



Blackheath & Bromley Courier

February 2020.

President 2019-20. Julian Golding.

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After the Blackheath Harriers performances over the country in 1920 the Gazette observes “This, not with any intimate knowledge of Dr. Johnson’s works, appears to put our position as regards the National and Southern, “A triumph of hope over experience”... One of these seasons we shall no doubt experience our hopes”.

What would those reading it have made of the performances of the Club’s Senior Men 75 years later in 1995 in the Southern and National Cross Country Championships and those new innovations the 12 stage road relays? It would not so much be a case of experiencing hopes, but dreams.

For the Senior Men, it was their annus mirabilis. They won the Southern Championships with the lowest ever points score, retained the National title at Luton and then won the Southern and National 12 stage road relays.

What would the readers of 1920 have made of the 1995 National, the first time the men and womens’ Championships were held at the same venue? In 1920 it would be another two years before the Womens Amateur Athletics Association was formed. (Their first ever track and field championships took place in Bromley at the OXO Sports Ground in 1923 so perhaps we should be celebrating this at our upgraded venue in three years time).

So this month in Nottingham will be the 25th anniversary of the joint Championships. Nottingham has proved a happy hunting ground for the Club in recent years with three team gold medals in the last two visits plus one set of bronze, all in the younger womens age groups. We look forward to them bolstering our senior womens squad so we are ready for the future mixed road relays!

With the National Cross Country Championships coming up this month, a few questions to test your knowledge of the event over the last 150 years.

1. In the Senior Mens race the Club has provided one winner, one runner up and one third placer. Can you name them?
 2. Who is the Club’s only ever winner of the Senior Womens race?
 3. Who is the Club’s only ever winner of the Under 17 mens race?
 4. Who is the Club’s only ever winner of the under 17 womens race?
 5. Which Club member won the first ever Under 15 Girls race?
 6. Which Club member has the most top 10 finishes in the Senior Mens race?
 7. What is the Club’s highest team placing in the Junior Mens race?
 8. What year did the Senior Women last finish a team in the National?
 9. Which Club member has finished in the scoring 6 in the Senior mens race in four different decades?
 10. Only one male athlete has featured in a Club **scoring team** in all five age groups, under 13s up to seniors. Name him.
 11. Who is the Club’s highest finisher in the Junior Mens race?
 12. Who has finished in the Club’s scoring six in the senior mens race on the most number of occasions?
 13. Of the following who has the best finishing position and whose best is the lowest in the Junior Mens race? Alex Bruce Littlewood, Charlie Davis, Tim Dickinson, Will Fuller, Phil Sesemann, Mark Steinle.
 14. Who is the Club’s highest finisher in the under 13 girls race this Century?
 15. Who is the Club’s highest finisher in the under 15 girls race this Century?
 16. Who is the Club’s highest finisher in the under 20 womens race this Century?
 17. Of the following, who has the best finishing position in the Under 17 Mens National? Marco Arcuri, Oliver Bright, Alex Bruce Littlewood, Chris Moss, Jonathan Murray, Phil Sesemann, Michael Skinner. Who has the lowest best finish?
 18. What is the Club’s highest team position in the under 13 boys race?
 19. Who has been the Clubs first finisher in the senior womens race the most times this Century?
 20. What is the senior womens highest team placing this Century?
 21. Rank these Past Presidents in order of best finishing position in the Senior Mens National. John Baldwin, Pat Calnan, Bob Cliff, Richard Coe, Richard Coles, Ken Daniel, Bill Foster, Derek Gregory, Chris Haines, Les Roberts, Tim Soutar, Ian Wilson,
- Answers next month

Club 150 Celebrations

Club 150 Leaderboard – Full details and latest standing are on the Club website. “A year long running challenge to get all members to run an officially timed mile”. Next mile at Norman Park is on February 9th at 10.30 sharp.

Don't forget the Club photo on March 21st at the Clubhouse at 13.45 – below the 1920 version.



Forthcoming Fixtures

February

Sat 1 – Sun 2 – SEAA Senior and Under 20 Indoor Championships, Lee Valley

Sun 2 – Club 10 Mile Cross Country Championship, Hayes

Sat 8 – Kent League, Norman Park

Sat 22 – National Cross Country Championships, Nottingham

Sat 22 – Sun 23 EA Under 20, Under 17 and Under 15 age group Championships, Sheffield

Sat 22 – Sun 23 SPAR British Athletics Indoor Championships, Glasgow

Sun 23 – Southern Masters Indoor Track and field and BMAF Winter throws championships, Lee Valley.

March

Sat 7 – Ranelagh Mob Match, Richmond Park

Sat 14 – English Schools Championships, Liverpool.

Sat 14 – Sun 15 – Kent Indoor Championships, Lee Valley. (Entries close 27/2/20)

Sat 21 – Closing 5 Mile Handicap (14.30) and Club Photo (13.45)

Sun 22 – Southern 12 and 6 Stage Road Relay, Milton Keynes

Sat 28 – AGM

Social Events

Er..... there is normally food served after the AGM

Results

1/1/20

Lee Valley New Year Open. 60. Seniors. R1.R1. 7 Denzell Owusu 7.21. R3. 5. Jordan Layne 7.50. R2 R5. 3. Jordan Layne 7.48. R9. 4. Darcey Kuypers 7.72. Under 15s. R1.R1. 6. Zuriel Nwogwugwu 8.09. R3. 5. Marley Byfield 8.55, 6. Kodi Rhys Agyeman 8.70. R2. R2. 3. Zuriel Nwogwugwu 8.01. R4. 5. Marley Byfield 8.68. 200. R7. DQ Amarisa Sibley. 300. R4. 1. Amarisa Sibley

42.35. R5. 1. Alex Sibley 45.64. 400. R1. 3. Jordan Layne 50.61. 800. R3. 1. Matthew Smith 2.05.42. R5. 6. Sabrina Mannes 2.24.21.

Serpentine New Years Day 10km. 87. Simon Harris 40.35 (40.26).

Parkruns. Bromley. 10 Thomas Sugden 18.29, 18 Amy Leach 18.57 (1st woman), 26 Millie Smith 19.10, 32 Ted Marston 19.25, 42 Mick Jones 19.56, 49 Steve Evenden 20.18, 59 Steven Pairman 20.40, 68 David Beadle 20.54, 100 Mike Simms 21.28, 102 Chris Swinfen 21.30, 112 Austin Adams 21.45, 129 Mark Williams 21.57, 143 Nigel Haffenden 22.15, 147 James Unwin 22.16, 171 Madeleine Marston 22.49, 174 Lydia Marston 22.51, 235 Sally Haffenden 24.07, 241 Andy Tucker 24.14, 294 Graham Coates 25.47, 336 Sally Smith 26.48, 349 John Leeson 27.01, 353 Tom Leeson 27.05, 416 Mick Keene 28.24, 467 Rod Harrington 29.17, 531 Yasmeen Islam-Medeaux 30.48, 618 Graham Smith 33.58. **Bexley.** 145 George Collins 25.15, 385 Zoe Kingsmill 30.41. **Maidstone.** 261 Tom Phillips 33.12. **Beckenham Place park.** 26 Steve Pairman 20.11, 27 Steve Evenden 20.17, 51 David Beadle 21.27, 73 James Unwin 22.22, 95 Sally Haffenden 23.11, 98 Mike Simms 23.13, 102 Nigel Haffenden 23.16, 184 William Slack 25.54, 265 Sally Smith 29.05, 323 Graham Smith 33.51. **Bournemouth.** 204 Peter Hamilton 24.31. **Riddlesdown.** 55 Mark Ellison 24.15, 110 Anne Cilia 29.05. **Hoblingwell.** 17 Austin Adams 23.12. **Dulwich.** 242 James Morris 23.54. **Canons Park.** 213 James Perry 32.30. **Whinlatter Forest.** 235 Andrew Riches 34.18. **Cassiobury.** 450 James Perry 31.05. **Penrose.** 36 Robert Perry 21.40, 366 Adrian Perry 36.22. **Exmouth.** 134 Bob Minting 23.25. **Heartlands.** 28 Robert Perry 22.22, 208 Adrian Perry 37.11. **Haldon Forest.** 247 Bob Minting 26.47. **Cyclopark.** 145 George Collins 25.13, 325 Zoe Kingsmill 29.29.

4/1/20

Kent Cross Country Championships, Brands Hatch. Senior Men. 11. Ross Braden 41.44, 25. Danny Brewer 44.01, 26. Tom Desborough 44.04, 32. Dan Kennedy 44.34, 59. Luca Ercolani 47.16, 70 Oscar Hussey 48.55, 106. Paul Sharpe 52.18, 115. Chris Tuck 52.54, 128. Greg Firth 54.04, 137. Jason Meers 55.29, 153. Tim Ayres 57.21. Team (6 to score) 4th 223. (12 to score) - . **Senior Women.** 25. Jessica Keene 37.14. Team - . **Under 20 Men.** 15. Joseph Georgiadis 22.48. **Under 20 Women.** 8. Amy Leach 27.14. **Under 17 Men.** 1. Oliver Bright 20.23, 9. Tom Brash 21.37, 22. Jake Leng 24.14, 28. Callum Horton 25.51. Team 2nd 60 pts. **Under 17 Women.** 2. Ailbhe Barnes 24.46, 3. Zoe White 25.34, 5. Isabelle Stoneham 26.00, 6. Ellie Osmond 26.13. Team. 1st 10 pts. **Under 15 Boys.** 4. Matthew Smith 15.44, 8. Alessio Tutt 15.53, 26. Thomas Sugden 17.15, 28. Miles Brown 17.24, 33. Ted Marston 17.48, 40. George Shaw 18.09, 52. Nathaniel Brunner 20.22, 58. Jonathan Ellerton 21.57. Team. 2nd. 66 pts. **Under 15 Girls.** 3. Hannah Clark 17.53, 6. Lily Meers 18.14, 7. Carys Firth 18.33, 12. Cameron Kelly ordon 19.25, 16. Olivia Wauters 19.44, 18. Olivia Magee- Brown 19.47, 26. Cara Gould 20.26, 30. Sofia Plum Maher 20.44, 35. Amelie Willars 21.30. Team. 1st 16. **Under 13 Boys.** 11. Joshua Healey 12.11, 20. Jed Starvis 12.45, 23. Jasper Brooks 13.01, 28. Hendri Verster 13.27, 32. Harry Fage 13.53. Team. 2nd 82 pts. **Under 13 Girls.** 6. Molly May Mooney Clarke 12.32, 9. Megan Barlow 12.59, 10. Luciana Smith 13.03, 12. Maria Salamanca 13.10, 25. Kyla Dervish 14.19, 26. Isla Spink 14.21, 30. Amber Cockburn 14.39, 40. Madeleine Marston 15.23. Team. 2nd 25 pts.

Middlesex Championships, Wormwood Scrubs. Under 20 Women. 7. Zakia Mossi 25.39. Under 15 Girls. 1. Lara Mannes 16.34. Under 11s. 4. Niamah Mossi 6.06.

Yorkshire Championships, North Stainley. Senior Men. 2. Graham Rush 31.27, 14. James Habergham 32.50, 96. Mark Cage 37.49

South London Athletic Network Open, Carshalton. 60. R1. R2. 6. Rhys Francis 7.24. R9. 5. Marcia Sey (U20W) 7.75. R13. 4. Mallory Cluley (U20W) 7.92. R17. 6. Jadon Ekpo 8.23. R18. 3. Joe Cope 8.24. R29. 1. Richard Holt 8.68. R2. R3. 4 Rhys Francis 7.17. R11. 4. Marcia Sey 7.78. R15. 3. Mallory Cluley 7.91. R20. 5. Jadon Ekpo 8.24, 6. Joe Cope 8.25. R26. 1. Richard Holt 8.51. R3 R2. 3. Rhys Francis 7.21. Long Jump. Pool A. 5. Joe Cope 4.45, 8. Jadon Ekpo 4.13. Pool B. 7. Zuriel Nwogwugwu 5.05. Pole Vault. Pool A. 5. Holly Platt 2.90, 8. Roger Platt 2.80, 14. Finn Kitteridge 2.40, 20. Charlie Platt 1.70. PB. 1. Barnaby Corry 4.10, 2. Ethan Kitteridge 3.90, 6. Ben Platt 3.60, 8. Mariette Terisse 3.50.

Run Through Victoria Park Half Marathon. 44. Steve Evenden 91.02.

Parkruns. Bromley. 38 Paul Kerekgartyo 20.22, 51 Damian Hayes 20.40, 63 Steve Pairman 21.14, 78 Chris Swinfen 21.43, 108 Mark Williams 22.23, 230 Nigel Haffenden 24.26, 342 Yasmeen Islam-Medeaux 26.31, 453 John Leeson 28.30, 456 Tom Leeson 28.32, 458 Bernard Wilson 28.33, 473 Claire Austridge 28.46, 554 David Beadle 30.19, 574 Jamie Muir 30.40, 687 Graham Smith 32.53. **Maidstone.** 377 Tom Phillips 33.51. **Beckenham Place park.** 5 Bertie Harrington 18.55, 45 Richard Byford 22.37, 102 William Slack 25.57, 106 Rod Harrington 26.19, 170 Zoe Kingsmill 29.50. **Crystal Palace.** 17 Lewis Warren 19.19, 44 Arthur Starvis 21:15. **Northampton.** 1 Joshua Schofield 15.58. **Oak Hill.** 239 James Perry 29.32. **Dulwich.** 66 Simon Harris 19.55. **Orpington.** 17 Jake Potter 24.07, 19 Harry Keene 24.23, 51 Dave Leal 27.26, 122 Mick Keene 33.01, 145 Karen Desborough 35.10. **Homewood.** 43 Zoe Wood 26.34. **Shorne Woods.** 17 Nick Barber 22.26. **Peckham Rye.** 119 John Turner 23.20, 206 Peter Rogers 25.53, 414 Maz Turner 32.41. **Lullingstone.** 3 Austin Adams 23.39. **Exmouth.** 103 Bob Minting 23.59. **Foots Cray Meadows.** 7 George Collins 24.12. **Bethlem Royal Hospital.** 19 James Unwin 24.02, 26 Ian Montgomery

25.44, 59 Jackie Montgomery 31.56, 66 Mike Simms 34.49. **Squerries Winery**. 22 James Morris 28.16. **Sandhurst Memorial**. 18 Robert Perry 21.31, 248 Adrian Perry 37.30.

4-5/1/20

AAA Indoors Senior and Under 20 Combined Events And Race Walking Championships, Sheffield. Senior Women.

Pentathlon. 1. Holly Mills 4261. (60H – 8.49, LJ – 5.90, SP – 11.70, HJ – 1.72, 800 – 2.14.46). 3000 walk. 6. Abigail Smith 17.07.53 (1st U17). **Under 20 Men**. Heptathlon. 8. Theo Adesina 4642 (60 – 7.24, 60H – 8.67, 1000 – 3.02.41, HJ – 1.85, LJ – 6.74, PV – 2.93, SP – 12.20). DNF. Pedro Gleadall. (60 – 7.45, LJ – 6.77, PV – 4.53, SP – 11.31, HJ – NH, 60H – DNS, 1000 – DNS).

5/1/20

Surrey Cross Country Championships, Denbies. U15G. 27. Imogen Hadley 18.53.

BMC Grand Prix, Sheffield. 800. A. 1. Alex Botterill 1.49.77. C. 2. Joe Rogers 1.57.37. 1500. B. 3. Caroline Ford 4.36.18.

Kent Fitness League, Gravesend. 125. Sally Haffenden 41.01.

11/1/20

Loughborough Students Open. Senior Men. 60m. R1. R3. 2. Camron Lyttle 7.07, 4. Denzell Owusu 7.21. R2. R3. 3. Camron Lyttle 7.07. R4. 5. Denzell Owusu 7.25. High Jump. 2. Kelechi Aguocha 2.15. **Senior Women**. R1. R1. 5. Darcy Kuypers 7.69. R2. R1. 4. Darcy Kuypers 7.69. 60H. R1. R1. 5. Anastasia Davies 8.47. R2. R1. 3. Anastasia Davies 8.57. **Under 20 Men**. 60H. 60H. R1. 1. Josh Watson 8.41. R2. 1. Josh Watson 8.40.

Birmingham League Div One, Northampton. 7. Charlie Davis 32.47, 37. Josh Schofield 34.42.

Midland Womens League Div 1, Trentham. 42. Yasmin Austridge 30.50.

Senior Knole Run, Knole Park, Sevenoaks. Men. 30. Joseph Georgiadis 36.08, 53. Carlos Ohler 37.58, 160. Theo Duke 46.05, 162. Matthew Smith 46.13. Women. 13. Kate Price 21.13, 21. Cara Gould 21.54.

Surrey Mens League Div One, Beckenham. 13. Ross Braden 27.26.

Surrey Ladies League Div One, Wimbledon Common. 110. Jane Bradshaw (Dulwich Runners) 39.45

Navy v Princeton Dual Track and field meet. Annapolis, USA. 200. R1 2. Isabella Hilditch 24.80. 60H. R1 1. Isabella Hilditch 8.69.

Parkruns. Finsbury park. 365 James Perry 25.52. **Bromley**. 19 Lily Meers 19.00, 25 Steve Evenden 19.47, 36 Steve Pairman 20.10, 41 Thomas Sugden 20.25, 45 Damian Hayes 20.29, 57 Jason Meers 20.48, 107 Tim Ayres 22.04, 127 Robert Whyte 22.18, 329 Tom Leeson 26.06, 348 Stuart Cullum 26.21, 437 Claire Austridge 27.47, 465 Bernard Wilson 28.09, 476 Jamie Muir 28.18, 530 John Leeson 29.14. **Bexley**. 232 Mick Keene 30.11. **Maidstone**. 306 Tom Phillips 33.14. **Beckenham Place park**. 32 Richard Byford 22.02, 130 William Slack 26.53, 171 Zoe Kingsmill 29.07. **Lloyd park**. 69 Sarah Belaon 27.33. **South Norwood**. 6 Ted Marston 20.41, 38 Madeleine Marston 24.31, 41 Lydia Marston 24.53, **Hoblingwell**. 15 Nigel Haffenden 25.07. **Dulwich**. 46 Simon Harris 19.35, 54 Paul Ross-Davies 19.53, 80 Jed Starvis 20.57. **Burgess park**. 205 James Morris 23.11. **Orpington**. 14 Austin Adams 23.23, 170 Karen Desborough 35.08. **Homewood**. 28 Zoe Wood 25.46. **Shorne Woods**. 21 Ritchie Leccia 23.04. **Peckham Rye**. 139 John Turner 24.06, 221 Peter Rogers 26.01, 477 Maz Turner 32.53. **Penrose**. 234 Adrian Perry 37.39. **Exmouth**. 74 Bob Minting 23.45. **Clapham Common**. 697 Sally Smith 28.29. **Catford**. 117 Barry Wetherilt 25.22. **Bethlem Royal Hospital**. 2 Angus Harrington 20.13, 4 Ellie Osmond 21.10 (1st woman), 13 Heidi Forsyth 23.36, 16 Mike Simms 23.52, 17 Ian Taylor 23.54, 24 Ian Montgomery 25.03, 27 Rod Harrington 25.27, 51 George Collins 32.52.

11-12/1/20

SEAA Under 17, Under 15, and Under 13 Championships, Lee Valley. Under 17 Men. 60. SF2. 4. Adam Islam-Medeaux 7.32. Ht2. 3. Adam Islam Medeaux 7.35. Ht6. 6. Haroon Sangare 7.54. 200. SF3. 3. Adam Islam-Medeaux 23.65. Ht2. 4. Haroon Sangare 24.46. Ht3. 3. Adam Islam- Medeaux 23.80. 800. 1. Sam Reardon 1.58.87, DNS Matthew Smith. Ht1. 1. Sam Reardon 2.02.54, 3. Matthew Smith 2.03.25. Long Jump. 9. Connor Sutton 5.71. Triple Jump. 3. Jacob Byfield 12.86. Pole Vault. 1. Barnaby Corry 4.30. **Under 17 Women**. 60. SF1. 5. Emily Kerr 8.13. Ht2. 4. Emily Kerr 8.18. Ht6. 5. Sophie Kerr 8.50. 400. 5. Amarisa Sibley 58.52. Ht3. 1. Amarisa Sibley 59.19. 800. 6. Cameron Kelly Gordon 2.34.26. Ht1. 5. Olivia Wauters 2.32.41. Ht2. 2. Cameron Kelly Gordon 2.26.42. 60H. 6. Shakanya Osahon 9.07. SF2. 3. Shakanya Osahon 9.12. Ht2. 1. Shakanya Osahon 9.06. **Under 15 Boys**. 60. Ht1. 5. Zuriel Nwogwugwu 8.04. Long Jump. 5. Dylan Carroll 5.21, 7. Zuriel Nwogwugwu 4.94. Pole Vault. 1. Oscar Witcombe 2.90. **Under 15 Girls**. 60. 2. Faith Akinbileje 7.83. SF2. 1. Faith Akinbileje 7.80. Ht9. 1. Faith Akinbileje 7.93. 200. 2. Faith Akinbileje 25.68. SF1. 1. Faith Akinbileje 26.15. Ht2. 1. Faith Akinbileje 25.94. 800. Ht1. 3. Tallulah Ndikwanwu 2.34.68. Long Jump. 7. Daisy Snell 4.61. Shot. 15. Daisy Snell 7.45.

12/1/20

Open 10km inc Vets Championships and Mob Matches v Beckenham Running Club and Croydon Striders. 1. Alex Gibbins 40.09, 2. Dan Kennedy 40.34, 4. Luca Ercolani 41.33, 7. Ian Firla 42.28, 8. Gareth Evans 43.02, 10. Roger Beswick 43.54, 12. Paul Sharpe 45.17, 16. Ian Scott 46.04, 20. Steve Pairman 47.03, 25. Paul Kerekgyarto 47.41, 28. David Beadle 48.22, 46. Ian Taylor 51.54, 47. Michael Burgess 52.00, 49. John Leeson 52.21, 50. Adrian Stocks 52.27, 52. Andy Tucker 53.02, 53. Tim

Ayres 53.07, 60. Mark Ellison 55.04, 64. Jason Short 55.49, 68. Rod Harrington 57.07, 72. Barry Wetherilt 59.00, 73. John Turner 59.06. **Mob Match Blackheath & Bromley HAC vs Croydon Striders** (scoring 17-a-side). 1 Blackheath & Bromley 271. 2 Croydon Striders 324. **Mob Match Blackheath & Bromley HAC vs Beckenham Road Runners** (scoring 19-a-side). 1 Beckenham Road Runners 364. 2 Blackheath & Bromley 401. **BBHAC Veterans Championships. M40.** 1. Alex Gibbins, 2. Luca Ercolani, 3. Ian Firla. **M50.** 1. Roger Beswick, 2. Steve Pairman, 3. David Beadle. **M60.** 1. John Leeson, 2. Barry Wetherilt, 3. John Turner. **BBHAC Handicap.** 1. Steve Pairman, 2. Ian Scott, 3. Andy Tucker. **Bennett Cup after 6 events.** 12 John Leeson 147, 2. Adrian Stocks 120, 3. Barry Wetherilt 105, 4. Mark Ellison 103, 5. David Beadle 97, 6. Steve Pairman 88, 7. Luca Ercolani 79, 8. Andy Lawes 65, 9. Andy Tucker 64, 10. John Turner 63

17/1/20

Clemson Invitational, Clemson SC, USA. 400 R2 1. Maya Brune 54.26

18/1/20

Kent Schools Championships, Dover. Senior Boys. -. Senior Girls. 4. Zoe White 14.49. **Intermediate Boys.** 5. Tom Brash 19.22, 12. Matthew Smith 20.12, 36. Ted Marston 22.32, 42. Thomas Sugden 22.57, 45. George Shaw 23.09. **Intermediate Girls.** 2. Hannah Clark 14.43, 5. Isabelle Stoneham 14.45, 5. Olivia Berry 15.14, 15. Daniella Harper 15.54, 19. Cameron Kelly Gordon 16.08, 21. Olivia Wauters 16.20, 24. Heidi Forsyth 16.25, 27. Isabella Louth 16.40, 35. Abigail Smith 17.28, 38. Amelie Willers 17.43, 41. Emily De Backer 18.20. **Junior Boys.** 6. Arthur Starvis 13.30, 19. Oscar Witcombe 14.23, 42. Harry Fage 15.28, 50. Mark Constable 15.45. **Junior Girls.** 4. Molly May Mooney Clarke 11.31, 5. Carys Firth 11.32, 10. Tallulah Ndikanwu 12.00, 15. Olivia Magee Brown 12.12, 26. Sofia Plum Maher 12.28, 37. Isla Spink 12.53, 47. Gabby Buddle Smith 13.20, 55. Amber Cockburn 13.31. **Year 7 Boys.** 7. Jed Starvis 11.23, 11. Hendri Verster 11.28. **Year 7 Girls.** 2. Megan Barlow 9.45, 6. Maria Salamanca 9.50, 13. Kyla Dervish 10.22, 22. Lydia Witcombe 10.45, 81. Yasmeen Islam-Medeaux 12.21.

Midland Open, Birmingham, Perry Barr. TJ. 1. Jonathan Ilori 15.85.

Corky Classic, Lubbock TX, USA. 400. R2 1. Katy Ann McDonald 56.70.

Enfield League. 3 Mile Walk. 1 Peter Hannell 38.00. 5 Mile Walk. 34. David Hoben 58.00, 36. Shaun Lightman 59.14.

Parkruns. Wimbledon Common. 76 Lara Tunali-Flynn 22.40. **Bromley.** 29 Megan Slattery 20.19, 44 Steve Pairman 20.57, 80 Robert Whyte 22.09, 82 Damian Hayes 22.13, 111 Mark Williams 23.09, 288 Jamie Muir 27.33, 376 Bernard Wilson 29.37, 560 Adrian Perry 34.07, 712 Mick Keene 45.06. **Bexley.** 11 Darren Corneille 20.57. **Beckenham Place park.** 3 Freddy Georgiou 19.03, 9 Clayton Aves 20.18, 91 William Slack 26.18. **Crystal Palace.** 151 Rod Harrington 24.22. **Lloyd park.** 17 Sarah Belaon 24.50 (1st woman), 84 Andrew Riches 31.10. **Riddlesdown.** 15 Adrian Stocks 23.02, 38 Mark Ellison 25.21, 88 Anne Cilia 30.26. **Hoblingwell.** 16 George Collins 25.52, 41 Zoe Kingsmill 31.31. **Dulwich.** 57 Simon Harris 19.03. **Orpington.** 163 Karen Desborough 34.28. **Homewood.** 67 Zoe Wood 26.20. **Lanhydrock.** 9 Richard Daniels 20.29. **Dartford.** 118 John Turner 25.42, 284 Maz Turner 33.40. **Lullingstone.** 43 Gareth Griffin 32.08. **Poolbeg.** 24 David Beadle 20.13. **Exmouth.** 103 Bob Minting 24.16. **Catford.** 36 Sally Haffenden 22.39, 75 Nigel Haffenden 24.59. **Kingdom.** 19 Austin Adams 23.00. **Bethlem Royal Hospital.** 18 Mike Simms 24.36, 21 James Unwin 25.10, 26 Ian Montgomery 26.23, 43 Jackie Montgomery 32.17.

18-19/1/20

London Games, Lee Valley. Senior Men. 60. A.1. 4. Matthew Knight 7.03. B.1. R1. 2. Michael Damoah 6.95, 7. Duayne Bovell 7.15. R3. 2. Rhys Francis 7.21. R4. 2. Chizute Ogbedeh 7.30. B.2. R2. 5. Duayne Bovell 7.15. R3. 2. Rhys Francis 7.24, 5. Chizute Ogbedeh 7.32. 400. R1. 2. Dan Putnam 48.67. R2. 4. Jordan Layne 50.76. R4. 6. Adam Herring 54.56. 800. A2. 5. Ben Gardiner 1.55.90. B2. 1. Henry Fisher 1.57.63. B4. 4. Richard Holt 2.29.97. PV. A. 1. Ethan Kitteridge 4.03, 9. Roger Platt 2.83. **Senior Women.** 60. A1 R3. 6. Megan Walsh 7.99. A2. R3. 4. Megan Walsh 7.96. 200. R1. 4. Darcy Kuypers 25.24. 400. 4. Louise Evans 55.49. 800. R2. 4. Lucrezia Polloni 2.18.08. R3. 3. Imogen Hadley 2.19.18. R4. 3. Sabrina Mannes 2.20.64, 5. Leah Everson 2.24.99. 60H. R1. R2. 1. Anastasia Davies 8.49, 2. Marcia Sey 8.52, 6. Mallory Cluley 8.83. R2. R1. 4. Anastasia Davies 8.38, 7. Marcia Sey 8.72. R2. R2. 6. Mallory Cluley 8.78. HJ. 2. Holly Mills 1.70. LJ. 2. Mary Adeniji 5.39. PV. B. 6. Mariette Terrisse 3.23. C. 9. Holly Platt 2.78. SP. 1. Holly Mills 12.22. **Under 20 Men.** A1. R1. 4. Jeriel Quainoo 6.95. R2. Zac Nwogwugwu 7.07. R3. 1. Myles Xavier 7.19. R4. 4. Josh Watson 7.26. A2. R1. 2. Jeriel Quainoo 6.90. R2. 2. Zac Nwogwugwu 7.07, 3. Myles Xavier 7.18. R3. 3. Josh Watson 7.27. 200. R4. 1. Theo Adesina 23.08. 60H. R1. R1. 3. Rico Cottell 8.24, 4. Josh Watson 8.32. R2. R1. 3. Josh Watson 8.29. DQ. Rico Cottell. **Under 20 Women.** 60. R1. R1. 2. Marcia Sey 7.70. R2. 1. Zsiriah Thomas 7.90, 2. Mallory Cluley 7.97. R3. 1. Shakanya Osahon 8.02. R2. R1. 1. Marcia Sey 7.61, 4. Mallory Cluley 7.88, 6. Zsiriah Thomas 7.93. R2. R2. 6. Shakanya Osahon 8.03. 200. R1. 2. Holly Mpassy 25.42. 400. R1. 6. Amarisa Sibley 59.44. R2. 5. Francesca Evered 63.98.

19/1/20

Non Thomas New Year Open, Cardiff. Men. LJ. 4. Ben Sutton 6.44. Women. 1500. 6. Yasmin Austridge 4.43.35.

22/1/20

Newham Sprints. Men. R1. Ht1. 6. Jeriel Quaimoo 6.94. Ht3. 3. Abdul Rahaman Jolaoso 7.03. Ht4. 5. Duayne Bovell 7.20. Ht5. 4. Theo Adesina 7.27. R2 Ht1. 4. Jeriel Quaimoo 6.84. Ht2. 5. Abdul Rahaman Jolaoso 7.01. Ht3. 6. Duayne Bovell 7.18. Ht4. 1. Theo Adesina 7.15.

BMC Open Series, Sheffield. Men. 800. A. 4 Joe Rogers 1.55.87.

24/1/20

Dr Sander Columbia Challenge, New York, USA. 60H. 9. Isabella Hilditch 8.63. Ht4. 2. Isabella Hilditch 8.54.

25/1/20

Welsh Athletics Senior Championships, Cardiff. Women. LJ. 1. Sarah Abram 6.42.

Southern Cross Country Championships, Parliament Hill. Senior Men. 22. Ross Braden 50.08, 99. Tom Desborough 54.09, 142. Alex Gibbins 55.24, 148 Dan Kennedy 55.29, 171. Danny Brewer 56.07, 522. Gareth Evans 1.03.25, 744. Greg Firth 1.08.13, 923. Richard Daniels 1.13.48, 1105. Richard Byford 1.22.56. Team. 15th. **Senior Women.** -. **Under 20 Men.** 64. Matthew Francis 30.07, 114. Ifetobi Salako 38.36. **Under 20 Women.** -. **Under 17 Men.** 65. Joel Rooney 24.42. **Under 17 Women.** 15. Ailbhe Barnes 20.34, 30. Zoe White 21.13. **Under 15 Boys.** 26. Matthew Smith 15.29, 97. Arthur Starvis 16.22, 107. Alessio Tutt 16.32, 127. Miles Brown 16.44, 138. Thomas Sugden 16.51, 141 Ted Marston 16.56, 305. Nathaniel Brunner 20.23. Team. 13th. **Under 15 Girls.** 22. Lily Meers 18.18, 27. Carys Firth 18.23, 28. Hannah Clark 18.27, 84. Cara Gould 19.35, 147. Olivia Magee-Brown 20.24, 158. Olivia Wauters 20.33, 168. Amelia Middleton 20.47, 195. Sofia Plum Maher 21.22, 238. Amelie Willars 22.12. Team. 5th. **Under 13 Boys.** 12. Alexander Middleton 12.06, 20. Joshua Healey 12.14, 103. Jed Starvis 13.10, 143. Harry Fage 13.34, 157. Hendri Verster 13.41, 181. Mark Constable 14.02. Team 10th. **Under 13 Girls.** 17. Megan Slattery 13.14, 20. Francesca Middleton 13.21, 58. Megan Barlow 14.00, 61. Luciana Smith 14.01, 64. Amie Gould 14.06, 90. Maria Salamanca 14.20, 92. Tallulah Ndikanwu 14.23, 184. Lydia Witcombe 15.25, 252. Madeleine Marston 16.27, 267. Lydia Marston 17.04, 282. Lola Bischoff 17.37. Team 5th.

Northern Cross Country Championships, Bedale. Senior Men. 5. Graham Rush 42.49.

Aggie Invitational, College Station. TX USA. 60m. 2. Immanuela Aliu 7.53. Ht2. 1. Immanuela Aliu 7.51.

Bromley. 12 Roger Beswick 18.38, 18 Simon Harris 19.13, 28 Steve Evenden 19.53, 44 Damian Hayes 20.17, 65 Sally Haffenden 21.00, 88 Mark Williams 21.46, 113 Daniella Harper 22.17, 125 James Unwin 22.32, 167 Holly Kibblewhite 23.15, 178 John Leeson 23.33, 228 Iain Swatton 24.29, 285 Tom Leeson 25.22, 352 Claire Austridge 26.38, 361 Jamie Muir 26.49, 401 Neil Ives 27.23, 409 Graham Coates 27.29. **Harrow.** 29 Adrian Stocks 21.49. **Brockwell.** 210 James Morris 24.40.

Maidstone. 7 Neil Ayrton 20.04. **Beckenham Place park.** 9 Clayton Aves 20.06, 95 Nigel Wood 24.52, 130 William Slack 26.28, 185 Leszek Malynicz 29.03. **Bath Skyline.** 82 Rod Harrington 25.09. **Lloyd park.** 11 Amy Miller 22.14 (1st woman), 39 Sarah Belaon 25.46. **South Norwood.** 48 Jason Short 24.58. **Ally Pally.** 289 James Perry 33.08. **Dulwich.** 61 Tim Nash 19.23. **Burgess park.** 507 Renee Toft 28.44. **Orpington.** 1 Joseph Georgiadis 18.58, 12 Austin Adams 22.38, 82 Dave Leal 28.05, 162 Karen Desborough 35.15. **Homewood.** 32 Zoe Wood 26.07. **Cheltenham.** 159 Luigi Arcuri 25.08. **Bognor Regis.** 23 Rob Brown 22.09. **Peckham Rye.** 160 Peter Rogers 25.19, 376 Maz Turner 34.25. **Whinlatter Forest.** 91 Andrew Riches 32.53. **Dartford.** 42 John Turner 24.26. **Penrose.** 240 Adrian Perry 37.06. **Malling.** 6 Jessica Keene 19.38 (1st woman), 19 Steve Pairman 21.01, 268 Julia Pairman 30:16, 282 Mick Keene 30.51. **Exmouth.** 93 Bob Minting 23.52. **Bethlem Royal Hospital.** 24 Ian Montgomery 25.18, 25 Andy Tucker 25.19, 55 Jackie Montgomery 31.36. **King George V Playing Field.** 44 Zoe King-smell 29.25. **The Leas, Minster.** 64 George Collins 29.48.

25-26/1/20

London Games U17s, U15s and U13s, Lee Valley. Under 17 Men. 60. R1.R1. 2. Zac Nwogwuwu 7.11. R5. 1. Connor Sutton 7.45. R8. 4. Tobias Seales 7.93. R2. R1. 3. Zac Nwogwugwu 7.07. R3. 5. Connor Sutton 7.43. R8. 2. Tobias Seales 7.97. 200. R4. 3. Adam Islam Medeaux 23.57. 400. R2. 3. Pablo Seema Roca 52.83. HJ. 8. Pablo Seema Roca 1.72. LJ. 3. Connor Sutton 5.90. PV MX 1. Barnaby Corry 4.01, 8. Ben Platt 3.46. **Under 17 Women.** 60. R1. R2. 4. Shakanya Osahon 7.99. R3. 4. Emily Kerr 8.12. R8. 1. Sophie Kerr 8.31. R2. R2. 7. Shakanya Osahon 8.06. R3. 3. Emily Kerr 8.13. R4. 5. Sophie Kerr 8.31. 200. R2. 5. Emily Kerr 27.61. R3. 5. Sophie Kerr 28.16. R5. 5. Francesca Evered 29.28. 300. R1. 3. 3. Amarisa Sibley 42.10. R6. 2. Francesca Evered 45.73. 800. R1. 3. Cameron Kelly Gordon 2.20.53, 4. Imogen Hadley 2.20.74, 5. Olivia Berry 2.23.35. 60H. R1. R1. 1. Shakanya Osahon 8.91. R2. R1. 1. Shakanya Osahon 8.86. LJ. 11. Molly Savage 4.84. **Under 15 Boys.** 60. R1. R6. 5. Rayhan Mourtada 8.47. R7. 4. Marley Byfield 8.61. DNF. James Lawson. R10. 1. Dylan Carroll 7.75, 2. Ralph Baker 7.83. R2. R3. 1. Ralph Baker 7.78. R6. 6. James Lawson 9.01. R7. 1. Rayhan Mourtada 8.31, 2. Marley Byfield 8.46. PV. MX. 1. Oscar Witcombe 2.90, 5. Finn Kitteridge 2.30, 6. Charlie Platt 2.00. **Under 15 Girls.** R1. R4. 2. Nina Whitter 8.29. R2. R3. 6. Nina Whitter 8.39. 200. R1. 2. Faith Akinbileje 25.75. R3. 2. Kodi Rhys Agyeman 27.66. R4. 4. Nina Whitter 28.18. 300. Faith Mpassy 44.02. R3. 5. Emily Algeo 47.76. 800. R2. 1. Gabriella Martin 2.29.64, 2. Tallulah Ndikanwu 2.30.62, 5. Emily Deveney 2.36.14. 60H. R1. R4. 5. Daisy Snell 10.57. R2. R5. 3. Daisy Snell 10.26. LJ. C. 3. Faith Mpassy 4.88, 7. Emily Algeo 4.51. **Under 13 Boys.** 60. R1. R1. 3. Makai Sabido Rodney 8.62. R2. R1. 5. Makai Sabido Rodney 8.54. 200. R2. 3. Makai Sabido Rodney 30.10. LJ. 8. Makai Sabido Rodney 3.94.

26/1/20

Canterbury 10. 142. Dave Beadle 1.09.39 (1.09.32), 148 Ashley Pearson 1.09.56 (1.09.49), 164. Steve Pairman 1.11.06 (1.11.00), 217. William Brindley 1.13.10 (1.13.04), 370. Mike Simms 1.18.10 (1.17.37).

Sheffield Festival Open. 60. R3. 1. Michael Damoah 6.98. 200. R3. 1. Michael Damoah 22.18. 400. R1. 1. Dan Putnam 48.43. R4. 2. Joe Fuggle 50.59.

29/1/20

BMC Open, Lee Valley. Men 800. C. 1. Joe Rogers 1.56.56. Women. B. 2. Amarisa Sibley 2.13.05

Ayo Falola Dream Mile/3000 Open. 3000. B. 9. Joshua Dowling 10.08.42.

31/1/20

Black And Gold Premier, Iowa City. Women. LJ. 1. Jahisha Thomas 6.24.

Houston Invitational. Mile. 3. Declan Neary 4.18.04.

Last Friday Of The Month 5km, Hyde Park. 175 Adrian Perry 22.24.

30/1-1/2/20.

Razorback Invitational. 800. R4. 4. Katy Ann McDonald 2.06.79.

Texas Tech Invitational, Lubbock. 60. Sf1. 8. Immanuela Aliu 7.57. Ht4. 2. Immanuela Aliu 7.47. 200. R8. 2. Immanuela Aliu 24.52.

100 years ago in January 1920

The first Ranelagh mob match for six years takes place. Ranelagh win 739 points to Blackheath's 975. "The day was truly terrible. A terrific storm of rain and wind greeted the runners directly they toed the line and continued throughout the eight miles of country... Sixty seven started, being made up of thirty five BH and thirty two Ranelagh...A happy little crowd of about seventy sat down to roast leg of mutton and sirloin of beef in the Clubroom...A smoking concert followed."

"Will members be very careful to make a note that their presence is particularly wanted at Head-quarters on March 27th for the Club Photo"

F R Limpenny is distinguishing himself at full back for the Harlequin's "A" team.

"A very enjoyable outing was revived once more by our match against Felsted School...A great School for Cross Country is Felsted, and as it was founded in 1564 they should know what is good sport."

75 years ago in January 1945.

R Enfield wins the Senior mens race at the Kent Championships at Dartford. The Club are joint winners of the team race with the London Fire Force. There is a clean sweep of the medals in the Junior Mens race with D Child first, R G Richardson second and J H Scott Wilson third. They win the team race with 6 points, the lowest possible.

Match v Cambridge University Hare & Hounds "Snow and hard frost had held sway for several days, and long distance trains were running up to six hours late. To make matters worse a thick fog enveloped London, which had eased somewhat by the time the team assembled at Liverpool Street" The party "set out on the 12.33 pm train which eventually reached Cambridge at 4.15pm. There was no heating on the train so the conditions can be imagined.....We proceeded at once to Pembroke where the team changed, and eventually the race started at 4.35pm in the light of the fast setting sun...Owing to the late hour, the course was cut by approximately a mile...our team did remarkably well... but conditions with frozen plough were extremely trying, and it was fortunate the race was carried through without any serious falls.. The team are to be congratulated on a very fine win... and our thanks are due to the team for their enthusiasm in making a journey under such trying conditions when most fixtures were cancelled"

Letter from E J J Reed says "how he is itching to get back at the old Club piano and knock out some of the tunes he used to play in the good old pre-war days... life out there in North Africa is not altogether without interest "but so much of the interest is censorable so you will have to wait till my return home" "

50 years ago in January 1970

Ian Wilson is 4th in the Kent Championships at Canterbury leading the team to 2nd place. The Junior Mens team is 3rd. Tony Dunnett wins the Youths race by 41 seconds, as the team finishes 2nd. There is a team win for the Boys squad which includes future President Richard Coles, who is 11th.

Bob Richardson finishes 12th in the Sao Paulo Round The Houses Race on New Years Day. He is then 4th in the 5000 at a track meeting two days later. Back in the UK, he is 26th in the Inter Counties in Derby, the first Kent runner to finish and then wins

the Club 10. "There was some dispute after the race as to who went off course and who did not. But let us just say that some took the longer, prettier route and others the shorter, harder route, without having any serious effect on the finishing positions."

"For the National at Blackpool on the 28th February a special train leaves Euston at 7.50am returning there at 10pm for a very reasonable £2. 10s.

"Coaching days continue on the first Sundays of February and March to the climax at St Marys Bay with the Easter weekend and pre track season get together."

25 years ago in January 1995.

51 year old Dave White is the new Club President. Outgoing President Steve Cluney nominates six new vice presidents Spencer Newport, Jerry Barton, Mick Hamlin, Colin Poole, Steve Freemantle and Alan Stevens.

Tim Dickinson finishes 6th in the senior mens race at the Inter Counties Cross Country Championships at Luton. Tanya Blake is 7th in the Senior Womens race. Abdi Madar (below) wins the under 13 boys title. Gemma Viney (below) is 4th in the under 13 girls race.



Blackheath's senior men totally dominate the Southern Cross Country Championships at Parliament Hill. Their six runners finish in the first sixteen places with Spencer Newport 2nd, Tim Dickinson 3rd, Darrell Smith 5th, Phil Hogston 7th, Dave Taylor 11th and Paddy Brice 16th. Team manager Mark Watling marries Cathy Messent in the morning and both race for the Club.



Sian Brice with the leaders in the Southern Championships.



Start of the Southern Mens race 1995



(Left to right. Newly weds Mark and Cathy with President Dave White; Paddy Brice, Phil Hogston and Steve Dodd three of the scoring 6; Sian Brice first home for the Club in the womens race.)
 Mark Steinle is second in the under 20 race for the second year running; Chris Moss is 7th in the under 17 race and Steve Holmes is 4th and Mike Skinner 18th in the under 15s.
 The Senior Women finish in 7th place led by Sian Brice in 10th. Zoe Morrell is 5th and Gemma Viney 7th in the under 13 girls



Above. Mark Steinle on his way to second in the under 20s race. Dave Bedford, who 25 years previous won the Senior and Junior titles on the same day, looks on. At the Southern Supper at the Club we are joined by John Bryant from The Times. Lee Newman is 4th in the shot and Debbi Marti 4th in the high jump in the McDonald's Indoor International match between Great Britain and Russia.

At the Southern Indoors at Crystal Palace, Bromley's Uju Efobi wins both the 60 metres and 60 metre hurdles titles.
Ye olde worlde press release..

ATTENTION SPORTS DESK

ANY QUERIES PLEASE CONTACT PAT CALMAN ON 071 932 6717

Blackheath Harriers PRESS RELEASE 30/1/95.

Blackheath Harriers senior mens team took the Southern Counties Cross Country championships for the third successive year on a wet and muddy nine mile course at Parliament Hill Fields.

To win for a third year was an achievement in itself, but the manner of victory was exceptional. The six scoring team members all finished in the top 16 to record the lowest points score in the competitions 110 year history. All six had finished before second placed team, Boxhill Racers' first athlete had crossed the finish line; and, before SIMON BAINES had to drop out on the last lap with breathing difficulties, the clubs next six athletes were in bronze team medal position.

It capped a memorable day for team captain MARK WATHING. His 39th position was his best ever; and he also got married in the morning to fellow Blackheath Harrier CATHY SENT, who ran in the womens' race. The marriage plan had been a closely kept secret only became public when the two arrived at the changing rooms with ribbons on their car, and dressed in the clothes they had worn earlier at the Godalming registry office.

173 teams entered the competition and over 1,000 runners started the race. By the top of the first hill a mass of Blackheath athletes were challenging at the head of the field. After the first of the three laps SPENCER NEWPORT and TIM DICKINSON were battling for 2nd and 3rd places while DARRELL SMITH, SIMON BAINES, STEVE DODD, PHILIP HOGSTON and PADDY BRICE were all also in the top 15.

On the next two laps there were some positional changes with DAVE TAYLOR moving through to eventually finish 11th and BAINES and DODD both slipping back. NEWPORT and DICKINSON both hung on for medals behind DOMINIC BANNISTER of SHAFESBURY BARNET.

Newport has often struggled at Parliament Hill in the past. It is probably his least favourite course and last year he finished 69th and didn't make the scoring team. This year he was smiling on the last lap. He put his good run down to being a bit ~~fat~~ lighter in weight and a bit fitter. Darrell Smith who led the team home in 5th last year finished in the same position but was only third scorer this year.

The high standard of the individual performances leaves captain Wathing with one problem - who to leave out of the team of six who will be representing the club ^{and England} in the European Clubs Cross Country Championships in Portugal in two weeks time.

The senior womens' team were not far from pulling off a shock victory. They finished 7th, the first time they've closed a team in the Southern but if they'd had TANIA BLAKE running they would almost certainly have won. With a knee problem and being selected for a number of races in the next month she gave the race a miss and so it was left to 25 year old SIÂN BRICE to lead the team home, and then cheer on her husband in the mens race.

She finished 10th ~~and~~ after being in the lead group early on. Former junior back international PAULINE GULLETT was next home in 29th and JEMIMA SLADE (40th) and the new MRS WATHING in 206th completed the scoring.

MARK STEINLE had to settle for silver again in the under 20s race. On the way to recovery from a bug which affected him at the inter counties champs, he found the hills hard work and was well beaten by Boxhill's PAUL HAYWOOD.

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The club's only other medal winners were the U15 boys team who took silver medals. They were led home by STEPHEN HOLMES in fourth place.

Holmes was one of three Andy FRANKISH coached athletes who finished in the top ten in their age group races. The others were Chris Moss who came 7th in the U17 boys despite only coming 9th in the County championship, and ZOE MORRELL who was an excellent 5th in the under 13 girls.

RESULTS OF SOUTHERN CHAMPIONSHIPS. SENIOR MEN, TEAM 1ST BLACKHEATH 44 POINTS INDIVIDUALS
(2) S. NEWFORTH (3) T. DICKINSON (5) D. SMITH (7) P. HOGSTON (11) D. TAYLOR (16) P. BRICE (24) A. GUILDER
(31) S. DODD (39) M. WATLING (47) J. BARTON (89) D. NEALE. UNDER 205 MEN, TEAM 8TH BLACKHEATH
INDIVIDUAL (2) M. STEINLE (55) P. CAVALLO (80) J. BRADLEY (100) A. DALE. UNDER 173, NO TEAM. (7) C. MOSS
(128) G. GRIFFIN UNDER 152, TEAM 2ND BLACKHEATH IND (4) S. HOLMES (18) M. SKINNER (43) J. BAKER
(52) A. BRIGGS (62) L. COOPER (129) A. TAYLOR SENIOR WOMEN, TEAM 7TH BLACKHEATH IND (10) S. BRICE
(10) GULLETT (40) J. SLADE (206) C. MESSENT. (NOW WATLING) UNDER 17 GIRLS (69) A. McCLEMENTS.
U. 15 GIRLS, TEAM 2ND BLACKHEATH HARRIERS IND (81) S. PAILTHORPE (165) V. JOHNSON (176) V. CAMBRIDGE
(152) H. THOMPSON UNDER 13 GIRLS, TEAM 9TH BLACKHEATH IND (5) Z. MORRELL (7) G. VINEY (102) H. BARKER
(112) A. BROWN (133) F. BARKER (147) E. KUENSTLINGER

LEE NEWMAN represented Great Britain in the indoor international meeting against Russia in Birmingham. The 21 year old finished 4th in the shot putt with 17.03. This was not his best but it was not altogether surprising. Working with his coach MIKE WINCH he has been in the process of changing his technique and had not been intending to do a full indoor season.

He will be aiming primarily at the discus next summer, but when he got selected for the GB match he felt that he could not turn it down.

~~Sprinter~~ Sprinter JOHN SKEETE also took part at the meeting in a special McDonalds 60metre sprint. Here he finished 2nd in a personal best time of 7.07 seconds. He was back in action again the following day in an open meeting at the same Birmingham venue, when he was .01 of a second off the best he'd set the previous day.

A number of other Blackheath athletes ~~who~~ were in action including Mark FINDLAY who set a best of 7.03 in the 60metres. Other good sports came from first year under 17 AARON HARRIS who recorded 7.31 and AARON EVANS 7.93, LEON CONNIKE 7.94 and DWAYNE GRAY 7.96 who all ~~ran~~ ran personal bests.

There was some top class shot putting again with EMEKA UOECHUKU a comfortable winner of the Under 17 event with 17.86 and PETER WATERMAN taking second place with a personal best of 14.94. ADRIAN CLUSKEY was again over 14 metres in the under 15s event, 14.20 to be precise, and multi talented MENSAM ELLIOTT, ~~is~~ still a junior, threw 11.64 with the senior shot.

UOECHUKU then jumped a respectable 11.56 in the triple jump to show his versatility.

20 years ago in January 2000.

Blackheath Harriers senior men win the Southern Cross Country title for the seventh time in eight years. This is something of a surprise as the Club's three individual winners from the previous four years Spencer Newport, Tim Dickinson and Mark Steinle are all unavailable. Step up Dave Taylor who wins the title by 20 seconds. Andy Arrand (5th), Joe Mills (12th), Jeremy Bradley (51st), Roy Smith (58th) and Giles Clifford (85th) complete the scoring team.

Emeka Udechuku is second in the shot and Julian Golding third in the 200 at the AAA's Indoor Championships.

Blackheath athletes win four golds, one silver and one bronze in the Southern Indoor Championships at Bedford. In the senior mens victories come from Lash Lashore (60 metres) Mohammed Sillah Freckleton (60 metre hurdles) and Marvin Bramble (triple jump) with Levi Edwards runner up in the long jump. Katy Porter wins the under 20 womens 60 metre hurdles. Tom Robinson is third in the under 17 mens pole vault.

Michael Skinner s a runaway winner of the Junior Mens race at the Kent Championships at Sevenoaks, leading the Club to victory in the team race with Lee Cooper third and Andy Rayner 9th. Colin Norris wins the under 13 boys race.

Bromley's Ella Fisher wins the Under 13 girls title and with Lizzie Kenny in 4th and Susan Jackson 6th the win team gold.

15 years ago in January 2005

At the age of 41 Dave Taylor finishes in 6th place in the Southern Cross Country Championships leading the team to 4th place. Jennie Butler finishes in her highest ever position of 9th in the senior womens race.

Best team in the younger age groups are the under 13 boys who finish 4th. Fourth scorer is Phil Sesemann in 59th place.

Michael Skinner finishes runner up in the 4km race at the Great Edinburgh International Cross Country Meeting.

Rachel Arnheim and Scott Huggins win the pole vault titles in the under 17s age group at the South OF England Championships at Bedford. Alex AlAmeen wins the U17 60 hurdles and Jessica Matthews the under 15 girls high jump.

Dave Taylor wins the Surrey Cross Country title. At the Kents there is a clean sweep of medals in the under 15 girls age group with Amy Smith 1st, Rebecca Taylor 2nd and Hannah Garcia 3rd.

Jennie Butler wins bronze in the senior womens race, gets silver in the three to score team race and gold in the six to score race. This is the first time the Club wins the 6 to score.

Further team golds go to the under 20 women (Shavaun Henry, Eve Bugler and Rachel Chadwick), and the under 13 girls (Amy DeMatos, Rebecca Smith, Danielle Critchley).

Geoff Crowder passes away. His letter from the 1984-85 Blackheath Gazette...

LETTERS TO THE EDITOR

December 1984

Dear Sir,

It has been grand in recent years to see such a famous old club as ours maintaining its traditions and successfully evolving with the times. Our record in the National Athletic League speaks for itself, as does the redevelopment of the club house.

There is, however, one major area in which we are sadly lagging behind. Women's athletics has really taken off, and many clubs have a thriving women's section. The fact that we do not in 1984 is an anachronism. There are a number of families involved with Blackheath Harriers, and it is regrettable that not all their active athletes can be club members.

Would not Blackheath and Bromley A.C. be a fine name for a rejuvenated club ready to go on to even greater success over a broader field? It would also help to dispel the illusions of prospective new members about the club's precise location.

Yours 'heathenly,

Geoff Crowder



This may not be quite what Geoff had in mind but let us know what you think on this issue.

Second left in the St Trinians' quartet is Donna Mewis who was first woman finisher in the 2020 mob match against Beckenham Running Club, (running for BRC).

The Club learns that John Hoy and his three children have been swept away and killed in a tsunami in Thailand. Of the family, only his wife Nim survives.

10 years ago in January 2010

The Club's entry for the Southern Cross Country Championships is rejected because it is submitted late.

Poor weather conditions mean the Kent and Surrey Cross Country Championships are postponed.

Scott Overall runs 7.51.36 for 3000 metres, inside the qualifying time for the World Indoor Championships.

Lorraine Ugen and Jermaine Olasan win gold medals in the long jump in the under 20s age group at the South OF England Championships at Lee Valley. Over two weekends Rachel Dickens wins gold in the under 17s 300, silver in the 200 and bronze in the 60 metres.

Michael Skinner is second Briton home and 8th overall in the BUPA Great International Cross Country race in Edinburgh.

Indoors he helps Great Britain to victory in the Aviva International in Glasgow finishing 2nd in the 3000 metres.

Below a couple of pictures from the National Cross Country Championships at Parliament Hill in 1973.



John Baldwin (124)



Chris Haines (127) and Joe Clare to the left