 8. R. Priestley (1:26'27)- 43. D. Mehmed (M45) (1:39'08)- 56. Ms K. Pratten (1:41'50)

**September 7<sup>th</sup> Budapest International Half marathon** J.E Turner (1:54'07)

**September 28<sup>th</sup> Scotiabank Waterfront Marathon, Toronto** 24. P. Tucker (England) (2:30'35)

**September 28<sup>th</sup> Real Berlin Marathon.** 377. R. Daniels (2:46'45) (95<sup>th</sup> in M35 cat).

**September 28<sup>th</sup> Folkstone Rotary Half Marathon.** 128. I. Swatton (mv40) (1:42'29)-198. A. Riches (1:49'36).

**October 5<sup>th</sup> BUPA Great North Run, Gateshead.** 54. W. Foster (1<sup>st</sup> mv50) (1:13'26)

**October 5<sup>th</sup> Plus Budapest Nemzetkuzi Marathon.** J.E Turner (3:49'05)

**October 12<sup>th</sup> Bank of America, Chicago Marathon.** 13254<sup>th</sup> K. Penny Duffy (4:33'07)

#### Other distances

**August 25<sup>th</sup> S-W Vets 5k Road Champs, Barton St. David, Somerset.** 1st M60 Pete Hamilton (19'10) - 1st M65 Chris Woocock (21'47)

**September 3rd Police Sport 10 mile road championships, Whitstable.** 4. P. Tucker (Met Police) (53'57)

**September 14th Ashted 10km.** 10. M. Russell (44'20)

**September 10th Dorney Lake, Windsor 10km.** 1. P. Tucker (32'15)

**September 28th Bexhill Runners 10km.** 87. P. Cobbett (mv60) (50'12)

**September 28<sup>th</sup> Striders of Croydon, Switchback 5.** 86. R. Chambers (mv70) (1:02'03)

#### **September 28th SEAA Road Relays, Aldershot.**

**Senior men.** 8th BBHAC A team (**1 :54'01**) {1st leg 13. A. Bruce-Littlewood (18'52)- 2<sup>nd</sup> leg 5. A. Rayner (18'08)- 3rd leg. 13. D. McKinley (20'26)- 4th leg 13. J. Poole (19'33)- 5th leg 5. S. Overall (17'26)- 6th leg 8. A. Gibbons (19'36)} - B team. {64. M. Hill (21'05)- 54. A. Conway (20'24)} ; **Senior women.** 19th BBHAC A team (**1 :00'11**) {(1. B. Proctor 7th (13'34)- 2. E. Murty 8th (14'14)- 3. J. Reynolds 11th (15'14)- 4. C. Jones-Baldock 19 (17'09)} ; **U17 women.** 7th BBHAC A team (**34'50**) {( 1. J. Hamer 6th (11'06)- 2. R. Smith 17th (12'23)- 3. D. Critchley 7th (11'21)}- 26th BBHAC B team (**39'03**) {(1. A. De Matos 20th (12'13)- 2. C. Parkin 24th (13'19)- 3. D. Webb 24th (13'31)}; **U15 boys.** 14th BBHAC A team {( **41'56**) (1. S. Jackson 15th (10'15)- 2. W. Mercer 6th (10'21)- 3. G. Proctor 10th (10'37)- 4. R. Yates 16th (10'43)}; **Male vets.** 11th BBHAC A team. (**1 :26'49**) (2<sup>nd</sup> M50 cat) {(1. C. Griffin 28th (23'02)- 2. W. Foster 6th\* (20'21)- 3. C. Keen 13th (22'10)}- 4. T. Soutar\* (21'16) \* 2<sup>nd</sup> & 5th fastest respectively

**October 5<sup>th</sup> Dulwich Runners 10km, Dulwich Park.** 1. A. Gibbins (33'51)- 127. A. Crowder (46'27)- 281. J.E. Sullivan (mv60) (54'06)

**October 5<sup>th</sup> Geoff Moulden Wimbledon 10 miles, Wimbledon Park.** 1. A. Rayner (52'49)

**October 12<sup>th</sup> Givaudan Ashford 10km.** 2. P. Tucker (32'24)- 23. C. Keen (36'36)

**October 12<sup>th</sup> Chichester Priory 10km.** (inc. National 10km Championships) 24. A. Raynor (31'28)- 142. Ms E. Murty (38'24)- 160. C. Wood (39'05)

**October 19<sup>th</sup> Lexus Croydon 10km.** 10.C. Keen (1<sup>st</sup> mv50) (37'06)- 16. G. Cook (38'01)- 19. G. Williams (38'26)-25. Ms J. Bradshaw (1<sup>st</sup> woman) (39'29)- 29. S. Pairman (39'54)- 53. P. Burford (41'37)- 74. A. Stocks (43'12) Blackheath men's team 2<sup>nd</sup> place.

**October 19<sup>th</sup> Stragglers Cabbage Patch 10 miles, Twickenham.** 1. S. Overall (48'28)

**October 19<sup>th</sup> Wimbledon Audi 10km.** 732. P. Wilson (mv70) (1:10'39/1:09'53 chip time)

**October 18<sup>th</sup> ERRA National 6 stage road relays, Sutton Park, Birmingham**

8<sup>th</sup> BBHAC (1: 48'15)(3<sup>rd</sup> South/1<sup>st</sup> Kent) (1<sup>st</sup> leg.A. Bruce Littlewood 50<sup>th</sup> place (18'51)- 2<sup>nd</sup> leg A. Rayner 28<sup>th</sup> (17'52)- 3<sup>rd</sup> leg S. Overall 13<sup>th</sup> (16'54)- 4<sup>th</sup> leg M. Skinner 5<sup>th</sup> (17'30)- 5<sup>th</sup> leg J. Poole 7<sup>th</sup> (18'34)- 6<sup>th</sup> leg P. Tucker 8<sup>th</sup> (18'34)} **National 4 stage road relays, Sutton Park.** 38<sup>th</sup> BBHAC (1:07'21){(1. S. Budd 37<sup>th</sup> (15'43)- 2. E. Murty 31<sup>st</sup> (16'03)- 3. J. Bradshaw (16'48)- 4. K. Pratten 38<sup>th</sup> (18'47)}

**October 19<sup>th</sup> ERRA Young Athletes Road Relays at Sutton Park**

U13 girls 29<sup>th</sup> BBHAC 'A' (49'50){1.Holly Fletcher 48<sup>th</sup> (17'10)- 2. G. Kennedy 28<sup>th</sup> (15'43)- 3. S Woolhouse 29<sup>th</sup> (16'57)}. U17 women 30<sup>th</sup> BBHAC 'A' (50'16) {1.Melody Kane 40<sup>th</sup> (16'59)- 2. C Crowder 38<sup>th</sup> (17'06)- 3. Rebecca Smith 30<sup>th</sup> (16'11)} U13 boys BBHAC 'A' (31'51) {1.Tom Desborough 42<sup>nd</sup> (15'52)- 2. Will Ruiz 39<sup>th</sup> (15'59) (incomplete team)} U15 boys 59<sup>th</sup> BBHAC 'A' (45'24) {1. Sam Jackson 26<sup>th</sup> (13'24)- 2. Robert Yates 24<sup>th</sup> (13'43)- 3. Will Mercer 59<sup>th</sup> (18'17)} U17 men BBHAC 'A' (28'02) {Hector Kurtyanek 44<sup>th</sup> (13'02) Jonathan Halls 61<sup>st</sup> (15'00) (incomplete team)}

**Roy Parris Shield 5km Handicap series**

Clock time/net time

**Race 5 August 20th** 1. Stephen Holmes (37'49/18'04){23}- 2. John Fenwick (38'45/21'00){21}-3 Iain Swatton (38'47/21'17){19}- 4. Roy Watkins (38'48){17}- 5. Jane Bradshaw (38'56/18'41){16}- 6. Gary Cook (38'59/17'59){15}-7. Steve Pairman (39'01/19'16){14}- 8. John E Turner (39'05/21'20){13}- 9. Mark Compton (39'06/21'51){12}-10. Dave Beadle (39'08/18'23){11}- 11. Mick Jones (39'09/19'24){10}-12. Dave Carton (39'10/20'25) {9}-13. Graham Coates (39'15/19'00){8}-14. Ian Taylor (39'50/19'35){7}-15. Andy Tucker (39'59/18'44) {6}-16. Bernie Bater (40'21/21'51){5}- 17. Stefanie Martin (40'32/26'32){4}-18. Pete Rogers (40'33/21'03){3}-19. Andy Riches (40'34/22'04){2}- 20. Mike Cronin (41'07/23'37){1}.

**Race 6. September 3rd** 1.Tom Lesson (36'45){28}- 2. Hannah Cook (38'24/23'09){26}-3. Andy Tucker (38'38/17'38){24}- 4. Dave Beadle (38'43/18'13){22}- 5. Roy Watkins (39'01){21}-6. Andy Riches (39'03/21'18){20}-7. Iain Swatton (39'07/21'07){19}-8. Mark Compton (39'07/22'07){18}-9. Andy Lawes (39'08/19'53){17}-10. Dave Carton (39'10/20'25){16}-11. Bernie Bater (39'13/20'58){15}- 12. Gary Cook (39'16/18'16){14}- 13. Mike Martineau (39'33/25'18){13}-14. Gareth Evans (39'35/19'20){12}-15. Peter Mackrell (39'37/19'22){11}- 16. Glen Read (39'47/21'32){10}-17. Kate Pratten (39'50/21'35){9}-18. Cliff Keen (39'51/18'21){8}- 19. David Griffin (39'52/17'37){7}- 20. Graham Coates (39'55/19'40){6}-21. Con Griffin (40'18/19'03){5}- 22. John Leeson (41'32/25'47){4}- 23. Mike Gasson (41'33/25'48){3}-24. David Churchus (42'01/34'01){2}- 25. Carolyn Jones-Baldock (42'17/23'32){1}

**Final standings after all six events**

1. Iain Swatton (8/21/23/24/19/19-114 points)- 2. Andy Tucker (20/25/17/16/6/24 -108) -3. Dave Beadle (11/17/19/20/11/22 -100) - 4. Andy Lawes (22/24/26/17- 89)- 5. Dave Carton (18/21/19/9/16- 83) - 6. Peter Mackrell (17/11/20/12/11-71)- 7. Jane Bradshaw (21/30/16 -67)- 8.Gary Cook (15/22/15/14- 66)- 9. Hannah Cook (23/7/8/26- 64)- 10. Anne Cilia (19/18/18 -55)- 11. Mark Compton (3/15/5/12/18- 53)- 12 Gareth Evans (26/14/12- 52)- 13. John Fenwick (1/28/21-50)- 14 John E Turner (16/13/7/13- 49)- 15 Mark Ellison (29/17-46)- 16. Angela Cook (25/20- 45)-17 Steve Pairman (16/13/14- 43)-18. Roy Watkins (2/17/21- 40) -19 Bernie Bater (4/3/11/5/15- 38)- 20 Mike Cronin (13/2/12/6 /1- 34)- 20 Mike Martineau (21/13-34 )- 22. Glen Read

(14/9/10- 33)- 22. Tom Leeson (5/28- 33)- 24. Andy Riches (10/2/20- 32)- 25. John Leeson (27/4- 31) -26. Wilf Orton (1/7/4/18-30)- 27. Clare Lodwig (14/15-29)- 28. Trevor Delahoy (29- 29). 29. Julia Reynolds (28- 28) - 30. Jessica Jones (27- 27)- 30. Mike Gasson (15/6/6 ?-27) =30. Stephen Holmes (4/23- 27)- 33 Tara Emery (23- 23)- 34 Chris Pike (9/13- 22)- 34. Gary Williams (22-22)= 34. Graham Coates (8/8/6- 22) = 34 Mick Jones (4/8/10- 22)= 34. Nick Gasson (22- 22)= 34 Tim Soutar (12/10-22) - 40. Kate Pratten (12/9- 21) - 41. Neil Ives (19-19) - 42. Melody Kane (16-16) - 43. Cliff Keen (7/8-15) = 43. Jim Osman (9/6-15)- 45. Mike Salmon (3/11-14) = 45. Paul Ross-Davies (14-14) - 47. Carolyn Jones-Baldock (6/5/1-12) - 48. Jenny Butler (10-10) = 48. Keith Duffy-Penney (10-10) - 50. Hannah Garcia (9-9) - 51. Ian Taylor (7-7) = 51. David Griffin (7- 7) - 53 Rob Hall (5- 5)= 53 Con Griffin (5- 5)- 55. Stefanie Martin (4- 4)- 56. Pete Rogers (3- 3) - 57 Darryl Hilliar (2- 2) = 57. Martin Lundie (2- 2)= 57. David Churchus (2-2)- 60 Dave Leal (1-1) =60 Lynn McIntyre (1-1).

### **Walking events**

**October 19<sup>th</sup> Giornate Internazionali Della Marcia 10km, Chiasso.** 8. Chelsea O'Rawe Hobbs (54'54)

## **Cross Country and Multi-terrain**

### **October 4th Kent County Cross Country League, Capstone Park, Chatham.**

**Senior men 10000m.** 5. Alex. Bruce Littlewood (31'50)- 125. Tony Pontifex (49'13) ; **Senior women 5000m.** 4. Elaine Murty (21'18)- 11. Brigit Davey (22'52)- 12. Viv Mitchell (22'54)- 18. Ella Fisher (23'25)- 22. Kate Pratten (23'57)- 36. Carolina Jones- Baldock (25'23) *BBHAC team 1st (20 points)* ; **U17 women 4000m** 12. Krystal Galley (17'21)- 17. Chelsea Cowser (18'44)- 20. Danniella Webb (19'35) *BBHAC team 2<sup>nd</sup> (22 points)*; **U15 girls 4.** Amber Reed (13'33)- 15. Hannah Cook (14'55)- 17. Ella Self (15'17)- 18. Jessica Jones (15'20)- 20. Lauren Rose Heria (15'22)- 21. Rachel Robinson (15'34)- 23. Kayleigh Shaw Leonard (15'56) *BBHAC team 2<sup>nd</sup> (36 points)* ; **U13 girls 2500m** 7. Janae Galley (12'46)- 16. Sonia Woolhouse (13'34)- 21. Holly Fletcher (14'10)- 35. Shannon Cordell 18'36) *BBHAC team 4th (44 points)* ; **Junior men 5000m.** 11. Calum Fraser (20'26) ; **U17 men 500m** 10. Stephen Cavey - 27. Jon Halls (23'40) ; **U15 boys 4000m** 11. Sam Jackson (17'06)- 14. Will Mercer (17'13)- 20. Robert Yates (17'44)- 21. Greg Proctor (17'46) *BBHAC team 4th (45 points)* ; **U13 boys 3000m** 12. Richard Webb (14'12)- 20. Thomas Desborough (15'01)- 25. Daniel Waller (15'33). *BBHAC team 4th (57 points).*

**October 12th Petts Wood 10km.** 13. A. Tucker (40'16)- 34. G. Coates (42'42)- 40. Ms F.Green (43'18)- 68. R. Brown (44'52)- 163. J. Morris (49'45)- 423. S. Tolson (1 :01'02)

### **Bennett Cup Events**

### **September 20th. Will Bolton Memorial Cross Country Relays, Sparrows Den.**

Leg 1

1. Alex Bruce-Littlewood (*BBHAC A*) (12:56) (2nd Fastest man) - 4 Frank Kilama (*BBHAC D*) (13'26)-10. Hector Kurtyanek (*BBHAC C*) (14'19)- 11. Matt Hill (*BBHAC B*) (14'38)- 14. G. Williams (*BBHAC K*) (15'36) - 8. I Taylor (*BBHAC I*) (15'57)- 20 Con Griffin (*BBHAC G*) (16'13) - 21. S Pairman (*BBHAC H*) (16'31)- 24 Ella Fisher (*BBHAC WA*) (17'23) - 26. Rebecca Syroki (*BBHAC WB*) (17'27)- 29 Will Slack (*BBHAC F*) (18'03)- 30 Iain Swatton (*BBHAC J*) (18'06)- 31 Angela Cook (*BBHAC WD*) (18'13)- 34 Abi Brown (*BBHAC WC*) (19'21)

Leg 2 (*team aggregate time in italics*)

3 . Phil Burkart (*BBHAC C*) (13'05/27'24)- 5 Steven Cavey (*BBHAC B*) (14'18/28'56) -11. Richard Daniel (*BBHAC A*) (16'45/29'41) -16 Trevor Delahoy (*BBHAC D*) (18'57/32'23) -17 Bob Minting (*BBHAC G*) (16'17/32'30) - 20 J Osman (*BBHAC H*) (16'43/33'14) -21 Jane Bradshaw (*BBHAC WA*) (16'04/33'27) -22

D Carton (BBHAC I)(17'43/33'40) -23 M Salmon (BBHAC K) (18'18/33'54) -26 Chris Pike (BBHAC F) (18'09/36'12) -27 Amanda Taylor (BBHAC WD) (19'19/37'32) -28 Chelsea Crouser (BBHAC WB) (20'15/37'42)- 31 Drew Grace (BBHAC J) (20'23/38'29) -34 Dannie Webb (BBHAC WC) (21'17/39'41)

Leg 3  
6. Dave McKinlay BBHAC A (13'54/43'35) -7 Jon Halls BBHAC C (16'14/43'38) -8 Nick Gasson BBHAC B (14'45/43'41) -16 G Cook BBHAC H (15'28/48:42) -17 C Keen BBHAC I (15'33/49'13) -18 A Tucker BBHAC K (15'36/49'30) -19 Stuart Littlewood BBHAC G (17'04/49'34) -20 Adrian seddon BBHAC D (17'16/49'39) -21 Julie Reynolds BBHAC WA (16'49/50'16) -26 Mike Cronin BBHAC F (20'29/56'41) -27 Anne Cilia BBHAC WD(19'20/56'52) -28 Carolyn Jones-Baldock BBHAC WB (19'10/56'52) -32 Anthony Pontifex BBHAC J (20'57/59'26)- 34. Abi Jacobs BBHAC WC (22'34/1:02'15)

Leg 4.  
3. Mike Skinner BBHAC A (12'26/56'01) (Fastest man) -7. Steve Cooper BBHAC B (14'13/57'54) -15. Roy Smith BBHAC G (14'50/1:04'24) -16. M Jones BBHAC H (16'33/1:05'15) - 17. A Lawes BBHAC I (16'52/1:06'05) -18 R Brown BBHAC K (17'02/1:06'32) - 19. Fran Green BBHAC WA (16'39/1:06'55) -20 Wilf Orton BBHAC C (24'33/1:08'11)- 21.Ian Montgomery BBHAC D (18'54/1:08'33) -26 Dave Ellison BBHAC F (16'35/1:13'16) -28 Glen Turner BBHAC J (14'48/1:14'14)-30. Kate Pratten BBHAC WB (17'46/1:14'38) -31.Viv Mitchell (2nd run) BBHAC WD (17'53/1:14'45)

Leg 5  
3. Dan Ryan BBHAC A (14'23/1:10'24) -7 Martin Airey BBHAC B (14'06/1:12'00) -14 Jim Phelan BBHAC G (17'26/1:21'50) -15 G Evans BBHAC H (16'42/1:21'57) -16 M Ellison BBHAC I (15'58/1:22'03) -17 G Coates BBHAC K (16'22/1:22'54) -20 Bernie Bater BBHAC F (16'51/1:30'07) -22 Neil Ives BBHAC J (22'07/1:36'21) -23 Roy Watkins BBHAC D (31'58/1:40'31)

Finish  
3rd Mens Team 3. Alex Gibbens BBHAC A (13'33/1:23'57) -1st Mens B Team 6 John Vintner BBHAC B (14'23/1:26'23) -14 A Riches BBHAC I (17'52/1:39'55) -15 J Bailey BBHAC K (18'41/1:41'35) -16 Mike Gasson BBHAC H (20'18/1:42'15) -17 John Robinson BBHAC G (22'01/1:43'51) -21. Paul Hills BBHAC F (18'23/1:48'30) - 22 Peter Shephard BBHAC D (32'25/2:12'56)

Handicap- leading placings.

1. N. Ives (60 points)- 2. J. Osman (59)- 3. R. Brown (58)- 4. R. Minting (57)- 5. I. Swatton (56)- 6. S. Cavey (55)- 7. J. Robinson (54)- 8. A. Bruce-Littlewood (53)- 9. Ms A. Taylor (52)- 10. A. Brown (51)- 11. Ms E. Fisher (50)- 12. J. Vintner (49)- 13. Ms F. Green (48)- 14. M. Jones (47)- 15. D. Ryan (46)- 16. D. Carton (45)- 17. I. Taylor (44)- 18. A. Lawes (43)- 19. Mrs A. Cook (42)- 20. Ms A. Cilia (41).

### **October 11th. 5 miles cross country champs, Keston.**

Runners with \* have details of handicap in leading placings below

1. A. Gibbins\* (28'54)- 2. A. Bruce-Littlewood (30'15/27.50){38th/23 points}- 3. S. Cooper (31'13/26'48) {27th/34}-4. D. McKinlay (32'15/28.35){43rd/18}-5. T. Soutar (32'36/27'46){36th/25}-6. R. Priestley (33'12/28'12){41st/20}-7. R. Smith (33'37/28.07){40th/21}-8. G. Cook (33'51/26'46){26/35}- 9. G. Williams (33'52/26'42){25th/36}-10. M. Ellison\* (34'08)-11. D. Beadle (34'17/27.12){32nd/29}-12. G. Evans\* (34'57)-13. Ms J. Bradshaw (1st woman) (35'03/26'28){22nd/39}-14. G. Coates\* (35'12)-15. A. Tucker (35'25/28'20){42nd/19}-16. R. Minting\* (35'54)-17. Ms J. Reynolds (36'21/26'26){21st/40}(2<sup>nd</sup> woman) - 18. A. Lawes \* (36'27)-19. K. Daniel (36'46/28.01)(39th/22)-20. B. Bater (37'37/27'42){34th/27}- 21. D. Carton\* (38'32)- 22. R. Brown (39.07/28'42){45th/16}-23. A. Riches (39'13/26'38){24th/37}- 24. A. Stocks\* (39'16)- 25. M. Jones (39.20/28.55){47th/14}-26. W. Slack (39'25/27.00){29th/32}- 27. Ms A. Reed\* (39'39) (3rd woman)- 28. I. Swatton (40'02/26'37){23rd/38}-29. R. Penfold (40'13/29'58){49th/12}-30. J. Bailey\* (40.16)- 31. Ms R. Smith\* (40'17)- 32. P. Hills\* (40'21)-33. Ms J. Jones\* (40'24)-34. G. Read (40'40/30'40)

{50th/11}- 35. B. Power\* (40'54)- 36. G. Read (40'56/30'56){51st/10}- 37. ???\* (41.05)- 38. Ms K. Pratten (41'11/29'31){48th/13}- 39. R. Walsh\* (41'16)- 40. I. Montgomery (41'27/27'07){31st/30}  
 - 41. M. Compton\* (42'29)- 42. M. Cronin (42'47/27'12){33rd/28}- 43. Ms H. Cook\* (43'14)- 44. D. Flagg (43'16/33'06) {55th/6}- 45. Ms M. Kane\* (43'19)- 46. A. Pontifex\* (43'33)- 47.A.Grace (44'22/26'57){28th/33}- 48. A. Edwards (44'51/27'46){37th/24}- 49. S. Parsons (*guest*) (46'49/37'39){57th/4}- 50. R. Griffin (47'16/31'21){52nd/9}- 51. Ms T.Ashenden (48'02/27'02){30th/31}- 52. N. Ives (50'03/28'48){46th/15}- 53. M. Martineau (52'31/28'36){44th/17}- 54. J. Robinson (54'10/32'20){54th/7}- 55. D. Churchus (1:03'44/27'44){35th/26}- 56. R. Chambers (1 :05'20/32'00){53rd/8}- 57. P. Sheppard (1 :11.40/33'40){56th/5}- 58. Mrs A. Cook (DNF).

**Handicap- Leading placings.**

1. Ms M. Kane (20'34){60 points}- 2. Ms A. Reed (23'04){59}- 3. A. Pontifex (23'13){58}- 4. Ms J. Jones (23'19){57}- 5. B. Power (25'04){56}- 6. M. Compton (25'14){55}- 7. B. Power ???(25'15){54}- 8. G. Evans (25'22){53}- 9. R. Walsh (25'26){52}- 10. A. Lawes (25'37){51}- 11. Ms H. Cook (25'39){50}- 12. D. Carton (25'42){49}-13. A. Stocks (25'56){48}- 14. M. Ellison (25'58){47}- 15. G. Coates (26'12){46}- 16. A. Gibbins (26'14){45}- 17. R. Minting (26'19){44}- 18. Ms R. Smith (26'22){43}- 19. J. Bailey (26'26){42}-20. P. Hills (26'26){41}.



**Bennet Cup leading positions after 2 events**

1. R. Minting (101 points)- 2. A. Pontifex (96)- =3. D. Carton (95)- =3. A.Lawes (95)- = 3. I. Swatton (95)- =6. M. Ellison (78)- =6. G. Evans (78)- 8. A. Bruce-Littlewood (76)- =9. Ms J. Bradshaw (75)- =9 P. Hills (75)- =9. N. Ives(75)- =12. R. Brown (74)- =12. G. Coates (74)- =12. A. Riches (74).

Track & Field

**August 10<sup>th</sup> Masters Inter-Area match at Hemel Hempstead**

W50 100m 1. Helen Godsell (14.4); 200m 1. H. Godsell (28.5). M50 100m 1. Tom Phillips (12.4); 200m 2. T. Phillips (25.5)

**August 16<sup>th</sup> British Athletics League, Moorways, Derby.**

A string. 100m 1. D.Grant (10.30) ; 200m 2. J. Alaka (21.19) ; 400m 5. E.Harrison (50.14) ; 800m 3. D. McKinlay (1'57.03) ; 1500m 2. S. Overall (3'56.54) ; 5000m 1. S. Overall (14'37.53) ; 110m hurdles 1. A. Al-Ameen (14.70) ; 400m hurdles 2. E. Harrison (53.98) ; 3000m s/chase 4. A. Bruce-Littlewood (9'30.67) ;

Discus 4. A. Pope (43.62m) ; Hammer 7. A. Pope (34.24m) ; Hjump 1. L. Ely (1.90m) ; Javelin 5. A. Pope (44.82m); Ljump 8. A. Pope (5.69m); Pvault 7.A. Pope (3.00m); Shot 6. A. Pope (12.13m) ; Tjump 6. D. Willis (12.39m) ; 4x100m relay 2<sup>nd</sup> B&B (D. Bovell, A. Al-Ameen, J.Alaka, D. Grant - 41.67) ; 4x400m relay 8th B&B (3'29.32) (A. Blair (54.1), D. Paisley(52.3), D. McKinlay (52.4), D. Ryan (51.7).  
B string. 100m 4. J. Barbour (10.81) ; 200m 4. D. Bovell (22.46) ; 400m 7. A. Blair (52.85); 800m 3. D.Ryan (1'59.46) ; 1500m 1. Rayner (3'58.35) ; 5000m 3. M. Skinner (15'05.87); 110m hurdles 6. R. Holt (16.88) ; 400m hurdles 1. D. Paisley (55.87) ; 3000m s/chase 4. A. Gibbins (9'39.66) ; Discus 8. R. Holt (13.15m) ; Hammer 8. R. Holt (13.15m) ; Hjump 3. A. Pope (1.85m) ; Javelin 7. R. Holt (30.86m) ; Ljump 7. D. Willis (5.62m) ; Pvault (2.20m) ; Shot 8. D. Bovell (9.82m) ; Tjump 5. D. Bovell (11.72m). *Blackheath & Bromley finished 4th with 281.5 points*

#### **August 17th Horsham Blue Star Harriers Open**

800m (race 1) 3. M. Airey (1'58.6) ; Pvault 2. A. Williams (M55) (3.61m) ; Discus 1. J. Prezewiecki (m50) (40.01) . Women Pvault 2. R. Arnheim (u20) (3.31m)- 1. A. Huggins (2.81m)

#### **August 20th BMC Open Meeting, Sutcliffe Park, Eltham**

100m. (race 3) 4. T. Phillips (m50) (12.53)- (race 5) 4. J. Elliot (u13 boys) (14.9) ; 400m 4. M. Miller (w45) (63.12) ; 800m (race C) 6. M. Airey (1:58.14)- (race E) 6. E. Murty (2 :17.14)- 8. S. Budd (2 :20.91)- open 800m (race 1) 2. R Bentley (2'00.72)- (race 3) 10. D. Webb (u17w) (2'48.16) ; 1500m (race 1) 3. A. Rayner (3'57.63)- 6. A. Gibbins (3'58.74)- (race 2) 1. A. Bruce-Littlewood (u20m) (4'03.73)- (race 3) 5. C. Ward (u20m) (4'19.15)- 9. J-P Delon (4'34.44)- (race 5) 12. M. Fewster (u17w) (5'48.52) ; Hammer 1. C. Brand (m70) (29.69m).

**August 24<sup>th</sup> London Heathside Open, Finsbury Park** 100m (race 7) 4 .Maureen Miller (FV45) (14.0); 200m, (Race 7) 2. Maureen Miller (28.6)

#### **August 24th VAC Championships, Kingsmeadow.**

1500m. M55. 1. K. Daniel (4'52.43) ; hammer W60. 3. B. Terry (25.82m)- M70. 2. G. Hickey (25.26m) ; Shot W60 2. B. Terry (8.68m)- M70 1. G. Hickey (10.16m)- Discus. W60 1. B. Terry (21.63m)- 2. G. Hickey (29.08m) ; Javelin W60. 23. B. Terry (19.61m)- M70 G. Hickey (25.73m)

#### **August 24th SEAA Under 20 Intercounties, Copthall.**

Women. U20. Shot. 1. S. Brown (Kent) (14.02) ; Discus 1. S. Brown (48.25) ; 800m (heat 2) 2. D. Critchley (Kent) (2'18.36)- F. 7. D. Critchley (2'27.17) ; 400m 1. S. Etchell-Thompson (57.38) ; Tjump 3. L. Blackie ( ?) ; Hammer 3. B. Jemiyo (46.52m) ;

**August 26th BMC Regional Races, Exeter.** 800m (race E) 6. R. Minting (*S-W vets*) (2'11.08)

#### **August 28-31st UK School Games, Bath & Bristol**

**Men.** Hammer 1. Andrew Jordan (*South-East*) (65.93m) ; 4x 400m relay (heat 2) 2<sup>nd</sup> London (inc. D. Putnam) (3'20.03)- F. 2<sup>nd</sup> London (3'23.35) ; 400m (heat 2) 2. Dan. Putnam (London) (48.97) Q - 3 Thomas Bensted (*South- East*) (49.14) Q- final 3. Dan Putnam (London) (48.55) - 5. Thomas Bensted (*South-East*) (48.92); shot 8 Ekanem Eddie (*London*) (**15.29m**, 15.29,X,14.53,14.56,X,14.68m); **women** shot 6. Sabine Efiannayi (*London*) (**11.26m**,11.01,X,11.26,11.21,X,9.72m) -10 Katherine Jones (*South- East*) (**10.46m**,10,11,10.29, 10.32,10.28,10.16,10.46m)

**August 31st Aviva Norwich Union Grand Prix, Gateshead** Womens 100m. 4. M. Douglas (GB) (11.47) ; 200m 6. M. Douglas (23.53)

#### **September 7th Southern Counties VAC Area final, Ashford.**

**M35.** 100m 5. N. Keogh (13.1)- B. 3. R. Horne (13.5); 200m A. 5. N. Keogh (27.3)- B. 2.T. Phillips (26.7); 400m A. 2. N. Keogh (56.9)- B. 6. C. Leon (64.1) ; 800m A. 1. M. Airey (2'05.3)- B. 1. J. Thorpe (2'12.8) ; 1500m A. 3. W. Foster (4'30.1)- B. 3. K. Ewing (4'37.8) ; 3000m A. 3. K. Ewing (9'54.3)- B. 7. P. Hamilton



(11'21.6) ; 2000m walk 2. R. Brown (11'58.1) ; Ljump 2. R. Horne (5.60m) ; Hjump 3. I. Holder (1.55m) ; Pvault 3. A. Hardy (2.80m) ; Tjump 4. R. Horne (10.75m) ; Javelin 2. R. Horne (36.47m) ; Hammer 4. D. Wallington (18.69m) ; Discus 6. J. Turner (25.29m) ; Shot 2. J. Turner ( 8.30m) M50. 100m 3. T. Phillips (13.1) ; 200m 6. J. Turner (30.1) ; 400m 1. R. Minting (58.7) ; 800m 1. R. Minting (2'13.9) ; 1500m 2. K. Daniel (5'05.7) ; 3000m 2. T. Souter (9.58.3) ; 2000m walk 3. P. Hannell (11.26.0) ; Ljump 3. C. Leon (4.87m) ; Hjump 3. C. Mitcheson (1.45m) ; Tjump 4. C. Leon (9.79m) ; Pvault 1.A. Williams (3.60m) ; Shot 4. J. Turner ( 9.48m) ; Discus 2. C. Brand (32.45m) ; Javelin 1. S. Langdon (46.38m) ; Hammer 4. G. Hickey (20.09). M60. 200m 4. M. Martineau (35.1) ; 800m 2. P. Hamilton (2'41.4) ; 1500m 2. P. Hamilton (5'38.4) ; Hjump 1. J. Robinson (1.25m) ; Ljump 3. M. Martineau (3.75m) ; Shot 2. C. Brand (9.68m) ; Hammer 2. C. Brand (29.76m). 4x100m relay 4th place (51.1) ; 4x400m relay 5th place (4'33.2)

### **September 7th Mens Golden Jubilee Cup Final, Bedford.**

100m.1. D. Grant (10.54) ; 200m D. Haque (22,4) ; 300m 6. A. Bruce-Littlewood (9'04.71) ; Tjump 7. A. Pope (11.47m) ; Discus 5. A. pope (40.76m) ; 400m hurdles 4. D. Paisley (55.55) ; medley relay 3rd place (2'24.9). *Blackheath & Bromley finished 7th with 43 points.*

### **September 7th McCain National Young Athletes Final, Sports City, Manchester.**

U17 men. A string. 100m. 5. Matthew Fletcher (11.22) G3\* ; 200m 2. Dan Putnam (22.21) G1\* ; 400m 1. Dan Putnam (49.37) G1\* ; 800m 2. Steve Cavey (1'59.83) G2\* ; 1500m 6. Andrew York (4'27.56) G4 ; 3000m 6. Hector Kurteyanek (9'40.84) G4 ; 400m hurdles 2. Ben Hopkins (55.91) G1\* ; 100m hurdles 3. Ben Hopkins (15.06) G4 ; 1500m s/chase 1. Ben Greenhalgh (4'47.42) G3\* ; Hammer 1. Andrew Jordon (69.28m) G1\* ; Discus 7. Tom Mitchell (32.36m) G3 ; Shot 2. Eddie Ekaneem (15.23m) G1\* ; Javelin 8. James Powell (32.92m) G4 ; Pvault 1. M. Longhurst\* (3.50m) G3 ; Hjump 4. J. Powell (1.70m) G3 ; Ljump 7. Stephen Camacho (5.42m) G4 ; Tjump 2. Mark Longhurst (12.33m) G2 ; B string. 100m 1. Ronnie Polkington (11.28) G2\* ; 200m 1. Ronnie Polkington (22.70) G1\* ; 400m 1. Tom Bensted (50.28) G1\* ; 800m 2. Ben Parkin (2'00.97) G2\* ; 1500m 8. Jon Halls (4'43.54) ; 3000m 4. Amrullah-Azizi (11'02.11) ; 400m hurdles 4. Joshua Clark (62.13) 4 ; 100m hurdles 2. Sanchez Palmer (14.94) G4\* ; 1500m s/chase 3. Hector Kurtayanek (5'08.01) G4 ; Hammer 1. Jake Haylock (55.48m) G1 ; Discus 2. Jake Haylock (27.46m) G4\* ; Shot 1. Mehmed Takpak (10.62m) G4 ; Javelin 6. Jake Haylock (30.58m) ; Pvault 3. Joshua Clark (2.20m) ; Hjump 2. Mark Longhurst (1.65m) ; Ljump 5. Abs Jalaoao (5.35m) G4 ; Tjump 6. Tom Jenkins (11.05m) G4.

U15 boys. A string 100m 7. Dean Colley\*(12.33) G3 ; 200m 4. Jon Pettet\* (23.95) G1 ; 400m 5. Jon Pettet (53.55) G1\* ; 800m 5. Joseph Ewing (2'12.11) ; 1500m 2. Oliver Taylor (4'26.59) G1\* ; 80m hurdles 5. Dean Colley\* (12.41) G2 ; Hammer 5. Paul Ashby (42.73m) G2\* ; Discus 8. Joseph Cooper (16.92m) ; Shot 8. Sam Jackson (6.45m) ; Javelin 6. Jon Pettet (33.46) G3 ; Ljump 4. Courtney Ubank (5.47m) G2 ; Hjump 7. Aaron Moran (1.55m) G3 ; Pvault 8. Anton Daly (2.10m). B string. 100m. 2. Anton Daly (12.7) G4\* ; 200m 3. Oliver Lane (25.8) G2\* ; 400m 3. Joseph Ewing (1'05.2) G4\* ; 800m 3. Sam Jackson (2'19.7) G4 ; 1500m 3. Will Mercer (4'50.7) G4 ; 80m hurdles 2. Rob Laidlow (13.7) G4 ; hammer 2. Brad Haylock (14.74m) ; Discus 3. Brad Haylock (16.61m) ; Shot 3. Brad Haylock (7.17m) ; Javelin 4. Joe Appiah (10.21m) ; Ljump 2. Adam Willis (4.95m) ; Hjump 2. Courtney Eubank (1.35m)

**U13 boys.** A string 100m. 1. Ben Akonde (13.4) G2\* ; 200m 2. Ben Akonde (28.2) G3 ; 800m 3. Richard Webb (2'45.7) ; 1500m 2. Tommy Crawley (5'04.6) G3\* ; 75m hurdles 1. Louis Hopgood (13.9) G2 ; Shot 1. Niyaz Chowdhury (9.24m) G1\* ; Ljump 1. Reon Gowan Wade (4.42m) G2\* ; Hjump 1. Reon Gowan Wade (1.50m) G1\* B string. 100m. 1. Reon Gowan Wade (13.5) G2\* ; 200m 2. Jon Holmes (30.5) G4 ; 800m 3. Darian Neavin (2'51.3) ; 1500m 2. Louis Parkinson (5'30.5) ; 75m hurdles 1. Niyaz Chowdhury (14.1) G3 ; Shot 1. Joel Shonibare (7.60m) G3 ; Ljump 1. Darian Neavin (4.07m) G4 ; Hjump 1. Darina Neavin (1.30m) G3  
**U17 women** A string. 100m. 3. Grace Sheppard (12.9) G3\* ; 200m 3. Daniella Annon (26.7) G3\* ; 300m 3. Amy De Matos (44.1) G4\* ; 800m 2. Krystal Galley (2'24.7) G3\* ; 1500m 2. Rebecca Smith (5'13.8) G4 ; 3000m 2. Michelle Fewster (12'31.2) ; 80m hurdles 3. Nenisha Nelson-Roberts (13.4) G4 ; 300m hurdles

1. Amy De Matos (47.1) G2\*; Hammer 2. Lucie Robishaud (34.90m) G2\*; Discus 1. Katherine Jones (30.08m) G2\* ; Shot 1. Sabine Efiannayi (11.55m) G1 ; Javelin 3. Claire Wickham (19.10m); Hjump 1. Jessica Matthews (1.66m) G1\* ; Ljump 1. Jessica Matthews (5.03m) G2\* ; Tjump 1. Jessica Matthews (10.52m) G2\*

**B string** 100m. 2. Daniella Annon (13.3) G4 ; 200m 2. Grace Sheppard (26.9) G3\* ; 300m 2. Sophie Gordon (47.5); 800m 1. Amy De Matos (2'25.1) G3; 1500m 2. Melody Kane (5'38.1); 80m hurdles 3.Melody Kane (18.2); 300m hurdles 1. Nenisha Nelson-Roberts (49.7) G4\*; Hammer 2. Claire Wickham (28.75m) G3\*; Discus 1. Lucie Robishaud (26.86m) G2 ; Shot 1. Katherine Jones (10.00m) G2\* ; Javelin 3. Leanne Weighill (18.03m); Hjump 1. Leanne Weighill (1.45m) G4 ; Ljump 1. Leah Forbes-Morris (4.81m) G3\* ; Tjump 1. Sian Hurlock (9.55m) G4\* **U15 girls A string** 100m 2. Amara Lalemi- Jacobs (12.8) G1\* ; 200m 1. A. Lalemi-Jacobs (26.2) G1\* ; 800m 2. Ella Self (2'35.5) G4 ; 1500m 2. Amber Read (5'12.9) G3 ; 75m hurdles 1. Lauren Stevens (12.4) G2\* ; Ljump 2. Frances Read (4.43m) G4 ; Hjump 1. Christine Lyston (1.58m) G2\* ; Discus 4. Ellie Duffy-Penny (17.97m) G4 ; Javelin 2. Ellie Duffy-Penny (18.28m) G4 ; Shot 4. Ellie Duffy-Penny (6.95m) G4 . **B string**. 100m 3. Rachel Dickens (13.5) G3 ; 200m 1. Lauren Stevens (27.1) G2\* ; 800m 2. Rachel Robinson (2'40.7) ; 1500m 2. Hannah Cook (5'32.2) G4 ; 75m hurdles 2. Rhiannon Jones (13.2) G4 ; Ljump 1. Jessica Moore (4.38m) G4 ; Hjump 1. Laura Lalemi (1.45m) G3\* ; Discus 2. Christine Lyston (15.86m) G4 ; Javelin 2. Rhiannon Jones (11.51m) ; Shot 3. Lara Lalemi (6.84m) G4. **U13 girls' A string**. 75m 2. Dina Asher-Smith (10.2) G1\* ; 150m 1. Dina Asher-Smith (19.5) G1\* ; 800m 1. Holly Fletcher (2'29.2) G1\* ; 1200m 2. Georgina Kennedy (4'02.9) G1\* ; 70m Hurdles 3. Amber Bryan-Isaacs (13.7) G3; HJump 4. Mabel Chambers (1.20m) G4; LJump 3. Amber Bryan-Isaacs (3.82m) G4; Shot 3. Aleyah Babb-Benjamin (6.98m) G3. **B string** 75m 3. Cheriece Hylton (10.7) G2\* ; 150m 1. Shannon Hylton (20.7) G2\* ; 800m 1. Janae Galley (2'35.5) G2\* ; 2. Sonia Woodhouse (4'33.1) G4 ; 70m Hurdles 3. Shannon Cordell (15.3); HJump 3. Shannon Cordell (1.05m); LJump 2. Aine Hurlock (3.71m) G4 ; Shot 3. Ellie Lawrence (5.45m).

**Relays.** U17mens 4x100m. 1st place (Ronnie Polkington, Dominic Coelho, Matthew Fletcher, Dan Putnam {43.8}) ; 4x400m. 1st place (Joshua Clarke, Stephen Camacho, Ben Parkin, Dan Putnam {3'45.7}) ; U15boys 4x100m . 3rd place (Courtney Eubank, Anton Daly, Dean Colley, Joe Appiah {50.8}) ; 4x400m. 1st place (Jon Pettet, Oliver Lane, Oliver Taylor, Joseph Ewing {3'48.7}) ; U13 boys 4x100m 1st place (Reon Gowan Wade, Darian Neavin, Jon Holmes, Benjamin Akonde {55.0}) ; U17women 4x100m 1st place (Daniella Annon, Rebecca Cook, Jessica Matthews, Grace Sheppard {50.5}) ; 4x300m 2<sup>nd</sup> place (Sophie Gordon, Ninisha Nelson Roberts, Amy de Matos, Sian Hurlock {3'00.9}) ; U15girls 4x100m 1st place (Charlotte Colegate, Lauren Stevens, Amara Lalemi-Jacobs, Rachel Dickens {51.3}) ; 4x100m 2<sup>nd</sup> place (Shannon Hylton, Dina Asher Smith, Aine Hurlock, Holly Fletcher {54.9}) *Blackheath & Bromley finished 2<sup>nd</sup> with 674 points* (record grades shown, \*AW standard)

**September 10th Pallio della Quercia, EAA permit meeting Rovereto, Italy.** 3. M. Douglas(GB)(11.48)

**September 14th National Junior Athletic League, national final, Derby Moorways Stadium.**

**Men.** A string. 100m. 2. J. Alaka (10.81) (*wind +1.0 m/s*) ; 200m.1. J. Alaka (21.73) (*wind +1.8 m/s*) ; 400m 4. D. Putnam (U17)(49.32) ; 800m 5. S. Cavey (U17)(1'59.10); 1500m 7. C. Ward (4'19.08) ; 3000m 5. S. Hunt (8'59.07) ; 110m hurdles 2. A. Al-Ameen (14.02) (*wind +0.8 m/s*) ; 400m hurdles 2. M.Threadgold (55'36) ; 2000m s/chase 1. A. Bruce-Littlewood (6'16.92) ; Discus 2. L. Presnell (40.41m) ; Hammer 2. A. Jordan (U17) (61.5m) ; Hjump 6. L. Ely (1.85m) ; Javelin 3. D. Duffin (U17) (49.42m) ; Ljump 6. M. Longhurst (U17) (5.92m) (*wind +0.8*) ; Pvault 1. S. Huggins (4.95m) ; Shot 4. E. Ekinem (U17) (13.50m) ; Tjump 6. M. Longhurst (U17) (12.29m) (*wind +1.7*) ; 4 x 100m relay 2<sup>nd</sup> place ((J. Alaka, O. Sobudu, A. Al-Ameen, N. Francis (41.72)) ; 4 x 400m relay 4th place (D. Putnam, A. Al-Ameen, N. Francis, M. Threadgold (3'22.89)). **B string**. 100m 2. O. Sobudu (10.87) (*wind +1.6 m/s*) ; 200m 1. D. Putnam (U17) (21.99) (*wind +1.9 m/s*) ; 400m 4. T. Benstead (U17) (51.98) ; 800m 3. A. Bruce-Littlewood (1'59.81) ; 1500m 7. S. Cavey (U17) (4'24.96) ; 3000m 6. A. Cliff (9'42.83) ; 110m hurdles 4. S. Lloyd (16.04) (*wind +1.8 m/s*) ; 400m hurdles 2. A. Richards (58.43) ; 2000m 1. B. McCallum (6'42.14) ; Discus 4. D. Ridge (28.89m) ; Hammer 2. R. Al-Ameen (53.14m) ; Hjump 5. J. Powell (U17) (1.75m) ; Javelin 5. J. Powell (31.85m) ; Ljump 5. J. Powell (U17)

(5.45m) (*wind +1.3*) ; Pvault 3. N. Moore (3.65m) ; Shot 2.L. Presnell (12.45m) ; Tjump 6. J. Jacobs (U17) (11.54) (*wind +1.8*).

**Women.** A string. 100m 3. L. Ugen (12.12) (*wind +1.3 m/s*) ; 200m 6. S. Echel-Thomson (23.75) (*wind +2.1 m/s*) ; 400m 1. M. Iheke (57.96) ; 800m 2. D. Critchley (2'14.84) ; 1500m 4. D. Critchley (U17) (4'54.27) ; 3000m 2. J. Hamer (U17) (10'38.68) ; 100m hurdles 4. Ugen (15.42) (*wind +1.8 m/s*) ; 400m hurdles 4. K. Murray (64.95) ; 1500m s/chase 4. A. De-Matos (U17) (5'38.53) ; Discus 1. S. brown (46.76m) ; Hammer 4. O. Jemiyo (46.00m) ; Hjump 2. J. Matthews (U17) (1.65m) ; Javelin 4. A-S Gnadou (34.56m) ; Ljump 1. L. Ugen (5.74m) (*wind +1.2*) ; Shot 1. S. Brown (13.22m) ; Tjump 2. L. Blackie (12.04m) (*wind +0.9*) ; 4 x 100m relay 3rd place (G. Sheppard, L. Ugen, S. Echel-Thomson, K. Cosby 49.28) ; 4 x 400m relay 3rd place (J. Saville, I. Ivy, S. Echel-Thomson, S. MsGuire 3'59.03). B string. 100m 4. L. Blackie (12.74m) (*wind +1.5 m/s*) ; 200m 6. G. Sheppard (26.75) (*wind*) ; 400m 1. S. Echel-Thomson (57.90) ; 800m 3. K. Galley (U17) (2'24.30) ; 1500m 7. M. Crane (U17) (5'27.59) ; 3000m 6. S. Maslin (U17) (12'01.95) ; 100n hurdles 4. S. McLellan (*wind +1.5 m/s*) (16.35) ; 400m hurdles 1. S. McLellan (65.11) ; 1500m S/chase 3. R. Smith (U17) (5'58.62) ; Discus 1. K. Jones (U17) (35.55m) ; Hammer 1. L. Robichaud (U17) (35.09m) ; Hjump 2. R. Arnheim (1.55m) ; Javelin 6. J. Saville (20.73m) ; Ljump 4. I. Ivy (5'16m) (*wind +1.3*) ; Pvault 1. E. Godley (3.05m) ; Shot 1. S. Effiannayi (U17) (11.36m) ; Tjump 4. J. matthews (U17) (10.89m) (*wind +1.1*). *Combined men & womens teams. Champions with 504 points.*

### **September 14th KCAA Track Relay Champs, Sutcliffe Park, Eltham.**

**U13 girls.** 4 x 100m (heat 1) 1st BBHAC 1 (S. Hylton, A. Asher-Smith, A. Hurlock, C. Hylton (58.6))Q - 2<sup>nd</sup> BBHAC 2 (S. Bayley, E. Syron-Russell, S. Cordell, A. Bryan-Isaacs (58.6)) Q - (F). 1st BBHAC 1 (54.6)- 5. BBHAC2. (59.6). **U15 girls.** 4 x 100m (heat 1) 1st BBHAC 1 (C. Lyston, A. Lalemi-Jacobs, L. Stevens, C. Colgate) (51.3) Q- 3rd BBHAC 2 (R. Jones, V. Munt, J. Moore, G. Middleton) (55.1) Q.- (F) 1st BBHAC 1 (50.9)- 6. BBHAC 2 (55.3) ; **U17men** 4 x 100m (heat 1) 3. BBHAC (B. Parkin, K. Daley, K. Clarke, M. Fletcher) (46.7)Q- (F) 5th BBHAC (45.7) ; **U13 girls** 3 x 800m 1st BBHAC1 (G. Kennedy, S. Woolhouse, H. Fletcher (8'25.6) Q – 4th BBHAC2 (L. Davison, S. Cordell, I. Jackson) (9.02.2) – F. BBHAC1 (7'59.2) ; **U15 girls** 3 x 800m (heat 1) 2<sup>nd</sup> BBHAC1 (A. Reed, J. Jones, G. Chew) (8'05.6) Q- 3rd BBHAC2 (E. Self, H. Starling, H. Stenning) (8'12.6) Q- (heat 2) 4th BBHAC 3 (J. Moore, L. Herrier, N. Charney-Holland) (8'51.5)- (F) 2<sup>nd</sup> . BBHAC 1 (7'39.7)- 5th .BBHAC 2 (8'12.9) **U15 girls** 4 x 200m 5th BBHAC disq ; **U15 boys** 4 x 400m 3. BBHAC (O. Taylor, D. Colley, C. Ubank, J. Pettet) (3'48.2).

**September 19th Pedro's Cup, Warsaw** 100m. 3. M. Douglas (GB)(11.51).

### **September 20/21st Kent County Athletics Under 13 championships, Erith Stadium.**

**Boys.** 100m. (heat 1) Reon Gowan Wade (13.2)-(heat 3) 1. Ben Akonde (13.2)- (SF1) 2. Reon Gowan-Wade (13.3)- (SF2) 1. Ben Akande (13.3)- (F) 2. Reon Gowan-Wade (13.1)- 3. Ben Akonde (13.6) ; 200m (heat 1) 2. Ben Akonde (28.0)- (heat 2) 1. Reon Gowan Wade (27.2)- (F) 3. Reon Gowan-Wade (27.7)- 5. Ben Akande (28.7) ; (F) 3. Reon Gowan-Wade (27.7)- 5. Ben Akande (28.7) ; 1500m (heat 2) 4. Tommy Crawley (5'32.3- 7. Richard Webb (5'45)- 8. Thomas Desborough (5'52.6)- (F) 5. Tommy Crawley (5'01.2) ; 75m hurdles 2. Niyaz Chowdhury (13.8) ; Shot 2. Niyaz Chowdhury (7.77m) – 5. Daniel Hollett (7.75m) ; Ljump 1. Reon Gowan Wade (5.44m) ; Hjump 2. Reon Gowan Wade (1.54m)- 9. Jon Pairman (1.15m) ; 1500m 2. Louis Parkinson (5'30.5) ; 75m hurdles 1. Niyaz Chowdhury (14.1) ; Javelin 7. R.ichard Webb (15.83m).

**Girls'** 75m (Heat 3) 1. Dina Asher-Smith (10.1)- 7. Lila Crawley (11.1)- (F) 1. Dina Asher-Smith (9.8) ; 150m (heat 1) 1. Dina Asher-Smith (19.5)- 3. Holly Fletcher (21.6)- (heat 2) Aine Hurlock (22.1)- (F) 1. Dina Asher-Smith (19.5)- 6. Holly Fletcher (21.3) ; 800m (heat 1) 1. Holly Fletcher (2'51.3)- (F) 2. Holly Fletcher (2'34.2) ; HJump 6. Mabel Chambers (1.20m) ; Ljump 9. Lily Crawley (3.77m)- 13. Shannon Cordell (3.55m) ; Shot 3. Aleyah Babb-Benjamin (8.42m)- 6. Ellie Lawrence (7.44m). ; 70m Hurdles 5. Aine Hurlock (13.8) ; Discus 4. Aleyah Babb-Benjamin (20.28m)- 8. Shannon Cordell (12.60m) ; Javelin 3.Ellie Lawrence (18.88m)-4. Aine Hurlock (16.51m) ; 2km walk 1. Shannon Cordell (15'02.5)

**September 20/21st Kent Veterans/Masters Champs, Erith Stadium.**

**Men50.** 100m 1. T. Phillips (12.4) ; 200m 1. T. Phillips (25.6) **Men 60.**200m 3. P. Hamilton (31.8) ; 400m 1. P. Hamilton (68.1) ; 800m 1. P. Hamilton (2'31.0) ;1500m 1. P. Hamilton (5'21.5) ; 300m hurdles 2. M. Martineau (62.1) : Ljump 1. M. Martineau (4.07m) ; Tjump 1. M. Martineau (7.03m) ; Shot 1. G. Hickey (10.10m) ; Discus 1. G. Hickey (27.90m) ; Javelin 1. G. Hickey (27.82m). **Women 40** 100m 1. M. Miller (14.1) ; 200m 1. M. Miller (28.1) ; 400m 1. M. Miller (62.9m). **Women 60.** Shot 1. B. Terry (8.64m) ; Discus 1. B. Terry (22.78) ; Javelin (18.38m).

**September 20th English Schools Combined walks champs.** 5000m 2. Chelsea O'Rawe Hobbs (27'40.65)

**September 20th European Champion Clubs' Junior Championships, Mitrovica, Serbia.**

100m. 4. L. Ugen (12.74) ; 200m 8. K. Robinson (27.50); 400m 4. S. Echel-Thomson (57.72) ; 800m 7. D. Critchley (2'22.21) ; 1500m 8. R. Smith (5'23.40) ; 3000m 7. J. Hamer (10'49.05) ; 3000m s/chase 8. A. De Matos (NT) ; 100m hurdles 8. S. McLellan (16.93) ; 400m hurdles 7. K. Murray (64'36) ;Hjump 6. J. Matthews (1.60m) ; Pvault 2. R. Arnheim (3.40m) ; Ljump 2. L. Ugen (5.67m) ; Tjump 3. L. Blackie (12.08m) ; shot 2. S. Brown (13.13m) ; Discus 4. S. Brown (44.83m) ; Hammer 3. O. Jemiyo (46.08m) ; Javlin 8. S. McGuire (31.80m) ; 4 x 100m 4th BBHAC (G. Sheppard, L. Blackie, K. Cosby, L. Ugen) (49.73) ; 4 x 400m 5th BBHAC (I. Isobel, S. McLellan, K. Cosby, S. Echel-Thomson) ((3'59.95) *Blackheath & Bromley Women finished 7th with 71 points*

**September 21st Jim Day Memorial Pole Vault Competition, Norman Park**

**U15 girls.** =1. Anna Huggins (2.82m) **U17 boys** 3. Mark Longhurst (3.52m) **Vmen.** =1. Allan Williams (3.62m)

**September 30th Exeter Harriers open meeting.**R. Minting (10'46)

**October 4th. Hammer Circle re-union meeting, Hull.** A. Jordan U17men.1st (62'40)- U20men 1st (57'58)

**October 15/16th Commonwealth Youth Games, Pune, India** **Women's discus** 3. S. Brown (42.96m) (38.80-42.96 over 5 throws); **shot** 4. S. Brown (14.07m) 13.32-14.07m over 5 throws).

**Club Championship meetings.**

**August 23rd** 75 Metres **U13 Girls** 1.Dina Asher Smith (10.1)- 2. Holly Fletcher (10.7)- 3. Aleyah Babb Benjamin (11.6)- 4. Sian Bailey (11.7)- 5. Mabel Chambers (12.5) ; 80 Metres **Under 13 Boys** 1. Chris Farrant (12.6) ; 100 Metres **Under 17 Men** 1. Matt Fletcher (11.5)- 2. Dominic Coelho (11.8)- 3. Kieron Daly (11.9) **Under 15 Boys** 1. Jonathan Pettet (12.0)- 2. Dean Colley (12.1)- 3. Courtney Ubank (12.2)- 4. Anton Daly (12.3)- 5. Babajide Jemiyo (14.5) **Under 13 Boys** 1. Lamar Richmond (14.1)- 2. Lewes Burton Bell (15.1) **M50** 1. Tom Phillips (12.5) **Under 20 Women** 1. Lorraine Ugen (12.4) **Under 15 Girls** 1. Amara Lalemi Jacobs (13.0)- 2. Rhiannon Jones (14.0)- 3. Jessica Moore (14.0)- 4. Lara Lalemi (14.4)- 5. Rachel Giannini (14.9) ; 400 metres **Senior Men** 1. Russell Bentley (54.8) **Under 20 Men** 1. Richard Davies (52.8)- 2. Alastair Cliff (58.2) **Under 17 Men** 1. James Clack (55.2)- 2. Joshua Clarke (58.6) **Under 15 Boys** 1. Jonathan Pettet (53.2)- 2. Oliver Lane (60.1) **Under 17 Women** 1. Jessica Saville (62.3) 1500 Metres **Senior Men** 1. Russell Bentley (4'04.0) **Under 20 Men** 1. Alastair Cliff (4'26.9) **Under 15 Boys** 1. Oliver Taylor (4'30.2)- 2. Sam Jackson (4'43.8)- 3. Will Mercer (4'53.5) **Under 13 Boys** 1. Richard Webb (5'28.8)- 2. Daniel Waller (5'51.8) **M35** 1. Jean Philip Delon (4'29.3) **M50** 1. Tim Soutar (4'38.2) **Senior Women** 1. Siobhan Budd (4'45.7) **Under 17 Women** 1. Jennifer Hamer (5'08.9) - 2. Michelle Fewster (5'47.7) ; 70 Metre Hurdles 1. Amber Bryan Isaacs (14.0)- 2. Shannon Cordell (15.7) ; 75 Metre Hurdles **Under 13 Boys** 1. Niyaz Chowdhury (13.92). Matthew Millard (18.1) **Under 15 Girls** 1. Lauren Stevens (12.42). Rhiannon Jones (13.1)- 3. Rachel Giannini (13.9)- 4. Ellie Duffy Penny (15.5) ; 80 Metre Hurdles **Under 15 Boys** 1. Dean Colley (13.2) 100 Metre Hurdles **Under 17 Men** 1. Ben Hopkins (13.9)- 2. Joshua Clarke (14.8) ; High Jump **Under 17 Men** 1. James Powell (1.65m) - 2. Raphael Olumofe (1.50m) **Under 15 Boys** 1. Adam Willis (1.30m) **Under 13 Boys** 1. Reon Gowan Wade (1.45m) - 2. Lewes Burton Bell (1.10m)- 3. Matthew Millard (1.05m)- 4. Daniel Waller (1.05m) **Under 15 Girls** 1. Christine Lyston (1.50m) - 2. Lara Lalemi (1.40m) **Under 13 Girls** 1. Mabel Chambers (1.30m)- 2. Sian

Bayley (1.15m)- 3. Fern Butler Korro (1.15m)- 4. Aleyah Babb Benjamin (1.10m) ; Long Jump Under 17 Men 1. Alan Jolaose (5.63m)- 2. James Powell 5.40m- 3. Raphael Olumofe 5.39m Under 15 Boys 1. Courtney Ubank 5.32m- 2. Adam Willis (4.92m) Under 13 Boys 1. Reon Gowan Wade (5.54m) (*club record*) 2. Richard Webb (3.58m)- 3. Chris Farrant (3.50m)- 4. Liam Cater (3.30m) Under 20 Women 1. Lorraine Ugen (5.59m) Under 17 Women 1. Jessica Matthews (5.19m) Under 15 Girls 1. Lauren Stevens (4.73m)- 2. Francis Read (4.69m)- 3. Jessica Moore (4.39m) Under 13 Girls 1. Dina Asher Smith (4.28m)- 2. Fern Butler Korro (3.89m)- 3. Holly Fletcher (3.86m)- 4. Amber Bryan Isaacs (3.77m)- 5. Shannon Cordell (3.70m) Under 13 Boys 1. Joel Shonibare (8.41m)- 2. Niyaz Chowdhury (8.38m)- 3. Daniel Hallett (6.45m) - 4. Richard Spencer (4.91m) Under 15 Girls 1. Kelly Davey (10.48m)- 2. Ellie Duffy Penny (8.52m)- 3. Eleanor Dumper (8.11m) Under 13 Girls 1. Aleyah Babb Benjamin (8.92m)- 2. Fern Butler Korro (5.45m) Under 13 Boys 1. Niyaz Chowdhury (24.02m)- 2. Daniel Hollett (15.62m)- 3. Richard Spencer (12.02m) Under 15 Girls 1. Kelly Davey (28.23m)- 2. Eleanor Dumper (22.16m) Under 13 Girls 1. Aleyah Babb Benjamin (17.02m)- 2. Shannon Cordell (13.81m)- 3. Sian Bayley (12.80m) ; Javelin Under 15 Boys 1. Jonathan Pettet 29.71m Under 13 boys 1. Liam Cater 33.14m- 2. Lamar Richmond 22.78m- 3. Richard Webb (16.3m)- 4. Chris Farrant (15.81m)- 5. Richard Spencer (14.96m)- 6. Daniel Waller (14.34m)- 7. Lewes Burton Bell (12.40m)- 8. Matthew Millard (11.86m) Under 20 Women 1. Sarah McGuire (33.66m) Under 15 Girls 1. Rhiannon Jones (24.11m)- 2. Ellie Duffy Penny (24.03m) Under 13 Girls 1. Dina Asher Smith (15.95m)- 2. Holly Fletcher (10.11m).

**September 10th One hour run, Norman Park.**

1. T. Soutar (15890m/9.87miles)- 2. A. Tucker (15820m/9.83)- 3. C. Keen (15645m/9.72)- 4. S. Smythe (15635m/9.71)- 5. M. Speed (15630m/9.71)- 6. G. Evans (15100m/9.38)-7. D. Beadle (15050m/9.35)- 8. I. Taylor (14800m/9.35)- 9. S. Pairman (14650m/9.10)- 10. G. Coates (14350m/8.92)- 11. P. Hamilton (13550m/8.42)- 12. P. Rogers (13140m/8.42)- 13. A. Riches (12800m/8.00)-14. S. Fletcher (12400m/7.71)- 15. T. Brightwell (11907m/7.40)-16. W.Orton (10330m/6.42)-17. P. Hannell (9700m/6.07) (walk)- 18. P. Hoben (8374m/5.20) (walk).

# Mottieballs

As before, famous sporting howlers, this time from the world of soccer. Given the nature of the beast and the propensity of football players, managers, pundits and commentators to really utter diabolical guff, the choice in comparison with other sports has been limitless. To quote Ally McQuoist.....It's so correct it isn't true.

*With eight minutes left, the game could be won in the next five or ten minutes..... Jimmy Armfield*

*He dribbles a lot and the opposition don't like it- you can see it all over their faces.....Ron Atkinson*

*It would be foolish to believe that automatic promotion is automatic in any way whatsoever.....Dave Bassett*

*It's not easy when someone pulls your ponytail.....David Beckham on provocation*

*It's a pleasure to be standing here. In fact, it's a pleasure to be standing up.....George Best.*

*My left foot is not one of my best.....Sammy McIlroy (Man Utd 1971-81 & Northern Ireland)*

*Let's close our eyes and see what happens.....Jimmy Greaves*

*Playing with wingers is more effective against European sides like Brazil than English sides like Wales.....  
Ron Greenwood*

*There'll be no seistas in Madrid tonight.....Kevin Keegan.*

*It's Brazil 2 Scotland 1 so Scotland are back where they were at the start of the match.....Barry Davies*

*I've had 14 bookings this season- eight of which were my fault, but seven of which were disputable....  
Paul Gascoigne*

*Most of the players will be wearing rubbers tonight.....Gary Lineker on footwear.*

*For those of you watching in black and white, Spurs are in the all yellow strip.....John Motson*

*The referee is wearing the same yellow coloured top as the Slovakian goalkeeper. I'd have thought the UEFA official would have spotted that- but perhaps he's been deafened by the noise of the crowd...  
.....John Motson*

*The news from Guadalajara, where the temperature is 96 degrees Fahrenheit, is that Falcao is warming up.....Brian Moore (1986 World Cup,Mexico)*

*So Arsenal have signed Arsene Wenger because his name sounds a bit like the club. How long before Man. United sign Stefan Kuntz ?.....Frank Skinner*

*There are two great teams in Liverpool - Liverpool and Liverpool Reserves.....Bill Shankley.*

*And finally just to rub salt into the wounds.....*

*I suppose that Spurs are nearer to being out of the FA cup now than any other time since the first half of the season, when they weren't ever in it anyway.....John Motson.*